# Studfield-Wantirna Community News





Photo by Elaine Craig of Knox Photographic Society

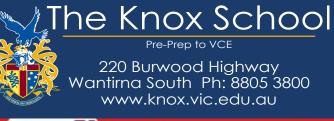


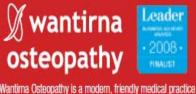
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## Our first edition for 2009!!

Now that Autumn is here, we are all holding out hope for a change in the weather. What has happened to the rain? We have experienced the hottest Melbourne day since records began of 46°, and a heatwave of 3 days above 40°.

In our Autumn edition we have a letter sent from France in 1917. The letter gives a very clear account of the misery faced by the Anzacs in the first world war. Reading the letter my thoughts were drawn to the recent bushfire disasters around Victoria. The fear, the loss, the acts of bravery, the remarkable stories of escape and the feeling that things will never quite be the same. It was in WW1 that young men signed up in droves to volunteer, perhaps it was then that the Australian tradition of volunteering became part of the make-up of our character. It is

## Henry Atkinson

The battle for truth, justice and the Yorta Yorta way.

#### Henry Atkinson is a local Knox resident, who has lived in the area for around 40 years. Henry is also Wolithiga elder.

Henry worked for General Electric for 22 years and, for Mercedes Benz and, an air conditioning company. In Echuca where he lived his early life, he

was a founding member of the Echuca-Moama Search and Rescue Group. He was also in the CFA in Echuca and in Boronia, for around 20 years. The Wolithiga people come from an area on the Murray River around the north of Victoria and southern New South Wales. The people of this region form the Yorta Yorta nation. Henry is spokesperson for the Yorta Yorta Nation Aboriginal Corporation Council of Elders. When Henry was a child he spent time with his family and his people living in the Murray River forest, on what the natural world provided, in the traditional way.



Indigenous people have a deep connection to their natural world. This connection has developed from the spiritual beliefs of the Yorta Yorta and is their

often said that the tradition of "mateship" came out of wartime. This summer we have seen the volunteer machine in operation, like the CFA, the Red Cross, the Salvos, the RSPCA and ordinary people from the community, working together with emergency services, to help and to care for people who have experienced disaster.

In times like these we can see the strength in being part of a society where we find support from each other - if we need help, it is there for us and we are given the means to put things right again.

#### Janet Claringbold

"In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it" - Marianne Williamson

#### By Janet Claringbold and Felisa Tambunan

culture. The land gives life to the people, and everything they need to sustain it. In return the people respect and nurture the land that provides for them. This has been the way of the Yorta Yorta for over 70,000 years. Henry explains that the indigenous culture is the oldest living culture in the world, older than the Bible and the pyramids.

> Henry says "The river dearest to me is the Dhungala (to you it is the Murray) along with the system you call the Murray-Darling basin. My river is the vein of blood running through my earth, giving life to all who ask for it." He despairs at the degradation of the Murray River and longs for its health to be restored. Indigenous people hold intricate knowledge of life cycles of plants, animals, insects and the way they all work together to create a harmonious environment. This is the environmental knowledge that modern scientists are now beginning to recognise.

Knowing of this deep connection to land, we can understand why the Yorta Yorta people fought for native title rights over the land of their ancestors, through the court system, for (continued on page 5)

## Contact

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### Henry Atkinson The battle for truth, justice and the Yorta Yorta way.

*(continued from page 5)* more than 10 years. Native title would allow the Yorta Yorta people to protect their land from exploitation and, in time the land could heal from the environmental damage that has occurred in the last 200 years. The court process ended in despair for the Yorta Yorta when in 2002 the High Court upheld a ruling that the "tide of history has washed away" the Yorta Yorta's traditional rights to their land. Henry's wife Susan explained that after this ruling, Henry was shattered and didn't speak for about 2 days. Many aboriginal rights groups shared his outrage over this decision.

According to Henry, it is a contradiction that Indigenous people have been subjected to the government's policy of assimilation, where they were forced to adopt non-indigenous ways yet, in the native title case they were penalised for doing so. If the court case had been fairer, and they had written records, not verbal history, it would have been recognised that even though Indigenous people have adopted non-indigenous ways, they still and always will have their deep spiritual connection to their land and culture.

In 2004, the Bracks Government announced that it had entered a historic co-operative management agreement with the Yorta Yorta people covering public land, rivers and lakes in north-central Victoria including the Barmah State Park, Barmah State Forest, Kow Swamp and specific parcels of public lands and waters along the Murray and Goulburn Rivers - a total of 50,000 hectares.

Henry said of the agreement: "A joint body agreement between the Yorta Yorta nation and the Victorian government represents a landmark in the State of Victoria for involving Indigenous peoples in the management of their traditional country, outside of the native title process. It also acknowledges the Yorta Yorta nation's cultural connection to country and creates a partnership based on recognition, mutual respect and shared goals."

A Victorian Environmental Assessment Council (VEAC) report recommended creating Victoria's first national parks jointly managed with the traditional owners. They also recommended encouraging opportunities for increased employment and training for local Aboriginal people in the new parks and reserves. In December, the Brumby Government announced that it will create four new river red gum national parks along the Murray, Goulburn and Ovens rivers in northern Victoria. It is anticipated that the new parks will create many new employment opportunities for park rangers and for people involved in the tourism industry. Currently the government is negotiating a package to support the livelihoods of workers and communities that may be affected by this change including 55 affected timber workers. Henry would be encouraged to see Yorta Yorta people operating as park rangers and community educators in their own country.

Henry is also involved in the repatriation of Aboriginal remains. According to Henry the remains of 10,000 Aboriginal people were being kept in the United Kingdom alone, and more are kept in other places all over the world, as well as in Australian museums. It was common practice for people to dig up and steal remains. Henry says "I want all of my people home". Repatriated remains will return to traditional lands, where they would be laid to rest in safe, protected places and never disturbed again."

Another of Henry's current roles is to educate people about indigenous culture and history, which he does at Monash University, Clayton campus, as a lecturer at the Faculty of Education, as he believes that the true history of Australia hasn't been told. Reconciliation will only come about through education and acceptance. Henry believes that Kevin Rudd's "Sorry" speech was a step forward. However, until there is a change to the Australian constitution that recognises Indigenous Australians as the traditional owners of the land and acknowledges the significance of their contribution to the identity of Australia, reconciliation will remain as unfinished business.

Although Henry lives almost 300kms away from his traditional home, he continues to be connected through purpose, to his people the Wolithiga, his ancestors and land that has given him life and given his life meaning.

References and further information: www.smh.com.au - *Backwash in the tide of history* by Ann Arnold www.antarvictoria.org.au. www.dse.vic.gov.au www.eniar.org. www.reconciliationvic.org.au www.veac.vic.gov.au/riverredgum.htm

## National Reconciliation Week - 27 May to 3 June National Sorry Day 26 May

See TR@K article on page 16

### Anzac Day Tribute

This letter was written by Michael Keating (b.1892) who was from Canbooya in S/W.QLD. He wrote this letter to his sister, from the front line in France on January 12th, 1917. It is reprinted with permission from his son Keith, and was passed on to Studfield Wantirna News through local resident, John Schmid.

#### Dear Maud,

Just a line to inform you that I am o.k., and at present I am with the 9th Battalion in France. We have just come out of the trenches after having spent 18 days there, including Christmas. Well Maud, we had a pretty rough time. The piece of front we were holding was absolutely the worst piece of trench front in

the sector. Our position was right in front of "Baupaume" a famous strong hold of the Germans. Their position was on a high piece of country overlooking ours; and consequently they could observe our movements better than we could theirs. On Xmas eve and day they shelled us fiercely, and our losses were above the average. Our artillerv opened out and bombarded the German's position and silenced their guns on New Years Eve we gave them a hot time. The weather has been very unfavourable: Rain falling continuously and the whole country side is a sea of mud. This hampers our operations greatly. You haven't the slightest idea as regards the conditions and great difficulties we have to face on the Somme front. This is where all the heavy fighting has taken place, and we have advance a number of miles storming positions which the Germans thought were impregnable: I must say when one goes back over this ground which we took and see

the fortifications which took the Huns two years to build you cannot but admire the pluck and determination of the British army. For miles the country is a mass of trenches, broken barbed wire entanglements, destroyed guns of every description and hundreds of dead bodies. Some of the German trenches are 60 feet deep reinforced with concrete and iron rails, and are furnished like a comfortable home. They imagined they had come to stay but their imaginations have been doomed to disappointment. A party of us came through a place called Delville Wood one day. This was a great stronghold of the Huns and was fought for about 12 times: it is now in our possession. We stopped for a rest in the wood and the dead were lying about in hundreds, Germans and British side by side. They had died in a fierce hand to hand encounter. When I took off my pack I had occasion to look for a place to put it down so as not to put it on or near a dead body. I can tell you it was a gruesome sight and it makes one think his life is worth very little. The shell holes which are full of mud and water contain numerous dead Germans. Every six square feet in the ground is a shell hole. You can just imagine how terrific the bombardments are. We have thousands of guns and tons of ammunition. Our air service is perfect. On a clear day, our aeroplanes are like a hive of bees in the heavens. I have witnessed some great fights in the air. As we advance we build railroads to facilitate the transportation of food and war material. Railways are often built in a day. It is marvelous what money and labour can accomplish, it is wonderful to see our communications with thousands of horse and motor transports moving along never ceasing. The horses and mules suffer just as much as we do. A good deal of farming is still done in this part of France; but other industries are demoralized. In this locality all of the trees have been torn to pieces by shell fire. You may often pass a

### Letter from Baupaume 1917

town or village with only a brick wall standing upright. Where there were once splendid forests and thriving cities are now just desolation. About the front line and just behind it the ground is such a quagmire that I have seen men bogged up to the waist and neck in the mud. Some men have perished in this manner. It is very dangerous to get off your path in that part. Paths are made with duckboards up to the trenches. Our men are sticking to it admirably, and you cannot but admire they hang on often weary and worn. The men who suffer most are the elderly ones and the boys in their teens. The Australians are standing the cold remarkably well. Snow and rain falls practically every day. It is snowing tonight. We are now quartered in billets some



miles behind the lines. We are enjoying a few days rest which will be beneficial to all of us. I am feeling o.k. and feel like boxing on again. I have lost come condition: but I am as hard as nails. This is a rough life Maud. A fellow wants to have a constitution like iron. I have taken every care of myself and intend to continue to do so. Bert Harris of Warwick was killed in action about three weeks ago so I am informed. He was in the 49th Battalion and came over from Australia with our reinforcement. In Egypt he was a member of my tent and he was a very decent young fellow being of a very unassuming disposition and was one of the most obliging young fellows I have met. His father is an undertaker I think. If you meet any of his people give them my sympathy. He died a soldiers death fighting for his country and his people. A good number of my old camp mates have been killed in action. Death is of very little account over here. If a man is killed he is considered unlucky: if he is wounded he is

lucky. I suppose that is the luck of this desperate game. Well Maude I am confident that 1917 will see the end of this war. I am certain it will bring us victory and peace. The Germans will get a hellish time next summer. Of course we will lose heavily and there will be some desperate fighting. Baupaume will take some storming and we are certain to be the first to have a cut at it when the weather is favourable. The old 3rd brigade which includes the 9th, 10th 11th and 12th Battalions, has won a great reputation for itself. I am sure that the Germans haven't a position that we cannot take. I have a presentiment that I will come through alright. When I was first under shellfire I was a bit shaky: everyman is timid to a certain extent. It is not a nice sensation to be standing in a trench with shells bursting in and around it. It is the strain of waiting that tells . If we could only get at him with the bayonet. Our feeling are often like this. Well Maud, how are the two kiddies. I trust they are well. I suppose Jean is greatly taken with the baby. Isn't Nancy her name. How is Jack and Susie. Did Susie back any cup winners? Tell her to invest all her money in the War Loan. It is a safe proposition. I have no letters from home recently. I trust Father is keeping well. I have only received one parcel, that one was from Lily. I suppose the others will come to hand later. Well Maud I must conclude trusting that this will find you all enjoying good health. Goodbye Maudie with love to all, From Mick.

P.S.My address. No. 4816, A. Company, 9th Battalion, 3rd Infantry Brigade, AIF France.

#### Michael survived and returned to Australia. He married Meta Henry and moved to North Queensland. He lived to the age of 86 years. Michael and Meta had four sons, Keith being the youngest.

9th Battalion: www.awm.gov.au/units/unit\_11196.asp Baupaume: www.ww1westernfront.gov.au/bapaume/index.html

## Victorian Jazz Archive Inc.

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

### Life Membership to Australian Jazz Stalwarts

In recognition of their contribution to Jazz in Australia and overseas, Don Burrows AO, MBE and Bob Barnard AO have been made Honorary Life Members of the Victorian Jazz Archive Inc.

The Victorian Jazz Archive database available free at www.erl.vic.gov.au/local/local.php shows many hundred results for Don and Bob, testament to their prolific body of recorded music over long careers

### Don Burrows AO, MBE

Born in Sydney, Don recently celebrated his 80th birthday, and is recognised as Australia's foremost jazz musician. He plays saxophone, clarinet and flute and is best known as the leader of the Don Burrows Quartet featuring Don on multiple woodwind, George Golla on Guitar, Ed Gaston on Bass, and drummer Alan Turnbull.

Don has played with famous artists including Frank Sinatra, Nat King Cole, Dizzy Gillespie, Oscar Peterson, Tony Bennett, James Morrison, the Sydney Symphony Orchestra and Stephane Grappelli, and is regarded as putting Australian Jazz on the map, and nurturing young musicians such as James Morrison.

He has played at the Montreux Jazz Festival and the Newport Jazz Festival as well as touring with the Australian Broadcasting Corporation concert series.

Burrows says his interest in music started when he was three. He would sit for hours in front of the radio, listening to all music including Benny Goodman, the Duke Ellington Orchestra,



Hawaiian and Cuban music and playing along on a comb wrapped in a tissue.

Don now resides in Paynesville, in Victoria's Gippsland Lakes District, has a couta boat tied up at

the Jetty near his front door and enjoys the golf course near by. He is a keen photographer, and preliminary plans are underway for a future exhibition of his photography and jazz exploits to be held at the Victorian Jazz Archive.

### Bob Barnard AO

Born in Melbourne, he moved to Sydney in 1957 and is one of the most highly regarded jazz musicians to come from Australia.

Like so many cornetists, his style is based on that of Louis Armstrong, but he has acknowledged the

influence of other stylists like Bunny Berrigan, Ruby Braff and Bobby Hackett.

Bob recently celebrated his seventy fifth birthday, is a member of a musical family, and started playing cornet at the age of twelve with a local brass band. His first professional job



was with his mother's band at age fourteen.

He regularly travels and performs overseas and has recorded with Jazz notables Wild Bill Davidson, Milt Hinton, Peanuts Hucko and Dan Barrett. He is probably better known abroad than he is in Australia.

Bob was a founding member of brother Lens South City Stompers in 1948 and joined the Graeme Bell All Stars in 1962 and played with them until 1967. and formed his own jazz band in 1974, touring Australia, the US, Britain and Europe.

He is regular performer at the Stonnington Jazz Festival, and is the leading light at the Bob Barnard Jazz Party .The Party provides the best in Traditional and Mainstream Jazz, with local players and invited guests from overseas.

The Victorian Jazz Archive shop has a range of CDs featuring Don and Bob and it is suggested you visit the shop on Tuesdays and Fridays between 10.00am and 3.00pm call us on 9800 5535 to receive the latest catalogue of CDs.

Les Newman, Media & Public Relations Manager The Victorian Jazz Archive Inc.

# The Karmic Feline

Lighting forked down out of the sky and struck the nameplate on George's coffin just as the priest was about to pray for his departed soul. With a blinding light the coffin was illuminated in a flickering glow. Grace thought she had to hand it to George even in death he had to make an exhibition of himself. He was possibly the only man who could be cremated and buried at the same time. Looking into the grave Grace saw the charred coffin was resting on its side. George's name had been completely obliterated from the brass plate, all that was left was twisted mass of metal. Mourners fled the graveyard crushing the smoldering flowers and falling over the head stones. The nervous priest finished the service at a feverish pace and Grace returned home.

There is no doubt life would have been good if it were not for the ginger cat. When she arrived home from the graveyard the cat was sitting on her doorstep waiting to be let in. Pushing it aside she opened the door and made straight for the champagne to toast George's farewell. Lifting her champagne glass she suddenly spotted the cat making straight for her husband's study. She resolved this cat was not going to live in her house, she hated cats, and it had to go.

But the cat refused to go, it was obsessed with following her around. One day Grace told the cat that she was fed up with its antics, all it did was eat and sleep. The cat, she said, reminded her of her dead husband, both were a liability. At this the cat jumped on the breakfast bar and put his furry face in hers and hissed that he was the ghost of her dead husband trapped inside the cat. The cat alias George explained that he was about to pass over to the other side when something struck his coffin. He remembered hearing a voice tell him he had the choice of going to hell to pay for his affairs with other women or return to earth as a cat. George chose to be reincarnated as a cat, and now he wanted her help in learning his karmic lesson of celibacy.

Not sure whether to believe the cat or not, she decided to go to bed and sleep on it. There she convinced herself that it was a trick of her imagination or too much wine. In the morning all would be well, if not she would take the cat to the vet and have him put to sleep. Unfortunately the next day the cat was still there. He followed her around the house pleading for compassion, when

## by Kay McLoughlin

this failed to have any effect he reminded her that she was his primary care giver, so care. At first she ignored him, this incensed George and he ran wildly around the house sharpening his claws on the furniture and peeing on the carpet.

Over a period of time a strange thing happened, Grace noticed the cat and George were starting to look like each other. Glaring at the cat and she could not believe her eyes, there was a definite similarity between them. Both shared the same vulgar habits of being totally preoccupied with examining and displaying their lower extremities. The cat would spend hours with its legs in the air, grooming, licking and pulling out bits of hair. George when alive did the same in the bathroom and anyone's bedroom. As the days went by the cat became more distressed and Grace was finding it hard to ignore its woeful pleas. Grudgingly she agreed to help. At first it was difficult to know what to do but then she remembered her first idea of taking the cat to the vet.

The next day bright and early she gathered up George and put him in a basket and went to the vet. She explained the problem she was having. The vet lifted George out of the basket and remarked on what a fine cat he was and it was a pity to do this. However if she insisted, there was no choice but to carry out her wishes. With deep sympathy in his voice the vet sat George on the table. Kindly he told him not to be frightened, it would not hurt he would just go into a deep sleep. George closed his eyes and went to sleep.

The vet lifted her knife snip, snip. Gently the vet whispered into the cat's ear. There you are puss no more lady friends for you.

Copyright © Kay McLoughlin



## The Naming of Walker Reserve

#### Walker Reserve on the east side of Tyner Road Wantirna South derives its name from the late local resident James (Jim) Henry Walker.

Jim Walker was born 1913 at Northcote to Percival Shaw Walker and Rosina Walker (Clarke). In 1931, at the young age of 18, James married Doris Ford. During the great depression, Jim had difficulty finding work. He did some 'unemployed' work for the Government including working on the Great Ocean Road. To do this, Jim had to leave his young wife for up to three months at a time.

During the 1930s, they were living at Wantirna South, renting half a house with the other half being used as a cool store. Eventually Jim found full time employment and commenced working for a Jam Factory in South Melbourne. Jim eventually bought a block of land in Lewis Road, Wantirna South.

Surrounded by orchards, Jim soon realised that Wantirna South needed their own pulp factory. After some discussion with local orchardists, he commenced his own pulp business initially drawing upon voluntary labour from family and friends. Later he built a large shed, which became the known as the Wantirna South Pulp Factory and employed a few locals. The workers had to do everything by hand initially, all the peeling, coring and cutting up of the fruit, but before long Jim had made enough money to afford machinery to do some of the tedious, repetitive work. Around 1940 he bought his first truck.

Jim and his wife Doris were keen community workers raising funds for the William Angliss Hospital at Upper Ferntree Gully. Jim also started the first scout troop in Wantirna South, housed in a shed erected near the Wantirna South Primary School and was involved with the commencement of several sporting clubs, including the Wantirna South Cricket, Football and Table Tennis clubs. Jim, played a significant role in securing land for the Wantirna South Reserve, which was later renamed in his honour.

Jim and Doris' three children; Lorraine, Norman and Raymond all attended the Wantirna South Primary School. Lorraine commenced the first basketball club in Wantirna South, which later became the Wantirna South Netball Club.

Tragedy struck the family in 1953 when on a holiday at Phillip Island, both Jim and his daughter Lorraine drowned. The close-knit community of Wantirna

#### by Glen Turnbull, local historian

South was devastated. Local orchardists got together and leased the pulp factory from his widow, Doris. Many residents called for a memorial of some kind to be put up in memory of Jim and Lorraine. Before long a subscription had been set up and money poured in. It was decided by a committee set up for the purpose, that memorial gates be erected out the front of the Wantirna South Recreational Reserve due to Jim Walkers commitment over the years to sport in the area. The memorial gates were unveiled the following year and the reserve renamed Walker Reserve.

The family took back the running of the Wantirna South Pulp Factory six years after Jim's death. Doris and her son Norman ran the factory for a further 18 years. In the late 1970s the factory closed due to the expansion of suburbia into the area and lack of orchards to provide the necessary fruit to run it.

Walker Reserve remains and in 1971/72, the reserve was under the management of the Walker Recreation Reserve Committee of Management with Mr. R.I. Moffatt, as president.

... with thanks to research undertaken by Rebecca Whittaker and Sharon Stubbings.

\*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.

### Family See Man; Daughter Drown

#### MELBOURNE, Monday.

A man and his daughter were drowned at Phillip Island today while his family looked on, unable to help. They were James Henry Walker, 40, and Lorraine Walker, 14, of Wantirna, near Hingwood. They were swimming with Mrs. Walker and two sons, Norman and Rays, about 30 yards from the shore at Forrest Cave. A huge wave enguifed both of them, and swept them out to sea. Mrs. Walker and the boys managed to reach the shore, but were unable to help the others.

Article from The Argus - March 10, 1953

### *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.

### New program starting this April......



## New Life For Me

This program is for women who have experienced domestic violence and would like to attend a group for support and information sharing.

This is not a therapy group and we recommend that prior to coming to the group that you attend the Knox Community Health "HALT" program.

We will cover topics including self-esteem & confidence building and will have speakers on legal issues.

The group is also a time to relax and have some fun and social time.

Commencing on Mondays in Term 2 10.00 to 12.00 noon Cost \$5.00



Ъ

Funded by Knox City Council

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 2 program brochure!

## Family Violence

#### Victoria has had ENOUGH

Family Violence is harmful behaviour that occurs when someone threatens or controls a family member through fear. It can include physical harm, sexual assault, emotional and economic abuse. New laws have been introduced in Victoria to better protect the community from family violence and make those responsible more accountable for their actions.

It may involve:

- Unreasonably controlling a person by withholding money for reasonable living expenses where a person is dependent on them for financial support.
- Threatening to harm another family member or pet in order to intimidate.
- Racist taunts that inflict emotional harm.
- Preventing contact with other family members or friends in order to torment the person.

The new law will help:

- People in Victoria feel safe from family violence.
- Stop family violence in Victoria.
- Make people who are violent responsible for their behaviour.

It says....

- Police can act quickly to stop family violence.
- The law will help victims stay in their home if they want to.
- The court system will be better for victims.
- There will be better protection for vulnerable people in Victoria.

#### For help or more information:

Women's Domestic Violence Crisis Service on 1800 015 188

Men's Referral Service on 1800 065 973 Victims of Crime Helpline

on 1800 819 817

Immigrant Women's Domestic Violence Service on 1800 755 988

Aboriginal Family Violence Prevention and Legal Service Victoria on 1800 105 303

In an emergency always call 000 for help.

Reference - www.familyviolence.vic.gov.au

Cooking courses at Orana coming in Term 2..... Thai Cooking Workshop - Sat, May 9 from 9.30-12.30 Lovely Lunch Boxes - Sat, May 30 from 9.30-12.30 եթ

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Delicious Desserts - Sat, June 13 from 9.30 to 12.30

Phone to book on 9801 1895

## What's Cool at School? Wantirna Heights School

A local school with a special focus.

Wantirna Heights School is nestled in Kingloch Parade, Wantirna not far from the Wantirna Mall where our students and staff are frequent visitors. Our small school has been providing educational programs for primary aged students with an autism spectrum disorder for over 10 years.

So what is autism and what do we do at Wantirna Heights School?

Autism is evident through difficulties in the social and communication areas which may be mild or severe. The children are often anxious, have poor attention, respond differently to sensory things in the environment and are observed as being 'different' from other children. Speech is delayed, or largely absent. A strong reliance on routine is apparent, and the child can have a range of ritualistic behaviours such as obsessions, hand flapping and finger gazing. The child with autism may also have an intellectual disability.

Our teaching and learning programs follow the curriculum framework of the Victorian Essential Learning Standards. Teachers develop themed units of work across the curriculum levels which provide academic challenges and assist in developing families to further understand issues pertaining to their child with autism.

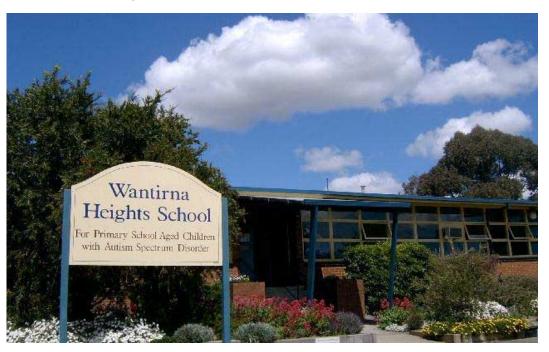
Our school is involved in all the calendared events that pertain to all primary schools. During Education Week, Literacy and Numeracy Week, Science Week our school is a hub of activity. Last year was our first registration in the Premier's Reading Challenge. This was taken on with great enthusiasm and supported at home by our parents. We were one of twenty schools to be invited to the concluding celebration at the Arts Centre to receive our award from the Premier. We are eager to participate again this year and are currently looking at the exciting list of books to choose from.

Our staff and students are eager to be sustainable. Last year through the Green Vouchers available to schools we were able to install water tanks. We now have all our toilets flushing using re-cycled water and two further tanks are used to maintain gardens. This year we will be working further with our students to assist in their understanding of sustainability.

## Gail Preston, Principal www.wantirnaheightsschool.vic.edu.au

independent social skills. All teachers meet with parents regularly to develop Individual Learning Plans that cater for the specific needs of their children.

Alongside our classroom programs we have a number of specialist staff. Speech, occupational and music therapists work with groups of students to support the development of further skills. Our psychologist works to support classroom staff and our



## News from... 2nd Wantirna Scout Group

### Reason to Celebrate

Recently the 2nd Wantirna Scout Group had much to celebrate. It was an evening of many

presentations including the investiture of a new cub leader - Keith Solomon, who also was presented with his 5 years of service award. Two cubs moved up from cubs into scouts and were formally invested. A third cub will be invested early in the New Year.

And very importantly one cub -Christopher Rose, was awarded with his "Grey Wolf" Award. The Grey Wolf is the highest award a cub can earn. To receive his Grey Wolf Christopher earnt many interest badges including Engineer, Sportsman, Traveller, Collector and Flight. He also participated in outdoor activities such as camps, water activities and bike rides,

Christopher is the second cub from 2nd Wantirna to earn his "Grey Wolf" Award. He joins his brother Nathan Rose who earnt his Grey Wolf the previous year.

> 2nd Wantirna Scout Group is a small group which started in the 1950's. It is found in Koomba Park just opposite Nutrimetics, and has managed to continue on due to the valuable contribution of its volunteer leaders.

> The programs and activities organised are varied and give the children many opportunites to have fun as well as gain valuable skills such as first aid, bush camping and survival skills and independence. It also fosters a strong community spirit.

So why not give cubs (7½ -11years) or scouts (11-14years) a go and see for yourself!

as well as organising a hike for his pack.

For more information contact Rolf on 9801 9335





## Life Activities Club Knox

Picnic in the Park, March 5th. Totally BYO. From 5 pm at Jell's Park. 25 members attended February's picnic, and this was enjoyed with a cool breeze blowing through the shelter.

Our weekend getaways are always fun and this photo was taken at the Sunday market at Churchill Island on our Phillip Island Getaway in November.

Our latest Getaway was at Anglesea, the last weekend in February, and without doubt, our conveners have a new plan in mind for the next one?

MUSIC APPRECIATION ! Is our newest group where members meet to listen and appreciate various genres of music. February's was Country, In March, we will be treated to Classical Music. Always the 3rd. Monday between 1pm and 4pm. I feel sure that a cuppa is included.

More good news! If enough members are interested,

CALLIGRAPHY is on the cards (no pun intended). We will always welcome new activities, new conveners, new ideas, etc. Other activities include, badminton, walks, cinema, dining, and more, and it is all there in our magazine. I will be happy to post our current newsletter upon receiving your call.

Melva 9762 3764 Helen 9729 1151

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



## Knox & District Over 50s inc.

Our committee has been very busy and quite productive since the Christmas break so 2009 promises to be up to our usual standard with a range of well attended activities and events to look forward to. The monthly luncheon program for the year is organized, day trips arranged and a 6 day tour to the Blue Mountains in October has attracted quite a number of enthusiastic and, dare I say, noisy participants who enjoy life!

Currently our regular activities comprise:

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 general meeting with a variety of interesting speakers

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

Where there is a 5th Tuesday in the month we hold a Trivia afternoon which is always well attended and there is always much frivolity and laughter. The competitive spirit is obvious especially when each table is competing for the reward of a small chocolate bar each!

Members are encouraged to instigate a different activity if they wish and the committee will support

anyone who comes forward with a suggestion.

The Knox & District Over 50s Inc. is not just once a month, it is all of the month. Readers are cordially invited to join us on the 4th Tuesday at 1.30 p.m. and you will be made most welcome.

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.

#### Enquiries to Keith Slater - 9801 4908



## News in Good Health & Wellbeing



#### First Victorian Access Points project (Direct2Care) goes live in the Eastern Metropolitan Region

#### Direct2Care - one call does it all

On Friday 20 June 2008 the Department of Human Services, in partnership with the Commonwealth government, launched a new service to help Victorians access aged-care services.

Direct2Care is a 'one stop shop' for community care delivering services for older people and their carers. The service aims to help older Victorians find and access the services they need to live fuller, more independent lives in the familiar surroundings of their own home.

#### First of its kind in Australia

The Direct2Care demonstration site based in Knox is the first of 14 Access Point sites to be set up across Australia. The service will provide advice, support and referral to older people, their carers, family and friends living in the Eastern Metro region about local community aged care services. The second Victorian site is located in Ballarat and will service the Grampians region.

#### How does Direct2Care work?

People unsure of what local services exist, what they are eligible for or how to access them, can phone the Direct2Care hotline number - 1300 121 121 - and talk to experienced support workers. They can also visit the Direct2Care office at Knox Ozone Shopping Centre (situated above Centrelink).

The workers then contact local aged care services, who will in turn contact the person seeking care. Services that can be accessed include:

- help at home with cleaning or housekeeping,
- help with showering or dressing
- organised groups with social support activities
- physiotherapy and eye care
- respite services
- food services
- friendly visiting/transport services provided by volunteers.

#### **Further information**

For more information about Direct2Care please call 1300 121 121, visit the office or email direct2care@ucco.org.au

Also frequently asked questions can be found at http://www.health.vic.gov.au/agedcare/services/ accesspoints.htm



## 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: studfieldwantirnanews@netspace.net.au

**Q**. I have a long-term low back problem which is terrible in the mornings but improves once I get moving. I'm told I have arthritis. Apart from taking medication, is there anything else I can do?

#### Mike, Wantirna

**A.** Mike, arthritis is very common and is a result of 'wear and tear' on your joints, causing local inflammation. However, from my experience, arthritis is very rarely the main cause of a person's pain. As a result of decreased joint motion, the surrounding muscles become very tight and tender and usually become the primary site of pain and discomfort. Treatment and regular stretching cannot only improve the flexibility and relieve pain in these muscles, but can also prevent further degeneration of the joints. **Q.** My son has been complaining of pain in his knee for a few months now. I thought it was 'growing pains' but he was almost in tears after basketball last night. Can osteopathy help with knees?

#### Michelle, Wantirna South

**A.** Yes, Michelle, we can certainly help with knee pain. Knee pain in children must always be taken seriously and is also extremely common, particularly with very active children. Children playing sports where running and jumping are prevalent, can be at risk of developing inflammation and soreness around the knee cap. The most difficult aspect of managing pain in children, is getting them to sit still long enough but with osteopathic treatment and home exercises, they usually recover quite quickly.

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

## News in Good Health & Wellbeing

## Difficulty breathing? The Angliss Pulmonary Rehabilitation Program can help.

For many Australians breathing difficulties are a serious health issue. Lung conditions, ranging from emphysema and chronic asthma to bronchiectasis and lung fibrosis (scarring of the lung) are surprisingly common in the average Australian population. Sufferers can experience symptoms like fatigue, shortness of breath, coughing and wheezing and may be prone to chest infections or even end up in hospital with an exacerbation or pneumonia - sometimes on a regular basis.

Despite the prevalence of breathing problems there is a low awareness in the general community as to how to best manage them.

The Angliss Community Rehabilitation Centre in Upper Ferntree Gully runs a Pulmonary Rehabilitation Program to help people better manage their breathing problems. Unfortunately most breathing problems cannot be cured as such but regular physical activity/ exercise together with good medical management and the appropriate medications can be very beneficial.

The Angliss Community Rehabilitation's Pulmonary Rehab program runs twice weekly for a total of 6 weeks - there is an activity component (not too strenuous! - participants do only what they feel capable of) and a discussion led by a health professional. Discussion subjects are different each session and cover a wide range of topics designed to help people manage their condition better. The topics discussed include: exercise at home, relaxation, healthy eating, managing swallowing difficulties, appropriate community services, how to keep well at home, dealing with the emotions associated with managing an ongoing health problem and medications.

In 2000, an Australia-wide survey of the nation's Pulmonary Rehabilitation participants found that 85% felt attending a Pulmonary Rehab program was beneficial - the main benefits being improved fitness, better breathing and a better understanding of how to manage their condition. (1)

Often the social aspect of meeting other people in a similar situation and realising that you are not the only person struggling with breathing difficulties is just as important as the physical activity and discussion topics.

The Angliss Community Rehabilitation's Pulmonary Rehab program is open to anyone with an ongoing lung condition. If you would like more information on the program, please contact Lyndon Hawke (Angliss Pulmonary Rehab Coordinator) at the Angliss Community Rehabilitation Centre on 97646229 8.30am-4.00pm Monday-Friday.

References:

(1) Evidence Base and Standards for Pulmonary Rehabilitation in Australia, March 2002, Dr Peter Frith, The Australian Lung Foundation.

## **Pregnancy** - how reflexology can help.

Reflexology is a gentle, non-invasive, holistic therapy, primarily working on the feet. Reflexology can help with many conditions experienced throughout pregnancy. During pregnancy, many women experience physical, emotional and hormonal changes whilst the foetus is developing. It's an important time for the motherto- be, to pay particular attention to nurturing herself and her body in preparation for the birth.

Changes are occurring continually throughout the pregnancy and some women can experience nausea, backache, constipation, cramps, poor circulation, swollen ankles, fatigue, headaches, anxiety and high or low blood pressure.

By having regular reflexology sessions during your pregnancy you may be able to alleviate these conditions. Reflexology is mainly known for it relaxing effects and can help to calm, balance and re-energize the body.

Reflexology works the whole body system to help improve circulation to all areas. This includes the nervous system and lymphatic system (which along with the immune system, forms our defence against harmful bacteria and viruses). These systems are working overtime during pregnancy and need as much help as they can get.

In reflexology we use a combination of techniques to help balance the Endocrine system, which is our hormonal control centre. The endocrine glands help our body to adapt to our environment. It's where our hormones are produced. Hence working this system is very beneficial to all people, but particularly the pregnant woman who is experiencing many changes in this area.

Treatments are especially useful towards the end of the pregnancy to help prepare and relax the women for birth.

Postnatally, reflexology can assist with breast feeding, helping the flow of breast milk and helping with engorgement and mastitis problems. It is also beneficial for women suffering postnatal depression or fatigue, stress and anxiety problems.

For further information or to discuss your particular needs, please call Marita Reynolds from Sole Response Reflexology on 9801 5201 or 0425 735 581. Marita is located in the Studfield Shopping Centre in the professional suites of The Wantirna Naturopathic and Remedial Massage Clinic on level 1, Suite 9/249 Stud Road, Wantirna. (up the staircase above Tivoli Café.)

## TR@K Towards Reconciliation at Knox

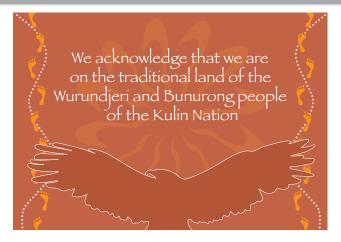
### Another Step Toward Reconciliation

TR@K (Towards Reconciliation at Knox) is an independent, community group concerned with Indigenous and Reconciliation issues across Knox and the Eastern Region.

TR@K began when Knox Council organised 4 workshops in 2003 after which a group of about 15-20 formed. The Group included representatives from indigenous people, Reconciliation Victoria and other interested people and has been actively pursuing Reconciliation efforts since then.

Following Knox Council's initiative in 2008 to install plaques in public places acknowledging that people reading them are standing on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation, TR@K have produced similar, smaller plaques that can be used by the people of Knox on their own premises.

These sturdy, A5 sized, colourful plaques feature Knox Council's adopted emblem, Bunjil the eagle (creator spirit). They were designed by "Deadly Designs", printed by "Form a Sign" and financed by Knox Council's Community Development Fund. Proceeds from the sale of the plaques will be used to further reconciliation efforts in the Knox area.



TR@K are providing ordinary people the opportunity to make Reconciliation more visible by installing a long-lasting, attractive acknowledgment plaque on their fence, letterbox or front door. It acknowledges that a vibrant culture has existed long before European settlement. It is also a fitting way to celebrate the recent anniversary of the National Apology (Feb 13, 2008).

#### If you would like a plaque, please contact Anne on 0421 115 382 or email anne54schmid@optusnet.com.au

Plaques are also available from Orana Neighbourhood House, 62 Coleman Road, Wantirna South between 9.00am and 3.00pm Monday to Friday during school terms



Tr@k members display reconciliation placques for sale to people of Knox

## Knox Home Garden Club with Lonni Holland

As I survey my garden bed, which has always been the admiration of all who sit in the lounge room, I am bereft at the frizzled hydrangeas and defoliated fuschias, limp salvias, and scorched camellias. The sight of all those dehydrated leaves of the hydrangeas remind me of green bats that hang upside down from branches. It helps to see the funny side! My garden has been almost flowerless throughout late January and February, albeit for a few hardy geraniums, grevilleas, Salvia "greggii", and some scabiosa.

Those searing hot days of 40 C plus, combined with sepia, smoky skies owing to the devastating bush fires, only intensified the gloom as I watched my precious garden sizzle. March has historically delivered well below average rainfall, and high temperatures. In order to reduce the demand for water, I have reduced the sizes of some of my perennials by careful pruning, I even trimmed the leaves in half, or cut the leaves off entirely. While the new leaves may be exposed to further scorching, I can trim those off when the

threat of hot weather has passed. As I listened to gardening talk back programs, quite a few avid gardeners advocated for covering over with towels and sheets, their most precious plants to protect them during hot weather.

By March, the soils can become hydrophobic, taking into account the baking heat of summer, so it's vital to ensure that whatever water is given to plants actually penetrates the root zone. This means sleeve rolling, doing some pre gardening stretches to warm the muscles, and pulling aside mulch material to expose the soil, and carefully loosening the soil with a trowel. In a watering can mix soil wetter, and sea sol, or power feed and top up with water, directly over the loosened soil and cover over with mulch. While small perennials are much valued in our gardens, preserving trees and large shrubs should be given priority. Trees provide habitat, shade and micro climate, protection for wildlife, and fix carbon into the soil, and are the lungs of our environment. When trees, such as Eucalypts drop their leaves, they are in survival mode. This shedding reduces the need for sustaining a bevy of foliage, instead trees channel their energies into keeping the roots and trunk alive. In the case of further hot weather, resist the urge to prune ugly dead or withered plants as they can in fact continue to shelter and protect heat affected plants near or under them from more heat damage, perhaps hold off until days become cooler. If you are replacing mulch, course, woody materials, in combination with stones or gravel, and leaf mould, compost, shredded newspaper, pea straw, coir help to condition the soil and retain moisture. Do you have a rain water tank or two, you may want to consider putting in an order for one, so that by next summer the tank will be full and your flowers may just bloom...

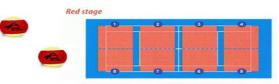
Meetings of the Knox Home Garden Club are held on the 3rd Monday of the month at 8pm, with supper afterwards. Where? U3A Park hills Campus Park Street, Ferntree gully. All welcome!



### 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 velocitytennis@bigpond.com for further details

## Sporting Group News

Wantirna South Junior Football Club



Wantirna South Junior Football Club as we know it today was established in 1983. Our team colours are bottle green jumper with two white vertical stripes, green shorts and socks. We are

members of the Eastern Football League.

This season we are fielding 10 teams from Under 9 through to Under 16 and currently have a membership of approximately 250 players. Many of our players who have completed their Junior careers with us have progressed onto our Senior Club. Last season Wantirna South Football Club won the 2nd Division Grand Final and this season will be competing in Division 1. We wish them a successful season ahead.

Our season will commence on Sunday 5th April at either of our grounds which are located at

#### Templeton Reserve, Templeton Street, Wantirna or Wantirna Reserve, Corner of Mountain & Burwood Highways, Wantirna.

We are a community based non-profit club and all players and their families are most welcome. For any enquiries please contact President Michael Wicks on 0433 823 609 or Registration Secretary Debbie Young on 0408 334 028.

We are pleased to have two Studfield traders as longtime sponsors and supporters of Wantirna South Junior Football Club in *Boococks Meats and Schokalade.* 

Wantirna South Junior Football Club is always seeking new sponsors to enable us to provide up to date equipment and facilities for our players. If you are interested kindly contact President Michael Wicks.

### **Templeton Tennis Club Wantirna** 'Stays ahead of the game'

'Staying ahead of the game' in this case, relates to the upgrading of two of the clubs existing courts. Being a major tennis facility in the City of Knox with commitments to competitive tennis, including Saturday Junior and Senior competition, midweek Ladies as well as a vibrant Night series, sees a lot of activity on the clubs 8 synthetic grass courts. In light of all this 'wear and tear' it was decided to replace the wearing surfaces with new 'grass' to maintain the integrity of the playing surface.

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.

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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### **Share your** Wantirna memories.....

Stories of our local history help to create the identity of "Wantirna". If you've been spending time 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 studfieldwantirnanews@netspace.net.au.

### **Read Auto Mirrors**

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### **DENTURE CLINIC**

### Grant McConnell

Dental Prosthetist Member: Dental Prosthetists Association Phone: 9720 1555

487 Boronia Rd, Wantirna 3152 (Opp. Knox Club)





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