

Studfield-Wantirna Community News

Edition 9 - Winter 2010



Photo by Elaine Craig of Knox Photographic Society

*A voice for voluntary
groups in Wantirna!*

- **Putting people first in Knox**
- **The Yarra Yarra Jazz Band Exhibition**
- **Wantirna's "Forest Lodge"**
- **News from local community groups**
- **My Memories as a Lift Driver at Myer**

FREE



A Message from Heidi Victoria

Member for Bayswater



When recently out and about doing a 'listening post' at Studfield, and speaking to local shoppers, I noticed just how much the area means to those of us who live or shop here.

For an MP, it is so refreshing to hear from people who genuinely care about what happens in their neighbourhood. Community involvement is one of the best ways to make friends, stay active, learn new things and help others.

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

Need inspiration or direction as to where you might be able to help out? Simply call my office on 9729 1622, or email me - heidi.victoria@parliament.vic.gov.au.

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*Australian Banking & Finance Magazine Awards 2008

News from Knox City Council

Putting People First

A special People First guide has been produced by Knox City Council for people who participate in community organisations - staff, tutors, coaches, volunteers, students, individuals and families.

It aims to provide practical and positive information for people who have not had much experience interacting and communicating with people with disabilities. The guide is available to form part of each community organisation's induction process for new workers - highlighting good service practice and communication with people with disabilities.

By providing practical information for staff and volunteers, useful contacts and additional resources, the guide is paving the way for a stronger, more inclusive community.

People First will help people currently working for local community organisations, and those newly inducted, overcome stereotypical images of people with disabilities. It's an opportunity for community groups to expand, to make the most of an eager and enthusiastic skill base that too often gets left behind.

People with disabilities who were interviewed as part of the guide include Katrina, who is fine-tuning her office skills at Orana Neighbourhood House. 'We're also



learning how to greet people in a nice way; and how to dress nicely,' she explains.

It's a good fit: 'I like the teacher and I also like helping,' she adds. Katrina is also glad to visit the neighbourhood house each week. 'It's a good way to get out in the community and associate with people.'

Katrina is setting about improving her qualifications so she can work in the disability sector one day. She has already completed first aid training and is mindful of the responsibility: 'We have a few people who have epilepsy and you've got to be so careful of what to do for them.'

But it's not all study. For six years, Katrina has been in a drama group and is currently rehearsing a comedy. She adores performing. 'I'm doing it for life,' she says. 'I'm nowhere near quitting it. I love it!'

Katrina's advice for those who are not used to being around people with disabilities is to be polite and friendly - and to understand that any awkwardness will pass. 'Sometimes, even I don't know how to explain things or put things into words; sometimes I get a bit shy as well.'

Copies of the guide are available online from www.knox.vic.gov.au or by contacting Amanda May on 9298 8819 or at amanda.may@knox.vic.gov.au

Do you have a worthwhile project that needs funding?

Council supports local community groups... tell us what you need

If your community group needs help... Knox Council might just have the hand you need.

Knox Council's annual Community Development Fund program encourages local, not-for-profit community groups to host activities, run events or provide services that benefit the Knox community.

"Grants are provided to successful applicants for one-off or short term projects that meet a social, recreational, cultural or environmental need in Knox," said Knox Community Development Fund Committee Member Councillor Sue McMillan.

"Last year, Council supported more than 60 community projects that had a positive impact on the Knox community.

"In simple terms, these grants put resources back into local hands."

Community groups wanting to host their own community projects could be eligible for grants of up to \$20,000, with allocations to be made by Council following a selection review by a special committee.

"This is a chance for a local group with a big idea to potentially receive Council assistance to make it a reality," Cr McMillan added.

For more information, visit www.knox.vic.gov.au or contact Council's Community Resourcing Officer Tracy Vervoort by calling 9298 8000 or email cdf@knox.vic.gov.au

Applications open on Wednesday 2 June and close at 5pm on Wednesday 28 July 2010.

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Area coverage: Burwood Hwy (excluding
Knox City), Lewis Rd, Boronia Rd, Stud
Rd, Mountain Hwy, Rachele Dr, Dandenong
Creek, Wantirna Rd, Eastlink, Burwood
Hwy.

Copies: 7000 copies produced and 6000
distributed house to house in Studfield
& Wantirna and through local distribution
points.

NEXT EDITION:

Spring - September 2010

DEADLINE: Thursday, August 5

Advertising rates:

Type	Size	1 edition	4 editions
Colour	1/8 page	\$ 100	\$ 85
Colour	1/4 page	\$ 200	\$ 165
Colour	1/2 page	\$ 350	\$ 300
Colour	Full page	\$ 700	\$ 600
B&W	1/8 page	\$ 60	\$ 45
B&W	1/4 page	\$ 110	\$ 95
B&W	1/2 page	\$ 215	\$ 200
B&W	Full page	\$ 450	\$ 400
Business Directory B&W	6x3.5cm	\$ 35	\$ 20

Inside.....

News from Knox City Council	Page 3
Victorian Jazz Archive Inc.	Page 5
My memories as a lift driver	Page 6,7
Financial Counselling	Page 7
Changes to library hours	Page 8
SES	Page 8
Knox Historical Society	Page 9
Community Group News	Pages 10,11
News in Good Health	Page 12
Church News	Page 13
News from Wantirna Vet	Page 14
Sporting Group News	Page 14

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

Hooray for Volunteers!

National Volunteer Week was held in May and provides an opportunity to thank the many people, who give something to their community which is seen by many as more precious than money - their time!

When we look around Wantirna we see the results of the generous contribution of volunteers in helping to build a stronger and better community. Local volunteers are found across all sectors of our society.

According to the Volunteering Australia website; 34% of the adult population (5.4 million people) volunteer; slightly more women (36%) than men (32%) volunteer; 44% of those aged 35-44 yrs volunteer, the highest participation level of any age group. The four most common types of organisations people volunteer for are; sport and physical recreation; education and training; community/welfare and religious groups. The most common activities are fundraising: 48%; preparing and serving food: 31%; teaching/providing information: 28%, administration: 26%. The top reason for volunteering was 'helping others or the community' 57%, followed by 'personal satisfaction' at 44%, and 'to do something worthwhile' at 36%.

I would like to thank the volunteers involved in the production of this paper including the many people who contribute articles and stories to inform and interest our many readers. The time these volunteers spend writing for our paper would only be a small fraction of the time they spend supporting the groups they belong to. We are grateful to Elaine from Knox Photographic Society for her wonderful photos, to Kay McLoughlin for her entertaining stories and to Glen Turnbull for telling us the stories of Wantirna's history. We now welcome Maria with her stories of being a lift driver at Myer Melbourne. With each person doing a bit to contribute, we build a link for our community to say, anything they want to say. It's Wantirna in print!

We would welcome anyone from our local community to be part of our production team or to contribute an item to be published. I'm sure you will enjoy the experience! Happy reading!!

Janet Claringbold, on behalf of the team.

*Thank you to all the volunteers who contribute to
our paper with photos, stories and articles.*

*Thank you to Knox City Council and
Cr. Adam Gill & Cr. Joe Cossari
for their generous support of our community paper.*

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Victorian Jazz Archive Inc.

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

What's NEW?

THE YARRA YARRA JAZZ BAND EXHIBITION NOW OPEN

No band comes into existence without reference to the musical culture of the day. In the late 1950's this predominantly meant swing at Town Hall dances on Saturday nights - themselves a reflection of the Big Band era in the USA and memories of war-time forces bands. As well, there was the last "hurrah" of the Frank Johnson Fabulous Dixielanders; the beginnings of TV orchestras and the spill-over to the new and rather daring nightclub at the Chevron Hotel and, finally, scattered at odd and out of the way places, a few Jazz Clubs. The important one of these to this story is the Mentone Lifesaving Club where, on Sunday night, you could hear the Bob Barnard Jazz Band.

This band was steeped in the culture of Morton, Oliver and of course, Armstrong. Nothing wrong with that, I agree. But around the edges of the local scene came hints of something new. Well, something old, actually, something somehow closer to the original Negro roots of the music. And it was being played, right then, that night, in dance halls in New Orleans, in university colleges and in jazz clubs in London. The

more 'hip' music stores even had some records: records by Bunk Johnson, George Lewis and Ken Colyer. Records with tunes we'd never heard before; tunes probably been discarded decades earlier during the 'flight to the North' of many of the South's best and brightest, tunes such as Old Kentucky Home, The Entertainer Rag, Salutation March, Make Me a Pallet on the Floor. Everything old was new again.

A great thing about the Bob Barnard Jazz Band was that it fostered the ambitions of several youngsters, giving them the chance to "sit in", one or two at a time, for two or three numbers at a time, with seasoned musicians, and always with a degree of tolerance and generosity that I still look back on with absolute appreciation. In those days, when no Jazz Workshops, no Improvisation Studies, what better way was there to learn the art, to understand the dynamics, the team work essential to the music. And never once were we told there was only one "correct" way to play, only one "correct" form of jazz, so that we remained open to those new cultural influences. And, with the arrogance of the young, we came to regard



ourselves as a bit different to the rest, even to our erstwhile mentors. We would mark out our own turf with this new-old music, this "New Orleans" Sound.

The Melbourne New Orleans Jazz turned up at Mentone. At a break, Maurice Garbutt, whom I had met a few times at the Pier Hotel, came up and said he was thinking of forming a band. "In that style?" I asked. He nodded. "Count me in," I said. He gave me another smile - the same gentle, almost shy smile and the deal was done. We sealed it when I asked. "Do you need a clarinet player?" and Eddie Robbins was member number three of the still uncompleted and unnamed band. We added Bob Brown on bass, briefly had Eddie's cousin Ronnie Ray on drums, then replaced him with Don Hall, and occasionally filled it out with Jeff Hawes or Llew Hird on trombone until

Les Fithall joined us to complete the line up which was to remain remarkably stable for many years.

In the whole of the next year we had no jobs: it was probably just as well. A party here, a dance there, a rowing club: these led to a few short-lived jobs in youth and church halls. I managed to score a chance to play at the "Moomba Ballroom Dancing in the Park" concert sharing the gig with the Bon Gibbons Orchestra: it rained, and the enforced inaction gave us the chance to give the band a name. We couldn't

be anything with Mississippi or Delta, but something with a river seemed to be derigueur, but Yarra didn't sound too flash. So I suggested, "How about Yarra Yarra? And thus it was.

Acknowledgment: These notes have been taken from the complementary booklet written by Lee Treanor and Eric Brown (volunteers at the V.J.A. to accompany the exhibition).

**For more to this article, log on to our Website
www.vicjazzarchive.org.au**

**The Victorian Jazz Archive
is open to the Public
Tuesday and Friday 10 a.m. to 3 p.m.
or please ring
Marina Pollard (Visitor Co-ordinator)
on (03)9800 5535 or (03)9781 4972
to arrange a Group Visit**

My Memories as a Lift Driver & Information

Person at Myer Melbourne

by Maria Matser



Hi my name is Maria and I have worked as a Lift Driver and Information Person at Myer Melbourne store in two different periods in my life and have had enjoyed some wonderful experiences and opportunities, as well as seeing the changes in the store itself and the differences in attitude in people 25 years or more apart.

Where does one begin? ..I

did my first spell in the Lonsdale street store back in April 1970 and have been driving the lifts since then, until we were made redundant on March 5th 2009.

(In 1970) I was allocated to the back lifts in the Lonsdale Street store, which were still very manual and had a removable hand lever, as well as brass doors that we had to pull open ourselves. The golden rule was never to leave the handle in the lift when you had to leave it for any reason! As a naïve 20 year old I took it to heart and brought the handle home with me that first night, naturally creating a bit of chaos. I wouldn't mind that handle now as a souvenir Ha!

Also in 1970's the store was not open on Sundays and was only open on Saturday mornings till 12.00pm, and during the week the store closed at 5.30pm. It was during this period, a few minutes before the store was about to close when a lady came in asking for children's wear, back then it was located on the 5th floor Bourke street store. I explained to her she had to cross the bridge on the 3rd floor and then go up to the 5th floor. To my naïve amazement she looked at me with a question mark expression wanting to bring her there. Trying to keep on a professional expression on my face, I said to her that the lift only goes up and down, she realized that I may have misinterpreted her body language and we had a good laugh together.

...Returning some 27 years later in August 1997, and having worked for the last 11½ years, I have somewhat a little more experience....

It may be hard to imagine but the lift can be quite a wonderful place to experience life! We can meet people from all walks of life, physical disabilities, cultures, countries and interstate, with all sorts of smells, attitudes, mental capacities, and so on. By allowing yourself to enjoy it, you come away with a wealth of knowledge and some wonderful memories that you would not experience anywhere else, or in any other job. I know my family thinks I sometimes went over the top when it came to telling some tales or two over the years, at the very least I had a great time for 11½ years, with some lovely moments to remember.

You know it really is quite funny the amount of people who come in the lift and ask the same questions, if I got a dollar for every one of the following questions, I reckon I would

have had a pretty good bonus on top of my wages.

Do you do this all day?; Do you get paid to do this Job?; How many times do you go up and down in your shift?; How has your day been, up and down?; Do you ever get bored?; Do you ever get stuck in the lift?; Do you like your job?; Have you met any famous people, what are they like?

And I still don't mind these questions after 11 years. I always have fun answering those questions. Also because I tend to talk to people, I expand my experiences too.

Occasionally you get people who are claustrophobic, but are forced to take the lift because of escalators breaking down. Generally holding on to them gives them the confidence to take the trip. Sometimes you have people who have an unrealistic fear of the lift, (too many American movies) and often all I need to do to get rid of the myths are a few technical or safety features. I do get the genuine ones as well and will often be more empathetic in my explanations.

I often will do extra shifts driving the lift when special events are on in the Murial Hall, as they bring a different atmosphere to the daytime store shoppers. Funny incidents always happen at these functions after hours when food and drink flows freely. That's when you have to stay close to the controls, as many people would love to have a go at driving the lift. To say that I have been propositioned many a time would be an understatement, mind you all in good fun of course. But the one that probably beats them all was a young man in his 20's, who said he would really like to have his grandchildren with me and with a chuckle I tried to figure out how that could work. You see I am in my late 50's.

Now I must also tell you that I do experience the occasional person who is just so strung out, just keeping your cool and professionalism is a challenge. Most of the time they're not really directed personally at you but just at life in general.

It was during a Christmas period where some of the lifts will only do an express run to the 5th floor, where Santa and the Christmas shop was located as well as the toys and parents room, when such a person came in. I was on the ground floor and calling out my spiel when, among a few other customers in comes a young woman one hand on the bar in the lift, the other on her hip and screams about how she doesn't give a s...t about Christmas and just wants to get up to the 6th floor, whereby I inform her she needs to catch one of the other lifts as I am an express to the 5th floor and was going through my spiel again when she interrupts and repeats her abuse. Remaining calm I proceeded to repeat my spiel and suggest to her to use the stairs to go to the 6th floor, which she accepts and we proceed to the 5th floor.

Later when some of those same people returned for the down trip, they were quite impressed by my coolness. I explained that the woman was not really abusing me personally, which makes it somewhat easier. But nevertheless we did all agree that it was sad for someone to feel that way.

(continued on page 7)

My Memories as a Lift Driver & Information Person at Myer Melbourne

(continued from page 6)

by Maria Matser

At the start of Melbourne Fashion Week over the years Myer held an invitation only fashion parade on the evening before the opening day and were my introduction to fun nights and celebrity spotting. It's just so enjoyable to do these events meeting a lot of people in a relaxed environment.

You could say as a lift driver, the one event that remains the most memorable and the busiest would have to be the turn of the century parade, when we had 100 years of fashion in the various fields such as the fire brigade, SEC, scouts and various sporting groups with outfits, I reckon my netball skirt of the 1970's would have fitted in quite nicely in fact, If I had a kept the tennis dress I made around the same period it would have been a master piece. We were frantically moving people all night from one floor to the top floor for the parade and grab another group and continued doing the same all night long. It took me several hours to calm down that night when I got home, it was also one of longest night shifts as well. It was just full of adrenalin and absolutely wonderful.

On that same night were the headliners of course, such Lady McMahon with THAT dress, and Al Grasby the politician with the white suit, as well as the former Miss World and her dress which cost her only a few dollars at the time, in which she won her the title. Hearing Jimmy Barnes and his son David Campbell warm up their voices was

hysterical. The atmosphere was the best I had worked in that night and one I will not forget very easily. Oh I could go on and on about that event, it was the one event that had more people on the catwalk than in the audience.

Then there is Melbourne Cup season. When that starts we often held the press conference for the jockeys in the Mural Hall. Afterwards, when some of the jockeys went their own way back in different lifts some were with me. There you get another insight to another occupation! The jockeys themselves are obviously shorter than the average person and as I am approximately 173cm tall and had a laugh to myself. Why you say? I have a son who is 2mt tall, and picturing one of these jockeys standing in between us brought a funny sight to my mind. The jockeys themselves must enjoy meeting women at boob level most of the time. I could go on and on about it all, maybe I should write a book? Anyway I will leave you with the thought that what ever path you choose, enjoy the moments, you never know when it may end. Thank you Myer Melbourne for having me on board. Good luck and best wishes for the future.

Maria, part of the Lifts and Information Team. 2nd July 2009

This is an edited version of Maria's story. The full version can be found on-line at <http://makingaustralia.abc.net.au> under liftgirlslament.

Part 2 of Maria's memoirs will be in our Spring edition.

Financial Counselling - Managing life, money, family.....

Managing a household budget can be extremely challenging. Even under the most favourable circumstances, it can be difficult to make ends meet with ever increasing costs and demands.

How much more challenging is it then, for those of us who are financially burdened? This may be through mortgages or loans, children's needs, increasing medical costs, car expenses etc. Or it could be as a result of sudden life changing experiences such as job loss, sudden disability, death of a spouse, separation / divorce, physical or mental breakdown. Other factors also impact such as regular habits, for example, the use of alcohol, cigarettes, gambling, drugs, and credit card use.

Financial hardship can cross ALL levels of intelligence and socio-economic groups. Personal circumstances can change quickly which may seriously affect a previously stable financial situation. No-one is immune from the impact of from these events, they are rarely planned.

There are solutions to many situations of financial hardship. Financial counselling is a means by which individuals can learn how to empower themselves to successfully manage their finances, and take steps to overcome issues that may seem unsurmountable.

Financial counselling offers individual confidential support

for those who are suffering financial difficulty. Financial Counsellors can help with money management strategies, options for the payment of bills, fines and debt repayments and assistance to negotiate payment plans with creditors. Financial Counsellors provide advocacy around issues such as information on bankruptcy, legal issues, consumer issues and government assistance. Financial counsellors can provide referral to other agencies.

Financial Counselling in the City of Knox is delivered by EACH Social and Community Health.

Financial Counselling in Knox is jointly funded by Knox City Council and Department of Justice, and is a FREE and confidential service to the community. The EACH Knox office supports people living or working in the City of Knox and works closely with Knox City Council, in particular around referrals and community education/ community development, and with other complementary services operating in the City.

EACH Financial Counselling Service in Knox is conveniently located adjacent to Knox City Shopping Centre and is readily accessible by public transport. contact a Financial Counsellor, ring our Intake line on (03) 9871 1800.

Knox Libraries - Change In Hours

Is it for the better?

By Felisa Tambunan

Knox City Council has recently put forward a proposal to change the opening hours for Eastern Regional Libraries. This decision will affect the Knox, Ferntree Gully, Rowville and Boronia branches from July 1.

Boronia and Ferntree Gully libraries will no longer be open past 6.00pm and Knox library will only open after 6.00pm on Thursday and Friday evenings. The proposed times can be viewed on the Eastern Regional Libraries website at <http://www.erl.vic.gov.au/>

The reason for the change, according to the council, is that the hours are "Better, more suited to library users".

It is around half-past six in the library. In the young-adult section, a few teenagers - still in school uniform - are sitting on the floor reading. Another teenager, a girl, is seated at a nearby table, her laptop in front of her. She is on Facebook, though she is probably meant to be studying.

In the conference room a tradie in a high-visibility jacket is absorbed in his magazine. Two seats away from him are a man and a high school student. Their conversation reveals he is tutoring the student, and their discussion is peppered with talk of the percentage of SAC scores and how much they are worth towards the final mark. A mother rests on a beanbag nearby reading while her son is playing in the kids' area.

Public libraries have long been a safe haven for the general public, and the existence of such places are a vital organ to the biological design of our community. Such a place cannot be undervalued or taken for granted; it provides many with an escape from their everyday lives,

much like the books that grace its shelves.

In this day and age, we have more to distract us than ever before. Our attention span is limiting, our population growing, our economy worsening. With more children in our care and people - including mums - working longer hours to keep afloat, many can not afford to make the time to visit the library during school and work hours. For many students, later hours at the library could be viewed as a lifeline, providing them the environment to focus on their studies and enabling them access to reference books that are unavailable for loan, along with allowing them to occasionally study with friends or under the guidance of a tutor. For those working, many view the library as a welcome break from their daily routine, a place they can visit after five or six in the evening where they can spend time reading and browsing books, and use the facilities. Such times also allow for families to spend more time together.

In a world that is ever changing, it is now more important than ever for libraries to continue to provide for the community. As times change, circumstances have to be put in place to meet the needs of an ever-growing community. With a growing population and more non-English speaking people settling in Australia, and the importance of cultivating young peoples' education, the need for public libraries - and proper access to them - is crucial.

Retaining the current hours ensures this, giving working people a chance to visit the library after hours and students more time to focus on their studies without distractions. It is difficult to understand how the new hours can be "Better, more suited to library users".



Your Local State Emergency Service - Knox SES

Volunteers Serving the Community

Aftermath of the storm

During VICSES StormSafe Week 19th April to the 26th April, the Knox State Emergency Service Unit reminded community members to start taking proactive measures to prevent any further damage that may have occurred since the storms in early March.

The Knox Unit is an emergency response Unit with highly trained volunteers. These volunteers have been busy attending to several hundred calls for assistance throughout the Knox area since the severe storms that hit Melbourne. A large number of these calls have been for maintenance issues.

We have been proud to assist the Knox community with temporary repairs to protect the household from further deterioration of the damage until the insurance agency,

contractors or professional building contractors could attend.

Most of the repairs made by the SES should now have been replaced or repaired by professional contractors.

If you have sustained damage to your property as a result of the storm we recommend you:

- Contact your insurance agency, or real estate agent if you are renting,
- Ensure that you carryout regular maintenance to the roof, gutters and downpipes around the property.
- Secure any loose items that may cause injury in the event of severe winds.

Knox Historical Society

Forest Lodge

by Glen Turnbull, local historian.

One of the most beautiful old houses that once stood in Wantirna was known as "Forest Lodge". This home was built on the south side of Boronia Road, near the Dandenong Creek and was constructed in 1920 for John Alfred Fitzmaurice. The house was set back from the road and had great views of the Dandenong Creek Valley. Fitzmaurice had built a smaller cottage on the site in 1906 and his family lived on the property until 1940. The property was then sold to Sidney Dickins, which some older readers would probably remember.

The original "Forest Lodge" property consisted of approximately 80 acres on Boronia Road with the Dandenong Creek as its western boundary. So water was plentiful and the plants grew quickly.

John Fitzmaurice was born in 1858 in Victoria of protestant Irish decent. His parents, Henry Rochford Fitzmaurice and Leonora Farley had married at St James, Church of England in Melbourne in 1853. His father died as early as 1877 and his mother died at "Forest Lodge" in 1910, shortly after John had built the cottage.

John Fitzmaurice married Gertrude Meadows in 1888 and the couple had two daughters. The family enjoyed the rural lifestyle of the early 20th century in an area that now includes the EastLink toll road. It was on John Fitzmaurice's suggestion that the name, "Wantirna" be used to name the immediate area.

John's wife Gertrude died first in 1944 aged 88 at nearby

Vermont whilst John lived another 4 years. He died at Mitcham in 1948 aged 90. Their two daughters were: Leonora who was born in 1889 and Eva who was born in 1893, both at Prahran. Leonora did not marry and lived her latter years in the Canberra suburb of Forrest. She lived there until at least 1975. Eva married and became Mrs Livermore, but died at Mitcham in 1946 two years



Forest Lodge

before her father. She was only 52.

The "Forest Lodge" house was purchased by the Knox City Council in the late 1960s. In 1971, the council celebrated Australia Day on the grounds and all the locals were invited. Then Knox Mayor, Cr. Fred Newman said the property was most significant, mainly because of its botanical beauty and that every local resident should be pleased to have it in their area. The home was acknowledged by the National Trust as a place of significant historical interest, but failed to classify it. (National Trust file number B3229) Within a year or two, the property was purchased by the Country Roads Board for a major thoroughfare.

As the road did not eventuate for the next thirty years, the property was used for horse agistment from the mid 1970s to the early 2000s. Many of us would remember the old wooden "Forest Lodge" sign on the side of Boronia Road. Today, the EastLink toll road travels north-south down the western side of the old "Forest Lodge" property.

The "Forest Lodge" house was certainly a beautiful house in its era.



Forest Lodge interior -1960s

Getting out and about with Knox Community Volunteers

Knox Community Volunteers is assisting local community members who have no access to transport and are on an aged or a disability pension the opportunity to get out of the house and spend some time shopping and socialising each week.

The community shopping bus runs every Wednesday and transports clients to Knox City Shopping Centre or Stud Park Shopping Centre for around 2 hours of shopping time each week. This is a door to door service and all clients transport needs are covered, our friendly drivers pick up and drop off clients from their homes.

Knox Community Volunteers also run shopping trips regularly to other outlets and shopping centres such as the Direct Factory Outlet in Cheltenham. Our wonderful staff and volunteers assist clients with their shopping and lunch is included at one of the cafes.

One on one assisted shopping is also available to clients with a volunteer, and all transport needs are covered.

If you would like more information on many services available from Knox Community Volunteers or to book your spot on the next bus please contact us on 9729 9499.



Knox & District Over 50s Inc.



Are you looking for a friendly, social group to brighten your life? Look no further than the Knox & District Over 50s. We have many social events

such as dinners, outings, trips and visits to morning melodies at different venues. We are extending our activities this year to include things like train trips, walks and possibly a movie club. Our regular events each Tuesday are:

1st Tuesday - Book Club at the Boronia Progress Hall

2nd Tuesday - Luncheon outing to local venues

3rd Tuesday - Games at the Boronia Progress Hall, 1pm. (Krazy Whist - tuition available & Darts)

4th Tuesday - our Group meeting 1:15pm for a 1:30 start in the main hall with a variety of guest speakers.

Our day outing for April was to Mornington, a great time for all, this was booked out early. At present the kitchen in the hall we use is being revamped so there will be some minor changes to our programme. Just call Keith and he will help with all your enquiries.

Contact Keith on 9801 4908.

Probus Club of Boronia News

The Club is still functioning with 55 members and have enjoyed some top class Speakers and Outings in 2010 to this date.

The Annual Trip was made to Lakes Entrance and enjoyed greatly by all.

The meetings are held at Knox Club Wantirna starting at 9.45 and finishing at Noon, Club business is carried out until 10.30 then a cuppa with Biscuits. The Speaker starts at 11.00 and finishes at noon.

Our Motto is Friendship, Fellowship and Fun. No Fund Raising activities are carried out by Members.

Annual Subscription is \$ 30 and Monthly fees are \$ 5 Monthly Social Meals are held throughout the year.

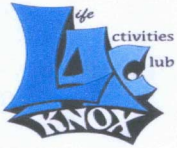
Starting at Noon during the Winter and 6.00 pm in the Summer.

About 9 outings are organised during the year at various locations throughout the Suburbs and nearby Country centres.

Please contact our President Noel Comport 9762 3020 or John Riley 9762 1958. They will be only too pleased to assist you.

Ladies can ring President Elsie Meehan 9762 2751 if they are interested in joining the Boronia Ladies Club.

We regard our Club as being far superior (JOKE)



Life Activities Club Knox Inc.

Almost time for that dreaded A.G.M. But no guest speaker this time as we will have a display of group activities. There will still be books and jigsaws on the swap table, and of course supper.

A retired paramedic was our previous speaker, with hints on dealing with an emergency, and the many uses of a triangular bandage.

A busload of members will be heading towards the Snowy river country in October to explore the regions scenic spots. Destination for 4 sleeps will be on the shores of Lake Eucumbene. (In a motel room). This promises to be a very interesting trip.

Cycling has gone into recess, but we have other opportunities to keep fit, join in on walks, Thursdays, Fridays, and monthly on Sunday. Water Aerobics on Tuesday mornings, and Badminton every Thursday.

Also some walking when we visit the beautiful gardens. And there is always the Jaw exercise. Cards and Board

games look after the grey cells.

Have you ever wondered why corks are collected?? Friends of the Zoo started collecting and selling wine corks for re-cycling in 1998. Funds raised went towards the elephant exhibit. Now the money is used for the elephant's special needs.



How many \$\$\$'s have been collected to December 2009??

Cork Wine Corks	\$321,056.17
Plastic Wine Corks	\$2,374.60
Aluminium	\$2,009.00
TOTAL	\$325,439.77

Please ring if you have corks available for collection. Also, with the same phone call you can receive our newsletter and any other information you require. We look forward to welcoming you as a member.

New members are always welcome, please contact Melva 9762 3764 or Helen 9729 1151

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

Knox Home Garden Club *with Lonni Holland*

With higher than average rainfall over Summer and Autumn, everything is greener, soils are moist, Camellia's are flowering unseasonally, and generally the garden is a flurry of activity and a riot of color. The native and introduced bees are busy collecting pollen from a plethora of flowers, the New Holland honey eaters supping on the nectar from my fuschia's, and grevillea's. Last night, I listened to a native frog calling a mate in my neighbors fernery.

Creating a corridor or environment for wildlife habitation doesn't require a large bushy garden, with bushland or wetland abutments, with wire fencing. Naturally however, you'd have a ready made, easily accessible environment into which frogs, small mammals, marsupials, lizards, birdlife and insects could visit.

I'd like to suggest a few tips for designing and establishing a space to invite wildlife into your garden:

1. Take stock of the plants and other materials you already have in your garden.
 - * Indigenous and exotic trees
 - * Large, medium to small shrubs
 - * Strappy, or grassy plants
 - * Ground cover or low growing plants

By incorporating a gradation or tiers of plant heights, allows birds and animals to survey the environment from high above the ground, to nest, escape or seek refuge from predators.

2. Choose plants with prickly, and dense foliage, as these also provide hides and shade from heat and harsh climates.
3. Providing rocks, hollow logs and fallen branches, twigs and leaf mulch will also create habitat.
4. Bird baths, or feeders encourage birdlife. Be careful to only feed with foods that they eat in the wild, certainly not bread, or fatty off cuts from meat.
5. If space allows, create a hollowed out area in the ground, within your garden setting:
 - * Line the bottom of the pond in weatherproof plastic
 - * Cover the plastic with sand, gravel and rocks
 - * Place logs, branches, grasses, water and marginal plants in and around the pond
 - * Fill the pond with fresh water

Since water restrictions were enforced I don't artificially top up my pond, so it's left up to the rain to re fill it, as it is in nature.

Now you have created your own wetland, and wildlife corridor, so take some time to sit in your garden, relax with a cup of tea, and you'll be surprised to see the wildlife enjoying themselves in your habitat!!..

The Knox Home Garden Club meets every 3rd Monday of the month, at 8pm. Meetings held at the U3A Parkhills Campus, Park Boulevard Ferntree Gully. Supper afterwards! All welcome!!

News in Good Health & Wellbeing



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:
swnewspaper@gmail.net.au**

Q. I had a full knee replacement 3 months ago and its still swelling, do you have any tips?

Marion, Wantirna

A. If your knee is still swelling then it is not mobile enough to carryout what you need it to do, conversely you maybe too active and not resting it enough. Firstly, resting means you need to elevate it from time to time so that fluid drains away from the knee. Secondly the

patella (kneecap) can often be quite restricted from muscle tension which will grind away and result in swelling. Massage and stretching your thigh muscles will help with this.

Q. Is there anything I can do for arthritic fingers?

Bill, Wantirna

A. This time of the year when the temperature drops our circulation is reduced to the peripheries and pressure inside the joints increases to match the decreasing ambient pressures - resulting in stiffer more painful joints. Wearing gloves and warming your hands up in a basin of warm water before using your hands are both good ways of increasing circulation and mobility of the fingers.



*By
Marita
Reynolds*

Pain How do we choose to manage our pain?

It's amazing the amount of people I have come into contact with in the last 6 months that are experiencing pain or constant aching in some part of their body. Of course the cooler weather does not help things as our bodies are adjusting to the new season and the cooler climate. However, it doesn't matter what time of the year it is, if we experience pain on a regular basis then we need to learn how to manage the pain to help us experience a reasonable quality of life.

What is pain? Pain can be described as an unpleasant sensation that is generally associated with damage, a deficiency or inflammation that is occurring in a particular part of the body, where nerves and blood supply that are feeding the area are being overly stimulated to a high degree heightening the sensation. If left untreated, pain can often generally persist to the point where we cannot think of anything else but the uncomfortable sensation. It is a sign to the body that something isn't quite right and that we need to pay particular attention to it. Pain can often restrict our normal range of movement. This is particularly important to note because with restriction of the body comes poor circulation, hence making the pain worse. We need to keep moving. Seizing up will only make matters worse.

When we experience pain our first thought is how do we make the pain stop and how we can heal the affected part and prevent the pain from recurring. We all have our own way of doing things and talking to family and friends can often reveal that others have experienced pain in similar situations. Most people like to give advice and will tell you what did and didn't work for them. This is where we are gathering information, weighing up whether we think the treatment that they have used will work for us. Sometimes we get to the point that nothing we have tried previously has seemed to work and we will give anything a go to help relieve the pain.

In my experience, everyone is different and because we are all individuals, what works for one may not work for another. So we may find what works for us usually by trial and error. It's important to give the new modality sufficient time to see if it works for you. Remember the pain has not just instantly appeared; it has probably been building gradually over a period of time and will heal in its own time by giving it time. Our sense of urgency for it to disappear may sometimes hinder our progress, rather than allowing the body to heal in its own way and taking its own time.

Some people may opt for pain relievers, which may do the job for the short term but are not recommended on a long-term basis because of other effects they may have on our bodies. Depending on the type of pain you are experiencing, for example, back pain you may look at modalities that are specific for working with the affected part of the body. If it is related to digestive concerns you may be seeking help from a general practitioner or a naturopath. There are a variety of modalities to choose from; Sometimes it's the cost factor that can deter us from trying something new. However it is important to maintain your health and if need be your pain management, as both are vital aspects that contribute to our quality of life and how we function from day to day. Ignoring pain or our health can often result in possibly unnecessary expense. After all it is our choice.

Marita Reynolds is a practicing Reflexologist Reflexology is the unique use of the practitioner's thumb and fingers that work over reflexes in the feet and hands to help reduce stress, improve circulation and restore general well being. Marita is situated at the Wantirna Naturopathic and Remedial Massage Clinic at Suite 9/ 249 Stud Road, Wantirna, in the Professional suites above Tivoli Café.

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

The Bayswater Christian Assembly

We have been reading and hearing much about the history and impending canonisation of Mary MacKillop, who it is said will become Australia's first saint on 17 October 2010. From the evidence produced in the media so far, there is little doubt that Mary MacKillop was a fine woman, who dedicated her life to serving poorer Australians, particularly in rural and remote areas. But what is a saint? And what does the Bible say about saints?

In the first place, the Bible, which we believe to be the Word of God, is very clear that every man, woman, boy and girl is loved by God. Yes, that's right, each of us is very special in God's eyes, and he cares about us as individuals! But even more amazing - He loves us in spite of our attitudes and actions towards Him. Each of us in our own way have rejected God's rightful authority and His laws, and turned away from Him. It's human nature to do this, as we can clearly see right back in history to the time of the Creation. The direct consequence of our attitude toward God is that we are in conflict, and alienated from Him. If we do not put things right, we will be separated from God for all eternity.

But God not only loves us - He put that great love into action, and made a way that we can get right with Him through His only Son, the Lord Jesus Christ, though it cost Him His life at Calvary almost two thousand years ago. The Bible plainly teaches that if we turn to God away from our own ways, and put our faith and trust in the Lord Jesus, we begin an entirely new relationship

with Him.

And what a relationship this is! For one thing, we become saints. That's right - the Bible couldn't be clearer. Every true Christian is a saint, and a child of God, with a guarantee of everlasting life. Even before Christians get to heaven, God's children enjoy a very special, close relationship with Him, which helps us overcome the many challenges and difficulties in life here and now.

Would you like to know more about what it means to be a saint? Would you like to understand more from the Bible about God's plan for your life? To hear how God truly loves you, and wants to grant you eternal life?

Then why not come along to our regular Sunday meetings held at the Knox Community Arts Centre on the corner of Scoresby Road and Mountain Highway Bayswater at 7pm. You can be sure of a very warm welcome, no-one will ask you for money, and you will feel right at home among friends as we look into the Bible and its messages.

We are a group of Christians who simply believe in God, and seek to follow Him. We are not associated with any religious denomination or political party. Our only authority is the Bible which we hold to be the Word of God. Because we have each experienced God's love and power in our personal lives, we would welcome the opportunity to share God's good news with you.

Contact -Bayswater Christian Assembly
jlcaldwell@msn.com.au or John 0411239748 or 97286478

Bayswater Christian Assembly

**439 Mountain Highway
Bayswater Vic. 3153**

Tel: 03 9728 6478 or 03 9729 3225

Email: jlcaldwell@msn.com.au

MEETING TIMES AND LOCATIONS

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

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

Tuesday 8.00pm - Prayer Meeting
439 Mountain Hwy, Bayswater

Last Saturday of each month at 7.30pm
Bible Teaching

439 Mountain Hwy, Bayswater

10th June - Guest Speaker
Phil Coulson from the U.K.

439 Mountain Hwy, Bayswater
All will be made most welcome!

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

Knox Presbyterian Church

Knox Presbyterian Church is a Christian Church with a simple, reverent style of worship. It has an emphasis on explaining and applying the message of the Bible for people today, and cultivating genuine Christian fellowship.

Established in 1987 by the present minister, Dr Rowland Ward, the congregation has people from a variety of ethnic backgrounds who find the meaning of life - and eternal life - in the life, death and resurrection of God's Son, Jesus Christ.

The regular Sunday services are at 9.30am (includes Sunday School) and 7pm. There is a Ladies Bible Study on Tuesday mornings and a study and prayer time on Thursdays. A Youth Club meets regularly. Recently a new congregation has begun at Mulgrave.

We encourage each member to contribute to the welfare of our community, but we are also concerned for people in other countries. Currently we support three needy girls in India, and Christian work among our indigenous communities as well as overseas.

Please come and check us out. Enquiries: 9720 4871

Knox Presbyterian Church
358 Mountain Hwy (Cnr Thaxted Pde) Wantirna
www.knoxpcea.org.au

Arthritis and our pets....how can we help them?

Winter is just around the corner and as we snuggle under our electric blankets and switch on the heater it's the perfect time to think about our pets comfort. Arthritis, also known as degenerative joint disease, is caused by the degeneration of cartilage within our pet's joints and can cause discomfort, pain and lameness. Our pets can struggle to get out of bed in the morning, climb stairs, play and walk.

There are a number of ways we can slow down the progression of arthritis and many of them are simple measures you can add to your home routine.

- Weight control is a great way to reduce the amount of pressure and strain on your pet's joints. Regular low impact exercise is the key, rather than the long walk and hoon around the park on the weekends! Swimming is also a great low impact way to keep these pets busy and there are a number of pet friendly pool facilities.
- Diet can play an important role in managing this disease. Prescription diets from your vet such as Hill's JID contain omega-3 fatty acids that maintain joint health and block cartilage destroying enzymes and are low in calories. This is one of the newer diets which

can actually turn down the arthritis gene at a DNA level - wow!

- Nutraceuticals are the "natural" supplements like chondroitin and glucosamine which can be added to your pet's food. These form the building blocks of cartilage. There are a number of different formulations such as powders and treat sticks available from your vet.
- Pharmaceutical drugs are where your vet comes into the picture. We can provide two types of medications to help your pet. Cartrophen is given initially as a course of 4 injections then as maintenance injections every few months. It works by supporting the cells that produce cartilage and joint fluid and provides protection from destructive activity within the joint. Antiinflammatories are pain relievers by controlling the inflammation which occurs within an arthritic joint. These drugs are by prescription only through your veterinarian.

Don't let your old friend sleep outside on the cold concrete in a kennel, give them an elevated bed off the floor and plenty of warm bedding to ensure that they have many more good years ahead of them.



Sporting Group News

Templeton Tennis Club Wantirna

The seasons change. The tennis remains.

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.

In years past, tennis was considered a summer activity particularly in country areas where the dominance of real grass courts dictated that tennis was only played in the warmer months. How times have changed! With the advent of 'all weather' playing surfaces, plus international tennis tournaments featured throughout the year, keep the sport in sharp focus.

Day and night, senior, junior and ladies competition run throughout the year apart for breaks for school holidays.

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

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

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St Wantirna 3152.

Melways Ref. 63 G9

Membership: Russell 9887 1957

Clubhouse Phone: 9887 3505

President: John 9803 0201

Coaching: Kelly 0414 874 482

Email: templetontennis@gmail.com

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Marita Reynolds
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Mem R.A.A.
Reiki Master Practitioner
ABN: 56 432 940 319

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Contact Marita on 9801 5201 or Mobile 0425 735 581

website www.soleresponse.com email info@soleresponse.com

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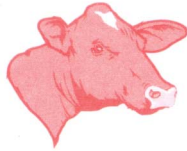


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