



Studfield Wantirna Community News

A free community newspaper

Edition 20 - October 2012



Photo by Chris Ellis

- ***Wantirna College - Building for the future***
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FREE



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

I absolutely love Spring time! It's a time that is full of blossoming flowers and heaps of life. We have had such a cold and wet winter this year that it is about time we shake off those winter blues and find that spring in our step again which comes when the sun is shining and the weather starts to get warmer.

With the nicer days, it is a great opportunity to spring clean the house both inside and out. I always find that it's a time when I want to wash windows, clean out overflowing cupboards and just give the house a really good spring clean. I also love to get out into the garden and weed those overgrown garden beds to get them looking beautiful and fresh again.

But with Spring comes the reality that Summer is just around the corner and this means the fire season is fast coming upon us. So let's take this time to be diligent in the care of our homes and families before Summer arrives. Sit down with your family and work out a fire plan, escape routes, where you will meet in the event of a fire and what needs to be done to ensure that your property is prepared when the fire season arrives.

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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For more information contact Charles on 9762 3376

NEXT EDITION: December 2012

DEADLINE FOR 2012:

DECEMBER ----- NOVEMBER 9

Hello SWCN Readers,

Is it just me or is time moving faster these days? Here we are in October already and only one more edition of Studfield Wantirna Community News for 2012.

We are pleased with our successful move to bi-monthly production and have received good feedback.

We are always grateful of any help we can get from the people of Wantirna, so if you have some time to spare we would welcome you too.

Volunteering in your own community can help you feel involved and connected. It's a great way to feel a valued part of Wantirna.

Janet on behalf of the team.

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

We would like to acknowledge the support given to all our volunteers by the Knox City Council Community Development Fund

In October our volunteers attend the Community Newspaper Association of Victoria annual conference with the financial support of the City of Knox.

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Wantirna College – building for the future

The last two years have seen a remarkable amount of positive energy flowing in Wantirna College. You know when students start observing positive changes in a community that something big is happening. One focus has been on buildings, with the Modernisation Project funded by an \$8 million boost from the State government and nearly \$2 million from the Federal government to provide new and refurbished buildings that will set Wantirna up for the future. Results from the building project are already being felt with buildings being handed over to the College as they are completed.

It provides an exciting new learning opportunity for Year 7 students with an innovative approach to teaching which smoothes the transition from primary school, and encourages an intellectually rigorous curriculum.

These two new buildings join the Science and Language Centre which was funded by the Federal Government as part of the Building the Education Revolution project. This building is used for modern delivery of the two languages, Spanish and Chinese, taught by the College. It is also home to the junior science program. The majority of students at the College continue with

some of the innovative science subjects such as Science of Medicines or Science of Crime, as well as the normal Biology, Chemistry and Physics.

The rest of the building program is underway and will be completed by the end of this year. There is a Performing Arts Precinct which includes a theatre and performance space to seat 300 people and a new home for our outstanding music program and drama and performance program. The remarkable musicals produced by the College

each year, with casts of over 170 students, will have a theatre worthy of the students' performance. There is also a new six classroom block with a flexible learning space for students designed to facilitate 21st Century learning. This will allow many of the portable classrooms on the site to be removed. A number of those

remaining will be reconfigured into a further flexible learning centre. To complete the works, extensive landscaping and the creation of outdoor recreational areas and learning spaces will tie together the modernised campus.

All of these building works have been taking place at the same time as the College has developed new behaviour guidelines for students which focus on students taking responsibility for their behaviour in an emotionally intelligent way and building positive relationships between staff and students. The theme of the College this year has been "Building a Community of Kindness". The teachers have been working diligently on reviewing and documenting the curriculum to ensure it is engaging, but importantly intellectually rigorous, leading to the sorts of diverse outcomes required by our community. As we often say to students, "From Wantirna College you can go on and do whatever you want in life". It is such a pleasure each day watching the intellectual, personal, social and creative growth that happens in a group of really lovely young people

Sue Bell
Principal, Wantirna College



Already completed is a cafeteria called The Orchard which is an indoor dining and meeting space for students, staff and our wider community. Fresh, healthy and interesting menus are now being enjoyed by the students who are also appreciating the cosy environment during this very cold winter. The second new building is a Year 7 Flexible Learning Centre called Mason House.



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Fire services are reminding Victorians while winter may be over the risk of preventable house fires is not.

During the winter months there were more than 1000 house fires throughout Victoria and tragically, three people died in preventable residential fires.

CFA Chief Officer Euan Ferguson said, as this year's winter home fire statistics highlighted, more fires are caused by cooking, heating and electrical appliances during cooler weather.

"It was pleasing to see a reduction in the overall number of fires this winter compared to in 2011, however, there were some increases, including in the number of fires caused by wood fires and heating," he said.

"Almost half of the residential fires in CFA's area this winter were heating-related or electrical fires and could have been prevented," Mr Ferguson said.

"I cannot stress enough the need to reduce the risks throughout your home. Keep at least a one-metre-clear space around heaters and open fires, keep screens in front of fires, check your electric appliances for broken or worn wiring, and make sure your smoke alarm is working."

The highest number of fires this winter was in the municipalities of Greater Geelong, Casey, Wyndham, Yarra Ranges and Ballarat. In LaTrobe and Mildura, the number of residential fires was half on the same period last year.

MFB Commander Frank Stockton said the kitchen also remained an area of risk for residential fires.

"This winter more than 50 per cent of MFB fires started in the kitchen and many of those were due to cooking being left unattended," he said.

"Winter is one of the highest risk periods for residential fires, and many of these incidents can actually be avoided.

"With the weather set to turn cold again over the next couple of days, I would remind all Victorians to help safeguard their homes and protect their families from the threat of fire."

For more winter fire safety tips, or to download a winter fire safety checklist, please visit www.homefiresafety.com.au

Local statistics:

This winter, there were 46 house fires in CFA's Eastern Metropolitan Region. The top causes of house fires in the region were unattended cooking and chimneys. Yarra Ranges had the highest number of fires in the region with 26.

Top tips for being fire safe in your home:

- Complete a simple fire safety check list at www.homefiresafety.com.au
- Plan and practice your fire escape plan with your family
- If a fire starts, get out and stay out. Call 000
- Make sure your smoke alarm is working
- Dry your clothes at least a metre away from heaters
- Use fire screens on open fires
- Put fires out and turn off heaters before going to bed

Knox Honor Roll

We cannot thank and honour enough the brave people who fought and died for our nation.

I am pleased to announce that, in conjunction with local veterans and service organizations, we have launched a campaign to build an honour roll of armed services personnel from the Knox area who died serving our nation.

Our goal is to erect a single honour roll where we can properly recognize and honour those people from our area who have made the ultimate sacrifice for our nation. We hope that this will become a significant addition to the existing memorials in our community; something that will be there for generations to come.

We want to have the memorial completed in time for the ANZAC centenary commemorations on April 25, 2015. It would likely be built at the Arboretum in Ferntree Gully where significant memorial services are already held.

Importantly, the honour roll would include the recognition (with the families' agreement) of the two soldiers from our area who tragically died in Afghanistan.

A Knox ANZAC Memorial Committee has been established to oversee the research, planning and fundraising to make the vision a reality. The

Committee has engaged the Knox Historical Society (with the generous support of the Bendigo Bank) to undertake the large research effort involved.

The Committee is calling on members of the community to come forward with the names of individuals who should be included in the honour roll. Please contact Barbara Ellard from the Knox Historical Society on 9801 5589 orbellard@tpg.com.au. The Federal Government has foreshadowed that federal funds will be made available for local memorials leading up the ANZAC centenary.



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

Mountain District Learning Centre



9758 7859
www.mdlc.com.au

• Youth Education:

The MDLC Youth Program offers an alternative environment to mainstream school-based education including VCAL, VCE and Vocational Training.

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Learning in the Community

<http://shortcoursesinknox.org/>

Training is delivered with Victorian and Commonwealth Government funding.

The Mysterious "J. Smith"

By Glen Turnbull, Local Historian

One of the most prominent intersections as you enter the Knox municipality is the corner of Burwood Highway and Mountain Highway, Wantirna. In 1856-57, this area was surveyed by Clement Hodgkinson who was a Government surveyor. Hodgkinson surveyed the alignment of Mountain Highway so that it followed the Dandenong Creek all the way to the hills and also allowed for significant sized farms stretching between the creek and the highway.

At the corner of Burwood Highway and the Mountain Highway, three large properties were owned by a "J. Smith". The three properties were on the south, north and east side of the intersection. The three properties totalled nearly 700 acres of prime agricultural real estate.

Joseph Smith was the original owner of the land to the south and east of the intersection. His brother James Smith owned the 80 acre property on the north side. The Smith brothers were in the area as early as 1858. Joseph was a local farmer and one of the earliest elected councillors in the district. His brother James ran a hotel in Preston but he died prematurely in May 1867.

Joseph Smith was born at Kildwick in Yorkshire, England. His wife was named Elizabeth, but there is no evidence that she ever came to the district let alone Australia. Joseph lived with his son James in a house on one of his Wantirna properties. James was born at Kildwick, Yorkshire, England in 1826.

On 16 November 1863, a public meeting to discuss the local council annexation took place at Joseph Smith's house near the Dandenong Creek. Smith wanted the district to be aligned to nearby Nunawading Council, but the majority decided to align to the Berwick Council.

In 1864, Joseph Smith was one of the original councillors elected to the Berwick Shire representing the Scoresby Riding. To assist the councillors from the Knox area, meetings were held at Berwick on the Saturday night closest to the full moon. The moonlight helped to guide councillors to their meetings. In 1866, Smith lost his seat. But in 1868, he was re-elected to the council. However in 1869, he resigned.

By 1877, Joseph and his son James suddenly left the district thereby leaving the prominent Burwood Highway and Mountain Highway intersection undeveloped. The last reference Joseph Smith left was a notice in the local newspaper of 15 August 1877 stating he had laid down poison on his property for wild dogs.

It is not known why they left the district. Joseph may have felt that his investment in the new colony was not appreciating or likely to. Certainly in hindsight this decision was not a wise one. If they stayed in the district, they could have help develop the later Wantirna Township at their prominent intersection.

In 1881, Joseph Smith and his son James were residing back in Yorkshire but they were boarding in a house at Ilkley. Joseph was described as a widowed former farmer aged 77. James was described as 55 year old labourer, who was still single.

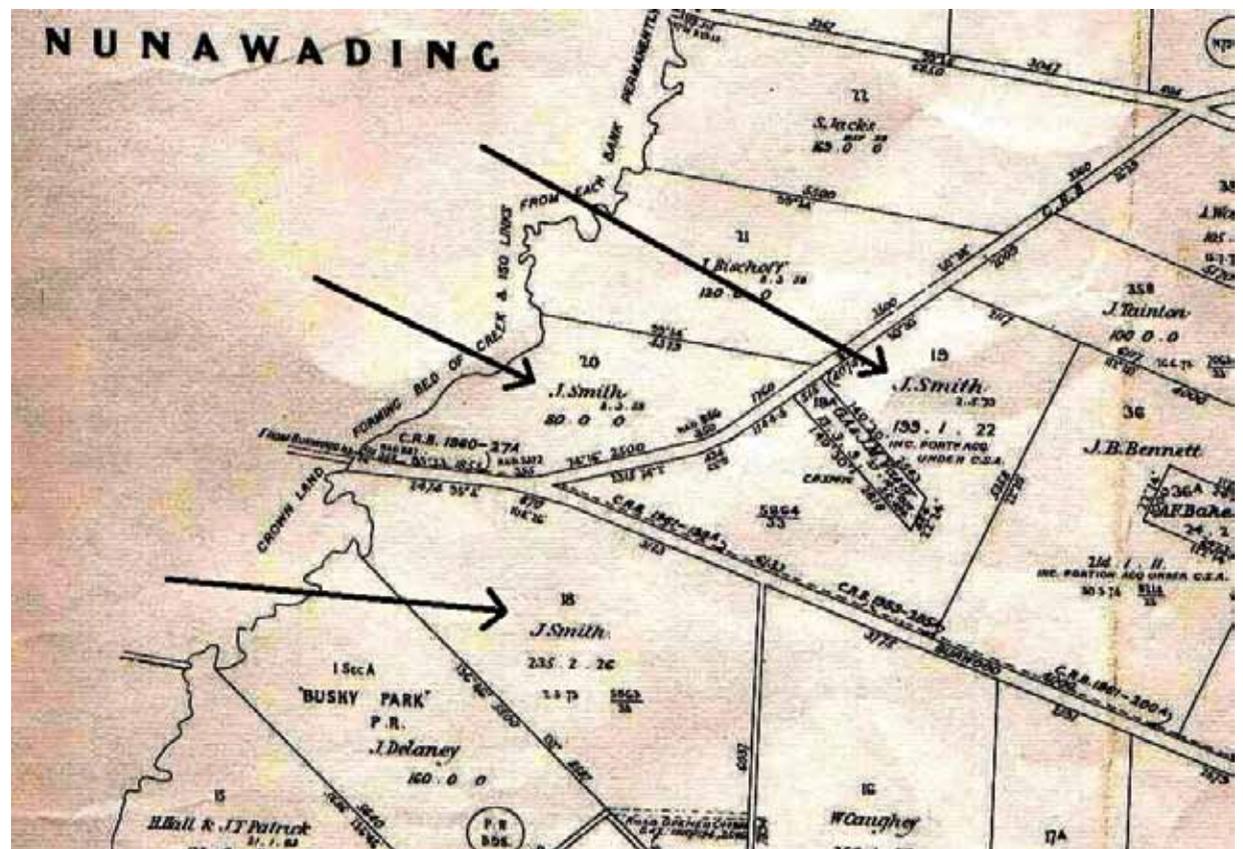
Ten years later, their circumstances had not changed. They were still boarding in the same

Ilkley house in Yorkshire. Joseph then aged 87 and James was still single at 65.

On 22 June 1895, the local daily press in Melbourne announced the death of Joseph Smith back in Ilkley, Yorkshire. Joseph had died on 19 March 1895 but the news obviously took some time to arrive in Melbourne. Joseph was in his 92 year. His son James died at the same Ilkley house in 1914 aged 88.

If Joseph Smith had stayed in Wantirna, he may have been one of the most well-known and celebrated pioneers of the district. As he disappeared early back to the old country, he remains largely in obscurity today.

Below: Scoresby Parish Map



Jade Elayne Hair & Beauty
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Stylist**
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T: 0412 526 135 E: Jade_8508@yahoo.com.au

Introducing..
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Such a busy year, and school holidays are almost here again. The holiday program is chock full of exciting and creative activities for primary schoolers in search of something to do. Pick up a program from your local library or check out our Events Calendar at www.yourlibrary.com.au. You can book in person at any branch, by telephone or online.

Moving a little further ahead in time to Wednesday 31 October at 6.30pm to All Hallows Eve we have our Halloween Hullabaloo at Knox Library. Halloween has been a popular celebration at Eastern Regional Libraries over the years, first at Boronia Library and then at Knox Library. This year the entertainer will be Don Jones alias Professor Dee-Jay and his Magic Punch and Judy Show. Don has been entertaining children and their parents for many years and his show is hugely popular with all ages. Places are limited so book early on 9801- 1422 or online.

The new Knox Outreach vehicle is now on the road replacing the previous large bookmobile. Whilst the vehicle is smaller there is a good selection of items for loan and increased access for the disabled via a wheelchair lift. Whilst the vehicle will be servicing some nursing homes and retirement villages in addition to shopping centres the public is invited to access the vehicle at any location. Please refer to the timetable on the website under 'Find a Library' or ask for a copy at your local branch library.

The Stringybark Festival is nearly upon us and the Library will be there in the person of Tim Henderson 'Papermaker Extraordinaire' who will be doing papermaking sessions and inviting members of the public to participate. The Stringybark Festival is always a popular feature of October and this year is no exception, mark the weekend of Saturday 20 & Sunday 21 October 2012 and head down to Rowville Community Centre, Fulham Road, Rowville between 10.00am and 5.00pm

Boronia Library will be celebrating Knox Seniors Week with a program of three events entitled 'Afternoon Delights' featuring several of our favourite presenters. Heidi Bell conducts some very interesting workshops for us featuring clever craft ideas. On Wednesday 17 October at 1.00pm she will be getting in early for Christmas with her card making workshop. Heidi will conduct a hands on session to show how you can give your gifts and greetings a personal touch with a handmade

card. On Thursday 18 October at 1.30pm our popular chef Stephen Wilson will be creating delicious soups for you to make for family and friends. Friday 19 October's treat is the wonderful broadcaster and 'foodie' Ann Creber who will talk about the savoury delights of herbs, there are sure to be tastings and recipes to take home. The session starts at 2.00pm. All events are free but bookings are essential. Please book at any branch or by telephone 9762 4099 or online.

Ferntree Gully Library has some great events on offer over the next two months. For those with an interest in craft there is the popular Papercraft with Trudi at 2.00pm on the first Monday of each month. The workshop books out very quickly so it is wise to get in early using our usual booking methods. Ferntree Gully can be contacted on 9294 8140. Photography Focus for October will feature graphic designer Leonie Varisco. We must confess to a personal interest in that for some years Leonie was eastern Regional Libraries' graphic artist. Gifted with an artist's eye, a sense of colour and design Leonie has recently designed the Olive Branch Cookbook which is a truly beautiful publication. Leonie will be at Ferntree Gully Library on Thursday 11 October at 2.30pm, bookings are not necessary. Bookchat at Ferntree Gully Library is a lively session which is open to anyone who loves books. A special guest in October will be author Christie Heart who will talk about her book *Leave the Wake Behind*. In addition to being an author Christie is a sought after singer and lucky guests will be treated to several songs from her new CD.



Talking Tech

with Micah Macri

Smartphone Shopping

It seems everywhere we look there's someone going on about iPhone-this and iPad-that, on TV people queue up for days to be the first to own the latest gizmo! Recently Apple announced this year's iPhone, a "revolutionary new smartphone" that's taller and lighter than its predecessor. But what's the big deal exactly?

You'll most commonly hear that it's really not a big deal! An iPhone is a mobile phone in just the same way that Samsung, Nokia and Sony offer devices...perhaps it's just marketed a little better! Regardless of the semantics, a new generation smartphone will be the gateway to your digital life. You can listen to music, browse the internet, send emails and watch video very easily. Actually the features go on and on, hopefully buried somewhere in there is an actual phone for talking to loved ones!

If you've got an older phone, perhaps one lacking internet access, then now is great time to upgrade. Your local Telstra dealer will be able to help, or Apple's retail team at Doncaster Westfield is available by appointment. Just be sure to have a play with the phone you're considering before taking it home. A foreign menu layout can be a nightmare at first, and asking questions before committing to buy can greatly assist!

[Visit www.TalkingTech.com.au to read more. Get in contact to arrange one-on-one or group tutorials!]



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 or the Computers for All team on 1800 87 77 74 or at www.ComputersForAll.com.au

Sustainability at WASP's

Wantirna South Primary School embraces the future ensuring biodiversity and sustainable thinking through our school motto "Learn for Life".

Sustainability is an economic, social, and ecological concept. Throughout the classrooms and in the school yard students at Wantirna South Primary School (WASPS) incorporate 'real life learning' towards developing a sustainable lifestyle.

"The Buzz" café is a hive of activity throughout the week. All levels enjoy the cooking classes in the kitchen. Next term Level 4 students will become junior chefs designing their own two course menu to be served to members of the community. Students will utilise vegetables in season during spring, including produce from our vegetable garden and free range eggs collected daily from our chickens.



All levels, including the Prep students, experience the Maths, English and Science components of the school curriculum through the practicality of hands-on cooking. Parents have reflected on children coming home talking about food and vegetables that they would not usually eat at home.

We are very fortunate to have wonderful members of the community - parents and grandparents volunteer to assist with small groups of students to share valuable information about nutrition and skills needed in the kitchen.

"You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives." (Clay P Bedford) When students are

passionate about the garden and the kitchen - 'From the Paddock to the Plate' the reward is healthy, occasionally decadent treats and meals that students will want to prepare again.

We invite you to come and visit "The Buzz" café!

Contact Details

Principal – Wayne Macdonald
16 Tyner Road, Wantirna South 3152
E-mail: wantirnasouthps@edumail.vic.gov.au
Web: www.wantirnasouthprimary.vic.edu.au



 **Shaun Leane MP**
Member for Eastern Metropolitan Region

Proudly Supporting Local Schools.

Suite 3, Level 2, 420 Burwood Hwy, Wantirna South
PO Box 4307, Knox City Centre, 3152

Phone 9887 0255
Email: shaun.lean@parliament.vic.gov.au



Understanding PSP

In February, 2011 my husband (Llwyd) of 28 years passed away from a rare brain disease called Progressive Supranuclear Palsy (PSP), at aged 52. I noticed about 2 years before this that Llwyd's motor skills were not what they should be and there were a few symptoms that I felt were not quite right.

After a discussion with the GP we were referred to a neurologist who confirmed this disease. It usually begins in people in their 60's or 70's, but can effect people younger at times.

PSP is a rare neurological condition affecting parts of the brain that control walking, eye movements, balance, speech and swallowing and symptoms become progressively worse over time.

Whilst we were going through this with Llwyd it was a great help to have the PSP support group there, they understood as they had their own personal experiences of living with PSP.

Because I have been on this journey myself I am wanting to help other people wherever I can.

The support group's mission is to:

- Promote understanding and raise awareness of PSP among the public and the health professionals in Australia and;
- Reassure people with PSP and their carers that they are not alone and that help is available and;
- Encourage PSP research

If anyone needs any information regarding PSP you can contact the Parkinson's Victoria office on (03) 9581 8700 who are always willing to discuss any concerns.

If anyone is willing to help with our quest of finding a cure and helping others with any fundraising ideas you can email

Cheryl Jones on lcjones@optusnet.com.au

Stringybark 2012 is just around the corner!

This year Australia's longest running sustainability festival — Stringybark Suburban Sustainability Festival.

Sustainability can be described as finding practical and effective ways to meet the needs of the present without comprising the ability of future generations to meet their needs.

In-fact the two-day event includes live music, a low impact fairground, interactive workshops and games, cooking games, roving performers, free face painting, fabulous food and drink and extensive markets.

You and your family can also try out the latest electric bikes, help build a record-breaking recycled maze, view some of the latest electric cars, improve your ball skills with the Australian Sports Commission, meet wild animals, make your own recycled jewellery and much more.

Stringybark 2012 will be held on Saturday 20 and Sunday 21 October 2012, from 10am until 5pm at Rowville Community Centre (and Reserve) on Fulham Road, Rowville.

For more information please visit our website: www.knox.vic.gov.au

New Faces at Wantirna Mall Post Office & Newsagency

Paul and Kathy Cameron are the new owners of the Australia Post Office & Newsagency at Wantirna Mall.

They saw an opportunity to bring friendly service to the local Community, as they have lived in the area for 30 years

Their experience in Customer Service, has been gained as the owners of the Mountain Gate Post Office for 5 years.

Together with their daughters, Lauren and Hayley, they have all been in been involved with Youth Groups, and several committees at St Lukes School.

Paul and Kathy look forward to bringing their experience for the benefit of the Wantirna Community.



VIP Evening

Thursday, November 15 at the Community Pharmacy

An open invitation to the Wantirna Community

Commencing at 3.00pm until 8.00pm

FREE: Makeovers, Hand Massage, Naturopathic Advice.

Raffle of Gift Bags

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VIP Evening
Thursday,
November 15
3.00pm to 8.00pm

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Make the right transition



You may need to review your transition to retirement arrangements in light of changes to the way superannuation contributions are taxed.

Are you an Australian making the transition to retirement or would you say you're a high income earner? If you answered yes to either question, you may need to take note of some of the changes introduced via the 2012/13 Federal Budget to the way superannuation contributions are taxed. These new rules might well affect your retirement plans.

1. Higher contributions tax for high income earners

The federal government is doubling the super contributions tax rate to 30% for Australians earning over \$300,000.

2. Lower concessional contributions cap for over 50s

Over the past few years, Australians over age 50 have enjoyed a significant tax break on their super contributions to encourage them to save for their retirement. They have been able to contribute \$50,000 a year towards their super at the 15 per cent concessional rate of tax – that's double the standard \$25,000 annual concessional contributions cap.

This tax break ended on 30 June 2012, but the government was planning to continue the incentive for Australians aged over 50 with a super balance under \$500,000.

However, the government is now deferring the start of this new system to 1 July 2014.

The two-year deferral means that everyone, regardless of age, will now be subject to the same \$25,000 concessional cap for the 2012/13 and 2013/14 financial years.

Stay under the limit

You may need to review your arrangements to make sure you're not making concessional contributions over the reduced concessional contributions cap.

Going over the cap attracts a severe penalty. Any contributions exceeding the \$25,000 concessional cap will attract an extra 31.5% tax in addition to the standard 15%, potentially matching the highest marginal tax rate.

With significant penalties for exceeding the cap, it's vital to review your strategy. You don't want to be faced with an excess contributions tax bill for 2012/13.

Plan early, plan well

Many people leave it right to the end of the tax year to look at their super. But it's worth putting a plan in place at the start of the year to avoid the last minute rush. Early planning means you stay in control all year and can avoid inadvertently breaching the \$25,000 concessional cap. And remember, you can't put salary into super at a concessional rate after you've earned it. Once your pay has been taxed at your normal marginal rate, you can't go back and put the money into super at the lower rate.

Think about the bigger picture

If you're very near to retirement, your ability to make additional concessional contributions might be significantly reduced.

You'll need to work out how the changes affect your overall retirement plan, particularly if you're planning to Transition to Retirement (TtR) or you're currently engaged in a TtR strategy.

- If you're over 50 years of age and you were taking advantage of the increased cap, you may need to reduce your concessional contributions to \$25,000 for at least the next two years. You'll also need to work out what to do with any income that would take your concessional contributions over \$25,000 that you previously diverted to super.
- And if you're earning over \$300,000 per annum, you need to be aware of how the higher tax rate is going to affect your retirement planning, because your super contributions will potentially attract a 30% tax. This means you'll only be saving 16.5% on your marginal tax rate, compared with 31.5% under the previous rules.

Look at your tax rate

For the majority of Australians, super is still the most effective vehicle for retirement saving, particularly with the super guarantee gradually increasing from 9 to 12% over the next decade.

Earnings within super continue to be taxed at 15% and income in retirement from age 60 is tax-free. But the tax-effectiveness of extra super contributions will vary depending on how much you earn.

If you're in the higher marginal tax rate brackets, then making additional concessional contributions up to the \$25,000 cap might still be a great strategy. Taxpayers on more modest salaries might look to take advantage of the government's low earner super contributions and co-contributions. And others might want to look outside super for alternative ways to invest any additional funds.

Retirement income strategies can be complex. For instance, if you use part of your super to access a TtR pension, this may impact your future lifestyle. So please call us today to talk about what you can do to increase your future retirement income, as well as to find out more about how you could ease into retirement with a TtR pension.

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.

Barker Financial Services Pty Ltd ABN 61 080 495 852 Trading as Horizon Financial Strategies Authorised Representative of AMP Financial Planning Pty Limited, ABN 89 051 208 327, AFS Licence No. 232706

What you need to know

Any advice contained in this article is of a general nature only and does not take into account the objectives, financial situation or needs of any particular person. Therefore, before making any decision, you should consider the appropriateness of the advice with regard to those matters. If you decide to purchase or vary a financial product, your financial planner, our practice, AMP Financial Planning Pty Ltd and other companies within the AMP Group will receive fees and other benefits, which will be a dollar amount and/or a percentage of either the premium you pay or the value of your investments. You can ask us for more details.

The value of PABT

by Dr Alison Brown

Did you know that we can identify any health issues BEFORE we perform any surgical procedures on your pet?

Sid is a perfect example of the value of a Pre-Anaesthetic Blood Test (PABT). At Wantirna Vet Clinic, we always recommend this test to be performed, even if it's just for a routine desexing, since it could very well mean the difference between life and death! Sid was dropped into us as a stray looking for a good home and captured the hearts of the staff here.

Our lovely clinic cat Lucy died in March as an old lady and we were thinking the patter of tiny feet would be nice around work again. One of the vets agreed to adopt Sid and he was scheduled for his routine desexing at 6 months of age.

We performed our routine pre anaesthetic test on Sid prior to his operation. As he was a young, healthy cat with lots of energy, we were certainly not expecting anything out of the ordinary.

We were quite shocked that one of Sid's liver enzymes was markedly increased and gave us a heads up that further investigation would be required, so his desexing was postponed.

Abnormal results won't always mean that your pet can never have an anaesthetic but it does pinpoint any potential problems often BEFORE the pet even shows signs of illness. We can elect to use different anaesthetic agents or drugs, conduct further work up or postpone the procedure.

Sid did have further investigation and his liver is thankfully on the mend now and we were able to desex him a month later. Whew! Thank goodness for modern diagnostics!

Pictured: "Sid" the cat!



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

Orana Neighbourhood House



ORANA COMMUNITY BUS TRIP Tues 30th Oct



Join us on Orana's bus trip to Mornington to visit Heronswood Gardens home of the Diggers Club. Light lunch at their café, Fork to Fork included. We will also have a wander around Mornington shops. Book early so you don't miss out! Meet at Orana at 8.45 sharp. Return approx 4pm Cost \$48/Concession \$42

COMMUNITY GARDEN KITCHEN

Come and learn about gardening from scratch. Have fun and meet like minded people and make some new friends. We have planted a high rise vegetable garden which our volunteers regularly maintain.

- Meet at Orana every 2nd Friday during school terms at 10am.
First day of Term 4:
Fri 12th October
Cost: Free!



Coming up: Guest speaker, Julie White will talk and show how to create a no-dig garden.
Friday 26th October 10am

COMING UP IN 2013:

- Women's Health Day
- Mum & Daughter Pampering Day
- Dog Expo
- Creative writing for Adults
- Flavours of the World cooking workshops

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.

TERM 4 CLASSES STILL WITH VACANCIES:

- Digital Photography
- Italian & Spanish Language classes
- Cooking workshops
- Back to Office computer skills
- Christmas card making

Tutor Profile: Alan Titter

Alan has been teaching Open Learning Computers to slow paced students at Orana for over 5 years. He is a regular fixture at our House on Fridays and teaches another Orana class at Monkami on Wednesdays. With his patience and humour he engages the students to participate and explore the IT world. Alan has become a very important person to many students who come to our House and look forward to their regular Friday group with him.



CHILDCARE AT ORANA



ENROL NOW FOR 2013!

KIDS AT PLAY FOR 3-4 YEAR OLDS

Tues, Wed & Thursday mornings
9.30am-12.30pm

FUN & GAMES FOR UNDER 5'S

Friday morning 9.30am-12.30pm

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

*subject to sufficient enrolments

Orana can offer you and your child:

- Small class sizes
- No fundraising
- No parent help required
- Special days such as Teddy Bear's picnic, Pyjama day, Mother's Day, Father's night and a huge Christmas party all included!

Come down and meet our friendly childcare staff and see for yourself the wonderful programs offered at Orana



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



Knox Mental Health Forum

The Rotary Club of Knox in conjunction with other committed Rotarians have been organising a Mental Health Forum for the residents of Knox. The forum will provide information to the community about different types of mental illnesses, also where you can go for help when needed.

The Forum will be held on the evening of October 15th, at the Knox Club, and will consist of a panel of speakers discussing different elements of mental illness in our community.

Our keynote speaker is Prof Tony Jorm; other speakers will include a carer, a sufferer and the head of Knox Police Terry Kane,

There will be time to ask questions; also local organisations will be in attendance to give out information about available services.

Did you know one in five Australians will suffer from some form of common mental illness in any year? An additional 1% will suffer from a psychotic disorder like bipolar disorder or schizophrenia.

The disability caused by mental health problems is usually not visible; however it can be more disabling than many chronic physical illnesses.

The reason for this forum is to outline issues associated with mental illness. It is true there is a lot of information about our physical health, but much less about mental health issues.

Many things can be done to reduce the risks associated with mental illnesses. For many, the first step is to admit there is a problem, to seek assistance from friends, family and professionals so as to commence the process of helping yourself.

Organisations attending the forum are Knox Community Health, Eastern Melbourne Medicare Local,

Info-link, Mental Illness Fellowship, Rotary Club of Knox, Knox City Council, Beyond Blue.

Information from these organisations will be available on the evening.

Come along on Monday evening the 15th of October 7.00pm – 9.00pm and learn more about Mental Health and Mental Illness.

Seek the answers you need or be pointed in the right direction.

This is a free community event and has been made possible through the financial support of Dick Smith, Knox Community Health Service, Eastern Melbourne Medicare Local, Knox City Council & Knox Rotary Club.

For more information on the evening please email rotarymentalhealthforumknox@hotmail.com

Supporting Community Groups at Studfield Shops

A big Thank You to Boocock's Butchers & Brumby's Bakery, for helping the newspaper with a sausage sizzle, at the Studfield shopping centre on 1st September.

The sausages were really yummy and the bread so fresh!!

Thank you to the shoppers, as we raised \$167.00.

Both Boococks & Brumby's support many Organizations and Charities, with a Sausage Sizzle. To make a booking speak to "Stretch" or the boys at Boococks.



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- Free home delivery



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Ray Williams

Brumby's Wantirna
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Wantirna Vic 3152
Ph: 9801 2571
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Email: raywilliamsbrumbys@gmail.com



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- Chips
- 4 Potato Cakes
- 4 Dim Sims
- 4 Seafood Sticks

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Valid Oct 1st - Nov 30th 2012

Vamp 9801 2039
Hair & Beauty

Studfield Shops

Spray Tan
Blow Wave **\$80**
½ Leg Wax
Normally **\$105**

Cut and bring in to save...

Apologies to Vamp Hair & Beauty for neglecting to include their telephone number in our last edition. Vamp can be contacted on 9801 2039 See their Voucher Offer in this edition

Crossing Concerns

Drivers disregarding safety at school crossings.

Council is urging drivers to slow down and pay attention to the directions of School Crossing Supervisors, after a spate of near misses and 'drive throughs'.

Acting Local Laws Coordinator Malcolm Scheele said Council was partnering with Knox Police to crack down on bad driving at a number of school crossings in Knox.

"School crossing safety is so important, both for the supervisors manning these crossings and for the children and families using them every day," Mr Scheele said.

"In recent months, we've seen a number of cases of bad driving, with motorists nearly collecting children and/or crossing supervisors, simply because drivers aren't paying attention, or are ignoring supervisors' directions.

"This isn't acceptable. Knox residents need to pay attention and drive appropriately at school crossings — or risk being fined."

Drivers should note that there is a significant penalty amount— for not adhering to road rules at school crossings. The fine is in the order of \$352, and drivers also lose 3 demerit points.

Mr Scheele said motorists must stop as soon as a stop sign was displayed — whether or not the crossing supervisor was on the road yet — and obey speed limits and other signage related to u-turns and/or parking.

He said Police would be targeting 10 crossings in Knox, with Local Laws Officers also patrolling for parking offences in these areas. Wantirna's Templeton Primary School in Crestdale Avenue, Wantirna is one of the ten targeted crossings.



School Crossing Supervisor Sherman Sta Maria, Local Laws Acting Team Leader Debbie Williams and Knox Police Senior Constable Lea-Taylor Bolton at one of the ten school crossings

Seniors Week in Knox

KNOX SENIORS FESTIVAL 6 - 24TH OCTOBER

As a mark of respect for the Seniors in the Knox community the council have extended the period when seniors can attend a large and varied number of events at no cost or minimal cost. Our elderly folk residing in care facilities will not be forgotten. Members of the Knox & District Over 50s Inc. group will be delivering a rose bush to each aged care facility in the area on the 17th October. Residents in these facilities are always grateful and they take pride in showing off the previous roses which, without fail, owing to lots of care of the residents are thriving.

The key theme of this year's Knox Seniors festival is 'celebrating good eating'. Food is a way to keep in touch with family and with friends, old and new – whether by cooking together, going out for meals or sharing special events.

As part of the 30th year celebrations, the Festival will feature health promotion materials, cooking demonstrations, opportunities to sample delicious healthy foods and to enjoy lunches and afternoon teas using local produce and healthy foods.

With this in mind the Hungarian Centre will present a variety of Hungarian food to taste along with Hungarian music and folk art to enhance the national flavor.

Learn about growing your own herbs in small containers at Orana Neighbourhood House, 62 Coleman Road, Wantirna South. What herbs go with what dishes (meat and vegetarian). Tasty treats will be served at morning tea time made by qualified Chef Rick Jamieson.

Come along and learn how to put fun into cooking with Ben Higgs – Celebrity Chef from the Wild Oaks Cooking School and guest chef from Knox City Council – Steven Kain.

Using the demonstration kitchen they will show you how to prepare low cost, quick and easy meals demonstrating the use of a range of healthy fresh ingredients. There will be an opportunity to taste the cooking with the lunch provided.

Other activities and events include the U3A Knox 16th Annual Art Exhibition and sale, an Historic Tour of the City Of Knox, Morning Melodies, Indoor Carpet Bowls, Bocce, Badminton demonstration. Tai Chi, line dancing, table tennis, Bingo, Scone making and the Victorian Police Pipe Band with afternoon tea included.

For more information call 9298 8000 or go to www.knox.vic.gov.au.

Elizabeth Chong Celebrating good eating ambassador

Elizabeth Chong is a Lifetime Australia Day Ambassador, Celebrity Chef, Award-Winning Author of eight books and Founder of the Elizabeth Chong Cooking School. Elizabeth has brought Chinese food and culture into the hearts and homes of thousands of Australians. Born in a small village in China's southern province of Guangzhou, Elizabeth arrived in Australia at the age of three with her family.

Come and join in for a morning discussion with Elizabeth Chong as she shares with you the Chinese Philosophy that good eating and good living are inseparable. She grew up in a traditional Chinese home in suburban Melbourne where food was the central theme of any family gathering. She highlights the Chinese saying "the joy of living begins at the table". This idea was reinforced every single day as a celebration at the dinner table with Elizabeth and her family.

Monday, 8 October 2012
Eastern Regional Libraries
Venue: Knox Library, Knox City Shopping Centre,
425 Burwood Hwy
(Mel Ref Map 63 K10)
Time: 10am – 11am



Getting to know MYKI

Heidi Victoria invited Senior Citizens from her electorate, to an information session on the use of MYKI

The session was presented on 20 July 2012 at the Bayswater Arts Community Centre.

The session explained:

- That it is recommended that people should register their Myki cards, so if they lose their Myki card their funds remaining on it are protected
- It is best for irregular users to use the Myki Money option, which is virtually "Pay as you Go",
- "Top up" should be completed at a Train Station, Bus Interchange or Retail outlets from the list provided
- Touch on and Touch Off is necessary to be charged the correct fare
- Touch on and Touch off must be completed on "Free Travel" days, as well.
- It is best to be in the habit of "Touch on" and "Touch Off" whenever travel is taken

If a Myki Reader is faulty it will send a message through to Head Office to notify the error, and should an Inspector question you, they are able to contact the Office to verify that the situation is as you reported. If a Myki Reader is faulty and you have been unable to "Touch on", do not "touch off" at the end of your trip, instead it is advised to speak to a customer service person and notify them of the situation because if you "touch off" the system will recognize that you are commencing your trip and have therefore not touched off.



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Available weeknights and weekends.**

**For bookings or further information
please ring Anna Withington 9801 6408 or
email: admin@hungariancommunity.com.au**

Knox Community Arts Centre

This year has been an explosion of great shows and exciting projects at Knox Community Arts Centre. The dust has settled from the foyer renovation and we are thrilled with the new-look venue. One thing that hasn't changed is our commitment to innovative ventures that inspire and entertain audiences.

Stardust **Saturday 6 October 8pm**



Martine Pavey presents an exciting tribute to father & daughter showbiz legends Natalie and Nat King Cole. Relive the inspiring story of the man whose voice became among the best-known in the world of popular music, and his Grammy Award Winning daughter who devoted herself to her father's legacy.

Songs will include When i Fall in love, Straighten Up and Fly Right, orange Coloured sky, Mona lisa, Unforgettable and more.

The Australian Army Big Band **Friday 26 October**



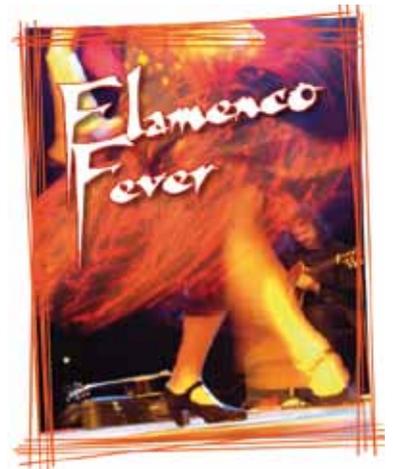
This is a magnificent 16-piece ensemble comprising five saxophones, four trumpets, four trombones, piano, bass and drums and a jazz vocalist.

This group produces a vibrant and exciting show that is perfect for audiences of all ages. The band's repertoire includes classic dance band music of the 1930s and 1940s, such as Glenn Miller and Tommy Dorsey, through to modern jazz.

Flamenco Fever **Saturday 10 November 8pm**

Knox Community Arts Centre has Flamenco fever and our audiences can't seem to get enough of the colour, beauty and intricate rhythms of this passionate art form. Don't miss out on all the excitement this live ensemble show has to offer.

Bring a friend to enjoy the fun and join us for complimentary nibbles during interval.



For more information about shows, and to book, visit www.knox.vic.gov.au/theatretix or phone 9729 7287

News from the **Victorian Jazz Archive**

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Museums Australia visits the Archive *by Ken Simpson-Bull*

It may be assumed that anyone can set up a building, fill it with various artefacts, cultural items and the like, and call it a museum. But to be accredited by the federal body Museums Australia is a different matter altogether. The Victorian Jazz Archive has, for many years, been officially recognised as an accredited museum. But such accreditation does not come easily, nor is it necessarily permanent. Official accreditation must be renewed every five years, so on Tuesday 4th September the Jazz Archive was visited by Cassie May, Liz Marsden and Warren Doubleday from Museums Australia (Victoria) with the task of renewing the existing status.

The Jazz Archive has the culturally important task of safely storing, maintaining and displaying many items of great social value. These may be items of paper such as photographs, posters, programs, books, magazines, press clippings, club journals, sheet music and charts. There is also the all-important sound and vision collection which is received on all manner of media such as shellac, vinyl and acetate discs, on reel-to-reel or cassette tapes, on CD and DVD, and several other formats.

Then there are musical instruments, badges, clothing—the list goes on.

So what does accreditation mean? It is something not granted lightly, and requires attainment and maintenance of high standards of record-keeping and information systems, appropriate physical treatment and conservation of materials, and open sharing of the collection. The aim of the Jazz Archive is not only to satisfy the requirements for accreditation but to continually strive for improvement, especially in methods used to preserve the materials given to us in trust by our donors.

The team from Museums Australia (Victoria) were impressed by the professional attitude of the staff, who although volunteers, are all skilled in the tasks they perform. Also impressive were the many and various methods of preservation employed to prevent deterioration of the valuable artefacts, some examples being the digitisation of sound and vision recordings and photographs, the use of acid-free protective wrapping and special sealed containers.

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.

Display of collected items in exhibitions and the dissemination of rare recordings of outstanding or historic jazz in the form of the Archive's own locally produced CDs are also part of the examination undertaken by the accreditation team, as is the existence of a comprehensive asset listing made available to the public via the Eastern Regional Library database.

The Victorian Jazz Archive is in fact much more than has been described above. Although at the time of writing, continuation of accreditation has not been officially confirmed, there can be no doubt of the outcome of the official visit.

News in Good Health and Well Being



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.*

Wantirna Wellness centre had their first "Nurturing Day" on the Saturday 23rd July. It was a great success. Participants came together to learn, have fun and relax.

Everyone was interested in sharing their information on relaxation, shopping, and healthy cooking ideas. Everyone enjoyed soaking up the nurturing atmosphere.

Peter, a qualified naturopath started the day with general information on food and how our bodies work best when the food is processed as little as possible. The old adage fresh is best, is absolutely true. Figs and cheese were a winner at lunch time, everyone enjoyed the delicacy. One on one session with practitioners Marita and Doris were an afternoon enjoyment. Marita did a 20-minute foot reflexology session and Doris a 15-minute aromatic kinesiology session. The participants got to take home their individual moisturiser specifically created for their own therapeutic needs and requirements. All this for just \$50.00. The day goes from 10am-3pm and Wantirna Wellness centre will be running these days 3 times per year.

Wantirna Wellness Centre's next date is October 13th. Our Spring-cleaning time of the year, not only for our environment but also for our bodies and minds. Marita will be doing hand reflexology sessions and Doris will be doing an essential oil blend that participants can take home with them, again individually created for the needs of the person.

Come and learn and experience how to work acupressure points on hands and the body for family and friends to help relieve common ailments such as headache, sinus and stress. Marita and Doris look forward to seeing you then. (See attached advert)

Why not book an appointment for yourself and make this day your day. Bookings are essential, and, to secure your booking, payment at time of booking is essential. Marita or Doris can take Credit card bookings over the phone. For further enquiries please call Marita on 0425 735 581 or Doris on 0432 494 413.

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.

Sole Response Meditation Classes

Suite 9/249 Stud Road, Wantirna

Monday Nights 7.15 pm-8.15pm

Investment \$40.00 for 8 weeks

From Monday 15th October to 10th December

Credit card payments accepted.

Bookings are essential payment is essential at time of booking.
Please phone Marita on 0425 735 581 to secure your booking

Whole Health Kinesiology News

New! Take your relaxation home

Create your own Aromawizard
Moisturiser with 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 unique 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

Aromawizard is a service to create individualised creams and moisturisers, specifically catering for each client and only available at Whole Health Kinesiology. Combining Kinesiology with essential oils creates a unique wellness experience where you relax during a 60min Kinesiology session, release stress with essential oils and creating your individual moisturiser all at the same time. Kinesiology with its gentle muscle testing provides the tools to pin-point exactly what your body wants and needs to start healing itself again.

With each selected essential oil you relax smelling its aroma while you are also listening to the healing messages from Robbi Zeck's book 'The Blossoming Heart'.

Each essential oil has its own healing message giving you an extra level of insight, but also uses the unique ability of each essential oil to heal on a physical, emotional and spiritual level.

All selected essential oils are added to the Aromawizard moisturiser jar for the client to take home. If the client wants to work on an existing skin condition, the client's skin is assessed and analysed and then their skin-specific essential oils are added to the Aromawizard moisturiser base.

While the client uses their moisturiser on the skin over the next few weeks, the body remembers the stress-release and connects with its self-healing ability again.

To book this special Aromawizard Kinesiology session (60min treatment including a medium size Aromawizard Moisturiser 65ml) for \$80.00, please ring Doris Mounsey on 0432 494 413.



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

There are far too many older Australians who believe that an aging body is untreatable and that they just have to accept a compromised lifestyle. This might sound harsh but when I hear someone use old age as an excuse for pain and stiffness I call it a 'cop out'! Muscle and joint stiffness is no doubt a sign of aging but it's also an accumulation of bad habits, which can be altered. Commonly these habits include:

- Ignoring pain until it is a burden
- Pushing ourselves outside our bodies physical capabilities
- Looking after our kids, pets and spouse whilst neglecting ourselves.
- Perceiving looking after yourself as a luxury rather than necessity.
- Perceiving pain as a sign of weakness and too proud to seek help.
- Not enough time in the day to stretch or exercise.

It can be disheartening to reach a stage of life when you are likely to have more time for recreation yet pain and stiffness prevent you.

The effects of ageing on the body can cause symptoms such as:

- poor balance
- general stiffness
- back, neck, shoulder and arm pain
- hip and knee pain and stiffness
- arthritis and joint swelling

Osteopathic treatment and changing some of our long term habits can go a long way towards relieving these distressing conditions and preventing them from getting worse.

Don't accept age as an excuse; consider what changes you could make to improve your physical condition as its never too late to make a difference.



For the treatment of:

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

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

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

Chi Reflexology

by Marita Reynolds of Sole Response

What is Chi Reflexology?

Chi reflexology is based on traditional Chinese Medicine principles and works with acu pressure points on the feet to help improve energy flow to the body's organs and systems.

As we are all aware, when we have an energy blockage in one of our organs or systems this results in us experiencing signs and symptoms relating to possible disease in the body.

If we listen to what the body is telling us and work towards freeing the blockage, then we allow the body's natural healing ability to take place and energy to flow assisting us in feeling better.

When our bodies are congested and stressed, they tighten up and prevent flow of energy throughout the body. We become stagnant and have a general feeling of low energy.

In our western world we are encouraged to continually be in this state of on. Our bodies are not encouraged to relax and allow natural energy to feed our organs and systems.

So what can we do about that? By taking regular time out for ourselves from the hustle and bustle of our world. Stop and allow ourselves to just be.

If you are experiencing signs and symptoms of congestion, DO NOT IGNORE THEM. The body is an extremely intelligent system that knows what it needs and when it needs it. It only reacts when it doesn't get what it requires

and then it usually tells us by initially sending subtle messages. When we choose to ignore the messages then the messages get louder until we can no longer ignore them and are generally feeling quite ill.

Listen to your body. Give it what it needs and allow it to work efficiently and lovingly for you.

I am available Mondays, Thursdays and Fridays 9am-5pm, evenings and Saturdays by appointment.

Marita Reynolds is a practising Chi reflexologist in Studfield shopping centre in the Professional suites at the Wantirna Wellness Centre (upstairs from Baba Restaurant) Suite 9/ 249 Stud Rd Wantirna. Marita welcomes enquiries and would be happy to discuss how reflexology can assist you. Marita can be contacted on 9801 5201 or 0425 73 5581.

Therapeutic/Relaxation & Sports Massage



Brigitte Rankin
AAMT Member
Cert. Therapeutic Massage
BA Dance (Teaching)

- Studfield Shopping Centre
- Yorkminster Drive, Wantirna

Introductory Offer:
10% discount on initial consultation.

Contact Brigitte on 9803 1640 or 0425 848 532



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- Naturopathy
- Sports Podiatry
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To begin your journey to optimal health for yourself and your family!

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Chris Brownlie
Dental Prosthetist

Telephone: 9720 1555
487 Boronia Road, Wantirna
Cnr Stud Rd, opposite Knox Club

Community Group News

News from *KNOX HOME GARDEN CLUB* by Lonni Holland

By September, the ground is just starting to warm up slowly. Many of your winter/ early spring bulbs and annuals will be covered in glory. Surprisingly, if these plants and flowers are covered in frost, most of them don't seem to mind too much. Iceland poppies, California poppies, tulips, daffodils, jonquils, pansies, snapdragons, anemones, and ranunculas are unaffected by frost burn, as they are well suited to cool climates. However, leave any frost affected leaves on the plants until the threat of frosts have passed, then trim off the dead foliage.

Many of the spring or summer shrubs, fruit trees that were pruned back or had lost their leaves, will start to sprout new foliage or form branches, looking more like plants rather than sticks in the ground.



If you read my article re: how to create a habitat for frogs and my step by step directions for making a frog pond, then you will be enjoying a pond full of water, with water and marginal plants establishing, with hollow logs and rocks for frogs to hide in. Can you hear any frog noises e.g. tok- tok or pla-bonk, or kkkrek – kkkrek? Is your garden a corridor for wildlife, including birds, animals, reptiles, frogs and insects?

By corridors I mean, a wildlife habitat which are as "stepping stones" to indigenous creatures which help to link them to other bushland/

parkland habitats. You can create these oases in areas of your garden, by establishing mini wetlands, native and indigenous plantings, eradicating "environmental weeds" and controlling weeds by smothering with mulch. Indigenous plants are plants, shrubs, trees, grass varieties, orchids etc, which are native to your area. Some of the benefits of indigenous plants are their drought tolerance and adaptability to local rainfall, therefore minimal water usage is required.

Biodiversity is improved and maintained as these plants provide food, shelter and nesting sites for the native wildlife. As well as enhancing our natural landscape and environment, it ensures the perpetuation of the species, including plant life and animals. It is well documented that the City of Knox has only a very small percentage of natural bushlands left, owing to

urbanization and over development, but we can reclaim some of that which has been lost. To find out more about what plants are "Indigenous" to your area, you can contact some local nurseries that sell these plants. Alternatively, contact Knox City Council, or visit the Knox Environmental Societies Community Nursery. Then you can watch and enjoy the wildlife returning to your delightful habitat, the garden that you've created for them.



Knox & District Over 50's Inc.

As you are reading this article, Knox Over 50s is welcoming back a group of members from the club's annual extended trip which, this year, was a seven-day jaunt to Merimbula in New South Wales. You just never know where it might take us next year!

We are a dedicated lot at the Knox Over 50s. Dedicated to fun and social activities that is! Our members take every opportunity they can to enjoy the fine company and good times which should be experienced by those of us who have reached that time of life when we can kick back and enjoy the "fruits of our labours". Why don't you come along and join us?

Each month club members enjoy coffee mornings at Myer Knox City, lunches at various venues around Knox, day trips, book-clubs and much more.

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, 23rd October, when our speaker will be Geraldine Robinson on the subject of "Magnetic Therapy". Also, a small bonus on this occasion, with a 10-minute talk on the Darnell Fashion Collection, presented by a representative from Eastern Libraries.

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Life Activities Club Knox Inc.



The weather is improving and maybe now, you would like to join in on any of our activities. It's only \$20.00 pp. per year, but we invite you to come to any 2 activities before you commit. There is Cinema Groups, Walking Groups, Outings, Lunches, Fishing, Painting, Social Board Games, plus Cards, i.e. "500", Bolivia and Canasta, Badminton, Water Aerobics in Boronia, Weekends Away, Bus Trips, Music afternoons, Armchair Travel, Organ Players, etc. etc.

And have a look at this hardy lot, ever hopeful, optimistic, winter doesn't interfere with this group. No fish, No matter, we still enjoy our day together.

If you would like to know more about our friendly club, please ring and the current newsletter will reach your letterbox.

Or contact us on www.life.org.au

Melva 9762 3764 or Helen 9729 1151



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



Over 100 years of local history
Knox Historical Society Museum
Open Sundays 1-4pm

3 Olivebank Rd FTG Melways ref. 65 D12

TEMPLETON ORCHARDS 3YR OLD KINDERGARTEN OPEN FOR BUSINESS!

Templeton Orchards 3yr old Preschool was forced to close at the end of 2011 due to the uncertain future of the Preschool operating at Knox City Council 4yr old Preschool Centre.

Federal Government changes scheduled for 2013 increasing the 4yr old hours to 15 hours per week left much doubt that the 3yr old Pre-school would have the physical capacity to be accommodated at the Centre where there are two 4yr old groups.

In May this year Knox City Council were able to confirm that there was a capacity for the 3yr old Preschool to continue at the Centre after more than 20 years of providing service to the Community.

Although the hours are reduced to 4 hours from 5 hours last year enrolments came flooding in. With

enough enrolments to re-open the doors, an Extraordinary General Meeting was held at the Pre-school Centre on the 30th of August.

Federal Member of Parliament for Aston, Mr Alan Tudge, attended the meeting to help elect a new Committee for 2013. Mr Tudge has been actively campaigning to preserve Victorian 3yr old Preschools under threat with the increased 4yr old hours.

A Committee was successfully elected and Templeton Orchards 3yr old Preschool will be ready to open for Term 1 of 2013. Limited places are still available, please email enquiries to Templeton.Orchards.3y.kinder@gmail.com

**ENROL NOW
FOR 2013**



Knox Safer Community

The people who keep us safe

The Knox Police and Emergency Services Expo at Knox Shopping Centre will be held on Sunday 7 October 2012 between 11.00am and 4.00pm.

The purpose of the Expo is to raise awareness of the Knox Emergency Services. You will be able to meet the people who attend the call outs and see the equipment they use. There will be photo opportunities for the kids. The Expo coincides with Community Safety Month.

The Expo will be held in Melbourne Street within Knox Shopping Centre. The street will be open to display emergency vehicles, but it will be closed to other traffic. Knox Shopping Centre has kindly donated the use of their space to hold this event.

The following will be on display:

- Knox Police: with Highway Patrol, Uniform and Crime Prevention strategies. Also a Highway Patrol Car and Motorcycle and a police Multi Purpose Police Vehicle. Constable T Bear and the Police Band will also be on site.

- CFA: a Tanker on site with various fire safety information and displays of the equipment used in fire/rescue situations.
- SES: with a Rescue Truck and display of equipment used at emergency scenes.
- Knox Council: will be in attendance with a Local Laws vehicle and a representative from the Community Safety Department.
- Victoria Police, the SES and the CFA will have recruiting information available.

For more information contact Sergeant Ken Hawke at Knox Police Station on (03) 9881 7000, and see the websites <http://www.police.vic.gov.au/content.asp?DocumentID=37079> or <http://www.aroundyou.com.au/events/knox-police-and-emergency-services-expo>

Working for a safer community

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

Ferntree Gully View Club meetings at the Knox Club, Wantirna

The Ferntree Gully VIEW Club was formed in 1995 with forty-five members. Today we are a club with a membership of close to seventy. We hold our Monthly luncheon meetings on the fourth Monday of each month at 11.30am. at the Knox Club Corner of Stud and Boronia Roads, Wantirna South. Our luncheon consists of a formal meeting, a two-course lunch plus coffee/tea then a speaker. The speakers we have chosen in the last few years have been informative with a sense of humour. Amongst our speakers topics we have had 'Beijing to Paris by Bicycle', 'The House of Windsor' and 'The Chelsea flower Show'. We give members a chance to present a talk on their particular interest or expertise if they wish to. Our latest function was an in-house one – 'Soup and Scones and Trivia' and our next one will be a 'Spring Fair' with a Melbourne Show theme. We also have bus trips, the last one was to Bendigo to see the Grace Kelly Exhibition. Our next trip is to Beleura in Mornington.

Our next speaker at our September Luncheon will be Beryl Jones speaking on "Learning for Life". New members or visitors are most welcome.

We support the Smith Family and raise money for this charity through outings, lunches, in-house days, and special functions such as our now famous Oaks Day, a day on which we dress up in our finest and partake of 'champers' and chicken. We sponsor five students through the Learning for Life initiative of The Smith Family. We also support Anchor, a foster parenting service in our local community.

Ferntree Gully VIEW is well known as the 'friendly club'. New members are welcomed by a hostess and introduced to a club member. They quickly find new friends and are never left sitting on their own. Our 'motto' is fun and friendship and service to those less fortunate. So if you want to join a club which is both welcoming and fun please ring our President Isabel on 9758 5435.

Hey Wantirna!

Give Braydon a helping hand!

Young Braydon Boggitt has a Deletion in his 17th Chromosome q 12. This disorder sees him have Epileptic seizures, nystagmus (this is where his eyes constantly move from side to side) and render him legally blind as well as Ataxia (he falls down all the time). He has significant social issues which see him rated in the Autistic spectrum disorder & has a limited life expectancy due to his disabilities. Braydon, despite his disabilities, is a happy child with blonde curly hair, a big smile & a wicked sense of humour. Braydon has many needs that his parents constantly need to maintain. They need to do everything for him from dressing him to feeding him. Braydon is still in nappies at 13 years of age due to incontinence.

Braydon is in need of a wheelchair to get around with the necessary things to hold him upright whilst he is being fed and to keep him from choking on his own saliva. The family also need a vehicle with a hoist to carry this chair. The chair is around \$7500 and a modified van with a wheelchair hoist can be up to \$70,000.00.

Braydon's Dad, Gavin has announced a Trivia night by Wise Owl Trivia to be held in the hall at Yawarra Primary School 39 Darwin Rd in Boronia on the 20th October 2012 and will be \$15.00 per seat or \$150.00 per table of 10. They will be holding auctions on the night as well as trivia and a great night of fun.

They are looking for donations of goods from individuals and businesses that can be auctioned at the trivia night to assist with fundraising. They would also appreciate any great ideas from people that are willing to help with ongoing fundraising. Visit braydonsdad.blogspot.com where contributors will be acknowledged and catch up on Braydon's progress.

Gavin can be contacted on 0412986175 or (03)97623972.

Email: gboggitt@bigpond.net.au.

Trivia Night for Braydon Boggitt

hosted by Wise Owl Trivia

October 20

Yawarra Primary School

39 Darwin Road, Boronia

\$15 per seat or \$150 per table of 10
For donations, sponsorship or

ongoing fundraising opportunities

0412986175 or (03)97623972



Connecting the Community at **Bridges**

A Volunteer Resource Centre

The city of Knox and Yarra Ranges needs more volunteers. If you enjoy interacting with people of all ages, enjoy the feeling of satisfaction when you have helped someone, enjoy giving back to the community, want to learn new skills then Volunteering maybe right for you.

There are volunteer opportunities for everyone from Pet companionship to preschool assistant or visiting the elderly to helping at special one day event projects.

Bridges Connecting Communities runs the Volunteer Resource Centre for the City of Knox and Yarra Ranges Region.

Whether you have one day a week or one day a month to spare we have the volunteer position that will be right for you. The level of commitment is up to you.

We also need Volunteer Drivers.

Bridges provide Pensioners with a wide range of services, including:

- Community shopping bus, Transport to and from Medical appointments and Hospitals,
- Planned activity groups which include, Woodworking, Crafts, Knitting, Gentle exercise,
- Singing, Coffee Club outings, Sewing and more. So if you have some spare time, we need you.

For further information on volunteering opportunities or if you would like to Volunteer please contact Lyn Maestri at the Volunteer Resource Centre on 9729 9499

The Volunteer Resource Centre is operated by Bridges Connecting Communities and is sponsored by the Knox City Council.

Mountain District Dog Club

Want to have fun with your dog, meet people and K9 friends for your pal? Change your dogs' life and yours and learn in a great group how to do it.

Come join a family club where we welcome all ages, ask some of our seniors or juniors how much fun & information they get each week. There are even family days out to local scenic parks, dinners at local restaurants and much more.

An Annual Fee from \$30 to \$79 is all you pay. Our dedicated Instructors are all qualified and volunteer each week to help you.

Phone 04 211 04430

email – mddc01@optusnet.com.au



What's been happening at the Ringwood Field Naturalist Club???

It has been an interesting time over the last couple of months at the Ringwood Field Naturalist Club. We have had a varied program with some great speakers.

“Nature around Portland” was the topic chosen by well known naturalist and Life member of the Club, Bruce Fuhrer who gave us an interesting talk on nature around the Portland area. Bruce took us on a journey around Portland showing us the flora, fauna, birdlife and the country side surrounding the area. Of particular interest was the Petrified Forest area which showed the fossilised tree trunks from the forest of years gone by. Another feature of the area was the Australasian Gannet rookery at Point Danger which is fenced off from vermin and guarded by a very lonely

Maremma guard dog. This enables the gannets to breed in large numbers which previously had only happened on Lawrence rocks, an island off the coast. Bruce showed wonderful slides and images which enhanced his talk.

Another interesting talk was by another Club member, **Joan Broadberry**. She chose the topic of “Bird watching and nature on Christmas Island”. This was a different insight into the much mentioned Island



Photo: Flame Robin by Peter Rogers

the press talk about. Not only did we get views of vegetation and the birdlife of the island, but had an intimate look at the turtles and crabs on the island. Joan was lucky enough to be on the island for the

annual ‘red crab’ breeding frenzy. She showed many photos to support her talk and the interest from those present was shown by the numerous questions at the end of the talk.

Excursions have been varied with firstly an outing onto **Western Port Bay**. A group of 34 members and friends set off for a morning on a boat, out on to Western Port Bay. This cruise was organised to show those present the wonders of the Marine Park and surrounds. On board we were lucky enough to have a Vic Parks ranger, Chris Haywood, who was eager to impart his knowledge of the area. After

an introductory talk on the bay and surrounds Chris was able to point out the physical features of the bay and the interesting mangrove areas and mud flats. Those interested in marine life and sea vegetation were kept busy with samples to look at, whilst others had eyes to the sky watching for the various sea birds in the area. A huge number of around 100 pacific gulls were a great sighting on the day. The weather stayed fine for us, so a good trip was had by all.

The next excursion was to **Yea wetlands and the Cheviot Tunnel**. When planning this trip the Yea wetlands were a picture with useful boardwalks meandering through local vegetation and showcasing many bush and water birds. At the time of this excursion there had been much rain over the weeks leading up to the day. The area was completely flooded with even the paths and boardwalks under water. A decision was made to travel on to the historic Cheviot Railway Tunnel in the Mc Loughlin’s Gap area, near Limestone. This is a favourite spot for the group with the attraction of the old railway tunnel, which reeks of history. It is also a great birding spot with many bush birds to be seen. Honey eaters, thornbills along with flame and scarlet robins were a delight with their brilliant red fronts shining out on a winter’s day.

Upcoming presentations are:

- In September the President of the Club **Peter Rogers** will speak on “A naturalist’s view of Tasmania”,
- In October **Lawrence Pope** will talk on “Flying Foxes in Victoria”,
- In November, **Elspeth Jacobs** will speak on “Eucalyptus ID is not meant to be easy!”

Field excursions will include the Beenak area (including Kirth’s Kiln), The You Yangs and a weekend to Yarram.

Details of these events will be at the meetings. Meetings are held on the second Wednesday of each month at 7-30pm in room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melways 49 H10).

All visitors are welcome. For more details phone **Alison or Peter on 9801-6946**.

Templeton Tennis Club News

Here we are well into springtime. My, wasn't the winter a cold and wet one?

However, now the better weather is upon us our thoughts turn to the warmer months and outdoor activities including tennis.

Our winter season has been filled with mixed results. We had 9 junior, 4 senior and 3 mid week ladies teams in finals resulting in 6 premierships flags and 5 runners up. A great effort by all involved.

We have further good news in that we have an additional 5 teams, to make a total of 11 in our senior Saturday competition this coming summer. Our juniors are well represented also and we have 60 plus junior players over Saturday and Sunday mornings.

Our thanks goes to Knox Council for their continuing support of our club with a grant of \$5000 towards replacing ageing light fittings on courts 7 and 8 and providing a \$500 grant towards our purchase of a defibrillator for the club.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. Come and join us. 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 junior Club championships were held on the 15th September with the winners being:

- A Grade Boys: Winner – Travis Burnie; Runner-up – Ju-lian Wan
- A Grade Girls: Winner – Elena Frantzeskakis; Runner-up – Louise Martin
- B Grade: Winner – Nic Henwood
- C Grade Boys: Winner – Mitchell Brooks; Runner-up – Nick Breeuwsma

Congratulations to the winners and all the participants for their sportsmanship and competitiveness.

We also welcomed, on Sunday the 16th September, a group of budding young tennis players from across the State to train at our facilities. They were the Bruce Cup squad of 12

years and under children. A good sign of what our club has to offer.

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.

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



News from **WANTIRNA TENNIS CLUB**

By Barry Cornell.

Wantirna Tennis Club fires up on all courts for some HOT tennis...thanks to Knox City Council

A successfully partnering between Knox City Council and the Wantirna Tennis Club Inc has seen the completion of a key tennis court restoration project thanks to funding from a Minor Capital Works grant.

The \$6173 project consisted of a rebuild of the playing surface, new drains and lines was completed with a Minor Capital works grant from the City of Knox council. The grant consisted of \$3086 from the council and \$3087 from the club funds. Close co-operation and working with Robert Morton from Youth Leisure and Cultural Services and hard working committee and tennis club members has seen the project completed.

The impacted court number 9 playing surface was unusable due to severe drought over a three year period followed by heavy excessive rains seen court 9 sink. A tennis court is a key asset for a tennis club and this successful restoration project has enabled the club to get back to 100% utilisation of all its 10 tennis courts. They are being enjoyed by both its members and the community, thankyou Knox City Council for working with us on this project.

This month @ Wantirna Tennis Club:

Junior club championships were completed on Saturday 15th September and presentations will be scheduled after the school holidays. Kelly Bisinella did a terrific job of organising the event and many thanks to committee members Helen and Emily for running the event on the day. Results are posted at the club house.

Our next Championship event is for senior's club championships which Kelly is arranging for in the coming month.

Cr Joe Cossari is visiting the club in early October to meet members and get an appreciation of this valuable asset in his ward.



Don't forget:

Come and join and play tennis at the Wantirna Tennis Club. It's a fantastic tennis club and venue. We've been operating in the community of Knox in Wantirna for 78 years providing the best tennis facilities in Knox. We are a family focused club offering a range of competitive tennis or just social tennis for both adults and juniors.

This club has excellent facilities, safe access into the complex, hard to go past the beautiful grounds in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get details and information on membership or to arrange and have a look at what we have to offer.

Wantirna Tennis Club Inc
Wantirna Reserve, Cnr Mountain Hwy and
Burwood Hwys Wantirna 3152
Melways Ref: 63C8
Club Secretary: Alison 0408576025 or
email wantirnatennis@gmail.com
Club coach: Kelly 0414874482

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Alan TUDGE MP

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alan.tudge.mp@aph.gov.au

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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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