



Studfield Wantirna Community News

A free community newspaper

Edition 21 - December 2012

Merry Christmas
and
Happy New Year 2013



Drawing by Meilisa - www.deviantart.com/lovemeilisa.

*Best wishes for Christmas &
the holiday season from SWCN!*

FREE



Delivered FREE to 7500 households & businesses in Studfield and Wantirna

INFORMATION and CONTENTS



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

Hello Summer!!! It is great to finally have some beautiful sunny days. Summer is a time that family and friends love to get together and socialise over BBQs, picnics, at the beach or by the pool. I really want to take this opportunity to remind people that whilst Summer can be fun and relaxing, it can also turn out to be a deadly. We have the threat of bushfires, extreme heat (which can cause severe dehydration in children and the elderly), as well as needing extra vigilance around activities at the beach or in the pool.

If you have not already done so, I would encourage you and your family to make sure your home is fire safe, and that you have a very clear fire evacuation plan that everybody in the family is aware of. Also, make sure you are aware of any fire restrictions and warnings that may affect you, especially if you are travelling or holidaying around the State.

The temperature inside a car is always a few degrees hotter than outside, and this can prove fatal to children and pets left unattended in vehicles. Also, make sure that you drink lots of water and stay hydrated. Dehydration can be a very serious issue.

Play safe and stay safe in the water. Whether it be at the beach, in the pool or out fishing, water safety is paramount. Never ever mix a water activity with alcohol, it is just simply too dangerous and not worth your life. So remember, while at the beach, swim only between the flags and obey any warnings. Never take your eyes off your children while swimming and always wear life jackets when out in boats.

Remain vigilant and ensure that it is not you or your family making news headlines for all the wrong reasons!

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.

Published by:

Studfield Wantirna Community News Inc.

ABN: 98259005633 RAN: A0054764G

Telephone: Janet on 9729 5007

PO Box 6159, Wantirna Mall 3152

swnewspaper@gmail.com or Coral &

Charles on 9762 3376

swnewspaper2@gmail.com

studfieldwantiranews.wikispaces.com

Volunteer newspaper production team:

Editor: Janet Claringbold

Coral Carew

Charles Carew

Keith Slater

Jenny Slater

Arlene Bach

Photographer: Chris Ellis

Front cover: by Meilisa

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

Printed by Newsprinters

Affordable advertising rates with discounts applying for multiple bookings.

For more information contact Charles on 9762 3376

NEXT EDITION: February 2013

DEADLINE FOR February Edition: JANUARY 18

Hello SWCN Readers,

It's been a great year for the team at SWCN, we have increased production from 4 editions per year to 6 editions per year, which is a huge achievement.

In 2013 we are looking forward to building on our achievements and bringing the Wantirna Community more news items and information from community groups and local businesses.

Once again, I would like to extend an invitation to anyone who would like to join our team.

We are a relaxed and friendly group and would welcome your involvement.

Best wishes for a happy Christmas & New Year!

Janet on behalf of the team.

**Interested in previous issues of SWCN?
Visit our website at studfieldwantiranews.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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Celebrating Christmas in Wantirna

Arlene's Christmas Reflections

by Arlene Bach

Hi everyone.

As I sit here we only have a few weeks to go 'til Christmas. That seems to bring one of two responses from people, either absolute dread or lovely anticipation. I am one of those who absolutely adore Christmas, the bells and baubles, tinsel and trees, the whole lot of it. Though I must say those Carols that seem to go on in the shops in early November are enough to put anyone off going shopping. Aren't you glad that you don't work in one of those stores?

Caulfield Cup Day has been and gone and the race that stops a Nation, the Melbourne Cup has been run. As soon as "The Cup" is over it is virtually Christmas. My Mum was not a betting person, but she loved Melbourne Cup Day, because that was the day that she made her Chrissy Puddings and Cake. I remember I always got to scrape the bowl out and lick the spoon, Dad didn't get much of a look in, I think there may have been a spot of favouritism there.

Back when I was a kid (which is a pretty long time ago, considering that I will have had my 50th Birthday in mid November this year) I remember that Christmas Day was absolutely guaranteed to be stinking hot, usually between 35 to 40 degrees going on the old temperature gauge. Mum would have been in the kitchen sweltering away for hours by the time Lunch was served. Turkey was not on the Menu at our house even when I was a child. Roast Chickens and Leg of Pork served with crispy golden potatoes that had been cooked in lovely golden fat out of the "dripping pot" (I'm pretty sure that dripping pots have been banned these days, in fact I'm not even sure that anyone under the age of 40 would even know what one is) with baked pumpkin, carrot, parsnip, onion and fresh peas that I had shelled. Is there anything nicer than getting the job of shelling the peas where you get to eat nearly as many as you shell?

All of these things had been bought a few days earlier from the Vic Market, where Mum and I, along with roughly half the population of Melbourne jostled while we got our last minute presents or supplies for



the Big Day. The poor old shopping jeep always got a real workout that last trip before Christmas and came home groaning under the weight, with the wonky wheels threatening to fall off before we got home. They never did, Thank God.

All of this was served up with lashings of gravy and apple sauce for the pork, and the crackling, Mmmmm, I can still smell it. Those of you that deny yourself the pleasure don't know what you are missing, and, if you do, then you obviously have more willpower than I do!

All of this was followed by home made plum pudding that had been hanging up since Cup Day in the spare room, on a rod that Dad had especially put up, just so that the puddings could dry out and Mum had easy access to them to do the daily inspection, and check that the cloth



was not going mouldy. That would have been a disaster, something along the lines of the Titanic, according to Mum anyway.

Paper Hats had to be worn and the jokes that

came along with them out of the Bon-Bon's had to be read out aloud for everyone to groan over. They generally are pretty bad aren't they? By the time pudding came out Uncle Jim had generally fallen asleep at the table, snoring gently with his paper hat hanging over one ear, after having had just a bit too much Christmas Cheer and then, waking up not very cheerful at all. All Families

seem to have an "Uncle Jim" of their own don't they?

Nowadays, instead of slogging over a hot oven all day some of us go for the more sensible option, (well more sensible considering our climate anyway, as well as the

time and effort bit) of the cold ham and salad or seafood lunch or dinner. Whatever you are having this year, whether you are the cook, or the lucky one just sitting back and having it presented to you at the table, where all you have to do is eat it, please enjoy yourselves, have a Happy and Healthy Christmas and New Year and be nice to your "Uncle Jim". If you are lucky you will not have to see him again till next Christmas!

Happy Christmas to All

From Arlene, Hubby and Monty

P.S - Don't forget to leave out the whisky and shortbread for Father Christmas

P.P.S – Don't forget the Dog, He is easily pleased, just visit your local Butcher for a bone.



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Wantirna Stories

Wantirna Rookie makes it in the Big League

In our previous edition you will have read the story by Cheryl Jones about her husband Llwyd, who had PSP Pgressive Supranuclear Palsy and who passed away at aged 52.

Here is the story of their son Andrew

Andrew started playing Rookie Ball at the age of 7 with Upwey Ferntree Gully Baseball Club. His dad (Llwyd) started his sister Samantha at the club playing rookie ball as Llwyd found cricket to be boring. He saw an ad in the paper and thought we would go along and see how we go.

Andrew followed behind and started playing as well, even though for his age, he should have been playing tee ball. Back then his skills and strength were remarkable for a boy of 7. Therefore he went straight into rookie ball and from there advanced to baseball. Andrew always had the drive and determination to better himself and would want to tryout for every tournament.

At the age of 11 Andrew was selected to play for Victoria in Japan and then the following year at the age of 12 he played for Australia in the Cal Ripken Tournament in America.

During the following years Andrew was selected to participate in the Major League Academy in Queensland as well as representing Australia in Canada.

After finishing Year 12 Andrew was offered a scholarship to attend Grayson County College in Sherman, Texas to play baseball and study economics. He attended the junior college for 2 years where the team made the College World Series and played in Colorado in 2011.

Andrew has now accepted another scholarship for 2 years to play baseball and finish his degree at the University of Hawaii.

Andrew who is a left handed pitcher, can throw anywhere between high 80's to 90 miles an hour.



Andrew Jones

Wantirna **Community Bank**® Branch

happy happy happy
holidays

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best wishes for the holiday season and thank you for
your loyalty and support.

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The Studfield Wantirna Community News team attended the Community Newspapers Association of Victoria (CNAV) annual conference held in Nagambie in country Victoria in October.

Each year members of the production team attend the conference and meet with other community newspaper representatives from all over Victoria to share knowledge and skills, to brainstorm issues and find strategies and solutions to strengthen our volunteer community newspapers.

This year the keynote speaker was Dr. Margaret Simons, Director of the Centre for Advanced Journalism at Melbourne Uni, author of *Journalism at the Crossroads*.



Dr. Margaret Simons

Dr. Simons spoke about the importance of community journalism in changing times. Dr. Simons said that print journalism was moving through a period of enormous technical change and innovation, but this certainly did not mean a decline in the appetite for news. She mentioned the special niche market community newspapers occupied.

From CNAV Roundabout

The SWCN team thank Knox City Council's community development fund for supporting our attendance at the 2012 CNAV conference.

How Community Newspapers Strengthen the Community

A community Newspaper is a community owned publication. The community they represent are usually, but not necessarily, a geographic community. Predominantly, they are publications from not for profit organisations. Most of them are operated by a team of volunteers.

There are approximately 250 of these published across the state - all individuals with different policies, emphases, publishing dates and charges. One size does not fit all. Each represents a community and utilizes the talent and resources that are available.

CNAV is a network of independent community newspapers. When CNAV began speaking to community newspapers around Victoria it was not hard to see how highly valued they are in their local communities. Recent research conducted by CNAV determined the main benefits of community newspapers to their communities.

The following are the key themes arising from the responses:

- Provides information on local events.
- Builds community spirit.
- Is a written record of local history.
- Reports on local news that is not covered in larger papers.
- Recognises the importance and achievements of people and groups in the community.
- Is an opportunity for local business to promote their services to the community.
- Raises the profile and morale of the community.

- Gathers and focuses skills in the community.
- Volunteers work together, get involved in their community and feel worthwhile.
- Builds social capital.
- Trusted avenue of reporting about local information.
- Provides a free letterboxing facility for underfunded community groups.
- Cultivates a sense of belonging for new residents.
- Like all independent media, it is an important tool for democracy.



Charles, Coral, Janet, Keith & Jenny of SWCN

Regular contributor, and local historian Glen Turnbull is sadly unable to write his popular and informative Wantirna History articles at this time due to a recent car accident. All at Studfield Wantirna Community News wish Glen the very best in his recovery.

Celebrate the gift of giving this Christmas

Council is calling on Knox residents to give generously this festive season, to support those in our community 'doing it tough at Christmas'.

"Christmas can be a difficult time for families to pay bills, as well as buy food and gifts, particularly for people on a low income," she added. "That's why this appeal is so timely, and so needed in tough times for local families." said Knox Mayor Karin Orpen.

How can I help?

You can drop off a donation at the following locations. You might also consider organising a fundraising activity with you staff, school or church group, or have a wishing tree in your in your office or business.

What to donate:

- Donations of non-perishable festive food
- Quality new gifts for children
- Gift vouchers for teenagers

- Volunteer time
- Make a donation (tax deductible) via www.givenow.com.au/knoxsharethejoy

You can drop off donations at the following places (during business hours from now until 12 December):

Ray White:

Unit 5, 1849 Ferntree Gully, Ferntree Gully

Bendigo Bank:

4-6 Station Street Bayswater
Shop 3 Chandler Arcade,
109 Boronia Road, Boronia

Eastern Regional Libraries:

- Boronia Park Crescent Boronia
- Ferntree Gully 1010 Burwood Highway,
- Ferntree Gully
- Rowville Stud Park Shopping Centre



knox community
CHRISTMAS SUPPORT
"Sharing the Joy"

Residents can contact organisers for more information, by calling Knox Infolink on 9761 1325, or emailing info@knoxinfolink.org.au

The Knox Share the Joy appeal is supported by not-for-profit organisations: Knox Infolink Inc (Project Lead), RAFT Anglican Church, Rowville Baptist Church, Bridges Connecting Communities, Hillview Community Church Inc, Salvation Army Rowville, Mountain District Vineyard Church, Highway Christian Church, Lions Club of Rowville, and the Rotary Club of Boronia.



**National
Year of
Reading
2012**

Discover and rediscover the joy of reading.

At last the big day has arrived and the Fashion Meets Fiction Exhibition has opened at the Burrinja Cultural Centre, 331 Glenfern Rd, Upwey.

The Darnell Collection is Australia's premier archive of vintage clothing with over 7,500 clothes and accessories dating from 1720 to the present day. Exhibition curator and owner Charlotte Smith has selected over thirty garments and dozens of accessories for Fashion Meets Fiction. Charlotte also chose the books and characters the clothes would represent.

The Centre's Artistic Director J D Mittman has created a superb setting for the clothing. It took a great deal of work by both curator and artistic director to prepare and dress the mannequins for display. The splendid wedding dress with its layers of trailing lace took many hours to arrange to get the maximum effect.

Fashion Meets Fiction can be seen at the Burrinja Cultural Centre from Friday 9 November 2012 to Sunday 17 February 2013. Tickets \$15, concession \$12 and students \$8.00 Bookings can be made online at www.burrinja.org.au or by telephone 9754 8723 or in person at Burrinja. The Exhibition is open Tuesday to Sunday 10.30am to 4.00pm.

Burrinja Cultural Centre has a theatre which holds 400 people and we will be putting it to good use when we screen *Georgy Girl* in mid January. We have chosen *Georgy Girl* for its associations with the exhibition where it is represented by a stunning dress by a brilliant South American designer, and because the film is not seen as often as it should be. Watch our website and the libraries for further details.

Wine and Words is another event scheduled for mid January at Burrinja. Melbourne actor and audience favourite Lise Rodgers will join us with readings from some of the books associated with the exhibition. Knowing Lise this will be an especially delightful event and one not to be missed. Further details will be available soon.

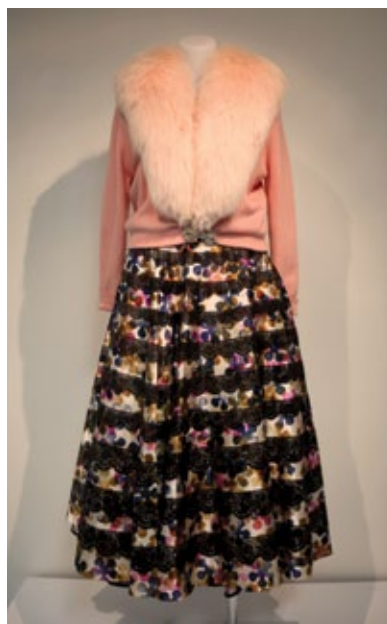
Our final event to celebrate Fashion Meets Fiction will be a brunch with author Kerry Greenwood in the Burrinja Café on Sunday 10 February at 10.30am. Kerry's books have been made into the Phryne Fisher Mysteries which aired on the ABC earlier this year. Tickets will go on sale soon.

If children would like to make something special for Christmas then Belgrave Library is the place to be. Children's Librarian Chris is known for

her craft activities and this year she has created a program of three afterschool workshops. On Monday 3 December at 4.00pm bonbons are the order of the day. On Monday 10 December at the same time children are invited to create jigsaw wreaths which make a unique tree decoration. The final session on Monday 17 December 4.00pm the craft is a Christmas Happiness Kit, a special gift for someone you love. The sessions cost \$4.00 each session and are suitable for primary school aged children. Bookings can be made online at www.yourlibrary.com or by telephone on 9754 7266.

For adults who would like to learn how to make their own Christmas cards there will be a workshop at Boronia Library on Wednesday 12 December at 1.00pm. Card maker Heidi has a variety of cards and techniques to demonstrate. Cost for the session is \$4.00 and bookings can be made online or by telephoning 9762 4099.

The Summer Reading Club for children will be commencing on Saturday 1 December at all our libraries (Knox will be re-opening after renovations on Monday 10 December). This is the program which encourages children to read ten books over the holiday period and provides small rewards as an incentive. At Eastern Regional Libraries we encourage both school age children and younger non readers to become involved. Younger readers can fill in their sheet with books they have had read to them. A lucky reader and non reader from each branch will win a book voucher. The program ends with a celebration at the Mooroolbark Town Centre in late January.



Talking Tech

with Micah Macri

Smartphone Shopping

Have you ever come home, looked at your TV guide, and realised you forgot to record your favourite show? We all have, and it's really no fun. Fortunately, thanks to technology, that's no longer a problem! If you have an Internet enabled computer or tablet, then you're able to access an array of Catch-up TV channels offered by the major stations.

ABC's iView, SEVEN's PLUS7 and SBS On Demand are among the most popular choices, however every free-to-air channel has some sort of web-service. Visit these sites in your computer's web browser and you'll be able to watch hours of TV programmes right from your computer screen. Content is streamed directly to your home using broadband Internet, and is free (ad-supported) across the sites. It's a fantastic resource!

Just remember, streaming video over the Internet uses more data than regular web browsing. For this reason, it's important to ensure your connection has a sufficient download quota – otherwise your provider may charge you or impose limits. However in most cases this is not an issue.

So next time you miss your favourite show, remember there's a free and legal alternative waiting for you on your computer! Just visit google.com and search by programme title.

By Micah Macri – TalkingTech.com.au



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Wantirna Primary Centenary Ceremony

After a year of Centenary celebrations that included, a very successful open day and community bush dance, Wantirna Primary School will be having a special Centenary Ceremony, on 6th December, 2012.

The afternoon will begin with a School Market Day starting at 1.30 pm. There will be a wide variety of goods for sale including: Tupperware, jewellery, candles, pre-loved goods and stalls created by the current Senior Learning Unit students who have completed a Unit of Work on Money and Marketing.

The official ceremony will take place at 3.00 pm and will include speeches by special guests, Mrs Heather Norbury, School Captains and community members from past and present. This will culminate in the official burial of the time capsule and placement of the plaque and rock.




Shaun Leane MP
Member for Eastern Metropolitan Region

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





It's never too late to learn at MDLC!

When Michelle Daly was 16, she didn't see the point of completing her education.

Feeling disillusioned, she left school at year 10 and then went to TAFE, but didn't stay. "My friend and boyfriend left, so I left too."

Michelle explains that at that time, she didn't care! "I would rather stay at home and be with my friends than be a TAFE by myself for a few hours a day".

Michelle had a change of heart when her Gran died suddenly in October last year. "It gave me the push to get off my bum and actually go and do it. It reminded me that life is short and I might as well go back and get my VCE while I'm still relatively young. I know my Gran would have been happy and proud that I will have finished my VCE and actually accomplished it."

Michelle made contact with Mountain District Learning Centre near her home in Ferntree Gully. "My sister Sam did year 10 at MDLC last year and I decided to look into it. MDLC offered the subjects I needed and wanted to do. It was more reasonably priced and being in my local area meant less travel time."

Michelle's ambition is to be a Party and Wedding Planner. With a year 12 pass, Michelle can get into a Certificate III in Events Management course at TAFE and will continue to study it at the Diploma level.

Michelle found that MDLC had a different approach to education which helped her to succeed. "At TAFE, the responsibility is on us and you need to do a lot of homework, but at MDLC it doesn't feel that overwhelming. The teachers have set the work and homework at our level, so we feel less bombarded."

The teachers have been supportive and have really helped us, especially my English Teacher Rachel, who helped improve my spelling and my confidence in writing essays."

"I hadn't been to school since 2006 so everything had to be re-taught to me. Because the classes are small, the teachers are able to take the time to listen, and take the time with stuff I actually need help with."

Doing the VCE has given Michelle greater confidence in her ability to learn. "I was able to help my sister in year 9. When I was in year 9, I didn't even read the book that I was meant to, but I was able to start her off with the introduction and show her how to link it into each paragraph, which I didn't do until I came to MDLC."

Michelle does hold some regrets about leaving school early. "Now I wish I had just stuck with it. I don't know if I would have done well but I would have now been finishing my advanced diploma. MDLC has given me a second chance to complete my education. If I get good results it's because of the teachers I have had."

"It's helped being able to come back at my age now, of 22. I have more maturity to focus on what needs to be done to achieve my VCE. I feel like I can accomplish things if I set my mind to it. I used to think I couldn't succeed in learning because I left school at just 16."

Michelle has been studying, English, History, Legal Studies and Business Management.

"Last Friday the Centre gave me a certificate that said Number 1 student. I took it home to show my mum and dad."

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Joe can be contacted on:
0402 780 933
or email:
joe.cossari@knox.vic.gov.au
*Joe wishes all residents a
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Making the most of your asset building years



Harness your peak earning years to achieve important financial goals, with the right mix of asset building strategies.

During their 20s and 30s most people focus on the basics of financial security: families, first home deposits, super contributions and personal investments.

By the time you reach your mid-forties things have usually changed. You've progressed in your career and you'll typically see your salary and net worth rising along with your living expenses. More importantly, you are just about to enter your peak earning years. In terms of building assets, these can be your golden years so it's important you plan to use them effectively.

Sorting out the options

This is a period of many options and a few risks. Should you concentrate on paying off your mortgage? Reducing your tax? Building your personal investment portfolio? Making a career change? Investing for a more comfortable retirement? Or a combination of these strategies?

Finding the right answers means some serious thought about what your life and investment priorities are and sitting down to talk with your financial planner may help. The answers are different for each of us, and getting them right is the key to maximising the financial possibilities that these peak earning years present.

Sylvia and Gerry's story

Sylvia, who's in her mid-forties, runs her own catering company, while Gerry, also in his mid forties, is a structural engineer. The older of their two sons will be completing school next year.

Gerry was recently promoted and the boost to his salary means they expect to have at least \$13,000 to save, invest or spend in the coming year. Gerry intends to continue salary sacrificing to build up his super which now stands at \$267,000, while Sylvia has accumulated \$22,000 in her fund. She plans to boost her super when she sells her catering business sometime after she reaches 55, or the boys have left home.

They believe their insurance cover is adequate; however, they ran down their modest cash reserves to support Sylvia's new business, and want to add at least \$15,000.

They are happy to continue paying off their variable rate mortgage which is \$280,000, though they are not sure if they should be more aggressive in reducing that.

When Sylvia and Gerry met their financial planner, they brought along their list of questions, though Sylvia was more interested in super while Gerry's focus was on building their investments.

Over several meetings, their planner presented them with a number of scenarios. Sylvia and Gerry were able to weigh up paying down their mortgage with their surplus funds over time, compared with salary sacrificing that same money into super. The planner also indicated to them the possible impact of fluctuating market conditions on their super.

They also determined the lump sum amount required if Sylvia and Gerry wanted to retire when Gerry reached age 65.

This information gave some focus to their discussions. They decided to pay down their mortgage with some of their surplus funds each year, and contribute the remainder of the surplus funds to their managed investment portfolio. This allowed them to build their wealth inside and outside of super to bolster their retirement goals.

Putting your plans together

As this story suggests, there are many situations and options that people have in their asset-building years. An important first step is to take stock and develop your own 'shopping list'.

The decisions and the changes start with you, and we're here to help. So, please call us today.

Financial fitness for the over 40s. (2011). steadyfinance.com.au/financial-fitness-for-the-over-40s.html

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

This article contains general information only. It does not take into account your objectives, financial situation or needs. Please consider the appropriateness of the information in light of your personal circumstances. If you decide to purchase or vary a financial product, your financial planner, our practice, AMP Financial Planning and other companies within the AMP Group will receive fees and other benefits, which will be a percentage of the premium you pay and/or the advice fee you agree with us. Some of the information in this article is based on our interpretation of the law. It is a summary of the subject matter covered and is not intended to be comprehensive tax or financial advice. No reader should act on the basis of this article without obtaining specific professional advice. Further details are available from us, or AMP Financial Planning Pty Limited on telephone 1300 157 173.

Beware of Wandering Jew

by Ashley Lee

Spring and summer means lots of plants are growing and flourishing. Many plants can be noxious to our pets if eaten or come into contact with the skin or eyes. One plant to watch is the Wandering Jew. This pretty green creeper and members of the same family (like the pretty Tahitian Bridal Veil hanging basket plant) can cause quite severe allergic skin reactions in your dog.

The affected skin tends to be in areas of contact with the plant such as the chest, armpits, belly, groin, feet and face.

Affected dogs have red, itchy, even blistered skin and the damage caused from scratching and chewing the skin may lead to secondary infections. Treatment is aimed at reducing the inflammation and itching of the skin, as well

as treating any secondary infections that maybe present.

Wandering Jew is common along walking paths and waterways, and may be present in home gardens. It is a succulent creeper which is cool to lie in and also harbours interesting lizards and insects making it a treasure trove of smells and sounds for your dog. It is really difficult to completely clear from your garden as the shoots and runners break off easily when you try to pull them out, so it can resurface again days to weeks later. Persistent removal, as soon as shoots are noticed, is essential if you are to succeed in eradicating this creeper.

Be aware that this plant can be a major allergen for your dog, and keeping on top of its removal or avoiding it during walks can prevent the misery of your dog having a severe contact allergy.



Wandering Jew



A dog with contact allergy caused by Wandering Jew



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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. Please drop into Orana anytime and see what Orana can offer you and your family..

Orana linking our house to yours

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Rowville Community Kitchen

Connecting community through opportunity

At Rowville Community Kitchen our main objective is training. We offer training in retail & hospitality as well as practical life based skills to a number of groups including job seekers wanting to return to the work force.

We are supported by our friends Aldi Rowville & Coles at The Glen with fresh foods and supplemented by fresh herbs from our own herb garden which was set up with support from Bunnings Scoresby. We are renowned for the creative desserts from chef Greg & the kitchen team.

Also available;

- Cheese workshops
- Tailored activities for groups such as return to work parents and young adults with intellectual disabilities
- Coffee making classes
- Catering for functions
- Movie sessions with morning or afternoon tea

Please contact Christine on 0417 851 204 or by email rck@hotmail.com.au for further information. Or check out our facebook page, Rowville Community Kitchen.

We operate in partnership with The Salvation Army Rowville Worship Centre, 16 Kingsley Close, Rowville to support our local community.



Desi Bar and Cafe comes to Studfield

Tarun, originally from Preston moved to the area in October 2012 after opening his own small business - Desi Bar and Cafe (previously known as Tivoli Cafe).

Dedicated to growing the business and becoming a valued member of the local community, Tarun is always willing to support the local community.

Desi Bar & Cafe is conveniently located within the Studfield shopping strip at 3/249 Stud Road, Wantirna South, Vic 3152 (next door to Cellarbrations).

Next time you are at Studfield, drop in and say hi to Tarun and his friendly staff!

About Desi Bar & Cafe:

Desi Bar & Cafe is a fully licensed cafe and bar, offering all day breakfast, freshly made salads, focaccias and salads as well as hot foods and weekly specials. A range of cakes, slices and muffins are also available to enjoy with a coffee made from Columbian & Brazilian coffee beans.

In the evening, Desi Bar and Cafe becomes a contemporary nightlife scene, serving various wines from both international and local wineries, spirits, numerous beers and exquisite cocktails.

Desi Bar and Cafe

Opening Hours are:

Cafe Tuesday to Sunday
from 7.30am til 3.30pm

Bar Thursday to Saturday
from 5.30pm til 10.30pm



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Local Art is the Winner at U3A Knox

by Kath Brown

The Art & Craft Exhibition at U3A Knox was our 16th show, and it has been a part of Knox Seniors Week for several years. It gives an opportunity for local artists (including those at U3A in our art classes and others) to win good prizes. The show includes other attractions - three stalls, for crafts, garden, and books, and a small cafe set up for the occasion in one room, which provides devonshire teas, and light lunches all of both days.

The Eastern F.M. 98.1 van was in the garden broadcasting all of both days, and with two \$1000 prizes to be awarded, plus many minor prizes it was crowded for the



The Eastern F.M. 98.1 Van

Opening on 13th October, with local politicians including Federal Labour member for Latrobe, Laura Smyth, Alan Tudge member for Aston, along with state members Heidi Victoria and Nick Wakeling.

All presented some of the prizes, and the Secretary of the Knox Environment Society was also there to present the Bill Batt Memorial Prize for Landscape.

The show was opened by the President of U3A Knox, Lawrie Gaylard, and the BIG cheque for \$1000 for Craft was presented to the winner Joan Dowling by the manager of Toyota F.T.G. (SEE PICTURE). Her large mosaic picture of a peacock was admired by all for its fine workmanship and artistry. The \$1000 prize for painting was awarded to Joan Naismith of Kilsyth for her painting of Vase with Apples, a tonal painting in oils.

There were several winners from the Wantirna area, including Connie Zundel (2nd prize for Oils), Linda Jones of Wantirna South (Needlework, 1st and 3rd prize for her works in Hardanger embroider) Yvonne Muir of Rowville for her Black and White Quilt, (1st prize for Patchwork) and Wayne Stewart of Wantirna South (2nd prize for Photography).

For more pictures, see the website www.u3aknox.com.au under Annual Art Show.

Now the Art Exhibition is successfully concluded the busy Knox U3A people are working for their Annual Concert where performing groups such as the choir, Chimes Group, the Vocal Chords group, Recorder Group, Line Dancers etc. will take part as they do every year. They will be at Knox Community Arts Centre in Bayswater on November 11th (Sunday) at 2.30 p.m. Tickets which include refreshments at interval, are only \$10 each from the Knox office 9752.2737 or email office@u3aknox.com.au



Laura Smyth prepares to present a prize



16 year old Jeremy Swan receives his prize - a Highly Commended prize for other media (pencil drawing) Jeremy is from The Basin. Both youngsters were competing against adults to win their prizes.



Avery happy Emily Brennan aged 11, of Rowville, receives her Highly Commended prize for Teddy in the Garden, a quilling picture.



Manager of Toyota F.T.G. is presenting the \$1000 prize to Joan Dowling



Graham, Secretary of Knox Environment is ready to present the Bill Batt Prize to Peter Schmutter.

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Jingle all the way at Knox Community Art Centre

Melbourne Male Choir returns to Knox for a special Christmas show!

What better way to celebrate the festive season than with a good old-fashioned sing-a-long...

The Melbourne Male Choir will be back at Knox Community Arts Centre, on Thursday December 13 to spread Christmas cheer — with an enjoyable afternoon of singing for the whole family.

The Choir's members love sharing their joy of singing with the wider community.

With one successful show already under its belt for 2012, the choir is back for a second, said Knox Community Arts Centre Coordinator Richard Mitchell.

"The Choir's love of chorale music is always an inspiration to Knox audiences," Richard said.

"Attendees can expect to hear arrangements of all their favourite Christmas carols, including classics such as Jingle Bells, Away in a Manger and many more!"

"We're looking forward to the community joining

us to share and celebrate the festive season spirit at the Knox Community Arts Centre."

"To celebrate the festive season, a complimentary hot chocolate and home-made fruit mince pie will be available with each ticket," Richard added.

More information:

When: Thursday 13 December, 7pm.

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

Cost: Adult \$22.50; Concession \$17; Friend of the Arts Centre \$15; or family of four \$60.

Bookings: www.knox.vic.gov.au/theatretix or 9729 7287.

The Melbourne Male Choir is always on the lookout for new members.

For more information please contact the choir's secretary, David McKenzie on 9887 4408.



Melbourne Male Choir
Christmas Show

Thursday 13 December 7pm

Adult \$22.50, Concession \$17, U3A \$15, Family of four \$60

There's no better way to celebrate the festive season than with a good old-fashioned sing-a-long. Share the joy of Christmas with this group of community singers and hum along to some of your favourite carols.

Complimentary home-made fruit mince pie and hot chocolate provided with every ticket purchase.

Bookings: www.knox.vic.gov.au/theatretix or 9729 7287
Knox Community Arts Centre Cnr Mountain Hwy & Scoresby Road Bayswater Vic 3153

News from the Victorian Jazz Archive

Proactively Collecting, Archiving and Disseminating Australian Jazz.

50 Volunteers - What do they do?

by Ken Simpson-Bull

A recent visitor to the Archive asked, "I can see 20 or more people all very busy. What do they all do?" Well, in fact, the Archive employs more than 50 volunteers, but they are not all present at the one time. So what do they do? Without mentioning names, here is a list of just some of the duties carried out at the centre.

Because the Archive is an accredited museum, each donated item is assessed for its importance and value by specialists in their field, and then properly registered and details entered on our data bases.

Photographs and similar graphic items are scanned on a computer and the digital images stored for rapid access on large capacity hard-disc drives. The original objects are then carefully packaged for storage under preservation conditions. (The Archive has 3 fire-proof vaults kept at a relatively constant temperature.)

In the case of sound or video recordings, most of these are professionally copied onto preservation-quality CDs or DVDs which are guaranteed to last a minimum of 100 years. Our sound room can handle anything from reel-to-reel tapes, cassettes and digital audio tapes to gramophone records of any size, speed or format.

Many of these sound recordings come to us with little or no identification so there is the task of recognizing the artists and the names of the tunes. As with the graphic material, the original sound or video items are carefully packaged and stored under preservation conditions.

There are also many physical objects such as musical instruments, books, and other collectables that have to be indexed and stored. And talking of books, the Archive has two extensive libraries to maintain.

Every so often a special exhibition is mounted in honour of a specific musician, band, or important jazz-related event. A lot of work goes into these displays. And of course there are our guided tours. A jazz band has to be organised for each of our regular group tours, not to mention the provision and serving of our famous refreshments.

Then there is the retail shop where a large selection of jazz-related CDs, DVD, and other merchandise may be purchased. Our own Vjazz CDs feature rare collectable jazz extracted from the vaults and professionally restored to a sound quality often not realised in the original recording.

We haven't mentioned the production of a regular 12-page magazine, our roving public library

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, fund raising events, general maintenance of the premises, operation of our web page, the office administrative staff, and the management team that keeps everything running efficiently. So, hopefully, our visitor now has a better grasp of what those 20 busy (and happy) volunteers were doing.



News in Good Health and Well Being

New in 2013!!

Health and Well-being Workshops at the Wantirna Wellness Centre



We are living in times of ever increasing anxiety and depression. Many clients comment about the impact their current life has on their general well-being. Feeling lost and out of control; they just want to go back to a normal life, where they feel in charge and can make their decisions with clarity.

One-way of getting our control back is by developing our awareness. Awareness of how our body feels. Awareness of how our daily life affects our body and our thinking. Awareness of how our thoughts can create stress and how our thoughts can also calm us down.

By enhancing and working with our awareness we begin to take back our control. We begin to feel empowered and therefore make better choices. By building on our awareness we begin to know what increases stress in our life and what helps us to reduce stress. Each and every body is different, so it is up to us to develop our own awareness and get to know our own body and mind.

It is also good to take time out, listen to interesting health and well-being information and learn more about how our body and mind can work together. The Wantirna Wellness Workshops are designed to provide health and well-being information and start in January 2013.

(Please see our advertisement of workshops)

Doris Mounsey, a Kinesiologist and Marita Reynolds, a Reflexologist and Reiki Master are offering evening workshops on a wide range of health topics. Our topics are Meditation, Introduction into Body Mind Wellness and two workshops on Essential Oils, introducing the use of essential oils for stress relief and on how essential oils can be used in skin care. Using essential oils is an easy enjoyable way of releasing stress and an easy tool to enhance our overall well-being.

If you are interested in learning more about keeping track of your health and taking charge of your healing journey, then one of these workshops will be a great starting point. All our evening workshops cater for small groups; up to 8 people and at the end we share a healthy light supper. This allows us time for any questions you may have. You will find the complete list of our workshops and Nurturing Days on our website www.wantirnawellnesscentre.com

Getting stressed with Christmas approaching, can you feel anxiety building up in your body or do you just want the right work-life-balance. Why not make an appointment with Doris Mounsey, who is a practising Kinesiologist (Diploma of Kinesiology) at the Studfield shopping centre in the Professional

suites at the Wantirna Wellness Centre Level 1 / Suite 9 249 Stud Rd, Wantirna.

Currently Doris has a 2 for 1 offer for her new clients (please see advertisement).

To book an appointment ring Doris on 0432 494 413. Please note that Doris will be on holidays from Friday the 4th January until Thursday the 31st of January, 2013. Doris would like to thank all her clients for their patronage over the last twelve months and wishes everyone a safe and prosperous festive season.

Whole Health Kinesiology News

New Clients Special

2 for 1 offer

Pay \$70 for your
1st session and get your 2nd
session free

To make an appointment ring

Doris Mounsey

Diploma of Kinesiology

on 0432 494 413

For more information visit

www.wholehealthkinesiology.com.au



January 2013

Introduction to Meditation

Wednesday 23rd January 2013.

7.00pm-8.30pm Investment \$30.00

This 1½-hour will introduce you to the basics of meditation. Simple techniques that you can use in your daily life in a variety of situations. This course will also prepare you for the 8 week Meditation course that will start on the Thursday 7th February from 7.30pm-8.30pm. Light supper provided. Marita conducts this course

February 2013

Meditation

8-week course

Thursday 7th February to March 28th

7.30pm-8.30pm. Investment \$40.00.

Marita conducts this course

Introduction to Mind Body Wellness.

Wednesday 13th February 2013

7.30pm-9.30pm Investment \$30.00

No matter what age you are, everybody understands their body's strengths and weaknesses.

This course will help you to set up a personal file on the health care professionals you need to help you support and maintain general wellbeing. This workshop assists you to set-up our own team of health professionals. It encourages us to collect all our health information and then to listen to our body, helping us to decide if we need to see our medical practitioner, get a specialist referral or see a complementary practitioner.

It also helps us keep track of all the diagnostic information when dealing with complex health issues. Light supper provided. Marita and Doris conduct this course.

Wellness through Essential Oils

10 oils focusing on Stress Relief

Wednesday 20th February 2013

7.30pm-9.30pm Investment \$30.00

Focusing on the healing properties of Essential Oils and their safe use in our daily environment, this workshop introduces 10 essential oils for their calming, relaxing and restorative properties. During the workshop you learn to combine your sense of smell and newly gained knowledge to create your own relaxing oil to take home.

Light supper provided. Doris conducts this course.

March 2013

Wellness through Essential Oils Skin Care

Wednesday 6th March 2013

7.30pm-9.30pm Investment \$30.00

Essential Oils allow us to create our own chemical-free skincare for a fraction of the price we pay retail. This workshop takes you through a variety of oils for each skin type and at the end of the workshop you decide which of the oils you would like to use on your skin by adding them to a jar of homemade Aromawizard moisturiser. Light supper provided. Doris conducts this course.

Introduction to our Body's Energy Centre.

Wednesday 13th March 2013

7.30pm-9.30pm Investment \$30.00

This workshop has been developed to simply explain how we are energetic beings and how our energies can become blocked or congested. This can make us feel unwell. By understanding how our energy centres affects our body's organs we can assist our self-healing and avoid making the small problems, big problems. Light supper provided. Marita and Doris conduct this course.

Autumn Nurturing day

"Mindfulness with Gratitude"

Saturday 23rd March 2013

10am-3pm Investment \$50.00

Come and spend the day with Marita and Doris. Stop getting caught up in the negativity of life and begin by celebrating what is good in your life. The day is full of short activities that will help you connect with the good things in your life. A healthy lunch and afternoon tea is provided, and the afternoon will allow you to experience a 10-minute reflexology session and an aromatic kinesiology session. Come along and allow yourself to just be!

Booking for all workshops is essential.

Payment at time of booking is required.

To book please phone 9801 5201 or Marita on 0425 735 581 or Doris on 0432 494 413

For more information, please visit our website

www.wantirnawellnesscentre.com

**Level 1 / Suite 9 249 Stud Road,
Studfield Shops, Wantirna**



News from the Osteo! with Dr. Jason Stone of Wantirna Osteopathy ***The Unfortunate Truth About the Aussie 'Thong'***

The sun is making a more regular appearance and the shorts and skirts are back in town. The time consuming action of pulling on socks and lacing up shoes is rapidly being replaced by slipping on 'thongs'!

Over recent years 'thongs' have evolved far beyond just a beach item or for showering in caravan parks. They are regularly seen worn with jeans at barbecues and beer gardens, exiting the footy clubs and gyms and doing the supermarket shopping.

Anyone who's walked into my osteopathy clinic wearing thongs/flip flops/Haviana's soon learns what I think about them. Unfortunately the iconic Aussie footwear is a cause of many musculoskeletal aches and pains. Those of you who've suffered plantar fasciitis, foot pain, heel pain, shin splints, calf pain, knee pain to mention a few, probably know exactly what I'm talking about.

Foot pronation (rolling inward of the feet) has long been a focus of podiatrists due to the increased workload on muscles in the arches, calf and shin, as well as the extra strain on the

knees, hips and lowback. Many people have had orthotics (arch supports) prescribed to help cater for the support most footwear fails to provide. Unless your wearing Birkenstock's or other supportive thongs like Orthaheel your thong is likely to cause foot pronation.

That's not the end of it!! As its alter ego 'flip flop' suggests, the thong flips up and down with every step creating that summer sound of slapping against your heel as you stroll along the hot asphalt. This flick of the rubber sole demands a great deal more work from the calf muscles whilst the arch muscles help your toes to cling onto the strap of the thong. Not surprising you get those heavy legs, cramping calves or tired feet after you've run around Knox City doing the Christmas shopping!!

So what do we wear in the summer then? Brands like Birkenstock, Orthaheel and Crocs have added arch support to reduce pronation and their straps reach further back on the foot to minimise the flip flop action. Sandals with



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- Joint and muscle pain

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arch support would be more preferable though. Overall, if you can find a summer shoe which has some form of arch support and fits you firm enough to walk without a flip flop action your on track.

If you do decide to persist with thongs, try to avoid walking too far in them and stretch your calves as often as possible.

Enjoy the summer.

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

How do we achieve happiness?

by Marita Reynolds

Psychologists are finding that more and more adults are finding it harder and harder to stay focused. People are turning to coffee and prescription drugs as an answer to help solve this problem.

We live in a world of constant distraction; TV, Mobile phones, sms, Face book, newspapers, magazines, family, friends and work. It's easy to become overwhelmed by it all and to forget about us and how we feel.

Our bodies don't cope well when we are under stress. They usually let us know this by giving us a sign or a symptom of general unwellness or feelings of anxiety or depression.

We forget about what matters most in our lives, which are often the simple things. Things get harder when we allow the mind to take control. Life is continuous; there is always something happening and this is not going to change. By accepting this as part of life we can think of ways to help us to cope with the constant distractions rather than be overwhelmed by them.

How can we stop the cycle of continuous chaos which results in us suffering? By allowing ourselves to enjoy the life we have been given.

This can be achieved through our awareness. Notice the good things that surround you and make a

conscious effort to enjoy them and be a part of them. If we can be saddened by a thought, we can also be happy with a thought.

How can we make this an easy transition for ourselves? By practicing daily. Seeing the world around us, not just the negativity. We have choices. Maybe part of the choice is to make a conscious effort to not listen to bad news. Go for a walk and be inspired by the nature that is around you. We need to concentrate more on things that calm the mind rather than the stimulating constant bad news we are subjected to. By doing this you will start to feel less anger, frustration and anxiety.

The benefits will be very rewarding; improved sleep, reduced pain, lower blood pressure, and improved general wellbeing. By feeling happier and calmer you will start to do the things you want to do.

The good news is it takes only a few minutes a day to make the changes to you being a happier you. The only thing you need to do is make a conscious effort to make it happen. If you need assistance you may like to investigate meditation, yoga or some other forms of relaxation. You have choices; make the choice to make yourself a happier you.

Marita Reynolds is a practising reflexologist in Studfield shopping centre in the Professional suites at the Wantirna Wellness Centre (upstairs from the pedestrian crossing) Suite 9/ 249 Stud Rd Wantirna. Marita also runs a meditation class each term please see Health and wellbeing workshops advert for dates and times including an Introduction to Meditation night. Marita welcomes enquiries and would be happy to discuss how reflexology and meditation can assist you. Marita can be contacted on 9801 5201 or 0425 735 581. Please note that Marita will be on Christmas leave from Friday the 21st December and back on Monday the 7th of January, 2013. Marita would like to thank all her clients for their patronage over the last twelve months and wishes everyone a safe and prosperous festive season.

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

Community Group News

Lions Christmas Cakes and Puddings, On Sale Now

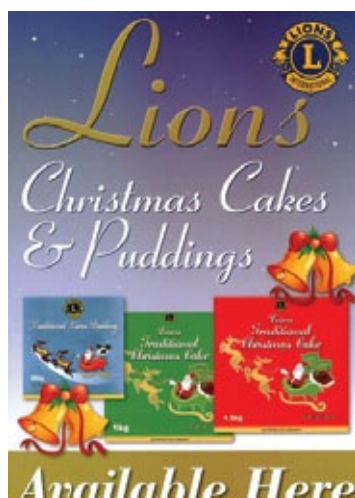
The famous Lions Christmas Cakes and Puddings are on sale and available to purchase through a variety of retail outlets within the Studfield Wantirna area. These businesses are selling the cakes and puddings on behalf of the Lions Club of Wantirna.


Buying a Christmas cake or pudding from the Lions Club is a great way to support your local community service group and get into the Christmas spirit. All profits from sales are used for local community service programs.

Make your Christmas complete with one of these cakes or puddings. Cakes are available in two sizes: small \$11, large \$15, and Puddings \$11

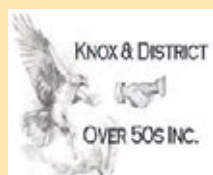
If you would like to purchase a Lions Christmas Cake or Pudding please call the Lions Club of Wantirna cake chairperson on 0419 333 676 to find out where and how you can get hold of them.

Look out for the following flyer in the window of your local retailer:





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Knox & District Over 50's Inc.

December already! Wow, where did that year go? They go so fast when you're having fun.

We know you will all be looking forward to the Summer holidays and, of course, the Festive Season and the Knox Over50s wish you all the very best during this wonderful time of the year.

Although we don't have a meeting scheduled during December, we are already organising many wonderful events for 2013, including our famous, annual extended trip.

Every 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.

There is so much more to come 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 welcomes input from all our members.

We meet in the Boronia Progress Hall on the fourth Tuesday of the month at 1.00 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, 22nd January, 2013, to discover all we have planned for next year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

A very merry Christmas and a Happy New Year to one and all.

Contact Jill on 9801 4363 for any further information.



Rotary News

This was a brilliant event! The Rotary Club of Knox organised a forum to highlight mental health issues in the local community. They invited excellent speakers. The gravity of the event was underpinned by the eagerness of local MHR Alan Tudge as Chairman. The event catered for 80 participants. 150 turned up. This demonstrates the prevalence of mental health issues across the Knox community. The issues range across the serious impacts of schizophrenia and bi-polar disorder through substance abuse and depressive conditions. This sets up the inevitable question: 'what is anyone doing about it'?

Professor Anthony Jorm of Melbourne University is a highly esteemed practitioner. He works in the crucial fields of early diagnosis and early intervention. He has put forward programmes for mental health first aid and mental health understanding. His key message is that mental health issues may affect up to 20% Australians in any one year. Sufferers are not alone and help is available.

Inspector Terry Kane of Knox Police told the meeting how the police can become involved in serious cases where a sufferer may cause harm to themselves and others. These are days of more



Alan Tudge MP



Prof. Anthony Jorm

sensitive policing. The Knox Police work together with other local health agencies to ensure that harm to the sufferer and to their family are minimised. The days of heavy handed policing of these issues has, fortunately, gone.

Robin Richards gave the carer's perspective. Her son developed a serious schizophrenic disorder in late teens. This led to severe disruption to her family and to the development of her son. The symptoms were severe; the impacts were grave. She shared the experience with the meeting and suggested approaches to how such cases may be handled.

Brendan Clarke is, himself, a sufferer. He is a brave man who now works with other sufferers to describe his symptoms, his experiences and ways in which others may benefit from his experience.

A number of key points came from the meeting.

- Mental health issues are widespread and are all around our Knox community.

- They range from the trivial to the severe: there is no 'one size fits all' solution. Each is different and must be treated as such.

- Practical help is at hand through organisations such as the Mental Illness Fellowship and the Knox Community Health Service.



Inspector Kane



Brendan Clarke



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Life Activities Club Knox Inc.



Firstly, we wish everyone a very merry Christmas, and good health, happiness, safety and friendship, in 2013.

News: The very first Life Activities Club celebrated its 40th Anniversary this year, 2012, and we at Knox reached our 25th. And of course, a good time was had by all. There are 22 clubs in total, under the umbrella of Life Activities Club Victoria, so there is sure to be a club near you. Most of our activities continue throughout summertime, so please feel free to join in on any 2 of the following: Armchair Travel, Badminton, Bushwalking, Cards, Chinwaggers, Cinema, Fishing, Walks, Board Games, and Water Aerobics.

As you can see from our birthday photo, we are a fun club.

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
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Community Group News



News from **WANTIRNA TENNIS CLUB**

By Barry Cornell.

Cr Joe Cossari ward councillor for Collier Ward hit up a storm of interest while on a visit to the Wantirna Tennis Club Inc during October. It was Cr Cossari's first visit to the club and he was very impressed with the facilities and the committed volunteers. The club has been operational in Knox since 1934 and has been a community hub for local's playing competitive and social tennis during this time.



With Cr Joe Cossari in the Wantirna Tennis Club grounds L to R: Barry Cornell, Helen Fernandes, Life and committee members, Kelly Bisinella Club coach, Ross Roberts Club President, Cr Joe Cossari, Emily Rogers Junior Convenor, Daryl Barrett Treasurer and Life Member.

Cr Cossari took the opportunity to spend some valuable time talking over a cup of coffee with committee and life members and the club coach who struck up an interest with Joe with her recent trip back to Italy. Joe also met one of Kelly's

assistant coaches, Susan, who is visiting from Italy. Cr Cossari inspected the refurbished court 9 which had been recently completed with joint funding with the club and a minor capital works grant from the City of Knox council.

Cr Cossari will be coming back again to visit in the near future to catch up with our future junior champions. It was really good to meet Joe and show off this great and successful tennis club in the Collier Ward.

If you want to see yourself what this club has to offer contact or visit us, we have terrific facilities and 10 tennis courts in the terrific setting of Wantirna Reserve. We've been operating in the community of Knox in Wantirna for 78 years; we are a family focused club offering a range of competitive tennis or just social tennis for both adults and juniors.

With safe access into the complex and beautiful grounds set 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.



With Cr Joe Cossari in front of the club house L to R: Barry Cornell Life and committee member, Kelly Bisinella Club coach, Helen Fernandes Life and committee member, Emily Rogers Junior Convenor, Ross Roberts Club President, Cr Joe Cossari, Daryl Barrett Treasurer and Life Member.

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

Happenings from the **KNOX CITY TENNIS CLUB**

by David Willing

Knox City Tennis Club leads the way for tennis clubs in our area by being the first to install solar panels to help our environment and reduce our electricity costs from our ever growing night tennis competition. Our 16 panel 3kW system will ensure that we do our part in helping cut electricity usage as well as feed back power into the grid to minimise payments to the power companies and make more money available for Club improvement projects.

Our recent trivia night was a huge success with all proceeds going towards the building of a new outdoor BBQ with a fully covered shaded area to keep the cooks and other members cool while using the new facility, particularly over the summer season.

Coming into the festive season the Knox City Tennis Club is firing on all cylinders. Our

Waverley District Junior and Senior teams are just past the half way mark in the summer competition with the fifteen Junior teams and seven Senior teams all going very well.

Our night tennis competition in Blackburn District has just completed with many of our 20 teams making the finals. Over the break during December and January we will be holding an In House round robin competition for all grades so if you would like to join in and have a hit, please contact us by 1st December.

During the festive break we will also be continuing the usual Wednesday night social where anybody can come along and try out tennis for only \$5. Bring a friend or just keep you eye in for next season. You don't have to be a member, we welcome all players to experience our Club.

AND for all the Seniors tennis players out there, don't forget that we run a great In House social morning group every Thursday from 9am. Just bring you, your racquet and your smile to have a great mornings tennis and meet a fantastic bunch of people.

For any information please contact us below on:
Knox City Tennis Club Inc.
Neville St, Wantirna South, 3152
Melways 64 B10
Email: knoxcitytennis@gmail.com
secretary@knoxcitytennisclub.com.au
Coach Gary Leech: 0398005862
www.velocitytennis.com.au

Templeton Tennis Club News

Well here we are all but at Christmas. My how time flies buy!

Not a lot of news since our October update.

The lighting works have been completed on courts 7 and 8. Our thanks again to Knox Council and their assistance via the minor capital grants process.

The summer season is progressing well, although at the time of writing we are only some 4 games into the year. However, by the time you will be reading this it will be half way through and we are hoping that we will be experiencing some success.

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 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.

Merry Christmas and a Happy New Year to all!

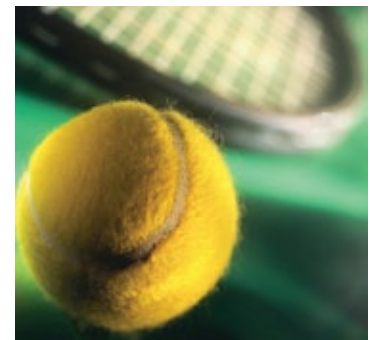
Templeton Tennis Club Inc.
Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 63 G9
Membership: Russell 9887 1957
Clubhouse: 9887 3505
President: Don 9800 3316
Coaching: Kelly 0414 874 482
Website: www.templetontennis.com.au
Email: president@templetontennis.com.au

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Cnr Stud Rd, opposite Knox Club



We wish you a Merry Christmas.....minimising "Christmas Stress"

The silly season will soon be upon us and whilst this brings fun and festivities for most, Christmas can also be one of the most stressful events of the year. Social gatherings, the pressure of Christmas shopping and purchasing gifts, coupled with the expectations of family and friends, can all combine to create "Christmas stress".

Remember - massive credit card debts can take months to clear.

This can be a challenge in the 'buy now, pay later' society that we live in, however, taking on the challenge by planning ahead, spending within your means, setting a realistic Christmas budget and implementing it, doesn't mean you'll have less fun.

In the lead up to Christmas, we encourage you to put the credit card away and celebrate without dragging home a sack load of debt disguised as presents

Tips for reducing Christmas stress and keeping the Christmas budget on track:

- Decide on a spending limit and stick to it.
- Discuss the idea of a Kris Kringle with family/friends -that way everyone gets a gift and spends less.
- Buy presents only for the kids.

- Set limits on spend per present per person.
- Make a list of what you want to buy before you shop and stick to it.
- Lay-buy goods now to spread the cost
- Plan an activity with the people that you love...sharing time is the most valuable gift of all.
- Give gifts that reinforce those special relationships among your family and friends – they don't have to cost much.

If you're hosting Christmas lunch/dinner – ask your guests to bring something – helps reduce costs and stress in preparation

Do your shopping early – don't leave it to the last minute- you'll spend more and are likely to feel more under pressure

Plan for 'hidden' expenses such as higher food bills and higher phone bills
These are just a few ways to enjoy the festive season without accumulating debts that may continue to make the family struggle well into the New Year. Things that may sound corny to start with can be great fun and a lot less stressful! Merry Christmas.....

Kim Hubber – EACH Financial Counsellor



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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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