

# STUDFIELD WANTIRNA NEWS

NOW DELIVERING TO AREAS OF SCORESBY AND KNOXFIELD

## Dinosaurs in Wantirna



EDITION 25

AUGUST/SEPTEMBER 2013

- VISIT FROM ITA
- PHOTOS FROM STAMFORD PARK
- U3A ANNUAL ART SHOW
- NEWS FROM HOLY TRINITY PS  
& SCORESBY SECONDARY COLLEGE



Connecting & Strengthening the  
Wantirna Community

Produced from our office at Wantirna College

FREE





# Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

I am constantly amazed at the depths some people will sink to in order to manipulate or scam trusting people. Wearing my Minister for Consumer Affairs hat, this is a reminder to us all that if an offer appears too good to be true, it probably is!

Advancing technology brings new opportunities for clever criminals as they try to take advantage of those who are less technically savvy.

Scams can sometimes be perpetrated online, over the phone, or even via door to door contact. With online shopping, be wary of fake websites that look legitimate and offer fantastic deals; be careful if the only form of payment is by direct money transfer. Be careful too if you're paying by credit card – always look for the SSL (Secure Socket Layer) symbol or one that looks like a lock.

If you receive an email or phone call that says you've won a prize – think back...did you actually enter the competition? If not, start asking questions. On the phone, you can ask for the person's name, company details, phone number etc. Just remember that a legitimate prize claim will never ask you to pay money up-front to receive the prize.

Scams cause not only financial pain but also great embarrassment, and this means that some cases go unreported. It is important that you report anything suspicious to Consumer Affairs Victoria on 1300 55 8181. You might also want to check the great new series of short videos about common scams, and how to avoid them at [www.consumer.vic.gov.au](http://www.consumer.vic.gov.au) and look for 'Stevie's Scam School'.

A really valuable tool in stopping this epidemic is talking with friends, neighbours and relatives – alert them about what happened to you.

**If there is any State Government issue 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](mailto:heidi.victoria@parliament.vic.gov.au)**



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## Editorial

### Welcome to readers from areas of Scoresby and Knoxfield!

This edition we farewell our community story writer, Arlene Bach who has decided to step down. Thank you to Arlene for her wonderful contribution to our paper. Her finale is in this edition as she gives an emotional farewell to her dog Monty. (Get the tissues ready!)

Big plans are in the pipeline for Studfield Wantirna Community News. We are expanding the production of our paper and will be delivering across the Wantirna border to parts of Scoresby and Knoxfield. These suburbs are not currently represented by a local community newspaper.

With the decline of the commercial local newspapers, volunteer run community newspapers will play an important role in the future by keeping local people connected to the places where they live. As the world grows bigger through access to so much information through the internet, people are also looking to draw their own community closer.

We need two things to succeed in our new plans...support from local businesses with their advertising and volunteers from the local community who are willing to get involved.

If this could be you...call our office and have a chat!

**Janet on behalf of the SWCN team**





## Dinosaurs in Wantirna

Make no bones about it, the Wildlife of Gondwana exhibit is an amazing display of the fabulous dinosaurs and giant animals found in Australia.

This exhibition showcases the unique fauna of Gondwana (the Great Southern Land) from 3800 million years ago to recent times, as the geology and climate have changed.

The diversity of life is displayed through skeletons and life-size models, fossils and footprints, and artworks recreating scenes from prehistory. These classic displays, combined with the latest range of interactive multimedia, makes this an exciting and fun experience.

Curated by renowned paleontologist Dr. Pat Vickers-Rich.

The Knox Innovation Opportunity and Sustainability Centre (KIOSC) and Prime Sci!, School of Geoscience at Monash University (whose patron is Sir David Attenborough) have worked together to bring this exhibition to life for the local community

KIOSC is a Collaborative partnership Agreement between the Knox Consortium of Schools and Swinburne University of Technology (TAFE). The new building for KIOSC was built on land donated by Swinburne University.

The centre was created when seven schools pooled their Commonwealth government funding (as part

of the Trade Training Centre Scheme) to create a new teaching centre to be shared by students from all schools. The site was donated by Swinburne University.

Utilised by over 6,000 Knox secondary students annually, and with over 10,000 visits per year by the Knox Schools alone, the KIOSC Discovery Theatre is an exciting, interactive gathering place for envisaging and exploring a sustainable future.

KIOSC is at Swinburne University of Technology, 369 Stud Road, Wantirna South. The KIOSC building is brand new, environmentally friendly and recently won an award as the Best New Entire Educational Facility in Victoria.

**Open to public every Saturday and Sunday, 10am – 4pm, until August 31st 2013**

**KIOSC at Swinburne University  
369 Stud Road, Wantirna**

**Admission: Adult \$12 Child/Concession \$7  
Family \$30**



*Exhibition photo supplied by  
Kate Kent Evans*



*Wantirna College students  
visiting the exhibition*

**Are you interested in supporting  
your community to be a better place  
for people with disabilities?**



## Leading Change for people with disabilities and carers

Hosted by Knox City Council, the Leading Change – Systemic Advocacy course supports participants to develop their understanding of advocacy principles and strategies for change, providing skills for planning and leading successful systemic advocacy campaigns.

**When:** Four consecutive Fridays: 27 September, 4, 11, 18 October

**Time:** 10.30am–2:30pm *\*Please note participants must be available to attend all sessions.*

**Where:** Knox City Council – Civic Centre  
511 Burwood Hwy, Wantirna South 3152 (Melway Ref: 64 A12)

Transport can be arranged on request. Lunch is provided. Please advise of any dietary requirements.

**Places are limited to Knox residents and registration is essential.**



**For more information contact:**

**Peter Johnston – Metro Access Officer**

**T: 9298 8819**

**E: [peter.johnston@knox.vic.gov.au](mailto:peter.johnston@knox.vic.gov.au)**

**Applications close Friday 6 September 2013**





## Farewell to Monty by Arlene Bach

I walked up to our bedroom the other night and saw the lump under our doona and smiled, thinking it was our dog Monty who had snuck in and tunnelled down under the doona, just like he always does in the winter if we leave the door open.

Suddenly I was not able to get my breath properly and I felt totally lost and as if I had a great hole in my chest. You see my husband Rainer and I had to make one of the hardest decisions we've ever had to make which was to put the love of our lives Monty, our Staffy to sleep as he had, had a short but very intense battle with cancer.

Now I realise that a lot of people will say "well he was only a dog" and yes, while technically that would be true, nothing could be further from the truth. I know that not everyone is an "Animal Person" and they will not "get" this story and that is ok, this story is not for you.

We brought Monty home at eight weeks old when he was little enough to fit into one hand. Over the last nine and a half years he has been our constant companion at home and has travelled all over Australia with us. He just loved to be with us, whether we were going around the corner to the milk bar to get the weekend paper, or, off to Western Australia. He would just jump up into the back seat stick his head out of the window and off we would go. Five minutes or six weeks, didn't matter he just loved being part of the family.

I could write a million words about Monty, but in the end none of them would do him justice, he was so much more than "just a dog". He was our confidante, there when you were upset to let you know that all would be well in the end even if it wasn't and that he loved you. His big lovely furry body that just radiated so much heat all the time, curled up on your lap as if he was a little lap-dog, not a big 23.8kg boofer of a dog, gave so much comfort, that unless you've had that experience you'll never know what it's like. It is one of the best things in the world to be cuddled up with your dog on a miserable day, whether that misery is outside or inside yourself, and to know that there is someone that is with you, who is really in your corner and that you light up their whole day just by being you. Nothing else compares. Unconditional love is what it is.

The welcome home we got each and every time was just beautiful. He would be at the front door with his whole body shaking and rolling from side to side as he wagged that tail. Such enthusiasm! This was one of the first signs that all was possibly not as well as it should have been. Monty had taken to sitting on one of our leather recliners in the front room and wagging the tail furiously from the chair and not getting up. Shortly after he became incontinent, which you could tell he was deeply ashamed of, he was a good boy and knew that he shouldn't be wetting inside, so off to the Vet we went.

After three light anaesthetics over the course of four days, with x-rays, ultrasounds and samples taken we got the diagnosis that it was probably cancer, a 95% chance. The only way we were going to know was to have an operation, to go in and see what it was. On the 5% chance that it may have been part of a tennis ball, and hoping madly that, that was all it was, off he went. Monty came home 24hrs later with twenty-five staples in his tummy incision that ran from neck to tail, and the news that at most, he had a few weeks to live.

Monty lived long enough to have one last swim at the beach, which was his biggest pleasure apart from chasing a ball and food! On the Saturday after he had his staples out, we took him for a very short walk. He sat out the front and did the rounds of the garden with Dad, was lifted up into the back seat of the car for a snooze in the sun, another of his favourite places, then came in for a lay down on our bed, his ultimate favourite sleeping spot. We had arranged with the Vet to come to our home to do the deed and when they arrived, as happy as ever he wagged his tail and greeted them both enthusiastically, ALL visitors were for him, not us, well according to him anyway. Monty had his leg shaved to put a shunt in and was not happy with more needles. He had, had so many in the last 5 or 6 weeks. Then we gave him a few minutes lay down on our bed with just Mum and Dad, then the Vets came up and slipped the needle into the shunt while we lay with him. He growled and growled and his chest rumbled with the noise of it, but it soon trailed off until there was no more noise and we waited with him for a little while more and said our good byes then took him up to the Vets.

Possibly we had Monty put to sleep a little earlier than we needed to, he was not yet in pain, but, it was our decision that he had, had enough. He was losing weight at an alarming rate and would not eat solids any more. So based on the belief that neither of us would like to be here under those circumstances, we came to the decision that sooner was preferable than later.

Monty was cremated and we have him at home waiting for our ashes to join him and then for all 3 of us to be scattered at the beach together.

Nowadays with no one else to wag their tail for Rainer when he comes home from work, it is up to me. So if you happen to see a middle aged woman on the doorstep wagging her rear end from side to side as a man gets out of the car, don't worry, it will only be me!

Monty has left a huge wombat sized hole in our lives that will never be filled. His personality was such that you thought he must really be a human disguised in a dog outfit. Monty was such a happy chap and loved absolutely everyone. He was funny, loyal and obedient (most of the time). He had a

huge vocabulary and such an expressive face that he never would have needed words anyway. Again, I could write a million words and never be able to express actually who he was and what he meant to us. But those of you with your own Montys, whatever they are, a dog or cat or any other well loved pet, you will know exactly what I mean.

A big kiss and "tummy tummy" to Monty, and "where would you be? There you are" We both miss you so much mate, every day. Keep the bed warm for us wont you? We won't be too long.

Love from Mum and Dad.xxx



*Photo of Mylo, another much loved staffy.*

**WENDY'S**  
*Wantirna Beauty Centre*

[www.wendyswantirnabeautycentre.com.au](http://www.wendyswantirnabeautycentre.com.au)

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

*Wendy's*  
**santika day spa**

[www.santikadayspa.com](http://www.santikadayspa.com)  
(03)9729 2779



# Photos from Stamford Park

By Peter Kavan

Project Manager, Stamford Park Development.

As we research the history of Stamford Park, and collect material for the Stamford Park archive, it is often surprising to find interesting connections between those who lived in and worked at, or visited the property, and their place in the history of Melbourne. Recently, an album of historic photographs of Stamford Park was discovered by Darren Arnott in the State Library of Victoria. Darren is a keen member of the Stamford Park Historical Research Group, and we are very grateful for his discovery.

The gelatin silver photographs in the album, most of which have survived, were taken by a young medical student, Herbert Maunsell Hewlett, (1872 – 1957) who visited Stamford Park in 1894. Herbert was in his early twenties at the time and a friend of the Row family.

Herbert had a passion for photography. His photographs captured the spirit of the times in the mid 1800's. 'Quail shooting – Stamford Park May 1894' shows a hunting party enjoying a picnic at the property, typical of the leisure activities of the Row family who were keen hunters and members of the Melbourne Hunt Club.



Quail shooting – Stamford Park, May 1894.

The Row family were renowned breeders of horses for steeplechasing and for re-mounts exported to the British Army in India. Presumably, all members of the Row family had their own horse, and in one of Herbert's photographs, Vera Row is seen sitting on her pony Banjo in the rear courtyard at Stamford Park.

We are indebted to Herbert for his photographs of the Stamford Park Homestead. A view from the north-west is featured above right, and provides an insight into the appearance of the 'picturesque gothic' style homestead in the 1890's. Vera Row and her mother Emmeline can be seen standing on the veranda under the iron lacework. The photograph also shows the driveway approach to the homestead which once connected the property to Wellington Road. The driveway is now covered by later earthworks and a small section was excavated in 2010 as part of Knox Council's Stamford Park archaeological investigation, to reveal a clay surface rutted by carriage wheels.

After his visit to Stamford Park, Herbert completed his studies at Melbourne University and left Australia to complete his degree at the Edinburgh Medical School. Whilst there, he developed a strong interest in the discovery of X-Rays by Rontgen in 1895. Herbert returned to Melbourne in the same year and

# LOCAL HISTORY



The Homestead from the North-West, May 1894.

joined his father's medical practice. In 1896 he was appointed to the honorary staff of the Children's Hospital and, because of a long standing interest in electricity and photography, he was invited to install the newly developed X-Ray equipment. He is credited therefore with establishing the first radiology department in a Melbourne Public Hospital, and served the Children's Hospital for thirty-eight years. His legacy continues today.

The photographs held in Herbert's collection in the State Library are out of copyright and can be accessed electronically. If you'd like the link to Herbert's photographic collection, or if you have any historical photographs of Stamford Park in your family album and would like to share them, please send me an email at [peter.kavan@knox.vic.gov.au](mailto:peter.kavan@knox.vic.gov.au)



Vera Row on Banjo, May 1894.



# WHAT'S COOL AT SCHOOL?

## Scoresby Secondary College News

Scoresby Secondary College has been successfully serving the communities of Scoresby, Knoxfield, Wantirna South and surrounding suburbs since it was established in 1975. The college is located away from the hustle of busy roads; adjacent to the new Harcrest Estate and is well serviced by public transport in nearby Stud Road.

A smaller, caring educational setting, the college currently provides programs for approximately 450 students in Years 7-12, an enrolment set to rise with the final releases of the Harcrest Estate. A Teams approach to student learning ensures that all students are monitored in a caring and supportive environment. We pride ourselves on a calm and orderly atmosphere that keeps the focus on student achievement.

Students in the school are conscientious and welcoming and cherish the college values of Respect, Responsibility and Trust. In the Junior School at Scoresby, students undertake studies in the core subjects of English, Mathematics, Science, Humanities and French. Students also make choices from electives in Physical Education,

Technology, Music, Art and Home Economics. In the Senior School, courses of study are built around the options of VCE (Victorian Certificate of Education), VCAL (Victorian Certificate of Applied Learning) and VET (Vocational Education and Training).



Complementing their academic studies, students engage in a range of extra curricula activities such as interschool and intraschool sports, a rich camps and excursion program, outstanding musical performance events and other occasions such as debutante balls and formals. Recent annual events have seen students return from the Central Australia tour, others participated in the Debutante Ball and those in Year 10 have completed Work Experience. Upcoming events and celebrations include

Bastille Day celebrations, the College Production evening and matinee and two international school exchanges.

Speaking about the school's vision for the future, College Principal, Gusty Martin said, "Scoresby Secondary College encourages students to see themselves as world citizens and people who will shape the future of our nation. This view is supported by the partnerships the college has with our two Sister Schools, Taicang Senior High School in China and College Magenta in Noumea." Mr. Martin also said that changes through the new Australian Curriculum and its focus on local, national and global issues was yet another opportunity to build on the vision the school has for its students and their future.

Scoresby Secondary College is strongly connected with its' community and continues to proudly serve and provide outstanding educational opportunities for the families living in Knox. The college looks forward to regularly sharing news and events from the college with readers of the Studfield Wantirna News.



## Kim Wells MP

### State Member for Scoresby

Minister for Police and Emergency Services

Minister for Bushfire Response

9 Lynton Place, Scoresby, Victoria 3179 Phone: 9764 8988 Fax: 9763 9816

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# WHAT'S COOL AT SCHOOL?

## Students relaxed & focused at Holy Trinity



**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



### Switching day

(A poem on the differences between the young and the old).

By Bethany Hall, Year 8, Wantirna College.

Came to school today  
The teacher was wearing Vans  
She's sixty you know

Instead of Snapback hats,  
Year 9's have short, curly wigs  
You know, granny style

Comb-overs are in  
And hair is totally out  
Teens are going grey?

What's with this? I ask  
A friend walks by me now  
"It's switching day today"

My grandma's in leather  
In exchange for her old skirts  
But this is not all

I thought 'in' was just  
The fashion queen at 15  
But some are Gran's age!

The influence high  
Far and wide I could say  
It's switching day today

Although it was fun  
I'm glad tomorrow shall come  
Switching day is done!

Something really terrific has been happening each week in every classroom at Holy Trinity—meditation.

This year, with support from the Knox School Focused Youth Service and Eastern Access Community Health, we have been focusing on creating an even better school climate by introducing meditation and mindfulness to our students.

Meditation happens every Wednesday morning and Friday afternoon. Calming and reflective music has replaced the bells and assisted in creating a peaceful atmosphere.

Many children have responded to the positive effects of the meditation, describing increased feelings of calmness, peace and happiness. It is also known to benefit children by reducing stress, strengthening the immune system, improving behaviour, attitude, focus, memory and concentration.

As part of our Values and Social Skills Program, the children have also participated in some mindfulness activities.

Mindfulness focuses on the present, rather than the past or future. It involves focusing on what is happening in the present environment such as sights, sounds, and smells, as well as to thoughts and feelings. In practicing mindfulness, children can become more aware of their thoughts, feelings and experiences, and be accepting of whatever state the body and mind are in.



In the broader community, mindfulness is being used to treat many physical and psychological problems, including stress, anxiety and depression.

Since the introduction of meditation sessions and mindfulness activities, teachers report their classroom being more quiet and calm and attribute this to their students' ability to express compassion to each other.

Meditation is a positive way of developing students' ability to control strong emotions, self-regulate their behaviour and reduce anxiety.

Meditation is now a key driver in our aim to provide a learning environment that empowers our students to be the best they can be through a consistent approach to social-emotional development.

Teachers at Holy Trinity recognise that they have a key role to play and that they can make a profoundly positive contribution to a child's mental health and their future development. They have expressed great enthusiasm for the introduction of meditation across the whole school which is a strengthening factor in the success of this initiative.

The inclusion of meditation as part of our broader school-based Values and Social Skills program has given students the opportunity to express their feelings, develop positive thinking and coping strategies, use quiet reflection and meditation and learn to develop skills in order to help build resilience.



Left: Year 1 and 2 students participating in an art therapy session.



Right: Year 1 and 2 students learning how to control their breathing and become calm through bubble breathing.

"An eye for an eye only ends up making the whole world blind."

M.K. Gandhi



Drawing by Meilisa

[www.deviantart.com/lovemeilisa](http://www.deviantart.com/lovemeilisa).



## Upcoming Visitors & Events

The year is half over but we have many treats in store including a visit from Australian of the Year 2013 Ita Buttrose. Ita needs no introduction. Her stellar career speaks for itself making her one of the most recognised faces in Australia. She will be our guest on Wednesday 23 October 12.30pm for a lunch at 1330 Conference Centre and Café, 1330 Ferntree Gully Road, Scoresby. Tickets will go on sale in coming weeks.



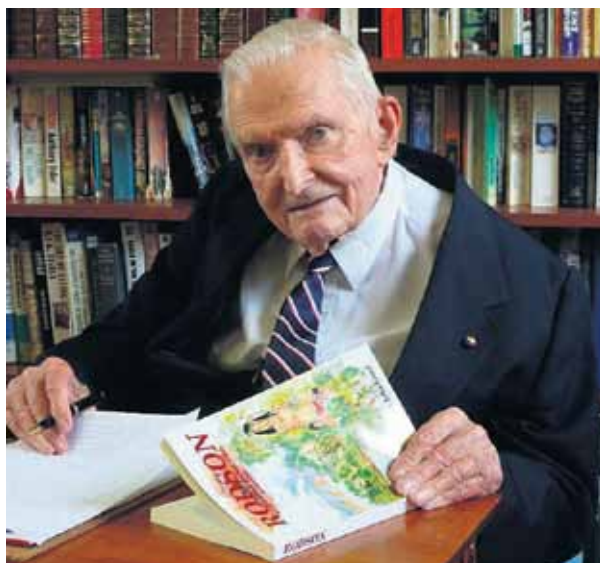
Ita Buttrose

Wednesday 23 October seems to be a red letter day at Eastern Regional Libraries. At 6.00pm Boronia Library is hosting author Vanessa Russell author of the debut novel *Holy Bible*. Set in Ballarat the book tells the story of Tranquillity Bloom and her strictly religious family in a time when all the signs point to the second coming. The book has been praised by reviewers and readers alike using words such as, compelling, frequently astonishing and bitterly funny

When the Shire of Yarra Ranges indicated that they were planning on being part of the international Big Draw Campaign we decided that it would be an ideal program for the September/October school holidays. The Big Draw encourages members of the public to develop their creativity through drawing. Amongst our guests will be author and illustrator Leigh Hobbs best known for his series of *Old Tom* books. Leigh's work is represented in many of Australia's most prestigious collections, and his book *Mr Chicken Goes to Paris* is a popular seller at the Louvre bookshop in Paris. Michael Salmon will be a guest of the Big Draw. Michael has had a long and varied career in art and design. From the television program *Alexander Bunyip's Billabong* on ABC television in the eighties to designing toys, Michael has nonetheless found time to produce 152 books. His work as a presenter at schools is no less impressive. In the past few years he has visited 5000 schools and spoken to over one million children. For children who would like to try their hands at producing a comic strip we will have cartoonist Bernard Caleo from Cardigan Comics. Bernard has a background in performance in addition to his artistic talents which should make for an interesting workshop. If you fancy lunch with your art join artist Nicky Johnston at Belgrave Library for *Pictures and Pastries* on Thursday 26

September 12.30pm. Nicky will be inspiring young artists with some tips and hints, followed by lunch, one for all the family.

This year Knox City Council has decided on extending Senior's Week from a week to the entire month of October, spreading the fun even further. Boronia will be raising the rafters with a rousing session of community singing led by Yvonne from the Templestowe Singers. Ferntree Gully will be hosting nonagenarian author Ken Good who will be in conversation with 3MDR host Ann Creber. Ken's book *Rodson* was published earlier this year. Our busy Tech Team will host *Making the Most of Technology* at both Rowville and Bayswater Libraries whilst the very popular Micah Macri from Talking Tech will help you get the most for your dollar safely when he talks about *Retail Shopping Online* at Knox Library. For those who can never resist a rose, Margaret McGregor from the Rose Society of Victoria will join us as part of Senior's Month to talk about a year in the life of a rose and a few lucky audience members will walk away with a rose to add to their collection. Whilst we were talking on the phone Margaret gave me the names of two roses to consider for your garden – 'Margaret Merrill' and 'The Children's Rose' both top marks for fragrance and appearance.



Ken Good

For those who enjoy Ferntree Gully's paper craft workshops but have trouble booking in to the very popular twice monthly sessions, then Belgrave Library on Thursday 8 August at 1.30pm is a chance to learn about creating flowers from recycled books. Entitled Forever Flowers Trudi Anderson will be conducting this workshop as part of the Shire of Yarra Ranges Live It Up program. Bookings can be made by telephone 9754 7266 or online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au)

Just a few of the events to consider when planning the months to come. You can be busy almost every day, check out our Events Calendar online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au) or look for our brochure of forthcoming events at any of our branches.

## Talking Tech with Micah Macri

We're all are aware of the threat of viruses to our home computers, but with our recent shift towards iPads and Androids, does the same threat exist?

The main method tablets are compromised is through malicious or deceptive "apps" being installed without the user's knowledge. Fortunately both Apple and Google are very strict as to what they allow to be downloaded from their application stores, so the risk is significantly lower than on home PCs. Still, it's always good to be mindful of the applications you install and the websites you visit.

The majority of modern viruses are designed to harvest personal information like contact lists, web usage habits and banking details, and they can be very subtle in their behaviour. The less intrusive a virus is, the less likely you are to remove it, and the longer it remains productive!

The iPad is a very closed device. This means applications can only be installed directly from Apple, making it fairly secure. Google's Android is not subject to the same restriction, so it can be less secure. By being mindful of what's installed on your device, you can completely avoid unnecessary headaches with your new tablet. That will leave you more time to play games, stream video and explore the Internet!

**Micah Macri**  
03 8370 3525  
[TalkingTech.com.au](http://TalkingTech.com.au)

**make it mine**.com.au

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BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

## Annual Art Show & Special Guest Visits

Term 3 began on 22nd July, and plans are in full swing for the Annual Art Show, to be held between 10am and 4pm on the 12th and 13th October at the U3A building, Parkhills, Park Boulevard Ferntree Gully as part of Knox Seniors Week (also part of Seniors Week Victoria). Entry forms for this open show are on our website [www.u3aknox.com.au](http://www.u3aknox.com.au) under ART SHOW. If you have additional queries please phone the office at U3A on 97522737. The show this year, open to all to enter, will be sponsored again by F.T.G. Toyota, with the \$1000 prize for Craft, and Bendigo Bank will give the \$1000 prize for Art section. There is also a special prize - The Bill Batt Memorial Prize for landscape, donated by the Knox Environment Society.



U3A President with Bendigo Bank manager John Sutcliffe, as John prepares to hand over the \$1000 cheque to U3A.

The show has the support of Knox City Council and The Mayor of Knox, Cr. Orpen, will open the show at the presentation on 12th October at 11 am. Last year it was the most well attended of all Seniors Week events in Knox, and once again there will be bargain stalls - books, garden and craft - devonshire teas, and a chance to take part in voting for the People's Choice award. You can also try your luck in the usual wonderful raffle (two patchwork quilts and many other goodies will be included in the prizes).

At the luncheon for the end of Term 2, we were lucky enough to have a very interesting resident, Ross Gairn, who was part of the staff of the Royal Family, with one of his tasks being to give the corgis their daily walk! Ross served at the various Royal residences for 10 years, and was later valet to the



Mr. Ross Gairn holding a souvenir booklet showing a young Mr. Gairn on top of the royal carriage with other royal staff.

Duke of Edinburgh. He showed us many souvenirs of his time at the palace. His service was a great joy to him, a long time royal fan, having first seen the queen as a schoolboy in 1954 as she drove down St. Kilda Road.

Meanwhile, term 3 opened with 1100 members enrolled, and 130+ subjects offered. Some will still have vacancies as of the time of publication. Membership for the 6 months to end of year is \$20, and members will have chances of bus trips, and

## Planet Ark's Schools Tree Planting Day

For the third time, on Friday 26th July, Ferntree Gully Toyota teamed up with St John the Baptist Primary School to help kids plant for a brighter future and to preserve the environmental future of Australia as part of Planet Ark's Schools Tree Day, which is Australia's largest community tree planting and nature-care event.

Historically responsible for planting more than 18.6 million native trees, grasses and shrubs by approximately 3 million volunteers over the years, Schools Tree Day cultivates environmental stewardship and aims to help kids make nature a part of everyday life.

Toyota has sponsored National Tree Day and Schools Tree Day for the past 14 years as part of its global commitment to sustainability. With about 2,500 schools across the country involved, Toyota

social occasions, the art show and a concert to look forward too. Our annual concert will be in November at Burrinja, and will take the form of a high tea, with entertainment from U3A performing groups - more details will be announced later in the year.



Ken Good with class members. Photograph by class member Kheng Tan.

On 9th June our creative writing class received a visit from Ken Good, the author featured during May/June, in national and local papers. In his talk Ken gave us some great hints on writing, from creating and using characters and working on plots, as well as editing. He told us about how his book came to be written, and his ideas for a sequel! At 90 plus, he is an inspiration to our writers, and we were very grateful for the visit. Several of us bought his book, and there is now a copy available in our U3A Library.

aims for participating kids to help make a positive difference to the sustainability of our planet.

Jon Heap commented, "Toyota's support of Schools Tree Day in 2013 aims to have a positive impact on the environment. The initiative will help Australian children learn and appreciate the importance of preserving our planet for future generations."

Spokesperson for Planet Ark, Debbie Agnew added: "We're encouraging all Australians to Get Outside and Grow for National Tree Day. The involvement of our nation's kids in Schools Tree Day helps the next generation of Australians understand the importance of doing our bit for the environment and community. Through Toyota's support, we are able to give kids the opportunity to make a difference and ensure that nature becomes part of their everyday life."



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# WANTIRNA NEWS

## News from Orana Neighbourhood House



### Coming up at Orana

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 onh@netspace.net.au www.orananh.org.au  
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### Vamp Hair and Beauty

Vamp has just celebrated its first year at Studfield and is now the only Hair and Beauty Salon in this busy shopping strip.

Due to our huge success, we are now extending our trading hrs Friday til 8pm and Saturday til 3pm, with new clients welcome.

**Monday to Wednesday 9am - 5.30pm**  
**Thursday & Friday 9am - 8pm**  
**Saturdays 8am - 3pm.**  
**217 Studfield Shopping Centre**  
**9801 2039**

Vale

**Maree Hannan**



*Orana sadly farewells Maree Hannan who passed away on 29th May. Maree was a valued Committee Member and friend of Orana for many years. She will be sadly missed.*



Wantirna  
**Community Bank® Branch**

**Bendigo Bank**

### Your Banking Helps the Community

Did you ever think you'd hear about a Bank that invests the majority of its profits back into the local community? Here's some information about one that does....

The Wantirna Bendigo Community Bank, which operates under the Bendigo & Adelaide Bank, began with a need for a new bank in the Wantirna community after the "big banks" closed their branches in the area leaving Wantirna Mall and local Wantirna residents without a bank for 6 years.

The close community feel of the Wantirna area was the perfect place to launch a bank run with the community banking model, and that's just what happened when the "Wantirna Community Bank" opened its doors. Since then the bank has injected over \$105,000 back in to the community!!

For those new to the community banking model, it is a concept unique from the other big banks. The majority of profits derived from customers that bank at the Wantirna Community Bank are invested back into the community in a range of ways. This means customers banking with the branch are investing back into their own community, into local schools, not for profit organisations, clubs, societies, youth development programs, community centres and the like.

The Wantirna Community Bank offers all the necessary consumer and business products like other big banks, from day to day banking accounts, credit cards, loans, financial advice and insurance, whilst operating from a convenient location that is open Monday through to Saturday. All this is supported by the strength of the Bendigo & Adelaide Bank which has assets of over \$52 billion under management.

As the Wantirna Community Bank grows, its investment in to the community will continue to grow. You can be a part of this, and have an impact in the community, simply by taking care of your banking and financial needs at the Wantirna Community Bank Branch of Bendigo Bank.

As a full service Community Bank with great products and the strength of Bendigo & Adelaide Bank, paired with our excellent personal service and expertise, we can grow a true banking relationship with our customers. We make our customers feel welcome and valued whilst investing in our community. If you want to be a part of this, or simply want to know more, please call in to the Branch at the Wantirna Mall and say hello to Sarah Thurrowgood, Branch Manager, or Corey Lim, Customer Relationship Officer, at any time.

**Wantirna Community Bank Bendigo Bank**  
**Shop 5-6 Wantirna Mall | 348 Mountain Highway, Wantirna VIC 3152**  
**P: 03 9720 4122**

\$100,000  
 \$90,000  
 \$80,000  
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 \$50,000  
 \$40,000  
 \$30,000

So far we  
 have donated  
**\$105,542** to  
 the community.



## Community Pharmacy Celebrates Thirty Years

Recently the not-for-profit Pharmacy, situated in the Wantirna Mall celebrated their 30th Birthday.

The store slipped into party mode, with colourful balloons throughout the store, and team members dressed for the occasion.

The highlight of the celebration was a HUGE birthday cake to express appreciation and recognise the loyalty shown by their customers who have continually supported the pharmacy

Linda Drew is the longest serving team member and has been the pharmacist for 29 years.

Linda started part time as a young mother with 3 children, and, when the Manager moved on, she took on the position as Manager 25 years ago.

Fady Moussa, has joined the team in the last two years. He completed his studies in Alexandria, Egypt, and moved to Australia five years ago, beginning his career in Gippsland and Geelong, before his appointment to Wantirna. In September Fady will return to Alexandria, to marry his fiancée Catherine, and, together they will honeymoon through Europe.

The pharmacy has doubled in size over the years and staff numbers have increased from one pharmacist and one sales assistant, to the present number-five pharmacists and nineteen sales assistants.

Although the pharmacy has grown, the care and support for all customers, continues at the highest standard.



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## Thunder Phobia - nine steps to calm your dog in thunder

Thunder Phobia is one of the most common phobias which affect dogs. The points listed below are simple guidelines; if you'd like to discuss any of the points in more detail, please contact the clinic for an appointment.

### 1. Predict the Problem

Thunder is largely predictable if you listen to weather forecasts and radio reports: take action BEFORE it hits.

### 2. Be home with your dog

Thunder and the fear associated with it is WORSE when your dog is home alone. Try to be home or have someone care for your dog if you cannot.

### 3. Remove your dog from the garden

Dogs left outside during a thunderstorm are more seriously affected than dogs kept inside.

### 4. Place your dog in a sound proof den

In looking for the most suitable location for the den:

- Brick or block walls are better than timber.
- Consider walk in wardrobes - these are often sound proofed as they are surrounded by other walls, clothing within can absorb sound as well
- Block window access with foam rubber cut to size (blocks light AND sound).

### 5. Use masking noise

Similar to music played in elevators, a "white" or background noise can mask other active noises.

### 6. Use pheromones

DAP (Dog Appeasing Pheromones) can calm noise phobic dogs (studies indicate up to 70% effectiveness). They are not as effective if your dog is left outside but are great in combination with a sound proof den.

### 7. Practice calming strategies

The aim is to teach your dog in advance to be calm on cue. Try to teach the command: "Settle". Devices such as the calming cap or ThunderShirt® may also help.

### 8. Teach your dog to tolerate thunder noise

Desensitising your dog to the noise component of thunder can be done using specially made CD's (eg Frightful Noises).

### 9. Use medication where needed.

If your dog is seriously affected then medication may be required.

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# NEWS IN GOOD HEALTH & WELLBEING

## Wantirna Wellness Health and Well-being Workshops

### Term 3 2013 - August 2013

#### Introduction to Meditation

This 1½ hour session you will be introduced 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 be starting on August 1. Thursday 1st August 2013 7.00pm-8.30pm. Investment \$40.00. Marita conducts this course

#### Meditation 8-week course

Come along and learn to develop your own practice. Marita has been practicing meditation for over 11 years and will introduce you to simple techniques that you can include in your day-to-day life. With regular meditation practice you can decrease anxiety, improve sleep and your general well being. Thursday 8th August to 26th September 2013 7.30pm-8.30pm. Investment \$40.00. Marita conducts this course

#### De-clutter 1

Help to clear your space and your mind. Are you surrounded by clutter and not sure how to approach it? Come along and hear some helpful hints that may assist you. Take-home work sheets will be included in this course. Wednesday 21st August 2013 7.30pm-9.30pm Investment \$40.00. Marita conducts this course

#### De-clutter 2

Using Organisation & Systems-A follow up to De-clutter 1. This session we will look more at setting up time management plans and how to organise "You". Possible systems to use and how being organised can help to reduce stress. Take-home work sheets will be included in this course. Wednesday 28th August 2013 7.30pm-9.30pm Investment \$40.00 Marita conducts this course

#### Boosting your Immune System Acu-points to switch on your Immune System

Back by popular demand! By massaging Acu-Points you can switch on your Immune System. The gentle rubbing action of acu-points stimulates the body's immune response. This workshop provides you with an 11 Acu-point sequence; so that you can help your body fight infections, colds & flu viruses this winter. Light supper provided. Doris conducts this course. Wednesday 7th August 2013 7.30pm-9.30pm Investment \$40.00

#### Wellness through Essential Oils – For your skin type

I will cover all major skin types and you'll learn which Essential oils are best for your type of skin. You will be provided with a jar of my own moisturiser base for free and have access to all the Essential oils you'll need to create your own face crème perfectly suited to your skin needs.

I would love to show you how easy it is to create beautiful natural skincare for a fraction of the retail price and let's have a great healthy girl's night out. Light supper provided. Doris conducts this course. Wednesday 14th August 2013 7.30pm-9.30pm Investment \$40.00

#### Specialty Workshops

##### Creativity for health

An experimental workshop for exploring the therapeutic nature of creative expression through visual art. Facilitator: Rosamund Mortimore Visual Artist, Master of Creative Arts Therapy Practicing Art Therapist in Mental Health and Cancer Support Saturday 17th August, 1.00pm-3.00pm. Investment \$45.00



#### Spring Nurturing Day

"Embracing changes in your life - Creating Wellness around PMS and Menopause" This Nurturing Day is about getting in touch with our female wisdom and the different stages of your cycles. No matter if you are cycling through your monthly changes or if you are approaching the big change at the end of your fertility cycle, we will debunk the myths around female hormones and will provide you with enjoyable life-style choices that will lighten your PMS or enable you to have an easy journey into Menopause and beyond. Saturday 19th October 2013 10am-3pm Investment \$60.00 Marita & Doris conduct this day.

**All above workshops require booking and pre-payment.**

**For bookings please ring Marita on 0425 735 581**

**Or ring Doris 0432 494 413**

**For more information, please visit our website [www.wantirnawellnesscentre.com](http://www.wantirnawellnesscentre.com)**



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**[www.wholehealthkinesiology.com.au](http://www.wholehealthkinesiology.com.au)**

## Our Mind, our Nervous System and our Immune System by Marita Reynolds

How important is it that they all work together?

Our minds are very interesting, they are usually on the go constantly - doing and thinking.

It's not until we give our minds something else to think about, other than it's regular worries and woes, that we can actually experience calmness in the body.

Once the mind is calm, the nervous system calms and our immune system can work efficiently. Everything starts to flow as it is meant to.

If your body is experiencing coughs, colds and flu or a general feeling of low energy then your body is sending you a message to calm down.

Calming down is all good in theory, but how do we do this? - By making a conscious effort. A simple but effective tool that we have with us all the time is the 'breath'.

When we are feeling unwell or low on energy, we need to take some time to sit quietly and concentrate on the breath - coming in through the nose and out through the mouth.

The reason we start here is because by doing this we start to tap into the part of the body that is interested in 'resting and digesting' - it's our calming centre. Give it a go a few minutes and it will help.

Wantirna Wellness has some great Term 3 courses coming up that can assist you through the winter and help you maintain a disease free calmer state of being. Remember dis-ease only happens when the body is under stress and out of balance. To see our courses go to the 'Workshop' section of this E-newsletter. We look forward to seeing you.

Marita Reynolds is a practising reflexologist and Doris Mounsey a Kinesiologist in the professional suites situated in the Studfield shopping centre Suite 9/ 249

Stud Rd Wantirna, (upstairs from the Café). Marita & Doris welcomes enquiries and would be happy to discuss how their individual modalities can assist you. Marita can be contacted on 9801 5201 or 0425 73 5581 & Doris on 0432 494 413

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# NEWS IN GOOD HEALTH



## News from the Osteo with Dr. Jason Stone

### An Osteopath's insight into injuries effecting Cyclists – Dr. Drew Blatchford (osteopath)

The 2013 Tour de France is well under way with mixed fortunes for several Australian riders. The riders have to keep their bodies in top condition day after grueling day in the saddle. I wanted to take the time to discuss a few of the major injury issues facing these athletes which are also relevant to all levels of cycling.

The 2013 tour will cover 3,404 kilometers over 21 stages. The longest distance in a single day will be the 15th day at 242km. The most common injury for these riders is one of overuse or repetitive strain.

#### 3 common injuries:

Patellofemoral syndrome (patella tracking) is when the knee cap tracks off to the side of the knee rather than gliding straight up and down. This can result from a muscle imbalance, muscle tightness or even trauma such as a fall. This will manifest often as pressure and pain diffusely around the knee and even lead to giving way of the knee.

Treatment includes icing the knee after exercise to reduce any inflammation collecting in the knee. Then stretching the quadriceps muscles on the front of the thigh as well as massage to the area. Occasionally the knee cap may be strapped to help reduce tension or guide it back to its correct position. It is quite common to see cyclists taped up with flexible kinesio tape that won't impede their cycling action.

Iliotibial band (ITB) syndrome is a condition where the band of tissue starting on the pelvis and continuing to the outside of the knee creates friction over the bony prominence on the side of the knee. This can lead to inflammation, pain and is commonly seen in cyclists and runners.

Ways to treat this include using a foam roller to release tension in the ITB, a bit like a rolling pin for the body. Stretching above and below the ITB such as glute stretches and calf stretches. An osteopath would commonly work at mobilizing the joints at

the knee and hip as well as lower back. Exercise prescription may occur if this is a result of muscle imbalances.

Mechanical low back pain and stiffness, after hours on the saddle the lower lumbar spine has been held in a flexed position for many hours with strong muscles pulling onto it.

The riders will spend time with their masseurs (soigneur) after the stage finishes and will then often see an Osteopath as many teams including Cadel Evans have them in their medical team. Gentle local movements to the hips, low back and stretching will help alleviate stiffness.

*Drew Blatchford is one of the five osteopaths at Wantirna Osteopathy. A competitive mountain biker since a teenager has seen Drew compete on the British national and New Zealand national series, in North America and since moving to Melbourne the local Australian racing scene. Major achievements this year include winning the expert male (19-29) Karapoti classic 50km in New Zealand and a top 50 from 690 finishers in the 100km Victorian Otway odyssey.*

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# SCOTT WARD NEWS

## Flamingo Educators Acknowledged

Flamingo Community Group 3 year old Kindergarten has a long held belief that children are individuals with individual needs.

Their individuality and needs are acknowledged and respected within the centre. And this year the centre's teachers have been acknowledged.

Leanne Mason, Program Coordinator at Flamingo and Dionne Dougan, Co-educator, have this year proudly placed in the top 5 in Victoria for the Early Education and Care Awards, in the Early Childhood Service division.

The National awards are described as looking for early education professionals "whose work with children goes beyond the everyday good practice that is expected of someone at their level of experience and qualifications." (source, Early Education and Care Awards Website.)

Flamingo 3 year old Kindergarten President, Sharni Arthur says 'Early childhood learning is so important and we are so lucky to have access to these wonderful teachers and this great program. This is an amazing achievement for our teachers

and it shines the light on the great work that they do, not only with the children but with the inclusiveness of the families in the local area too.'

To find out more about the program, kindergarten and these teachers you can visit our website at [www.flamingokindergarten.org.au](http://www.flamingokindergarten.org.au).



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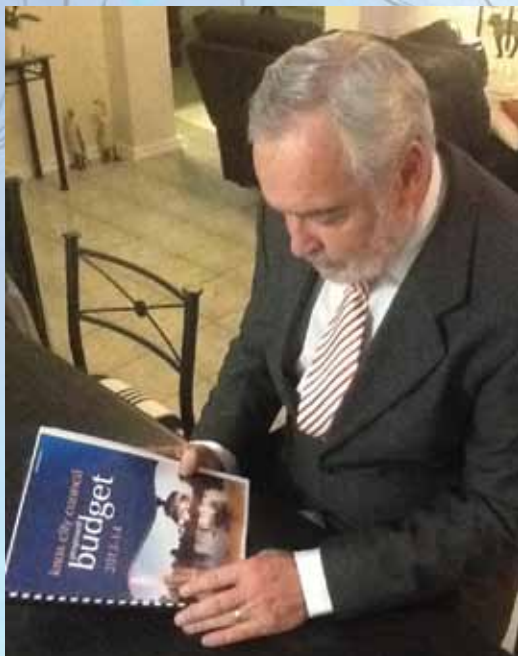
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# SCOTT WARD NEWS

## Nothing Happens Without a Budget



In the last issue I spoke about our new re-vegetation plan. As I said then, plans are one thing, putting them into action is another.

Have you noticed any changes recently? Tree plantings along many of our main roads, including Burwood Hwy, Stud Rd, High St Rd, and maybe even your own neighbourhood street, have been carried out recently.

All services and projects that Council deliver for the local community only happen however if they've been funded in the Annual Budget. Council delivers more than 200 services to the Knox community each year. After all, that's what we're elected to do.

The 2013/14 budget was approved on the last Tuesday of June at the Ordinary Meeting of Council. This process started about 9 months ago, and councillors and staff put thousands of hours collectively into the budget in an effort to get the best result. After going out for public comment and

hearing submissions, the final changes were made.

It was arguably the toughest of the nine budgets that I've been involved in. I'm pleased to say that we've overcome many of the obstacles we faced after the elections were over. We have delivered a well balanced budget with no cuts to our services. Through finding savings and efficiencies we have managed to keep the increase in rates to 6.16%

Over the past ten years, rate increases in Knox have been between 3% and 6.5% which rank as one of the best outcomes for any council in Victoria.

The budget of almost \$130 million is funded by about \$85 million in rates, \$21 million in State and Federal grants and \$24 million from fees, fines, charges, contributions etc.

If you would like a copy of the budget let me know on Mob 0407 300 683 or [david.cooper@knox.vic.au](mailto:david.cooper@knox.vic.au)

**David Cooper, Scott Ward Councillor  
Knox City Council**

## East West Link will be a big boost for Studfield and Wantirna

Congestion on our roads robs people from time with family and is costly to local business. Getting to the city and across town can be particularly difficult, with what used to be a 45 minute trip can now take an hour and a half in peak hour.

An important part of the answer to reducing travel times and congestion is building a new link from the east of Melbourne to the west. The East West Link will be an 18-kilometre stretch of road that will link the Eastern Freeway across to Melbourne's west. The project will tunnel from the end of the Eastern Freeway across to the other side of the city and then link up with the Tullamarine Freeway and the Western Ring Road.

This will make it easier for Wantirna and Studfield

residents to get into the city and across town. It will also free up the Monash Freeway and therefore make traffic flow more freely.

The Victorian Government committed to build the East West Link in its recent budget, putting \$294 million aside to get it started. The Federal Coalition has long advocated the project and has committed \$1.5 billion to the project. This will not solve all the problems of congestion in our area, but it will make a real difference.

It will also cause a significant boost to the Victorian economy as it will facilitate goods being transported more readily across the city.

**ALAN TUDGE MP, Federal Member for Aston**



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# THE ARTS IN KNOX

## Knox Club Entertainment Group *by Teresa West*

Our group started in 1995 with a goal to provide a community service to Aged Care Facilities, Nursing homes and retirement villages in the Knox and surrounding districts, once a month on a Sunday afternoon.

Our group meets at the Knox Club, some members sing and some just enjoy joining in with the group and community singing and also use their time to talk and dance with the residents we visit. The group numbers change from year to year and at present we have 25 members with ages that vary from 40-80.

We started out singing with musicians but once they moved on we reverted to singing to Karaoke backing music. This gives us a huge variety of song choice. We have our own music technician, Marco who helps to make us sound special.

We are well supported by the Knox Club where we practice on a Wednesday, fortnightly from 8-10pm. For the past 10 years we have been inviting residents and guests from the venues we have visited to join us at our special Christmas show. The

show goes for 90 minutes and then afternoon tea is provided for all attending around 110 visitors.

Our aim is to entertain the residents and for them to enjoy our songs and company and also to relate to us as friends, especially residents who don't have regular visitors.

Places we have visited over the years include, Adare, Amaroo, Centennial Lodge, Claredon Grange, Clovelly Cottage, Coogee Nursing, Dunelm, Diana St Lodge, Villa Maria, Eildon Private, Eastern District Aged Care, Ferndale, Glengollan, Greenway, Heritage Gardens, Kirkbrae, Knox Residential, Mingarra, Parklane, Ralac Lionsbrae, Scope, Villa Maria.



cnr Stud & Boronia Roads Wantirna 3152  
www.knoxclub.com.au email: info@knoxclub.com.au

**9801 6466**

**KNOX CLUB**

**New Members Welcome**

## McCuskey's Bistro

*Open 7 days a week for lunch & dinner*

Seniors Meals available lunch & dinner  
(except Friday & Saturday nights)

Weekly Bistro Specials

Courtesy Bus

Sportsbar, Care and Function Rooms

Morning Melodies with Teresa  
1st Monday of every month  
\$15pp two course lunch & show

OFFER 3

PRESENT THIS COUPON FOR  
**50% off Morning Melodies Ticket**  
when another Ticket is purchased

Valid throughout August for next month's  
Morning Melodies, Monday 2nd September 2013

One Coupon per person per day. Not transferable  
Not valid with other vouchers, discounts, specials or promotions



OFFER 4

PRESENT THIS COUPON FOR

**Coffee & Cake Café Deal**  
for only \$5

Valid from Monday 26th August to Friday 30th August 2013

One Coupon per person per day. Not transferable  
Not valid with other vouchers, discounts, specials or promotions



OFFER 1

PRESENT THIS COUPON FOR

**\$3 Venue Voucher**  
on purchase of one Seniors Meal

Valid from Monday 5th August to Friday 9th August 2013

One Coupon per person per day. Not transferable  
Not valid with other vouchers, discounts, specials or promotions



OFFER 2

PRESENT THIS COUPON FOR

**\$10 Venue Voucher**  
when you join as a Knox Club Member

Valid from Monday 12th August to Friday 16th August 2013

One Coupon per person per day. Not transferable  
Not valid with other vouchers, discounts, specials or promotions





# THE ARTS IN KNOX

## News from the Victorian Jazz Archive

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*

### Financing the Archive *by Ken Simpson-Bull*

Maintaining and running an active museum, which is what the Victorian Jazz Archive effectively is, costs money. Although the Archive is run by unpaid volunteers, the organisation requires considerable ongoing expenditure to keep operating.

More than \$40,000 per year is spent on such items as rent, insurance, electricity, water, security, air-conditioning, telephones, computers (including maintenance and support), office consumables, printing and copying, equipment replacement, archiving materials (which include special acid-free containers and packaging), the production of a quarterly magazine, postage, building repairs and enhancements—the list is almost endless!

Sound and vision recordings that are donated to the Archive are digitally stored on CDs and DVDs, as are photographs and other rare printed materials. Therefore, not only is there the cost of the operation and maintenance of technical equipment but there is the cost of archive-quality blank CDs and DVDs. (Just one special “gold” CD-blank costs over \$3.)

Since the Archive does not charge for entry (except for special group visits), one may ask by what means the organisation is funded.

Although the Archive is fortunate to occasionally receive Government grants, these are few and far between and must be related to specific “projects”. One of the main sources of income—approximately 45%—is from member subscriptions. (Members have many benefits such as access to the extensive libraries, the borrowing of Videos, CDs, DVDs, and books, discounts at the retail shop, free tea and coffee while visiting, etc.). Other income is from organised group tours with entertainment (20%), sales from the retail jazz shop (15%), and donations.

Finally we come to fund-raisers. These take the form of barbeques (at least one is held each year on Melbourne Cup Day), and musical afternoons. These latter take the form of jazz concerts and are held every few months, usually on a Sunday, at suburban hotels. The Archive has found that the

more traditional style of jazz (commonly referred to as “trad” or “Dixieland”) is the most popular at these events.

The next fund-raiser is to be held on Sunday, 25th August at the Clayton RSL, 155–163 Carinish Road, Clayton. It will feature the fabulous Michael McQuaid’s Late Hour Boys. Music is from 1:30pm to 4:30pm and admission is \$20. Meals are available from 12 noon. Booking is Essential: On-line at [www.trybooking.com](http://www.trybooking.com) or telephone 9800 5535 on Tues, Wed, or Fridays between 10:00am and 3:00pm. Why not come along for a really enjoyable afternoon?

The Victorian Jazz Archive, 15 Mountain Highway, Wantirna (Melways Reference 63, C8) is open to the public on Tuesdays and Fridays from 10am to 3pm. For group visits, which include refreshments and a live band performance, please ring (03) 9800 5535 or visit the web site at [www.vicjazzarchive.org.au](http://www.vicjazzarchive.org.au)



## Kids in The Kitchen

**Channel 31/Digital 44 Back in November!**

Welcome to Kidz in the Kitchen.

Digital 44/Channel 31, is celebrating its 80th SEASON of community television produced with passion by volunteers across Victoria. And KIK is submitting 4 new shows to help celebrate in November as we head into our 7th season.

Our recipe this time is a great way to help kidz learn to love olives and parsley using the art of tomato sauce, bacon and pasta.

In episode 23, Gabriel Gate, famous French chef, teaches Chelsea how to cook this dinner or yummy lunch, which is easy to pack off to school in a thermos. See the recipe below and at [www.tnz.com.au](http://www.tnz.com.au) and click on the KIK icon or see replays of some of the shows at [www.youtube.tnztaustralia](http://www.youtube.tnztaustralia).

If you want a special show put on You Tube, just contact us on the email below.

Parsley is a great source of fibre, and very hardy in a pot. Kids love to get their hands dirty. So head to your garden shop for a pair of kidz gloves, a pot, and some potting mix and a bit of parsley to plant.

Show them how to pot it up by lifting it out of the container, then tease its roots before putting in the soil in the new pot and giving it a bit of water.

Then they will love going out to cut some parsley for dinner every night as part of a salad or as a garnish. Parsley is a source of antioxidants, folic acid, vitamin K, vitamin C, Vitamin A. and comes from southern Italy originally.

### Gabriel Gate Recipe

This quick sauce is suitable for any type of pasta and can be adapted to the children’s taste.

- 2 rashers bacon
- 2 spring onions
- 6 black olives, pitted
- 1 tbsp olive oil
- 1 cup Italian-style tomato sauce
- 2 sprigs of parsley
- freshly ground black pepper
- 2 litres cold water
- 1/4 tsp salt
- 2 cups pasta, eg. penne, shells, bowtie
- 2 tbsp grated parmesan cheese

**OLIVES NEVER TASTED SO GOOD**  
**Bon Appetite**

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

**We are looking for Kid Chefs**

**Sponsors and Film Editing Crew.**

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

**Contact [tmz@comcen.com.au](mailto:tmz@comcen.com.au) and see**

**[www.tnz.com.au/KIK](http://www.tnz.com.au/KIK)**





# COMMUNITY NEWS

## Knox Safer Community

### Home alone

One of the benefits of living in a place with strong community connections is to have many opportunities to develop a network of people whom you can trust. This is especially important if you live alone and feel vulnerable, perhaps because you are old, frail, or disabled.

We all need to know people we can trust. These might be relatives, friends, work mates, neighbours, support groups, programs at community houses. There are lots of places to go for advice or assistance, especially in an emergency.

Take the trouble to think about what you need. Have plans to ensure your safety. If you are afraid, face your fears and take steps that will enable you to live your everyday life without constant anxiety or fear.

The volunteer community newspapers in Knox are full of stories, information, websites and events that will help you to build up the network you need.

In a serious emergency phone 000 and ask for police, fire or ambulance. Report suspicious or threatening behaviour to your local police station.

For details of Knox Neighbourhood Watch and community safety information, see the website [knoxsafercommunity.org.au](http://knoxsafercommunity.org.au)



## Pop Up Learning in Knox by Coral Carew

Since April 2013, Neighbourhood Houses in Knox are partnering with community organizations and businesses to bring a host of learning tasters to the community. You will find them popping up in many varied places, free of charge.

You will find them in places, such as libraries, shopping centres, community gardens or op shops.

Courses have included first aid, chi gong, Ipads, cooking, photography, and much more.

One such event was a Women's Business Breakfast meeting held on Wednesday 12th June at the Kallista Tea Rooms.

Invited guests, most of those who run their own small businesses in Knox and surrounding areas, gathered to hear a talk by Suzanne Diprose, Director of Performance Advantage.

Performance Advantage works with businesses as Human Resources Consultants, to identify and analyse situations and where necessary, apply resolutions for ongoing growth of the business.

Suzanne spoke of the importance of reviewing our own business and personal management skills & how to resolve any gaps within ourselves and well as our businesses.

The meeting concluded with open discussion and, helpful advice was given by Suzanne, after which a delicious breakfast was served by the Staff of the tea rooms.

Coming up: Hair Braiding, First Aid For Mums & Cake Decorating.

**For more details visit**  
**[www.popupinknox.com.au](http://www.popupinknox.com.au)**  
**or telephone**  
**Coonara Community House**  
**on 9758 7081**



## News from Ringwood Field Naturalists Club Inc. by Alison Rogers

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

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

### Speakers:

In April - one of our members spoke to us on a recent trip through The Great Victoria Desert. This presentation covered travelling through remote areas of South Australia and Western Australia. Roger enhanced his talk with his own photos of birds, plants, insects and scenery that a lot of us will never get to see.

In May - Dr Ken Walker from the Museum, spoke to us on the topic "All about Australian Native Bees"

In June - 4 members, Alan, David, Eleanor and Warrick all gave mini talks.

In July - Prof Robert King spoke to the group once again. His topic this time was 'The similarities and differences between Australian and South African flora'.

April Weekend away - The group, lead by club members Eeva and David, enjoyed a weekend at Mansfield. Mansfield is a small historic town at the base of the alps. We were able to travel around

the region, looking at the surrounding countryside, with many of us not having been in this area during Autumn before.

Excursions have included an all day trip to the Murrundindi area. This outing was lead by club naturalist Cecily. She was able to show this area, which was badly burnt in the 2009 bush fires. The bush in the area is recovering well and the regrowth is heartening.

Our May Field excursion was a fungi excursion to the Blackwood area, this was lead by local Ballarat naturalist, Les Hanrahan. A little rain the week before, had fungi sprouting with a variety of species found.

June had us visiting Jumping Creek Reserve in Wonga Park. Hazel and Alan showed members and visitors many fungi varieties, local birds and with a special sighting of a powerful owl.

In coming months we will visit The Gurdies, Boomers Reserve and a weekend away to Lake Tyers.

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

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



Photo: Powerful owl by Alison Rogers



## And now we are six *by Anne Boyd*

Recently six editors of volunteer-run community papers in Knox met for a lunch hosted by Ferntree Gully News. This was a first for Knox and we plan to continue occasional meetings.

Not everyone is aware that there are in Knox six volunteer community papers with a total circulation over 55,000 copies, around the same number as that of households in the municipality.

The papers are, in order of years of publication: The Rowville-Lysterfield Community News in existence for 30 years, The Boronia-Basin Community News, The Foothills (formerly Upper Gully News), The Studfield-Wantirna Community News, Ferntree Gully News and most recently, The Bayswater Buzz. All are community owned; three as independent incorporated bodies; two The Foothills and Gully News are published by community houses. The Bayswater Buzz is auspiced by a partnership of

Knox Community Health and Interchange. All the papers are financed largely by advertising, often from small businesses who understand the importance of offering their services in a strong community.

The two oldest papers are published monthly, three are bi-monthly and The Buzz is quarterly. Each paper is produced and distributed by big teams of volunteers, many of whom put in long years of service.

Each paper, while quite individual in style and content, has as its vision and goal to strengthen and connect community in their locality. The Mayor of Knox, Karin Orpen said at a gathering of volunteers of Gully News earlier this year: 'These papers are like gold in our community.' The editors are hoping that by sharing their challenges and opportunities, their newspapers can continue to fulfil their role.

## Little ones blossom with Seedlings

An innovative early years education program launched in Knox this week hopes to cultivate a lifelong appreciation for sustainability.

Seedlings, a pilot led by Knox and funded by the State Government and partner local councils, offers opportunities for young children to become more aware of their natural environment and sustainable living.

Seedlings is more than a package of tools for early childhood professionals. It provides resources for families, services and communities to learn together.

Seedlings is being piloted for 12 months from July

2013 in 60 early childhood services across the local government areas of Knox, Port Phillip, Yarra Ranges, Alpine and Melbourne.

Participating services include maternal and child health, playgroups, family day care, childcare, preschools and integrated services.

Seedlings is funded by the Victorian Government's Victorian Sustainability and Adaptation Partnership (formerly known as the Sustainability Accord).

The Victorian Government provided \$250,000, and the member councils pooled their contributions to provide another \$100,000. In-kind support also provided another half a million dollars.



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

3 Olivebank Rd FTG Melways ref. 65 D12

## Stallholders Wanted for a NEW Artisan Market.

Ferntree Gully Village Artisan Market, specialising in the sale of creations from Local Arts & Crafts people, is being launched on Saturday 30 November 2013 as part of the annual Ferntree Gully Village Discovery Day.

We are seeking Local (preferred), Artists of all types to apply for a regular market stall to help us get our Local Artisan Market going and keep it purely about getting Artisans back into Ferntree Gully, so the public can come and purchase local creations.

If you are interested in applying for a stall, starting on the Discovery Day and thereafter on the 3rd Sat of the month 9-2pm, on a regular basis, please send a 1MB PDF of samples you would like to sell at the market and a blurb about yourself, including your full contact details by 30 August 2013 to:

ftgartisanmarket@gmail.com



Would you like to meet and chat with other Knox residents?  
Then come and join us on **Thursday, August 15th** for  
an **ITALIAN INSPIRED LUNCH**  
Lunch is at 12:00 noon

● **BOOKINGS ARE ESSENTIAL** ● **DONATIONS ACCEPTED**

Please contact Christine on 0417 851 204 or by email [rck@hotmail.com.au](mailto:rck@hotmail.com.au) for further information. Or check out our facebook page, Rowville Community Kitchen.  
16 Kingsley Close, Rowville.

For your diary Aussie Day Thursday September 19th



Look who dropped in with our fresh fruit delivery from SECONDBITE last week.



## Combined Probus Club of Wantirna Heights Inc.

### Club Members Enjoy a Visit to Corinella

Nineteen people attended the private property of one of our members at Corinella recently and enjoyed a magnificent day overlooking Westernport Bay.

Before a barbeque lunch, most took part in a stroll along the adjacent beach towards the village of Coronet Bay.

Following the outing, there were numerous requests to make it an annual event.

**The club can be contacted at  
PO Box 6010, Wantirna Vic 3152.**



## Life Activities Club Knox Inc.

August !!! The last month of winter, and also the last term for our current President, some of our Committee will step down too. Following the Quarterly Meeting, and then the Annual General Meeting, during which the elections will be held, representatives from Odyssey Travel will discuss travel options.

Until then, we're off to Geelong for the Scarf Festival, held at the Geelong Wool Store.

INVITATION; Come to the Cinema with us, or come to a garden outing, join in on a walk, you're welcome to give us a test run. Come twice, and then if you like us, it is only \$20.00 subs. to join in on any or all of the activities that we have to offer.

August 26th at 7:30pm is the time of the A.G.M. Location is the Boronia Senior Citizens Hall, (Melway ref:64K8)



Our walkers visiting the famous landmark: Schwerkolt Cottage and Museum.

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](http://www.life.org.au)

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



## Knox & District Over 50s Inc.

With winter in full swing it is tempting to hibernate and stay at home in the warmth. However to do this would be to miss out on the delights of the various events organized by the Knox Over 50s during the winter months. So make the effort and come and join us where you can be assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include coffee mornings at Myer Knox City, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more. Our 6 day bus tour holiday in September staying at Mannum in South Australia is fully booked and there is now a waiting list for that event. For August a visit to the Monet Exhibition, a theatre outing to see Hot Shoe Shuffle and a Cancer Research Fashion Show are planned as well as all of our regular activities.

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month at 1.00pm. At these monthly meetings we are entertained/amused/informed about things that matter to us. Make a note in your diary, or on your calendar, or on your iPhone and come along to our meeting on Tuesday, 27 August 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.

## Outer East Trefoil Guild

Outer East Trefoil Guild meets at the Ferntree Gully Guide hall on the second Monday of the month. We support Girl Guides in the outer east.

Membership is open to ex guides, leaders and friends of Girl Guides.

We are having a fundraising lunch and fashion parade with clothes from Cliche Fashions on Monday 9 September.

**For further information please Phone Lesley 9762 1534.**



## EACH Financial Counselling by Kim Hubber

### Can't escape those old debts?

#### You may not know it but you do have options.....

Old debts have a habit of coming back to haunt you. Just when you have forgotten about them, you get a phone call from a debt collector demanding payment for an old bill, Telco account, loan or credit card.

Don't be surprised if the company that contacts you is not the original service or credit provider. Many businesses out source collection of old debts to debt collection agents and it is common for debts to be sold to these agencies in a final attempt to recover overdue amounts.

#### What to do if a debt collector contacts you?

- Do not take responsibility for a debt –at least until you are sure it is your debt
- Do not make any payments - making a payment can mean that you have agreed you owe the money
- Ask for written evidence that you owe the money, and that the amount outstanding is correct. (If you are asked to put this request in writing – state 'I do not admit I am liable for this debt'. Unless you have already been sued for the debt the onus is on the debt collector to prove the debt is yours.
- Seek advice



If the debt is more than six years old it may be 'statute barred'. The term 'statute barred' describes where there has been no action to collect the money owing for at least six years, no payment has been made or liability for the debt admitted in writing, and no court judgement has been entered. If this applies, then a creditor may no longer be able to collect on the debt.

#### What if the debt is mine and the amount owing is correct?

There are a number of things you could do:

- Offer a lesser amount as a full and final payment - make sure you get acceptance in writing before making payment.
- Request a debt waiver- this would require supporting evidence and demonstration of financial hardship – a financial counsellor can assist you with this

- Offer a payment plan - be realistic, make sure not to offer more than you can afford (do your budget first)
- If you are unable to reach an arrangement ask about internal dispute resolution (IDR) or enquire about external dispute resolution (EDR)
- You may want to dispute the debt – eg, if the bank offered to increase your credit when they knew you could not afford it or you did not understand the contract

#### What if I can't pay?

If your income is from Centrelink, and your only assets are household goods and a vehicle worth less than \$7200, you are protected by the Judgment Debt Recovery Act (Vic) and Social Security Act. This means that you cannot be forced to pay or hand over goods in lieu of payment.

If you have assets and/or income and are unable to work something out with the debt collector – seek advice

#### Good information and guidance is essential.

**Ask for help: A financial counsellor or community legal service can help you.**

EACH Social and Community Health  
EACH Financial Counselling (03) 9871 1800 or 1300 00 3224

Kim Hubber  
Financial Counsellor



# Bridges

## Connecting Communities



Bridges Connecting Communities is supported by financial assistance from the Commonwealth and Victorian Governments.

### Established in 1975 and formerly...

### Knox Community Volunteers

Bridges is a Not for Profit organisation dedicated to providing the community with services to promote and support the independence and wellbeing of elderly residents.

Services include:

- Transport for medical and allied health appointments
- Community shopping bus
- Pet Companion Program
- Planned Activity Groups (classes)
- Social activities and outings

**Bayswater Lending  
and Investment Centre**



We currently have vacancies for the following classes:

- Art & Craft
- Men's Woodwork
- Knitting
- Sewing
- Gentle Exercise
- Sing a Long.....and more!!

**For further information regarding eligibility and any of our services please contact us on:**

**Telephone: (03) 9729 9499**

**Email: [info@bridgescc.com.au](mailto:info@bridgescc.com.au)**

**Web: [www.bridgescc.com.au](http://www.bridgescc.com.au)**

**Address: 658 Mountain Highway, Bayswater**





## Cooking Up Success at Wantirn Tennis Club!! *by Barry Cornell*

The past couple of months has seen great success being cooked up with the members of the Wantirna Tennis Club Inc. With a combination of success on the court with our magnificent mid-week ladies grand final champions, a great fund raising BBQ at Masters in Scoresby and the turning up of the heat on our new club house stove, the place has been really sizzling along with a lot of fun for members both on and off the tennis courts.

Our two sizzling hot mid-week ladies teams were in the Thursday Ferntree Gully and District Ladies Wednesday Tennis Association Inc finals. The Wantirna teams were the section 3 ladies team, who had a win in a tightly contested match, Wantirna 38 games to Parkwood 36 games, 3 sets. For the double act we had Section 8 ladies also win their grand final against Templeton 4 sets 42 games to 2 sets – 32 games.

Our Master's Scoresby community fund raising BBQ held on the 30th June, the multiple shifts of both committee and tennis club members lead to both an excellent social and fund raising day for the club. Everyone forgot about those tears in the eyes from those kilos of onions and the smoke from cooking sausages on the BBQ.



*Wantirna TC Section 3 Premiers.*

And finally, many thanks to Cr Joe Cossari (councillor for Collier Ward) who, along with some member contribution, provided the main funding for a new club house stove. This has now been installed. This improvement sees the facilities as second-to-none in Knox. Those party pies after a hard day or night of tennis never tasted so good.

Don't forget, if you want to see for yourself what this club has to offer, contact or visit us. Our facilities include 10 tennis courts in the terrific setting of Wantirna Reserve.

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.

We're a family focused club, offering both a range of competitive tennis or just social tennis for both adults and juniors.

Give us a call to get details and information on membership or to arrange to have a look at what we have to offer.

**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**



### FABULOUS PACK

55 Chicken & Veg Curry Puffs  
 50 Crumb Calamari Rings  
 40 Bacon & Cheese Risotto Balls  
 60 Mini Dim Sims  
 48 Spinach & Cheese Puffs  
 70 Flame Grilled Meatballs  
 50 Chicken Goujons  
 50 Whipped Potato Balls  
 60 Vegetable Spring Rolls  
 48 Party Pies & 40 Sausage Roll  
 571pcs For 50 – 65 Guests **\$185**  
\$2.84 per head



**GOODLIFE PARTY FOOD SHOP**  
**SHOP 30, WANTIRNA MALL,**  
**MOUNTAIN HWY**  
**97292199**  
**WWW.GOODLIFEPARTYFOODSHOP.COM.AU**

### WONDERFUL PACK

60 Pizza Gourmet Tartlets  
 60 Mixed Gourmet Quiches  
 50 Petite Whiting  
 60 Bacon & Cheese Sausage Rolls  
 70 Tikka Meatballs  
 96 Vegetable Spring Rolls  
 50 Salt and Pepper Calamari  
 60 Chicken Breast Tempura  
 48 Gourmet Arancini Balls  
 80 Prawns Parcels  
 634pcs For 65 – 75 Guests **\$350**  
\$4.65 per head

For all your party needs including decorations, balloon's, party ware, confectionery, desserts and over 100 finger foods plus much more!  
 Affordable catering with over 30 menus to choose from to suit any budget, occasion or event. We have also created over 30 fresh food platters. Try our dessert platter, over 80pcs of "delish" for only \$45.00.

### Want a hassle free evening to enjoy your party?

Hire a Staff Member to Cook, Serve and Cleanup for three hours. We provide everything, serving trays, napkins and sauces, no hidden costs.  
**\$130.00**



## Happenings from the KNOX CITY TENNIS CLUB *by David Willing*

Hi to all our members and the community of Knox.

WOW! Our brand new black coated fences look absolutely fantastic. It is incredible how this project has improved the look of our whole tennis club. This project also gave us the opportunity to include a new practice hitting area that we never had before. We would like to thank the Knox City Council for helping us achieve this major rebuild of our Club's facilities. We know everyone will really enjoy the feel of playing within these new fences.

The Club's AGM was held on Wednesday 17th July and again we have a great team to look after all aspects of the Club's functions. A big thank you to all those who have volunteered to be on the Committee as we wouldn't be such a strong Club without you. We have also implemented the new electronic gate access / membership system. Please see the notices around the Clubhouse regarding the changes.

It seems that as the Winter season for our Waverley District and Tennis Victoria competitions is nearing the end we find that most of the teams are in contention for a top four finish. Good luck to all of them if they succeed in getting through to the Grand Finals.

The new lighting control system that will allow our members to have a hit at night during the weekends when there is no formal competition being played or committee around to turn on the lights is progressing well. Keep an eye out for the opening fun night to launch this system. We know it will be a great success particularly when the weather warms up again.

Blackburn District Night Tennis starts this month again with over 20 teams entered across various nights. If you would like to play night comp, please contact Jeff at [bdnta@knoxcitytennisclub.com.au](mailto:bdnta@knoxcitytennisclub.com.au) as teams are possibly looking for extra players in their rosters.

The Mid Week Ladies have teams across a few different associations, MEMRLTA, FTGLWTA & WDTA. So if you would like to join any of these groups and submit some teams for upcoming seasons, please send an email via [secretary@knoxcitytennisclub.com.au](mailto:secretary@knoxcitytennisclub.com.au) to Bronwyn. It would be great to see more Mid Week Ladies teams enjoying the benefits of our Club.

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 your 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 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**

**P.O. Box 5106 Studfield 3152**

**Melways 64 B10**

**WEB: <http://www.knoxcitytennisclub.com.au/>**

**Email: [secretary@knoxcitytennisclub.com.au](mailto:secretary@knoxcitytennisclub.com.au)**

**Coach Gary Leech: 0398005862**

**[www.velocitytennis.com.au](http://www.velocitytennis.com.au)**



## Templeton Tennis Club News *from Donald McCracken*

Hello again from Templeton Tennis Club.

The Club's AGM was held during July and the existing committee were re-elected. President, Don McCracken, wishes to thank all involved with the Club over the past 12 months.

Templeton has again had a successful year both financially and from a tennis perspective, as reported in our regular bulletins.

Saturday competitions both Senior and Junior are progressing well, with our normal levels of success. Our mid week ladies have had another successful season with all teams making finals, one having grand final success.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. We could always do with more participants, so 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](http://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 and Integrity Cabinets.

### Upcoming events:

Junior Club Championships during September

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

### Templeton Tennis Club Inc.

**Templeton Reserve, Templeton St**

**Wantirna 3152. Melways Ref. 63 G9**

**Membership: Russell 9887 1957**

**Clubhouse: 9887 3505**

**President: Don 9800 3316**

**Coaching: Kelly 0414 874 482**

**Website: [www.templetontennis.com.au](http://www.templetontennis.com.au)**

**Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)**



## Footy Day at Nova Pharmacy

Staff at the pharmacy constantly work at fund raising for the Community.

As the weather is still inclement, they are still in need of wool to be used for knitting garments that are distributed to those in need in the local community.

There will be a "Footy Day" in Store on 8th August, to raise money for Jim Styne's "Reach Foundation", the charity that Jim was so passionate about.

Please call in to support them with a gold coin donation, and get into the spirit by wearing your own team colours.

**Studfield Shopping Centre**  
**203 Stud Road, Wantirna Sth**  
**Tel: 9801 2111**  
**[www.novapharmacy.com.au](http://www.novapharmacy.com.au)**







# Alan TUDGE MP

FEDERAL MEMBER FOR ASTON



*Real Action For Knox*

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[alantudgemp](#) add me on Facebook to stay in touch

Authorised by Alan Tudge MP, Federal Member for Aston, 420 Burwood Hwy, Wantirna South.

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- So easy - we do all the paperwork.
- We're thorough - we compare all the features of the loan, not just the rate.

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### Drop into Aussie Knox

**Studfield Shopping Centre, 249 Stud Road, Wantirna**

**9887 4088 or 0409 786 121**

**[aussie.com.au/knox](http://aussie.com.au/knox) or [knox@aussie.com.au](mailto:knox@aussie.com.au)**

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