



Studfield Wantirna Community News

A free community newspaper

Edition 14 - Spring 2011

Congratulations to our logo competition winner Lesley McGee



Photo by Chris Ellis

***Welcome
to the
new look
SWCN!***

- ***Logo Competition Winner***
- ***“Paws for Cause” Dog Walk***
- ***A Brief History of Wantirna***
- ***News From The Library***
- ***Kids in the Kitchen***

FREE



Delivered FREE to 7000 households & businesses in Studfield and Wantirna

INFORMATION and CONTENTS

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by Chris Ellis

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For more information contact Charlie on
9762 3376

POSITION VACANT:

Community Story Writer

**SWCN is looking for a volunteer
community story writer. The position
is suitable for someone who has
an interest and involvement in our
Community. The person will have
excellent communication skills and
will understand the philosophy of
SWCN, to strengthen the local
community through the sharing of
information. No prior experience is
necessary, just a passion for the
community and a desire to be
involved.**

Welcome to the new look SWCN!

After Edition 13, the team at Studfield Wantirna Community News decided to change the format of the paper from A4 to tabloid style. We made this decision because we felt, the black and white pages did not always do justice to the content we were including.

While we love the size of the A4 editions, and the glossy cover, the cost of an all-colour production in the A4 format was just too high. So there you have it! We are delighted to be able to show photographs in glorious colour throughout the publication and we will still be featuring local photographer's wonderful photos on the front.

We are also delighted with our very own new logo, featuring on the front cover thanks to Lesley McGee, our competition winner. We felt it presented a fitting time to make the change to the new format.

Well, as the days are now getting longer and we can say "hello" to Spring, you may give some thought to coming out of your winter hibernation! Its a great time to get involved in the community, and there are plenty of options with so many community groups doing great things in the local area.

Or you could consider volunteering for our little community newspaper. You would be made to feel very welcome!

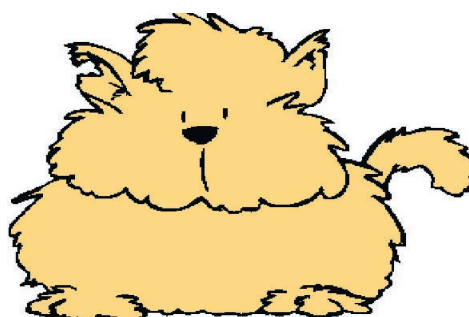
Janet on behalf of the team.

Interested in previous issues of SWCN?

Visit our website at studfieldwantirnanews.wikispaces.com

Contents

SWCN logo competition winner	Page 3
A message from Heidi	Page 3
News from the Library	Page 4
Local History	Page 5
Community Media News	Page 6
Orana Neighbourhood House	Page 7
Around Studfield and Wantirna	Page 8
What's Cool at School	Page 9
Wantirna Mall News	Page 10, 11
News in Good Health & Wellbeing	Page 12-14
Jazz Archive	Page 14
News from Local Churches	Page 15
Community Group News	Page 16-19
Sport News	Page 19



**Thank you to all the volunteers
who contribute to our paper with
photos, stories and articles.
Thank you to Knox City Council,
Cr. Adam Gill, Cr. Joe Cossari
and our local members of
Parliament for their generous
support of our community paper.**

**Thank you to the local
businesses, who support the
production of our community
newspaper.**

**Please support us by supporting
them!**

Disclaimer: Views and comments expressed in this paper are not necessarily those of any member of Studfield-Wantirna Community News. Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, Studfield-Wantirna Community News takes no responsibility for errors. **Copyright:** No reproduction, copy or transmission of this publication may be made without written permission or in accordance with the copyright act.

Results of the SWCN Logo Competition

Congratulations to winner, Lesley McGee

The team at SWCN is grateful for all contributions received, we acknowledge the creative talents of all those who put a design together. We also appreciate our readers who sent in their votes.

The winner of the logo competition is Lesley McGee. Lesley is a local artist and designer who has lived in our leafy suburbs for more than 25 years. With many and varied interests, she volunteers for the Victorian Jazz Archive, performs at local festivals in a Middle Eastern Dance troupe, loves Zumba, and also pursues slightly less energetic interests such as painting, genealogy and movies.

Lesley lives by the credo "If you want something done, ask a busy person", but she also finds time to enjoy her favourite time of year... Spring, when she can relax in her sunny garden and read a good book.

1st The Winning Entry



Having lived in the area for more than 20 years, the thing I love the most is our beautiful trees and myriad leaves that fall in all seasons. The area is family-oriented, warm and supportive, just as the sun supports and nurtures the plants and trees as they grow. Our local community has thrived and grown strong in recent years, due in most part to it's happy and dedicated people. I have tried to reflect the beauty and warmth of our bushland surrounds and echo the vibrancy through use of bright warm tones.

We would like to acknowledge the generous support of *Computers for All* who donated the prize of a laptop computer. The presentation and draw for the voter's prize will be taking place soon and winners will be notified.

The entry that received the second highest number of votes was by Kent Murrell. Congratulations Kent!

2nd



The entry that received the third highest number of votes was by Louise Brough. Well done Louise!

3rd



Heidi **VICTORIA** MP
Member for **BAYSWATER DISTRICT**

Hi there!

In mid July you may have noticed some works being carried out at the intersection of Coleman and Stud roads. These works were the culmination of a long campaign to make this intersection safer. A right turning arrow has now been installed to allow motorists to turn from Coleman Rd into Stud Rd in a way that is safer not only for them, but for pedestrians as well. The need for this safety upgrade was brought to my attention before I was first elected in 2006. Since then, I have lobbied to have the turning arrow installed. After a public meeting in February that allowed residents to offer their input, we identified a preferred option for the upgrade and funding was approved in the 2011/12 state budget. Many of you have spoken to me about how dangerous this intersection has been in the past. I am very proud of this outcome because it demonstrates that the voice of a local community can still be heard by the government. Following on from this project, I am delighted to inform you that the Minister for Sport and Recreation has announced funding for the upgrade of the pavilion at Lewis Park Reserve. This will mean that the Knox City Cricket Club and Eastern Lions Junior Football Club will be able to cater for more members and offer more local residents the chance to participate in sporting activities. I look forward to bringing you more good news about our area in the future.

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.

Very exciting news, Eastern Regional Libraries now offers downloadable Audio books and eBooks.

Library members can checkout and download digital media anytime anywhere by visiting our website www.yourlibrary.com.au and clicking on the eBook button.

Users can browse the titles on offer and select up to a maximum of five titles to download. The loan period is 14 days. Users will need to install free software in order to enjoy the Audio books and eBooks. Titles can then be transferred to a variety of other listening devices. To checkout your items you will need your library card and your PIN.

Items that are currently unavailable can be placed on hold and you will be notified when they are available for download.

For users familiar with online bookstores the site will appear very similar to those you have accessed in the past. For those needing assistance there are excellent tutorials on the website to assist with checkout, downloading and placing holds. Icons are provided which indicate the compatible devices on which the book can be enjoyed.

Branch staff have also been trained to assist those who need further advice so do not hesitate to make us aware of any problems you experience. We will be adding further titles on a regular basis, so take a look and try the new formats for yourself.

The Eastern Regional Libraries National Poetry Competition is on again. Judge for this year is poet and broadcaster Alicia Sometimes. Entry forms can be obtained from any ERL branch or downloaded from our website www.yourlibrary.com.au

There are four categories Adult, Local for residents of Knox, Maroondah and Yarra Ranges, Teen ages 13 - 18 years and Junior for ages 9 - 12 years. Prize money is \$1,000 for the Adult Section, \$500 for the Local winner, \$300 for Teen and \$200 for the Junior prizewinner. For an entry fee of \$5 for adults and \$2 for teens and children, entrants can submit two poems of no more than forty lines each.

Entries can be submitted to any ERL branch or mailed to 7B Eastgate Court, Wantirna South, 3152. The Competition closes on Friday 30 November, entries mailed after this date will not be accepted.

Winners published in the local media and displayed in library branches and on our website. Prizes will be awarded at a presentation on the evening of Thursday 10 November 2011.

School holidays will be upon us again in late September and our Youth Services Librarians are already hard at work

planning all sorts of exciting activities to fill up some of those 'what to do' moments. Our holiday program comes out about three weeks prior to the holidays, watch for it in the branches or click on the Events button on our website and check out the program. Bookings can be made in person, by telephone or online www.your.library.com.au Numbers are limited be sure to book in early.

One special date for the diary, Sunday 9 October at 2.00pm at the Knox Civic Centre, 511 Burwood Highway, Wantirna South we will present the Melbourne Welsh Male Choir to celebrate the opening of Seniors Week. ERL wishes to thank Computers for All for their generous support of this event. Afternoon tea is included, tickets \$10.00 or \$8.00 concession. Bookings open September 1 telephone 9801 6409 or online at www.your.library.com.au



Library page brought to you by... **Computers for All**



Computers For All, offers a range of new and refurbished computers, their unique rent-to-own program enables Centrelink recipients to gain access to quality computers at low prices. Best of all, the payments are processed directly through Centrepay - once they're setup, they simply continue for one year, and then stop. The computer then belongs to the customer with nothing further to pay! If you would like any information, don't hesitate to contact Andre, Micah or the Computers for All team on 1300 87 77 74 or visit them online at www.ComputersForAll.com.au

A Brief History of Wantirna

by Glen Turnbull, Local Historian

Wantirna and Wantirna South are typical of nearly all the localities in the Knox municipality, in that there was and still is no exact location that could be best described as the centre of Wantirna, but you could argue that it was based around the original position of the post office. Early public buildings included the Wantirna State School in 1912; the Wantirna Post Office in 1913 and the Wantirna Methodist Church in 1913. All were built near each other on Mountain Highway. The Wantirna Church of England Hall was built on its present site in Burwood Road in 1924, just east of The Knox School. The Wantirna Cool Stores building, however, was built near the intersection of Mountain Highway and Boronia Road in 1918, at the back of the current McDonald's Restaurant. The Wantirna Reserve was secured and opened by the local Council in 1925.

The Crown offered the land for sale along the Dandenong Creek in 1858. The land in the area now known as Wantirna South was offered for sale in 1867. The locality of Wantirna South is loosely based on the intersection of Stud Road and Burwood Highway. Development and change in this vicinity did not alter until the 1950s. Stud Road from the south was not originally aligned to continue straight onto Bayswater as the Blind Creek trickled along (and occasionally) raced near the now busy intersection.

The first Wantirna South Post Office and store opened in 1928 on the south eastern corner of Burwood Road and Old Stud Road. Bert and Cassie Lamb operated it for many years. Later, Nelson's Restaurant was built on the site. Wantirna South State School was established in 1940. In 1949 seven acres of land were reserved in Tyner Road which became known as Walker

Reserve, named after James Walker. Another Wantirna park became known as Egan-Lee Reserve, which was set aside at the end of Riddell Road and later named after the Knox Council engineer Richard Egan-Lee, who was killed in a plane accident. The Agricultural Department Horticultural Station, sited on some 130 acres, opened on the north western corner of Scoresby Road and Burwood Highway in 1956. The Knox City Shopping Centre and Tower Point developments from the 1970s greatly enhanced the commercial areas of the municipality. They were opened in November 1977. Burwood Highway was originally known as Burwood Road since the road ended at Burwood. This was not the main road to Melbourne; Ferntree Gully Road to Oakleigh was used, particularly to access the railway at Oakleigh.

From earliest times, a relatively small two-horse coach operated up Ferntree Gully Road from Oakleigh to the Club Hotel at Ferntree Gully. Unlike many other parts of the State, the Wantirna area was not a gold mining district. There were short

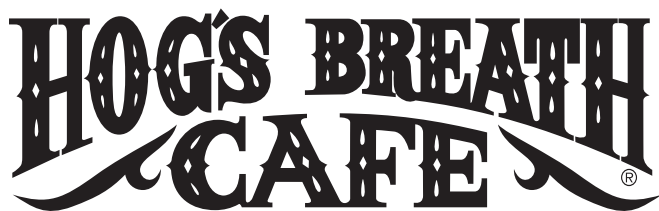
instances of goldfever in the hills, but it didn't last. Before suburbanisation, the area belonged to pastoralists and then fruitgrowers. Wantirna and Wantirna South became an important market garden and orchard region of Melbourne. The closeness to the city made Wantirna and nearby Bayswater and Scoresby the ideal location for growing such commodities, just at the start of the 20th century.

Burwood Highway was divided in the mid-1960s when there were still orchards on both sides of the road. Boronia Road and Mountain Highway were only divided in the late 1990s. At the same time the bridges over the Dandenong Creek were replaced. Renou Road was created in 1927 and is thought to be named after the surveyor, Frederick George Renou. Records show that Renou qualified in 1882, worked at the Seymour Shire in 1891/2, then in Perth WA between 1893 and 1919 then in Fiji from 1924. Renou died in Prahran in 1939. Harold and Templeton Streets, named prior to 1898, are thought to be named after another surveyor, Harold Templeton.



Old Stud Road Bridge Over Blind Creek in the 1920s

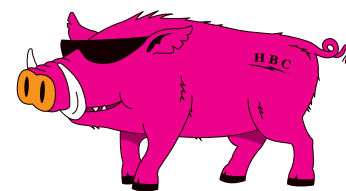
Community Media in the Spotlight



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Community Station - Radio Eastern 98.1

Big things happening with announcers at Radio Eastern 98.1..Our Hon.Secretary Andrew Conway was awarded the title of Young Australian Professional of the year. Peter O'Brien stars on local community radio in Letterfrack, Ireland as he jets around the world. Jack Richardson celebrates 4 years with the Friday night jazz team and his second year with Rascinating Rhythm Team. Bernie Cullen, a new phone volunteer, joins Brian Amos for Friday Afternoons doing country style.

Eastern Regional Access Television, based out of the Radio Eastern Station, is still producing Eastern Newsbeat for Channel 31 and caught the Outside Broadcast Van at the Warrandyte Festival this year. ERA-TV launches a new show September 7,2011, 'a house around the corner' featuring community houses

across Victoria on C31/D44 Wednesday at 4.00pm.

Graeme Lack (presenter of Tuesday Lunch Spot) celebrates 50th wedding anniversary with his wife Gloria and family.

Lauren Wood, Media Manager of the EFL, can be heard every Saturday, during the footie season on our regular Saturday show bringing you the EFL games.

Dan Dan (Boucher) the Weather Man, climbs weather pole every Thursday between 11am - 2pm on Russ Reads "around noon" program to ensure you get accurate temperature readings.

Radio Eastern 98.1 was formed in 1974 and has many long term serving volunteers, in memory of three very special people, Pat Murphy President

from 1996 to 2006 started with the Melody Lingers On and was a avid Glen Miller Fan passed away in May. Lance Gardam, a very popular phone worker who co-hosted Ken Boness Friday morning programme and an enthusiastic member of the Bing Crosby Society, passed away this last month. And Cynthia Wood passed away in May. She was a remarkable person, who faced with enormous courage what most people would fear and she spent her last months with us at Radio Eastern 98.1 answering the phones for Val Budge's show..Box of Delights..Without our volunteers we are nothing..join us at Radio Eastern 98.1. Listen in to our lovely programs and phone us at anytime at 9722 9981

Tricia Ziemer - DJ - Anything Goes with Rex Shields on Mondays...



Kids in the Kitchen

C31/D44

SUADE Chefs Loz Blain and Chris Blain, are up to their cooking shenanigans again with Chefettes, Tasha, Tara, Abbie, and Sarah...And Gabriel Gate let us sneak into his outdoor kitchen at the Melbourne Food Festival and taught us the art of cooking with DUCK.. He has launched a lovely new book Taste Le Tour, and we have been cooking some great recipes from that.

Tasha Eunice pulls out her Great Grandmothers (Eunice Godwin - who would name their child Eunice :) recipe for Carrot Cake and knocks the socks of Chef Loz and Chris..They devoured it, film crew almost did not get a morsel and Karrotty the Karrot was frantic they

were using her cousins for cooking.

Tasha also reveals a magic double Chocolate Chip Cookie recipe that is mouth



watering.. No the cookies did not last past packing up of the film gear for the night.

If you are wondering where Kids in the Kitchen has been, it has been on holidays, while Producer Tricia Ziemer, Executive Producer Leanne Fitzgerald, and Assistant Producer Nicole Kirkwood, travel all over Victoria with the CCH Media Team from the Coonara Community House. They are creating a new show about Learn Local organizations across Victoria, called "A House Around The Corner" launching Sept 7, 2011 Wednesday at 4 pm.

Kids in the Kitchen will be back in December with all these lovely new recipes and much much more. Kids in the Kitchen is looking for sponsors, so contact 0405 636 606 if you would like to support Kids cooking nutritious healthy meals from the garden and natural produce, learning to garden, and addressing healthy eating in the teen years.

Orana Neighbourhood House



ORANA NEIGHBOURHOOD HOUSE CHILD CARE "KIDS AT PLAY"- OUR 3 YEAR OLD GROUP & "FUN & GAMES FOR 5's AND UNDER

What's Happening? *at Orana*

Orana offers a range of programs, courses and classes for people living in our community, as an opportunity for enjoyment, learning and to develop new interests and skills. If you haven't been to Orana in a while, you are welcome to pop in and see how Orana has become a great place for our community.

COMING UP IN TERM 4...Computers for beginners, Back to the Office skills, Christmas card making, Christmas decorations for kids, Christmas and summer cooking, digital photography, hand reflexology, meditation, chair yoga, mosaics and more.

Phone 9801-1895 for more information.



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hire. Contact our
office for more
details.

Our great programs will continue throughout term 4. Then it won't be long and we will be busy doing our preparations for Christmas.

During term 3 in our Kids at Play group we had a PJ day and also celebrated Father's Day by having a Father's day evening so that dads could come for an evening of craft, fun and supper with their children. We were also lucky enough to have a group of 11 grade 3-4 students from the local Primary School (Yawarra) visit for 1 hour each Thursday morning. They join in the activities with their little "buddies" then at the end of their hour they help to pack up then read stories to them that they brought from school. We are hoping that this continues next term as well.

Our Fun & Games groups (occasional care) have really enjoyed their time on both Wed & Fri taking part in many wonderful experiences - including wet sand, pasting, painting, playdough as well as dress ups, puzzles, dolls, block construction, the list goes on!



Next year our Child Care sessions will change slightly - our Kids at Play will operate on Tuesday, Wednesday, Thursday and due to Government funding losses we will only be offering our

Fun & Games for 5's and under (occasional care) on a Friday morning. So get in quick to put your name on our list for any of these sessions.

Fees for both groups will rise next year but we need you to know that you will not be bombarded with numerous fund raising

activities. There is only one major fundraising raffle and that helps us to offer a wonderful Family Christmas Fun Day in December.

If you are interested at all in our child care area please call me to make a time to come and visit us and see for yourself what fun your child could have if they join the Orana Neighbourhood House Child Care Community.

**DELICE QUANCHI,
CHILDREN'S PROGRAM
CO-ORDINATOR**

Orana Neighbourhood House

62 Coleman Road,
Wantirna Sth
Ph: 9801 1895 Fax: 9800 3192
onh@netspace.net.au
www.orananh.org.au



Around Studfield & Wantirna

Beautifying our neighbourhood

Open Space improvements in Knox.

Council is working to make local neighbourhoods even more beautiful.

It's all part of our Open Space Plan, which helps us work out how to make Knox's open spaces the best they can be.

Collier Ward Councillor, Joe Cossari said Council's most recent venture — Tara Court, in Wantirna — was already a winner with residents.

"Council worked with residents to open up this reserve, and make it a better place for residents and visitors to enjoy," Cr Cossari said.

"Once just a grass reserve, this area now

features landscaping, paths and a large seating area.

"It's a place where residents can have a picnic, go for walks, or play with family pets. A great addition to this Wantirna neighbourhood!"

Cr Cossari said Council would soon be delivering improvements to an open space area in Lantana Court, also in Wantirna. Due to start next month, the small area will be landscaped, and seating will be added.

(Council is also currently reviewing its Open Space Plan — making sure current



and future generations have a great community to live in. Stay tuned for further details of how the community can continue to be involved.)

Fundraising for Interchangeat Studfield Shopping Centre



Miss World Australia 2011 Victorian finalist, Kelly Meehan took part in a fundraising event at Studfield Shopping Centre recently. Kelly and her supporters held a sausage sizzle and raffle on consecutive Saturdays outside Boocock's Meats who sponsored the event along with Brumby's Bakery.

Kelly was raising funds as part of the requirements of the pageant. Her charity of choice was Interchange Outer East in Ferntree Gully. An easy choice for Kelly

as her brother, who has Down Syndrome, has been attending their programs for years.

Interchange is an organisation, committed to working towards an inclusive community where all members are supported and enabled to be fully involved in their community. This involves the process of taking necessary steps

to ensure that every young person is given the opportunity to develop socially, to learn and to enjoy community life.





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STUDFIELD SHOPPING CENTRE



Templeton Primary Students hit the Studfield Shops

Around one hundred grade one students from Templeton Primary School walked their way to visit Studfield Shopping Centre recently.

The visit to the shops is a learning experience for the children and an annual event, not to be missed, for the Studfield Traders, who go out of their way to make the visit a memorable and happy event.



The theme of the visit was "What do we buy from this shop?", which gave the children plenty to think about. Their visit included the Fruit and Vegie

store, the supermarket, the ANZ bank, the ever popular Schokolade chocolate shop, Brumby's Bakery and the Post Office

where they were asked, "Which is the school mailbox?"

The children came with money from home to spend to complete the experience. Hot chips for morning tea were a favourite choice on a cold morning.

It is not only an experience of commerce but an experience of community which go together to make our suburb a livable place.



The Knox School Students get a Buzz out of Volunteering

RDA stands for 'Riding Develops Abilities'

This year ten students have been involved in a very worthwhile community program based at Balmoral Equestrian Centre in Narre Warren. The owner, Julia Battams is also the Para-Olympics coach for the next 2012 Olympics.

Each week over four thousand children and adults helped by three thousand volunteers have an unforgettable experience through their local RDA centre throughout Australia. Riding offers an opportunity for enjoyment, challenge, friendship, achievement and independence. This is often denied to those who have been affected by an accident or serious illness. It offers these people a chance to regain mobility and a sense of achievement. People with congenital disabilities discover a new freedom in movement. Those with progressive diseases can retain activity and mobility longer.

Medical professionals recognize that there are significant therapeutic benefits for the rider. The warmth and three dimensional movement of the horse transmitted to the rider's body, gradually making it more relaxed and supple. Riding helps reduce spasms and

improve balance, posture and coordination.

The Knox students have been privileged to assist the RDA group and have been trained as volunteers to give physical support to the riders. Practical help such as sorting, labelling horse rugs and equipment, providing much needed signs and hands on physical work have been part of the volunteers' duties. The students have developed friendships with their riders and all look forward to meeting their riders every second week. It has been a reciprocal relationship for both the Knox School volunteers and their charges, where friendship and laughter are synonymous with RDA.

Aged Care

Quietly nestled in the leafy streets of Glen Waverley is the beautiful Aged Care Facility called 'The Manor'. Every second Friday, a small but dedicated group of students visit the residents for the afternoon.

After being warmly welcomed into their home, we spend time chatting, laughing and finding out each other's interests. A gentleman turned one hundred years old last week, Olive retired at eighty-six from her medical career and Vera loves painting china but is busy knitting

a jumper for her great grandson.

The atmosphere is warm and inviting. The rooms are comfortable and the residents are incredibly well looked after. Last week Nick and Luke played the guitar and the piano for them as we shared chocolates and looked at books.

After every session, we are treated with afternoon tea - a lovely time together.

Above are two examples of the volunteer work our Year Eight and Nine students do in our local community. In 2012, we would like to work with more local organisations in a year-long project involving our Year Nine students. The program will run every second Tuesday from 1pm-3pm excluding school holidays. More information and a detailed program are available by contacting The Knox School.

Expression of Interest: Volunteer work for Year Nine students, The Knox School.
Christian Stuckey: Head of Upper Middle School. Christian.Stuckey@knox.vic.edu.au
Julie Parker: Deputy Head of Upper Middle School. Julie.Parker@knox.vic.edu.au

The Knox School: 220 Burwood Highway, Wantirna South, 3152. Phone: 8805 3800

Finding the right Home Loan - Part 2



In this edition we will continue with our discussion on Finding the Right Home Loan that commenced in the previous edition where we asked "How do you work out which home loan is right for you," "what should I consider when choosing a loan - do I want a fixed or variable rate loan" and "should I split my loan?"

In Part II of our discussion we will answer some more questions and provide some valuable information to help you with the very challenging task of finding what is best for you.

Should I get a line of credit?

A line of credit can be a smart way to consolidate all your debts (home and personal) into one easy to manage account. It can simplify your banking and give you flexibility in repaying and accessing your credit. A line of credit account isn't just a home loan - it's a facility you can use again and again up to the approved limit for things like home improvements, investments or any other worthwhile purpose.

Do I want a redraw facility?

If you make additional repayments to your home loan, redraw allows you to access those additional repayments should you need to at any time.

Do I want a mortgage offset?

A mortgage offset arrangement links your variable loan with an offset deposit account, so that money you hold in your deposit account can reduce the amount of interest you pay on your loan. If the deposit balance exceeds the loan balance, no credit interest is payable on the excess deposit balance.

What can I do to get a better deal on my home loan?

Consider an "Introductory Rate" loan. Introductory or 'honeymoon rate' loans can be a good way to get started and can help you save. During the introductory period you are charged a lower interest rate, which you can take advantage of to pay more off your loan. When the introductory period ends, your mortgage will generally revert to the current variable rate at that time.

Borrowing for an investment property (Negative gearing.)

Buying an investment property is a business decision. Negative gearing can have taxation benefits and can be a great way to build your wealth, if you do it right. Make sure you have considered every angle before you buy an investment property. Check the rental vacancy rates in the local area at the Real Estate Institute of Australia (www.reia.com.au). Fewer vacancies means it's usually easier to find tenants. We recommend that you speak to your financial planner and accountant before going ahead.

Want to know more?

If you are keen to find out more about finding the right home loan, contact Horizon Financial Strategies' Administrator Rebecca on 9720 7552 or call in to Shop 12 Wantirna Mall to make an appointment to see specialist Mortgage Consultant Mark Burrige or one of Horizon's Financial Planners John Barker, John Pritchard or Damien Turner who will use their experience, dedication and determination to help you find the home loan that is right for you.

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Wantirna Mall Upgrade

It's all action at Wantirna Mall as the revitalisation moves into stage 2. The completion of stage 1 will see the new underground power cables completed and this will be done as works on stage 2 move ahead.

The carpark in Thaxted Pde is now complete with six new parking spaces, and the contractors have started working on the paving and landscaping in the mall proper.

It's quite a shock to see the Mall

with nearly all the trees removed, especially the large lemon scented gums near the toilet block which had been expected to remain.



In the coming weeks stage 2 works will include:

- Pulling up of the old concrete surface along the promenade
- Installing drainage along the main promenade
- Laying new asphalt along Thaxted St shops
- Beginning to pour coloured concrete along the promenade.

In addition to the underground cabling, stage 1 works to be completed include the installation of 19 new light poles in the

carpark to replace the 10 current ones. For a short while, both the old and new light poles will be on site until the power is transferred from overhead to underground.

For further information please



contact Jane Kuchins on 9298 8000 or email wantirnamall@knox.vic.gov.au You can also visit Council's website: www.knox.vic.gov.au.

SWCN would love your comments on the Wantirna Mall revitalisation. Leave a post at studfieldwantirnanews.wikispaces.com



Bladder Health in Cats

By Dr. Ashley Lee

Did you know that the food your cat eats plays an important role in its health and well-being? Excess minerals in your cat's food (such as calcium, oxalate, phosphorus and magnesium) can result in formation of crystals in the urine and increase the risk of bladder stone formation. Bladder stones can cause irritation and inflammation, but they can also cause potentially life-threatening obstruction of the urinary tract. Signs of bladder problems in cats include urinating

outside of the litter tray, passing of blood-tinged urine, increase in frequency of urination, straining or crying out during urination, excessive grooming of genital area, as well as not eating and lethargy.

Consult your veterinarian to learn about feeding your cat a complete and balanced diet that provides the necessary nutrition without excessive minerals, so that your cat can enjoy a healthy and happy life with you!



6 The Mall, Wantirna
9729 9908
www.wantirnavetclinic.com

9738 1550

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Sari Hair

Let's Look at Carbohydrates

In today's society it is very easy to get confused about what diet an individual should be on. If you are overweight and looking at a diet you are confronted with a plethora of choices. Which one is right for you! In this article I am not going to write up a diet for you but rather explain how something as well-known as carbohydrates could make you overweight.

As with all diets it is important to understand what food and how much of that food we need. Let us look at carbohydrates. Carbohydrates can best be categorised as complex or simple. An example of a complex carbohydrate would be a raw potato whereas a simple carbohydrate would be white sugar. Once broken down in the gastrointestinal system all carbohydrates become glucose (sugar). Glucose is essential for the production of fuel needed to run all the metabolic processes of our body. So why can carbohydrates make me fat? The one thing to understand here is that the secret is in the amount ingested. Glucose that enters the circulation is utilised by the cells to manufacture energy. The body being a unique and marvellous piece of machinery is never wasteful so any remaining glucose is converted to a storage form and stored in the liver. The problem that occurs is that most individuals consume way above their requirements and this is where the problem lies. Any remaining glucose is then sent down a specific metabolic pathway and converted to fat. Yes you read right, FAT.

So how can I stop this from happening? Well there are a number of ways:

- Increase exercise so that the amount of glucose burnt up in your system is equal to that which is ingested. Individuals who are overweight need to burn a greater amount than that which has been ingested.

- Replace simple carbohydrates with more complex carbohydrates so that the breakdown and release of glucose is slower and over a larger period of time. An example would be brown rice instead of white rice or wholemeal in place of white bread.
- Lastly is to limit your percentage of carbohydrate in your diet to approximately 20%. Bear in mind that this figure would alter based on the requirements of the particular individual. A high level sportsperson would require a larger percentage.

When one takes the time to analyse the typical western diet it is not hard to see how high the content of carbohydrates is, probably in the vicinity of 80%. A little time and thought taken in the preparation of meals, taking the time to read the sugar content of food plus a reduction of junk food would go a long way towards maintaining normal weight and improving health. Obesity is a growing trend and with it are all the health ramifications associated with it such as high blood pressure, stroke, cancer and cardiovascular disease to name a few.

I believe the time has come to have a good look at your diet and see what part carbohydrates are playing in it.

Claude J. Trevisan

N.D., Adv Dip.R.M
(Myo), RMT., Ass.Dip.Hth.Sci.,
C.M., Cert.Adv.Sports.M., Cert.Adv.S.T.T.

Naturopath-Myotherapist-Remedial
Massage Therapist



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Claude Trevisan

Naturopath - Myotherapist-Remedial Masseur

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Massage Therapist

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News in Good Health and Well Being



How are our energies reflected in our body system?

by Marita Reynolds

All human beings bodies operate through energy that passes through our body systems. Without energy we would not be able to function. This energy flow may be through our circulatory system where our blood flows throughout our body carrying necessary nutrients to all areas. Our lymphatic system where lymph fluid is constantly moving to assist our immune system and help it fight off bacteria and viruses. Our Nervous system and Endocrine system operate often under pressure when we are stressed or unhappy.

We are all energetic beings and much of our energy comes from our food sources, water and the air we breathe. Another source of energy that we rarely acknowledge is our environment. This can sometimes be from where we work or live but also the people we are working or living with. Everything we do and everywhere we are has an effect on us.

If our energies become blocked then we can often feel unwell and this may result in other symptoms that may suggest that we are in a diseased state. By working the bodies organs and systems energetically, we may be able to assist the body to relax and in doing so help it to naturally detoxify by assisting the body in removal of waste products and to help strengthen the

immune system by stimulating lymph fluid. This can then allow the body to naturally restore its original flow assisting in its healing process.

By looking at a persons physical signs and symptoms we are often able to see a reflection of what is also happening at their energetic level.

Any emotional or physical blockage can affect our life force energy, otherwise known as chi energy. When our life force energy is affected we can feel low on energy, and out of balance. This has happened long before the signs and symptoms appear.

It is important to realise that the body is a highly designed machine and always acts in its own best interest to try to restore balance and heal itself, that's its job.

Energy work such as reflexology, Reiki, Kinesiology and Massage therapies may assist the body in it's own healing process.

Good health.

Marita Reynolds is a practising Reflexologist in Studfield shopping centre at the Wantirna Remedial and Naturopathic clinic Suite 9/ 249 Stud Rd Wantirna. Marita welcomes enquiries and would happy to discuss how Reflexology could benefit general wellbeing. Marita can be contacted on 9801 5201 or 0425 73 5581.

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Contact Brigette on
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Sole Response

Marita Reynolds
Adv. Cert Reflexology A.S.R.R.
Mem R.A.A.
Reiki Practitioner (1,2,3)
ABN: 56 432 940 319
For appointments
Phone: 0425 735 581

Reflexology

If you are on you feet daily and enjoy having your feet massaged, then Reflexology may benefit you.

Reflexology can also assist with the following:

- Relaxation
- Stress reduction
- Improved circulation
- Gentle Body detoxifying procedure.
- Improve general well being.

It is recommended that the initial session be of 1 hour in duration. All you need to do is remove your foot wear, sit back and relax. All people, young and mature, can benefit from Reflexology (foot massage).

½ hour consult \$35.00
One hour consult \$60.00.
Pensioner rates \$45.00

Gift vouchers available

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Contact Marita on 0425 735 581

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Phone: 9720 1555



News from the Osteo! with Dr. Jason Stone of Wantirna Osteopathy **Osteopathy and Shoulder Pain**

Shoulder pain is rapidly becoming an epidemic! It appears that the constant reliance on computers and extensive hours spent behind the steering wheel is now starting to take its toll.

The main cause of shoulder pain, which can range from tight muscles around the neck to impingement and strains of the rotator cuff muscles to the highly painful and impractical frozen shoulder, is the change in posture of the upper back and shoulder girdle.

As people spend more hours bent over a desk, computer, steering wheel, sewing machine etc. their chest muscles tighten, upperback becomes more curved and ultimately the shoulder blades start pulling forward. This change in position of the shoulder blade decreases the stability of

the shoulder joint and therefore puts greater strain on the 'rotator cuff' muscles (especially supraspinatus) to support the shoulder joint. Muscles under continual strain are highly likely to become inflamed and potentially torn which is why supraspinatus tendonitis and inflammation of its related bursa (subacromial bursitis) is experienced by many people.

Treating the inflamed muscle through injections and anti-inflammatory medication is not adequate and will only be short lived as the tight chest muscles, curved upperback and anterior (forward) shoulder blades will ultimately maintain the stress on the rotator cuff muscles.

Apart from seeing an Osteopath to improve the flexibility and joint range of motion of the chest, upperback and shoulder girdle here

wantirna
osteopathy

For the treatment of:

- Sports injuries
- Headaches
- Back and neck pain
- Joint and muscle pain

www.wantirnaosteo.com.au
161 Stud Rd, Wantirna South (03) 9800 0388

are a few tips to help manage and avoid shoulder pain:

- Get advice on workstation ergonomics
- Change position regularly (get out of chair every 45-60mins)
- Lay flat on your back to stretch out the hunching
- Stretch your chest regularly
- Alternate arms when carrying shopping bags, children etc.

Victorian Jazz Archive Inc.

Proactively Collecting, Archiving and Disseminating Australian Jazz

The Victorian Jazz Archive is run by volunteers.

Gretel James is a lady in her 70s. She loves jazz, loves to dance, and is a member of the Victorian Jazz Club which runs weekly jazz dances. Through her activities she is endeared by many, if not most of Melbourne's jazz musicians. Gretel spends two full days a week as a volunteer at the Victorian Jazz Archive where she is designated "Secretary". She will be found working hard on her computer and answering the telephone. Gretel is but one of the many volunteers gainfully employed at the Archive.



Take Bill Brown. Bill is a Scot (you instantly pick this from his delightful accent). Although Bill spent most of his career with the British Merchant Navy, he is the ultimate jazz aficionado. He has enjoyed a lifetime love of jazz and still swaps tapes and CDs of his favourite music with friends. Because he has the uncanny knack of instantly being able to name whatever jazz tune he hears, Bill is employed in the Sound Room where he transfers, for posterity, rare private jazz recordings to preservation-quality CDs.

Bill has a namesake (but no relation) Eric Brown who is employed as the "Registrar". Like Bill, Eric has a very wide knowledge of jazz, having been heavily involved in jazz activities all his life. This gives him the ability to instantly recognise the significance of each item of jazz ephemera that is donated to the Archive. Eric, like the majority of volunteers, is in his 70s proving that the only effect that age appears to have on ability is to enhance it.

Marina Pollard is another of the actively engaged volunteers and, like Gretel, goes dancing almost every week. Marina arranges

most of the Archive's special events such as regular fund-raising jazz performances and concerts, group visits to the Archive, and special workshops for young people learning music and jazz techniques. Like all of the others on staff, she loves her job.

These are but four of the happy group of 55 volunteers who collectively put in a total of more than fourteen thousand hours of unpaid work each year in helping to preserve and disseminate Australia's jazz heritage. The Archive is always looking for new volunteers, for instance to act as tour guides, who might like to contribute to the fascinating work. An interest in, or a knowledge of, jazz is an advantage and prospective volunteers should phone the Archive on 9800 5535.

The Victorian Jazz Archive, 15 Mountain Highway, Wantirna (Melways Reference 63, C8) is open to the public on Tuesdays and Fridays from 10 am to 3 pm. For group visits which include refreshments and a live band performance please ring Marina Pollard on (03) 9800 5535 or 9781 4972.

Bayswater Christian Assembly

400 YEARS

What an interesting book the Bible is! A remarkable collection of sixty-six individual books bound into one priceless volume. There are books of history, books of poetry, and books of prophecy. There are four books that tell the lovely story of the life and ministry of Jesus, and there are twenty-one letters written to individuals and to congregations of Christians.

About forty different authors were involved in the writing, and although the first and last of these lived centuries apart, there is not one mistake, no contradictions and no discrepancies. The Bible is one inspired whole whose great message concerns God and His Son, His hatred of sin, and the remedy which has been provided.

And what a variety of men God used as His penmen: rich men and poor men, statesmen and herdsmen, shepherds and fishermen. There were kings, prophets and poets. One writer was a doctor and another was a tax collector.

They wrote in a variety of places too: in palaces and prisons, in mountains and meadows, in deserts and lonely dwellings, at home and in exile. They wrote in Judea, in Galilee, in Rome, in Corinth, in Ephesus and in Patmos. Surely it must be agreed that the Bible is a remarkable book - and one that everyone should read!

But for many of us, reading would have been a problem, for the Bible was written in the Hebrew, Greek and Aramaic tongues. These languages meant the precious volume was inaccessible to many, so we are indebted to those scholars who over the years have spent

long hours of painstaking study and research in translating the sacred writing so we can understand them.

Four hundred years ago this year, in 1611, a new translation was printed. It was the work of a group of such scholars, who with royal approval had undertaken the task of translation. Because they had royal authority for their work, and since the king in England at that time was James 1st, the finished translation became known as the "The King James Version" or the "KJV". It is also known as the "Authorised Version" or the "AV".

It's vital we read and understand the Bible, for it reveals the holy character of God, His great love for men and women, boys and girls, but of His equally great abhorrence of sin. He is a God of love, but also a God of light who cannot tolerate sin. How could such a God admit men to His heaven when he hates their sin and rebellion? It seems an insurmountable problem, but God Himself provided the solution. "The Holy Scriptures", we read in 2 Timothy 3:15, "are able to make you wise unto salvation".

Paul the Apostle explains, "When the fullness of time was come, God sent His Son...to redeem them..." Galatians 4:5,5. Another apostle wrote "In this was manifested (shown) the love of God toward us, because that God sent His only begotten Son into the world, that we might live through Him. Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins". (Propitiation means to appease God's anger, and bring us back to Him).

The provision of salvation for guilty men cost God His beloved Son - and it cost the Son His life. A sinless, perfect Man suffered and died for our sins at Calvary. How? Why? The Bible explains

that Jesus the sinless One became the substitute for sinful men. Those who trust Him as Saviour, and confess Him as Lord can say simply as the apostle Peter wrote in 1 Peter 2:24 - "He bare our sins in His body on the tree".

O how unlike the complex works of man; Heaven's simple, artless and unencumbered plan.

Reader, please determine to read and believe the Bible, and know the enjoyment of forgiveness now, and the assurance of an eternal home in heaven when life is over.

(Republished from "Assembly Testimony" magazine - used with permission)

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

All will be made most welcome!

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



Life Activities Club Knox Inc.

Happy Birthday to Us!. 24 years of friendship, participating in interesting activities, like extended bus trips, weekend getaways, etc. etc. This milestone will be celebrated in October. Members will volunteer to bring either a salad or dessert to share, and our Committee will provide the rest. Always a colourful and delicious lunch.

We now have a new activity, thanks to a member nominating "Sunday Picnics". Once each month, pack a picnic lunch and head off towards a designated location. Sunday Lunch is also on the horizon, monthly also.

To start a new activity, the only requirement is for someone prepared to take the responsibility. So easy? Something else for October, the Garden visitors will enjoy an amazing Succulent Garden in Narre Warren. This man is very keen on these drought resistant plants, we enjoyed his enthusiasm as Guest Speaker at one of our meetings.

Il Divo will serenade our Music Appreciation Group in Sept. Beautiful!

Remember, we invite you to join in on any 2 activities, and maybe then, decide to become a member for \$20.00 per year. 4 Newsletters

each year to keep you informed, listing, Walking groups, Armchair Travel, Cards, Social Games, Painting, Badminton, Music Appreciation, Water Aerobics, Weekend Getaways, Bus Trips, Garden Visits, Cinema, Amateur Theatre, Craft, etc. etc.

L.A.C.K. "Friday Walkers": Reaching new heights at Wilsons Botanical Park / Berwick

Our current newsletter is available, feel free to ring, Melva 9762 3764, or Helen on 9729 1151. We will happily post information to you.

Life Activities Club Knox Incorporated No. A0052438Z: ABN 85 104 164 408 and is a member of the Life Activities Clubs Victoria Incorporated (Certificate of Incorporation Reg. No. A00 307 09U: A.B.N. 748)



Knox & District Over 50's Inc.

Are you noticing the days getting longer, the little hint of Spring in the air? Good isn't it? To make your life even better, why don't you come along and join us at the Knox Over50s. We are a very sociable, warm & friendly group who would be delighted to welcome you to join us.

At 1.30 pm on the fourth Tuesday of each month, we hold our general meeting at the Boronia Progress Hall. With "business" taken care of in less than 30 minutes, we then partake of refreshments and settle down to listen to our guest speaker of the month - always an entertaining and educational experience. Visitors are most welcome.

Our next meeting on Tuesday, 23rd of August, 2011 will include our "birthday" celebrations.

Each month we offer a wonderful choice of social activities, such as bus trips, lunches, book clubs, movies, morning teas, etc. As a financial member of the Over50s, you would be welcome to participate in any or all of these events.

Our monthly newsletter "Knox Natters Matter" will keep you up to date on all that's happening.

Contact Stuart on 9763 8756 for any further information.

Wantirna Lions Club

For any Lions Club in this world there are two words that are very important.....'WE SERVE'.

The Lions Club of Wantirna has been very active and has participated in many activities - locally, nationally and in the international environment. Our club members freely donate their time and labour to a diverse range of community welfare, youth, disaster relief and international projects. These projects are funded mostly by internal fund raising activities and through occasional donations. Internationally over 200 countries have 40,000 clubs and they have 1.4 million members.

Our club plays a prominent part in the Knox City area, by carrying out community projects involving -

- William Angliss Hospital
- Country Fire Authority
- St Johns Ambulance
- Wantirna's secondary colleges
- Wantirna's primary schools
- Eastern Palliative Care
- Aged care
- St Vincent De Paul Families

We meet in our club room located at the Bayswater Community Centre in Bayswater on the 1st and 3rd Wednesday of each month at 7.30pm.

We are keen to hear from our community who will be able to spare a few minutes to join us in this venture. For further

details please contact Siva Sivagnanam by email sivasivagnanam@yahoo.com or on 98016781.



The emblem of an overseas project which is being carried out with Lions club of Batticaloa, Sri Lanka.

This is a student scholarship project, where we pay 10 orphaned students for 10 years. These students were affected during the last Tsunami.



Whether you're young, old, with dog or without... if you love animals and want to help support your local community, then we need you to join us for the annual Bridges Connecting Communities Paws for a Cause dog walk at Nortons Park, Wantirna South on Sunday October 9 2011.

It's just around the corner on Sunday, October 9, 2011 and we are getting ready to have a fantastic, energetic day of healthy fun. Registration is open from 10.00am and the walk kicks off at 11.00am from Nortons Park, Nortons Lane, Wantirna South.

Walkers will follow the trail around Nortons Park and Shepherds Bush stopping at check points along the way to go into the draw to win fantastic prizes.

BRIDGES - CONNECTING COMMUNITIES



PAWS

for a cause

After walking up an appetite, a scrumptious sausage sizzle and cool refreshing drink will be available, face painting for the kids and family entertainment!

Competitions for the best dressed dog, cutest

puppy, dog and owner lookalike, and the oldest timer will be awarded and judged at 1.00pm by local celebrities. There are many prizes to be won, including EastLink vouchers. Santa will be paying us a special visit on the day for your dog to have his Christmas photos taken.

So come along, join the fun and support the programs and services of Bridges Connecting Communities. Competitions judged and awarded at 1.00pm

Register early by the 2nd of September online at www.bridgescc.com.au

Calling Local Businesses

Bridges and Paws for a Cause are looking for sponsors for their fundraising event.

If you are interested in getting on board to promote your business in a big-hearted way call Alex on 9729 9499 or email: alexk@bridgescc.com.au.



Girl Guides Centenary

Girl Guides Victoria is celebrating their centenary!

.....AND.....

Your local Wantirna Heights Girl Guide District is celebrating 28 years! What an achievement!

Our start to the Centenary was a Regional "Mud Bash" in Monbulk, with lots of "rolling in mud" type activities! We had a Regional camp in April - the cold and wet weather didn't stop our guides from having lots of fun, learning new skills and meeting new friends from other Districts.

Our Wantirna Heights District currently has two of their original Leaders, who started their Unit in 1983, Di McCormack and Ellie Heald.

One of our first brownie recruits, Rebecca Whitehead (nee Johnson) has recently celebrated her 15 years as a Guide Leader.



Our other 5 leaders, Belinda, Lauren, Ashlea, Georgina, Katie and Emma, were originally Guides in our District. So it is a pretty awesome District!!

Girl Guides enjoy activities, service, adventure and independence with the support and encouragement of their Leaders.

Our units are:

Monday: Junior Guides 10 - 12 year olds,

Tuesday: 7 - 10 year olds,

Wednesday: Guides 12-15,

Thursday: 7-12 year olds.

We currently have vacancies in our younger two units on Tuesday and Thursday. If you are interested in becoming a Guide please phone our District Leader Sue Kemp on 98002821.

Wantirna VIEW Club

Fun Times.

Come and join Wantirna Evening VIEW Club (Voice Interest and Education of Women) in fun activities whilst benefitting educationally disadvantaged children and youth. Dinner is held on the first Wednesday night of each month at the Quest Wantirna, with interesting speakers.

Recently we visited the Museum to see Tutankhamun the Golden Age of Pharaohs and August's speaker demonstrated new ways of managing delightful spring flowers at home. Perhaps you could join us on a Mountain Adventure by bus, exploring our magnificent Dandenong Ranges, or participate at morning teas at Banksia Nursery or join in Morning Melodies at Karralyka - a smorgasbord to choose from. New members are made most welcome.

Contact out President 039728 1415 or Secretary 039738 1787 for more information.



Knox Safer Community

Make my Day!

A Community Safety Message

'He was just out of the car for a couple of minutes, dropping off the dry-cleaning. But that was enough. Returning to the car park he found a window smashed and mobile phone and wallet gone from his car. Not a lot of cash stolen but all that trouble cancelling cards. Who would have thought?'

Well we all should think.

Victoria Police and Community Safety Groups regularly promote the 'Look! Lock! Leave!' campaign reminding everyone never to leave valuables on view in a car. Thieves who steal from cars operate in all areas and are skilled in seizing an opportunity. In a car park, a home driveway, in a quiet street.

Don't become a victim. Be vigilant. Don't leave valuables or other easily removed items on view in a locked car. If you must leave valuables in the vehicle, place any property into the boot before you get to your parking spot.

Always remove keys and lock the doors, windows and vents before you walk away from the car.

Theft from cars often goes unreported. Don't let them get away with it. Take the trouble to report to your local police station.

Knox Safer Community Group (Neighbourhood Watch) meets on the first Tuesday of the month at 7.30pm at Knox Police Station. If you are interested in helping to make your place safer, contact L S/C Lee Thomson, Crime Prevention Officer for Knox. 9881 7948. Or see the website www.knoxsafercommunity.org.au

The motive is the message.

Motive for crime just became a lot more important to Victoria Police in their efforts to keep our streets safe. Victorian legislation has sharpened penalties for Prejudice Motivated Crime (PMC). The community is being encouraged to report incidents and the police alerted to recognise and respond appropriately.

PMC incidents are crimes - against property or persons - that are motivated by prejudices about race, religion, gender identity, age, sexual orientation, disability, homelessness etc. Previously many such incidents, especially in workplaces and at community events, went unreported.

PMC sends a message to the victim's entire group that they do not belong, and that as

individual members of the group, they could also be targeted. This causes the group to feel frightened and intimidated and erodes perceptions of safety. If you have ever been burgled you will remember suffering shock, loss and subsequent insecurity. But you didn't have to take it personally. Imagine how much worse if you or your property are attacked for who you are. In our multicultural society everyone has a right to be treated with dignity and respect.

Crime Prevention Officer Leading Senior Constable Lee Thomson is available to give presentations to groups interested in joining the move to eradicate PMC crimes.

Telephone Knox Police Station 9881 7000. Report emergency incidents by phoning 000. Otherwise, if you have seen a Prejudice Motivated Crime or if you have been the victim of one, report to your local police station or phone Crimestoppers 1800 333 000

Knox Safer Community Group Meets first Tuesday of the month at Knox Police Station at 7.30pm

Contact L S/C Lee Thomson 9881 7948
Websites

www.knoxsafercommunity.org.au
www.police.vic.gov.au
www.neighbourhoodwatch.com.au



The increasing costs of Gas, Electricity & Water



.....some tips for keeping essential services connected

As the cost of living increases, it becomes ever more difficult to keep the costs for essential services under control. Bills such as gas, electricity and water have sky rocketed in recent years

Add to these costs, the seemingly never ending increases to the price of food, petrol and clothing, and everyone is struggling to make ends meet. The flow on affect of this can cause financial stress which may impact on family life - for some it may be a choice between having food on the table or petrol for the car.

Assistance is out there for low income earners. Health Care Card, Pensioner Concession Card and Department of Veterans Affairs gold card holders qualify for a 17.5% discount on their electricity accounts. Winter Energy Concession of 17.5% also applies to gas accounts from 1st May to 31st October. If you are not on mains gas, you

can also claim a non mains winter energy concession from 1st July if your main source of heating is LPG or firewood.

Further information is available from your energy retailer, or check the concessions website online at www.dhs.vic.gov.au.

Even after rebates the size of energy bills can still be daunting. If you having difficulty with payment of your utility bills, contact your supplier to discuss options. If you are in financial hardship, you may be eligible to apply for a Utility Relief Grant -ask your energy provider.

Sometimes considering alternative methods of bill payment, can help. An option available to everyone is to contact your supplier and discuss 'bill smoothing'. 'Bill smoothing' can be used for gas, electricity and water accounts, and is a way to average out your annual usage into more manageable

(instalment) payments - usually fortnightly or monthly. The actual amount you pay is agreed between you and your provider and allows for seasonal fluctuations. Paying smaller amounts more often is often easier on the family budget, and with payment choices like Centrepay, BPAY, Direct Debit and Internet Banking available, bills can be set up to happen automatically.

Paying bills in this way will not work for everyone, but at a time when budgets are so tight it might be time to try something different.

If you are having difficulty in paying your bills and require further support - an EACH financial counsellor can assist you. Financial counselling is a FREE service. For people living or working in Knox, please call our Intake no. on 9871 1800

Kim Hubber, EACH Financial Counsellor, Knox Office

Knox Home Garden Club *with Betty Wright*

So how's the spring cleaning coming along? Curtains dry cleaned, windows washed, linen cupboard sorted? The study all done and dusted? It may be time then to turn your attention to outdoors, to the garden shed or garage. Or more specifically, your garden tools and equipment.

In an ideal world, we would never put our garden tools away without cleaning them first, with no coating of hard, dry dirt to greet us next time that we used them. Check out all your tools and equipment, including hedge trimmers, whipper snippers, mowers, and chainsaws. Gather your garden tools and wash them completely down with a bucket of water and a scrubbing brush. You may need a plastic scraper to remove any stubborn caked on mud. Allow the tools to dry, if there is any rust, take it off with some emery paper. Treat the metal components to a wipe with an oily rag or a spray with WD40 or similar product. Spades and forks can also be oiled by plunging them several times into a bucket of lightly oiled sand, vegetable oil will do. Give wooden handles a rub over with sand paper if they need it and then wipe them down with linseed oil.

Cutting tools should be sharp, this includes spades and hoes as well as secateurs and pruning saws. They are easier to use and, for pruning, make a cleaner cut. If you have the knowledge and equipment, sharpen them



yourself, or else take them to a hardware store to be done. Spare parts are available for many brands of tools, if the blades need replacing, for example. Giving blades a thorough wipe and spray with a WD40 type

product after each use inhibits rust.

Many years ago when I was single, I had a very efficient electric Flymo mower with wheels. I used to tip it over after each use and clean it thoroughly. Believe you me, it was spotless. Much later, when my husband became ill and I was allocated lawn mowing duties, I looked at our petrol mower and thought: Cripes, that's a grubby looking machine. I quickly tipped it over for a good scrub, and you guessed it, petrol and oil went everywhere! Some things take a long time to live down! If your mower needs attention, do it now in readiness for the busy spring period ahead. Take it to a mower shop if you cannot service it yourself.

Does the wheelbarrow tyre need pumping up or replacing? Do it now.

There is a lot of money invested in your garden tools and equipment. A little care can extend their life and make your gardening activities so much easier.

Look for the Knox Home Gardening Club details in this newspaper, all welcome.

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

Templeton Tennis Club Wantirna Bendigo Bank Junior Club Championships

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

Templeton Tennis Club's large contingent of junior players, are set to do battle in the Annual Bendigo Bank sponsored Club Championships. The event will be run on Saturday 10th September and will be a graded competition so juniors of all standards

have a great opportunity to advance through. The championship is open to all junior club members. A sausage is also included on the day.

We thank Bendigo Bank Wantirna Branch for their generous support in the running of this event.

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 advance.

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



**TempletonTennis Club Inc.
Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 6 3G9
Membership: Russell 9887 1957**

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