



Studfield Wantirna Community News

A free community newspaper

Edition 19 - August 2012



Photo of Old Orchard Winery by Chris Ellis

- ***Friends of Blind Creek Billabong***
- ***The Winery Next Door***
- ***Frederick Pittman, Pioneer Coach Builder***
- ***Young Drivers Get a Greenlight***
- ***Fashion Meets Fiction***

FREE



Delivered FREE to 7000 households & businesses in Studfield and Wantirna

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

I consider myself quite computer savvy and pretty switched on, so I am amazed at how convincing scammers can be. I recently spoke to someone who received a call from an overseas company stating a high level of junk email was coming through their internet, the caller wanted them to log on to their computer to rectify the problem. The recipient said they suspected the call was a scam but found themselves beginning to believe the caller because of the level of accuracy in what they were saying.

Fortunately for this person though, they sought more details from the caller before carrying out any instructions, they asked the caller's name, company and phone number, not surprisingly the caller hung up pretty quickly.

Therefore, I wanted to take this opportunity to remind you that there are those out there who set out to scam innocent people into purchasing things they don't need or giving out personal information. Scammers are extremely sophisticated in their approach and can be very convincing. They know how to add just the right level of truth in their approach to get you to drop your guard and trust them.

So always remember, if you suspect something is wrong, chances are it will be and if it sounds too good to be true, it probably is.

If you suspect you have been targeted by a scammer, I encourage you to report it to Consumer Affairs Victoria on 1300 55 81 81.

If there is anything that I can assist you with at any time, simply call my office on 9729 1622, or email me - heidi.victoria@parliament.vic.gov.au.

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Front cover: Old Orchard Winery by Chris Ellis

Copies: 7000 copies produced with 6000 delivered to houses in Studfield & the north of Wantirna and 1000 through local distribution points.

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Affordable advertising rates with discounts applying for multiple bookings.

For more information contact Charles on 9762 3376

NEXT EDITION: October 2012

DEADLINES FOR 2012:

OCTOBER ----- SEPTEMBER 14

DECEMBER ----- NOVEMBER 9

Hello SWCN Readers,

Well, right about now you are probably enjoying the London Olympics and not even interested in the news from Wantirna!

There has been a bit of commentary lately on how newspapers are not as popular as they once were. The new trend is for people find news and current affairs through new technology and the internet.

However community newspapers are growing in popularity as people seek to know more about their own local communities and pull the ever expanding world a little closer.

We hope you enjoy this edition (maybe after the Olympics),

Janet on behalf of the team.

**Interested in previous issues of SWCN?
Visit our website at studfieldwantiranews.wikispaces.com**

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

Thank you to 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!

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Out and About in Wantirna

Blind Creek Billabong *gets a little help from it's friends!*



Drizzle predicted and persisted on and off, however, we had very little rain to bother us.

The Council Sustainability Bushland Management team led by Adam Loy, had been preparing the site for many weeks by killing off the weeds and

mulching the area. The planting site is off the bike path near Rita Matthews Reserve next to the Tennis Courts.

Members of Blind Creek Billabong, Louise, Allan, Fay, Melissa, Jenny, Margaret, Patsy, Scott, Stephanie and Nick were there to help. They are very supportive of these days and having their experience makes our planting days even more of a success. I know we all enjoy seeing how our plantings are growing and adding to the surrounding Natural Bushland and Wildlife corridor.



Many members of the Wantirna Lions Club along with 10 or so Secondary School

students from The Knox School assisted us in digging holes and putting in 800 plants. The students were full of chatter and laughter while they worked. I hope they will come and see the results of their work in a year or so. It is encouraging to look at the before and afters. One year a tiny plant, the next year the growth potential is amazing.

A huge "THANKS" to the Wantirna Lions Club who funded the purchase of the 800 plants, and after the plantings, supported us with a deliciously welcome sausage sizzle, greatly enjoyed after all our hard work.

Behind the scenes an important part of planning for the day by Bushland Management is ensuring the plants are ordered well ahead so the Operation Revegetation headed by Darren Wallace has them ready for us to plant.



Many local, dog walkers, fitness walkers, runners, cyclists from all over Knox as well as Melbourne make comments about the increasing amenities they enjoy as they travel through Blind Creek Billabong



area. The neighbourhood will see and enjoy the benefits of the increased shade, shelter, birdlife and all if the little creatures that are sustained by the continual growth of the plantings.

Thanks everyone. *Fay Rimmer*



The Winery Next Door!

For those of you who think that you have to travel all the way out to the Yarra Valley to have a great wine experience, think again!



David Smith and his wife Pat have been running The Old Orchard Winery located at the Knox Community Gardens at 59 Old Orchard Drive Wantirna South, for the last 7 yrs and have wonderful events happening all year.

From the outside it looks just like an old shed, but looks can be deceiving. When you step inside, you will find a warming open fire along with a piano bar where you can gather with friends and family to celebrate any type of function.

David and Pat also have wine tastings where they show you how to prune



the grape vines. A little work, some knowledge being passed on, great conversation and company and a few glasses of wine all make for a great day.

Come along and meet David and Pat, speak to them about your next function or just soak up the ambience with a glass or two.

David and Pat can be contacted on 9887 3074 or at www.theoldorchardwinery.com.au

What's Happening in Knox.....

Wantirna Lions Club had a Christmas in July at Knox City on July 13th 2012. If anyone would like to purchase a Lions Cake or Pudding please contact Chris Ellis on 9801 4751.



HUNGRY LIONS

The Lions Club of Wantirna are a very busy lot! On the 1st Saturday of each month they hold a Sausage Sizzle. The sausages are kindly donated by "Mattash" Butchers of Knoxfield and cooked up by the Lions Volunteers.

All profits are donated to a worthy cause, and Julys profits were donated to Lysterfield youngster Bailey Timms who is in need of a new wheelchair. Bailey is 7yrs old and cannot walk or talk, he suffers seizures and is fed through a stomach tube.

Personal Trainer Jason Shepherd and his training partner James Sorensen have also helped raise money for their friend Bailey, with the mighty effort of running up and

down the 1000 Steps located at Ferntree Gully over 50 times! Great effort everyone. Donations can be made through the website www.timetostepup.com.au



The rising costs of utilities...tips for keeping 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 and more increases are anticipated with the introduction of the carbon tax.

Add to this, increases in the price of food, petrol and clothing, and it can be a struggle to make ends meet. This can cause financial stress which may impact on family life—for some the choice may be between food on the table or petrol in 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 all year round, however as of 1st July 2012 the concession will not apply to the first \$171.60 of a concession card holder's annual electricity bill.

This change has been made because the Commonwealth Government is introducing a carbon price. The state government concession will not apply to that part of the energy bill covered by Commonwealth compensation, which represents a subsidy of \$2.50 a month for electricity across the year.

The Commonwealth Government estimates that the new carbon price will increase electricity bills by 10 per cent. In dollar terms this equates to an average of \$3.30 per week or \$171.60 per annum.

Winter Energy Concession of 17.5% also applies to gas accounts from 1st May to 31st October (for concession card holders). From

1 July 2012 the concession will not apply to the first \$62.40 of a concession card holder's winter gas bill. This change has been made because the Commonwealth Government is introducing a carbon price.

The Commonwealth Government estimates that the new carbon price will increase gas bills by 9 per cent. In dollar terms this equates to an average of \$1.50 per week or \$78 per annum.

If you are not on mains gas, you can also claim a Non Mains Energy Concession if your main source of heating is LPG or an alternate fuel such as diesel, petrol or heating oil – this is an annual rebate for eligible cardholders.

The water and sewerage concession provides a 50% discount off water and sewerage charges up to an annual maximum. For 2012-2013 this maximum is \$277.00. Customers who are billed for a single service, for example, water only, will receive 50% off water charges up to a maximum of \$138.50.

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 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. One option available to all 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 frequently is often easier on the family budget, and with payment choices like Centrepay, BPAY, Direct Debit and Internet Banking available, bill payment 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.

Energy money saving tips:

- If you're not using it, turn the switch off at the wall
- The best temperature for heating is 20 degrees C. Every degree over this adds approx 10% to your usage costs
- The best temperature for cooling is 24 degrees C. Every degree under this adds approx 10% to your usage costs
- Keep showers to less than 4 minutes ... consider installing water efficient shower roses (saves water & energy)
- Fix dripping taps
- Use cold water where possible
- Replace incandescent light bulbs with compact fluorescent globes
- Turn off the lights when leaving a room
- Buy energy & water efficient whitegoods and appliances
- Insulate your ceiling and walls
- Close doors, windows, curtains and block up draughts
- Consider solar (heating/hot water)

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

Frederick Pittman, Pioneer Coach Builder *By Glen Turnbull, Local Historian*

Frederick Pittman is another pioneer of the district. He was born at Bath, Somersetshire, England around 1821. His parents were John Pittman (a coal merchant) and Elizabeth nee Fishwick. After his basic education Frederick became a coach builder, originally in Somerset, then in London.



Sydney Henry Pittman

In August 1860, the family arrived in Victoria on board the ship, "Suffolk". The family initially lived in Prahran. The following year, Frederick Pittman settled in Wantirna South. He secured 176 acres at the southern end of Cathies Lane near George Street on 8 November 1861. The property cost £176 (or a pound per acre). Pittman's property was known as "Henley Farm" and he continued his coach building trade there using locally grown timber. The Pittman homestead was later referred to as "Station Farm" in the 1870s. Many years later, this property became the part of the Boral brickworks quarry.

On 23 November 1845, he married Amelia Russ in the parish church at St Marylebone, London. Amelia was also born at Bath. Three daughters were born to the family in the late 1840s, sadly one died in infancy.

Their fourth child, Sidney Henry Pittman was born in 1861 and everything seemed well for the family in their new locality. Tragically, his wife Amelia died in October 1862 at the age of 37 and Frederick looked after the children by himself.

Another early land-owner on the west side of Dandenong Creek at Mulgrave was the spinster Catherine Drummie. Frederick and Catherine became close friends and despite a significant age difference, they married on 19 April 1871 at All Saints' Anglican Church at St Kilda. Catherine, who was born in 1802 in Forfarshire, Scotland, was old enough to be Frederick's mother. Their marriage only lasted 2½ years before Catherine died at the aged of 71. Catherine left all her property to Frederick in her Will, including a property in St Kilda.



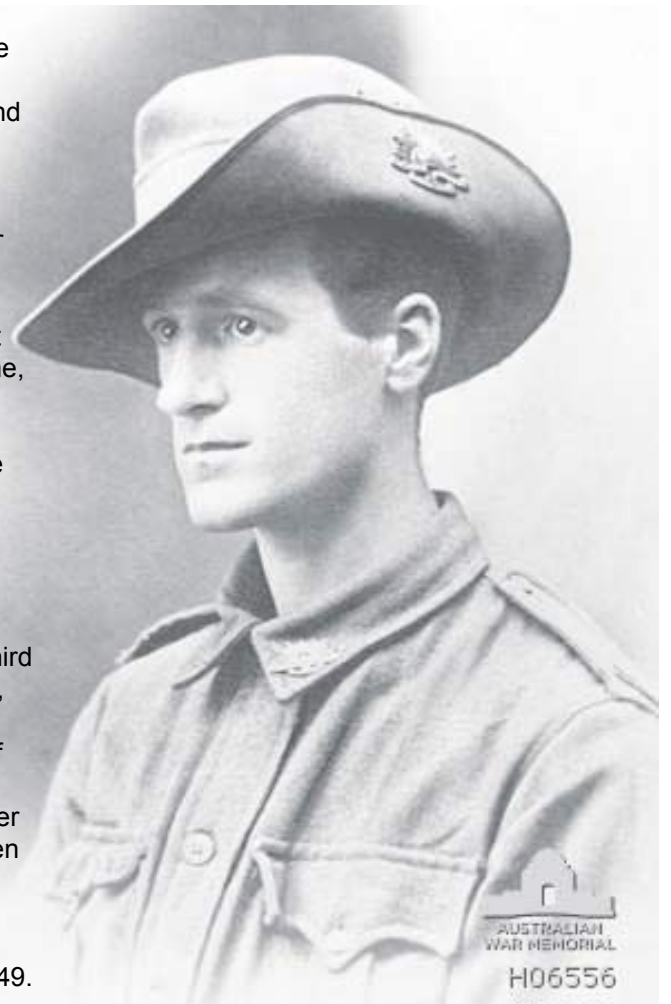
Maria Pittman

In 1875, Frederick Pittman married for a third time. His third wife was Margaret Armstrong, a daughter of another local pioneer Thomas Armstrong of High Street Road. Margaret was over twenty years younger and the couple had six children between 1876 and 1887.

On 16 July 1888, Frederick Pittman sold his Cathies Lane property for £2,649. The property was sold to James Blythe, but by 1891 this property was incorporated into Edmund Ashley's large adjacent Chesterfield Farm estate. Frederick then moved the family to his second wife's property in St Kilda.

Frederick Pittman died at St Kilda on 25 September 1890 and was buried at St Kilda Cemetery with his first wife. His third wife Margaret died on 29 September 1942 aged 87 and was buried at Oakleigh Cemetery, as was Frederick's second wife.

Frederick's oldest son, Sidney Henry Pittman married Maria Ellen Foster, daughter of Daniel Foster (who was featured in the last issue of this newspaper).



Private Arthur Foster Pittman

Frederick's grandson, Victor Russ Pittman, lived on 30 acres off the south side of High Street Road from the 1930s and operated a small fruit block and a carrier business. Another grandson, Arthur Foster Pittman, was a private in the 58th Infantry Battalion died of his wounds on 14 October 1917 in France during World War I at the age of 22.



Children of Sidney & Maria Pittman



Victor Pittman and his truck



The months are flying by and the National Year of Reading is already more than half over. We have had some great events but the best is yet to come. Bookings will open soon for Fashion Meets Fiction which starts at the Burrinja Gallery, Upwey on Friday 9 November. Tickets are priced at \$15 and \$10.00 concession. The garments featured in the Exhibition are from Sydney's Darnell Collection, an amazing fashion archive of over 5,500 items dating from the Eighteenth Century to the present.

You will see clothes representing Scarlett O'Hara from *Gone with the Wind*, Sex and the City's Carrie Bradshaw, Holly Golightly from *Breakfast at Tiffany's* and a host of others. The Darnell Collection and its curator Charlotte Smith are internationally recognised both from Charlotte's books *Dreaming of Dior* and *Dreaming of Chanel* and her speaking engagements. If you loved the Grace Kelly Exhibition at Bendigo you will not want to miss Fashion Meets Fiction.

Soon Ringwood Library will be moving to its temporary premises whilst the new Ringwood Library is built. In the meantime we have some great events planned. On Thursday 9 August at 2.00pm the second in our series Afternoon Authors will be an Afternoon with Austen with actor Lise Rodgers. Lise has presented themed readings from the works of Jane Austen for both the National Trust and the Johnston Collection. For our August afternoon Lise will be reading from some of Jane Austen's most loved books, and answering questions on Jane and the era in which she lived. Our September guests in Afternoon Authors will be writer Isobel Blackthorn reading from her book *All Because of You* and her partner Alex Legg providing a musical background to the words.

Author Carmel Bird has been shortlisted for many of Australia's most prestigious literary awards. She has been a lecturer in creative writing at both Melbourne and Monash Universities. Carmel will be a guest at Belgrave Library on Thursday 30 August at 12.30pm. Tickets can be booked on 9754 7266 or online, the cost is \$12.50 which includes lunch.

Arnold Zable is one of Australia's most loved authors. He is an activist and educator who has taught at Melbourne, Monash and Swinburne Universities. The migrant experience and human rights have been a particular concern to Arnold. This is reflected in his work with immigrant communities and his presidency of the Melbourne branch of PEN International, working to protect the freedom of writers and to help those imprisoned for expressing their opinions. Arnold will be the featured speaker at Croydon's Book Bites Lunch on Thursday 13 September at 12.30pm. Lunch is included in the \$12.50 ticket price. Bookings are essential and can be made in person at any branch, by telephone 9294 5640 or online at www.yourlibrary.com.au

David Astle is a self confessed 'word nerd', he loves the meaning and usage of words.

Familiar to viewers from the nightly SBS program *Letters and Numbers*, David is known to lovers of crosswords simply as DA whose crosswords appear in the Fairfax Press, Australian Style or from his weekly column in the Saturday Spectrum. David is also the author of a number of books including the recent *Puzzled: Secrets and Clues from a life Lost in Words*. This is an event for everyone who loves words and their meanings. David will be our guest for a literary lunch at Ferntree Gully Library, 1010 Burwood Highway, Ferntree Gully on Tuesday 4 September at 12.30pm. Bookings are essential 9294 8140 or online. The cost is \$12.50 and includes lunch. Prior payment is required to confirm your booking.

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Talking Tech

with Micah Macri

Shopping on eBay

Since it became mainstream in 2002, eBay has revolutionised the way Australians shop online. Historically we've been confined to our local store's offerings, but the internet has connected us with a global marketplace where it's easy to trade money for practically any good or service. Every major department store now offers an online storefront, as do many thousands of smaller independent businesses. This has created an ideal situation for tech-savvy consumers who use the internet as a resource to compare prices from across the globe.

Most comparisons end with a purchase from eBay. Likely because eBay listings are often from overseas sellers, individuals who have access to products far further up the normal supply chain. In some cases you can be buying directly from the person who built the item at the manufacturing plant in Asia! eBay is your one stop shop for all cheap imports, with computer and mobile electronics accessories the specialty. It's also a great place to shop for preloved items sold by people in your local area. There's a bargain for everybody!

You can visit eBay on your computer, tablet or internet-compatible mobile phone at www.ebay.com.au. All payments are processed directly by PayPal and are considered by many to be extremely safe. You can pay using a credit card or directly from your bank account, and there's a useful feedback system in place to ensure you find the seller offering the best possible service. Jump online and give it a shot today!

Computers For All, offers a range of new and refurbished computers with a rent-to-own program for Centrelink recipients. Payments are processed directly through Centrepay for one year, and then stop. For more information contact Andre, Micah or the Computers for All team on 1800 87 77 74 or at www.ComputersForAll.com.au



Bendigo Bank

Wantirna Community Bank® Branch

Young Drivers get a Greenlight

Three local youth Kayla, Pat and Maddy recently participated in the Greenlight Youth Driver Education Course sponsored by Wantirna Community Bank® Branch on the 28th and 29th June.

Greenlight is a joint initiative between Bendigo and Adelaide Bank's community partner network, CGU Insurance and Lead on Australia, which aims to reduce young people's likelihood of being involved in a major collision by providing them with access to comprehensive defensive driver training.

Wantirna Community Bank® Branch Chairman, Rev Dr Rowland Ward said young people were significantly over-represented in road trauma statistics, with nearly one-third of all road deaths in Victoria resulting from crashes involving young drivers.

"When a local young person is lost in tragic circumstances, such as through road trauma, our whole community is affected," Rev Dr Ward said.

"Our branch is in a unique position to help address this issue, by funding programs which will equip our youth with the skills needed to avoid risk and operate a vehicle in a variety of conditions."



CGU Insurance, Strategic Account Manager, Shane Birch said the insurance company was committed to encouraging responsible road-user behavior among young drivers.

"The Greenlight program focuses on preparing inexperienced drivers for a variety of situations by promoting safe driving practices and discouraging risk-taking behavior, such as driving under the influence of drugs and alcohol" said Mr Birch.

If you know a young learner driver who could benefit from Greenlight please contact the Wantirna Community Bank® Branch and give your name and contact details to the staff to be informed of future courses.



Wantirna Community Bank® Branch



Your banking can make a difference

When you choose to be a customer at Wantirna **Community Bank®** Branch, you make a decision that benefits you and your community.

That's because with every savings or investment account, every home or personal loan and every product and service we offer, money goes back into our community.

It means you benefit from competitive products and great service, and also feel satisfied knowing your banking is making a difference.

Already, Wantirna **Community Bank®** Branch has contributed \$55,000 to local community projects, like Orana Neighbourhood House. And the more people who choose to bank with us, the more we'll be able to contribute.

So make a difference – to your own banking and your community. Drop into your nearest branch at Wantirna Mall, 348 Mountain Highway, Wantirna or phone 9720 4122.

Bendigo and Adelaide Bank Limited. ABN 11 068 049 178 AFSL 237879. CBM13 (158431_v1) (12/07/2012)

➡ It's simple

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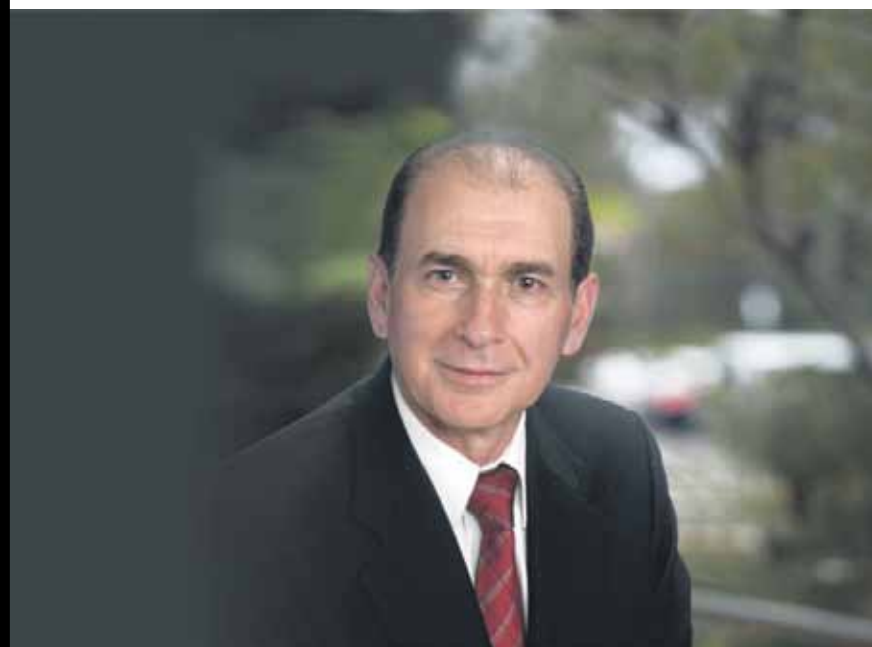
2 You select from a competitive range of banking products.

3 The local community shares in the income generated by your banking. The more you bank with us, the more the community benefits.

4 The community, not Bendigo Bank, chooses which community projects receive support.

Studfield Wantirna Community News thanks
Cr. Joe Cossari for his generous support of our paper

At the next Council Elections Vote (1) Joe Cossari



Joe Cossari
Your Local Councillor
My contact details: 0417377683

Quality Fresh Meats at Wantirna Mall

At Quality Market Fresh Meats all our meat is hand picked by our butcher and store owner Louie.

Louie has been in the meat industry since he was a teenager and following in his father's footsteps, and this experience shows in his commitment to delivering the best quality meats to his growing number of customers.

At Quality Market Fresh Meats we strive to provide the best cuts of meat to the local area at a very competitive price!

All our beef is aged to provide a more tender piece of beef for our customers.

All our flavoured and plain sausages, burgers and corned beef are all made in-house and are Gluten Free. And let's not forget our crumbing mixture that we make daily from an old family recipe!!

So come in and see Louie and try some of the Eastern Suburbs best meats! And if you're lucky, he might just also give you a tip or two in making that special dinner even more memorable with his secret recipes!



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Busting the myths about financial advice



We all look for professional advice when it comes to building a home or diagnosing an illness. But according to research, between 60 and 80 per cent of Australians have never used a financial planner.*

Many people don't seek financial advice because they're embarrassed about their financial situation, they don't have enough money to invest or they think it's only relevant for retirement planning.

Everyone can benefit from visiting a financial planner whether they're young or old, high or low income, single or married. Financial advice can help people save money, protect their loved ones and build wealth for the future.

Five myths and facts about financial advice:

Myth: I don't have enough money to invest

Fact: You don't need a large lump sum to invest or a high disposable income.

Everyone, regardless of their income or how much savings they have, can benefit from visiting a financial planner. You don't need to be a high net worth individual to reap the rewards of advice. Financial planners can help with everything from budgeting and debt management, through to superannuation and retirement planning.

Myth: It's only for people who are close to retirement.

Fact: It's never too early to seek advice.

Many people don't think it's necessary to visit a

financial planner until they're approaching retirement. While it's never too late to seek advice, it's also never too early. Young people who are just starting their working life can benefit greatly from financial advice. People who establish good money habits early on are less likely to develop financial problems later in life. Also, the earlier a person starts building wealth, the better. For instance, salary sacrificing into super from a young age can dramatically boost a person's nest egg due to the effects of compound interest.

Myth: I don't need it and I don't have the time

Fact: It's one of the most important things you can do.

Money issues are often delegated to the 'too hard basket', but there can be devastating consequences if people bury their heads in the sand. Most Australians don't have adequate insurance to protect their loved ones in the event of loss of income. The big four are life insurance, income protection, total and permanent disability insurance (TPD) and trauma insurance. It's also vital to have a will to ensure the right funds end up in the right hands at the right time and an enduring power of attorney to enable someone to look after your affairs if you're incapable. People with kids also need to consider guardianship.

Myth: Planner fees are too costly

Fact: You can't afford not to have financial advice

Many people avoid visiting a financial planner because they are worried about the cost, but

when you consider all the benefits of advice, it is good value for money. Planners sometimes offer a free initial consultation or a discounted first fee so people don't have to engage in the complete financial planning process straight away. People who want to spread out the cost can opt for scaled advice, which addresses single financial issues at a time, such as budgeting, insurance or superannuation.

Myth: I won't get independent advice

Fact: It's all about choosing the right planner

It's important for people to take the time to find someone they trust. Look for a licensed planner who does not receive up front commissions on super, managed funds or retirement products. Look for a planner who charges a fair fee for the advice process and a modest fee for implementation. Ask for recommendations from friends, colleagues and family, or contact the Financial Planning Association for a referral. Finances are very personal, so people need to look for someone who understands them and their situation.

Want to know more?

To make an appointment to see John Barker or Damien Turner contact Horizon Financial Strategies' Administrator Rebecca on 9720 7552 or call in to Shop 12 Wantirna Mall.

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Any advice given is general only and has not taken into account your objectives, financial situation or needs. Because of this, before acting on any advice, you should consult a financial planner to consider how appropriate the advice is to your objectives, financial situation and needs.

*Australian Securities and Investment Commission, Report 224, Access to financial advice in Australia, December 2010

Potential Poison Pitfalls by Dr Alison Brown

Spring is in the air and tis the time when we are spending more time in the garden preparing for a blush of colour in our flower displays.

Last time we discussed toxic plants. Today we will talk about the common poisons you may use to deter snails, mice and rats. Most of the intoxications we see as vets are actually not malicious, but accidental. The snail and rat baits used to attract the pests are also attractive to the household pets and a wily dog or cat will think about how he or she can reach the shelf where the baits are stored...despite what you may think.

Snail baits work by attacking the nervous system and signs may be seen within minutes of indigestion. These signs include drooling, panting, vomiting, diarrhoea, staggering, muscle tremors convulsions and bizarre behaviour. Death is usually due to respiratory failure and may occur 4-24 hours after ingestion of the bait.

Rat baits are another commonly found toxin and work as an anticoagulant – they cause internal bleeding. This is possibly the more insidious of the toxins as snail bait effects are seen almost immediately whereas rat baits may not be noticed by the owner until signs of bleeding are apparent over several days. This may be seen as pale gums, bleeding from the gums, bleeding into joint spaces (may present as lameness), bleeding into the gastrointestinal tract (black tarry stools or bloody faeces) or many other things linked to an inability to clot.

Keeping baits in a locked cabinet or in a shed the pet has not access to will minimize the chance of an accidental poisoning of your pet. Enjoy your spring flowers and spending time outdoors but be aware of potential pitfalls for your pet!

Wantirna Vet Clinic
KIND HEARTS... GENTLE HANDS

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

Services offered....

- Behaviour • Dentistry • Dermatology
- Ear complaints • Ophthalmology
- Pocket Pets • Desexing • Surgery
- Vaccinations • Senior Health • Radiology
- Puppy Classes • Weight Control
- Premium Foods Grooming

Like us on Facebook
Wantirna Vet Clinic

ReVamped

Vamp Hair and Beauty (formally Headmod/Hair Temple) has just opened for business but you'll be pleased to know all the staff have remained with us. Rebecca and Liz have been at the salon for 18 years, Julie for 9 years, and Bree 6 months. Vicki Vozzo is the new co-owner, along with her business partner Michelle Parker. Vicki and Michelle have a combined 42 years experience in hairdressing and a friendship dating back 12 years. Vicki, mother of 3, resides here in Wantirna and Michelle, mother of 2, will be moving back to Melbourne from Perth at years end, where she and her husband have been for 8 years.

Vamp Hair & Beauty are now offering Waxing for all clients as a new and private room has been recently added. In the not too distant future a Nail Technician will be part of our services. The renovations look great with a new fresh look for the salon.



"I am extremely lucky to have stumbled on this great opportunity, especially with the fantastic staff. They are a real credit to the salon. You only have to listen to the satisfied clients when they leave. The girls do a fantastic job.

Having lived in the area for the past 8 years, I have loved the accessibility of the Studfield

Shopping precinct with easy parking and great shopping variety. At Vamp Hair and Beauty, we are excited to be providing a truly great service for the people of Knox".

We specialise in all aspects of hairdressing and would love to see new and regular clients pop in for a look at our new look salon.

Success for Headspace in Knox

Our local community can and does have an impact on government decisions affecting us.

This was truly highlighted last week when it was announced that a Headspace Centre will be opening in the old Centrelink building at Knox Ozone.

I am ecstatic that the Knox Headspace Campaign which began 15 months ago has experienced such success. Thousands of people in our local community have got behind our efforts and made this a reality.

The campaign included establishing a Youth Mental Health Committee, collecting and tabling a 10,000 signature petition, lobbying the Knox Council to support the effort, bringing other health providers on side, making speeches in parliament, and raising \$10,000 in donations to help seed its establishment.

I particularly acknowledge and thank members of the Knox community Prerna Diksha and Pauline Renzow, the co-petitioners, who have fought tirelessly for this Centre and bravely spoken about tragedies in their own families.

The Headspace Centre will assist thousands of young people who need somewhere else to turn. Depression and severe anxiety can have a

devastating impact and I know this new Centre will make a real difference.

Any young person who needs support, advice or just someone to talk to, can walk into a Headspace centre and be treated with respect and compassion. The aim is that every young person can have a life where they are hopeful and positive about the future.

The Centre is scheduled to open in November and will include GPs, pathology, youth workers, drug and alcohol workers, mental health nurses, psychologists, counsellors, suicide prevention workers, psychiatric registrar, dietician (as part of the eating disorders clinic), health promotion and community outreach, employment services and information services.



Alan Tudge MP
Federal Member for Aston
Suite 4, 1st Floor, 420 Burwood
Highway
WANTIRNA SOUTH VIC
Phone: 03 9887 3890
Website: www.alantudge.com.au

News from Studfield Shopping Centre

Studfield Fish & Chip Shop has been newly Renovated, and is under New Management !!!!

Nick, Spiro, Peter, and Efi, welcome all to their business.

They are locals, and bring over 30 years experience in and around the eastern suburbs with them.

The menu is large and varied but is traditional Greek style, with not only Fish & chips but Charcoal Souvlaki,

Also on the menu are Homemade hamburgers & potato cakes

Fresh Gummy Shark is delivered Daily, and orders can be taken for any Fresh Fish that is in season

EXPERIENCE THE DIFFERENCE

Phone Orders are Welcome on 9887 3042 or 9801 7771

Trading Hours are:

Monday to Thursday	11.00am-8.30pm
Friday	11.00am-9.00pm
Saturday	11.00am-8.30pm
Sunday	11.00-8.30pm



*Studfield Wantirna
Community News
thanks*

*Cr. Adam Gill for his
generous support of
our paper*



Studfield Pharmacy Supporting Healthy Outcomes

NOVA PHARMACY STUDFIELD

Nova Pharmacy prides itself in looking after the health of their customers, providing education and ongoing support with medication, as well as complimentary health products.

Management & Staff supports many local campaigns that involve better health

They wish to say "Thank You" to all who have supported the campaign to bring Cyber knife robotic radiosurgery to Australia: Refer article community newspaper Edition 18 June 2012.

As of the end of July, Nova had collected over 1500 signatures. Signed petitions are being delivered to Alan Tudge's office from all over Australia.



**Studfield Shopping Centre
203 Stud Road, Wantirna South
Tel: 9801 2111 Fax: 9801 6214**

**Mon-Fri 9am - 7pm
Saturday 9am - 4pm
Sunday 10am - 2pm**

www.novapharmacy.com.au

Orana Neighbourhood House



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.



COMMUNITY GARDEN KITCHEN

Come and learn about gardening from scratch. Have fun and meet like minded people and make some new friends. We will be growing edible plants to use in our cooking classes and also planting a sensory garden in our childcare yard. No gardening experience required!

***Meet at Orana every 2nd Friday during school terms at 10am.**



Tutor Profile: Linda Howie

Linda is an experienced tutor teaching computers to both mainstream and special needs students. At Orana Linda teaches computers for beginners, MYOB, digital photo management workshops, social media workshops and the very popular Back to Office skills class. Enrol in one of Linda's course to gain those skills required to re-enter the workforce or simply for self-development!



TERM 3 CLASSES STILL WITH VACANCIES:

- Make your own fascinator for the racing season
- Card Making for Primary School Aged Kids
- Digital Photo Enhancement & Management Workshop
- Social Media Workshop

COMING UP IN TERM 4:

- Community Bus Trip to Mornington—30th October
- Beginners and Intermediate Computer classes
- Mosaics and Art classes
- Strength Training
- Yoga
- Christmas and Summer cooking and lots more!

CHILDCARE AT ORANA ENROL NOW FOR 2013!

KIDS AT PLAY FOR 3-4 YEAR OLDS

Tues and Thursday mornings 9.30am-12.30pm
\$480 for both mornings/ \$260 for one morning

FUN & GAMES FOR UNDER 5'S

Friday morning 9.30am-12.30pm
\$300 for term

SATURDAY MORNING CHILDCARE IN TERM 4!

Forget the Christmas shopping car park hassles!
Leave your car and the kids at Orana and walk to Knox City to do your Christmas shopping.

Date: Beginning Sat 10th Nov-8th Dec (5 weeks)

Time: 9.30-12.30pm

Cost: \$150

NEW

*subject to sufficient enrolments



Our wonderful outdoor childcare area

Orana Neighbourhood House

62 Coleman Road, Wantirna Sth

Ph: 9801 1895 Fax: 9800 3192

onh@netspace.net.au

www.orananh.org.au

www.facebook.com/orananeighbourhoodhouse

Save the last dance...for Knox

Renowned dance choreographer to run classes in Knox

First it was the Melbourne Male Choir, and now it's renowned dance choreographer Jodie Farrugia who's calling Knox Community Arts Centre home.

Knox Community Arts Centre Coordinator, Richard Mitchell, said he was delighted to welcome Jodie Farrugia, one of Australia's leading dance artists, to the centre.

"A choreographer, director, dance educator and community artist, who's worked with Jason Coleman's Ministry of Dance, Circus Oz, Deakin University and The Victorian College of the Arts, Jodie is at the top of her game in this industry," Richard said.

"Her choreographic talents have been in demand throughout Australia over the past 15 years and

we're extremely excited that Jodie has decided to move to Knox and call the Arts Centre home.



"Jodie has a deep understanding of the intrinsic worth of dance within the community and we're eager to make use of her experience to expand dance opportunities for people in Knox."

Beginning in August, Jodie will run a series of dance classes at Knox Community Arts Centre.

These classes will focus on release contemporary dance techniques, exploring the body's natural momentum to find dynamic and efficient ways to move.

Classes will be a combination of floor work, travelling sequences and jumps, set to music.

"Jodie's classes are sure to bring something exceptional out in our Knox dancers, whether

they're beginners or more experienced," Richard said.

"Her classes will be a fun and creative way to increase fitness, flexibility, strength, as they combine contemporary dance technique and acrobatics.

"The direction of dance in Knox is in safe hands with the wealth of experience Jodie has to offer."

Classes

When: Youth contemporary class (age 15-24), 5:30-6:45pm, every Tuesday in August; adult contemporary class (age 24+), 7-8:30pm, every Tuesday in August.

Cost: Adult: \$15; student/concession: \$12. Alternatively, dancers can purchase a bundle price for a four week block – Adult: \$55; \$45 student/concession.

Where: Knox Community Arts Centre — Corner Mountain Highway and Scoresby Rd, Bayswater

More information: People wanting to find out more about the class can call the Arts Centre on 9729 7287.

Wired Art – traffic signal box project in Knox



Traffic signal boxes are not pretty. They're even worse when covered in graffiti.

That's why, in conjunction with Urban Smarts Project and with the support of a grant through the Department of Justice (Community Crime Prevention Unit), Council is organising for artists to decorate 12 of the traffic signal boxes in the City of Knox.

Acting Director Community Services, David Blair, said the Wired Art project was another element of Council's graffiti management program.

"As well as urging Knox residents to report graffiti, and ask themselves the question, 'What wouldn't I put up with?', we want to limit the places that tagging can occur," Mr Blair said.

"Traffic signal boxes (TSBs) are highly visible public assets which are owned by VicRoads and located at every traffic light intersection. Because of their high profile they are regularly targeted by graffiti vandals, and this has a real impact on the community by decreasing perceptions of public safety and making the affected area look unkempt.

"Research has shown that (legal) murals receive little if any graffiti, as compared to blank walls and surfaces such as TSBs.

"By painting our city's traffic boxes, we'll be turning something that's dull and usually tagged into a piece of permanent artwork. These boxes will add life and colour to our city, and provide a creative outlet for our city's artists."

Mr Blair said 12 TSBs would be painted, with three already allocated to local groups such as Interchange Outer East, Bayswater Primary School and Narana Mind, with the rest to be painted by artists.

"Artists are currently submitting preferred designs, with work to commence in coming months," Mr Blair said.

"Keep your eyes peeled for what's sure to be 12 new talking points in Knox!"

See www.urbansmartprojects.com for more information.

Wantirna Wellness Centre

by Marita Reynolds & Doris Mounsey

A centre where practitioners provide a safe nurturing environment to help people relax and tune into their body's needs and requirements.

In our western world of fast pace, we as individuals long to be able to take a step back and allow ourselves to be.

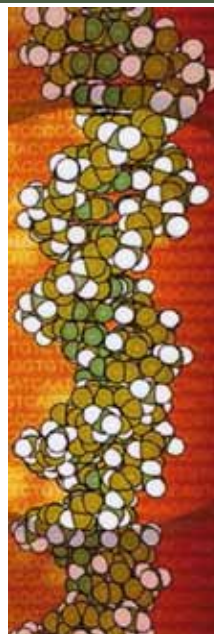
At Wantirna Wellness centre we have a variety of modalities that can assist you to do this.

Wantirna Wellness Centre is situated in the professional suites upstairs at Studfield Shopping Centre. We offer a variety of modalities including Reflexology, Kinesiology, Reiki and Reiki courses, Therapeutic Massage. New additions are Aromatic Kinesiology and Health and Well-Being Workshops.

Wantirna Wellness centre also offers a variety of courses including Meditation, our Informative and fun Nurturing days and Reiki courses.

New to the centre is a conference room, which is available for all to hire. The room is set up keeping flexibility in mind. Extendable tables are available and comfortable seating. Multi media TV and DVD equipment is in the room ready to use. Ideal for business and community meetings, training sessions and workshops. Could accommodate 10-12 people and a small kitchenette is right next to the room. Reasonable rates are available. For enquiries please phone 9801 5201

Stay healthy and happy.



Whole Health Kinesiology News

**Take your relaxation home
New!**

Create your own personal Moisturiser
with Aromatic Kinesiology

While you relax during a 60min Aromatic Kinesiology Session Essential Oils are added to a jar of natural Aromawizard Moisturiser to create your own personalised healing Crème to take home

For an appointment, please contact
Doris Mounsey on 0432 494 413

Whole Health Kinesiology
is located @ the
Wantirna Wellness Centre

Level 1, Suite 9
249 Stud Road
Wantirna, Vic 3152



For more information on what Aromatic Kinesiology can offer you, visit
www.wholehealthkinesiology.com.au

Sessions are provided by 2 experienced practitioners, Marita Reynolds a practising reflexologist and Doris Mounsey a Kinesiologist. They are located in the professional suites situated in the Studfield Shopping Centre, Suite 9/ 249 Stud Rd Wantirna, (upstairs from Baba's Restaurant). Marita & Doris welcome enquiries and would be happy to discuss how their individual modalities can assist you.

Marita can be contacted on 9801 5201 or 0425 73 5581 & Doris on 0432 494 413 (See our advertisement)



Sole Response & Whole Health Kinesiology's Spring Nurturing Day

Date: Saturday, 13th October 2012

Time: 10am - 3pm

Wantirna Wellness Centre

Suite 9/249 Stud Road, Wantirna

"Our Liver – a holistic Spring Clean"

- ❖ Well-Being and Nutritional Information about healthy Liver Detox
- ❖ Healthy Nutrition for our Liver – supporting our Liver with healthy food
- ❖ Introduction to Chinese Medicine - the Liver Meridian
- ❖ 15 min Kinesiology Session to find your special essential oil for a great start into spring
- ❖ 15 min Reflexology Session to activate the Liver Meridian
- ❖ Lunch and Afternoon tea provided

Investment \$50.00
Bookings are essential

Credit card payments can be taken
over the phone
by Doris on 0432 494 413
or Marita on 0425 735 581
or ring to organise a cash payment.



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

The Temporomandibular Joint (TMJ) is the anatomical name for the Jaw joint.

Pain arising from the TMJ can be very distressing and present in many ways. Commonly, TMJ pain is a result of clenching/grinding teeth but can also arise from trauma such as having teeth removed or sporting collisions.

Patients can often present with referred pain into their teeth, which only after Dentists have ruled out tooth pathology, they realise the TMJ is the cause of pain.

Often patients will be aware that they clench or grind and may wear a mouthguard (splint) to protect their teeth at night. Whilst the guard may be successful in protecting the teeth it is often not enough to relieve the TMJ pain.

Osteopaths have a range of techniques and exercises to reduce the muscular tension of TMJ disorders but, importantly, also look at

the underlying reasons, which may be causing them. Neck stiffness and tension, usually associated with 'hunching' over desks, increases the strain on the base of the skull, which closely relates to the TMJ. It is therefore a major focus of osteopaths to address any neck issues in conjunction with treatment of the TMJ. Looking at your desk posture and changing position regularly is not only important for your back and neck but will also benefit potential TMJ issues.

Clenching and grinding is usually a result of emotional stress, hence looking into relaxation activities or undertaking some exercise is also beneficial in the treatment process.

The final tip to improve TMJ pain is to not let your teeth come in contact with each other throughout the day. This relaxes the muscles, which clench your Jaw.

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

TMJ pain can present as:

- Local pain in front or inside the ear
- Pain in the cheek or down the side of your face
- Headache in the region of the 'temples'
- Local tooth pain

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388



Our goal is to help you and your family
achieve optimal health and vitality

We believe your body is infinitely intelligent and it grows and develops with all necessary ingredients required for life.

Throughout our daily activities we struggle with physical, chemical and emotional stress that forces our body away from optimal health. This leads to disfunction in your organs, affects your movements, and can cause pain. Pain is often the last sign to present yet the first to disappear as you begin to rebuild your body to greater health.



Services – Chiropractic Naturopathy
Sports Podiatry Remedial Massage
To begin your journey to optimal health for
yourself and your family!

Call (03) 9800-5350

Therapeutic/Relaxation & Sports Massage



Brigette Rankin

AAMT Member
Cert. Therapeutic Massage
BA Dance (Teaching)

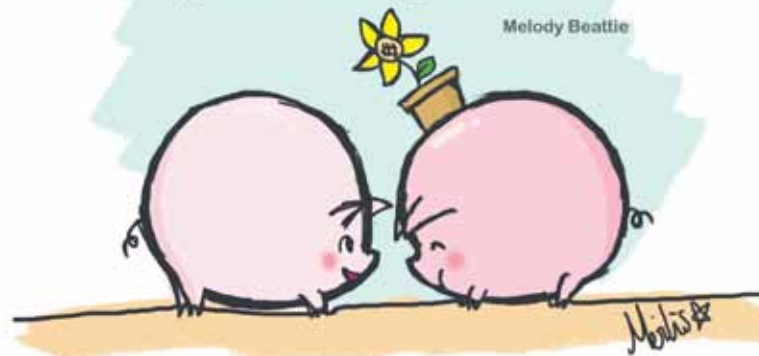
- Studfield Shopping Centre
- Yorkminster Drive, Wantirna

Introductory Offer:
10% discount on initial consultation.

Contact Brigette on 9803 1640 or 0425 848 532

"Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns chaos to order, confusion to clarity and a stranger into a friend."

Melody Beattie



www.deviantart.com/lovemeilisa

Community Group News

News from the **Victorian Jazz Archive**

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Jazz legend Graeme Bell dies aged 97 *by Ken Simpson-Bull*

Probably Australia's best known jazz musician, Graeme Bell died in Sydney on 13th June following a stroke. He was a bandleader, pianist and composer responsible for the success of jazz in Australia since the late 1930s. He pioneered the popular jazz boom of the 1940s and 50s.

Born in Melbourne in 1914, Bell commenced his career playing piano Dixieland style with his brother Roger on trumpet. The band, which included Jack Varney on guitar, Don Roberts on clarinet, Ade Monsborough on trombone and Russ Murphy on drums, achieved world fame following a European tour in 1947.

Graeme Bell's band received further renown in England and Europe in the 1950s playing



Graeme Bell

with various international artists. His later groups, of various sizes, included the "All Stars". Bell also took the role of narrator in a 1973 Australian orchestral production of the rock opera "Tommy" that featured Ross Wilson, Billy Thorpe, and Molly Meldrum.

Bell was made an MBE in 1978 and received the Order of Australia in 1990, both for his services to Australian music. He was inducted into the Australian Recording Industry Association Hall of Fame in 1997. Former ABC announcer and jazz critic Eric Child described Graeme Bell as "an achiever and a survivor and Australia's foremost jazz musician".

During his career, lasting until 2008, Bell made some 1500 commercial recordings, almost all

of which are deposited with the Victorian Jazz Archive. In addition, the Archive possesses many rare private and unissued recordings, some of which have already been released on Vjazz CDs. These may be purchased from the Archive's retail shop in Wantirna or on line at its Web site.

One such recording features "Graeme Bell's All Stars Robert Blackwood Hall Concert of 1978". Recorded in high fidelity stereo, this recently re-discovered gem has never been previously released and features 14 tracks with some well-known tunes like "South" and "When the Saints Come Marching In".

Bell's earlier work can be heard on other Archive Vjazz CD releases: "Graeme and Roger Bell-The Early Years-1939-1947" and "The Jelly Roll Label Sessions-1943-1945". A two-CD set of his complete recorded compositions as well as several other of his CDs are also available from the Jazz Archive.

**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
Allan Dinnar on (03) 9800 5535
or 9795 2722.**

Kidz in the Kitchen on Channel 31/Digital 44



Welcome to Kidz in the Kitchen once again. Well it is a freezing winter, so the Kidz in the Kitchen Tasha and Stefan the Celebrity Chef have come up with a Winter Warmer for you.

The show is playing in Adelaide, Brisbane and Perth at the moment, but we will be back in Melbourne later in the year. But in the meantime, you can still keep enjoying their wonderful recipes. See the recipes at www.tnz.com.au and click on the KIK icon or see replays of the show at www.youtube.tnztvaustralia.

Five Veggie Pastie is the recipe of the day and only takes about 50 minutes. They are full of Vitamin A for kidz skin, immunity against nasty winter colds, and better eye vision.

Five Veggie Pastie

2 Teaspoons of Olive Oil
1 onion finely diced
1 carrot peeled and grated
¼ cup sweet potato peeled and grated
¼ cup pumpkin peeled and grated
250 grams lean beef mince or lamb mince,
1 Tablespoon of Tomato Sauce
3 Sheets of Frozen Puff Pastry, Thawed.
1 Egg Lightly Beaten

Preheat oven to 180. Heat olive oil in pan and fry all the veggies up for 2-3 minutes. Cool. Cut pastry into quarters, place tablespoon of mixture in the middle pinch edges closed. Brush with egg. Bake on tray for 35 minutes until golden brown.



Celebrity Chef Tasha & Stefan

Be the STAR CHEF in a "Kidz in the Kitchen" episode.

**We are looking for TALENTED KIDS
Also financial sponsors and skilled
film editing crew.**

**Or help by purchasing a DVD of a show.
Contact Host Tricia Ziemer
at email tmz@comcen.com.au and see
www.tnz.com.au/KIK**

Top Shows in Knox

Ballet, Spanish dance, dramatic theatre and Big Band music... Knox Community Arts Centre has something for everyone! With a string of sell-out shows already under its belt, the Arts Centre is opening its second season program with an even better line-up of events for the local community to enjoy.

Knox Community Arts Centre Coordinator Richard Mitchell said the second half of the year had something to suit all tastes, including the return of the prestigious Knox Piano Awards.

"Season two is packed full of everything the performing arts has to offer in this city. Our patrons expect top quality shows in a wide range of genres and we're proud to provide high-end entertainment at affordable prices," Richard said.

"Don't forget to check out what's on offer via our website and plan a night out at our friendly and cosy venue. We look forward to seeing you at our shows and don't forget discounts apply for group bookings!"

Shows to expect in the next six months include...

- Infinite Space by Melbourne Ballet Company - Eight dancers will take to the Knox stage in a breathtaking piece of classical dance sure to inspire ballet audiences. Saturday 25 August, 8pm.
- Bach to Brazil - A musical show featuring 50 instruments, which promises to be an exotic display of rhythm and color. Thursday 6 October, 8pm.
- Motherhood the Musical by Sue Fabisch - A musical journey that takes a look at the blessings and perils of being a Mum. Thursday 20 September, 8pm.

- Melbourne Male Choir - A show inspired by classical, sacred music, opera, musicals and popular music. Sunday 30 September, 3pm.
- Knox Piano Awards - Two days of competition, followed by a gala performance featuring competition finalists. Monday 1 October, 10am; Tuesday 2 October, 10am; gala performance Thursday 4 October, 6:30pm.
- Stardust - An exciting tribute to father and daughter showbiz legends Natalie and Nat King Cole. Saturday 6 October, 8pm.
- The Australian Army Big Band - A magnificent 16-piece ensemble with a repertoire that spans dance band music of the 1930s and 1940s, through to modern jazz. Friday 26 October, 1pm.

- Flamenco Fever - Experience the colour, beauty and intricate rhythms of this passionate art form. Complimentary nibbles during the interval. Saturday 10 November, 8pm.
- Melbourne Male Choir Christmas Show - Share the joy of Christmas with this group of community singers and sing along to some of your favourite carols. Complimentary home-made fruit mince pie and hot chocolate with every ticket. Sunday 30 September, 6:30pm.

All theatre shows are listed on the Knox City Council website. For more information or to book visit www.knox.vic.gov.au/theatretix or call 9729 7287.



Infinite Space

Saturday 25 August 8pm



Bach to Brazil

Thursday 6 September 8pm



Sue Fabisch's

motherhood

THE MUSICAL

Thursday 20 September 8pm



Adult \$29.50, Concession \$23.50
 Friend/Student \$19.50
 Bookings: www.knox.vic.gov.au/theatretix
 or 9729 7287
 Knox Community Arts Centre,
 Cnr Mountain Hwy and Scoresby Rd, Bayswater

9801 6466 cnr Stud & Boronia Roads Wantirna 3152
KNOX CLUB www.info@knoxclub.com.au

McCluskey's
Bistro

Open 7 days a week for lunch & dinner

Weekly Specials

Monday Steak Night, Tuesday Schnitzel Night,
 Wednesday Stir Fry Night & Thursday Seafood Night
 Seniors Meals available every day except Friday & Saturday Nights

- Café - lunch & light snacks available every day
- Live Entertainment every Friday Night in the Members Lounge
- Tuesday Poker Night : Saturday Karaoke Night
- Members Bar Meals available 7 days a week for lunch & dinner

ALL WELCOME

Social and Full Membership available

Community Group News



Knox Safer Community

Lock up your bicycles!

Police report a spike in incidence of bicycle theft, especially theft of motor bikes. These are opportunistic thefts, often from unlocked garages.

- There are some easy ways to prevent such crimes:
- Lock your garage.
- Put sensor lights around the garage.
- Purchase a 'disc lock'. These are available from most motorcycle shops. Prices start at \$29.95 at bikemart in Ringwood.

- When purchasing an 'unregistered' motorbike, 'monkeybike' or minibike: record a VIN or serial number - so police can identify them if found.
- As always report thefts to police. If you suspect a theft is taking place, phone 000 and ask for police. To report a theft, contact Knox Police on 9881 7000.

Knox Neighbourhood Watch meets on the first Tuesday of the month at 7.30pm at Knox Police Station, Burwood Highway, Wantirna South. Contact L/Snr Constable Lee Thomson 9881 7948.

**Or see the website
www.knoxsafercommunity.org.au**



Connecting the Community at Bridges

Bridges Connecting Communities welcomes their new CEO, Mark Lowe.

Mark brings with him, a wealth of knowledge, with over 30 years experience in the Emergency Services.

He looks forward to continuing the excellent service that Bridges provides to the communities.

Since 1975 Bridges Connecting Communities has been providing services to the pensioners of Knox and the South West Yarra Ranges. We can transport you locally for medical and allied health appointments as well as provide transport to Monash, Lilydale, Box Hill and Maroondah hospitals.

Bridges also provides pensioners with a wide range of other services, including:

- Community Shopping Bus to Knox city and Stud Park shopping centres & 1 on 1 shopping
- Planned Activity Groups, such as woodworking, crafts, knitting, gentle exercise, singing, coffee club, sewing, board games and more...
- Pet Companion Program, someone to walk your dog, grooming and Vet transport
- Social Support Activities including trips to the cinema and other outings
- Phone a friend program, just have a chat to one of our wonderful volunteers

So if you are a pensioner or know someone that is, and, they are living at home, would like a door to door service and are interested in any of the above services then please contact us at Bridges.

Bridges is also a Volunteer Resource Centre for anyone wishing to volunteer in the Knox area. Whether you know what type of volunteering work you would like or not we can help you find that right place. It doesn't matter if you are 18 or 80, volunteering is enjoyable and rewarding. Bridges acknowledges their own Volunteers who all play an important part with their support of the community.

For information on any of our pensioner services or if you would like to volunteer please contact us on 9729 9499. More information on any of our services can be found on our website; www.bridgescc.com.au



PHOTO: of Mark CEO of Bridges & Noeline Hofie, Volunteer Co Ordinator.



Knox & District Over 50's Inc.

Ladies and gentlemen - look out your windows - do you see the first small hints of Spring? The odd green shoot in the garden, the slightly sunnier (and warmer) days? You know what I mean. Things are beginning to grow again.

The men and women of the Knox Over50s invite you to join us in our own "growing concern". That's right! Our numbers are up, despite the Winter weather, and there's always room for more. It seems we have struck pay-dirt with all you wonderful people out there looking for some fun and companionship and that's always been our main aim in life.

Your only qualification for membership of our club is that you are Over 50 - in other words, mature in the best sense of the word!

Each month club members enjoy coffee mornings at Myer Knox City, lunches at various venues around Knox, day trips, book-clubs and much more. A 7-day trip to Merimbula at the end of September will be one of the highlights of our year. (Don't worry about missing the Grand Final - a big screen has already been arranged!)

As a financial member of the Over50s, you would be welcome to participate in any or all of these events.

So much more is planned for the rest of this year and our monthly newsletter Knox Natters Matter (which is distributed at our General Meetings) will keep you up to date on all that's happening. The Social sub-committee is already working on ideas for 2013 and welcomes input from all our members.

We meet in the Boronia Progress Hall on the fourth Tuesday of the month at 1.30 pm. At these monthly meetings we are entertained/amused/informed about the things that matter to us.

We'd be delighted if you could come along to our next meeting on Tuesday, 28th August, when our speaker will be Jason Major from the Melbourne University on the subject of "Human Enhancements".

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Templeton Tennis Club News

The Clubs AGM was held during July and the existing committee were re-elected. The major point from the meeting was the decision to leave membership fees unchanged for the 3rd year in a row.

President, Don McCracken, wishes to thank all involved with the club over the past 12 months. The club has again had a successful year as reported in our regular bulletins.

The club is currently raising funds to purchase a defibrillator to be kept in the clubrooms.

Our recent chocolate drive raised in excess of \$1000 towards this goal. Thanks to all involved.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. We could always do with more participants, if you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

Our coach, Kelly Bisinella, runs a highly successful coaching program at the club for all levels. Give her a ring! Straight Sets 0414 874 482.

Check out our website, www.templetontennis.com.au for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member. Ray White Studfield, Integrity Cabinets and FinancePath.

Upcoming events:

- Junior Club Championships Friday 21st September
- Senior Club Championships proposed 5th & 6th October

Come and join us at the family club, your club, the Templeton Tennis Club.

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melways Ref. 63 G9

Membership: Russell 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au


Email: president@templetontennis.com.au

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News from Wantirna Heights Probus Club

It is not often that you get to sit on the AFL interchange bench at Etihad Stadium. That opportunity came to the members of the Combined Club of Wantirna Heights during a recent tour.

They were able to see over many parts of the stadium including entry into the players rooms, media centre which doubles as the site of the tribunal, coaching boxes and the interchange benches.

An informative and helpful guide gave them a great deal of information, many statistics and answered their questions. Lunch in one of the restaurants was included in the tour.

Contact the club through PO Box 6010, Wantirna Vic 3152.



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Authorised by Alan Tudge MP, Federal Member for Aston, 420 Burwood Hwy, Wantirna South. This material has been produced by Alan Tudge using his printing and communications entitlement.

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