

STUDFIELD WANTIRNA NEWS

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Season's Greetings from your local
community newspaper



EDITION 27
DECEMBER 2013/JANUARY 2014

- POLICE PADDOCK ARTIFACTS
- YOUTH HEALTH CONVENTION
- KNOX U3A IS 20 YEARS YOUNG
- CFA SCORESBY & BORONIA AWARDED MEDALS
- MULLUM CLUSTER AWARDS



Connecting and Strengthening
our Community

FREE



Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

Wow. Hasn't this year just flown by. And with that in mind, it is the best time of the year to give thanks for all that we have and all that we've got to look forward to in the coming year.

Christmas is a wonderful time of the year to celebrate with family and friends, and it's also a timely reminder to consider those that are less fortunate. If you can spare some time this Christmas, why not see if there are any community organisations or welfare groups that you can assist.

If time is not on your side, a donation of toiletries, gifts or non-perishable food items are most welcome to ensure that others too can enjoy the festive season.

Festive celebrations also bring with it a sense of belonging and a sense of compassion. While close

families can enjoy time together, there are many in the community without anyone to celebrate with.

Do you know an elderly neighbour who will be alone this Christmas? Or what about the man in the street you pass on the way home from shopping each week? Does he have someone to care about him this Christmas? The joy of the festive season can be spread so easily. Extend a welcoming hand to someone else this Christmas.

As this year draws to a close, it's a wonderful opportunity to reflect on the year and look to how you can make things even greater in 2014. Many organisations in the community need a helping hand from time to time, so if you've never volunteered, why not make this a personal goal for next year.

There are so many great groups to get involved with from the local opportunity shop to a community centre, or what about helping out a nearby school or church.

However you decide to spend the festive season and the holidays, please ensure you and your family are safe, especially on the roads.

So from my staff, family and myself, I wish you a wonderful Christmas, a happy New Year and I'll see you all in 2014.

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

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Editorial

Here we are at the end of another year! We have had a busy and successful year at SWCN. We are enjoying our new partnership with Wantirna College and are so very appreciative of the wonderful office they have provided for us. We have begun establishing relationships with students and staff at the College and are excited by the work of our new student cadets who have amazed us with their talents and willingness to volunteer.

In 2014 we are looking forward to having more stories and information from Scoresby and Knoxfield and would welcome anyone from these suburbs who might like to join our volunteer team.

Knox Council has been very generous with a grant to help us as we establish ourselves in new areas.

SWCN is now available from Tiqbiz, an on-line newsletter portal. Its easy to download and join, then you can catch up with all the local community news on your computer, phone or tablet. See page 13 for information.

On behalf of the team I would like to wish everyone a safe and happy Christmas and New Year.

Janet



AROUND OUR COMMUNITY

CFA Members Awarded Medals



Euan Ferguson takes the salute

On Tuesday 1st October a presentation of the National Emergency Medal was held at the Belgrave Heights Convention centre.

Over 200 CFA recipients from Knox Group of Fire Brigades, their family and friends, from District 13 (Bayswater, Boronia and surrounding area's) gathered for the presentation.

The criteria to receive the medal was for service's at the 2009 Victorian Bushfires, and a qualifying

period of time, & minimum duration had been defined.

Everyone was welcomed with a sausage sizzle, and plenty of catching up was the flavor of the night.

The ceremony began with the National Anthem sung by a CFA member.

Chief Office Euan Ferguson took the salute, and dignitaries including Hon Kim Wells, Minister for Police and Emergency Services, took part in the presentation to each individual.



Euan Ferguson

Knox Community Newspapers prominent at CNAV Conference

by Anne Boyd, Editor of Ferntree Gully News

Knox Community papers were well represented at the 2013 Conference of Community Newspapers Victoria (the peak body for not-for profit newspapers) held at Frankston in October.

Five of the six Knox papers were present; four of those won awards and three were elected to the CNAV Committee.

Awards went to: Studfield-Wantirna News (Finalist, Best Community Content), The Foothills (Best Feature), Rowville-Lysterfield News (Best Article by a Young Writer) and Ferntree Gully News (Winner, Best Editorial Comment). In the competition for the nine Awards the judges were faced with 163 nominations from 38 newspapers and commented that the overall standards of journalism, editing, production and news coverage had risen considerably in the last few years.



Janet Claringbold, Editor receives the CNAV award on behalf of the SWCN team



Scoresby CFA members



Boronia CFA members

Growing Healthy Communities at Chesterfield Farm

A local community garden is encouraging families to swap the supermarket trolley for a trowel and to learn to eat fresh, seasonal food.

The Chesterfield Farm Community Garden is a community garden with a difference. While there are some individual plots for hire, there are also large parts of the garden which are gardened communally. There is an abundance of fruit trees and plenty of space for growing everyone's favourite vegetable.

Jessie Buckley, a horticulturalist, is passionate about helping others experience the rewards of growing your own food. "There are huge health issues associated with our fast food generation. Getting outside and growing your own fruit and vegetables has great benefits for nutrition, physical and social wellbeing" says Jessie.

The community garden runs a Monday morning 'Digin

Group' for parents with preschoolers. This provides a chance for young fingers to plant, water, pick and discover, as well as to gain an interest in tasting vegetables by watching them grow.

For more information on Chesterfield Farm Community Garden contact digin@live.com.au.

Stay tuned for further initiatives from the garden in future editions of The Studfield Wantirna News.



SWCN receives Knox Grant

The SWCN team are thrilled to receive a grant from the Knox City Council Community Development Fund for our project to expand the borders of SWCN to Scoresby and Knoxfield. We are grateful to the Council for their continuing support of our community newspaper.



SWCN team members at the Knox Community Development Grant Celebration evening

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AROUND OUR COMMUNITY

The Story Behind the St Mary's College Sculpture

from St Mary's College

Leopoldine Mimovich OAM has established her place as an accomplished sculptor and has received numerous awards, including the Order of Australia Medal for services to sculpture (1985) and the Certificate of Merit for Distinguished Achievement from the World Who's Who of Women (1986).

Leopoldine Mimovich (nee Deflorian) was born the second of five children on June 25, 1920 in Neumarkt. This was part of the Italian controlled area of what had been the Austrian Tyrol prior to the German defeat in WWI.

She met her first husband, Othmar Vockner at 16. He was a 23 year old professional soldier who played guitar with the army band. With the outbreak of war her husband was sent to the front in Poland, Greece, Yugoslavia and finally Russia where he died on February 21, 1941. While he was away "Poldi" continued to work with her father until she took a flat with her sister in Vienna in 1940.

Following the death of her husband she enrolled in art school under the well known Austrian Professor Gusty Mundt-Amman. She was taught the technical aspects of clay modelling and drawing. Again recognised as gifted by her teachers, in 1943 Mundt-Amman arranged a place for Poldi in Upper Austria at the College of Religious Art in Hallstadt with the Director, Professor Pfaffenhofer.

In 1944 the school was closed by the Nazis and Poldi was conscripted to work for the German war effort in a

stalag (prison) office where forced labour was used to provide ammunition. Here she met the famed Professor Herman Musger, also assigned to the factory, whose influence and night-time drawing lessons proved invaluable to the young artist. After the war she resumed her studies in Hallstadt graduating in 1947 as a qualified teacher with a Diploma of Art. She met her second husband Ljubisa Mimovich, a stateless Serbian officer who had been a prisoner of the Gestapo. They married in 1948 and in the following year they set sail for Australia as displaced persons on the MV Skaugum where they started their new life at Bonegilla, the migrant hostel in Victoria, before finding independent accommodation in the western suburbs and later in Kew.

Leopoldine Mimovich's experience touches the core of difficulties experienced by many Europeans. As immigrants, the Mimovichs were given identity cards and required to work for two years in menial employment regardless of their qualifications. Poldi Mimovich was assigned to the Pelaco shirt factory where her sympathetic employer, after seeing her drawings, gave her early release to pursue her sculpting career. For a time she worked as a carver for Myer and privately on commissions that slowly came her way. She joined the Society of Women Painters and Sculptors, founded in 1906, where she was instantly recognised as a professional artist and became a serving member on the committee.

Mimovich's reputation as a sculptor grew rapidly and in 1956 she held her first solo exhibition at the Wiregrass Gallery (since closed). In 1977 Henry Rohr published the Sculpture of Leopoldine Mimovich which was followed by solo exhibitions held in 1978 and 1980 at the Victorian Artists' Society, East Melbourne.

Mimovich has had many return trips to Europe but Australia remains her home. She is represented in numerous public and private collections globally, and closer to home her work lines the paths of the Alexander Gardens in Kew and graces the local library.



Sculpture of St Mary by Leopoldine Mimovich, OAM located at St Mary's School for the hearing impaired in Scoresby.

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Police Paddocks Artifacts

LOCAL HISTORY

Peter Kavan is Knox City Council's Project Manager for the Stamford Park Development in Rowville, the centre piece of which, is the restoration of the historic 1880's Stamford Park Homestead. Peter provides occasional reports from the site as well as items of interest about the history of the local area.

the Protectorate site as east of Stud Road forming part of the Police Paddocks Reserve. To help understand the size of the original 100 square mile reserve, the Protectorate's outer northern boundary extended almost to present day Ferntree Gully Road.

must have had to use tents or traditional means of shelter. A stock paddock and vegetable garden were established and blankets and rations issued by the British in return for working on the land and attending Church on the Sabbath. The site is also believed to contain a cemetery.

One afternoon when I returned from Stamford Park to my desk at the Civic Centre, a small collection of very old bottles had been delivered to it. The assorted collection took a prime but unstable position on my worn out computer keyboard. I unfurled a handwritten note from a gentleman who had delivered them to me for safe keeping at the Stamford Park Homestead. The bottles it seems, had been fossicked by him at the Police Paddocks back in the 1970's, and then stored under his house ever since.

I know the 'paddocks' well having represented Melbourne's Wurundjeri Tribal Council in negotiations with local city councils in the early 1990's to develop a management plan for the site. It is steeped in history. I wondered if the bottles could possibly have come from the lost Aboriginal Protectorate site. Perhaps they were from a rubbish pit belonging to the Native Police Corps which also occupied the 'paddocks' and gave rise to its English language name.

Many visitors who come to Stamford Park ask me about the Police Paddocks. This is what I know.

The Police Paddocks are located at the southern edge of the City of Knox, and in my view, the site is one of the most significant indigenous and historical places in Melbourne.

The Aboriginal people were under pressure from the British Government in the late 1830's to move away from the fledgling settlement of Melbourne. Men, women and children of the Woiwurrung and Boonwurrung tribes were gathered together and offered a large parcel of their own country east of the Yarra, a 'Protectorate', or sanctuary from the predations of squatters, to settle on, farm animals and crops, and to adopt the Christian religion in the manner of the British immigrants. The site which was to be known as the Westernport Protectorate, had already been used briefly by the government in 1837 and 1838 as a Native Police Depot. The Protectorate site was known traditionally as 'Nerre Nerre Warren' and was enlarged to a 100 square mile area with a 10 square mile inner core, following the pattern of other Aboriginal Protectorates being formed at that time in the colony. Today, we identify

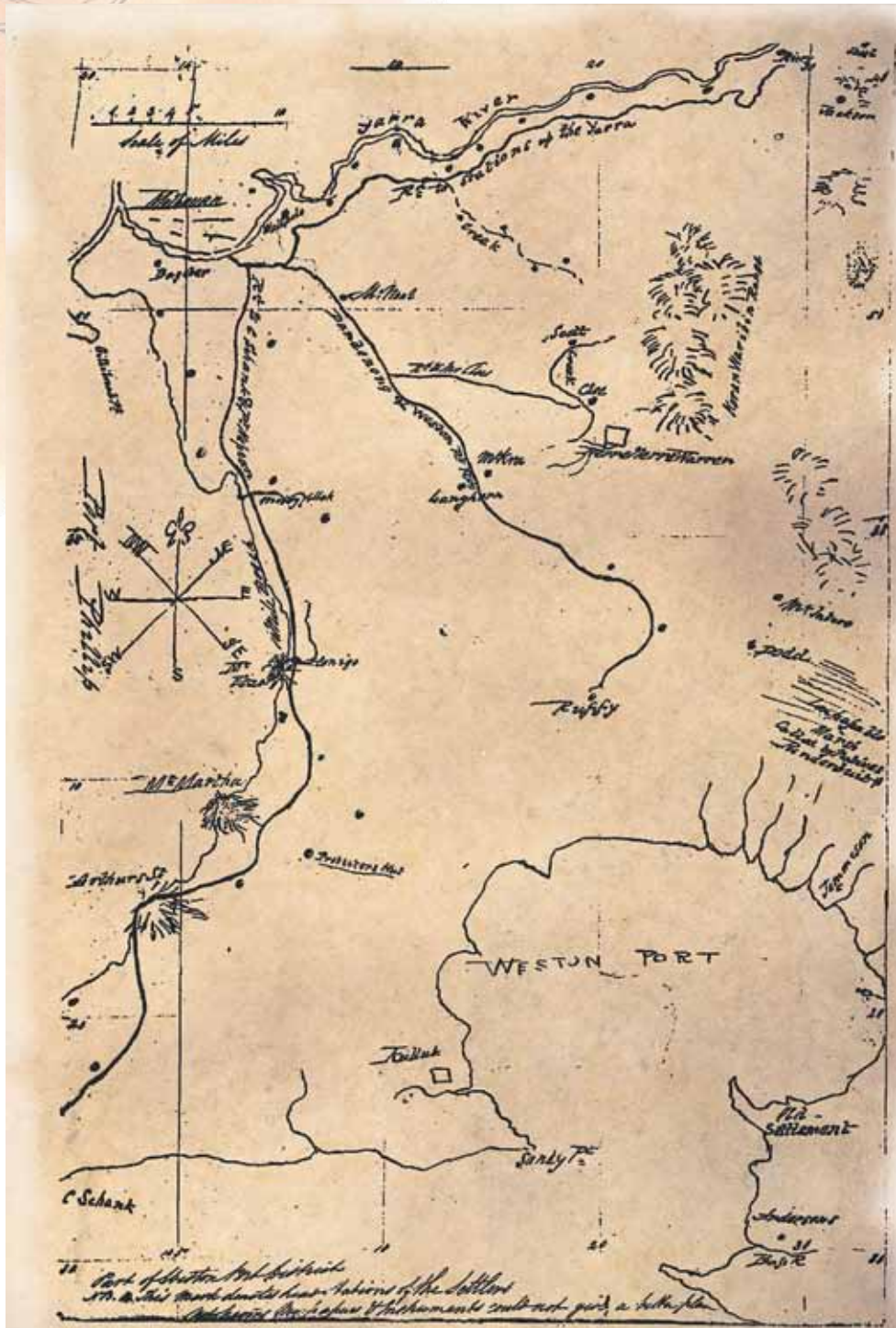


Figure 1: William Thomas' sketch map showing the site 1840 (AO of NSW)

The inner 10 square mile core can be clearly seen on the map of the Westernport Protectorate which was drawn by the Assistant Protector, William Thomas in 1840. The dots on the map are Squatters stations along the Yarra and surrounds. From records kept by William Thomas, we know that the Protectorate comprised of five wattle and daub (mud plastered) huts positioned in a square. Four of these huts housed the Assistant Protector, the schoolmaster, the overseer and some convict labourers. The remaining hut served as both a school and a church. Notably, no huts are recorded as having been provided for the Aboriginal inhabitants. They

Archaeological investigations at the Police Paddock Reserve have not been able to determine the exact location of the Protectorate buildings. Perhaps they were absorbed into the Police Station constructed for the 1842 Native Police Corps, the ruins of which can still be seen. The Aboriginal Protectorate provided troopers for the Government's Native Police and was often empty when the younger men, wives and children would follow after their husbands, fathers and elders serving in the Corps, much to the consternation of the British administration which regarded such actions as abandoning the Protectorate and were displeased. When the Native Police Corps received instructions from the Government to move to land adjoining the Merri Creek in Melbourne, most of the Woiwurrung and Boonwurrung families living at the Protectorate followed their men. Unable to force the Aboriginal people to live permanently at Nerre Nerre Warren, the Government closed the Protectorate and handed over the site to the Police force in 1844.

By this time, most of their country had been occupied and fenced by British squatters, and it was impossible for the Aboriginal people to resume the nomadic hunter gatherer lifestyle they had enjoyed before being brought to the Protectorate.

Looking down at these bottles, I imagined, 'who might have used them'? Were they Aboriginal Troopers from the Native Police? Could they have been from the overseer's hut in the Protectorate, or even the convicts who were sent in irons to build the huts? Thinking about how the Police Paddocks

is an essay on the dispossession of land from Victoria's Woiwurrung and Boonwurrung people, I realised the enormity of the circumstances in which the bottles may have been used.

I want to thank the gentleman who placed the bottles in Council's care. Our Archaeological team at Stamford Park will be able to shed more light on the age and use of the bottles. For now at least, their secrets remain.

Peter Kavan, November 2013

WHAT'S COOL AT SCHOOL?

A homestay experience builds bridges across cultures

My name is Dongqi Yang, an international student from China. I consider myself doubly lucky, because on the one hand, I have been staying in Melbourne for more than 2 years, and I am going to become a Year 12 student at Wantirna College next year. On the other hand, I am lucky enough to have Les and Vera as my homestay parents in Australia, because they offer me such a big help in lots of areas.

Firstly, without a doubt, my spoken English could not have been improved as much as it has if not for their help. I remember one time, early in my time in Australia, when there was a party at my home stay house. Everyone played jokes and laughed all the time, but I felt embarrassed, because everyone laughed except me. So I pretended to understand the jokes at the next party. I saw everyone laugh, and so I laughed too, about 5 seconds later. My host parents were surprised about that and asked me "Do you understand?", and I answered "No." Anyhow, my English learning process has been full of joy, good memories and happiness with my homestay.

Secondly, I understand Australian culture a lot better with their help. For example, Australian culture really emphasises a person's independent skills, such as gardening, cleaning, cooking and washing.

I initially felt that these things were bothersome and annoying, but believe it or not, it does make a difference to be able to do them, and I have realised this as I grow up. I am really appreciative that Les and Vera never give up teaching me the right thing, even if I get upset with them.

Thirdly, they encourage me to go out. Unlike in China, I feel nervous, shy and lacking in confidence when I face people here in Australia, due to problems of the different language, culture and new environment for me. To help me face this problem, my host parents, take me out for special events

such as parties, suggest I join a volunteer group and hang out with friends. Thankfully, I have now become a little more open and integrated, and believe in myself more.

Ultimately, I might not remember word-for-word the advice they have given me, but I will never forget the warm heart behind those words, and the fact that they were trying to help me. They are now my family in Australia, and always will be.

Thank you.



**Have you got a spare room?
Would you like to be a homestay
provider for an International
Student?**



Wantirna College is looking for families willing to host overseas students aged 16 to 18. Fluent English skill is essential. \$250 per week, to include full board and lodging. For details, contact Ms Ningna Zhang, International Student Program Administrator, on 9881 7146 or at international@wantirnacollege.vic.edu.au. CRICOS Provider Code: 00861K



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WHAT'S COOL AT SCHOOL?

Building Community and Comradery

At Wantirna South Primary School the community spirit is alive and flourishing. The students learn about the values of care, inclusion, respect, responsibility and honesty – values that enhance communities. Over the past couple of years the school has had students diagnosed with serious illness. The community (families, staff and students) rally around the families affected to make the difficult time easier to confront.

Just five months ago one of the Prep children was diagnosed with a form of cancer – the outcome uncertain. The school community rallied, and the family was supported through the difficult journey. Families came together to cook meals and provide essential needs for the family. Students visited the child at home when he was unable to attend school to keep the connection with friends.

One outstanding act of comradery occurred when a Year 2 student, Ruari informed the school community that he wanted to run 10kms in the Melbourne Marathon to raise money to help Aaron and his family. Families within the school dug deep and raised a magnificent donation to help with the costs of the medication and hospital expenses.

The school community is very pleased to have Aaron back at school, currently with a very good prospect for the future. It is truly amazing what community and comradery can do to support people through the most challenging moments of their life.



Wantirna South Primary School Prep Students

The Knox Council Award at Knox Gardens P.S.

The Knox Award was presented by Councillor David Cooper (Scott Ward) at Knox Gardens Primary School's final School Assembly in Term 3.

The Knox Council presents this award to a student who is a -

- a role model to others
- is a community minded student
- displays the school values
- is well respected by teachers/students
- is enthusiastic about school activities

Congratulations goes to Caedan Reily from Year 3, who is the recipient of The Knox Award 2013.

Here are some of the qualities Caedan displays to make him a Knox Council Award winner.

Caedan's family & his Year 3S teacher, Mrs Scheromsky were invited to attend a Knox Award reception at The Knox City Council on Monday 30th September.

Caedan was awarded a special trophy and was a proud recipient of this award. Councillor Cooper was very impressed with his visit to Knox Gardens P.S.

He wore his Smiley badge with pride and asked Caedan about the significance of the badge during his speech at the reception. Caedan was asked, 'What value is promoted at KGPS in Term 3?' Caedan's reply was, 'Optimism!'

Caedan also had an opportunity to meet the Knox Mayor. We had a photo taken of this occasion. Mayor Karin Orpen was proud to award the trophy to Caedan.

Mrs Ellen Scheromsky & Caedan Reily
Student Wellbeing
Knox Gardens P.S.



Cr David Cooper with Caedan Reily

Mullum Cluster Vet Awards Presentation

Studfield Wantirna Community News was invited to attend the Mullum Cluster VET Awards on October 15 held at the City Life Church Auditorium in Wantirna South.

The Mullum Cluster is a group of Government, Catholic, and Independent schools operating in partnership to provide a range of Vocational Education and Training (VET) programs to school students.

Students can complete a nationally recognised vocational qualification (e.g. Certificate II in Hospitality) and a senior school certificate (VCE/VCAL) at the same time.

A VET qualification leads directly into employment or allows students to receive credit towards further vocational training at TAFE. Almost 1,000 students do a VET subject in the Mullum Cluster.

The Mullum Cluster VET Awards Presentation evening brought representatives from schools and local industries together to acknowledge the achievements of students undertaking VET programs.

Students from the Mater Christi College Year 11 VET Hospitality course prepared delicious finger food for over 400 guests and professionally and expertly waited on guests prior to the start of the ceremony.

The evening included several entertaining and enthralling examples of creative work by students undertaking Certificate courses in Acting (Screen), Certificate II in Dance and Certificate III in Music Performance.

Award nominees and runners-up were presented with certificates and medallions by representatives from local industries including Studfield Wantirna Community News representing the Media industry.

It was a great pleasure to be involved and to help acknowledge the very talented students who are developing the skills that will help build their future careers.



SWCN Editor presents Boronia K-12 College students, Jesse, Cameron and Joshua with awards for outstanding achievements in the Certificate III in Media

NEWS FROM THE LIBRARY

Upcoming Christmas & Summer Events!

If you are over in the Ringwood area take the opportunity to look at the temporary Ringwood Library. Ringwood Library has moved from their premises in Eastland to their former home at 28 Warrandyte Road adjacent to the Ringwood Bypass. The library will be there until the Eastland redevelopment when they will move into a magnificent new building which will be the envy of librarians and patrons alike. Until that time the interim premises has been renovated from its former seventies décor to a light and welcoming place with all the services that make libraries great places to spend time.

Whilst noting renovations this is a good time to mention that Rowville Library will be closed for carpeting from Monday 6th January for a week, re-opening on Monday 13 January.

The holiday season is on the way and as another year winds down we have some fun events for you to enjoy if you can find the time. We have some delicious treats for food lovers. Chris Key is a new presenter with a new twist on chocolate. His business Funkey Chocolate uses only the best of fine couverture chocolate to create treats with fillings such as orange cognac, passionfruit gelee and crunchy hazelnut praline. Just in case vegans have that cheated feeling, he also markets a line of non-dairy, non-soy chocolate which those who know can readily recommend. Chris will be demonstrating his chocolate making skills at Lilydale Library on Thursday 3 December at 1.30pm. He will have chocolates for sale and there will be a chance to enjoy a chocolate with a cuppa at the end of the presentation. Bookings can be made in person at any branch, online at www.yourlibrary.com.au or by telephoning Ferntree Gully or 9294 8140 or Lilydale on 9294 3120.

The fabulous Stephen Wilson is back again for a series entitled Christmas Cheer. Anyone who has seen Stephen prepare some of his easy but elegant dishes will enjoy his take on the Christmas food. Prepared ahead of time these dishes give you a chance to enjoy the company of your guests without taking too much time in the kitchen. Boronia Library will be the venue for the last of these demonstrations on Friday 6 December at 1.00 pm. Bookings can be made by telephoning 9762 4099, online or at any branch of ERL. The cost \$3.00 will include generous tastings and recipe sheets.

If there are any leftovers from Christmas dinner why not come to Montrose Library on Wednesday 4 December at 10.30 am. Jill Hess will have delicious ideas for making the most of your leftover festive

food. Audiences appreciate Jill's practical approach to creating great family favourites at low cost. This is a demonstration not to be missed especially when the dishes are served up for tasting. Jill's sessions are always popular, and numbers are limited.

Telephone Montrose Library on 9728 4224, book online or in person. Montrose Library is situated on the corner Mt. Dandenong Tourist Road & Swansea Road, Montrose (Melway Ref 52 D7)

The Montrose Town Centre will be the site for a Vintage Fair celebrating all things vintage. Amongst the items on sale will be bakelite radios, vintage cookery books and kitchenalia, and of course, fashion. Take the opportunity to buy something from the old fashioned cake stall or indulge in a Devonshire tea. The male members of the family will enjoy the display of vintage motorcycles.

Monday 2 December is the first day to enrol for the annual Australia wide Summer Reading Club for children. The theme for this year is Investigation and the encouragement rewards for children will be around this theme. The aim of the program is to encourage children to sign up to read ten books of their choice during the school holidays. The books can be their own or library books.

Pre-schoolers can participate too, listing the books that parents, grandparents and family have read to them. This year for children aged 8 – 12 years there will be additional online component.

There will be branch prizes for some lucky readers, and other spot prizes along the way. Details will be available soon via our website, www.yourlibrary.com.au and ERL's Facebook page.

January school holidays are traditionally a quieter time for children's activities, many families are away and the long sunny days are great for outdoor pursuits. Most of our libraries will have programs for the children to enjoy. Watch out for the school holiday brochure which will be in libraries in mid - December.

Watch out too for news of a great exhibition of art from some of Australia's best loved children's book illustrators which will open at the Maroondah Art Gallery, 32 Greenwood Ave, Ringwood in late January. The exhibition, which is a joint venture between the City of Maroondah and Eastern Regional Libraries, will run until mid-March and is a must for book lovers of all ages.

It only remains for us to wish everyone a wonderful Festive season and happy reading in 2014.



Stephen Wilson

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Talking Tech with Micah Macri

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Not all websites utilise the information in its entirety, yet it's important to remember that when using this feature your entire Facebook world becomes available to another business. For this reason it is important to only sign in with Facebook on sites you know and trust. Or potentially just avoid it all together!

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20 Years Young & Art Show Results

This is a very important month in the U3A Knox year. On 10th November we celebrated the 20th anniversary of our founding in Knox - in Ferntree Gully. A special afternoon celebration featured a concert by some of the U3A performing groups and solos in a concert for a crowd including 5 of the foundation members - Elizabeth Drake, Marysia Swistak, Maria Schuetz, Rosemary Cook and Joyce Reid. The other two foundation members, Les and Pam Betts, were unable to attend.

The concert consisted of a performance by the Chimes group led by Heather Price, a selection of folk songs sung by U3A member Lyell Sayer whose rendition of "Walking Back To Burke" which he composed, was very popular; a performance by the very professional recorder group led by Louise Pain which concluded with some Irish airs including Danny Boy. More folk songs were performed by a new group led by Ken Shaw, a selection of Poetry readings by tutor Alistair Hopkins, and some items from the Line Dancing group. The finale was a repeat performance of Ken's folk singers presenting a song specially composed for the 20th birthday. High tea was catered by Maggie Kamensky and her group.

The new program for 2014 will be available and registration for the New Year (\$40 per year) will begin. The U3A year officially ends on Friday 6th December although there will be a summer class program, among other events, after the New Year. U3A Knox currently has 1200 members.

The U3A Knox Art Show was held on Saturday and Sunday 12th and 13th October, and the result was a record - profit was around \$6000 including profit on stalls and the Devonshire Teas. There was a record attendance of 640 over the two days. 340 on day 1, and a further 300 people ignored the weather to join the crowd on Sunday.

After the Mayor opened the show, Hurtle Lupton for Bendigo Bank presented the \$1000 prize for Art to Zhong-hua Fan for his beautiful picture of Galahs against a bright blue sky. The Best Craft prize presented by John Heap of Toyota F.T.G was for a tapestry picture, "London in Winter" by Leanne Johnson.

Best Landscape was awarded the Bill Batt Memorial Prize by the Knox Environment Society. The award



Prize Winners - Photos by Ken Shaw.

was presented to Mary Watson by Bill's son Adrian for a landscape "Snow Gums at Rocky Valley".

The Photography Prize was presented by the current Minister for the Arts Heidi Victoria M.P., to Rachel Phillips for a much admired photograph of a beautiful young girl, a very popular choice made by



John Heap of FTG Toyota presenting the Craft Prize 2013 to Leanne Johnson - Photo by Don Brown.

Photography judge Barbara Oering. Heidi gave the winner a book on photography.

A very excited Marie Nicholas won the prize for Needlework - a Harvey World Travel (Mountain Gate) prize voucher for a night at Novotel. Marie is our Volunteers Coordinator.

The ART SHOP (Bayswater) prize for Water Colour went to Kath Loxton for Summer Memories, and the prize for Pastel was won by Brigitte Salwat, one of U3As language teachers. Best Oil prize was awarded to Peter Hill for an unusual Landscape "Near Beechworth".

The prize for best Other Media was won by Peter Keating for a very big scrolling Landscape "St Andrews Panorama" a painting also voted as best in the People's Choice Award voted for by those attending.

The winner of the first Mayor of Knox Prize, chosen by Karen Orpen, was the Paper Tole Eagle by Sandra Bonga.

All stalls did a roaring trade throughout both days, with the Devonshire tea and light lunches room overwhelmed by customers. The 98.1FM broadcast van was a very popular addition on the Sunday. The plant stall had a difficult time in the rain and wind but managed to sell all stock from their Bendigo Bank tent.



U3A Knox foundation members Elizabeth Drake, Rosemary Cook, and Joyce Reid.



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WANTIRNA MALL NEWS

Snakes in the Sunshine

by Andrew Collins BVSC for Wantirna Vet Clinic

Despite the recent weather, summer should be just around the corner and as the temperature increases, so do our trips to the creeks, to the coast and out to the bush. Sadly this also means an increase in the chance of encountering some of Australia's native reptiles who are mostly happily minding their own business. The most commonly encountered snakes around outer Melbourne or regional Victoria are the Brown Snake and the Tiger Snake, both of which are highly venomous.

Should the worst happen and you see, or suspect your pet has been bitten by a snake, try to remain calm. If a bite has occurred over the head or around the neck it is wise to remove the collar as some swelling of the area may occur. You should contact your local veterinarian as soon as possible and try to keep your pet as still as possible during this time, to minimise the movement of venom from the bite site. Tourniquets, ice, sucking, and bleeding should not be attempted as they have no proven benefits and are likely to delay you seeking veterinary attention.

Signs of envenomation can occur within 1 to 24 hours after a bite. In many cases, an animal may collapse and vomit shortly after being bitten but then appear to recover briefly. Dilated pupils, hind limb weakness, trembling and drooling are also commonly seen. Any snake bite should be considered a life threatening emergency and anti venom is a key part of treatment. Only approximately 30% of dogs will survive a snake bite without anti venom, though in cats this may climb to 60%. Severely affected animals may need a significant time in hospital to manage the widespread effects of the venom.

Snakes are more likely to be encountered near a water source, including urban creeks, and can often

be found secluded under fallen trees, rocks or in long grass. Take care not to allow your dog off lead in these areas, maintain adequate control of your dog and be aware if your dog is investigating the undergrowth - all of this can help reduce the risk of potentially deadly encounters. Should you see a snake across a path, recall your dog to lead, if off leash, and leave the snake to continue in its journey. Remember these snakes are not looking to interact with people or pets. Do not attempt to kill or capture snakes, not only is this a danger to you, snakes are a protected species by law. Enjoy the sunshine and avoid the snakes!



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A VIP Evening of Fun at Wantirna Mall



The Wantirna Community Pharmacy held their Christmas VIP event on November 14. All Staff members joined the celebration wearing their Christmas clothes, decorations and the odd Santa hat.

Tempting refreshments, washed down with orange juice or a glass of bubbly, were available and customers could choose Christmas gifts with free wrapping, some at a discounted price, while waiting with excitement for the draw of an hourly door prize.

Special events were, a demonstration by "Thin Lizzy" cosmetics, Natio hand treatments and many more.

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NEWS IN GOOD HEALTH & WELLBEING

All About Relaxation - overcoming stress and anxiety by Marita Reynolds

You can reduce your stress and learn to relax

Stress is a growing concern in our society today. There is constant research in Australia that is conducted yearly on how people's stress is impacting their lives. People are reporting impacts on their mental health and physical health. The mental health signs are associated with uncomfortable feelings and generally affect our digestive system which results in digestive problems such as Irritable Bowel syndrome etc.

If this is you, you don't need to live this way. The body works well when everything is doing what it should. If there is an imbalance in the system then we start to see and feel unwell. This is a sign that you need to take back control of your body and your mind.

Stress is why our fight and flight (SNS) nervous system is in overdrive. One way to help alleviate this is to work with your rest and digest (PSNS) nervous system. This is not as hard as it may seem. We need to retrain ourselves to learn to relax. We have been so bombarded by being educated into doing more rather than less, that we have lost our way. Take control back. You can do this through our Meditation for Life program - I operate this program each term for 9 weeks. It takes you through simple processes that you can use daily in all aspects of your life to regain control and allow yourself some time out. This does not mean finding a quiet place for 30 minutes of your day; the techniques taught can take as little as 2 minutes or less to perform.

Other modalities Wantirna Wellness offers that can assist you to relax include; Reflexology, Kinesiology, Reiki and Therapeutic Massage. We also offer our special events throughout the year which are our

Nurturing days and a variety of workshops which all concentrate on relaxing the body. You now have Christmas approaching, one of the most stressful times of the year - Make sure you plan your activities to help you feel calm and relaxed. You have the choice. Take some time over the Christmas period to think about your transition into 2014. How is it going to be different for you? What changes can you make to your life that can help you feel better, calmer and healthier? It doesn't need to be difficult. Give yourself permission to regain control over you and your health.

Call today to pre book and take advantage of our specials and offers for 2014. (Refer to our adverts on this page)

We would like to also take this opportunity to thank all our clients for their patronage over the past year and wish you all a safe and happy festive season.

Stay healthy and happy.
Marita Reynolds

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 Tivoli Café). Marita & Doris welcome enquiries and would be happy to discuss how their individual modalities can assist you. Marita can be contacted on 9801 5201 or 0425 73 5581 & Doris on 0432 494 413



Little Acts of Self-Care & how to survive the busiest time of the year by Doris Mounsey

Are you one of those females who are professional and hard-working, a loving mother and wife and full-time organiser of all social activities during the festive season? Then you are approaching the busiest time of your year where you try to fit in your family, work, school, girlfriends, own well-being and everything else into the last few weeks of the year.

So take some time to sit down with your favourite cup of tea or coffee and do a quick stocktake of all tasks, activities, events, last minute catch-ups, which are currently stressing you out.

Then take a deep breath and look at your list or calendar and start re-evaluating. Take a close look at each item or activity and ask yourself; do I or my family have to do this before this Christmas?

First focus on what's really important to you; things you really want to do and things you can't postpone, they become your highest priority. Next highlight everything that brings you joy and fun and make them your second highest priority. Now look and analyse the rest, what can wait until next year or

what puts an extra burden or stress on you or your family.

Now take another deep breath in and a big releasing sigh out, find the courage inside you and say 'no, not this year' to all your burdening tasks.

Congratulations, you have just completed your first act of loving self-care. You took some time, paused and re-evaluated your to-do-list, highlighted what is important to you and your family and you have also found things which no longer have value for you. By having the courage to say no to the unimportant things, you have created some relaxing time for you and your loved ones.

By sharing this little act of self-care with you, I would like to thank all my Whole Health Kinesiology clients for their support during 2013 and wish you all a happy, healthy and relaxing holiday time and the best for 2014.

If you would like to reduce your stress and learn more about little acts of self-care, then check out

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Wishing you all a stress-free holiday time and a relaxing 2014

NEWS IN GOOD HEALTH & WELLBEING



News from the Osteo
with Dr. Jason Stone

Location of pain is not generally where the problem is!

It is a very difficult concept to comprehend that the site of pain is often different from the actual problem. Common conditions like 'sciatica' (pain in the leg coming from the lower back) are more easily accepted due to its regular occurrence. Yet, pain in the arm coming from the shoulder blade or pain in the knee coming from the hip are also very common and often difficult for people to rationalise.

Even more common are intense headaches in the forehead and behind the eye, referring from muscles at the base of the skull. Most people presenting with these symptoms are certain they have something more sinister like a brain tumour or aneurysm!!

Muscles are the site of most pain as they are rich with nerve supply and blood flow making them

sensitive. A muscle's nerve supply travels from the spine and via many structures. This means that irritation of a nerve anywhere along its pathway can result in perceived pain further away in other regions especially muscles. This is the basic explanation of referred pain.

Referred pain is extremely common and not just because muscles and nerves refer pain to distant regions but because restrictions in muscles and joints result in strain in other areas. An example of this is when we limp around with a sprained ankle and end up with low back and hip pain. Yes the low back pain is there but if you don't rectify the limping it will linger on.

One of the major philosophies behind Osteopathy is

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that 'the body is a single unit' - meaning dysfunction in one region is going to increase strain in other regions. For this reason we examine other regions of the body which may be referring or predisposing to a patient's painful area.

So next time you get a pain somewhere don't assume that's where the actual issue is.

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The Importance of 2 and 5



Did you know that over 50% of Australian's don't eat the required amount of fruit and vegetables everyday for good health? Australian Dietary Guidelines have once again re-iterated the importance of meeting the recommended 2 serves of fruit and 5 serves of vegetables each day.

Fruit and veggies are low GI, a fantastic source of fibre and numerous vitamins and minerals. Taking your pick from a variety of fruit and vegetables provides your body with a broad range of nutrients that not only contributes to a healthy diet and waistline, but can improve your health by protecting against diseases such as high blood pressure, diabetes and high cholesterol.

When you think about all the benefits that can come about by eating more fruit and veg, it makes it all the more important to incorporate them into your diet. Don't ever think it's too late, so why not add a few veggies with lunch or grab a fruit a healthy and convenient snack?

Wanting more information? Contact Nutrition Plus on 1300 468 550 or pop in to our Wantirna Clinic, at 621 Boronia Road, Wantirna.



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Once you have completed the installation use the find function and search for "Studfield Wantirna News", select it and then go to your tiqbiz inbox to find the latest edition of your community newspaper. When a new edition of the newspaper is released you will be notified and receive instant access via tiqbiz to the latest edition.

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Our Children are Our Future

A few months ago I was at a local gathering of about 200. We were talking about the importance of Community.

I asked the question "What's the most important thing about being part of a community?"

A few raised their hands.

I picked a young lady close to the front.

Her answer was one of the best responses that I've ever had to this question.

She said, "If you are part of the community, you must look after it".

What made this answer even more powerful was that the gathering was at a primary school in Scott Ward, and the young lady could only have been 6 or 7 years of age.

That someone so young could realise that the future of our community was as much her responsibility as anyone else was fantastic but not unprecedented.

I see it every time I visit our local schools.

The values taught at our schools are very evident.

Looking after the environment, watching out for each other, helping those less fortunate, and much more.

That's why Council runs the school awards program to recognise this spirit in our students.

Years ago an older seasoned volunteer lamented about the future of volunteering.

I reassured her that if what I saw in our schools was any indication, we will be leaving our community in very good hands.

David Cooper



Cr David Cooper with Caeden Reilly and Mayor Karin Orpen

Knox City Council School Awards Scott Ward Recipients

St Mary's College for Hearing Impaired Students - Award Recipient: Victor Korng
Victor is profoundly deaf but this has not stopped his participation in The Building Bridges program involved in connecting different faiths. Victor also participates in Social Justice issues through the Benenson Society. Victor is profoundly deaf but this has not stopped his participation in The Building Bridges program involved in connecting different faiths. Victor also participates in Social Justice issues through the Benenson Society.

Holy Trinity Primary School - Award Recipient: Tiana Tolentino

Tiana is an enthusiastic student who has a keen interest in protecting the environment. Since the beginning of our most recent Integrated Studies topic "Our Environment, Our Future", Tiana has shown great initiative in working towards building a better school environment. As the founder of the group, "HT Green Thumbs", Tiana has worked to lead her classmates towards environmental change. Initiatives have included rubbish pick up during lunch breaks, working in the school veggie patch and initiating meetings with the School Principal in order to discuss the school's environmental needs. Tiana sets a great example for others in how to use your own initiative to care for our community and environment

St Andrews Christian College - Award Recipient: Sophie Wade

Sophie has tirelessly given of herself in helping out not only within the school community, but also in the developing world. Sophie runs a Bible study group at school, helps with leadership of all sports teams, was involved with the school production and has recently been on two mission trips; one to India and one to Vanuatu. Whilst she is giving in all these areas, Sophie maintains a very high standard in her academic work and consistently achieves high results.

St Andrew's Christian College - Award Recipient: Jayden Cassimatis

Jayden has a considerate and polite manner He has excelled in the public speaking competition and has used his considerable acting skills in Assemblies and class activities. Jayden is a very involved member of the local acting community and has performed on a regular basis.

Knox Gardens Primary School - Award Recipient: Caedan Reilly

Caedan is a Class Captain and a great role model to other students. He always displays a positive attitude and is respected by his peers. Caedan is a reliable monitor and a kind, caring student.

Waverley Christian College - Award Recipient: Tara Rozairo

Tara has been nominated for this Award due to her involvement in the community. Tara is involved with "Hearts 4 Kids", an organisation that helps Zimbabwe's orphaned children by providing educational and medical assistance directly to the orphans in need. Tara is also involved with leading the Kids Church at CityLife.

Waverley Christian College - Award Recipients: Joyce Chen & Mickayla Kee
Joyce and Mickayla have started their own business called "Helping Hands" to raise money for poor schools in India. They hand make bookmarks, hair ties and other simple products then sell them at the school and at Markets on the holidays.

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GEN Z CONNECTS WITH SWCN

Wantirna College VCAL Youth Health Forum

By Micah Maglaya, Year 11
Wantirna College

The Year 11 VCAL class demonstrated what teamwork, dedication, and compassion really is through their successful Youth Health Convention for Years 7 to 9 at Wantirna College.

The Convention was as part of the course in Event Management, and the preparation had taken many weeks of planning.

The convention consisted of fun and exciting workshops in order to promote positive wellbeing, drugs and alcohol, and how to make the right choices.

Samantha Cross, a VCAL student, says, "The Youth Health Convention is creating awareness for younger people about mental health, and also to raise money for Beyond Blue. We are helping the young people; and we're making the activities fun too, to make the environment more exciting to learn in."

One of the workshops put together by VCAL students was "the Pink Room" and "Risky Business"—a session where girls and boys learn about body image. Around 14% of Aussie kids and adolescents aged between 12 to 17 years have mental health problems, and some of these causes derive from pressures coming from the media on how you should look. Maddy Faragher explains,



"it's all about promoting body image: Love your body. Respect yourself."

Daniel Baxter and Nick Boshell ran a session about anxiety and depression and ways to combat them. Stress relief activities like punching a boxing bag, hand-painting to symbolize being in one community, and a secret survey done in a federal election fashion (including booths for privacy) were the workshops available to "teach kids about mental health, and being able to help others," as Daniel tells.

The young teenagers who attended this convention also got a sweet treat as one of the workshops done by Alisha Lafferty and James Kendall was all about making milkshakes. Alisha says, "we used milkshakes to show them a substitute for alcohol", as the 2007 National Drug Strategy Household Survey showed that more than 20% of 14 to 19 year olds consume alcohol on a weekly basis in Australia.



Micah with Daniel and Nick



There were many other workshops and sessions run by the VCAL students. All of them were a great success in educating these young students in making the right decisions, mental health, drugs and alcohol, and also raising money for the Beyond Blue foundation. Austin in Year 8, says, "I learnt a way to talk to people. You should respect them more because a lot of people are going through different things." Jemma in Year 7 also tells, "We learnt that smokes contain battery acid and rat poison and toilet cleaner and paint", which deterred her, and many other participants, from using a cigarette in the future.

The Youth Health Convention was fun and was truly enjoyable. It made an impact to the way these young teenagers tackle mental illness, drugs and alcohol, and create a positive wellbeing, which will hopefully make them create the right decisions in the future.

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WWW.VERONICASPANTRY.COM.AU

THE ARTS IN KNOX

News from the Victorian Jazz Archive

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Uncovering Social History by Ken Simpson-Bull

One never knows what long-forgotten facts are sometimes unearthed simply by browsing through some of the Jazz Archive's paper documents—in this case an old jazz magazine from 1946.

The magazine in question "Jazz Notes" mentions the shortage of shellac following the end of World War 2. So how many people remember this fact or even care? But shellac, a substance derived from an Asian beetle, which was used for the polished finish of fine furniture, was also an important component of the 78 rpm gramophone records of the period.

This shortage not only resulted in a reduction of locally pressed records by the big record companies such as HMV and Columbia, but even more so by the little companies. "Ampersand", a record label created by a long-time jazz activist, Bill Miller, was one such company which could not get any shellac at all.

Back in September, 1943, an American sailor had been on leave for one week in Melbourne. But this sailor was no ordinary sailor; it was Max Kaminsky, a world famous trumpet-player touring the Pacific with the navy band. Bill Miller fortuitously arranged for Max to have a recording session with the Roger (brother of Graeme) Bell jazz band.

But by 1946, Australian enthusiasts who had heard about the recording were still waiting to hear what not only was to prove to be a great performance, but a recording of an Australian jazz band at a time when none was being recorded at all. Finally the long wait was over. Shellac was becoming available again and the disc was at last released in April of '46. Ironically, the record was pressed in vinylite (the material from which long-play microgroove records were later made).



Famous American jazz trumpeter, Max Kaminsky, who recorded in Australia during world war 2. Cover of a 1946 Australian Magazine.

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

KNOX COMMUNITY ARTS CENTRE PRESENTS

Spirit and Fire

BY ASANTI DANCE THEATRE

Saturday 15 February 2014 | 7pm

"Asanti Dance Theatre presents an unforgettable African dance, music and acrobatics experience. These five inspiring international artists will leave you speechless with their raw energy, exhilarating dance moves and phenomenal acrobatics."

Asanti Dance Theatre will conduct a one hour dance and drumming workshop for the audience directly after the performance.

This will be an incredible experience not to be missed.

★ ★ Adult: \$25 | Student/Conc: \$22.50

★ ★ **Early Bird Special: \$20***

*Tickets must be purchased by 20 December.



The Book Club



by Rodney Fisher
from the play by Roger Hall

**Saturday 1 March
2014 | 8pm**

**Queen of the stage,
Amanda Muggleton brings
fiction fever to KCAC!**

Genteel housewife and mother Deborah has an addiction. 'I'm a bookaholic,' she confesses. The spice of Deborah's real life is her book club and is a chance to gather the juicy gossip of her friends' lives and relationships.

*"Amanda is simply brilliant."
If you only see one play
this year, make it
'The Book Club'.*

HIT

Australia's Premier
Theatre Touring Company

THE WEST AUSTRALIAN



Adult: \$30
Student/Conc: \$27.50

★ ★ **Early Bird
Special: \$25*** ★ ★

*Tickets must be purchased
by 20 December.

Venue: Knox Community Arts Centre, Corner Scoresby Road & Mountain Highway, Bayswater

Bookings: ☎ 9729 7287

🌐 www.knox.vic.gov.au/theatretix

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News from Orana Neighbourhood House



What's on at Orana in 2014?

Beginners & Intermediate Computers
Back to Office Skills
MYOB
Digital Photography
Bollywood Dancing
Multicultural cooking classes
Boxing Fitness for Women
Yoga & meditation classes
Strength Training for Seniors
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Book Now!



Kids in the Kitchen
Tai Chi
Mosaics
Art Class
Italian & Spanish classes
Women's Health Day
Men's Health Day
Walking Group
Preserving Workshop
Gardening Group
Support Groups & much more!

Expressions of Interest: Men's Shed at Orana
 Please contact reception if you would like to be a part of this exciting new venture!

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

www.facebook.com/orananeighbourhoodhouse



Not a member?
 You're always
 welcome at the
 Knox Club



New members welcome

MEMBERS BAR

Open early till late 7 days a week

SPORTSBAR TAB

Open early till last race 7 days a week

The Knox Club is well known for its diverse range of entertainment available to all.

Weekly Entertainment, Live Music, Karaoke and Live Shows, the Knox Club has something for everyone.

Make a night at the Knox Club and come along and enjoy a cold beverage or a meal from McCluskeys Bistro before listening to some great tunes and party the night away.

Why not explore the website www.knoxclub.com.au and discover what our Club has to offer.

Please feel free to contact us on 9801 6466.

Discounted Senior's Membership and meals.

McCluskey's Bistro

Open 7 days a week for lunch & dinner

SPINKSY'S CAFÉ & COCKTAIL BAR

Open 10AM till late 7 days a week

Knox Club cnr Stud & Boronia Roads Wantirna 3152

9801 6466

email: info@knoxclub.com.au

www.knoxclub.com.au

STUDFIELD NEWS

Seniors Day at Orana Neighbourhood House



Orana Neighbourhood House held a Seniors Day on October 8 as part of the Knox Senior's Festival. The event was a great success with 24 seniors enjoying the talented skills of local bank teller Karen Williams from the Wantirna Bendigo Community Bank.

Karen made delicious savoury breads, scones and pizzas using fresh herbs from Orana's Community Kitchen Garden. Heidi Victoria came to unveil her personally donated water feature to the centre and enjoyed watching Karen do her magic in preparing the rolls and pizza dough.





Studfield Fish & Chips
& Charcoal Souvlaki

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SPECIAL

2 x Charcoal Souvlaki
Minimum Chips
2 x Potato Cakes
2 x 375ml cans of Soft Drink
ONLY \$25.00

Offer Valid until 31/12/13.



Nova Pharmacy at Studfield Shopping Centre is an official "drop off" point for donations to the Knox Community Christmas Appeal



"Share the Joy"
KNOX CHRISTMAS APPEAL
Supporting local families "doing it tough"

We invite you to support this appeal by donating:

NON-PERISHABLE* FOOD ITEMS:

• Puddings	• Tinned ham	• Fruit cakes	• Soft drink
• Custard	• Tinned tuna	• Long life milk	• Napkins
• Biscuits (sweet)	• Gravy mix	• Tea/Coffee	• Christmas crackers
• Biscuits (savoury)	• Tinned vegies	• Sugar	*Before use by date
		• Kraft cheese	
		• Fruit juice	

TOYS/GIFTS (NEW):
For children aged from birth to 18 years old

Please deliver your donations to the following locations:

	www.givenow.com.au/knoxsharethejoy Tax deductible donations
Ray White	Unit 5, 1849 Ferntree Gully, Ferntree Gully
	- 4-6 Station St, Bayswater - Shop 3 Chandler Arcade, 109 Boronia Rd, Boronia
	- Boronia Park Crescent Boronia - Ferntree Gully 1010 Burwood Highway, Ferntree Gully - Knox 425 Burwood Highway Wantirna - Rowville Stud Park Shopping Centre

ENQUIRIES: Contact Knox Infolink Inc on 9761 1325



Thank you for your support



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On presentation of this coupon



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receive FREE,
one Traditional Loaf, White,
Wholemeal or Country Grain.
SAVE \$3.80

One Coupon per customer. Offer Valid until 31/12/13.

201 Stud Rd Wantirna South



Receive \$5.00 off any purchase of our Pharmacist Formula Vitamins valued over \$10.00

One Coupon per Customer. Offer valid until 31/12/13.



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STUDFIELD

Studfield Shopping Centre
203 Stud Road, Wantirna South VIC 3152
Tel: 9801 2111 Fax: 9801 6214
OPEN 7 DAYS
DELIVERY SERVICE AVAILABLE

Opportunities Abound at Interchange Outer East

Interchange Outer East; providing opportunities and strengthening communities

There are so many groups in Studfield, Wantirna and surrounding areas that contribute an enormous amount to the community. It's no secret that sports clubs, services and groups such as the Studfield Wantirna Community Newspaper provide opportunities and community connections that enhance local neighbourhoods; Interchange is one such organisation. Interchange is a local community based group that not only provides a fantastic service for families who have children with a disability, but also enriches the lives of community members.

In addition to providing a range of recreation, individualised and respite services for families, children and young adults with disabilities, Interchange provides an opportunity for community members to volunteer. There are many ways to volunteer at Interchange but one of the most popular is through the various recreation programs. This service attracts a lot of enthusiastic, community-minded young people and from the 500 volunteers registered with the organisation, approximately half are youth aged 14 to 30.

The recreation volunteer program matches a child with a disability to a volunteer on camps and day activities. During the recent September/October school holidays, over 70 volunteer positions were filled with recreation volunteers who contributed 1,428 hours to ensure the 79 children on school holiday camps and days activities were having fun! Six day activities and two camps certainly provided the opportunity for a lot of fun, entertainment and excitement over the two week period.

Recently, Interchange took the volunteer program to a new level thanks to the partnership with United Youth Media - a not-for-profit media and communications company run by young people, for young people (www.unitedyouthmedia.com). Sixteen year-old Interchange volunteer and United Youth Media member, Jesse Baker recently accompanied an Interchange group on a trip to America. Jesse set up an interactive website, published daily blogs and posted photos for Interchange and the wider community. Katie Smith, also sixteen, accompanied an Interchange group to Italy. The websites are now a permanent reminder of the wonderful trips for the people and organisations involved and can be viewed at: www.ioeitaly2013.weebly.com & www.ioeusa2013.weebly.com

To find out more about Interchange Outer East and volunteer opportunities, to make a donation to the overseas project, or to become a friend of Interchange check their website www.ioe.org.au or contact the office on 9758 5522.

Combined Probus Club of Wantirna Heights Inc.

Tall Timbers

At the suggestion of our President Joy, a group of 16 members visited a private garden called "Tall Timbers" situated near Powelltown in the Yarra Ranges. We enjoyed the drive to Powelltown through beautiful countryside. The weather was fine with the sun sneaking through at times and we were welcomed with tea and coffee on arrival.

The garden, which has been held by the current owners since 1975, is a wonder to behold with colour, water cascades, bridges, tall trees, a lake and beautiful vistas in every direction. It was obvious that this property has been a labour of love and we were all amazed at the amount of work and cost that must have gone into creating this wonderful garden. It is sometimes open as part of the "Gardivalia Festival of Gardens".

After a lovely walk around the property, with surprises at every turn, we retired to the surrounds of the house for a light lunch and fellowship. All of us greatly enjoyed the day we thank our hosts for their hospitality and congratulate them on their achievement in creating such a magical place. The club can be contacted at PO Box 6010, Wantirna Vic 3152.

Lions Christmas Cakes & Puddings

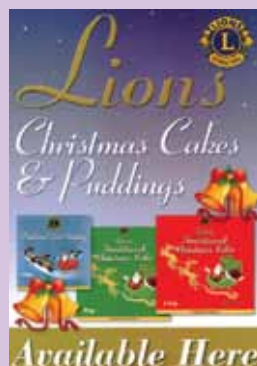
NOW ON SALE

City of Knox, November 2013 - The famous Lions Christmas Cakes and Puddings are on sale! Buying a Christmas cake or pudding from the Lions Club is a great way to support your local community service group and get into the Christmas spirit. All profits from sales are used for local community service programs.

Prices are as follows; 1.5kg Cake \$15, 1kg Cake \$11, and Puddings \$11

If you would like to purchase a Lions Christmas Cake or Pudding please call Sanjay on 0419 333 676 at the Lions Club of Wantirna to find out where and how you can get hold of them. Corporate orders are also welcome and a Tax invoice will be provided to enable your business to claim deductions.

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



COMMUNITY NEWS



Life Activities Club Knox Inc.

MERRY CHRISTMAS !!!! Let's have a safe and very happy holiday time. Of course, wishing good health, happiness, and safety in our NEW YEAR 2014, and may it be a good year for all in our community and the world.

Remember!! Most of our activities continue throughout the summer break, (no holiday for us), and we welcome new and prospective members to give us a try.

The Garden group will take a Bus Trip to Vasili's Garden and Café. A Guided Tour of Kenworth Trucks in Bayswater is already organised. Another Weekend Getaway is coming up too. We stay at formal Caravan Parks, where they can provide enough cabins for more comfortable camping. Otherwise, bring your Caravan or Tent? However, this fun group will be kept busy, or maybe not.

Feel free to call and request a newsletter or for more information. We can also be contacted at www.life.org.au. Better still, if time permits, come and join us on December 13th for our "Last walk for 2013" which will be a shorter walk and our destination will be at a local eatery.



If you would like to know more about our friendly club, please ring and the current newsletter will reach your letterbox. Or contact us on www.life.org.au

Melva 9762 3764 or Helen 9729 1151

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

Melbourne Male Choir

The Melbourne Male Choir has resumed practice after the mid year break and is aiming to increase their Membership numbers.

Any Male person who can hold a Tone is welcome to join.

Practice is on Monday nights from 7.30 till 9.30 PM in the Bayswater Youth Centre, Corner High Street and Pine Road.

Give us a call on come to a practice night.

Contact Tony 97269530 or Henk 98870356.

The Ferntree Gully VIEW Club

The Ferntree Gully VIEW Club meets at the Knox Club on the fourth Monday of the month.

Decembers Luncheon is on the 16th December at 11.30am. It will be a special Christmas meeting featuring the well known East City Singers.

New members and visitors are most welcome.

To book please ring our President Isabel 9758 5435.

Minimising Financial Stress at Christmas by Kim Hubber & Katie Hauptmann

Minimising financial stress at Christmas

Christmas is nearly upon us again, and for some it may already have been a stressful year where the finances are concerned. The cost of living has increased substantially, bills such as electricity, gas and water have sky rocketed as has the weekly food shop, not to mention petrol and other essential items.

There is a lot of pressure placed on families to purchase gifts and to give presents that may not be affordable. As financial counsellors, we encourage you to put away the credit card and purchase gifts that are within your means. Did you know it takes 11 years to pay off a \$1,000 credit card on the minimum repayments?

Some great ways to reduce your Christmas spend and prevent credit card blowout:

- Discuss the idea of presents for the children only, or a Kris Kringle setting a maximum dollar amount.
- What about a Second Hand Xmas? Buy gifts at Garage Sales, Fetes or Op Shops.
- Give a gift certificate to other family members for a working bee at their home- a day gardening,

painting or house maintenance.

- Create an 'Outing Card'- plan an activity with your loved ones, a picnic and bike ride or a trip to the beach for example.
- Do your present shopping early and make a list. Don't leave it to the last minute as you may panic buy, possibly spend more and may not be happy with your choices.
- Recycle gift wrapping, use newspaper, paper bags to wrap presents.

There are many ways to enjoy the festive season without acquiring debts that may be a burden to you well into next year.

Some tips on how to use a credit card more effectively:

- Contact your card provider to decrease the limit on your credit card as you reduce the outstanding balance on the card.
- Stop adding more debt to your credit card.
- Live within a budget and put any spare cash onto the credit card to reduce the balance faster. Always try and repay more than your minimum repayment
- Set up a direct debit to pay a fixed amount off your

credit balance each payday if possible.

•Only have one credit card. If you have more than one card, consider transferring the balance of the others to the card with the lowest interest rate. Ensure you close the account with the other card providers so you do not increase your access to credit.

•Know your repayment date, how much interest you are paying and how it is calculated, what fees apply and the interest free period. Choose the right card for your circumstances, shop around for the best deal and remember the Banks want your business.

If you are having difficulty in paying your bills or managing your financial situation and require further support, an EACH financial counsellor can assist you.

Financial Counselling is a free and confidential service.

For people living or working in Knox, please call EACH Social and Community Health, Financial Counselling Intake on 03 9871 1800.

Kim Hubber – EACH Financial Counsellor

Katie Hauptmann – Financial Counselling Student



News from Ringwood Field Naturalists Club Inc. by Alison Rogers

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

Our program continues to be varied with interesting guest speakers and enjoyable outings.

Speakers: In October - Maroondah council's Bushland team leader, Craig Mauger spoke to us on '**Maroondah's Bushland**'. Craig gave us an insight into the ongoing problems the team have with weed invasion in these areas. Many reserves have important natural vegetation which is in danger of being lost through invasive plants.

In November - Club member Bob Tucker spoke to us on '**The Mallee**'. Bob covered the exploration and settlement of the Mallee including changes that have occurred and the future for the Mallee environment. He grew up

in the Mallee and drew upon personal and family experiences to illustrate his talk.

Excursions: The September outing, led by **David** to look at local 'bush orchids', was to the **Baluk Willam Reserve** in Belgrave. The morning was spent finding many orchids, including Mayflower orchids, brown beaks, 2 varieties of spider orchids and bird orchids. After lunch at Birdsland Reserve in Belgrave, members spent the afternoon walking around the lakes. Waterbirds were the main focus with good sightings of male and female darters.



Photo - Peter and Alison Rogers

The October excursion, led by **Alison & Peter**, took us to the Yea area. Meeting at the **Yea wetlands (John Cummins Reserve)** the group made use of the boardwalks through the reserve, observing many bird varieties. We had good sightings of nesting Sacred kingfishers, Red browed finches and Rufous Whistlers. The Reserve has good picnic facilities and this was used for lunch. In the afternoon members travelled to **Seymour Bushland Reserve**. Although the countryside was dry, a walk around the Reserve yielded a number of orchids including three different sun orchids, beard orchids and musky caladenias. A search of the trees in one area of the Reserve found a Brown Gerygone - a new bird for some members.

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).

In the coming months our speakers will be:
December - The Christmas meeting. Short talk by President **Jackson Airey** titled, '**Bird watching in Broome**'.

January - Our outdoor meeting will be held at **Currawong Bushland park Warrandyte:** (Melways 34 H5)

All visitors are welcome.

For more details phone Alison or Peter on 9801-6946.



Knox Safer Communities

Seasonal Safety

Summertime: the days are longer and the sun is hot. Time to remember the hazards of heat. As well as the usual warnings to use sun screen and cover up to avoid sunburn, we are being alerted to the dangers of heat exhaustion.

Make sure you recognise the signs: very high body temperature, rapid pulse, headache, dizziness, nausea and confusion. Those especially at risk are young children, frail elderly, pregnant women and people who are ill.

Heat exhaustion can lead to heat stroke which is life threatening. If someone you are with develops heat stroke, call 000 for an ambulance immediately. Follow the operator's instructions until the paramedics arrive.

On days of extreme heat, the best place to be is at home. Drink plenty of cool, non-alcoholic fluids. Reduce physical activity, eat regular light meals, take cool showers. Wear light clothing and keep the air circulating around you.

Don't forget that animals can be at risk as well.

The website www.knoxsafercommunity.org gives further seasonal advice and lists many useful websites. See also www.police.vic.gov.au for the Police Partysafe Program to register your end-of-year parties. Keep your community safe.

Report to Police all crime, property damage and graffiti.

Knox Police 9881 7000. Boronia Police 9760 6600. Crime Stoppers 1300 333 000 In emergencies call 000 for fire, police or ambulance.

Fun and Games at Wantirna Tennis Club



SPECIAL 5 WEEKS OF SUMMER OFFER

This summer, do you want to enjoy the outdoors and maybe even get fit with family or friends?

Come along for our 5 weeks of summer, special offer.

Our special offer is available from 21st December till 25th January, with discounted court fees on a user pays basis. This offer is open to you even if you only come once or every day.

With no competition being played over this summer period our courts are not being used. There are 10 courts available for you to use at any time.

For details or bookings call Alison 0408576025 or email the Club wantiratennis@gmail.com

"Festival of Tennis"

Also look out for the "Festival of Tennis" at Wantirna. Wantirna Tennis Club Inc will be participating in the Knox Festival of Tennis being held from Wednesday 29th January to Sunday 2nd February 2014.

Our Club will provide a variety of tennis-based activities including:

- the opportunity for adults and children to come and try traditional tennis,
- the opportunity for children to participate in "Hot Shots" (especially design for younger children using different balls and a restricted court size),
- enjoying various tennis activities on offer,
- finding out about available competitions (Juniors, mid-week day-time & night-time, weekends),
- meeting the Club Coach

People of all ages and previous experience (or lack of it) will be most welcome.

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.

We are a family focused club offering a range of competitive tennis or social tennis for both adults and juniors. We have safe access into the complex and beautiful grounds enclosed by fences to make a safe environment for families.

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 wantiratennis@gmail.com
Club coach: Kelly 0414874482

Bowls Club Celebrates 25 Years

Bayswater Bowls Club is celebrating the 25th anniversary of the formal opening of the club, the original ceremony being performed on September 10, 1988, by the then Mayor of Knox, Marie Wallace.

Since then the Club has developed into a fine community facility located in beautiful landscaped gardens with great views of the Dandenongs from its veranda, used not only for bowls, but also providing facilities for use by other organisations in the area.

This has proved to be a magnificent achievement for the dedicated early members of the club, because, apart from extensive excavations and the shell of the clubhouse, they did most of the work themselves at weekends over a period of several years.

Events marking the 25th anniversary included an afternoon tea attended for former members in recognition of that early work, which included, for example, constructing 180 metres of retaining walls containing more than 400 sleepers, and creating a drainage system under the greens that required 800 metres of pipe and 500 tonnes of screening.

Bayswater Bowls Club is located at the southern, or Phyllis Street end of one of the district's hidden gems, the Guy Turner Reserve, which is currently going through an extensive programme of refurbishment.

Membership enquiries are always welcome, and tuition is available to anyone who wants to try the game. Any groups interested in making use of the club, contact Alistair of 9729 2611.

More info: www.bayswaterbowlsclub.com

LIONS XMAS TREES

The Lions Club of Wantirna will be holding their Annual Xmas Tree sale again this year over three days - on Saturday 7th, Sunday 8th and Saturday 14th December at Collier Reserve near the corner of Burwood Highway and Stud Rd, Wantirna South.

We will have a range of quality Xmas Trees available for purchase including large, medium and small trees and you are invited to inspect before you buy so that you get the tree that best meets your needs.

Trees will be available from 8.00am on both Saturdays and 8.30am on Sunday.

Buying a tree from the Lions Club is a great way to support your local community and to begin to create a special Xmas spirit with your family. All profits from this sale go directly to supporting local community programs conducted by the Lions.

Look for our signs on Burwood Highway on the 7th, 8th and 14th December.

Join us to enjoy ethnic food and non-stop entertainment by Hungarian, Polish, Italian, Indian, Austrian, Egyptian, Filipino, Greek, Chinese, Chilean, El Salvadorian, Afghani, Russian, Iranian, Irish, Indigenous Australian and many more!

TASTE ALL CULTURAL FOODS... ONLY \$5 EACH

[facebook.com/MulticulturalHarmonyFestival](https://www.facebook.com/MulticulturalHarmonyFestival)

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

Hi to all our members and the community of Knox. Well the end of the year has come around very quickly and so many great things have happened at our Club. These major improvement projects are important steps in the overall growth of our Club and to make sure that we continue to be one of the stronger Clubs in Knox. All of this is made possible by the combined effort of all our Committee and volunteers, with our President Adam Best overseeing the lot. We must thank everyone involved for their fantastic work because being volunteers, it is not easy to share your time.

The new black coated fences were installed and the great looking blue wind and sight screen mesh was put up with the two together making it a fantastic combination on which many players have made positive comments. If you get a chance over the summer break and haven't seen it yet come and have a look while having a hit.

The gate entry FOB system has proved a success with all members really happy with how easily it works. If you haven't got yours yet, please contact Jeff, Kylie or David and we can programme one for you so you can come down during the summer break with family or friends and have a hit. We hope

that people will take full advantage of the new coin operated lights down on court 7 during the summer break with the weather warming up.

Our big new night tennis news is that we have affiliated with the Knox District Night Tennis Association so we can host more teams in this great local region competition. If you have a team that would like to play in this competition later in 2014, contact us through our web site. The other night competition BDNTA, has finished with mixed results across all the nights. Hopefully all players had an enjoyable season and will be refreshed come the start in late January 2014.

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. The In House mid season competition will start early December, so please let Jeff or David know if you are interested in playing. This way you can keep the practice going until the next season starts.

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.

Of course we wish everyone a very Merry Christmas and a safe and Happy New Year and look forward to seeing you all again for competition or social in 2014.

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
Coach Gary Leech: 0398005862
www.velocitytennis.com.au



Templeton Tennis Club News

from Don McCracken

Welcome to the Christmas edition of our club news.

Not a lot of news since our October update.

Let me start with welcoming back our sponsor from last year Integrity Cabinets together with 2 new sponsors to whom we are extremely grateful; Barry Plant Wantirna and Bendigo Bank Wantirna Community Branch. Their support of our club is much appreciated.

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

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

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

Check out our website, www.templetontennis.com.au for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member. Barry Plant Real Estate Wantirna, Integrity Cabinets and Bendigo Bank Wantirna Community Branch.

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

Merry Christmas and a Happy New Year to all!

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 63 G9

Membership: Russell 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au



The Old Orchard Winery Unique Christmas Gifts

Tired of shopping?? Don't know what to buy??

We can help create a truly unique and memorable gift this festive season.

Christmas Special

Labelled wine with your own greeting

Order before 19th December for pick up 23rd December 2013 or before.

Log onto:- **www.theoldorchardwinery.com.au/xmaslabels.html**

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

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