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EDITION 28

FEBRUARY/MARCH 2014

- CHILDREN FIND A BUDDY IN BRUCE
- IPAD INNOVATION AT WANTIRNA PRIMARY
- YOU AND YOUR STRESS
- VJAZZ MAGAZINE

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Heidi **VICTORIA MP**

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Authorised by Heidi Victoria MP, 2/40 Station St, Bayswater.

Welcome to the New Year and what a fabulous year I wish it to be for everyone.

Christmas came and went so quickly but I hope rest and relaxation was on the agenda along with catching up with family, friends and enjoying the summer sun.

Safety is always a key message during the festive season break and I want to continue this message into the New Year, particularly relating to the most vulnerable members of our community – the young, and the young at heart.

During heatwaves or on very hot days it is vital that we take care of the older members of our community. So take the time to check up on a loved one, your neighbour or a friend. Encourage them to get out of the house if cooling is not sufficient and take advantage of some of our great shopping centres or community facilities such as the library which are always nice and cool.

With littlies, Summer is a dangerous time of the year and it is vital for parents to remember to be safe in cars, around the home and near swimming pools.

Each year, hundreds of children are left alone in cars on hot days. From September 2012 to August 2013 Ambulance Victoria paramedics were called to 1100 cases of children locked in a car. Almost all these children were aged under 13, and 78 per cent aged under 4.

Disappointingly, Bayswater District was over-represented in the reported cases: Ringwood (12), Boronia (11), Wantirna (5) and Heathmont (2).

Babies and young children cannot regulate their body temperature like adults so being left in a hot car is life threatening. In as little as 10 minutes, the temperature of a vehicle on a 29 degree day can rise to 44 degrees, and hit 60 degrees in 20 minutes.

Unfortunately for some children, being left in a hot car can be fatal, so it begs the question why our precious children are left in the first place. For 2014, let's all try to lower these statistics – it's our future generations that are at stake.

To finish on a more positive note, 2014 is the 20th anniversary of the International Year of the Family and there has never been a better time to refocus on the role of the families, whether at a local, national or international level.

So to you and your family, I wish you a safe, happy and healthy year ahead.

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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Content

Around our community

- Children in need find a friend Page 3
- Ashley's passion for photography Page 3

Wantirna News Page 4

Ray White Page 5

What's Cool at School?

- Carrington Primary School Page 6
- iPad program at WPS Page 7

News from the Library Page 8

Talking Tech with Micah Page 8

Knox U3A News Page 9

News in Knox Page 10

Wantirna Mall News Page 11

News in Good Health & Wellbeing Page 12-13

Scott Ward News Page 15

The Arts in Knox Page 16-18

Community News Page 19-21

Sport News Page 22-23

Multicultural Festival Page 24

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Editorial

Well folks, here we go again!!

You will have noticed some changes to our paper over recent editions. We have stepped up our production and our reach to the suburbs of Scoresby and Knoxfield. Volunteer Community Newspapers now cover (nearly) all of the City of Knox.!

We are taking on board more advertising which not only helps us cover our production and distribution costs but also helps to support local businesses. We can all contribute to a strengthened community by shopping locally and by using local services.

We would love to hear from Scoresby and Knoxfield residents or community groups who can help us to bring news and information from their suburb to the local community.

As always, we welcome your feedback, so drop us an email or call us at our office at Wantirna College.

Wishing you all a wonderful year in 2014!

Janet on behalf of the team

The team at SWCN would like to thank Wantirna College for providing us with an office and home base and Knox City Council for a grant from the Community Development Fund to support our increased production and expansion into Knoxfield and Scoresby.

We also thank our sponsors and supporters.



AROUND OUR COMMUNITY

Children in need have a Buddy in Bruce

Wantirna resident Bruce Clark has been volunteering at The Alannah and Madeline Foundation, a national charity keeping children safe from violence, for more than seven years.

"I've taken a keen interest and supported The Alannah and Madeline Foundation's activities since its inception. I've always wanted to volunteer for a charity and this organisation was the right place for me," Bruce said.

The Alannah and Madeline Foundation was set up in memory of Alannah and Madeline Mikac, aged six and three, who were tragically killed with their mother and 32 others at Port Arthur, Tasmania on 28 April 1996.

The Foundation cares for children who have experienced or witnessed serious violence. They also run programs that prevent violence and advocate for children's safety and wellbeing. Their vision is that every child will live in a safe and supportive environment.

Bruce is an integral part of the Foundation's Buddy Bags volunteer team and has helped the Foundation provide more than 42,000 children entering emergency accommodation with a Buddy Bag, as well as helping out with the Foundation's other programs and at events.

"I'm thrilled to contribute, along with the staff and my fellow volunteers, to such a worthwhile charity," Bruce said.

Buddy Bags are backpacks containing new and essential items such as toiletries, pyjamas, socks,

underwear, a pillowcase, journal, book, photo frame, teddy bear and basic school stationery.

Children entering emergency accommodation, such as refuges and foster homes, often arrive with nothing but the clothes they are wearing as they have no time to pack a bag before escaping a violent situation.

Buddy Bags look pretty simple, and indeed at face value the contents may not seem much to you or I. However, to the children that receive them, they make a world of difference. The bags help restore a sense of safety and security into children's lives during a traumatic time.

The Foundation has also identified bullying is the most common form of violence children experience. In response to this, they have developed evidence-based prevention programs to help reduce bullying and cyberbullying to help keep children safe in the physical and digital worlds. The Foundation's Better Buddies program, as well as their eSmart Schools and eSmart Libraries programs, are helping school and library communities in our local area manage cybersafety and deal with cyberbullying and bullying.

For more information on The Alannah and Madeline Foundation or to donate, please visit www.amf.org.au.



Bruce packing Buddy Bags at The Alannah and Madeline Foundation.

Ashley has passion for photography

My passion for photography started when I was in year 10 and had an idea what I liked to do. I knew that I liked taking photos.

I decided to take up photography more seriously. With photography there are endless opportunities to fulfil what I want to achieve in this industry.

One of the things I love about photography is that you can change a photograph with Photoshop anyway you want it to be.

People say that anyone can take photos and that it is easy. To me photography is more than just a photo, it shows your creativity, your passion and you can tell a story with just one photograph.

This photograph is one of my favourites that I have taken because of the way the sun lightly touches the beautiful pink flower. It was a rainy day with no

sun at all in sight but when I finally got into position the sun came out and shined onto the flower. I was lucky that the sun finally came out just when I took the photo.



Our front cover photo was taken by Ashley Perez

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WaSPS are Winging their way into our Local Community

At Wantirna South Primary School we pride ourselves on being a 'community school' and we work hard to maintain the strong relationships between the community, home and school that are so vital in ensuring success for our students. We are extremely proud of our history and heritage which is embedded in our day to day curriculum to ensure students are aware of the significance of our school in the development of local community.

Our WINGS program is an intergenerational program between Wantirna South P.S., ARCARE, local preschools and the Wantirna Retirement Village.

WINGS stands for: W-wisdom, I-initiative, N-needs, G-gentleness, S-sensitivity

At ARCARE the program links our students with residents in a variety of activities including Bingo,



Craft, and also sharing new and innovative technologies. At Christmas time each year our senior and junior choirs perform for the residents and engage them in Christmas carols. As an extension to the intergenerational partnerships, the program also involves grade 5 and 6 students working in our local kindergartens forming relationships and building confidence and leadership skills in our students.

We have over the last few years established great relationships with the Wantirna Retirement Village. We have seen the huge benefits for not only the students of Wantirna South P.S. but also the residents of the village.

Each year we invite the residents to our school for a luncheon and show. The children cook a three course meal in our Buzz Café using fresh produce harvested from our vegetable gardens and eggs from our chooks and then our junior and senior choirs and junior and senior rock bands perform for the residents. It is a fantastic event and one which the children and residents look forward to each year.

Each year our children also visit the village and enjoy the many activities that the residents engage in. Our Prep students this year will visit the village and read to the residents as part of our Literacy program and



many of the residents will visit the school and help out in the art room with craft activities.

The programs demonstrate commitment to ensure our values of Respect, Care, Honesty, Responsibility and Inclusion are viewed across all aspects of life. The program supports the following concepts: members of the community taking personal responsibility to look out for each other and be considerate of each other: people feeling physically, emotionally and spiritually connected to local neighbourhoods and people enjoying rewards of connections to others through positive experiences [aspects of Knox Vision 2025]

We look forward to continually building relationships with all members of the Knox Community in 2014 and beyond.

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Here's what your community is saying about us!

Dear Geraint & Jenna,

You both have proved it a myth that Real Estate Agents only work for vendor.

We are sending you a note to thank for all your guidance and assistance when it came to buying our first home. We are grateful to have met you both and there was a comfort zone when dealing with you guys!

We have dealt with different agents but can say that you have that positive attitude and the willingness to try a different approach. Your honesty and open mindedness brought a co-operation between us that helped us purchase our home. We just want you both to know that we really, truly appreciate all of your help, and wish you all the success in life.

Regards, Mini & Sanjeev.

Hi Geraint & Jenna,

We would just like to express our appreciation for your efforts in selling our home in such a short time. We really appreciated being fully informed throughout each stage of the sales process and were taken with your enthusiasm, professional approach and conduct, from our first meeting to the last, and of course we were extremely pleased with the outcome.

Given an opportunity, we would be more than happy to recommend Ray White and in particular yourself and Jenna to any potential vendor.

Kind Regards, Steve and Sue

Dear Geraint & Jenna,

I recently visited an open for inspection in Wantirna south organised by Geraint Gardner. Both myself and my wife were pleasantly surprised with his professional and honest opinion and feedback on the market and houses in and around Wantirna. When I emailed and texted him about some properties regarding the value and his professional opinion, he genuinely took interest and replied back honestly. We believe he is a great asset to Ray White Wantirna and has a lot going for him. We would confidently recommend him to any of our friends and relatives regarding a property purchase.

Good luck to Geraint and best wishes to him, Vaidya and Shweta

Dear Geraint & Jenna,

Just wanted to thank you again for your excellent service during the purchase of our new property. We appreciated your personable manner and integrity during the process. We hope to be settled in our new home for many years but if we ever come to sell we will certainly be seeking your assistance.

Kind Regards, Niran & Seigrd.



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Geraint Gardner
0450 923 437

Geraint.gardner@raywhite.com

Jenna Coward
0423 138 952

Jenna.coward@raywhite.com

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WHAT'S COOL AT SCHOOL?

Carrington Primary School News



In the 21st Century it is essential for all students to become 'Engaged with Asia'. We can see the Australian Government's emphasis and recognition of the importance of our neighbours with many Asian initiatives being developed within schools and all naturally involve students. Carrington Primary School has successfully organised for the Chinese Language of Mandarin to be taught to students in 2014. These lessons will complement the after school lessons that are well attended on a Tuesday.

In the state of the art 'Learning Centre' there is so much activity between teachers, students and parents. The very design of this building provides modern facilities where the learning areas are flexible and supportive of all different learning styles. Due to the design we have consistent team teaching and students working together. Unlike the old 'corridor' days and small sliding doors we have huge open areas that can be closed to accommodate specific teaching and small class lessons.

Carrington Primary School has consistently catered for students with Disabilities. Many funded students are integrated into the regular classroom with additional resources such as an Integration Aide. In keeping with our diversity policy the school caters for students with an Intellectual Disability, Autism Spectrum, Physical Disability and Social Emotional.

The direction for the school was set out in our Strategic Plan 2013-2016. The plan focuses on the achievement of high quality learning outcomes for all students in all learning domains. It has a strong focus on the Australian Victorian Essential Learning Domains of English and, in particular, Mathematics from Prep to Year 6. Our goal is to establish a consistent whole school approach to teaching and learning in Literacy and Numeracy and build quality teacher practice through Professional Learning Teams (PLTs), as well as using multiple sources of data to plan a personalised learning approach that reflects an understanding of how students learn. Our Student Engagement and Wellbeing Policy is

supported by TRIBES and the Restorative Practices Program to support our School Values of Respect, Responsibility, Honesty, Tolerance and Empathy. This program focuses on building relationships rather than behaviour management. We work towards developing a focus on a culture that embraces safe, collaborative relationships, shared philosophies, ideologies, values, assumptions, beliefs, expectations, attitudes and norms that knit our community together.

Exciting news was received early last month with the announcement that Carrington Primary School was funded a Primary Welfare Officer. With families under so much pressure from employment issues, associated economic difficulties and other family related matters this officer will no doubt play an important role in providing an area of support for families who wish to access this officer. One of the most important roles of this officer will be promoting the development and implementation of wellbeing strategies in our school.

Carrington Primary School caters for all students and recognises that Health and Physical Education is an important key learning area. In recognising this we offer all students weekly Art, Physical Education and Dance lessons. The school is also an active participant in Interschool and 'in-school' Sport.

Whilst the Chinese language of Mandarin is offered, students also study French and Performing Arts. Many feeder Secondary school within our area offer Mandarin and French as a LOTE study area so the experience in Primary school is an advantage. The school organises a whole school Musical every second year. The camps program has seen Year 5/6 attend the Cave Hill camp in Beauford Victoria. Year 3/4 will attend Mount Evelyn camp in 2014.

Carrington Primary School boasts a thriving Parents and Friends Association where many activities are organised for the students. The fund raising side of the PFA has seen considerable funds directed to supply resources for the teaching and learning of our students.

As a small, but growing school, we have tremendous community support. On Sunday 24 November 2013 the annual Fun Run and Car Boot Sale was held. As usual there were many parent volunteers from our community based school.

To organise a school tour of Carrington Primary School all interested parents, guardians, students and community members can phone the school administration on 9763 9600. We encourage all community members to use our playground equipment and 'keep an eye on our school'.

Brendan Campbell
Principal, Carrington Primary School



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STATE MEMBER FOR FERNTREE GULLY

WHAT'S COOL AT SCHOOL?

iPad Innovation at Wantirna Primary School

This year Wantirna Primary School has introduced an innovative 1:1 iPad Program for Year One to Year Six students. Every child from Year One to Year Six will be involved in the program and will bring their own iPad or iPad Mini into the classroom to use as a tool to enhance their learning.

The program formally began this year, but our Senior Learning Unit students were so excited by the idea of bringing in their own device that already fifty were set up in 2013.

Our students have been involved in several activities with their iPads. Our Junior Learning Unit students have created book reviews which are in the library. Any of our students can use a QR code reader to scan these book covers and listen to a review by their own peers.

The school has also invested heavily in Apple TVs which are in the Senior Learning Unit and the Junior Learning Unit. Students use these Apple TV's to share their learning with their peers and the community.

Junior Learning Unit Leader Brogan Badrock utilises the iPads every day. "All of the students are engaged in ways like never before as the devices allow for true individual learning".

Our Senior Learning Unit students have created iMovies which showcase the best things about our school and they continue to find additional apps to enhance their learning.

The best thing about our iPad Program is that all of our community is learning how to utilise the technology together. We can't wait to see what our students will achieve in 2014. Watch this space!

Heather Norbury, Principal



2013 Ferntree Gully Endeavour Awards

During the last few weeks of the 2013 school year, I was honoured to attend graduating ceremonies at many of our local schools. It was wonderful to hear about the great achievements of so many senior students at both primary and secondary levels.

I was able to present certificates and medallions to most of the 18 very worthy recipients of the 2013 Ferntree Gully Endeavour Awards. The Endeavour Award recipient is chosen by the school and the recipient is a student who has shown great endeavour throughout their years at the school and not just during their graduating year.

The recipient is someone who has strived to be their best in all aspects of their school life and has been helpful towards other students and staff. They have also demonstrated a wonderful and consistent 'give-it-a-go attitude' and have been a great representative for their school.

I would like to congratulate all 18 worthy recipients of the 2013 Ferntree Gully Endeavour Award and wish them continued success well into their future:

- Amarah Radford – Rowville Secondary College
- Alasdair O'Brien – St Joseph's College
- Luke Allan – Wantirna Primary School
- Josie Kalisperis – Mountain Gate Primary School
- Bree Carmen – Karoo Primary School
- Joel Francis – St Joseph's Primary School
- Connor Skaltsonis – Heany Park Primary School
- Mary Kostidis – Ferntree Gully North Primary School
- Ashleigh Woollard – Knox Central Primary School
- Alexander Shang – Park Ridge Primary School
- Hannah Lawson – Knox Gardens Primary School
- Maverick Taylor – Lysterfield Primary School
- Madison Sammut – Kent Park Primary School
- Lachlan Burge – St Simon the Apostle Primary School
- Stephanie Callaghan – Fairhills Primary School
- Flynn Cole and Hannah Darcy – Wattleview Primary School
- Ruby Galambos – Knox Park Primary School

Nick Wakeling MP



Luke Allan from Wantirna Primary School with Nick.

Ed: With the recent changes to electorate boundaries, Nick's electorate of Ferntree Gully now includes Wantirna, Wantirna South as well as Knoxfield. The team at SWCN welcomes Nick to our community newspaper.

*Schools Page
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**Nick
Wakeling MP**



Upcoming Art Exhibitions!

Draw Me a Story is the title of a new exhibition at the Maroondah Gallery, 32 Greenwood Ave, Ringwood. Situated in the Federation Estate complex this beautiful gallery stages a number of exhibitions each year but never an exhibition of children's book illustrators. *Draw Me a Story*, a joint partnership between the City of Maroondah and Eastern Regional Libraries features the work of Graeme Base, Alison Lester, Leigh Hobbs, Anne Spudvilas, David Miller and Renee Tremi.

A visit to the gallery last week as the exhibition artwork was waiting to be hung revealed what a treat will be in store for visitors. The exhibition brings together some of Australia's best known and loved children's artists. Alison Lester is Australia's first Children's Laureate which is recognition of her career in children's illustration and literature which has seen her invited to exhibitions across the world. Her books *Are We There Yet* and *Clive Eats Alligators* are CBCA winners. Graeme Base has been a name to be reckoned with since his early books *Animalia* and *Eleventh Hour* and he continues to delight adults and children alike. Leigh Hobbs is represented by artwork from three of his most memorable creations, Old Tom (of ABC cartoon fame), Horrible Harriet and Mr. Chicken. Children will especially love the 3D Old Tom and Horrible Harriet which Leigh has loaned for this exhibition. Anne Spudvilas is an artist of rare talent whose work has been exhibited in the Archibald prize and immortalised by Australia Post when they chose her to produce the 2006 Christmas Stamps. Several of her books have won CBCA awards and the *Peasant Prince* was the winner of both the Queensland and New South Wales Premier's Award.

Author and artist David Miller is represented by some of the superb paper sculptures which he uses to create the illustrations in his books. Audiences will be enchanted by the fine detail David can achieve. Each small cabinet that he has loaned for the exhibition contains an artistic gem. Renee Tremi is comparatively new to the

world of picture books but since winning the CYA Prize for an unpublished picture book in 2011 she has produced *One Very Tired Wombat* and *Colour for Curlews*. If you love Australian animals Renee's work will be a delight worth exploring.

Curator Lisa Byrne has been hard at work to create a child friendly environment that celebrates the joy

of books. Children will enjoy the reading area where they can sit and read some of the books these talented artists have created. For those who want to create their own masterpiece there is an activity area for drawing. Parents can join in these activities or sit and sip a cappuccino knowing the children are having fun.

The exhibition will run from Friday 24 January to Saturday 15 March during gallery hours. The Gallery is open from 10 – 4 Tuesday to Friday, Saturday Midday to 4.00pm. Entry is free.

The Knox Festival is always a busy time for Ferntree Gully Library and this year perhaps there is even more activity than usual. For the past six months a busy group have been creating parts of a remarkable paper installation that will form the centrepiece of the library's display for the Festival celebrations. The artwork is created from recycled books which is a perfect project for a library based activity.

It all began several years ago when staff member Trudi Anderson volunteered to conduct paper craft classes as part of the library's program of monthly events. Each month the group would learn a new skill and produce a beautiful piece of artwork to take home to delight their family and friends. Word spread and the group had so many willing participants that each session was booked out.

In the past few months many of the members of both groups have got together to work on the Knox Festival project. Slowly over the next few weeks the installation will be assembled culminating in a special launch event on Wednesday 26 February at 7.00pm. Mayor Cr Darren Pearce will be a special guest at the launch. Bookings for the preview are welcome, please telephone 9294 8140, online at www.yourlibrary.com.au or in person at any ERL branch. Drinks and nibbles will be served.

The launch is the perfect lead into the Knox Festival on Saturday 1 and Sunday 2 March when the library will be celebrating all things

paper. It will be a chance to drop in and see the installation and the glorious handmade paper flowers that will be in place on that weekend. Take part in one of the paper workshops that will be running during the weekend and reveal your hidden artist. The Knox Festival has something for all the family and is always worth a visit.



One Very Tired Wombat - R. Tremi



Colour For Curlews - R. Tremi

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Talking Tech with Micah Macri

Make It Wearable

Are you checking the time or making a call? The world's largest manufacturers are hard at work creating technology that can go absolutely everywhere with you. Last year Samsung released the Galaxy Gear, a new generation watch that pairs with your mobile phone to enable a whole host of smart features. Not only can it make and receive calls, but it'll also show notifications, count your steps, and even snap photos. At this stage the device has received mixed reviews, it's a bit clunky and boasts poor battery life – but it sure is innovation!

Samsung isn't the only company working hard on wearable tech, Google is testing a pair of glasses with a built in computer, and Apple is rumoured to be hard at work on their iWatch.

Can you imagine your next mobile phone being a watch, or perhaps a pair of glasses? As innovation drives technology further and further into our lives, perhaps the question becomes how connected do we really need to be!

Micah Macri

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Class For 2014 About To Begin

Classes will resume at U3A Knox and surrounding venues on 4th February for term 1. Those not registered for membership yet may register and sign up for classes which are not already full for the term. Membership will cost \$40 for the year, which entitles members to attend most classes at no further cost. Computer classes do cost extra, depending on the numbers of weeks the classes comprise. Most computer classes last 6 or 8 weeks and cost \$25 per term. At this stage there are vacancies in the eBay Buying and Selling class, in the computer users group, and in the Laptops and Notebooks advanced class.

New classes include the Camera Club on a Wednesday at 11.15 a.m. with James Reid at Parkhills and this class has vacancies. At Rowville there is a class "Science and Christianity" at RAFT, with Phillip Saunders, and a new Folk Music Group also at RAFT, with Kenneth Shaw; both of these have vacancies. On Thursdays at RAFT at 10.30 a.m. Robert Kline has a class in Psychology 3 (Freud and Co) which also has vacancies. There may be vacancies still available in Water Colour painting and in Glass Painting, both on Thursdays.

Several golf groups will be running, one on Wednesday at Dorset Golf Course (7.15 a.m.), one at Waverley, also at 7.15 a.m. and Golf for Ladies (social) at Churchill Park Golf Course at 8 a.m. A Monday class in Beginners Chimes has a few vacancies and is held in a private home at 1 p.m. (Anyone who has heard the brilliant chimes group perform would be interested in this one). Some language classes, some taken with computer tuition still have vacancies.


Over the break classes did not completely cease at Parkhills with 4 weeks of interesting classes with guest tutors keeping members interested.

Details of all our classes, with numbers of vacancies, can be found on our website www.u3aknox.com.au, or ring 9752.2737 after 4th February, for information.

U3A Knox finished the year 2013 with well over 1200 members, and are well on the way to having the same number registered for this year. More than 90 tutors (who do not get any remuneration) teach or lead more than 125 classes each term, and almost half the registered members work voluntarily in one or another capacity to run the centre. If you want to be part of the biggest and best seniors organisation in the state join your local group, and make a 1000 friends!

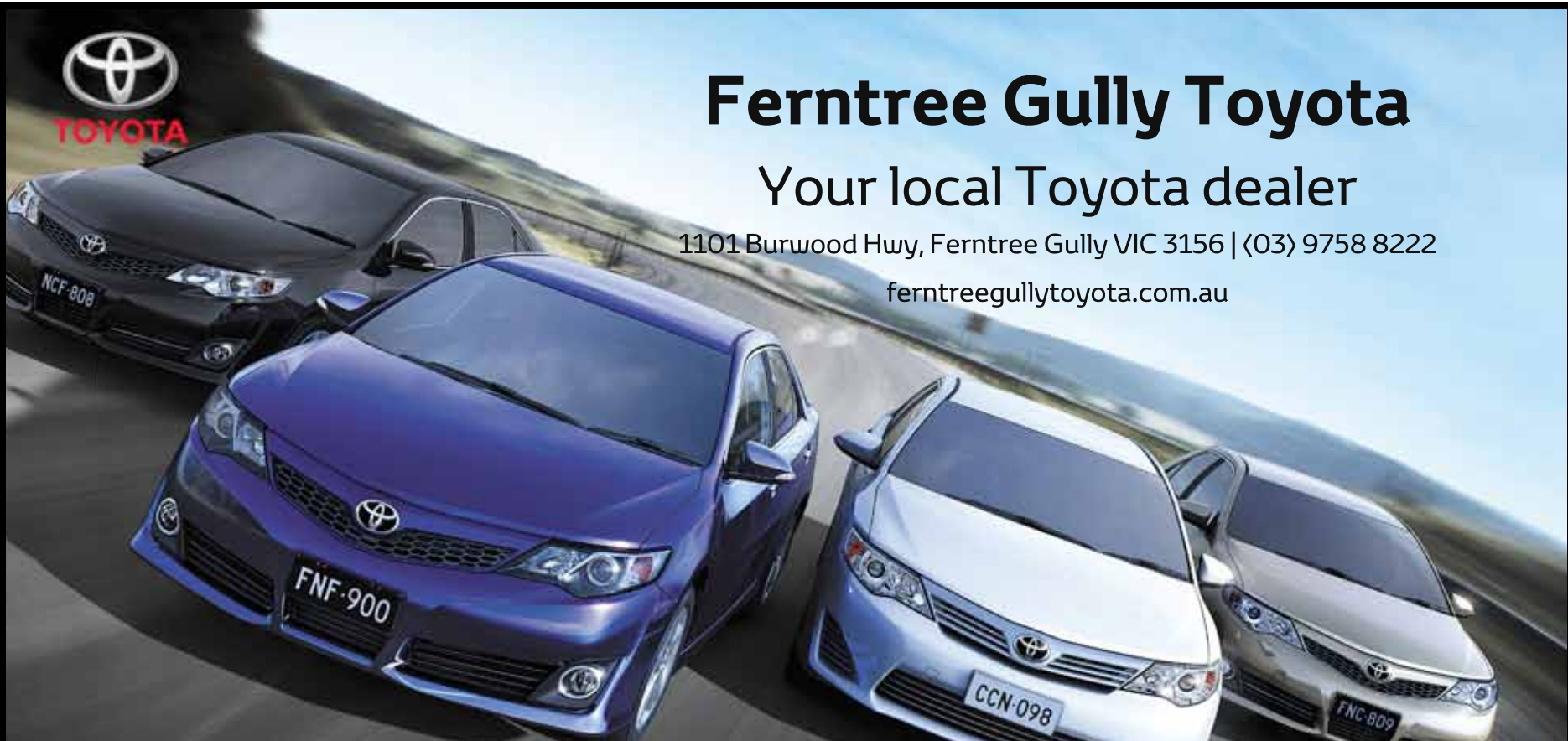


Some of the activities at U3A during 2013



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The Aston Shield for Young Achievers

At the end of each year, I have the pleasure of recognising some of our great young citizens in Studfield and Wantirna.

In our local schools, I present the 'Aston Shield' award for good citizenship to a student who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

Sam Woodward from Knox Gardens Primary School was recognised as such a student. Sam is a keen, conscientious and hardworking student who has proven to be passionate about involving himself in all aspects of school life. He has a great sense of humour and is a fantastic role model to his fellow students. The Aston Shield winners from the other schools were equally impressive.

The Aston Shield is awarded in the spirit of Tilly Aston, who was a remarkable woman in Australian history who did so much for the welfare of blind people. The Federal Electorate of Aston (which covers Knox) is named in honour of Tilly Aston.

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

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

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

I am very proud of our young award winners. If Tilly were alive today, I am sure that she would also be very proud. They are great ambassadors for their school and for our community. Well done to all of them!

Other local students to receive the 2013 Aston Shield were:

- Ella Reuter from Holy Trinity Primary School;
- Ashley Haag from Carrington Primary School;
- Samantha Peck from Fairhills High School;
- Blake Dungan and Ruby Galambos from Knox Park Primary School;
- Charlotte Eggelton from Regency Park Primary School;
- Sarah Longden from St Andrews Christian College;
- Hayden Reidy from St Luke's Primary School;
- Nandika Shil from St Judes Primary School;

- Aaron Sharkey from Templeton Primary School;
- Casey Reeves from The Knox School;
- Carisse Chan from Knox Central Primary School;
- Bryony Thomas-Sievers from Wantirna College;
- Georgia King from Wantirna Primary School;
- James Keam from Wantirna South Primary School;
- Joshua Kaye from Waverley Christian College;
- Dale Steele from Scoresby Primary School; and
- Jai Simmonds from Scoresby Secondary College.

**The Hon Alan Tudge,
Federal Member for Aston.**



Alan with Sam Woodward and Parents

New Rules for Your Street

Council's draft *Housing Strategy*

We've heard that you value the green and leafy character of Knox and now we're responding. Council's draft *Housing Strategy* is proposing stricter planning rules than ever before. These rules will protect 96% of Knox's suburban streets from overdevelopment and direct the majority of new houses to defined locations.

For more information

Visit www.knox.vic.gov.au/futurehousing or telephone (03) 9298 8000.

If you would like to support, disagree with, or propose changes to the new rules for housing, you must make a written submission by **5pm Friday 28 March 2014**.

► Find out how these changes will affect you...

Look online at www.knox.vic.gov.au/futurehousing or drop in anytime to one of our neighbourhood information sessions to speak to someone about the new rules.

Sessions will be held at:

- '1330' Conference Centre (1330 Ferntree Gully Rd, Scoresby) on Monday 24 February, 3 to 7pm
- The Golden Pebble Hotel (500 Boronia Road, Corner Stud Road, Wantirna) on Wednesday 26 February, 3 to 7pm
- Knox Festival (Wally Tew Reserve, Glenfern Road, Ferntree Gully) on Saturday 1 March and Sunday 2 March, 10am to 5pm
- Carrington Park (20 O'Connor Rd, Knoxfield) on Thursday 6 March, 3 to 7pm

WANTIRNA MALL NEWS

Quality Holiday for the Fresh Meats Team

After a very tiresome and extremely busy Christmas period we were very fortunate to be able to close our shop for 12 days and go on our long awaited family holiday to Surfers Paradise on the Gold Coast.

We stayed at Zagames Paradise Resort and to say the least it was absolutely fantastic. The hotel had an abundance of activities for the kids which kept them busy while mum and dad could earn a well earned break!!

The kids had an absolute ball playing in the waterpark at our hotel that had three decent sized waterslides and also had a smaller waterpark for the littlies. Not only were we able to relax while our 3 children played on the waterslides and in the pool, we adults also had the pleasure of using the waterslides.....it was great fun!

The Hotel also had a rock climbing wall, sandpit playground, a play gym inside and also the Planet Chill ice skating rink. The kids were always being entertained and loved every bit of our stay there. For families I couldn't recommend this hotel enough, we had an amazing time there and can't wait to go back again.

We visited Dreamworld, White Water World and Movie World. The kids had a great time at all three, going on all the rides and seeing the attractions, but White Water World was the place they loved the most. With all the waterslides and giant wave pool, the kids had a ball and so did mum and dad! We could join them in the pool or on the waterslides or just relax and soak up the beautiful weather and have time to wind down.....it was a great day!

We visited Byron Bay for the day which was fun, also drove to Mt Tamborine and went and saw the Glow Worms caves: It was interesting learning about them.

All in all it was a great holiday for the family and to see our kids so happy being able to spend twelve days together having fun, sightseeing and enjoying great weather was exactly what we needed!

We would like to thank our loyal customers for the support they have given us throughout 2013 and for giving us the opportunity to be able to close our doors for 12 days and have a good rest! We are extremely relaxed and look forward to a great 2014 and beyond.....

The team at Quality Market Fresh Meats



Daniela, Louie & family enjoying their well-earned holiday on the Gold Coast Holiday



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You and Your Stress

by Marita Reynolds



How do you manage your stress?

Stress is a natural body response when we are faced with a challenging or dangerous situation. This is not just about what is going on around us but also involves pressures we put on ourselves.

Some stress is good, it keeps us motivated, but when we get to the stage that it starts to impact our health and wellbeing, relationships, work and general enjoyment of life then we need to take back control.

If stress is constant you can just become overwhelmed and quick to react about everything big or small. Your mind can get carried away and you can no longer work out what is real stress and what stress we are causing ourselves by not seeing things clearly. This is where you need to take action.

Stress, good or not so good, is always going to be there. That's life! However, how you manage your stress is your concern and can make life much more enjoyable.

When stressed your hormones go into action to give you messages that your body and mind need attention. You are being told to acknowledge the issue, action the issue if you can or let it go if you can't. By following some simple steps you can manage your stress. You just need to re-train yourself.

- Awareness: Knowing that you're not feeling great at the moment. Ask yourself why?
- Taking action to rectify the situation. What can you change to help you do this?
- Do not ignore the situation or feeling, it just compounds the problem.
- Make choices. How can you manage the situation and change how you respond to the issue?
- Action to take
- Start with 5 mindful breaths. Being aware of where your breath is in the body. Start by sitting and breathing in through the nose and out through the mouth. Do this regularly up to 5 times a day.
- If you need to speak to somebody, a professional or someone who is neutral to your situation then do so.
- See your health care professional, someone who understands and can recommend helpful advice.
- Exercise.
- Eat well. Reduce alcohol, sugar and caffeine related drinks e.g. coffee. They are all stimulants and can heighten your problem.
- Do something for yourself; it's not always about doing for others.
- Stop worrying about things you have no control

of. E.g. other people's actions.

- Stress is an 'out of control' reaction. Take back the control, be responsible for your own health and see the benefits.

Thinking about taking back control why not start by attending our next Nurturing day "All about Relaxation" Overcoming stress and anxiety, on Saturday 29th March from 10am to 3pm. Investment \$60. Bring a friend and you each get \$5.00 off. Our Nurturing Days are about taking time-out from your busy schedule and allowing you to focus on your well-being and rejuvenate yourself for a few hours. Our groups are a maximum of 9 participants. These days allow you to be rewarded with nurturing time-out for yourself, lunch is provided and information and fun activities that you can incorporate in your everyday life to help you stay calm and relaxed. Each day includes a mini-session involving Hand Reflexology and Kinesiology with Marita & Doris, so you get to experience our modalities and their benefits for yourself.

Marita Reynolds teaches 'Meditation for Life' each term on a Thursday evening and is available for Chi Reflexology appointments 3 days per week at the Wantirna Wellness Centre. Suite 9/249 Stud Rd Wantirna. For bookings please phone 0425 735 581. For my special offers see my advert on the Local services directory on the second last page in this edition. For further information on Wantirna Wellness workshops and courses please go to our website at www.wantirnawellness.com

Eating Disorders - Does Size Matter?

Eating disorders are more common than you may realise. Nearly everyone knows, or has heard of someone with an eating disorder, but there are still so many people living with an eating disorder in secret. Why? People with an eating disorder can be in denial, they may have a fear of judgement based on the lack of understanding within the greater community, or a fear of change from what they know, and sometimes because of a lack of personal knowledge around what they have, why it has happened to them and what to do next.

One very important misconception, which often keeps people in the grips of an eating disorder longer than they need to be, is one of size. A person with an eating disorder does not necessarily have a certain look. People with Anorexia are not always skeletal; people who binge eat are not always overweight; people with bulimia, the same.

In fact, most people with an eating disorder blend in with the rest of the community. The person with the eating disorder convinces themselves that they mustn't have one because they don't look like they have one, and people tend not to take the person's eating disorder concerns seriously when they disclose for the same reason. An eating disorder is about a way of thinking and a certain set of personality traits. Size and shape is unique

to the individual. An eating disorder may start by a personal dissatisfaction of size, but it is only a small part of a much bigger picture.

Natalie Wild
Redefine life, Centre of Wellbeing
77 Anne Road, Knoxfield, Vic.3180

Ph: 0415 544 325
For more information about eating disorders:
Email: natalie.wild.counsellor@gmail.com
Websites: www.nedc.com.au
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NEWS IN GOOD HEALTH & WELLBEING



News from the Osteo
with Dr. Jason Stone

Preventing Injury during pre-season training

There is traditionally a spike in sports related injuries during this time of year as everyone starts to prepare for their sporting season following their Christmas break. If you have had an extended break from your training it is recommended that you gradually return to the activity levels you were at previously. Trying to achieve previous levels without ongoing training is a major factor in injuries during pre-season training.

If you have an ongoing injury or niggle during pre-season, it is recommend to have it assessed and managed now rather than attempting to train

through it. Pre-season is the best time to rest, rehabilitate and strengthen your body for the up and coming season. If you try to train through an injury you are likely to aggravate the injury or carry the injury throughout the season preventing you from performing at your best when it counts. Osteopaths can assess, treat and manage all of your sports injuries to ensure you are training at your optimal level.

Always remember, working on flexibility and range of motion is just as important as strength and speed during training. Unfortunately this is commonly forgotten during pre-season. Maintaining good

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flexibility and range of motion will increase power, strength and speed as well as help to prevent any injuries sustained during training.

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9800 0388

Research show that DHA omega 3 improves memory

by Melanie McGrice Adv APD

A Newspan survey of 1220 Aussies indicated 58% had trouble remembering people's names. Furthermore 81% thought it was likely that an improved memory would help with their work activities.

According to research, memory-improving activities include:

- giving your memory a workout by engaging in memorizing activities,
- exercise, and
- having a brain healthy diet that includes adequate DHA Omega 3.

Docosahexanoic acid (DHA) is an omega-3 fatty acid in the brain. Yet, despite DHA's importance, most people eating a Western diet consume low amounts of DHA omega 3.

The MIDAS (Memory Improvement with DHA Study) demonstrated the benefits of DHA in

brain health. MIDAS found that healthy people with memory complaints who took 900 mg DHA capsules for six months had almost double the reduction in errors on a test that measures learning and memory performance - a benefit roughly equivalent to having the learning and memory skills of someone three years younger!

The richest source of DHA is fish, and it is recommended that you consume it three times each week to meet requirements. For those not meeting their requirements, we sell a range of omega 3 DHA supplements, including the Omegasure liquid fish oil which has a high concentration DHA.

For more information on improving your performance through nutrition or any general nutrition questions, pop into Nutrition Plus at 621 Boronia Road, Wantirna or call us on 1300 438 550.

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Knoxfield Shops Festive Raffle

Kasey from IGA with the lucky winner !!!



CONGRATULATIONS

Thank you to all entrants, and a special mention to the traders who supported the raffle.

Help us help our community

We need your help to decide who receives Council's annual Community Development Fund grants. It's all part of our efforts to support individuals and groups who make a positive impact on Knox.

To join our evaluation panel, you will need to

- live in Knox
- be actively involved in the local community;
- able to attend 6 evening meetings per year; and,
- can commit to being part of the Evaluation Panel for 4 years.

Applications for this exciting voluntary opportunity open 10 February and close 5pm on 7 March 2014.

For more information, please visit www.knox.vic.gov.au/cdf email cdf@knox.vic.gov.au or phone the Community Strengthening Team on 9298 8000.



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Henry and Mary hope that everyone has had a wonderful start to your New Year and wish everyone a successful 2014.

On March 1st we will be celebrating 19 years in the restaurant.

We want to thank our loyal customers for their support.

Henry's Restaurant offers a perfect setting for Birthdays, Anniversaries, Weddings or a romantic dinner for two, in a warm and friendly atmosphere.

The Restaurant is open Tuesday to Saturday for Dinner from 6.30pm, and Thursday's and Friday's for Lunch from midday.

Our menu is a la carte with a favourite for everyone, made from the finest and freshest ingredients available.

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If you have a special occasion or event coming up, then contact us to discuss tailoring a set menu for you. Function packages are available for 20-50 guests.

Book now for Valentine's Day on Friday 14th February on 9720 9995.

Go to our website for more information at www.henrysrestaurant.com.au

Kim Wells MP

State Member for Scoresby
Minister for Police and Emergency Services
Minister for Bushfire Response



9 Lynton Place, Scoresby 3179

Phone 9764 8999 Fax 9763 9816

Email: kimwells@parliament.vic.gov.au

Web: www.kimwells.com.au

Faith, Hope and Charity

For people wishing to practice their faith, or in need of help, spiritually or practically, there are plenty of choices in Knox at our places of worship.

Christian churches, Catholic and Protestant, traditional and newer age Mosques and temples, Buddhist and Hindu, and others, Knox has more than 60 facilities within its boundaries.

Apart from religious services, these groups are major providers of schools, community activities, counselling and charitable support. Our community would be much the poorer without these organisations.

I've been fortunate to be a member of St Jude the Apostle Catholic parish in George St, Scoresby for the past 34 years. In all that time one consistent has been our parish priest, Father Noel McKay .

In fact on Sunday 19th January just gone, Fr McKay celebrated 40 years as our parish priest (to the day) of his first mass at St Jude's on 19/1/74!

Apart from officiating at thousands of masses, including first communions and even confirmations - usually done by bishops, Father Noel has baptised hundreds of babies (and adults) , married hundreds of couples and buried hundreds of Knox citizens.

But significantly from Knox's point of view, he has taken a few basic classrooms in a dirt road called George Street, surrounded by paddocks, to a highly regarded primary school and community facility at St Jude's, as well as building St Simons at Rowville, and Holy Trinity and St Mary's school for the Hearing Impaired at Wantirna South.

But most important has been his pastoral care to all, young and old, healthy and sick, parishioners or not.

He's provided opportunities for faith, given people hope through his listening, advice and inspirational preaching about human life, and charity, helping hundreds in the area over those 40 years,

frequently out of his own pocket, truly practicing what he preaches!

So there is plenty of help for all in Knox at our religious facilities.

If you're in need, try approaching one. I hope you find what I did at St Jude's!

David Cooper
Knox City Council
Scott Ward Councillor
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Father Noel McKay



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THE ARTS IN KNOX

The Basin Theatre Group celebrating 60 years

2014 marks the 60th year of the Basin Theatre Group and we will commence the celebrations with "Quartet" by Oscar winning playwright Ronald Harwood. This play was the basis of the popular 2012 film directed by Dustin Hoffman and starring such greats as Dame Maggie Smith and Billy Connolly.

The play is subtly different from the film, however. A beautifully written study of the turbulent relationship between four retired Opera Divas; all celebrities in their own right.

Director, Graham Fly, who has been a member of the Group since auditioning for the musical, "Salad Days" sixty years ago, is fascinated by the characters in "Quartet" who have lived their lives as serious musicians and who talk candidly about the aging process.

"Quartet" by Ronald Harwood, directed by Graham Fly.

When: Friday 14th February - Saturday 8th March. Performances Thursday to Saturday 8 pm, Sundays 2pm.

Where: The Basin Theatre, Cnr Doongalla and Simpson Rds, The Basin - just outside Boronia

Tickets: \$25. Groups of 10 or more, \$20.

Ticket price includes parking, programme, sherries on arrival, tea/coffee & biscuits at interval and wine, juice and supper with the cast after the show.

Bookings: www.thebasintheatre.org.au or phone 1300 784 668

(between 7pm and 9pm only)



Harlequin Rounds Dance Club - a fun way to keep fit

Harlequin Rounds round dance club had its Christmas Break-up Dance Party on Monday 16th December at their dance hall in Heatherton. Over 25 dancers came from all over Melbourne to help them celebrate. Upon entry they were given a headband to wear. The girls wore a crown and the boys had reindeer antlers with the names of Santa's sled team members. Sherries and Irish Cream drinks and finger food were available as a pre-dance treat.

Coral, the Harlequin Rounds Teacher and Cuer, welcomed everyone and the dancing commenced with rumbas, cha, waltzes, 2-steps and foxtrots. One even had a few Jive steps. A raffle raised \$82 and this was donated to the Guide Dog Association of Victoria. The dancing finished at about 10.30pm and everyone indulged in a lavish supper. What an enjoyable night!

Harlequin Rounds begins again in January and is held at 7.30pm every Monday evening at 61-69 Pietro Road (Gate 2), Heatherton. For more information contact Coral on 9702 9251 or 0407 814 686. Round Dancing is cued ballroom dancing. It is a social, fun way to keep fit.

www.rounddanceassociationvictoria.org.au



Melbourne Welsh On St. David's Day



The Melbourne Welsh Male Choir are celebrating the feast of their patron saint, St. David, with a magnificent 30th Anniversary Concert at the Karralyka Theatre in Ringwood, on Saturday 1st March, St. David's Day. Formed in 1984, the Choir quickly established itself as a leading male choir and became known for its "special sound", and the boldness and ambition of its concert performances. The Choir has performed internationally in Wales, in Atlanta, in Canada, in South Africa, in England including London's Royal Albert Hall in 2008, and later this year they will be singing at the Cantus Salisburgensis Festival in Salzburg and also in Vienna.

The Choir is steeped in the Welsh Choral tradition but is still proudly Australian and has members from diverse nationalities. The range of their repertoire is extensive, embracing numbers from Broadway and West End Musicals, Classical Music, Opera, 70's Pop, Popular Folk Music, Zulu Chants and of course traditional Welsh songs. In this special St. David's Day celebration, the Choir will be joined by the gifted and beautiful young Soprano and Harpist, Siobhan Owen.

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A Welsh Concert on St David's Day



7 pm Saturday Evening

1st March 2014

Karralyka Centre, Ringwood

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Audiences for the past couple of years have loved her.

Book your tickets early to avoid disappointment.

All Tickets 9870 8891 or
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Adult: \$30 Children 12 & under \$15
Groups (6 or more) \$25

THE ARTS IN KNOX

News from the Victorian Jazz Archive

Proactively Collecting, Archiving and Disseminating Australian Jazz.

VJAZZ Magazine

by Ken Simpson-Bull

It is not commonly known that the Jazz Archive produces a bi-monthly glossy magazine. Called Vjazz, the magazine is provided free to members and has a print run of over 600 copies. Members can also alternatively choose to have a full-colour version of the magazine emailed to them.

Naturally, the magazine is mainly devoted to jazz, but this includes all facets. That means articles about, for instance, any item from the Archive's collection of sound and video, its paper records like books, magazines, posters and pamphlets, plus much other ephemera. Both new and existing acquisitions are included.

It also covers the lives of jazz musicians and their performances, including many rare biographical facts and photographs. Just recently a complete

listing and description of suburban Melbourne jazz dances from the 1950s and 60s was covered. In all, it is a magazine for anyone with some interest in jazz or for those who would wish to foster such an interest. We invite readers with access to the internet to view back issues of the magazine which can be reached at the Archives Web site: www.vicjazzarchive.com.au. Simply click on "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



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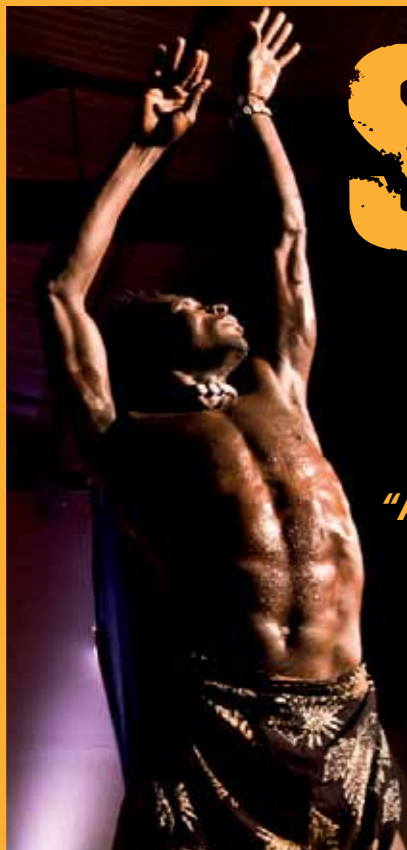
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THE ARTS IN KNOX

Introducing... Steven Chu Creative Writer

I was a Hong Kong high school teacher and came to Australia with my wife and two kids about five years ago. It was a huge change and challenge for my family: we would face a new culture and language, starting from zero, apart from our relatives and good friends.

When my son was in year 7 in Hong Kong, he was doing his homework from Monday to Friday, until 2 am. I would do the rest of the homework that he hadn't finished yet, and told him that Harry Potter had given him a hand!

I grew up in Hong Kong, and love that city, however the competition is explosive and therefore the pressure is huge. I know how to deal with it, but I wanted my kids to have different experiences. So my wife and I decided come to Australia, after all Harry Potter is not a true solution.

Starting a new life in a new place is never easy, but luckily we had a smooth beginning, we met new friends, got jobs and our kids love their school and have dreams about the future.

I like writing. I have never stopped since I learnt how to write. There are always many ideas that come into my mind and I manage to make them into a story. One day when I had entered a library, I discovered Studfield Wantirna News and I thought that people may like to read my stories, so I have sent my story to the paper. Fortunately they accepted my contribution and I hope you will enjoy it.

The Lamp by Steven Chu

I am standing on a broad, solid and old oak desk. I don't know how old it is, but it is old enough to know the benefit of silence. The first and also the last word I had heard from him was "Hmm" after I said "Hi" when I had stepped on him in 5 years ago.

The study is roomy with four big bookshelves filled with books. The books are dusty, but I know that under the undesirable surface, they have beautiful minds which are the treasure of human beings.

Beside me there is another book. They call it a notebook, which speaks a different language that they call computer language. So, although it is switched on all day and talks a lot, I do not understand a single word from it. And it may amaze you: there is another book inside its body. They call it facebook, but just like the notebook, they are not books at all.

There are some photos on the desk's left hand side. There is a young gentleman in a black and white picture. In another picture he is with a tiny and beautiful lady; then they become middle aged in other color pictures, and then they had a baby who had his own boy when his parents got old. Finally, they have gone only leaving their son and grandson in the pictures.

The Olympic motto in Latin is hendiatis which means faster, higher and stronger. Human beings do this very well: they have faster cars, planes, ships and computers; their buildings are getting higher and higher even though they don't need to; their weapon are much stronger, and they don't just kill today-- they destroy. But they are not just doing what their ancestors did, they also make them thin. Everything gets thinner, from iphone, Samsung to human body.

But are they living better? Or even just feel better?

Jordan, who is the grandson of the gentlemen in picture and the owner of the study now, enters the study. After throwing a book to the desk and casually turning the pages to a chapter, he connects to the internet, opens facebook, and begins chatting with friends. It is odd to call these people friends, because many of them haven't met Jordan for a long time, and some of them have never ever met him. He plays a computer game when the facebook is quiet.

The book, which is about economics, is lying on the desk quietly. We look at each other. She finds comfort from my eyes, and I read the interesting content from her face. When I finish one page I ask the wind to blow to the next page. I remember Adam Smith wrote a book named 'The

Wealth of Nations', the content is similar to the one I am reading. People just added many formulas, diagrams and graphics to it. Isn't it amazing? The affection for a book, which was published in 1776 can last until today. As I remember, people such as Jesus, Confucius, Shakespeare, Darwin and Charles Dickens have the same influence. They have taught many generations. Although they have stimulated a lot of arguments, they also have encouraged uncountable insights.

But everything has been changing. People, like Jordan, learn from computers. They download books, videos, images, music, appliances and even answers. However, if people do not think, experience and struggle, all these are just data. They don't have meaning and are not knowledge at all. Just as Thomas L. Friedman said "you can upload knowledge but you cannot download it".

When hearing someone is approaching, Jordan closes facebook and the PC game quickly. It is Alex, Jordan's father. I know his footsteps. But he does not enter the study. I know it, because he is a successful and busy businessman, he has too many things to worry about, so he does not have time to read or ask what his son is reading.

After pushing the economy book to me, Jordan continues his game and chat, and I continue my reading, tonight is just like the other nights.

As I have said, things are always changing, no matter whether it for better or worse. One day, Alex brings a box into the study when Jordan has gone to school. There are words on the box which say "Inverter Desk Lamp". I know this kind of lamp. People said it can protect eyes, and I know what will happen.

'How will you handle the old one?'

Alex's wife, Betty, asked.

'I will donate it to the Salvation Army.'

'That's good, some people may need it.'

And then they leave.

I am not sure if it is real or not, but I heard some snickering from the box. I feel angry at first, and then depressed. I know what will happen, but I do not know how to deal with it. I am anxious.

'No worries, kid.'

Where is the voice coming from? I asked myself, there is no one in the room. And then I realize that it is the old oak desk. This is the second time it has spoken to me in five years, and it is almost a full sentence!

'Why?' I ask.

'You have learnt a lot, I know it.'

He speaks very slowly. I do not know whether this is a characteristic of his or if it is just because of his age.

'So?'

'Everyone can cope with difficulties if he has knowledge, optimism and courage.'

'You think I do?'

'Yes, you do.'

And then he keeps silent again.



Bottling Lunches at The Old Orchard Winery

February and March 2014

Interested in learning how Wine gets "From Barrel to Bottle"?

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www.theoldorchardwinery.com.au



Soil: What lies beneath?

by Peter Reynolds
Permaculture Design Cert SCP1

Unless we are keen gardeners, most of us have only a passing interest in soil, but what is soil and is it important?

Soil is actually a vital component of life on this planet. Without soil, plant-eating animals including humans, would not survive. Soils provide plants with nutrients, water, minerals, and a medium to grow in.

The make up of soil varies greatly, however, all soils to some extent contain the following components: rock particles, air, decomposing plant and animal material, bacteria and other micro organisms, water, minerals, organic matter and other nutrients.

We are all familiar with earthworms and the benefits they confer to the soil by burrowing, enabling water and air to permeate the soil. They also recycle decaying material, making energy available to other soil microbes and of course, plants. Most of what occurs in the soil is unseen and depends on the fine balance and interdependence between all the components of soil; in particular the soil dwelling microorganisms. These microorganisms can include bacteria, algae, fungi and protozoa etc.

A single gram of soil can contain billions of microorganisms which interact with each other and other plants, and animals in the soil to provide a

vital ecosystem and energy cycling functions that are essential for life.

When soil organisms decompose complex materials, or as they consume other organisms, nutrients are converted from one form to another. This allows the nutrients to be made available for use by other plants and soil organisms.

An example of this interdependence is the "nitrogen fixing" bacteria found in the root nodules of legumes (such as peas and beans). Specialised soil bacteria, or rhizobia, are able to perform fixation in which atmospheric nitrogen is converted into ammonia, which the plants are able to use to produce proteins.

Both the plants and the bacteria benefit from this process. The plant obtains the nitrogen it needs to synthesize proteins, while the bacteria obtain energy from the plant and a secure environment to inhabit within the plant roots.

The good news. Even poor soils can be repaired and made fertile again by the addition of diverse organic matter, which serves as substrates for the microbial powerhouses to work their magic, unseen, below the surface.

Peter is running a short workshop on soil at Wantirna Wellness Suite 9/249 Stud Rd Wantirna on Saturday 15th March from 9am to 11am. Investment \$25. Come find out how to get the best out of your soil for thriving plants, grass, vegetables and fruit. Bookings essential please phone Marita on 0425 735 581

Sustainable Futures at Chesterfield Farm

by Melissa Carr

The future of the environment is in our children's hands and, with that in mind, a local community group is working to educate local children to do their bit for the planet.

The 'Steps to Sustainability' programmes are a new addition to the Chesterfield Farm Community Garden and have been warmly received by local schools.

Both excursions and incursions have been designed to help children learn about small ways they can all have a positive impact on the environment. Facilitators lead classes through interactive sessions on topics such as 'The 3 Rs',

Food Miles & Seasonality and Composting & Worm Farming. "It's fantastic to see the children so empowered with practical ideas for their homes and schools" says Fiona Lowry, Facilitator, "and schools appreciate the

specialised advice we can offer to help them meet the AusVELS Curriculum." For more information visit www.chesterfieldfarmcommunitygardenor.digin@live.com.au.



Knox Safer Communities

Summer is not over yet

The sun can be both enemy and friend. Or rather the sun's ultraviolet radiation (UV) can be. With too much exposure to UV, the skin burns; there is danger of skin cancer. Too little UV and Vitamin D (mostly produced by sunlight on skin), diminishes to levels that threaten bone density and overall health. It's a matter of balance.

The Cancer Council rightly keeps the sun smart message before us. Whenever UV levels reach three and above, even if it's cool or cloudy, the 5 SunSmart steps should be an important part of your outdoor routine.

To find out when you need sun protection, check the daily sun protection times, issued whenever UV levels reach three or more. The sun protection times are available from:

- free SunSmart app
- the website sunsmart.com
- weather section of the daily papers

If you can't find the daily sun protection times, make sure you use sun protection each day from September to the end of April in Victoria. Don't just wait for hot, sunny days. The 5 steps are:

1. Clothing. If you can see skin, UV can reach it. Choose clothing made from cool, densely woven fabric that isn't too tight and still allows airflow.
2. Sunscreen. Apply a generous amount of SPF 30 or higher sunscreen before going outdoors and reapply every two hours. Make sure sunscreen is within its use by date and stored below 30 degrees.
3. Hats. A sun protective hat shades the head, face, eyes, ears and neck. A wide brimmed hat should have a brim that is at least 7.5cm.
4. Shade. Shady spaces help block some of the sun's UV but not all so you still need to wear hats, clothing and sunscreen even in the shade.
5. Sunglasses Protect the eyes with sunglasses labelled AS1067. Look for ones that are close fitting, wrap around and cover as much of the eye area as possible.

See that children are adequately protected too. Children copy those around them and learn by imitation. If you adopt sun protection behaviours the children in your care are more likely to do the same.

Keeping up Vitamin D levels

From September to April in Victoria, most people need just a few minutes of sun exposure mid-morning or mid-afternoon on most days of the week to help with vitamin D. Be extra cautious in the middle of the day when UV levels are most intense. Even with sunscreen you can still get some vitamin D.

From May to August, when Victoria's UV levels are usually low, aim for about 2 to 3 hours of sun exposure each week.

For further information call 13 11 20 or visit the Cancer Council's website sunsmart.com.au. For more about Vitamin D see betterhealth.vic.gov.au

For more community safety information see the websites:

Knoxsafercommunity.org.au nhw.com.au

COMMUNITY NEWS



Knox & District Over 50s Inc.

Happy New Year everyone. Now the craziness of Christmas is just a hazy memory it is that time of year when we are busy making New Year resolutions, or have you just given up and thrown your good intentions into the bin. However if you want to make a resolution that is easy to keep and very enjoyable, then come and join us at the Knox Over 50s club. You can visit us three times before deciding to join us and become a member and you are 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. We already have a number of events planned for this year (2014) We have a Boat trip on the Yarra, a visit to the Police Museum, a day trip to Daylesford and a Club BBQ in March, and an outing to the Yarra Valley Harness racing in April. These and all of our regular events will continue throughout the year.

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, 25 February 2014, 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.



Life Activities Club Knox Inc.

Here it is, 2014, and let's make the best of it.

January gave us many opportunities to socialise, with 3 garden visits, one to Kew, and one to Vasili's garden and then to Villa Verde. Bright was the destination on a four day bus trip, for "Opera in the Alps". The Walking groups were active, and a film was enjoyed at Metro Boronia, not to mention the meal afterwards. A tour of the workings at Kenworth Trucks, was very interesting.

COMING UP IN FEBRUARY:
A "Picnic in the Park" at Jells

Park, a tour of the Flemington Heritage Centre, Andre Bocelli will entertain the Music Group, Lunch this month will be held at The Eastwood Golf Club, and another tour of Kenworth Trucks for those who missed the previous one. In between all of this, other activities will continue, i.e. Cuppa and Craft, Water Aerobics, Badminton, Cards, Painting, Organ Playing, Social Games, Armchair Travel, Live Theatre, and also Bush Walkers, Friday Walkers and Sunday Walkers.

NEWSFLASH!!!, Another member has volunteered to organise our "Weekend Getaways", as Pam and Ron have retired after 6 years of enjoyable weekends. Sincere thanks to all of you. Quarterly Meeting will take place on Monday 24th February, at 7:30pm. We meet at the Boronia Senior Citizens Hall and our Guest Speaker will be a Representative from Odyssey Travel.

Current Newsletters are available, and we welcome your enquiry.

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



The Salvation Army Rowville Worship & Mission Centre

Happy New Year to you all and I trust that the year has gotten off to a good start.

Firstly, thank you to everyone in our community who assisted with the Knox Community Christmas Support project. Many families throughout the City of Knox were able to be assisted through generous donations of food, toys, time and much more. It is such a privilege to be able to come together as a community and help each other.

If you are new to the area or have been here for a long time, you are welcome to join us on Sunday mornings at 10am for our worship service. We are a church of all generations and you will find a spot that suits you just fine too!!

Have you been to the community lunch yet? Well, if you haven't, you're really missing out. Make sure that you call and book in to come 0416 305 741. For a gold coin donation you will get a two course meal prepared by students under the instruction of Chef!

Now, mark on your calendar that we will be holding our first Craft and Car Boot sale on the 22nd of February from 8am til 1pm at the church – 16-18 Kingsley Close, Rowville. This year we are going to do them on the last Saturday of the month, EVERY month. Put it on your calendar and if you'd like to book a space they are \$15 for outside and \$10 for inside; please contact Graeme on 0417 510 321 or the church office on 9753 2795.

We are looking forward to a great year, to welcoming you to our place & pray every blessing for you, our community in 2014.

Judy Shaw – Corps Officer, The Salvation Army, Rowville

The Ferntree Gully VIEW Club

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

Our February Luncheon is on the 24th at 11.30am for a 12. pm start and is our AGM.

Our March Luncheon is on the 24th at 11.30am for a 12pm start. To celebrate International Women's Day our speaker will be Heidi Victoria MP - member for Bayswater District, Minister for Women's Affairs, and Minister for Consumer Affairs.

New members and visitors are most welcome.

To book please ring our President Isabel 9758 5435.



KIDZ in the Kitchen

We hope you are enjoying summer from all of us at Kidz in the Kitchen as we are planning for a new television season on Digital 44/Channel 31 coming up in 2014. Gabriel Gate, famous French Chef, is returning with fresh food vignettes as well as our normal celebrity kid chefs. We cannot thank Sebastian Torres enough; he helped film Gabriel's segments. At KIK, we strongly believe FRESH IS BEST.

I can recommend two plants to grow in the garden that kids get so much pleasure out of - strawberries and cherry tomatoes. Recently, a friend's gorgeous son at age 2 and 1/2, dragged my daughter around his back garden picking strawberries, pointing at the water tap and using his little words to get her to wash them so he could eat one fresh one strawberry at a time. Mum Jen says, "He and his brother have never even tasted a deep fried chip. Why would you even offer it and ruin their taste buds". And I thought of course, we train our children's taste buds at very young ages to new flavours.

Think about keeping your children's food fresh and delicate and not spoiled by fast and greasy food. My 18 year old daughter cannot stand fast food and adores cherry tomatoes straight from the vine. Eating a tomato straight from the vine makes you

realize that big store fast grown cherry tomatoes are an almost tasteless second cousin. Try growing even a pot plant and be amazed at their flavour. And Karrotty the Karrott, our puppet from the show, recommends if you are going to grow carrots, the soil must be really light and loose or the carrots won't grow straight.

Our favorite light summer salad is Cherry tomato and Basil Salad. It is light, refreshing, with a solid hit of iron and protein for energy for the kids. See the recipe below and you can also see television repeats of KIK at:

<http://www.youtube.com/tmztvaustralia>



Channel 31/Digital 44

Tricia Ziemer Producer/Director

**Be the KID STAR CHEF
in an episode on TV.**

**We are looking for kid chefs, sponsors
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**Or help by purchasing a DVD of a show
Contact tmz@comcen.com.au and see
<http://www.tnz.com.au/KIK.htm>**

Tomato and Basil Salad with Balsamic Dressing

10-20 cherry tomatoes (depending on how many people)

Mini Bocconcini Balls (1 or 2 containers, found in cheese area of your shop)

A pot of Basil Leaves

A bag of Spinach Leaves

Pluck, rinse, dry and mix together these ingredients in a bowl.

For the dressing - mix to taste starting with, 1.5 tablespoons of Balsamic Vinegar then 1 teaspoon of olive oil 1 teaspoon of lemon juice

You can mix the dressing to your taste buds with more or less olive oil and lemon juice, but it should taste like a smooth Balsamic with just a touch of lemon tang. Bon Appetite!

Volunteers make all the difference

Volunteers are the lifeblood of a local community but they need support to make sure their generosity is used best.

A Volunteer Resource Centre is one way to build the capacity of our local residents to make a greater, positive difference to Knox.

Can your community organisation help us coordinate such a service?

Want to know more?

Interested not-for-profit organisations should contact Tracy Vervoort, Community Resourcing Officer, at opfunding@knox.vic.gov.au or on **9298 8000**. The application period opens 10 February and closes at 5pm on 7 March.

For further information please visit www.knox.vic.gov.au/opfunding



Fund Raising Continues at Nova Pharmacy

A Donation of \$500 was made to support the "Knox Community Christmas Support Appeal", as well as Gifts to the value of \$1000.

This was a special effort by Staff, Customers, and many of the Pharmacy Distributors, and including support from the "Wantirna Wellness Centre".

A big thank you to all.

Our fund raising will continue, with a colourful dress up day, in February, at a date to be announced, to aid a childhood cancer centre.

Keep watching this space.



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www.novapharmacy.com.au

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

Happy 2014 to all our members and the community of Knox. We trust you had a great festive season and are ready for another year of tennis at our Club.

This looks like it will be a great year for our Club as we have a record number of night teams entered in the new season and look to submitting a strong number of teams into the upcoming Winter season in both Juniors and Seniors.

The Knox Festival of Tennis was very successful and we had events happening from Thursday 29th Jan to Sunday 2nd Feb. A big thank you to all the Club volunteers who helped out. We cannot be as strong without your ongoing help.

The In House mid season competition over the break went very well with many players having some solid competitive social matches. This is always good practice for the next season.

Competition continues again in Waverley District Junior and Senior with fourteen Junior teams, seven senior teams and our Mid Week Ladies teams. Good luck to all of them for the rest of the season. Hopefully there are some flags coming our way.

After all the expenditure of 2013 for the new fences, wind breaks, coin operated court lights, we will be looking at doing more maintenance for the next six months to bring the rest of the facility up to the highest standards. We know you will all appreciate the final results.

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.

If you can remember, please swipe your FOB every time you enter the Club so we can keep a track of the numbers (not names) coming through the gate and perhaps use this for potential sponsors.

All the best from the Committee and we hope you have a great 2014 for tennis at our Club.

Knox City Tennis Club



Local Footy Coach Awarded Eastern Region Coach of the Year



Matthew Clark, Senior Coach of the Wantirna Sth Football Club (Devils) was awarded the Eastern Region Coach of the Year in October 2013.

The award recognizes the significant contribution of coaches to the conduct and development of Australian Football in Victoria.

Matthew, more commonly known around the club as Clarky, is a well respected coach, not only on the clubs home turf but across the league. Clarky's style for Training is well organized and planned to replicate a game style played by the Devils in both senior and reserves football. His planning for training is often done after a game with the assistant and reserves coach where key drills and activities are identified for both individuals and the team. He has excellent communication and teaching skills which assists him in developing young and older footballers alike. His concern for player welfare both on and off the field make him an extremely well respected person by the playing group and the entire club. Matthew conducts himself with the highest of integrity at all times and respects not only our people, but the opposition as well. Clarky's manner and management style is to talk directly to individual. If there are any issues he will act quickly to resolve them – either as the coach, the leadership group or engage his assistants.

Clarky is a builder of people and has engaged individuals into a strong and cohesive team over the past three seasons. Although the 2011 season was not successful it was his positive attitude, drive and energy that has seen the playing group (and Club) recover and play an excellent brand of team first football in the second half of 2012 and now in 2013.

He has excelled in bringing a group of younger players up to senior football level and, with the support of his more experienced players who have spent time guiding and encouraging the playing group, the team has gelled well together.

Clarky treats each individual with respect and makes himself available to discuss and listen to any issues players may raise. He is honest and supportive with his players, understanding the importance of family and work commitments.

Matthew is open to advice and feedback from his assistant coaches.

2013 – Wantirna Sth FC – Division 3 Grand Finalist

2012 – Wantirna Sth FC – Division 3

2011 – Wantirna Sth FC – Division 2

2010 – The Basin FC – Senior Assistant Coach/ Senior Coach – Division 4

2009 – Wantirna Sth – Senior Assistant Coach – Division 1

The Devils are back on track and are looking forward to the 2014 season. 2013 was an exciting year with winning the EFL Club Champion of Year in Div 3 and the league overall.

We encourage you to come down to Walker Reseve, Tyner Road and become part of the "Devils" culture.

GO DEVILS.... "feel the heat"

Knox Festival 2014

1 & 2 March 2014
at Wally Tew Reserve, Ferntree Gully

For details see knox.vic.gov.au/knoxfestival

Principal sponsor: KUBIX

Other sponsors: powa, 2014 Oppy Bike Ride, appleby real estate, each social and community health.

Life's an Adventure
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Templeton Tennis Club News

from Don McCracken

Welcome back to TTC news for 2014.

Our summer competitions recommenced over the weekend of the 1st February. Accordingly, there aren't too many weeks left until this season is complete with finals in March. At the time of writing, (mid Jan) we have 8 (of 14) of our junior and 4 (of 8) senior teams currently in the four and looking at finals. Another top performance. Let's hope the good form holds.

The next Saturday season (winter) will be upon us very shortly so if you are interested in playing competition commencing in April please make contact with one of our conveners'. Seniors, Andrew Wade, 0413 595 274 or Juniors, Pam Stewart 0402 080 054.

Night competitions; Monday, Tuesday and Wednesday nights are back in full swing as of the 3rd February and progressing well. Come for a look and maybe join us. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call on 9800 3316.

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 Wantirna, Integrity

Cabinets and Bendigo Community Bank Wantirna Branch.

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

All the best for 2014.

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

Bayswater Cricket Club are in the Pink for Breast Cancer

Your donation will help the McGrath Foundation to place McGrath Breast Care Nurses in communities' right across Australia, as well as to increase breast awareness in young Australian women. Visit <http://pinkstumpsday2014.gofundraise.com.au/page/baysie> to give a tax deductible donation online or donate on the day!

STUMP UP FOR THE MCGRATH FOUNDATION.
 WE ARE HOSTING A
PINK STUMPS DAY

Supporting Australia's Seniors
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Since 1987 A&S CC

**So come on - grab the family and get your hot pink on...
 FOR A FUN DAY OUT TO RAISE MONEY FOR THE MCGRATH FOUNDATION!**

WHO: BAYSWATER CRICKET CLUB
WHERE: MARIE WALLACE OVAL ROOMS
DATE: MARCH 1ST
TIME: 12.00 ON
CONTACT: PAUL CREED 0429 132 381

All proceeds on the day will help the McGrath Foundation ensure all families experiencing breast cancer in Australia have access to a breast care nurse, no matter where they live or their financial situation as well as increasing breast awareness in young Australians.

Another hot pink initiative from the McGrath Foundation



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facebook.com/MulticulturalHarmonyFestival

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



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February 14

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

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

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

Here's what Aussie Knox & Rowville can offer you:

- Better options - compare up to 19 lenders including the Big Four banks.
- We're free - we don't charge for our service.
- It's quick - we compare hundreds of home loans in minutes.
- So easy - we do all the paperwork.
- We're thorough - we compare all the features of the loan, not just the rate.



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

It's Smart to Ask

Drop into Aussie Knox

Studfield Shopping Centre,
249 Stud Road, Wantirna
9887 4088 or 0409 786 121
aussie.com.au/knox
or knox@aussie.com.au

Drop into Aussie Rowville

Stud Park Shopping Centre,
Stud Road, Rowville
8740 1818 or 0409 786 121
aussie.com.au/rowville
or rowville@aussie.com.au



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