



Studfield Wantirna Community News

A free community newspaper

Edition 22 - February 2013



Photos by Chris Ellis

- ***Villa Maria Opens Multi-Million Dollar Redevelopment***
- ***Ringwood Community Garden Open Day***
- ***Classes set to begin at Orana and U3A***

FREE



Delivered FREE to 8000 households & businesses in Studfield and Wantirna

INFORMATION and CONTENTS



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

I hope you have all enjoyed a happy and safe start to 2013.

A new year brings us all opportunities for new beginnings, new hopes and new goals. If you find yourself with recurring thoughts about projects not completed, or new adventures, now is the time to make that long awaited first move.

There are so many fantastic opportunities in our community to help us all work towards our own personal goals.

You may be thinking of further education, either work related or just for fun. Perhaps you could look into night courses or contact Orana Neighbourhood House to find out your local options. You could take a yoga class, learn about computers, gardening or scrap booking - whatever takes your interest.

How about volunteering your services to a local charity or club? This could mean anything from knitting, making your famous jams and preserves, reading to the elderly, handyman work for those in need, or driving those who are unable to get to appointments. The options are limitless, but if you have a talent, there is someone in our community who can use your help.

Self-improvement takes many forms, but now is the time to make sure all those well intentioned New Year's resolutions don't fall by the way side. So go for that walk while the weather is beautiful, smell those flowers and make the absolute most of every day.

Stay focused on your personal goal and make 2013 a year you will be proud of.

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
PO Box 6159, Wantirna Mall 3152
swnewspaper@gmail.com
Coral & Charles - 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: Signal boxes by Chris Ellis

Copies: 8000 copies produced with 7000 delivered to houses in Studfield & Wantirna and 1000 through local distribution points.

Printed by Newsprinters

Affordable advertising rates with discounts applying for multiple bookings.

For more information call Charles on 9762 3376

NEXT EDITION: April 2013

DEADLINES FOR 2013

April	March 8
June	May 10
August	July 12
October	September 13
December	November 8

Hello SWCN Readers,

Here we are in the second month of 2013 already!

We have an exciting year ahead, with plans to establish a new home base for our newspaper.

It will be great to have an office so our volunteers can get all the paperwork off the kitchen bench and out from under the bed and have a dedicated space to work from.

We will have more details about our new home in our April edition.

We are always looking for new volunteers for our team, so if you have some spare time and would like to be involved, you would be made to feel very welcome!

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.

Contents

Villa Maria News	Page 3
Orana Neighbourhood House	Page 4
Ringwood Community Garden	Page 5
News from the Library	Page 6
What's Cool at School?	Page 7
News from around Wantirna	Page 8-10
Knox Essential Services	Page 11
Knox U3A	Page 12
Community Media	Page 13
News in Good Health & Wellbeing	Page 14-15
Community Group News	Page 16-18
Sporting Group News	Page 19

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

Multi-million dollar redevelopment opens at Villa Maria Wantirna

Around 1,000 people braved 37 degree heat to attend the Villa Maria Wantirna Open Day on December 8; celebrating the multi-million dollar redevelopment of the 96-bed aged care residence, Wellbeing Centre and Gateway Service.

Community members eagerly took the opportunity to tour the new, state-of-the-art aged care residence with its superb amenities and lifestyle programs, as well as meet the staff and visit the new Wellbeing Centre and Gateway Service. Villa Maria staff gave away around 700 sausages to the hungry crowd, which also consumed around 1,000 bottles of water. Roving musicians kept people entertained, while the younger generation enjoyed having their faces painted.

Wantirna Centre Manager Kathleen Collings said the team enjoyed showing people around the modern aged care residence, which offers low care (ageing in place), high level care through premium, boutique choice accommodation Villa Meridian, and specialised dementia support and respite facilities.

Kathleen said the response from visitors was "amazing".

"We received lots of positive feedback from people who said they were very impressed with the design, feel and furnishings of the residence," she said.

"Excitingly, we have already begun the process of welcoming residents into their new home; and by the end of the year there will be 20 older people settled into the residence. Wantirna will offer its residents a strong person centred focus and skill in supporting people with complex dementia needs and their families. We also look forward to developing a strong volunteer base, and acting as an education and awareness hub for the wider community."

When its services resume in January following the holiday break, Villa Maria's new, purpose-built Gateway Service will offer adults with disabilities dedicated artistic spaces, a modern kitchen for cooking programs, an on-site gymnasium and an outdoor sensory garden.

Villa Maria CEO Valerie Lyons said the entire Wantirna project would be an asset to the Knox community; enabling a holistic approach to service delivery with quality, modern facilities. She also extended a sincere 'thank you' to Villa Maria staff who volunteered to help out on the day.

"We are excited by the opportunities that lay ahead as we celebrate the launch of this unique community hub," Ms Lyons said. "This project is a testament to our long-standing and ongoing commitment to people living in the eastern region, who have so much to gain from the redevelopment."

For aged care admissions inquiries please contact Sue Caithness on (03) 9855 7602.



Villa Meridian bedroom



An internal shot at Villa Maria Wantirna



A Villa Meridian Lounge

Fulfill your dream!

EDU-KINGDOM COLLEGE
Educational Coaching Specialists

Wantirna Branch

Year 1 to 12 classes

★ **\$200 DISCOUNT** ★
for any new student who enrolls.
*Conditions apply

DON'T MISS OUT!

- Free assessment & helping classes
- Qualified teachers
- Best learning materials

EKC Wantirna 9800 3988
Email: wantirnai@ekc.com
Level 1, 223 Stud Road, Wantirna

Orana Neighbourhood House



What's Happening at Orana?

Orana offers a range of programs, courses and classes for people living in our community, as an opportunity for enjoyment, learning and to develop new interests and skills. Please drop into Orana anytime and see what Orana can offer you and your family.

TERM 1 AT ORANA

Vacancies still available in the following classes

- Mosaic all day Sculpture Workshop
Saturday 23rd Feb 10am-2pm, \$115 all materials provided
- Getting back to Sleep Workshop
Tuesday 26th February 7pm-9pm, Cost: \$22
- Essential oils for Summer
Tuesday 5th March 7pm-9pm, Cost: \$22
- Essential Oils & Stress
Tuesday 12th March 7pm-9pm, Cost \$22
- Women's Health Day
Wednesday 20th March 10am-3pm, Cost: \$28 (includes lunch)
- Laughter Wellness Workshop
Tuesday 19th March 10am-12pm, Cost: \$25
- Lao Cooking & Culture Talk
Tuesday 19th Feb 10am-12pm, Cost: \$15
- Summer salads with fresh ingredients from the garden
Saturday 23rd Feb, 10am-1pm, Cost: \$25
- Planning your Retirement community talk
Friday 1st March 10.30am, Cost \$2
- Shopping with a Conscience (includes visit to supermarket and afternoon tea)
Saturday 2nd March, 1pm-4pm, Cost: \$40
- Acrylics Art workshop with renowned artist, Helen Cottle
Saturday 16th March 10am-3pm, Cost: \$120 includes all materials
- Introduction to Creative Writing
Saturday 23rd March 10am-2pm, Cost: \$45
- Easy tips & tricks for kid's parties including making your own cake topper
Saturday 23rd March 10am-1pm, Cost \$28
- Journaling for fun/or therapy
6th-27th March Wednesdays 1pm-3pm (4 weeks), Cost: \$65
- How to resolve a neighbourhood dispute (with Eastern Legal Centre)
Tuesday 5th March, 1.30pm-2.30pm, Cost: \$2
- Tips & Tricks for travellers to Europe
Monday 18th March 10am-12pm, Cost: \$20
- Landlords Rights & Responsibilities Community Talk (with Consumer Affairs Victoria)
Friday 22nd March, 10am-11.30am, Cost: \$2
- Computer Workshops:
 - Make the most of your Laptop
Sat 2nd March 10am-1pm
 - Getting to know your Ipad
Sat 16th March 10am-1pm
 - Declutter your computer
Sat 6th April 10am-1pm
Cost: \$30 per workshop

CONTACT ORANA FOR MORE DETAILS ON THESE COURSES

CHILDCARE AT ORANA

Fun & Games for Older Toddlers

Thursdays 9.30am-12.30pm
Cost: \$320 per term
(\$20 discount if paid in full)

Fun & Games for Under 5's

Fridays 9.30am-12.30pm
Cost: \$320 per term
(\$20 discount if paid in full)

- *Huge outdoor play area
- *Small groups
- *Kids own vegetable garden
- *No fundraising



Come down and meet our friendly childcare staff and see what Orana can offer your child.

ORANA COMMUNITY KITCHEN GARDEN

Come along and join like minded people in maintaining our community kitchen garden. Meets every 2nd Thursday during school terms beginning 31st January at 10am Cost: Free!



COMING UP IN TERM 2:

- Digital Photography
- Make your own photobook
- Tracing your family history
- Mosaic Garden workshop
- Dog Expo
- Thai Cooking
- How to make your own preservatives
- Celebrate Neighbourhood House week May 7-10
- Computers for Beginners & Intermediate
- Back to Office Skills Class

REGISTER YOUR INTEREST NOW FOR TERM 2 BEGINNING 15TH APRIL



Orana Neighbourhood House

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



Ringwood Community Garden

Ringwood Community Garden

OPEN DAY

**Saturday February 23rd
& Sunday February 24th
10am – 4pm**

The Community Gardens, located in the J.W. Manson Reserve, Selkirk Avenue, Wantirna have been established and flourishing for the last 33yrs.

Totally run by a Volunteer Committee, they have over 100 garden plots growing everything from tomatoes, berries and fruit of all sorts, to exotic things like snake beans, okra, all sorts of chillies and pepino, which is a type of melon. Everything is Organic and cultivated with loving hands, which shows in the eating!

On the 23rd and 24th of Feb they are having an Open Day as part of the "OPEN GARDEN SCHEME" and are encouraging people to come and see what the Group does and how to join them.

Come and learn about community gardening and the joy that can come from growing and sharing fresh produce from the garden, with like-minded people.

Put your name down on the waiting list for a plot. Enjoy the Sausage Sizzle, the Home Made produce and goodies and buy a ticket in the Raffle.

**Further information is available from
www.ringwoodcommunitygarden.org.au
or about the Open Garden contact
Tony on 0418 38 55 00.**



Open Gardens Australia

Open Gardens Australia is a not-for-profit organisation that opens private gardens and organises garden-themed events for public enjoyment around the country.

Our aim is to promote the enjoyment, knowledge, and benefits of gardens and gardening in the Australian community, and to build strong public support for the development of gardens across the nation.

Visit the website at:
<http://www.opengarden.org.au/>

A year of special treats in store for book lovers

The National Year of Reading has come to an end, but we will still be promoting libraries and reading with just as much energy as before.

At Burrinja Cultural Centre, Upwey our Fashion Meets Fiction Exhibition enters its last four weeks. The brunch with author Kerry Greenwood is booked out, but there is still time to catch the Exhibition which will close on Sunday 17 February. Visitors to Fashion Meets Fiction can book a lunch package

including exhibition entry and a delicious two course lunch in the café for \$35.00 a head. Book online at www.burrinja.org.au or telephone 9754 8723.

We have some great speakers lined up for this year. Former host of the Book Show on Radio National and known to Melbourne listeners from her time as a presenter on 774, Ramona has spent the past year writing about her passion for reading in *By the Book: a reader's guide to life*. Her work has been described as 'a love letter to books and writing.' In it she explores her own reading experiences from childhood to the present and writes about the authors whose work has enriched her life. Ramona will be our guest for a literary lunch at Burrinja Cultural Centre on Thursday 18 April at 12.30pm.

Kevin Sheedy the legendary AFL player and coach will be our guest in the first half of 2013. Kevin is a sought after public speaker and we are delighted to be able to give people the opportunity to enjoy his company at the Knox Civic Centre at a date and time to be confirmed.

Playwright Hannie Rayson will be our guest in May for a literary lunch. Hannie is the author of numerous successful plays including *Falling from Grace*, *Life after George* and *inheritance*. Her play *Hotel Sorrento* became a successful film starring Joan Plowright and Ray Barrett. Hannie also wrote scripts for the much loved television series *SeaChange*. Her work has received numerous awards including the Victorian and NSW Premiers' Literary Awards, three Helpmann

Awards and she is the only playwright ever to be nominated for the Miles Franklin Award. The lunch location will depend on Hannie's availability but there will be flyers in all our libraries nearer to the date.

Towards the end of the year we have a very special treat. Publisher, journalist and national icon Ita Buttrose will be our guest, for a lunch. In addition to her remarkable career as a journalist and businesswoman Ita is the author of nine books including her autobiography *A Passionate Life*. She is the patron of a number of organisations including World Vision Australia, University of the Third Age and the Juvenile Diabetes Association. In 2012 she was elected President of the Alzheimer's Association.

Editor note: the new Bayswater Library will be opening at Mountain High Shopping Centre in Bayswater in April



Ramona Koval

Talking Tech

with Micah Macri

Wireless Security

Having an insecure wireless network at your home really is like leaving your front door open to intruders! You might have a wireless router in your home. It's that small box, maybe with an antenna, that shares your Internet connection with the many gizmos you own. Your laptop would connect to it, probably your iPad and maybe even your mobile phone.

Things can go awry if your wireless router does not have a password in place to protect the network from unauthorised access. Most routers include a set password, you might remember entering it at some stage in the past, and then there are others that don't. If no password is in place your network is accessible to anybody within range. Once connected, your usage activity can be monitored, your files accessed and your Internet quota wasted.

Don't worry; it's not the end of the world! Most of the time people who connect are just checking their email – but being secure and adding a password is definitely a safer choice. If you find your wireless network is not password protected, you can set one from the router administration page. Instructions were included in the box, alternatively Talking Tech will happily help.

By Micah Macri – TalkingTech.com.au
03 8370 3525



"Make It Mine offers a simple and affordable way for Centrelink recipients to rent-to-own a range of new computers, tablets and household appliances.

Payments are deducted directly from your Centrelink benefit and you own the product outright in just 12 months.

To view the products you can own visit www.MakeltMine.com.au/community

Or for more information call the Make It Mine 'mates' on 1300 625 348"

Final Centenary Event at Wantirna Primary 1912 - 2012

On Thursday 6th December, Wantirna PS held a market afternoon and time capsule burial ceremony to celebrate its Centenary year. The senior students had completed a unit of inquiry, where they had learned about marketing, developing and producing a product and advertising the product. The end result was a fantastic market afternoon and they raised \$500 for the school. Following the market a time capsule was buried at the front of the school and a rock and plaque were unveiled by the Federal Member for Aston, Alan Tudge and the local Member for Bayswater, Heidi Victoria. The school captains talked about their memories of Wantirna and the contents of the capsule. The time capsule will be opened in 25 years when our current year 6 students will be about 37 years of age!





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





Regency Park Primary School's Annual Community Night

"That's Entertainment", will be held on Friday 15th March, 2013 from 5.30 pm – 8.00 pm.

This evening brings our school community together and gives our students and their extended families the opportunity to mingle and socialize with our staff in a relaxed and fun environment. It promises to be another fun filled evening with plenty of entertainment, games and raffles, of course. As usual our wonderful food court will offer plenty of food and drink varieties to satisfy everyone's appetite and thirst.

This is a fabulous community event, one that you will enjoy, so bring the family and join us for this magnificent night. You will be entertained by our talented students, who will dazzle you with their wonderful displays of singing, dancing, aerobics & acting. By all means BYO a chair, but as this is a licensed event there is STRICTLY NO BYO alcohol allowed.

Look forward to seeing you there.

Sue Boyd
Principal, Regency Park Primary School
Amesbury Ave, Wantirna. Ph: 8901 3614

The students of
Regency Park Primary School
invite you to

"THAT'S ENTERTAINMENT"

March 15th
5.30pm—8.00pm

	LIVE ENTERTAINMENT		Fairy Floss
Talent Show		Hot Roast Beef Rolls	RAFFLES
	LICENCED	Karaoke	Vanilla Slices
Aerobic		FACE PAINTING	Lob-a Choc
	Singing		BBQ

News from around Wantirna

Wantirna Primary School Achiever Award

The Lions Club of Wantirna are proud to once again sponsor the Wantirna Primary School's Achiever Award for 2012. The Lions have been sponsors of the Achiever Award for a number of years now and look forward to maintaining our ties with Wantirna Primary School into the future through continuing sponsorship of this award.

The Achiever Award, which includes a certificate and a prize, recognises overall work effort rather than just pure academic achievement. It includes the all-round contribution of a student to the school community as a whole and the assistance the student has provided to both teachers and individual schoolmates in their work endeavours.

The 2012 award was presented to Sarah Harris. Sarah's outstanding efforts were achieved quietly and without any expectation of public recognition and her contribution to the school community were regarded as an example of excellent school citizenship.

We wish Sarah well in her new educational environment at High School this year and also

wish the Wantirna Primary School the best in its continuing record of success in educating and developing young people, some of whom will ultimately become our leaders in the future.

The achiever award is one of two projects which the Lions Club of Wantirna support the Wantirna Primary School.

The other project is the collection of donated toys for children in need which the school has conducted for many years now. In this project, donated toys are collected and placed under the School's "Giving Tree" for a period of months prior to Christmas. Once the donation of toys is complete, they are collected by the Lions Club of Wantirna who then deliver them to Wantirna Health for distribution to the children who are to receive them.

This is an outstanding community service provided by a caring and community conscious school and the Lions Club are proud and pleased to assist them in this very worthwhile initiative.

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

McCluskey's Bistro Open 7 days a week for lunch & dinner

- Monday - Pasta & Risotto night • Tuesday - Curry night
- Wednesday - Stir Fry night • Thursday - Seafood night
- Friday & Saturday - Surf & Turf night • Sunday - Roast Day

Seniors Meals available every day except Friday & Saturday Nights

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

Social and Full Membership available



Do you like to eat hot & healthy nourishing meals?

Would you like to meet and chat with other Knox residents?

Come join us for lunch on Thursdays @ 12pm.

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.



BAYSWATER CINEMA UNDER THE STARS 2013

15TH FEBRUARY

 **Rise of the Guardians - Rated PG**
Screening Time - Dusk

Petting Zoo 6pm - 8pm
Face Painting 6pm - 8pm

1ST MARCH

 **Life of Pi - Rated PG**
Screening Time - Dusk

Petting Zoo 6pm - 8pm
Face Painting 6pm - 8pm

Carnival food available for purchase at all 3 screenings

GUY TURNER RESERVE
AMBER ST, BAYSWATER

Do you find managing your finances puzzling?

It's not a puzzle when you know how.
.....
Ask us for the solution today.

For a free consultation that could lead you to a more confident financial future, speak to your local Bendigo Financial Planner.

Drop into your nearest branch at Wantirna Mall, 348 Mountain Highway, Wantirna or phone 9720 4122 to make an appointment with our qualified advisor.

Financial advice is provided by Bendigo Financial Planning Limited, ABN 81 087 585 073 AFSL 237898, a division of the Bendigo and Adelaide Bank Group. You should consider whether or not a product is appropriate for you. This information is general only and is not intended to provide advice. S41185H (176374_v1) (16/01/2013)

www.bendigobank.com.au/financialplanning

 **Bendigo Bank wealth**

The Aston Shield Recognising outstanding young citizens

At the end of each school year, I have the privilege of recognizing some of Knox's outstanding young citizens through the presentation of the Aston Shield.

The 'Aston Shield' award is generally given to a student who has displayed good citizenship, compassion and a commitment to others, and who has been a great role model for their school and community.

Miss Andrea Dimitriou, from Wantirna South Primary School was recognised as such a student. Andrea has a reputation for enthusiastic involvement in all aspects of school life. She is hard-working, friendly, polite and consistently puts in extra effort. She has been a role model to other students and her unassuming manner, quiet dedication and cheerful optimism have been an inspiration to many.

The Aston Shield winners from the other schools were equally impressive.

The award is named in honour of Tilly Aston, an inspiring woman who worked tirelessly for the rights of blind people. The Federal Electorate of Aston, which covers most of Knox, is also named after Ms Aston.

Tilly was born in 1873 and was completely blind by the age of 7. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library.

(Tilly herself had to drop out of university because there were no braille books.) Finally she set up an organisation that still exists today and helps tens of thousands of people each year - Vision Australia.

Tilly Aston was an incredible contributor to Australia whose legacy is alive today, both through the organisation she founded, but also through the students of the Shield given in her name.

I am very proud of our young award winners. They are the future leaders of our community. Well done to all of them!

Other Studfield and Wantirna students to receive the 2012 Aston Shield winners were:

- Matthew Baker, Holy Trinity Primary School
- Andrew Snooks, St Andrews Christian College
- Keely Jenkins, Templeton Primary School
- Danielle Routley, The Knox School
- Nik Radunkovic, Wantirna College
- Cass Rowe, Wantirna Primary School
- Julie Baldry, Waverley Christian College
- Katia Vougoouclis, Regency Park Primary School
- Julia Barr, St Luke's Primary School
- Raelene Petterlin, Scoresey Primary School
- Cameron Prissmann, Scoresey Secondary College

Alan Tudge MP
Federal Member for Aston

Catch the savings bug Bendigo School Banking

Whether it's for the latest craze in computer games, for a new bike or just for a rainy day, we all know it's never too early for our kids to start learning about budgeting and saving.

That's why at Bendigo Bank we've introduced our School Banking Program and Piggy Bank Passbook Account – perfect for primary school aged savers.

With no account keeping fees, no transaction or government fees and no deposit restrictions – plus a host of fun games and rewards for young account holders – a Piggy Bank Passbook makes saving easy.

Opening an account is simple. All you need is your child's birth certificate and Medicare card. Drop into the local branch in Wantirna Mall, 348 Mountain Highway, Wantirna or phone one of our friendly team on 9720 4122.



The parent of guardian will need to satisfy the criteria for the 100 point identification check. The Piggy Bank Passbook Account is issued by Bendigo and Adelaide Bank Limited, The Bendigo Centre, Bendigo VIC 3550. This material contains general advice only. Please consider your situation and read the Terms and Conditions available from any Bendigo Bank branch, or visit www.bendigobank.com.au before making any decision. ABN 11 068 049 178 AFSL 237879. SCH21 (176372_v1) (16/01/2013)

www.bendigobank.com.au

Wantirna Community Bank® Branch

Community Pharmacy We care for you, not for profit

Save up to 50% off*
your prescription. Up to 15% off your everyday Pharmacy needs and enjoy local home delivery when you become a Member at Community Pharmacy

*Excludes NHS subsidised items

4 Wantirna Mall, WANTIRNA Ph: 9720 2872

Open 7 Days

Monday - Friday 8.00am to 9.00pm

Saturday 9.00am to 5.00pm

Sunday 9.00am to 5.00pm



KING Bean ☎9738 1550
Licensed Cafe

Trading Hours

Mon-Wed	7am - 3pm
Thurs-Fri	7am - 5pm
Saturday	8am - 3pm
Sunday	8am - 2pm

Evenings for private dinners/functions
'For Great Coffee, Food and Service'
Shop 7 Wantirna Mall S.C., Wantirna 3152
www.kingbean.com.au



Over 24 yrs experience creating beautiful colours for our clients.

We specialise in:
Colour correction
Home disasters
Damaged hair
Scalp issues

Shop 1-2, 32 Thaxted Pde
Wantirna Mall
9720 3299

Sari Hair

Catering Available.
5% discount for seniors on Tuesdays!



Gluten Free Sausages & Gluten Free Hamburgers

Louie Provenzano
Ph: 9729 8784
Shop 21 The Mall
Wantirna 3152

WENDY'S

Wantirna Beauty Centre

www.wendyswantirnabeautycentre.com.au

(03)9720 3859

For all your beauty needs and pamper packages to relax and destress

Wendy's
santika day spa

www.santikadayspa.com
(03)9729 2779

Heralding in the New Year with Harp Therapy

The dulcet sounds of the harp are set to improve the lives of older people living at Villa Maria Wantirna aged care residence.

An innovative Harp Therapy program will be introduced in the newly-redeveloped,

multi-million dollar Knox centre in January by certified Therapeutic Harp Practitioner Carla Whitley.

Carla, one of just four people qualified to deliver the therapy in Australia, said the harp has been considered a healing instrument since ancient times.

“Therapeutic harp music is based in the science of sound. It is live, acoustic music played for people who may be patients in hospitals or living in aged care facilities to help create a calming environment conducive to the healing process. It also supports their families, visitors and staff.”

Carla said research had shown harp therapy, including its sounds and vibrations, helped to lower blood pressure, reduce heart rate, anxiety and pain levels, and bring a sense of calm, inner peace and emotional balance to listeners. It is

also used for people in palliative care when they are at the end of their lives; calming them and helping with the release of emotions and grieving of their loved ones.

Carla said harp therapy is particularly supportive for people with dementia; with familiar tunes helping to connect them with their past.

“Recently I was at an aged care facility where an older Polish woman, who had dementia, was quite



distressed,” Carla said. “I didn’t know any Polish tunes but did know some Hebrew melodies and as soon as I started playing those she began to try and sing along with them which calmed her down.”

Villa Maria Wantirna Centre Manager Kathleen Collings said the alternative therapy, which can also involve interactive lessons, was perfectly suited to the redeveloped 96-bed residence; aligning with its holistic model of care.

“Here at Wantirna we have a strong dementia focus, offering specialised care, a sensory garden and sensory room, and respite options for families. Music lifts everyone’s spirits and studies have shown harp therapy can act as a conduit to access memory, which is particularly beneficial for people with dementia who have difficulty expressing themselves in other ways,” Kathleen said.

“At one level you can use the harp for relaxation but it has the capacity to transcend the everyday and reach the depth of the human soul, restoring hope and joyfulness.”

Responsible Pet Ownership

Calling all responsible pet owners in Knox...

Do you know a responsible pet owner in Knox who you think deserves to be recognised for their efforts? You can nominate someone you know by filling out a nomination form.

So how do I nominate someone?

You can nominate a responsible pet owner you know whether it be a friend, neighbour, work colleague etc, by filling out a nomination form online – or in person via Council’s friendly customer service staff. Local Laws Officers will also be on the lookout for responsible pet owners. They will be out and about, patrolling local paths, shared pathways and other public spaces. They will carry nomination forms – and will nominate those they consider responsible pet owners.

What’s on offer?

Each month, a voucher to the value of \$100 will be awarded to the most responsible pet owner selected by Council Officers. At the end of the year, an overall winner will be selected and awarded vouchers to the value of \$250, which can be used at any of the participating businesses in Knox.

More Information:

For any further information you can telephone Knox Local Laws on 9298 8000 or visit our website.

How to prevent dog attacks in the community

Dog owners: Confining dogs to their property could prevent 80% of dog attacks in public places. Your yard must have a closed gate, escape proof fencing, and visitors must have safe access to the front door. All dogs can be territorial.

Most dog attacks in public occur on the footpath or road in front of the dog’s property. You can be fined if your dog isn’t securely confined, or if it rushes at or attacks a person or animal.

What to do if approached by an aggressive dog:

- Stand still; don’t run.
- Keep your hands by your side.
- Stay quiet; try not to make any noise.
- Avoid eye contact with the dog; look at the ground.
- Once the dog has lost interest, slowly back away.

How to approach dogs safely:

- Always get permission from the owner to pat his/her dog.
- Approach the dog from an angle, rather than directly from the front or rear.
- Slowly extend the back of your hand with your fingers curled under, and allow the dog to sniff.
- Stroke the dog on the side of the chest, the shoulders or under the chin (not on top of the head).
- Don’t continue patting the dog if it backs away or doesn’t sniff your hand.

Why dogs attack: A dog of any size or breed can become aggressive when defending its territory. Even a friendly dog may guard the area on or around his/her property, especially when you are not present.

Most dog attacks in public places occur on the footpath or road bordering the attacking dog’s property. For this reason, it is important to make sure your dog is securely contained.

If your dog rushes at or chases someone, you may be fined, and your dog declared as a “Menacing Dog”. If your dog attacks a person or animal, penalties can include court action, fines, damages and the declaration of your dog as “Dangerous” or he/she may even be put down.

It is important to know how to approach dogs

safely, and what to do if you are approached by an aggressive dog.

In particular, children need to be taught how to behave around dogs, and parents need to be aware of the importance of active supervision. Children, particularly those aged 0-4 years old, are most at risk of serious dog bite injuries.



www.pets.info.vic.gov.au

Knox SES - Calling for volunteers

Are you ready for a challenge?

Do you want to help your community?

If you answered YES to those questions, then we have an exciting opportunity for you.

Knox State Emergency Service (Knox SES) will be conducting an information night for people who are interested in volunteering, learning new skills, meeting new people and assisting their community.

Knox SES volunteers are trained to respond to road accidents where people are trapped, storm damage, floods, other rescues, providing assistance to other services, just to mention some of the tasks we are trained to undertake.

Knox SES is recruiting people with a wide range of skills which may include mechanical aptitude, team players, administration or communication skills along with a keen interest to learn new skills and be able to commit to a roster. We are especially interested in people who are able to assist during business hours.

An information night is to be held on Wednesday 13 February 2013 at 102 Lewis Road (enter of Bridgewood Court) Wantirna South at 7.30pm. Please feel free to attend with your family to learn more about what we do.

For further information please call Craig on 0450 730 491 or Leanne on 0418 122 087



Knox Police News from Sgt Wayne McDonald of Knox Police

Don't Be a Soft or Easy Target **Secure your valuables from theft**

The Knox community has seen significant decreases in our crime rate over the past five years. Police have put more personnel on the road to combat crime through the provision of extra uniform personnel, the creation of the Knox Crime Scene Services to examine crime scenes and gather forensic procedures, to creating a designated specialist team of detectives to oversee and manage high risk and recidivist offenders who live in our community.

Senior Sergeant Phil EDMUNDS of the Knox police station says, "Police cannot sustain this downward crime trend now without the support of the Knox community. Our future direction, whilst maintaining our enforcement and intelligence component, is to look toward ways of preventing a crime in the first instance." He said, "We, as a community, must work toward removing the opportunity for offenders to commit a crime and that requires community involvement."

Initially, it may be seen as a huge task or one that has not been considered a community responsibility. However, in reality, it is an easy request. A whole of community response is the answer. "We must deny offenders the ease in which they commit offences," Senior Sergeant EDMUNDS said.

People need to take more care of their possessions. Police see so many instances of theft reported to them that should not have occurred in the first instance. Our theft from motor cars is still prevalent and after inquiring into the majority of matters we find the stolen items (such as cameras, lap top computers, handbags, mobile phones) are left clearly in view of any would-be thief. Through apathy, we make it so easy for them. We must remove this opportunity by applying some very simple and basic techniques. Don't leave valuables on display - remove the temptation.

Theft from motor cars occurs primarily in residential streets and driveways. On many occasions vehicles are left unlocked. The second prominent location for theft from motor cars is large shopping centre car parks. Again remember, the opportunist is always about.

It's unfortunate there are people who cannot resist the temptation of stealing something when presented the opportunity. By applying simple anti-theft practice we can remove a lot of this. Take your valuables with you or place them in the boot - out of view.

The by-product to a theft from a motor car can be very frustrating and cause much inconvenience. Not only do you lose something valuable, consider the following:

- Damage to the vehicle - On many occasions a window is smashed. This has to be repaired. It does take time and there could be other scheduling hassles with repairers.
- Insurance claim - The hassle of making a claim and excess etc.
- Mobile phone - Cancelling its use and having to purchase a new phone. There maybe contractual obligations also?
- Licence - Been to VicRoads recently? It's a very busy place and any visit does take time to get a licence renewal.
- Credit cards - Cancellations, contacting banks along with the hassle and time it takes to have new cards issued and posted to you.
- The unknown - Who broke into my car?

Is all this worth not locking your car and securing your valuables?

Everyone should put into place security measures to deny criminal activity, not only with motor cars but around your house as well. Don't be a soft or easy target.

Please ring 000 if you see something suspicious and police will attend. The community are our eyes and ears. We need this contact. Police would prefer to intercept a would-be thief rather than give chase after a crime has been committed. Prevention is the name of the game.

Classes begin for 2013

Term 1, 2013 will officially begin at U3A Knox on Monday 4th Feb., although several classes and activities have continued over the Christmas/January break.

On January 29th a group of senior citizens from various ethnic groups met at U3A and joined a council bus for a tour of Knox community facilities. They spent 20 minutes from 9 a.m. looking over the Parkhills building and saw a Gentle Exercise class in action, received a list of available classes and some brochures of information.

More than 120 classes will be running every week, and several new tutors will be on the list as well as several who have been teaching at U3A more than 15 years. Classes in Rowville this year will include: Tuesdays (commencing 5th February) at RAFT hall, Rowville, Folk Music Group will meet at 10 a.m. for 2 hours, tutor is Kenneth Show. At 11 a.m. on the same day the class "Understanding your Emotions" will start at RAFT for 1.5 hours, with Phillip Saunders as tutor.

Thursdays, at 10.30 a new class in Australian History (with a twist) will be led by Robert Kline, and at 1 p.m. Gardening at Rowville will begin. At time of writing all these classes have some vacancies. * The RAFT Centre is at the corner of Kelletts Road and Taylors Lane in Rowville.

New classes at the Parkhills Campus (1a Park Boulevard, Ferntree Gully) our main venue, will include the following with some remaining vacancies: An Afternoon in 3 Parts (discussion group), Computer Beginners, Creative Crochet, History Subjects, Ancient Trade Routes and History of North Korea. In Craft there is Paper Tole for Beginners and a new innovation sees a class in Yoga on Saturdays at Parkhills from 8.30 a.m. with a Bridge class from 3 p.m. in the afternoon.

One class to be included this year is Falls Prevention. This course is run in conjunction with the KnoxCommunity Health Service, who are providing two physiotherapists to lead the group. The program will run over 15 weeks during

terms 1 and 2, but will not operate during school holidays. It is an ideal program for anyone over 70. It will help members maintain independence at home, improve walking steadiness, increase energy and endurance, improve muscle strength and stability, and increase confidence with daily activities and prevent falls and injury. This initial class is limited to people over 70 and, due to shortage of space, we can only enrol 20 people. However, if this "pilot" course is successful, we hope that the course will become a permanent feature on our class list. The Current class is full, but look for it in Term 2.

First event planned for 2013 will be the WELCOME AFTERNOON and orientation day for new classes to be held in week 2, by invitation, when committee and some tutors will talk to the new class members, and there will be an afternoon tea.

Events planned during the year, for the U3A Knox members will include several bus trips, as well as a concert, an Open Day, and a Fashion Parade, the traditional Cup Day with chicken and champagne, and the race on the big screen, and the Art Show.

Membership is of course still open, and there are vacancies in some classes remaining. If interested Contact the office on 9752.2737 or check our website www.u3aknox.com.au - look under CLASSES. Vacancies are listed.

by Kath Brown



Wendy Byrne tutor of the Tatting Course



Members of the Creative Writing Course on a special day



The U3A golfers at Dorset



The U3A recorder group



Ferntree Gully Toyota

YOUR LOCAL DEALER
1101 Burwood Hwy, Ferntree Gully
(03) 9008 7449
ferntreegullytoyota.com.au





Community Station - Radio Eastern 98.1

Well it is the New Year, and new shows and presenters are making the air waves at Radio Eastern 98.1

We had a great year with many Outside Broadcasts around the country side with our portable Van. It goes anywhere and we still go live to air to over 400,000 listeners. The Maroonah Festival November 2012 was just such an event and we had many fans grouped around the outside Radio Van such as Dion. You can meet and greet your favourite presenters at these outside broadcasts and support local community events. We would very much enjoy meeting you. The is the list for upcoming OUTSIDE BROADCASTS for 2013 – See you there!!



On Crew David, Peter, Dion, Ken

- Como Gardens Family Day - Sunday 17 February - Oriental Theme
- Knox Festival - Saturday 2nd & 3rd of March 10am to 4pm
- Ferny Creek Horticultural Society - Saturday 9th March
- Warrandyte Festival - Saturday 24th and Sunday 25th March
- Como Gardens - Saturday 14th, April 9-1, Sunday, 15th April 12-4



Rex Shields on Air

Congratulations to the EFL Huddle Team on air every Wednesday at 6pm on Radio Eastern 98.1 FM. On Friday the 16th, 2012 at the AFL Annuals Awards at Eithad Stadium, this broadcast team won the award for the "BEST FOOTBAL PROGRAM IN VICTORIA" against all other Radio Stations such as the ABC, 3AW and SEN. If you are interested in any information about the above events, becoming a member, becoming a volunteer, becoming a radio producer or becoming on air DJ. Phone Peter McArthur at 9722 – 9981. We are always looking for talent. Ta ta till next time -Tricia Ziemer DJ - Radio Eastern 98.1 -On air Mondays 2-4 with Rex Shields in Anything Goes.



KIDZ in the Kitchen

Welcome to Kidz in the Kitchen once again.

We are back on air for the summer season till March on Channel 31/Digital 44. So not only have the kids gone surfing but whipped up some Surf Kebabs with Loz and Chris Blain of SUADE. Gabriel Gate, famous French chef, has Tara and Chelsea making a simple but yummy snack using bread, eggs, and dill. See the recipe below and at www.tnz.com.au and click on the KIK icon or see replays of the show at www.youtube.com/tmztvaustralia.

Eggs are a great source of protein and vitamins for kidz. Did you know an egg is a natural vitamin tablet and contains every vitamin your child needs. Newer research shows eggs are actually very good for us.



Dill Egg Cups Regards from Gabriel Gate

This is a weekend breakfast treat and I prefer my scrambled eggs to be creamy and not too over-cooked and crumbly. You need a muffin tin to shape the toasts into cups.

2 slices of wholemeal bread, trimmed of crusts,
1 tablespoon olive oil, 4 eggs, a little salt and freshly ground black pepper

1 teaspoon butter or margarine, and 4 small sprigs of dill

Preheat oven to 200°C.

Roll each slice of bread with a rolling pin to flatten them slightly. Brush both sides of bread very lightly with olive oil, then gently press the bread into the muffin holes to form a cup. Bake in preheated oven for about 15 minutes until the bread is crisp and lightly browned. Keep the toast warm. Beat the eggs in a bowl until runny. Season with a little salt and pepper. Place butter in a small non-stick saucepan and place on very low heat. Add eggs to pan and stir with a wooden spoon, making sure you reach the sides and base of the pan to detach all the egg that has cooked. Stir until the texture is thick and creamy. Spoon the scrambled egg into the toast cups, garnish with sprigs of dill and serve.

Bon Appetit

Channel 31/Digital 44 TUESDAYS at 4:30

**Be the STAR CHEF in
one episode on TV**

**We are looking for talented
chefs, sponsors and skilled film
editing crew.**

**Or help KIK by purchasing
a DVD of a show!**

**Contact Tricia Ziemer
at tmz@comcen.com.au and see
www.tnz.com.au/KIK**





Essential Oils – Restoring your health and vitality.

Have you always wanted to know more about Aromatherapy and discover the amazing healing properties of essential oils? Then the Essential oil workshops at the Wantirna Wellness Centre might be for you.

On Wednesday the 20th February 2013 we are introducing 10 Essential oils and their application for Stress Relief. Essential oils encapsulate the healing properties of plants and their subtle use in massage, baths and inhalation forms the basis of Aromatherapy. During this 2 hour evening workshop you will experience the beautiful aromas of Essential oils, their safe use and their properties to soothe our nervous system and relieve stress. At the end of the workshop you'll combine your sense of smell and newly gained knowledge to create your own relaxing massage oil to take home.

The second workshop on Wednesday 6th March 2013 covers the use of essential oils in skin care. Essential Oils allow us to create our own high-quality, chemical-free skincare for a fraction of the price we pay retail.

You will experience a variety of Essential 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.

At the Wantirna Wellness Centre we cater for small groups, provide a nice relaxing environment and at the end of each workshop we share a light and healthy supper so that we have lots of time to answer questions and share our knowledge.

The Essential oil workshops are conducted by Doris Mounsey (Diploma in Kinesiology), who has



New Clients Special 2 for 1 offer

Pay \$90 for your
1st session and get
your 2nd session free

Please call Doris Mounsey (Diploma of Kinesiology)
on 0432 494 413
to book your first appointment

15 year of experience making her own skin care products and uses essential oils in her aromatic Kinesiology sessions.

Each workshop is \$30.00, includes light supper and your aromatherapy product to take home. Bookings are essential. Credit card payment can be taken over the phone. Please call Doris Mounsey on 0432 494 413.

Health and Well-being Workshops at the Wantirna Wellness Centre

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.

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

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!

Therapeutic/Relaxation & Sports Massage



Brigette Rankin

AAMT Member
Cert. Therapeutic Massage
BA Dance (Teaching)

- Studfield Shopping Centre
- Yorkminster Drive, Wantirna

Introductory Offer:
10% discount on initial consultation.

Contact Brigette on 9803 1640 or 0425 848 532





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

Osteopathy and Golf

Golf is often referred to as a frustrating game that involves smacking a little white ball through paddocks and trees and then attempting to get it into a small hole but if you are anything like me, you would hate missing a game through pain or injury.

Golf is one game that I rarely discourage people from playing as it has many physical health benefits.

Despite the obvious elements of frustration, getting out with friends and colleagues in the fresh air and walking 5km is a great form of relaxation and cardiovascular exercise.

However, golf can have its physical demands:

- Knee pain can be aggravated by hilly courses and the twisting action of a golf swing.

- Low back pain can be aggravated by hills, pulling a buggy, swinging a club and bending down to put a tee in the ground

- Shoulder pain can increase with the golf swing and pulling a cart.

For some, the idea of hiring an electric cart is 'not golf' but it's a great means of looking after

your knees and hips, especially on hilly courses whilst still getting your social fix and improving your low back and shoulder mobility.

Pushing a buggy is a lot less strain on your back and shoulders than pulling it (there are some great three wheeler buggies available today, which greatly reduce strain and effort).

Golf requires joint mobility and muscular flexibility to achieve the right timing when connecting with a ball. If your low back or shoulders are stiff, it is very difficult to make good contact with the ball and control its accuracy. Furthermore, the less mobile you are the more likely your timing will decrease as the game progresses - affecting the consistency of your game.

You may commonly notice that a younger more flexible person can generate a longer shot on the course, whilst an older, less mobile player, will chip their way up the centre of the fairway - the more flexible player can create a much faster head speed due to a bigger, smoother swing.



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

The more inflexible player has a lot less joint mobility so has a very limited swing. This creates less speed but is usually more accurate as it has less movements of the body involved.

So when you're trying to improve your ball connection or consistency don't just hit the range, start stretching your back and shoulders and consider seeing an osteopath to identify areas you need to work on.

Golf has many health benefits so don't let your body prevent you from getting out there.

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

Reflexology: Prevention is better than cure.

by Marita Reynolds of Sole Response

Not everyone is familiar with the valuable health benefits of reflexology. In many countries it an integrative part of the health care system and is covered by health insurance rebates. In Australia depending on your level of cover and your fund, reflexology may be claimable.

When I first started my course in reflexology it was purely for interest sake. I had a child who suffered from severe headaches and I would rub her feet. It was after working her feet that she would comment that I worked so much better than panadol. I was very inspired to learn more about it and so I went on to complete the course. I have now completed my Diploma in Chi Reflexology.

Having now been in the complementary industry for over 6 years I have seen many interesting people with many interesting health concerns. By looking at each person as an individual and what they are feeling and experiencing, we can treat the client holistically. Often when we see a doctor or specialist you are seeing a specialist working in a particular field that is dedicated to a particular part of the body. The entire body or person is not necessarily considered, therefore not taking an holistic approach.

Our bodies are intricate systems that rely on all body systems and organs to work in a balanced manner. To assist us in healing the body we need to look at the whole body physically and mentally. There are many factors that influence our general health and wellbeing. Stress, physical and mental trauma, diet and nutrition, work, social lives, all play apart in how we feel.

By taking steps to help ourselves relax we improve our circulation to all aspects of our body, this is what helps the body perform optimally.

Reflexology starts by helping to gently detoxify and cleanse the body. A reflexology session can induce sleep, however the main aim of the reflexologist is to maintain the client in between sleep and awakening. This may be referred to as the alpha state. It is a time of relaxation and enhanced self-healing.

The essence of reflexology is the preventive measure. Prevention is better than cure. We do not have to get ill in order to begin thinking about our health. Chinese medicines original aim was to care for the health of the population prior to getting ill. We seem to have an opposite approach

in the western world, waiting for the signs and symptoms to appear before we actively do anything about our health or well-being.

Many forms of complimentary medicine including reflexology have become more popular in recent times due to the ever-increasing cost of our health care system. Studies in many parts of the world including Australia are now confirming the validity and success of reflexology as an integrative part of the health care system.

Complimentary medicine and western medicine can work hand in hand for the benefit of all. All you need to do is give it a go.

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.

Lions Club of Wantirna Update

The Lions Club of Wantirna had a busy last three months in 2012, undertaking a number of community support projects across the municipality, including community support and development projects, B-B-Q's and Sausage Sizzles, presentation of school awards, the sale of Christmas Cakes, and participating in broader and maintenance projects.

Community Support and Development Projects

In the latter part of the year we became involved in an environmental restoration project which involved the planting of 800 trees and shrubs along Blind Creek and the bike path in that vicinity. This activity involved most club members and was completed successfully.

We also continued our long standing relationships with two local primary schools, Wantirna and Fairhills, where we sponsor the annual Encouragement Awards for students at each school. This project also involves presentation of these awards at the school graduation nights.

This is a project which we are proud to support, as we believe in the work that these two schools' do and the way in which they support their students.

Another project which gave us great pride to support was the provision of a hearing system for a hearing impaired junior student at another local primary school. Seeing the benefits of our fund raising efforts going to a worthy cause such as this and the smiles on her teacher's faces was very satisfying. And knowing the benefits provided to the student and how much easier her school life will be makes the effort all the more worthwhile.

The Lions Club of Wantirna also continued with its support of the Annual Sports and Academic Challenge conducted by the Bendigo Bank for a group of local schools at the one location. Last year it was conducted at the Yawarra Primary School where our role was to cook the lunches for students participating in the activities included in this event. This year we had the added challenge of b-b-queuing in 30 plus degree heat, but we got there.

B-B-Q's and Sausage Sizzles

Over this period, in addition to our regular monthly sausage sizzle held on Saturday mornings at Knoxfield, we also conducted two major fund raising B-B-Q's, one at Bunning's Vermont Store and the other at Masters in Ferntree Gully. Both of these were successful and we were able raise sufficient funds to support the community projects conducted by our club.

We also carried out the cooking and serving duties at the Mayoral B-B-Q as part of the Senior Citizens Week celebrations held at the Senior Citizens Centre in Bayswater. This was a big effort with meals being prepared and served for 150 people and our team were a bit weary, but feeling satisfied with their efforts afterwards.

Christmas Cakes

In mid-October we began preparations for the Annual Lions Christmas Cake sale. Planning the logistics to organise this program, and then getting it under way, kept our members on their toes for a while. This program, which ran up until Christmas Eve, was successful in, once again, both raising community awareness of the Lions organisation and in generating funds for further important community support projects we have on our agenda.

We still have a few cakes of both sizes available for sale and should anyone be interested in buying one, they should contact our Cake Program Director, Sanjay Singh, on 0419 333 676.

Christmas Trees

In early December, we conducted our Annual Christmas Tree sale at Collier Reserve in Wantirna South. We have always been focused on getting good quality trees for our customers and this year was no different. The quality of the trees we obtained this year was excellent and we sold fairly quickly on both days of the sale.

Maintenance Projects

In the last quarter of 2012 we provided a number of volunteers to participate in the maintenance program held at the Lions Youth Camp at Licola in



eastern Victoria. This is annual event and we have supported it for a number of years now. The work involves rubbish removal, gardening, painting and small repairs to buildings and infrastructure. Our group had a great time and enjoyed the work and the camaraderie that came in the evenings when we mixed with members from other Lions Clubs across the State.

2013

And now, we look forward to another busy year. We will be conducting the same core activities as those outlined above but this year will be different. We will be supporting two major new initiatives in the community development area.

The first new activity is a camp for people involved in the Lighthouse organisation's development program. We are sponsoring this camp at the Lions Youth Camp at Licola where the participants will get to involve themselves in a range of fun developmental activities ranging from canoeing on the McAllister River to playing team games.

And our club has just "adopted" a community house run by the SCOPE organisation in Bayswater for people with a disability. In adopting this house, we will be taking on garden maintenance and some minor building maintenance duties, along with supporting a care program for residents. This is a project we are really looking forward to getting fully involved in as it fits perfectly with the Lions organisation's goal of supporting our local community.

Want to Know More

If anyone is interested in finding out further information about the Lions Club of Wantirna and what we do, or are considering joining us, please contact our secretary, Sam Spano, on 0427 849 885.



Knox & District Over 50's Inc.

A belated Happy New Year to you all.

Here it is already two months into 2013 and we're wondering if all you Over 50s out there have thought of doing something positive about your social life. At the Knox & District Over50s Association we do more than think about it – we get out there and live it! We would be delighted if you would care to join us.

The members of our Social Sub-Committee

have been working hard planning many wonderful events for the year, 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, much more.

As a financial member of the Knox 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.

Come along to our next meeting on Tuesday, 26th February, 2013, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Knox Volunteer Resource Centre

For the city of Knox and the South West Yarra Ranges
Formerly Knox Community Volunteers Inc.

Volunteers needed for Not for Profit Organisations in your area

There are a huge variety of volunteering opportunities available

Full Training and Support provided

• (03) 9729 9499 • www.bridgescc.com.au

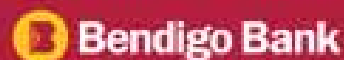
• LynM@bridgescc.com.au

658 Mountain Highway, Bayswater

Proudly supported by a grant from the Knox City Council Community Development Fund



Bayswater Lending and Investment Centre



Life Activities Club Knox Inc.

Welcome back to a new year of new interests, new activities, new friends, and especially, good health.

January gave us many opportunities to get together, with walks, fishing at Lilydale lake, (it's actually a picnic with our rods and bait), lunch somewhere else, Dolly Parton, cinema, AND a visit to the Maritime Museum in Williamstown.

COMING UP IN FEB!!

A late afternoon, Picnic in the Park, Walks, including weekly Bush Walks, other walks, Garden visit to Monbulk, AND a guided tour of the Shrine of Remembrance.

Then in MARCH, our second Picnic in the Park, and these occasions include a walk, a game of Bocce, or just socialising, or more planning. The garden visitors are going to Morwell to enjoy the beautiful Rose Gardens, etc.

PLANS IN PROGRESS:

5 day / 4 night Bus trip, also a Weekend Getaway, with caravans, tents, or sharing cabins, but always enjoyable.

We hope that you can join us on any 2 activities, get to know the members, and when you are ready, take out a membership for \$20.00 per year. You will be very welcome.

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



OPTIMISTS, we never give up!

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

**You have brains in your head.
You have feet in your shoes.
You can steer yourself in any direction you choose!**

Dr. Seuss



Drawing by Meilisa
www.deviantart.com/lovemeilisa

Community Group News

News from *KNOX HOME GARDEN CLUB* by Lonni Holland

You may be mystified about why your prized plants and produce refuse to thrive in your gardens, despite all your care. Yes, February is the height of summer and with little rain in January, there may be a range of reasons, but almost always the clues lie within the soils in which the plants grow! Often soils are deficient in ORGANIC materials or humus, depriving the plants of vital, sustaining nutrients...

So, why do we gardener's gaze skyward at menacing cumulonimbus thunder heads, awaiting these potential rain bearing clouds? I suggest that it could be:

- To dance in the rain, or jump into puddles
- Fill buckets or bins with rain water
- Listen to frogs in ponds and wetlands
- Marvel at the rain drops on our produce, and flowers
- Breathe a sigh of relief, and put down the watering can

Another good reason to get excited at the rain bearing clouds is the potential for millimetres of life giving water. Each rain bearing cloud has the potential for delivering hundreds of litres of water.

Water plays an important role in organic gardening; it is the medium in which the nutrients are transported to the root systems. Water makes nutrients such as nitrogen, phosphorous, potassium, trace elements, and minerals available and accessible to all plant life.

It is in these moistened soils that microbial activity can convert nutrients from organic materials and fertilizers into forms that the roots of the plants can absorb.

You've probably loosened your soil with a garden fork and turned up worms, slaters and grubs. If you have worms in your composts or garden beds, it is good news! Worms are useful in aerating, oxygenating, and breaking down the organic materials into good bacteria and fungus in soils.

I'm passionate about growing roses, perennials, annuals, native plants and trees, herbs and vegetables. Therefore, when growing those tasty, edible plants for your family, it's vital to use organic methods of cultivation.

Now, in order to achieve the best results and grow the highest quality and maintain good production

from your flowering and fruiting plants, it must stem from the ground up. Apply only organic fertilizers, either dry powder or pelletized and liquid formulations, which make it readily available to plants.

If you don't have space for a composting system, buy good quality ready-made compost.

Compost should contain fruit and veggie scraps, moistened shredded newspaper for carbon, grass clippings and leaf litter.

I've heard people complain about soils becoming hydrophobic, even with organic matter incorporated or used as mulch. There are products on the market such as organic soil wetting agents, moistened coir or coconut fibre mixed into the soil, lucern hay and pea straw as mulch, all of which are useful in maintaining soil moisture during summer.

If you have an established garden, it's not too late to improve your soils. By gently loosening the soil below the drip line of the plant's canopy, incorporate humus or composted soil, liquid and dry fertilizer to slowly break down, covering with soft mulches like lucern hay and pea straw. Before long, you will notice a huge difference in the health of your plants, and a plethora of flowers, fruit and vegetables to be enjoyed by all!

East City Sound Chorus

East City Sound Chorus is a women's group that sings four part a Capella harmony in the barbershop style. It is part of the International Sweet Adeline's organisation with about 30 Chorus's in Australia.

As our name implies we cover the Eastern suburbs and have members from Mt Waverley to Mt Evelyn. We have many members in your local area and welcome newcomers. The Chorus rehearses every Thursday evening in St Stephens Church hall Bayswater West (just past Knox City)

We will be conducting a four week "Introduction to barbershop harmony" workshop from 28th Feb to 21st March where participants will be given vocal lessons, handouts, and learn to sing a song in their part. This will be done with our current members in a warm friendly atmosphere.

To find out more please phone Lauris Marsh on 9802 2502 or 0419 338 034 or e-mail tobozza@winstonmarsh.com.au





Tempo
DANCE
COMPANY

CHEERLEADING



HIP HOP
JAZZ
TAP
CLASSICAL

Established for 22 years

We offer quality classes in all aspects of

 ***Hip Hop***

 ***Jazz***

 ***Tap***

 ***Classical***

 ***Cheerleading***

 ***Pointe Ballet***

***Pre school classes**
* Fairy Ballet

Stretch & Technique
All ages - Beginners to Advanced
NO COSTUME MAKING

***Boys Only classes**
* Adult Tap

FREE TRIAL CLASS FOR NEW STUDENTS

****Home of the Kilsyth Cobras Cheerleaders****

CLASSES HELD AT:
FACTORY 4 / 14 EDINA RD FERNTREE GULLY

Enquiries to Deb - 9758 9163 or 0409 300 273

email - tempodance@optusnet.com.au

WANTIRNA DENTURE CLINIC

- Full & Partial Dentures
- Mouthguards
- Relines
- Veteran Affairs
- Repairs
- Vic Denture Scheme

Chris Brownlie
Dental Prosthetist

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

Templeton Tennis Club News from Donald McCracken

Welcome back to TTC news for 2013.

Our summer competitions recommenced over the weekend of the 2nd February. Accordingly, there aren't too many weeks left until this season is complete with finals in March. At the time of writing, (mid Jan) we have 13 (of 17) of our junior and 5 (of 8) senior teams currently in the four and looking at finals. Another top performance. Let's hope the good form holds.

Congratulations to our Thursday ladies team in winning their grand final just prior to the break.

The next Saturday season (winter) will be upon us very shortly so if you are interested in playing competition commencing in April please make contact with one of our convenors, their numbers are shown below.

Night competitions; Monday, Tuesday and Wednesday nights are back in full swing as of the 4th February and progressing well. Come for a look and maybe 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.

All the best for 2013.

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

Happenings from the KNOX CITY TENNIS CLUB by David Willing

We hope that all our Club members had a great festive season and are looking forward to another fantastic year of tennis at our Club which is one of the bigger clubs in Knox.

To help get the year started on a positive note we held an Open Day on Sunday 27th January. This coincided with the Men's final of the Australian Open Tennis tournament. As with previous years it was a great success with many people turning out to enjoy the free hit, BBQ and to be able to watch the tennis on our big projector screen.

Our 16 panel 3kW solar system continues to reduce our electricity costs particularly with the hot summer we have had so far. The courts have held up well over this period with regular maintenance carried out over the break.

Competition begins again in Waverley District Junior and Senior with nine of our Junior teams, four of our senior teams and our Mid Week Ladies team in the top 4. Congratulations to all of them and hopefully they can keep going and win their sections.

Our night tennis competition in Blackburn District starts this month with over 20 teams entered across various nights. Good luck to all of them and we hope you have an enjoyable season. If you would like to play night comp, please contact Jeff at bdnta@knoxcitytennisclub.com.au as teams are possibly looking for extra players in their rosters.

As always 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 the season. You don't have to be a member, we welcome all players to experience our Club.

AND for all the Senior 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



Bayswater Bowls Club

HOW EASY IS IT?

You've maybe seen lawn bowls on TV, and don't they make it look easy?

So the question is: Do you think you can do it?

Accept the challenge and give it a try by getting a couple of friends together and entering the annual Guy Turner Bowls Challenge specifically designed for people who are not bowlers.

Organised by Bayswater Bowls Club, entry is free and there are trophies, prizes, and bragging rights to be won, and a sausage sizzle to enjoy.

"We just want people in our community to get together and have some fun," said club spokesman, Alistair Smith.

Three non-bowlers are assigned an experienced bowler who will show them what to do and act as skip (captain) of the team. There will be the opportunity to get some tuition and practice before the event, which is sponsored by Appleby Real Estate and will take place on the morning of Sunday, March 24.

For further information, ring Alistair on 9729 2611 or drop in at the club at the Guy Turner Reserve, 43 Phyllis Street, Bayswater.
Check the website www.bayswaterbowlsclub.com



Alan TUDGE MP

FEDERAL MEMBER FOR ASTON

Supporting our local community

(03) 9887 3890

www.alantudge.com.au

alan.tudge.mp@aph.gov.au

Join Alan on Facebook



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.



Happy Australia Day & Compliments of the Festive Season



Say 'Hello' To Australia's Best Mortgage Broker*

Aussie Knox - winner of National and State awards for "Best Loan Writer" 2011, 2010

Would your bank tell you if a competitor had a better home loan?

Aussie is dedicated to finding you a better deal

To make sure you're on the best deal you could ask your bank if they would recommend a competitor's home loan. We know they probably won't, but Aussie will.

Everyone here at Aussie Knox, on the other hand, is dedicated to helping you find the right home loan.

We're here to give you free advice on hundreds of different home loans from various lenders - including the Big Four banks.

Here's what Aussie can offer you:

- Better options - compare up to 16 lenders including the Big Four banks.
- We're free - we don't charge for our service.
- It's quick - we compare hundreds of home loans in minutes.
- So easy - we do all the paperwork.
- We're thorough - we compare all the features of the loan, not just the rates.

Why not pop in today? After all, the sooner you do, the sooner you could start saving.

Drop into Aussie Knox

Studfield Shopping Centre, 249 Stud Road, Wantirna

03 9887 4088 or 0409 786 121

aussie.com.au/knox or knox@aussie.com.au



It's Smart to Ask



AFS Licence Number & Australian Credit Licence Number 246786.

*Australian Banking & Finance Magazine Awards 2008, 2009, 2010, 2011