

Studfield-Wantirna Community News

Edition 5 - Winter 2009



Photo by Elaine Craig of Knox Photographic Society

Welcome to Winter in Wantirna



FREE

A message from
Heidi Victoria
 Member for Bayswater

Hello!

The last few months have been wonderful. I have had very much pleasure in seeing so many people undertaking self-less acts for the community.

I am always impressed by the Aussie spirit to respond, with such generosity to the needs of others. I want to take this opportunity to acknowledge everyone who volunteers some of their precious time. With the tragic events of earlier this year, it is vital that we recognise those who make sacrifices in order to help people they often don't even know.



So on behalf of all those who have seen or benefited from such kindness – I say a very big Thank You.

Heidi.

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John McLeod

By Janet Claringbold

Longest serving member of Boronia CFA

People in Wantirna can be assured in the case of fire we are well protected by the CFA fire brigades in Knox. John McLeod of Boronia fire brigade has been serving our community as a volunteer firefighter for 55 years.

The Boronia Bush Fire Brigade formed after the 1939 "Black Friday" bushfires, when local people decided they needed the protection of an organized fire fighting unit. In 1942 the Boronia brigade registered with the Country Fire Brigades' Board (CFBB) which was the central body at the time, and responsible for brigades more than 16km from Melbourne.

One of the recommendations of Judge Stretton, who conducted the Royal Commission into the 1939 fires was that a State Fire Authority be established. The Country Fire Authority (CFA) was established in April 1945, uniting the various fire fighting brigades across Victoria.

John McLeod's days as a member of the Boronia fire brigade began in 1954 when he was playing kick to kick with mates at the old Boronia footy ground. Members of the brigade came along and asked the boys to help at a scrub fire in Army Road. In John's words "they went up there, gave them a hand, got home late and got into trouble!" The brigade's secretary, Jim Ewan, ran a milk bar come fruit shop in Boronia Road, opposite Erica Avenue. Whilst going around the area selling vegetables from the back of his old "Brockoff" van, Jim persuaded John's mum that he should join.

At the time, John was an apprentice fitter and turner at AH McDonald's in Richmond. John went to training on Tuesday nights and Sunday mornings as members still do today. In those days the brigade members were called in to duty by siren. John says, he often got caught out when the wind was blowing a certain way and he'd pick up the sound of the Ferntree Gully siren. He'd ride his push bike down to the Boronia station only to find it in darkness and would have to sneak home, hoping no one had seen him!

John explains, that the Boronia fire brigade's first appliance was a Chev Ute which operated out of a little fibro shed in Dorset Road, Boronia, located where the Commonwealth Bank now stands. In anticipation of a new station being built, the captain of the time, Laurie Maguire called brigade members to many working bees, to clear a site on Dorset Road. As it turned out, alternative land was donated for the purpose of a fire station in a superior location on Boronia Road. The

brigade members lamented their blisters when they found their efforts were for nothing! However the captain made good use of the cleared land when he established a service station on the site which he operated for many years. The Boronia Road location also included land where "Brownny" the milkman's horses had grazed. This area provided a great facility.

Captain Maguire acquired an old underground petrol tank which was used to construct the brigade's "Blitz Tanker". This vehicle served Boronia brigade well and was used in the late 50s and early 60s for fires like the Finger's Cool Store fire and the Walker's Pottery fire in Wantirna. In 1955 the brigade moved to the new fire station at 133 Boronia Road, where Subway is now located. The new station was adjacent to Maguire Park (named after the Maguire family) which held the brigade's training track. That was the only training track on-site in the State. Many fire fighting competitions were held at Maguire Park and

Boronia brigade had much success.

Not long after John joined the brigade he was nominated for a position on the executive. Initially he declined, however after receiving a blast from the secretary at the time about "young blokes and taking responsibility" he decided that the next time he was nominated he'd let the troops decide. Except for a couple of years, he has been an officer from that time until now.

John says, people will often say the "fires up the hill" are

the worst fires. However John has found that as a captain of a brigade the worst fires are the ones that happen in the middle of the night when you know a house is on fire and a family is in real trouble. After waking up to sirens you have no time to think but have to work at "a hundred miles an hour". In John's early years there were a lot of brick chimneys and wood fires. If there was a chimney fire, the fire fighters would have to get into the ceiling to check everything was out. Many times John would lay awake wondering if they may have missed something and be called out again.

In 1962 fire broke out in The Basin. Fires spread across from Montrose to Ferntree Gully and from Belgrave to Monbulk. There was another serious outbreak in 1968 at The Basin, which raged through the National Park towards, Upper Ferntree Gully and Upwey, burning the Upwey Hall.

As the station was totally operated by volunteers, the Boronia Brigade found they were losing good volunteers who went on to become "career" fire (continued on page 5)



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Welcome to Winter in Wantirna!!

Our paper is now being delivered house-to-house, so for some this edition will be your first introduction to our paper. We hope you enjoy our community stories and information. We welcome feedback and suggestions so feel free to write in or send an email.

Now it's winter, we all retreat into our homes at night and pop on the heater and the telly. We can indulge in warming winter meals and hide the evidence under bulky clothes! It's hard to get motivated to exercise when it's so cold. Of course we should because its the best way to stay warm!

Our Autumn edition with the statue of the little girl caused quite a bit of curiosity. Coral, from our newspaper team contacted Knox City Council to find out a bit more about it. Geoff Inkster, kindly sought out the article below from the Council's media scrapbook and sent a copy. As you can

Wednesday July 2 1997

Touching memorial

A SIMPLE portrayal of a little girl clutching a bunch of flowers is the centrepiece of a new war memorial in Knox.

The 1.2 metre high, bronze sculpture was erected last week in the eastern grounds of the Knox Civic Centre.

Knox mayor, Cr Dick Dare said the memorial aims to reflect the sacrifices made by local service men and women and their families during World War Two.

"The design brief for the memorial was to create a statue that reflected the

character of the local community between 1939 and 1945," Cr Dare said. Internationally renowned sculptor, Peter Corlett, was commissioned to create the sculpture.

Peter Corlett also sculptured the bronze emu located in the atrium of the Knox Civic Centre. His other famous works include sculptures in memory of "Sir Weary Dunlop", "Phar Lap", and "Simpson and his Donkey".

Knox Council is planning a special commemoration ceremony in the weeks leading up to Remembrance Day in November.

Janet Claringbold

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*Thank you to the local businesses who support the production of our community newspaper.
Please support us by supporting them!*

John McLeod - Longest serving member of Boronia CFA

(continued from page 3)

fighters, this included their secretary Gavin Maguire. In the early '70s they felt that they were unable to protect the community in the event of fire due to lack of a daytime crew, and therefore in 1972 the Boronia brigade made the decision to integrate full time career firefighters. To reflect its new status as an A1 fire station and to manage increasing activity, the station was extended to a four vehicle building in 1976.

The integration of career firefighters brought about a number of changes to the structure of the Boronia fire brigade and with changing times, roles and responsibilities have shifted and diversified. These days there is room for volunteers to be involved at a level that they are capable of and not necessarily a hands-on role fighting fires. In 1971 John followed Captain Maguire onto the State executive of the Victorian Urban Fire Brigades Association and gave them over thirty-one years of service and was four times president, until the age of 65. To mark his retirement on his sixty-fifth birthday, John was called out to the middle of the competition track at Castlemaine at the Junior State Championships, where he was ceremoniously "defrocked" which was all in good humour, but surprised a lot of people who were watching!

John's involvement as a volunteer firefighter would not have been possible without the support of his employer. Initially, AH McDonald's and then for over 20 years at Fibremakers who were very "community minded" and would allow him to leave to carry out fire duties when necessary. After that time he spent 13 years at the City of Waverley, where he could get away if there were any serious fires. John admits it is harder now for volunteers to leave their place of employment if fire breaks out and this is affecting daytime crews in particular. Although there is often a big surge in volunteer interest after big fire events, not too many keep up the commitment long term.

In the most recent summer bush fires Boronia Station became the Knox Group Headquarters. The Boronia Brigade went down to Gippsland at first and were subsequently involved in the fires around Kinglake. Involvement in major fires can cause serious emotional stress for firefighters. According to John, the CFA is one of the leaders in critical incident stress management. They have a well structured peer support program and trained peer support group leaders covering all regions. Peer support leaders come and talk to firefighters at the station and outline the signs of stress that members need to look for in their fellow firefighters. They go out in the field and are available to talk to when necessary. After John's first experience of fire he found he couldn't sleep for about three nights as the images of the fire ran through his head. But after awhile, like all emergency services people he has found ways of dealing with the stress. Part of this is being aware of each other's emotional fragility and taking steps to support each other and not trivializing emotional health.

Notable incidents that the Boronia Brigade has been involved in over the years include the horrific train and

bus crash in 1952 that caused many deaths. In the '70s there was an outbreak of arson that included the burning down of the Ferntree Gully Tech School hall and the railway station. The brigade responded to around 40 fires in 14 nights and unfortunately no one was ever caught. John remembers the local police frustration in saying "Do you have to put the fires out with water?" as evidence of fingerprints was washed away!

In 1983 the Boronia brigade was involved in the Ash Wednesday fires and later in the fire at the Knox Tech School Library, the Clark Maples factory and Hansa Toy factory in Ferntree Gully. Boronia brigade were also involved in the Warburton fires in 1991 and attended fires at the Swagman Restaurant in Ferntree Gully and at the Boronia Church of Christ. They also attended the Boronia Primary School fire in 2002.

John thanks his wife Trish's involvement in Calisthenics for his ability to keep up a long term commitment to volunteer firefighting. John says "If Trish is a fire brigade widow, then I'm a calisthenics widower." In 1990 John was awarded the Australian Fire Service Medal for distinguished service.

When the Boronia crossing was redeveloped in 1998 the station was relocated to the current location at 300 Boronia Road. John explains, that the bell at the front of the station is suspended by three sleepers from the old railway line borrowed "for the term of their natural life".

On April 19th, in appreciation of the efforts fighting the fires of February 7, Knox Council awarded the CFA and other emergency service teams "Honorary Freedom of the City" which is the most prestigious civic honor in Knox. John would like to acknowledge the Knox Club who recently ran a successful fundraising event for the brigade.

In his involvement with the Boronia fire brigade John has found the best thing is belonging to the CFA family. He joined to help out the community and is grateful for the opportunities he has had over 55 years.

For information about Volunteering with the CFA call 1800 232 636.

References: <http://boroniacfa.com.au> <http://www.cfa.vic.gov.au>
<http://www.ferntreegullycfa.com.au> <http://www.vfbv.com.au>
<http://www.abc.net.au/blackfriday>

Boronia Men's Probus Club

We issue an invitation to any man who wishes to attend our meetings as a Guest. Our NEW VENUE is Knox Club Wantirna. Meetings are held on the first Thursday of each month starting at 10 00 am and finishing at Noon. We also have monthly trips. We have good speakers and will give you a warm welcome. As our Guest no payment will be required.

Our Club is well known as "The Friendly Club" so please come along.

Contact John Riley on 9762 1958

What's happening..... at Orana Neighbourhood House

Meet Artist, Dianne Bell-Nelson

Born and raised in Southern Australia I studied painting and drawing at local state institutions. My love of painting has intensified over the years and now has become my passion. I think it's wonderful when someone sees something in one of my paintings, that, I never knew was there.

In the 1990's I worked in a gallery in Melbourne and was enthralled by the environment of paintings, sculpture and artists coming and going. I completed a course in water colour at Wantirna Technical College and painting in oils at the School of Creative Arts Melbourne.

Beautiful color moves me in an indescribable way, and I will continue to struggle with and delight in color relationships. I enjoy working with a variety of media and mixed media. But oil has become my "passion", I believe the painting comes alive when the process or struggle displays a certain mood. I want my paintings to border on the abstract, but not quite.

I paint to convey feelings and the more mystical nature of our world, via colour, vibrancy, composition, and balance. I have never aimed for strict realism preferring a contemporary approach, being particularly drawn to colour and fascinated by its constant juxtaposition and changing tones within a painting.

I have now reached a time in life when I can be full time behind the easel

The beauty of a painting is the ability to catch a beautiful moment to keep forever.

Dianne Bell-Nelson

Art comes alive at Orana!

Orana's Thursday Art Group with local Artist Dianne Bell-Nelson is holding a special morning tea and open day on to showcase the Art Group's work and to see the Group in action.

**Artists with Art in Process - Special Morning Tea
Thursday, September 3rd at 10.00am at Orana**

Coming up in June are two great workshops for anyone who enjoys art

Acrylic Impressions

Helen Cottle is a renowned artist from the Macedon area and a highly acclaimed professional artist and educator. For painters who are in need of some new ideas, hints and tips, this workshop will offer a fun and relaxed atmosphere in which to discover and learn.

During this workshop we will gain a greater understanding of the unique qualities of acrylic paint compared to other mediums.

Saturday, June 13 10.00am to 3.00pm \$100.00

All you need to know about exhibiting your artwork.

An information workshop with Dianne, our resident artist.

Find out what you need to do to make your art exhibition ready and how to put together a Bio or Artwork information.

Saturday, June 27 at 1.00 to 3.00pm \$20.00

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

Knox's Best Kept Secret

by Kay McLoughlin

There are many fantastic Op Shops in the Knox area all supporting different charities. However the one I would like to highlight in this article is the Brotherhood of Saint Laurence at Knox City Shopping Centre opposite the Knox Library. The Brotherhood as we in the know affectionately call it is nothing short of an Aladdin's Cave containing magnificent treasures to delight the senses and guess what? - there is no need to refinance the house or sell the kids to purchase that little "must have" dress. Wait, can I hear people saying? "This is just the delusional ramblings of a woman, high on the smell of op shop moth balls"? Well, banish such thoughts from your minds! This Op Shop smells of fragrant perfumes that assails the air, to up lift your spirits, and if this is not enough, the magnificent voice of Andre Boccilli transports you to a starry night in Tuscany. All that is missing is a champagne cocktail and a handsome man. Still, life is less than perfect and I must not digress from what is important - the fabulous clothes and other treasures such as manchester, shoes and the highest quality bric a brac. So ladies forget the bingo, just hot foot it down to shop and say "hello". I promise you will not be disappointed, for

I can show you dresses and tops that will delight, and because you are reading this, I will share a little secret with you. These clothes have been donated with love - there is something magical about them. Yes, ladies its what you have been longing for, no, dare I say it, praying for, these pre loved clothes have the ability to make you look slimmer and younger. "How" you ask? Well its simple. Your money is going to support the Brotherhood of Saint Laurence, who are working for an Australia free of poverty. Knowing that our purchase will make a difference to someone's life will make you feel great and you will no longer care about the size of your hips, because you will be wearing a smile of happiness that your friends cannot fail to notice. Compliments will flow as you model your new clothes, that have been bought with love, and imagine how fantastic you will feel when you share the secret with them "It's the Saint Laurence Label".

P.S. for you guys who are reading this we also have clothes for you that will turn you into a babe magnet.

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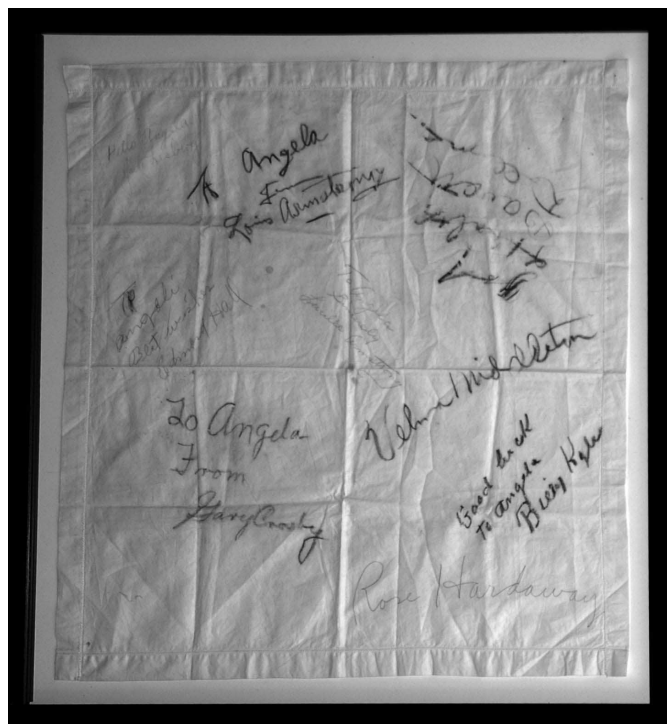
Victorian Jazz Archive Inc.

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

Satchmo, Hello Dolly and that Handkerchief

Amongst the gems of jazz memorabilia at the Victorian Jazz Archive is a very special handkerchief, contained within the Eric Child collection donated to the Archive in May 2002 by Bill Haesler OAM.

Fans of Louis Armstrong remember the ever-present handkerchief he carried on stage when performing, which doubled as a towel, to wipe away the sweat of his labours whilst entertaining audiences worldwide. He was an incomparable figure in Jazz history, who in the early 1920's shifted the emphasis of jazz from ensemble playing to a soloist's art form, whilst setting new standards for jazz trumpeters. Ask any jazz musician today who influenced them and most will invariably answer "Louis".



In April 1956, Louis and his band known as the "All Stars" toured Australia wide, together with Gary Crosby (Bing's son), singer Rose Hardaway, and dancer Peg Leg Bates supported by Australian comedian and compere Joe Martin, and the Dennis Collinson orchestra. The tour was promoted by Lee Gordon, and whilst in Sydney the Armstrong All Stars appeared on radio with performances on Jack Davey's Ampol Show, on April 13th, and the Ford Show compered by Guy Doleman on April 19th.

The handkerchief was originally presented to Angela Child, the wife of national ABC broadcaster Eric Child, and following her death was bequeathed to Bill Haesler OAM together with other items forming part of the Eric Child collection.

It is autographed by Louis, Barret Deems, Jack Lesberg, Billy Kyle, Velma Middleton, and Edmund Hall. The only member of the All Stars not to have signed the handkerchief was legendary trombonist Trummy Young.

Rose Hardaway and Gary Crosby have also signed, and barely visible, at the centre of the handkerchief is the signature of Armstrong's fourth wife Lucille.

Louis first recorded Hello Dolly in New York in December 1963, and long time Bassist Arvell Shaw recalls that when handed the sheet music Louis said "you mean to tell me you called me out here to do this? He hated it but we made the record. Three or four months later we were on the road doing one nighters in Nebraska and Iowa - way out, and every night we'd hear from the audience "Hello Dolly, Hello Dolly". So Louis ignored it for the first couple of nights but it got louder and louder and Louis looked at me and said, what the hell is Hello Dolly! Well you remember that date we did a few months ago in New York, one of the tunes was called Hello Dolly: it's from a Broadway show. We had to call and get the music and learn it and put it in the concert, and the first time we put it in the concert, pandemonium broke out"

"Hello Dolly" became the number one song in America, and the jazz world celebrated, but within a few weeks, the Beatles had recaptured the airwaves.

Les Newman, Media & Public Relations Manager, The Victorian Jazz Archive Inc, located at Koomba Park, 15 Mountain Highway, Wantirna Ph.98005535, Website vicjazzarchive.org.au


To arrange a group visit please contact Marina Pollard at the Archive.

"Attention Please"

A Special Fundraising Concert
All monies raised to go to the Upper
Ferntree Gully CFA Volunteers

SUNDAY 14TH JUNE ~ Noon - 5.00 pm
The Whitehorse Club, East Burwood Reserve, Burwood East
Michael McQuaid's "Red Hot Rhythmakers"
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"Victorian Jazz Workshop Ensemble"
Matt Dixon's "Shirazz"
"The New Melbourne Jazz Band"

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\$20 per head entry

For more information and bookings
☎ **Victorian Jazz Archive on 9800 5535. Open Tuesday, Wednesday and Friday, between 10am and 4pm.**

Special "Thank You" to the Whitehorse Club for the venue and Jazz Archive [who will man the doors] and all the musicians who have generously donated their talents.

Local Update from Councillor Adam Gill



A New Chapter for Local Libraries

Knox Council is committed to providing better local library services. We know how important they are to our community - they are a vital source of information, entertainment and learning. But we've entered an age where we need to go beyond bookshelves to create better, modern learning environments for our whole community.

With that in mind, Council is now implementing the outcomes of an extensive review of its library services, looking at how to create a better, and more modern service. We are combining the traditional elements of our library services with the technological age we now face. Simply, we are working towards library services that are accessible, cater to our modern needs and suit all ages.

In the past financial year, Knox Council, Eastern Regional Libraries and the State Government have teamed to deliver more than \$257,000 in improvements. This figure includes a \$100,000 upgrade to Knox Library and \$92,000 for improvements to the Ferntree Gully branch. But the work doesn't stop there.

In Council's 2009-10 draft budget, we're proposing even more be invested into our local libraries.

Council has received a \$30,000 grant towards the development of a community facility in Bayswater, which would include a library.

Council has proposed in its Budget to increase the number of Internet-ready computers at Knox, Boronia and Rowville and double the number of Internet-ready computers at Ferntree Gully. Council would similarly also introduce wireless Internet at all Knox libraries, providing as a free service for anyone with a library card.

Council will also consider funding a new vehicle for Council's Mobile Bus Service as part of 2009/10 budget deliberations.

Keeping up with the times, striving for first-class facilities and supporting lifelong learning are key goals as we work towards better library services. With the review complete and the work beginning, we're well on the way to opening a new chapter for Knox's libraries.

Studfield Shopping Centre Traders' Association It's so easy.....to enjoy your local shopping strip!

Studfield Shopping Centre has a friendly feel, easy access and a great variety of shops and businesses.

The traders at Studfield Shopping Centre are working with the local community to provide a great local shopping experience. The Studfield Traders' Association meet monthly to help facilitate change and promote local businesses. They provide active representation to Knox Council on all issues including safety, traffic, graffiti and streetscape.

The traders at Studfield Shops give ongoing support to local groups, sporting clubs and schools and run local raffles with great prizes to promote interest in the area. Recently, a raffle for the bushfire appeal raised nearly \$5,000!

The Traders' group work closely with the Neighbourhood

Watch Group to ensure the shopping area is kept clean, graffiti free and safe for customers.

Its great to know that the Studfield Traders are working together behind the scenes to help make your shopping experience so easy for you!



Studfield Wantirna Business Directory

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Wantirna State School

by Glen Turnbull, local historian

In 1906, a petition from residents in what is now called Wantirna was sent to the Education Department.

The residents called for the erection of a school on the corner of what became Burwood and Mountain Highways. The site chosen was central to all residents along both roads. Further deputations and petitions followed in the next three years until Government representatives conducted an inspection for a suitable site. After some local argument about the location of a suitable school site, the education Department purchased 2 acres of land on Mountain Highway, south of Harold Street, from William Frederick Ferdinand Finger on 20

June 1910. Construction of a wooden building measuring 26.5 x 24 feet commenced on the site in 1911. Wantirna State School number 3709 opened officially on 22 January 1912 with the name "Bayswater West State School". John Curtis was the first teacher and he had 29 children enrolled in the school's first year. Additional structures have been added to the original building, which of course is still in use today.

Glen Turnbull
Councillor, Royal Historical Society of Victoria.
Former President, Knox Historical Society

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



Above: Group of school children, teacher and committee outside the Wantirna School building in 1912, first year of the school. (Knox Historical Society image)

This photograph was reported to have been taken on the opening day of the school, but contains more children than names listed on the roll. Most likely some of these children may have been too young to attend school in 1912.



Above: More recognisable Wantirna State School brick building showing the number 3709 on the chimney. (Knox Historical Society image)

Back row (from left): Mr. Curtis (Head Teacher) and School Committee members: Charles Henry Finger, John Alfred Fitzmaurice, George W. Mason, Frederick Kitchen and William Frederick Ferdinand Finger.

Third row: Gilbert Ernest Handasyde, George Thompson, Violet Cooksley, Eva Bishop, May Finger, Winifred Goodman, Dora Rieschieck, Reta Goodman, Jennie Stuart, not known, Lottie Mary Stuart and Annie Gertrude Martin.

Second row: Robert Hurst Stuart, Leonard Charles Martin nursing his brother Edmund (Ned) Arthur Martin, Reginald Brindley holding Frederick Ferdinand Finger, Edgar Mason, George Bishop, Walter Goodman, May Goodwin, Laurie Kitchen, Gladys Kitchen, Ada Caroline Finger, Martha Elsie Finger, Eva Martin and Jessie Hilda.

Front row: Thomas Mason, Laurence Edmund Finger, James Stuart, George Hilda, Ida Jessie Finger, Eva Bolton, Alexander Stewart Handasyde and Hugh Ferguson Stuart.

What's Cool at School?

Templeton Primary School Students visit to Studfield Shopping Centre

By Janet Claringbold

Thanks Grade One teachers at Templeton Primary



Grade one students from Templeton Primary School made their presence felt on a recent visit to Studfield Shopping Centre in Wantirna South. The shopping strip was full of excitement and enthusiasm as 99 children in groups of five or six and their teachers and parent helpers discovered the wonders of retail therapy!

They came armed with shopping bags provided by the Studfield Traders' Association and ventured forth with five dollars to purchase one treat and one healthy piece of food. The major theme for this school term was studying food, nutrition and healthy living. In maths they have been learning about money. In term one the students studied "our families and the community". According to Year One teachers, visiting Studfield shops was a perfect way of tying in all these areas of study in a fun and "real life" way.

Many of the children were amazed at how many shops there were and many did not know what some of the shops provided. As the children went from shop to shop, the members of the Studfield Traders' Association made the visits worthwhile with a cheery welcome and sometimes a special treat for every guest.



At Boocock's the butchers, Stretch handed out free sausages to little reaching hands, while from the back of the shop there came a curious melody of farmyard animal calls!!

At Headmod, the hairdresser's, the children were fascinated in a video display showing how "foils" are done. "That's how they dye their hair in the olden days!" one child remarked.

At the Post Office the children were shown the school's postbox and learned how mail, addressed to Templeton Primary School, went in the box each morning.

At Brumby's the donuts were popular, and at Schokolade all the kids were given bookmarks, a sample "slush puppy" and a chocolate raspberry. Cupcakes and funny faces were popular treats. Each child had the experience of deciding what to buy for themselves and made their own purchase, learning about prices, value and handling change.



In the ANZ bank, the children were each given a money box in the shape of "Matilda the Rural Pig" and eagerly sought out their entry for the colouring competition on the wall.

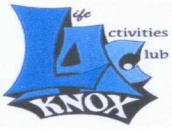
The Fruit Shop was a great place to buy the "something healthy". "I might buy an onion" said Pavan, but he ended up buying a plum, which was probably a tastier choice! The most popular items in the Fruit Shop were punnets of strawberries, mandarins and bananas.

Katerina said, she liked the butcher's best "because I like meat!" while Jasmine said "I like the flower shop because they smell nice".

On returning to school, all the children wrote about their experience.

Teachers, parents and children are thankful to the Studfield Traders for their efforts in making their shopping and learning experience so worthwhile.





Life Activities Club Knox

Hopefully there is enough space for this article as we do a lot, and thanks to our enthusiastic conveners, we've enjoyed many wonderful outings, like 5 day bus trips, and 1 day bus trips, visits to beautiful gardens, Jazz and Music Appreciation.

Our Walking groups take us to the beach, to our forests, nature reserves, and by train or bus, to somewhere else in Victoria. [The picture shows our walkers at Sandringham Beach]

As always, our weekend getaways are lots of fun and interesting, and we return from the chosen destination knowing more about one of our beautiful country towns.

Of course we need to Eat and Socialise, and this takes place with our Chinwaggers (Lunch), Dine-out, (another lunch), Saturday Social Evening, even the Cinema group enjoy something to eat at one of our local eateries.

To keep our bodies fit, as well as walks, there is Badminton and Water Aerobics, and for our brains we have Cards one night each month, and Board Games on



the 1st Friday. Once, we had a book discussion group, but our numbers dropped, hopefully in the future, we can start it up again.

Painting, Craft, Armchair Travel for a cost free trip somewhere. We are always looking for new activities, new ideas, new conveners, new Members. So, please feel free to join us, check us out on any two activities, and hopefully become a full member of our club. Membership is not restricted to residents of Knox, as our outings take us in all directions.

For a \$20.p.a. membership, you will receive 4 quarterly newsletters, committee subsidized functions, friendships, outings, new people, new interests, and belonging.

In fact, if you ring, we will be happy to post our current newsletter to you, no obligation, but you will have more knowledge about our friendly club.

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.

Well, here we are, settling into winter. May was a quiet month which gave the group a breather to catch its breath after a frenetic quarter. As reported in the last issue, March saw 26 of our members flit off to Norfolk Island, returning with sealed lips concerning the antics some of the group were reputed to have got up to. But what they would speak about was the fun time they had and how they couldn't wait to get away again to the Blue Mountains in October. There are vacancies still available on that trip so hurry up and get your name down to have a fun time with a great group of fellow travellers.

Not to be out done, the day trippers to Walhalla set off for a full day to the old mining town and a ride on the Goldfields Railway. The noise in the bus was to be heard all the way to Walhalla, the weather was sunny, the train ride great fun and the stroll through town in the sun after a very satisfying barbeque lunch was just so pleasant. It was not remarkable that the noise level on the way home was far more muted. Some of the passengers were even seen to be having a quiet bit of shut eye as we got closer to home! Needless to say, the day trip in June utilising the Council bus is solidly booked out and a trip to Geelong to the Ford Discovery Centre and Wool Museum in August is in the planning stage.

As previously mentioned, our group is good on the tooth and the second Tuesday 'Antiques Roadshow' has enjoyed some good meals. Numbers attending have grown to the extent that we cheekily ask our hosts if they would donate a meal for two at our outing so we can draw a name out of the hat as a surprise for our

members. Our hosts have been very generous to date, and we always have a great time. We paused in April to celebrate our Easter Bonnet Lunch which was great fun and very filling, ably catered by Pancakes on the Run.

As June has five Tuesdays we will be holding our 5th Tuesday Trivia afternoon. We start at 1.30pm in the main section of the Boronia Progress Hall with afternoon tea provided. Lots of fun, not too hard and chocolate for prizes with afternoon tea provided, \$5 entry fee. If you miss June's trivia afternoon, don't worry as there are five Tuesdays in September.

Currently our regular activities comprise:

- 1st Tuesday - Book Club at the Boronia Progress Hall, 1 pm start in the rear section
- 2nd Tuesday - Luncheon outing to local venues
- 3rd Tuesday - Games day at the Boronia Progress Hall, 1.30 pm start in the rear section
- 4th Tuesday - our Group meeting, with a variety of interesting speakers. 1.30 pm start in the main hall

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 \$15. There is a \$2 entry fee to our 4th Tuesday Group meeting that covers hall hire and refreshments.

Enquires to - Stuart Laurie 9763 8756



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with Dr. Jason Stone of Wantirna Osteopathy

**Any muscular or joint problems?
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Jason Stone for advice.**

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studfieldwantiranews@netspace.net.au

Q. I have been suffering Sciatica on and off for years now, do you have any tips to help me sleep.

Mary, Wantirna

A. Mary, I assume by Sciatica you mean you have pain in your low back and into the buttock and either of your legs? Sciatica is often the result of a pelvic misalignment as well as low back stiffness but for a temporary relief of symptoms try heating and stretching your buttock muscles. To do this, sit in a chair and put your foot (of the side of pain) onto your other knee. Gently pull your knee (of the side of the pain) toward your opposite shoulder and hold for 20-30 seconds. This should help release muscle tension in your buttock which is often the catalyst for referred pain down your leg.

Q. I am on a waiting list to have my hip replaced is there anything an Osteopath can do to help my pain whilst I am waiting?

Doug, Wantirna South

A. Doug it is definitely worth seeing an Osteopath as a great deal of your pain is from tight irritated muscles around your hip which can be relieved through Osteopathic treatment. Having the surrounding muscles and related regions like your low back freed up will not only make you more comfortable but aid in your recovery after the surgery. It could also be worth mentioning to your GP as there is a medicare initiative called the Enhanced Primary Care Plan which entitles sufferers of chronic pain to 5 medicare covered Osteopathic consultations.

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



Diabetes: - It's a team approach.

By Marita Reynolds

**General Practitioner, Dietician, Diabetic Advisor,
Podiatrist and Reflexologist**

Diabetes is a metabolic disorder where the body is unable to regulate blood sugar levels properly.

We use sugar as energy fuel for our bodies. So when a person with diabetes is unable to use sugar energy over a period of time the high sugar levels can damage blood vessels and nerves.

There are 2 types of Diabetes. Type 1 is usually apparent in childhood or adolescence and relates to approximately 10-15% of the cases.

Type 2 diabetes presents itself later in life is related to lifestyle and is more common and relates to approximately 80-85% of cases.

If type 2 diabetes is left untreated or unmanaged complications within the body due to poor circulation from damaged blood vessels and nerves can occur resulting in heart disease such as heart attack and stroke, kidney disease, eye problems such as Diabetic Retinopathy causing blindness or visual impairment and leg and feet problems often resulting in loss of these limbs due to poor blood supply.

What can you do to help yourself avoid Diabetes or if you have Diabetes how to manage it? There are many people that can help. However people with diabetes should be aware of the importance of maintaining good healthcare. Keep blood sugar levels to a maintenance level

recommended by your healthcare professional. A regular attendance to the Podiatrist to check that circulation to the feet and that proper footwear is maintained. A session with Diabetic Advisor and a Dietician to check that your diet is working for you is also important. They can give you the necessary information to help understand Diabetes and how you can best help yourself manage the condition.

How can reflexology help? Reflexology is a non-invasive therapy. The Reflexologist uses a combination of gentle stretching and massage techniques on the reflex points on the feet and hands to promote circulation to ALL body parts. This will help the to boost lymphatic function and help to improve the immune system, reducing the risk of infection which may lead to ulceration on the legs and feet which can result in possible loss of the limb. Reflexology can also help to reduce the risk of complications such as heart disease, stroke and diabetic neuropathy.

An initial 1-hour session is recommended where we work the feet and discuss how best to promote improved circulation by using regular reflexology.

Marita Reynolds is a practicing Reflexologist situated in 2 locations at the Wantirna Naturopathic and Remedial Massage Clinic at Suite 9/ 249 Stud Road, Wantirna, in the Professional suites above Tivoli Café.

Marita also consults at the Box Hill Foot Clinic, with a podiatrist.

To discuss your needs or make an appointment please call 9801 5201 or 0425 735 581.

News in Good Health & Wellbeing

...brought to you by Knox Division of General Practice

Local organisations join forces to promote men's health

A group of local organisations are once again joining together to promote men's health. This year during Men's Health Week on Wednesday June 17th 2009 Kicking Goals ... For Men's Health will be held at Bayswater Football Club. Doors will open at 6:30pm and men and women will have a chance to look around an expo that will showcase local organisations that aim to promote men's health. Whilst taking in the expo they will be able to enjoy a BBQ supplied by Boronia Rotary all for the cost of a gold coin donation.

Kicking Goals...For Men's Health will be hosted by stand up comic Dave Grant (Man the Myth) and he will be introducing guest speakers Ex Essendon footballer and Indigenous leader Dean Rioli, AFL Hall of Fame member as well as community educator David Parkin and local GP Dr Doug Utley.

Knox Division of General Practice's Health Promotion Officer Melissa Cook said "Men are more likely to adopt risky health behaviours including tobacco smoking, not exercising enough, drinking alcohol at high risk levels and not eating enough fruit and vegetables. One of the issues in men's health that we would like to target is men visiting the doctor less than women. If we can encourage more men to actively visit their GP post event we will know we have made a positive impact in men's health, and with the great speakers we have on board, I believe that this event will be a fantastic way to face the many challenges in men's health".

For further information on this great event contact Melissa cook from the Knox Division of General Practice on 9720 2044 or email melissac@knoxdiv.com.au



Healthy Lifestyle Changes to get more out of Life!

Residents in Knox at risk of type 2 diabetes are about to get personalised help to address their eating habits and turn their life around through physical activity.

Lifestyle Modification Programs are the first of their kind involving 6 motivational and educational sessions to help participants make healthy lifestyle changes.

There are over 200,000 Victorians currently with diabetes and a further 15,000 diagnosed with type 2 diabetes every year. For every person known to have type 2 diabetes there is another who is unaware.

An estimated 500,000 Victorians have pre-diabetes and are at risk of developing type 2 diabetes over the next five years.

By maintaining a healthy weight, being physically active and following a healthy eating plan is the best chance of preventing type 2 diabetes, and Lifestyle Modification Programs can help you do this.

Prevention and early diagnosis of diabetes is critical because there are severe complications such as heart attack, stroke, kidney failure, blindness and amputation.

Complete the Type 2 Diabetes Risk Test and discuss your results with your family doctor. You may be eligible to be referred to one of two Lifestyle Modification Programs: Reset your Life, or Life! Taking Action on Diabetes. Each of these programs will have courses starting up in Knox throughout the year.

Visit your Doctor or Pharmacist

Visit: www.goforyourlife.vic.gov.au/life

Call the Diabetes Infoline - 13 RISK (13 7475)

Email - life@diabetesvic.org.au

Year of the blood donor thanks the kindness of strangers.

This year the Federal Government declared 2009 Year of the Blood Donor to recognise and thank over half a million Australians who help save lives without a second thought.

It is also the 80th anniversary of blood collections in Australia which has one of the best and safest blood products in the world. Back in 1929 the foundations of our Blood Bank as it was known, was built by the pioneering Victorian branch of the Red Cross which set up the country's first volunteer emergency blood donor panel.

Blood transfusion services were soon established Australia-wide and since then, generations of voluntary donors have given blood to save the lives of strangers. Each donation can save three lives, yet only 1 in 10 people give blood and 1 in 3 will need blood or blood products in their lifetime.

As our population increases and we live longer, new and

younger eligible donors are needed to keep blood stocks level to help keep up demand. During the Year of the Blood Donor the Australian Red Cross Blood Service is after 160,000 new donors. Each week we need 21,000 blood donations alone help patients. The main recipients are people with cancer, but blood is also needed for treating pregnancy complications, burns, blood disorders, surgical patients and accident victims.

Longer term sustained blood donation is what we face in the 21st century and if we can educate each generation about the importance of giving blood, then we'll be able to continue to give the priceless gift of life.

Spread the word around to family, friends and work mates that giving blood is the Aussie thing to do, and it sure feels great to help others.

To donate blood call 13 14 95 or visit www.donateblood.com.au

Knox Home Garden Club *with Lonni Holland*

The sound of rain, the trees and shrubs taking it all in through their foliage, bark and into the root zones. Have you pushed your garden forks into the ground down deep into the subsoil of garden beds, in order to loosen compacted and dry soils? During the early autumn, just after the first of the soaking rains, I eradicated a number of plants, after that there was a clean canvas upon which to carefully loosen the soil using the fork, and give thought to re landscaping. I chose a combination of salvia's, grevilleas, small mallee gums and other Eucalypts, divided up many of my hardy perennials, and vegetables. I will apply layers of shredded newspaper, pea straw, and heavier, woody mulching materials as well as compost. Have you ever wanted to create a simple wetland, bog garden or frog pond to attract frogs and other wildlife to your garden? To start, you'll need a sunny, open area in the garden where there may be a natural depression already, if not create an artificial hollow. Take into account your pre existing garden design and plantings, decide the size and shape of your pond/wetland, and hollow out the soil, with shallower edges

looking as natural as possible. Purchase some UV resistant black plastic liner enough to line your pond. Lay the liner, and anchor down the edges with hollow logs, rocks and branches. Naturalise the pond environment with pebbles, more rocks, and branches, coarse sand and plants. Plant marginal plants, bog or edging plants and grasses like sedge, swamp lily, ferns, diorama's (angel's fishing rods), carex, lirioppe, dietes, water iris, dianella's, flax, calla lily, foxtail grass. Other surrounding plantings might include native ground covers, and shrubs e.g grevillea's, correa, crowea, and leptospermum. These provide habitat, food, shelter and protection for frogs and small birds, as well as add another beautiful and low maintenance element to your garden...

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

'Stays ahead of the game'

Great results for the summer season just concluded in the Waverley District Tennis competition. Templeton Junior teams competed in 6 grand finals which resulted in 4 premiership flags plus 2 runners up. A fantastic effort! We thank Pam our junior convener, the coaching staff, plus all the parents who contributed to this satisfying outcome.

In the senior ranks Templeton had 2 teams playing off against each other in Men's singles/doubles, giving the club an overall result of 5 premiership flags and 3 runners up. Winter competition commenced on May 2nd and we look forward to another fine result from all our players

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. 63 G9
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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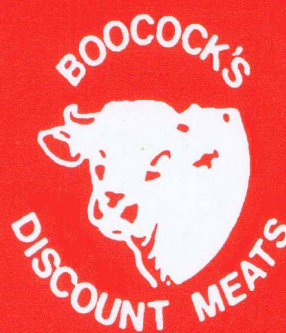
- **Claude Trevisan:** Naturopath, Myotherapist and Remedial Masseur
Phone: 9800 3849
- **Brigitte Rankin:** Therapeutic, Relaxation and Sports Massage.
Phone: 0425 848 532
- **Marita Reynolds:** Reflexologist and Reiki Master.
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