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Community News in the West of Knox



EDITION 29

APRIL/MAY 2014

- THE COMMUNITY TEAMS UP FOR SES
- PAWS UP FOR LEARNING AT WASPS
- 50 NOT OUT FOR RAY NOON OF WSCC

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

Change is inevitable. As the nights get cooler and daylight savings comes to an end, we say goodbye to the warmer months and hello to Autumn, the dedicated season of change. Leaves progress through nature's colour wheel before falling softly to the ground, we welcome the rain which feeds our gardens and fills our tanks and start to settle in for evenings huddled by the fire or snuggling on the couch.

With each year that the seasons change, we also experience change as humans and as a community. Some may find they want to, or are required to change jobs. Or it may be that a change in employment also means a change in where you reside.

Perhaps one of the biggest changes can be with those closest to you – your family. Many people experience family breakdown each day and it can

be a difficult change to work around, especially if there are children involved.

Families may also experience a change in living arrangements with those who decide to 'leave the nest' to live on their own, or older members that may need to move from their family home to a place of care.

There is no doubt though, that change brings about a certain strength. While it may seem like an enormous challenge, change is almost always for the best, even if not immediately obvious.

Later this year, my electorate of Bayswater District is also undergoing a change – as is most of the state – with redistribution of the electoral boundaries. With this redistribution comes a change in the constituents I will represent, and for many of you reading this article, it will mean I am no longer your local member of parliament.

Wantirna, Wantirna South and Knoxfield will move to be part of the Ferntree Gully District with Nick Wakeling as the local member. While this change saddens me, as I have enjoyed having residents of these suburbs as part of my electorate, I must embrace it and look forward to representing the revised Bayswater District electorate.

With this in mind, this will be my last article in this publication, but until the writ is issued for the state Election in November, I will remain your local member of parliament, and I am always available to hear your concerns.

I would like to leave you with a thought on change as quoted by William Pollard in the 19th century.

"Without change there is no innovation, creativity, or incentive for improvement. Those who initiate change will have a better opportunity to manage the change that is inevitable."

Information

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PO Box 6159, Wantirna Mall 3152

swnewspaper@gmail.com or

swnewspaper2@gmail.com

Telephone: 9881 7145

studfieldwantiranews.wikispaces.com

Volunteer newspaper production team:

Editor: Janet Claringbold Peter Coluccio
Coral Carew Keith Slater
Charles Carew Jenny Slater
Kerrie Ilsley Fred Stadly

Photographers: Chris Ellis & Peter Coluccio

Additional Distribution: Murray Claringbold

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Editorial

Hello to the communities of Wantirna, Wantirna South, Knoxfield, Scoresby,

Our April edition has lots of great community news to enjoy. We seem to have a number of stories about sport and volunteering.

Being involved in community life through sport or other activities is a wonderful way to make friends and stay connected with the important things in life.

We can all make a difference to our community and why do we do it? Because we get something back! There is nothing more rewarding than being involved and feeling appreciated by the people we interact with.

Look within the pages of our paper and there will be something there for you.

Try something new...give something a go and be part of the community machine that brings goodwill into our lives.

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

Community Teams Together To Support The SES *by Coral Carew*

Wantirna South Cricket Club played host to thank their sponsors and to make a presentation of a cheque for \$4,320 to the Knox Group of the SES. Studfield Wantirna Community News was delighted to have been invited to attend this event held on January 20th.

With support from the Wantirna Community Bank® Branch of Bendigo Bank and the Lions Club of Wantirna, the Wantirna South Cricket Club played a T20 match in December 2013 against the Bayswater Park Cricket Club to raise money for the Knox SES whom they have supported for the past 2 years. It just goes to show how much impact our local clubs and community organisations can have when they team together for the betterment of our community.

To commence the evening held at the Walker Reserve Club Rooms, a delicious dinner prepared by the ladies of the club was provided for both guests and players which was warmly received. Congratulations ladies, well done!!

Everyone was warmly welcomed by Graeme Smith, the Club President and Tony Gawne, Club Secretary. It was evident that this is a proud and cohesive club as they appreciate their excellent Club rooms that they have worked hard for with assistance from the Knox council.

The Club has had an excellent competitive year, with 3 of the 5 teams in the finals.

It was with great pleasure that a cheque for \$4,320 was presented by Wes Gleeson, Director of the Wantirna Community Bank®, to the Public Relations Officer for the Knox Group of SES, Trudi Pratt. Wes spoke of the tremendous effort by the Wantirna South Cricket Club players to raise this significant amount and how the Wantirna Community Bank® was proud to be associated with the T20 fundraiser and as a major sponsor of the Club.

Trudi thanked the Club for their ongoing support and donation which will be directed to the training of new SES recruits.

Wes concluded with the presentation of a "Club Rewards" cheque to the Club resulting from Club members banking with Wantirna Community Bank®. He informed the guests and players that Wantirna Community Bank® invests a minimum of 80% of its profits back in to the local community and clubs.



Wes Gleeson, Kane Esler, Graeme Smith, Trudi Pratt, & Taylor Welch

Community Hero - John Michell *by Jenni Michell*

Local Resident John Michell has spent a lifetime volunteering in our community.

John began as a volunteer youth club leader at the Mount Waverley Uniting Church when he was 20 years of age and enjoyed assisting to organise activities and outings for the members.

Having played football for Burwood United Football Club, he then joined the board of the Eastern Suburban Churches Football Association serving on the board, some time as Vice Pres. and as Registrar.

Through his brother-in-law John became involved counting money at the Royal Children's Hospital Appeal and has been doing this every Good Friday for over 40 years.

John's daughters decided to play basketball which led to him being involved with the Ferntree Gully Falcons Basketball Club and coached junior teams with that Club for many years. He has since coached at other Junior Clubs and is now in his 32nd year as a Junior Domestic Coach in the Knox Basketball Association.

John was then asked to coach Knox representative teams in the Victoria Junior Basketball League. He has coached Girls U12 and U14 teams and is in his 24th year at this representative level.

During the time he has been involved at Knox Basketball he has served as Junior Domestic Chairman for many years and as Chairman of the Knox Regional Tribunal for 10 years.

Over the last 14 years John has been a Volunteer Conductor on Puffing Billy Railway where he enjoys looking after passengers and meeting people from the world over.



John Michell

For the past few years John has been revamping a very tired looking Nobelius Station which now boasts garden beds and mown grass. John is also keen to inform more people of the story of Jerry the Dog whose grave is beside the track just before Cockatoo which he has set about making a point of interest along the railway.

John's involvement in the Knox Basketball Schools program brought him to Wantirna South Primary School and he is enjoying helping with the gardens there.

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WANTIRNA NEWS

An Experience Worth Bottling at Old Orchard Winery

by Coral Carew

Members of our team participated in The Bottling experience at The Old Orchard Winery on Sunday 23rd Feb.

The day started very easily with a sample of the Winery's own sparkling red, beautiful!!!!

Little did we know what was to come!

It was fun, hard work and interesting.

We learnt the intricate art of washing the bottles, then carefully filling them with Cab Sav, placing the corks, drying the bottles off, sealing the caps and filling the boxes.

It was steady work for approximately 2 hours, after which we were able to experiment with mixing different blends.

Our efforts were rewarded over a delicious lunch and being thoroughly spoilt by our Hosts.

With a full stomach, and a couple of "Tipples" it was time to carefully place the labels onto the bottles.

The labels that were personalised, need to be centred before sticking them correctly to the bottles.

The weather was beautiful, a bonus to the day, as the Winery overlooks the Knox Community gardens, and it was an experience that we can highly recommend.



Placing labels on the full bottles

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With summer coming to an end it is time to think about closing your pool down for the winter months.

Good water balance is just as important over winter as it is during the summer months and by spending some time now you will save yourself time and money in the long run.

Before closing down your pool for winter we recommend you have your water tested and balanced. Good chemical balance will allow you to turn down your filtration time, but filtration needs to be maintained to prevent the pool turning green. A preventative algicide will also assist in controlling algae blooms.

Check your equipment, empty baskets, backwash or clean cartridge filters and brush walls and vacuum before having the water tested.

We will be holding our free "Pool School" evenings again in September. Bookings and expressions of interest taken anytime by either ringing the store on 97533929 or emailing us at info@onestoppoolshop.net.au

These evenings are informative and we encourage new and old pool owners to come along and learn how to maintain their pool and equipment.



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WHAT'S COOL AT SCHOOL?

Melbourne Storm Tackle Bullying at Knox Central PS

Last month, Knox Central Primary School Year 3-6 students welcomed some special visitors to our school to talk about the important issue of bullying. Melbourne Storm players Junior Moors, Tim Glasby and captain Cameron Smith visited Knox Central as part of the Tackle Bullying program aimed at raising awareness of the issue and to help provide students with strategies for dealing with different social situations.

As part of this program, Melbourne Storm sent a number of players out to different schools, giving students the opportunity to discuss the topic of bullying as well as hearing stories from the players about their own experiences growing up. We were lucky enough to be a part of the program and it was a valuable experience for our students and supported the message already being promoted through the Tribes philosophy in place at Knox Central Primary.

At our school we use the Tribes philosophy to promote student engagement and wellbeing and our students follow the six school Agreements of Mutual Respect, Attentive Listening, Personal Best, Safety, Participation/Right to Pass and Appreciation/No Put Downs. These Agreements act as our school rules and encourage our students to be responsible and involved members of our school community.

Having these messages reinforced by some of our students' sporting heroes was fantastic and we look forward to further involvement with Melbourne Storm later in the year when our students will have the opportunity to take part in rugby league sports clinics.



Melbourne Storm Team Members at Knox Central PS

Better Buddies are found at WPS by Brogan Badrock

Prep and Year 5 students at Wantirna Primary School received a very special visit today from 'Better Buddies' representatives Katina and Bruce. The students have been participating in the Alannah and Madeleine Foundation's 'Better Buddies' program since last year's Prep transition sessions and are already beginning to form strong relationships and develop understandings of what it means to be a buddy.



WPS students with their Buddy Bears

During today's presentation the students were introduced to 'Buddy Bear', the friendly purple bear who reminds students to be kind and look out for one another. The students shared with Katina what they thought was the best thing about being and having a buddy. Prep student Kyle explained that he loved to see his buddy in the play-ground; while Year 5 student Stephanie expressed how she enjoyed helping her younger buddies learn and try new things.

The students were then lucky enough to hear from Bruce, a Better Buddies community volunteer who was especially interested in coming to visit Wantirna Primary School after noticing the way students participated in community activities, promoted the values of respect, responsibility and kindness and were such active participants in the Better Buddies program. He spoke to the students about how fortunate they were to have such a program at their school and that he 'wished we had something like this 78 years ago!'



Bruce, the Better Buddie volunteer at WPS

To conclude the session, the students were called up one by one to receive their very own 'Buddy Bears' from Bruce as a token of friendliness, acceptance, respect and kindness. The Prep students were thrilled with their new friend and couldn't wait to take him home!

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**Nick
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STATE MEMBER FOR FERNTREE GULLY

WHAT'S COOL AT SCHOOL?

Paws Up For Learning

by Rebecca Paton,
Foundation Teacher and Program co-ordinator

Supporting the development of the whole child one paw at a time!

Wantirna South Primary school is proud to present a new and innovative program that takes learning to a whole new level. 'PAWS up for learning' focuses on developing the 'whole child', therefore the benefits spread out into all areas of the child's life. The program encourages students to be engaged in their learning and helps them achieve socially, emotionally, physically and academically.

The PAWS program features one very special component, a very affectionate and friendly puppy called 'Scruffy'. Scruffy's breed took some careful consideration and a lot of research. Firstly, he needed to have a loving, friendly and kind nature and would be happy to work with a large number of children. Secondly, he needed to have the intelligence to be able to learn very quickly how to act and behave within the school environment. Thirdly, he needed to have a hyper allergenic coat for those students in the school who have allergies. The result, a labradoodle!

Labradoodles are a cross between a poodle and Labrador. Scruffy was sourced from a breeder who bred third generation labradoodle puppies, meaning he has a non-shedding and allergy friendly coat. It is known for a fact that he is allergy friendly as he spends the majority of his time in a classroom with a child who is allergic to other dogs. Scruffy's breeding has allowed him to quickly become a very big part of Wantirna South Primary School.

He transitioned into the school at the tender age of 10 weeks old where he melted the hearts of anyone he met. Scruffy is a miraculous puppy who proves he is one of a kind by doing things that shouldn't be expected of such a young puppy. For example: a student with diabetes was having a hyper and was inconsolable. Scruffy at 13 weeks old entered the room and sat next to the student. What happened next was amazing! Scruffy looked concerned with the students emotional state, he crept forward so he could rest his head onto the students lap and lick his arm. Soon after the student began to pat Scruffy and his troubles began to disappear. Within 10 minutes the student had stopped crying, began to talk and was gaining control of his emotions. After a walk around the School with Scruffy the student happily joined his class like nothing had ever happened. It was an exciting step forward for the PAWS program as an integral part of the wellbeing program at the school.

'PAWS up for learning' has only just commenced and there will be many more inspiring and educational stories as we continue on this exciting new journey at Wantirna South Primary School.



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STATE MEMBER FOR FERNTREE GULLY

NEWS FROM THE LIBRARY

A World of Fun and Information at ERL

eLearning

Have you got a new iPad and not sure how to get the most out of it?

All of the Knox Library branches are now offering 'eLearning One to One' sessions for our members. In these 45 minute sessions you are able to learn how to set up your iPad or Android tablet so that you can access and download eBooks, eAudiobooks and eMagazines from the library website. All members need to do is give their local branch a ring and ask to make a booking with a librarian from the eLearning team.

ERL Facebook

Your library is on Facebook!
Keep up to date with the latest library news, events, fun stuff and everything in between!
Got a question? Ask us on Facebook.

Visit www.facebook.com/EasternRegional to "like" our page and join the fun.

Children's Outreach

Meet Sue Wootton – Sue is ERL's Outreach Children's Librarian in Knox.

"My name is Sue, and I am very fortunate to have two exciting aspects to my job. Firstly I am the Youth Services Librarian at Ferntree Gully Library, and secondly, I am also the Knox Outreach Librarian. Outreach is an incredibly interesting and varied type of library work.

It is vitally important these days that we get out into the community to provide storytime sessions and library information to those people who either can't make it to their local branch themselves, or just don't realise exactly what is available to them at their local libraries these days. I am available to visit all kinds of different groups within the City of Knox. I already visit preschools, schools, playgroups, Maternal and Child Health centres, and Childcare Centres as part of my work within Ferntree Gully, but I am also available to visit these centres within the greater Knox area.

I have also visited some wonderful specialised playgroups such as the Multiple Births Playgroup and the Templer Playgroup both held at the Templer Society in Bayswater. It is really satisfying and a lot of fun to go out into the community and read stories to young children, plus inform their parents and grandparents about the resources that are available at their local Knox libraries."

Explore ERL's Online Resources

– beamafilm

beamafilm is the latest online resource that library members can access through the library's webpage. Members can now stream over 200 documentaries and feature films from Australia and around the world on their computer in the comfort of their own home. The latest offerings from beamafilm include the terrific Australian film based on Tim Winton's 'The Turning' and Sarah Polley's

extraordinary documentary 'The Stories We Tell', a deeply moving portrait of her own family and the legacy of secrets and lies that she uncovers. The only price of admission is a current library card... you need to provide your own popcorn.

Coming Events

School holiday fun at Knox Library.
Book on 9801 1422

- **Tuesday 8 April 11am**
Chirpy, Chirpy, Cheep, Cheep
Stories, songs and an activity about chickens. Age 5+ Free event
- **Wednesday 9 April at 11am**
Beautiful Bags and Baskets.
Come along and create decorative baskets and bags for egg gathering or giving.
Age 5+ Free event
- **Tuesday 15 April 11am**
Easter Storytime.
Age 5+ Free event
- **Wednesday 16 April 11am**
Beautiful Bunnies and Radiant Roosters.
Create a bunny or rooster using cds.
Age 5+ Free event
- **Lovely Lavender**
Warratina Lavender Farm is a family run business in the beautiful Yarra Valley. Discover the uses and treasures produced by this wonderful plant. Products will be for sale on the day. Knox Library, Wednesday 30 April at 2pm Book on 9801 1422



Oliver and his mum Chantelle meet storytime bear "Rusty Arnold"

BROUGHT TO YOU BY MAKE IT MINE

Talking Tech with Micah Macri

Windows XP Retires

After almost 13 years of loyal service Microsoft has officially announced the retirement of Windows XP. OK, well it isn't that simple. Microsoft has generously provided security and feature improvements to Windows XP since it was released way back in 2001, but as of April 8th they will come to an end.

Fortunately your XP computer won't just magically stop working on that date; instead it will gradually become more susceptible to security issues over time. That's because Microsoft will no longer be there to regularly patch exploits as they're discovered – a process normally managed via Windows Update.

If you have a Windows XP machine, and 40% of us do, it might be time to start considering an upgrade. You've probably had it a long time! An upgrade is especially recommended if you commonly shop online or do banking, both of which are practices often targeted by malicious software. There are many Windows 8.1 computers available at the moment at great prices from local retailers, all of which will be updated by Microsoft for years to come.

Micah Macri

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New Courses & Trips For Term 2

After a successful first term U3A Knox is now in recess until the end of April. However, there will be some holiday programs running, and some classes continue including the golf sessions at Dorset. (See the website www.u3aknox.com.au for details).

We had some great bus trips and excursions over Term 1. The first for the term and the year was to The Old Orchard Winery. Within walking distance of U3A, about 20 people had a delicious lunch accompanied by wine tasting and learnt of the history of the winery from our host, plus something of the composition of the wines tasted (reds and whites). The winery is off Scoresby Road (road runs off next to the Genesis building) and there is parking available near the tasting area.

The second visit was to the beautiful Blue Lotus gardens, where again, a light lunch was served in the beautiful surroundings and members were able to look around the extensive grounds and, if they wished, purchase some of the products.



Other trips planned in term 2-3 include attendance at the 1812 theatre to see the dress rehearsal of Dad's Army in August. We are holding a Sausage Sizzle at Masters in Knoxfield to raise money for equipment etc., and there will be a tour of the Arts Centre on the 29th of May and a bus trip is planned to go to Daylesford in July.

At the end of term luncheon, the speaker for the day was John Gardiner (who calls himself The Dunny Man).

Term 2 resumes on the 28th of April. Please phone 97522737 for information regarding registration.

A new subject for next term is Belly Dancing to be held at 11 a.m. on Tuesdays in Room 3 with a limit of 10. It is hoped a change of venue later in the year will enable more people to attend. Another new class with Bill Rumney as tutor will be Android Tablets (Thursdays 10 a.m.). Allen Haines will return with the Photoshop course on Mondays at 9.30 a.m. for 2 hours. This course costs \$25 plus \$15 for materials supplied. At Rowville Phil Saunder's class this term will be "Jesus of Nazareth, Myth, Man or Messiah?" This will be presented in a neutral fashion - attendees make up their own minds on the veracity of "historical evidence" or lack thereof.

Another new course at the Parkhills venue will be Ron Smith's new course Fun Maths, Nifty Numbers on Tuesdays at 2.30 to 3.30 p.m. These sessions will investigate numbers in a variety of ways: dice and patience games, history of numeration and the importance of place value, number patterns, puzzles, types of numbers, and generally just playing around with and manipulating numbers. This course is for those who love exploring maths and definitely not for the 'maths gurus'.

U3A Knox is in need of a tutor for Oil Painting. The group is continuing as a self help group for the time being while sorely missing our former tutor who has

left to care for a sick husband. The class is held on Fridays at 2 p.m. but changes are possible to fit in with a new tutor. Tutors are not paid a salary at U3A, all tutors and leaders are volunteers and members who attend other subjects. There are several other painting classes, including two water colour classes, a Modern Art class and of course, Folk Art. Again see our website at www.u3aknox.com.au for full details.



U3A Strollers - out and about.

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TOYOTA



Oh what a feeling!

What's On?

Event	Date & Time	Location	More Information
Knox Basketball Holiday Camp	Week 1: April 8th & 9th Week 2: April 14th & 15th	Week 1 : Boronia Week 2 : State Basketball Centre	Register online: www.knoxbasketball.com.au Information: jordan.canovan@knoxbasketball.com.au
School Holiday Program Luigi Zucchini's Magic Show	Wed, April 9th, 11am Thurs, April 10th, 11am	Knox Community Arts Centre cnr Mountain Hwy & Scoresby Rd, Bayswater	9729 7287 or www.knox.vic.gov.au/theatretix Tickets - \$15 each
3MBS Fine Music Series Opera Gala	Sat, April 12th, 8pm	Knox Community Arts Centre cnr Mountain Hwy & Scoresby Rd, Bayswater	9729 7287 or www.knox.vic.gov.au/theatretix Tickets - Adult \$25, Stud/Concession \$22.50
Piston Steele Shakedown, Annual Car Show & Rockabilly	Sat, April 12th, 2pm - 7pm	Hungarian Community Centre 760 Boronia Rd Wantirna	www.facebook.com/PistonSteelShakedown Public Entry : \$5
Bridges Book Fair	Sat, April 12th, 9:30am - 2pm	Marie Wallace Bayswater Park cnr King St & Mountain Hwy Bayswater	9729 9499 info@bridgescc.com.au
Boosting Immunity for Winter Andrea Crook, Naturopath	Thurs, April 17th, 10am	Wantirna Community Pharmacy 4 Wantirna Mall, Wantirna	9720 2872
Rowville Salvos Car Boot Sale	Sat, April 26th, 8am - 1pm	16-18 Kingsley Close, Rowville	Bookings : 0417510321 or 9753 2795 \$10 per car space, \$15 per inside table
The New Melbourne Jazz Band and The Syncopators	Wed, April 30th, 7:30pm	Knox Community Arts Centre cnr Mountain Hwy & Scoresby Rd, Bayswater	9729 7287 or www.knox.vic.gov.au/theatretix Tickets - \$30 each
Comedy Roadshow	Thurs, May 1st, 8pm	Knox Community Arts Centre cnr Mountain Hwy & Scoresby Rd, Bayswater	9729 7287 or www.knox.vic.gov.au/theatretix Tickets - Adult \$35, Stud/Concession \$30
Spoilt	Tue, May 13th, 8pm	Knox Community Arts Centre cnr Mountain Hwy & Scoresby Rd, Bayswater	9729 7287 or www.knox.vic.gov.au/theatretix Tickets - Adult \$20, Stud/Concession \$15
Cancer Council Biggest Morning Tea	Thurs, May 22th, In the morning!!	Wantirna Community Pharmacy 4 Wantirna Mall, Wantirna	9720 2872
3MBS Fine Music Series Amir Farid	Sat, May 24th, 8pm	Knox Community Arts Centre cnr Mountain Hwy & Scoresby Rd, Bayswater	9729 7287 or www.knox.vic.gov.au/theatretix Tickets - Adult \$25, Stud/Concession \$22.50
Rowville Salvos Car Boot Sale	Sat, May 31st, 8am - 1pm	16-18 Kingsley Close, Rowville	Bookings : 0417510321 or 9753 2795 \$10 per car space, \$15 per inside table



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OF SWITZERLAND

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As a parent of a young family I am very much aware of the influence the local community has upon the wellbeing and development of our three young boys.

I am also keenly aware of government's responsibility for maintaining essential services that deliver social and economic opportunities, and help realize a strong vision for our future wellbeing and prosperity.



I have decided to stand as Labor's candidate in the seat of Ferntree Gully at the forthcoming state election as I am concerned about many of the recent decisions of the current government.

I am seeking to represent the people of Knox, Wantirna South and Ferntree Gully because I am committed to our local community services, to maintaining local education, health and employment opportunities, and because I want to help our

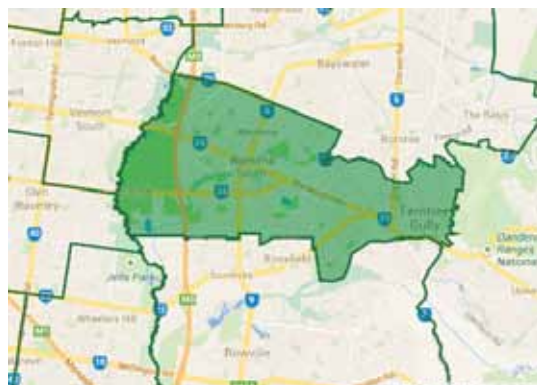
The Labour Candidate for Ferntree Gully

community prosper through the care, attention and respect for the opinion of all community members.

Professionally I have built a successful career within a variety of management, leadership and advocacy positions across the tertiary education and the community cultural sectors within organisations including La Trobe University, Chisholm TAFE, RMIT, the City of Whitehorse, and within Melbourne community cultural organisations including Box Hill Community Arts Centre, Melbourne Fringe and the Melbourne International Film Festival.

If I am fortunate enough to be elected to represent the people of Ferntree Gully in November, I will continue to work tirelessly in support of all the members of our community.

www.mattposetti.com
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Saturday 9.00am to 5.00pm Sunday 9.00am to 5.00pm

• Thursday, April 17th at 10:00am our Naturopath Andrea Crook will be giving a talk on boosting immunity ready for the winter.

• Thursday, 22nd May, in the morning, we will be supporting the Cancer Council by having our own Biggest Morning Tea.

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NEWS IN GOOD HEALTH & WELLBEING

We Are What We Eat

by Marita Reynolds

"The poorer the quality of our food the more we consume" - Why is this so? Because poor quality food is nutrient deficient and does not meet our bodies needs or requirements. The body is extremely intelligent and understands its needs are not being met and so it says 'eat more food'.

By choosing good quality, nutrient dense food, that is not processed or synthesised or contains massive amounts of sugar or salt, we are feeding the body what it wants and needs. Included in 'poor quality foods' is also fresh food that has been sprayed with herbicides and pesticides that are used to prevent the food from being eaten by insects or pests. Did you also know that fruit and vegetables have their own inbuilt safety mechanisms and can protect themselves? When they are grown in soil that is providing the right conditions for them, they will not attract pests.

The main message here is that it doesn't matter what you eat, just that you choose the best quality of food available to you. If we were to describe what food is we may say food is 'nutrients, minerals, and vitamins'. However when we go into a supermarket we see a lot of packaged goods that have a food label on it that we need to decipher what it all means. Processed foods may be convenient but often they have a high price tag and it may not just be how many dollars they cost you. How many numbers and letters are on the packet? The more there are, the more I stop reading on. We have to decipher whether the labels show 'good' numbers and letters and then decide whether they are ok to consume - this is very time consuming and suddenly 'fast food' isn't so fast any more.

So then you finally get the food home and you eat it. What is the food saying to you after you have eaten it? Lets take some common foods that people have on a regular basis - the good and not so good.

Let's start with sugar and don't say I don't eat or add sugar to anything, it's in nearly every processed food that is available to you. When, we are low on energy we often grab a health bar or a sweet biscuit - we want that energy hit. The sugar in the bar initially spikes our sugar levels, gives us the hit we need but doesn't last long and we need the next hit. Coffee, it's another get up and go fix. It tells the heart to beat faster, blood pressure to rise and your nervous system to accelerate its functions, leaving us on high speed.

For some contrast, fibre, such as oats or porridge when cooked starts working on your intestines and stabilises your blood sugar levels. Turmeric works on reducing inflammation in the body while sugar works on causing inflammation in the body.

So regardless of what we eat - our bodies react in some way to that food substance. Food is our fuel source. Putting good food in your body helps it to function and your body will react with it favourably. When you have your next meal think about what you



are putting in your mouth. Ask yourself how good is this food for my body? And, ultimately, is this food good for my health and general well being?

Marita Reynolds teaches 'Meditation for Life' each term on a Thursday evening and is available for Chi Reflexology appointments Mondays and Fridays at the Wantirna Wellness Centre - Suite 9/249 Stud Rd Wantirna. For bookings please phone 0425 735 581. For special offers see my advert on the special advert page in this edition.

For further information on Wantirna Wellness workshops and courses please go to our website at www.wantirnawellness.com

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Ear Candling Workshop with Christine Term 2

Ear Candling is a safe and effective healing treatment (used for centuries) to promote health and wellbeing.

Ear candling is great to relieve swimmers ear, headaches, sinus problems, stress and balance the mind, body and soul and most of all can be very relaxing.

The workshop includes a brief history of Ear Candling, followed by a practical demonstration on how to give an ear candling session. Each participant will learn to both give and receive an ear candling.

To book please contact Christine on 0409 406 915 or chrisycosmo@hotmail.com

Date: Saturday May 31st

Time: 10am-2pm

Investment: \$50 per person this includes a pair of ear candles to take home with you.

Venue: Wantirna Wellness Suite 9/249 Stud Rd Wantirna

Mr. Mina Williams B.Pod. M.A.Pod.A. Podiatrist PhysioSpot 1621 Ferntree Gully Road Knoxfield 3180 Telephone: 9764 9359 Facsimile: 9763 3114	Corns and Callus Ingrown Toenails Flat Feet Children Heel, Arch and Forefoot Pain Sporting or Occupational Injuries Diabetic and Arthritic Foot Care Veterans Affairs
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NEWS IN GOOD HEALTH & WELLBEING



News from the Osteo
with Dr. Jason Stone

Osteopathy for Tennis Elbow

Tennis Elbow (Lateral Epicondylitis) is inflammation of the tendon and bony attachment of the forearm extensor muscles. The muscles that straighten our fingers and pull our wrist backwards all join into one common tendon which attaches to a bony bump (lateral epicondyle) on the outside of our elbow.

When we form a grip or just simply bend our fingers, these extensor muscles work constantly to stabilise our wrist. Over many hours of writing, typing, using a mouse, gripping a hammer or power tool these muscles become tighter and more fatigued. Eventually, if we don't stretch these muscles, they put so much tension on the tendon and its bony attachment that they become inflamed. Whilst ice and anti-inflammatory medication can relieve the pain, the underlying cause of tight and tired forearm muscles will most likely maintain the condition.

What's Tennis got to do with it? As mentioned before, when we make a grip the forearm extensor

muscles work hard to stabilise the wrist (keep it stiff), hence the stronger the grip the harder these muscles have to work. Many years ago tennis racquets were quite heavy and poorly weighted which meant greater wrist strength was required to control the racquet. No doubt this created a common injury in people playing tennis.

Today we all use a computer, tablet or mobile phone constantly which is the major cause of tennis elbow due to the repetitive use of the fingers. A common cause of tennis elbow is the combination of using a computer all day and then lifting weights in a gym at night time requiring an excessive use of these forearm extensor muscles.

As it is an inflammatory condition, rest and medication will often help but to control the condition long term it is essential to have your wrist/elbow mobility and forearm muscular flexibility assessed and treated.

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- Headaches
- Back and neck pain
- Joint and muscle pain

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Finally, addressing the aggravating factors is imperative to manage this:

- Regular breaks from the keyboard, mouse, power tool, hammer etc.
- Stabilising the wrists with straps or taping when using excessive grip strength.
- Regular stretching of the forearm muscles.

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

More Than Just Sport

We have great sporting facilities in our community, but they are not keeping up with growing demand. Many of the Clubs have spoken to me in recent years about the need for expanded or upgraded facilities so that more people can participate.

Sport facilities are not typically the responsibility of the federal government, but I have made a determined effort to see if we can at least make a contribution.

Engaging people in sport is of course great for keeping people fit and active. In an age when too many are overweight or obese, this alone is a good enough reason to support our sporting clubs.

But it is more than just this. My observation is that our sporting clubs in Knox are one of the key areas where young people are engaged, kept busy and off the street, and are mentored by older people.

There are not many places anymore where people of all generations come together and where more experienced people can provide some wisdom to younger people. Our larger sporting clubs provide this. I see this at the local cricket, the football, the netball and other clubs: people of all generations mixing and the older people giving attention to the young ones and providing some sage advice. I know for a fact that some kids' lives are literally saved because a club member intervened at a key moment.

Leading up to the last election, I made a number of commitments that, should the Coalition win government, we would put some money into our

sports facilities - to make a contribution. I am pleased to say that this money has now been allocated and I am working with the local Clubs and Knox Council to get the work done.

Sometimes the amounts allocated are quite small; on other occasions more significant. But if the investments mean that more kids participate, are off the street, and are mentored to be better people, then it will be worth every cent.

Alan Tudge MP
Federal Member for Aston



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MESSAGE TO THE COMMUNITY

"As a concerned Member of the Public – I am getting sick of people not pulling over for Ambulance or Fire Service Emergency Vehicles. They are preventing these crucial services doing their job. There must be something we can do."

From Cassandra of Wantirna

Let's all do our bit and pay attention to Cassandra's message, afterall a life may depend on it - Ed.

COMMUNITY HOUSES

A House Around The Corner goes GREEN

Coonara Community House in Upper Ferntree Gully kick starts another television season of "A House Around The Corner". But this season they are going "green".

Leanne Fitzgerald - Executive Producer along with Adult Learning Australia as our sponsor, selected 6 sites across Australia who are becoming energy efficient community centres and sustainability leaders in their communities. Tricia Ziemer Producer/Director/Host (TMZ TV) with film crew including Cinematographer Sebastian Torres and Steve Prichard have travelled to six locations to capture the incredible achievements of these centres as they go "GREEN".

Locations included:

- The Heyfield Resource Centre – The Hub of Heyfield, VIC
- Grove Precinct Community Learning Centre - Peppermint Grove, Perth, WA
- The Encounter Centre – Encounter Bay, SA
- The Pomona Community House – Pomona, QLD
- Byron Community College – Byron Bay, NSW
- Coonara Community House – Upper Ferntree Gully, VIC

These centres have achieved wonderful results in cutting their energy costs and educating their centre's users on energy efficiency techniques using a number of innovative green solutions whether it is retrofitting their current centres or designing and building from new using energy efficient technologies. The television show highlights these

"green" achievements and the positive impact on these centres where it counts - a reduction in the cost of electricity and water bills.

For example, The Encounter Centre installed solar power and, in less than one year, have saved over \$7000 in electricity bills. And some solutions are incredibly inexpensive.

There are some simple solutions that will release the heat from your roof in summer then release the humidity that causes mildew and damp in winter. And they cost less than \$100 at your local hardware store and take about an hour to install which saves money on household bills. Coonara Community House receives a face lift with new insulation to help reduce their costs.

That is just the tip of the "green" iceberg – there are smart meters, wind turbines, thermal mass design, and solar hot water just as a start. Join us in June to discover these secrets in "A GREEN HOUSE AROUND THE CORNER" which will be on Digital 44/Channel 31 Melbourne, Perth, Adelaide and Brisbane, starting in June 2014. For further details please contact: Coonara Community House – 03 9758 7081

And keep checking your local TV Guide for start dates and see the last two series on www.ahousearoundthecorner.org

Tricia Ziemer Producer/Director/Host



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

WHAT'S HAPPENING AT ORANA?

Orana offers a range of programs, courses and classes for people living in our community, as an opportunity for enjoyment, learning and to develop new interests and skills.

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



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Kids Skills for Life
Thai Cooking
Decluttering

Italian & Spanish classes
Mosaics

and our Annual Community Bus Trip

Getting Your Small Business Started is as easy as BBB



Marita Reynolds has operated and set up 2 businesses with over 28 years of experience. Marita has also conducted an 'Introduction to Small Business' course at the Rowville Neighbourhood Learning Centre over the last 3 years. (For Term 2 details please see below.)

Marita has recently written and released Better Business Blueprint (BBB) an eBook/Pdf. This is included as part of the 'Introduction to Small Business'. For further enquiries please call RNLC on 9764 1166 or you can purchase the BBB eBook/Pdf directly from Marita via email at info@soleresponse.com for \$9.97 or contact her on 0425 735 581.

Better Business Blueprint is a source of real and relevant information as well as practical applications to help people who are interested in starting a new business and developing their business plan, or people who have a Business Plan and want to make sure that they are heading in the right direction.

Term 2 classes at Rowville Neighbourhood Learning Centre Introduction to Small Business (14SMBUS0234)

Do you want to run your own small business but don't know where to start? You will learn:

- How to develop your business ideas
- Marketing strategies to reach your clients
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- How to monitor, review and grow your business

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Come Fly With Us!

Last time I spoke about the importance of religious organisations in our community and the great work and sense of belonging they give to members.

But churches are only one of many types of community groups that underpin a strong, healthy and happy community.

Art groups, car clubs, environmental organisations, sporting clubs, school and kinder groups and many more - Knox is home to hundreds of community groups large and small.

Highly visible are groups like Knox Basketball, footy and cricket clubs, Little Athletics, tennis clubs and some of our arts organisations.

However hundreds more smaller groups give thousands of Knox citizens both young and old many hours of great enjoyment and a sense of belonging in a specific field of interest.

One such fantastic group is VARMS.

Victorian Association of Radio Model Soaring - with Knox's very own air field at the Knox Regional Sports Precinct at the corner of High St Rd and George St in Wantirna South (VARMS.org.au/)

VARMS is a great example of a well organised successful community group providing more than 180 members, mostly blokes of all ages, with the opportunity to soar!

And can they do it !

These magnificent men and their flying machines amaze visitors with these planes and gliders, many huge in size, and in so many styles and colours.

And as they take off and soar, and do their aerobatics, you would swear they are piloted planes. The skills of the controllers are outstanding.

Being the original tenants at the site and only having an open sided park hut for shelter, VARMS now have their own clubhouse and runway and can have fun in any weather.

That's because, in working with Council they were seen as eligible for funding and got assistance.

In particular I would like to acknowledge both Colin Collyer and Max Haysom who have contributed so much time and effort to their club, but also worked for a number of years with myself and council staff and basketball and soccer representatives in helping design and build the sporting precinct



Max Haysom left and Colin Collyer right with Cr. David Cooper at VARMS open day in March

We owe a huge debt to the hundreds of committee volunteers across our municipality who make our city so liveable - if you know people like Max and Colin why not tell them how much you appreciate what they do for our community - I do regularly !

Cr David Cooper
Scott Ward
Knox City Council

A Hidden Treasure in KNOXFIELD by Coral Carew

SPECIAL TREATS BY CAROLYN is located at Studio 10, 1488 Ferntree Gully Road, Knoxfield. The Studio is situated at the back of the busy complex.

The company started on Carolyn's Kitchen table in 2002, and was born out of her passion to design delicious cakes. Since then Carolyn's business has grown by word of mouth, and the skill and flair she applies makes every cake perfect.

Carolyn now has a team of 5 people, of varying ages, that she has trained from scratch to meet her high standards. All cakes are hand baked and decorated in the kitchen.

She specialises in Wedding, Engagement and corporate requests with one months notice required for these orders.

As an extension of the Business, Carolyn also offers a variety of classes for all levels. She conducts Day Workshops, such as the making of Sugar Flower and Air Brushing. During School holidays classes are held for parents and children to learn how to make and decorate Cup cakes.

For Customers who prefer to do it themselves, Carolyn carries a large variety of decorations, and cake tins and is happy to provide advice.



Kim Wells MP

State Member for Scoresby
Minister for Police and Emergency Services
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Book Fair

Bridges Connecting Communities are holding a fantastic Book Fair.

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Come and join us and pick up a bargain!

Saturday 12th of April

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THE ARTS IN KNOX

News from the Victorian Jazz Archive

Proactively Collecting, Archiving and Disseminating Australian Jazz.

A Vintage Radio Program *by Ken Simpson-Bull*

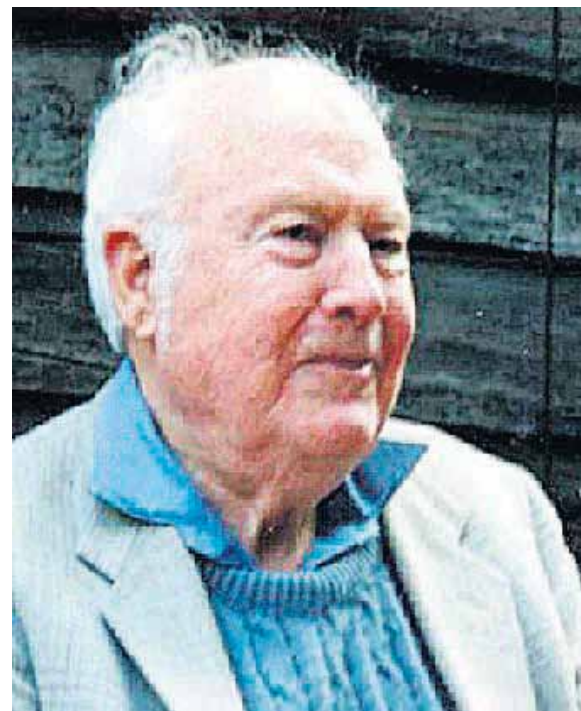
William H Miller, generally known as Bill, was an icon of Australian jazz. He is remembered for having created a legacy of important historical jazz recordings, was Australia's first jazz commentator and the foremost driving force in creating a forum for jazz discussion and activity from the late 1930s. Born in 1914, he travelled to England in 1933 to study law at Oxford University. Being interested in jazz, he amassed a large record collection which he brought back to Australia when he returned in 1938. These records represented a unique library of jazz music largely unobtainable in Australia at the time, and Bill made his collection available to enthusiasts through a long-running weekly program broadcast over 3UZ commencing in 1939.

Initially called "Jazz Night" the program soon became known as "Swing Night", and although Bill wrote all of the scripts, the broadcasts were presented by announcer Rowley Barley. Recordings

of these broadcasts were never made but the Jazz Archive has all of the original typewritten scripts as well as the actual 78rpm records that were used on the program.

With the aid of retired ABC announcer Bill Passick, the Jazz Archive has produced a re-creation of one of these programs which can be heard via the Internet. Simply go to the Archive's Web site at www.vicjazzarchive.org.au and click on Bill's photo. (Bill Miller, who was a founding patron of the Jazz Archive, passed away in 2012.)

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



Bill Miller

KNOX COMMUNITY ARTS CENTRE PERFORMING ARTS PROGRAM

3MBS Fine Music Series



Opera Gala | Saturday 12 April

Amir Farid | Saturday 24 May



**International
Jazz Day**
Wednesday
30 April

Luigi Zucchini's Magic Show
Wednesday 9 April & Thursday 10 April



Comedy at KCAC

Comedy Roadshow | Thursday 1 May



Spoilt | Tuesday 13 May



Unpack This | Saturday 7 June



Collard Greens and Gravy

Blues, Ribs & Wings
Cabaret Show
Saturday 21 June



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Bayswater"

Barry Morgan x
Barry Morgan
Cultural Ambassador of Bayswater



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

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The Benefits of Mulch & Compost

by Peter Reynolds, Permaculture Design Cert. SCP1

Following on from my last article on the soil, I want to expand on simple ways we can improve our soil to produce healthy, vigorous plants.

Healthy soil should be teeming with life such as bacteria, fungi, worms and other insects etc, and it is this biological powerhouse within the soil that creates the right conditions for healthy plants to thrive.

If we address any problems in the soil and re-create the correct environment for the soil microorganisms, nature will take its course and regenerate the soil, resulting in healthier plants.

One simple means of helping to regenerate the soil includes using compost. Compost benefits the soil by re-cycling nutrients from kitchen scraps, leaves, grass clippings and other sources of organic matter, (except meat scraps).

All organic matter is made up of substantial amounts of carbon (C) combined with lesser amounts of nitrogen (N). The balance between these two elements is called the carbon-to-nitrogen ratio (C:N ratio). Composting micro-organisms prefer a C:N ratio of about 30 to 1 to produce fertile, sweet-smelling compost. Carbon derives from brown, dry materials such as leaves or straw, whereas nitrogen is predominantly found in green materials such as grass clippings or veggie scraps..

If the C:N ratio is too high (excess carbon), decomposition slows down. If the C: N ratio is too low (excess nitrogen) you will end up with a stinky pile.

Compost can be made in a compost bin or even as an open pile directly on a garden. For best results use a diverse range of materials, (not just grass clippings or leaves), break up the raw materials and mix thoroughly to increase aeration. Aim for the correct Carbon/Nitrogen ratio, (30 to 1). Keep the pile moist, but not wet.

Check the compost weekly. The volume of the compost will decrease as it decomposes. It is ready for use in the garden when it looks dark brown, has a crumbly texture and a fresh "earthy" smell. There should be earthworms present in the compost too at this stage.

Do something positive for your garden that is a cost effective way to produce great soil and re-cycle organic wastes.



Stressed? Get into the Garden

at Chesterfield Farm

by Melissa Carr

CHESTERFIELD
FARM
COMMUNITY
GARDEN

There are many obvious benefits to growing your own fruit and vegetables: healthier eating, lower food costs, weight reduction and more. But a less well known effect of vegetable gardening is on anxiety levels. Many gardeners anecdotally report that being in the fresh air, doing physical activity is a great mood enhancer and a recent study published in the Journal of Health Psychology supports this. Subjects were given a highly stressful activity to complete, then half were sent to the garden for 30 minutes and half went inside to read.

The results found that both activities resulted in a reduction in stress levels, but those who were gardening had greater levels of 'restored positive mood'. If you would like to experience this stress relieving activity in a fabulous environment come and rent a plot at the Chesterfield Farm Community Garden. Look for us on Facebook or contact us at digin@live.com.au



KNOX HOME GARDEN CLUB NEWS

by Lonni Holland

When I muse over the reasons for my dislike of the Summer of 2014, it's about the plant life. While I have my own means for keeping cool and hydrated, to all intents and purposes the watering regime I provided selected plants in my garden was largely inadequate.

I think my garden had suffered far more from the radiant heat owing to this Summer scorcher, than ever before.

I felt so dispirited as I inspected the many singed and depleted foliage of the plants I've nurtured over several years. However some Australian trees, shrubs and perennials revelled in those endless blue sky days.

Some of those plants included Eucalyptus "Preissiana", Corymbia Ficifolia (Red Flowering Gum), Mallee Gum, Eucalyptus Caesia "Silver Princess", Eucalyptus "Yellow Gum", Grevillea's, Eremophila, Crowea, some Correa's, Banksia "Birthday Candles" notwithstanding some Salvia's, Roses, Clematis "Niobi" and California poppies.

I must emphasise that while most of the above mentioned plants are established and required little supplementary water, however some are less than a year old, and require 1 bucket of water per week in order to establish good root system!!

If you've discovered that soil in garden beds are hydrophobic, in other words when water simply rolls off the soil's surface - there are ways to rehydrate your plants.

Loosen the soil with a trowel even if it's just to break the soil's crust, then create a slight hollow or bowl effect around the plant's root zone. Sprinkle Wettasoil or Saturaid around the plant, using a hose with high pressure, force water into the soil, watering in the wetting agent until there's no more foaming.

When plants are well watered, liquid feed with a watering can, or a container attachable to the garden hose. Remember to cover over with the mulch again

March is a great time of year to consider planting bulbs, rhizomes, corms, tubers into garden beds for winter/spring displays. This family are amongst the toughest, drought tolerant plants to grace your garden, as they contain a storehouse of nutrients, starches and moisture in the bulb, in fact most of the winter and spring flowering bulbs require little supplementary watering. Of the toughest, there are the Jonquil, Daffodil, Freesia, Star flower, Muscari (grape hyacinth), Anemonies, Ranunculus, Snowflake, Ixia, Sparaxis, Iris and Lilies.

Early autumn is a prime time to start contemplating remodelling your garden. Now is an opportunity to examine the plants in your garden beds and if they have not performed well during the summer, you could eradicate and replace them with suitable ones, or transplant them to a more suitable site.

It's now that I decide whether to reduce my lawn bed space to expand garden beds and incorporate drought tolerant plants... of course!!



Raising awareness locally for World Autism Day. by Rebecca Gallaher

On World Autism Awareness Day on April 2nd, Irabina Childhood Autism Services held an event to launch their 'Autism Awareness' card. The business sized card provides five tips on how to support a child with autism. The event included a barbeque and petting zoo for children and was attended by local MP Michael Sukkar. In addition to this event, local councils lit their buildings blue and Bendigo Bank branch staff dressed up and decorated participating branches in the colour blue to represent World Autism Awareness Day.

Irabina is a specialist early childhood intervention service that provides family centred programs for children aged from diagnosis to eight years and their families. Irabina is unique in that it is the only autism specific early intervention service located in Victoria. Irabina offers early support programs, early intervention, individual and group therapy, aquatic occupational therapy, education programs for parents/carers, teachers and clinicians working with children with an autism spectrum disorder. Irabina assists children and families with transitioning to school and invites children to return to Irabina once at school to participate in social skills, fine and gross motor programs and a sport development program.

You can show your support for Autism Awareness by making a donation at selected local Bendigo Bank branches, IGA Ringwood East & Heathmont or through the website www.irabina.com

(World Autism Awareness Day – www.amaze.org.au/waad)



COMMUNITY NEWS

Piston Steel Shakedown Hits Wantirna

Hang on tight Wantirna! The annual car show and rockabilly event is on Saturday April 12, 2014 at The Hungarian Community Centre, 760 Boronia Road, Wantirna from 2:00pm!

The event has been organised by Bruce Frazer and his daughter Loretta to raise funds to support Animal Aid.

"We are both Animal lovers and very passionate about our pets and the great work done by our charity Animal Aid."

Animal Aid is a not-for-profit organisation which is dedicated to the care of all lost, unwanted and abused animals. They rely on fund raising to keep them doing the great work they do.

"My little Jack Russell "Sally" is from an animal shelter and she is an absolute delight!" says Bruce.

The event will include around 350 Classic Cars and Hotrods on display, Market Stalls, Rock and Roll Dances, Raffles, Live Bands and Children's Entertainment, including Face Painting, an Animal Farm, a Jumping Castle & Balloon Animals. Everyone's favourite, The Melbourne Transformers Optimus Prime and Bumblebee will be making an appearance and keeping an eye on things to make sure all goes to plan.

A fantastic array of great cars and great people, friends and fun will make the Piston Steel Wantirna Shakedown an event not to be missed. So get on down on April 12 and enjoy great entertainment whilst supporting a great charity.

For more information email loretta.frazer@hotmail.com or visit <https://www.facebook.com/PistonSteelShakedown>. Public entry fee \$5.00

PISTON STEEL SHAKEDOWN

Charity Car Show

The Hungarian Community Centre

760 Boronia Road, Wantirna
Melways: 63 F5

12 April 2014

2:00pm – 7:00pm

Public Entry \$5 - Show Cars \$20 - Stallholders \$50

- Show and Shine
- Hotrods
- Trophies
- Live Bands
- Food and Drinks
- Alcohol Free

- Classic Cars
- Pre-1980s
- Pin-up Competition
- Children's Activities
- Sausage Sizzle
- Dog Friendly

For further information and application forms email: loretta.frazer@hotmail.com

Like us on Facebook: [Piston Steel Shakedown](https://www.facebook.com/PistonSteelShakedown)

Proudly supporting Animal Aid!



News from Ringwood Field Naturalists Club Inc.

by Peter Rogers and Jack Airey

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 February - the club held a "Show & Tell" meeting - the first we've run for quite a few years. Members were encouraged to bring one or two items of natural history significance and give a brief description of what they were. We had all sorts.



Photo: Alison Rogers

In March - Life Member Judith spoke on the topic of "Lake Mountain five years on - recovery and regeneration since Black Saturday". Judith displayed numerous photos taken on her 24 visits to the area since February 2009, documenting the recovery of the vegetation after the devastating fires. It was terrific to see the recovery in such detail and it certainly primed members for the outing the following Saturday to the area.

Excursions

Our February club outing was to Arthur's Seat lead by Inta and Roger. We met in 'Seawinds' Arthur's Seat State Park before moving to the start of the Two Bays walking track. The morning was spent walking along the circuit walk into Kings Waterfall. In the afternoon another walk was undertaken near the OT Dam. This is the first time the club has held an excursion here and our leaders did not disappoint by arranging lovely cool weather, pleasant sunshine and some really great birds, especially Rufous Fantails and Bassian Thrushes!



Our March club outing was to Lake Mountain to view first-hand the flora and fauna recovery after the Black Saturday fires. The weather was quite wild and woolies were worn, but we were spared rain -with only a light spray during lunch. We started at the Alpine Resort carpark and walked the trails to Echo Flat. Autumn bird flocks were a treat with Silvereye, Grey Fantails, Brown and Striated Thornbills, White-browed Scrubwrens, Spotted Pardalotes and Whistlers (Olive and Rufous) teaming up in a couple of spots. Flame Robins were also plentiful. While the upper storey of trees has perished there are promising signs of regrowth.

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:

April - Murray Bouchier providing a talk titled 'French Island'.

May - Valerie and Peter Fowler providing a talk on 'Birds, Flowers, Wildlife of Peru'

All visitors are welcome.

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

Photo from Echo Flat- Jack Airey

COMMUNITY NEWS



Knox & District Over 50s Inc.

The Knox Over 50s is now in full swing and the new Committee is being very active. Already a number of events have taken place and a lot more are planned for the rest of the year. Membership for 2014 is now open but filling up fast and the subscription is a low \$15.00 for the year. You can of course visit us three times before deciding to join 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 other events planned for this year. We have a day trip to Daylesford and an outing to the Yarra Valley Harness racing in April. The club holiday to the Gold Coast in September is full and there is now a waiting list for that event. 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. Come early to get a good seat. At these monthly meetings we are entertained/amused/informed about things that matter to us. Make a note in your diary, on your calendar, or on your iPhone and come along to our meeting on Tuesday, 22 April 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.



Knox Safer Communities

Not what they seem

Identity theft is the latest scam to look out for. Consumer Affairs Victoria is warning small businesses and consumers to watch out for con men using the stolen identity of a Queensland roofing business to lull Victorian homeowners into a false sense of security and then rip them off.

The con men knock on doors to spruik for roofing work telling homeowners to check Strongguard's website to establish their credentials – when in fact, they do not represent the business at all. Work done is likely to be shoddy and unfinished. The Queensland Company, Strongguard Roofing and Guttering, has posted a warning on its website.

Householders should be suspicious of offers of cheap, 'today only' deals on jobs such as painting, roof repairs and sealing bitumen driveways.

Don't be pressured to say yes and pay up front. If someone knocks on your door, check the credentials. Look up the business' contact details – don't use the details the person provides – and call the business to ask if the person at your door represents the company.

Small businesses that receive complaints or other indications that con men are using their identity should

contact Consumer Affairs Victoria or another fair trading regulator.

If you decide you need work done on your house, you should:

- shop around for the quote that is right for you
- only use established tradespeople who provide written quotes and have required qualifications
- ask for contact details of previous clients for references
- do not sign any agreement until you are ready.

The Do Not Call Register

The Australian Communications and Media Authority (ACMA) is reminding Australians that it does not make calls to the public offering services related to the Do Not Call Register. It does not offer any 'device' that can be installed to stop telemarketing calls and is not aware of any device that would be effective for this purpose. The ACMA warns that no personal identification or financial details should be provided to callers claiming to represent the Do Not Call Register.

You can report a scam to the Australian Competition and Consumer Commission (ACCC) by calling 1300 795 995 or visit www.scamwatch.gov.au.

To put your telephone, mobile or fax on the register, visit www.donotcall.gov.au or call 1300 792 958.

Media contact: Blake Murdoch, on (02) 9334 7817, 0434 567 391, or media@acma.gov.au. For community safety information and useful websites see knoxsafercommunity.org.au



Life Activities Club Knox Inc.

A Weekend Getaway is planned for April, and this means arriving at Warragul, either setting up the Caravan, or Tent, or moving into a Cabin previously arranged by you. To keep the cost of cabins down, our members organise to share with someone else. These weekends are always fun and interesting.

The Morwell Rose Garden rail trip, unfortunately had to be cancelled for this year, but maybe next year, or even later this year? All other activities are continuing, and we have a Convener willing to organise the Sunday Afternoon showings of plays at either the 1812, or the Basin Amateur Theatres.

We enjoyed a great response for our Ferry trip to Williamstown and return to Southbank. The Captain too, was very entertaining.

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

LIONS CLUB NEWS

The Lions Club of Wantirna – open invitation

We would like to extend an invitation for both Women and Men to attend one of our meetings and see what wonderful things the Lions club do for our community as volunteers. There is no age limit any one can volunteer and no more is expected of you than you are able to give.

Our priority is to Family, Work and then Lions. We meet on the 1st & 3rd Wednesday each month from 7.30-9.30 at the Bayswater Community Centre, Cnr Mountain Hwy & Scoresby Rd Bayswater. For more information phone Val on: 9800 2113



Clean up Australia Day with the Lions Club Wantirna & the 2nd Wantirna Scout Group.

Rowville Salvation Army Welcomes All-Comers



by Lieutenant Judy Shaw, Corps Officer, Rowville

April is upon us already! We hope that you've had a great start to the year!! We've held a couple of 'craft and car boot sales'; had a family movie night plus some lunches and great times of community. Our Sunday worship includes contemporary music and a growing kids church during the service.

Community lunches are going strong with regulars who attend weekly now. You can have a delicious two course lunch for a gold coin donation! You'll need to book in so that you don't miss out on 0416 305 741.

During April we will be remembering and celebrating Easter with a service on Good Friday morning, April 18th, at 9am and at 10.00am we will be joining with churches from around Rowville at the Community Centre as we travel 'The Way of the Cross' together. You are invited to join with us as we walk, reflect and sing about Jesus' journey to the cross and focus on the true meaning of Easter. Sunday morning, the 20th, we will be celebrating the resurrection together at 10am.

The last Saturday of the month is always a 'craft and car boot sale'. Car park spots are available for \$10 and tables available for \$15. Starting time is 8am and we finish at 1pm. There is a BBQ with eggs and bacon first up then later on, snags! The coffee machine is fired up nice and early so that you can still get a 'real' coffee. To book a space please contact Kriss on 0415 511 588 or call the church office on 9753 2795. You can also contact us via email corpsofficer.rowville@aus.salvationarmy.org.

Thrift Shop in Wantirna South. People in the area are very generous with their donations to our Thrift Shop in Wantirna South. We are incredibly grateful to those who donate especially during opening times 10am - 4pm Monday to Friday and 10am - 1pm on Saturdays. We are always on the look out for volunteers if you have a few hours to spare please contact our manager Sharon on 9801 4612.

The Salvation Army Rowville Worship and Mission Centre is located at 16-18 Kingsley Close, Rowville. Don't be a stranger, come and say hello!

Bayswater Cricket Club Pink Stumps Update

On behalf of the Pink Stumps Day Team a huge thank you too all attendees, sponsors, donors and helpers.

"WE ALL MADE A DIFFERENCE"

We raised \$8,700.00!

For those who couldn't make it you still have the opportunity to donate via the weblink.

<http://pinkstumpsday2014.gofundraise.com.au/page/baysie>.

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.

Combined Probus Club of Wantirna Heights Inc.

by Bill Watson

Over thirty members recently enjoyed a visit to the Darnum Musical Village. We were hosted by the elderly affable owner, Albert Fox who established the village in 1981.

Set in the foothills of the Strzelecki Ranges, this representation of a 19th century Australian village houses an impressive collection of 300 musical instruments amidst a classic, rural setting.

We were treated to demonstrations of many instruments and an inspection of the workshop where pianos were being restored and tuned. In a restored church in the rustic grounds, we were treated to "Onward Christian Soldiers" and "How Great Thou Art" on historic organs.



The Ferntree Gully VIEW Club

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

The April Luncheon is on the 28th at 11.30am. Our speaker is Kevin Trask - a long-time radio presenter and cousin of Dianne Trask.

The May Luncheon is on the 26th at 11.30am. Our speaker is Lloyd Phillips and the topic is 'Poetry Can Be Fun'. New members and visitors are most welcome.

To book please ring our President, Isabel on 9758 5435.



Rescued Food - Waste no More initiative from Rowville Community Kitchen

Chef Greg and Christine launched the new initiative from Rowville Community Kitchen at the Knox City Festival giving away boxes of rescued fresh fruit. Over the weekend they demonstrated how to use fresh vegetables to make tasty nutritious meals quickly with just a few fresh ingredients.

The new initiative is to share our knowledge of cooking from scratch with fresh produce which will reduce landfill and stretch the family budget.

We come from families where all foods were cooked from scratch. There was always a veggie patch or an allotment where tea leaves from the pot were thrown on the fruit vines.

We will be launching hands on workshops, providing recipes and ideas to provide healthy great tasting meals for families.

For more information please call 1330 363 723 or register your interest on our website.

www.rowvillecommunitykitchen.com.au

Happenings from the KNOX CITY TENNIS CLUB

by David Willing

Hi to all our members and the community of Knox.

This time of year sees us at the end of the Summer season for the Saturday competitions and we want to congratulate the four Junior and three Senior teams in making the finals. Good luck to all of them for their upcoming matches.

A BIG congratulations must go to our Ladies team who won their Grand Final by two games against Pakenham. It was a close match all day with our Ladies finally winning on the opposition home courts for the first time.

In the coming Winter season we will be having twelve Junior teams, four Senior teams in Waverley and two teams in Tennis Victoria's Pennant competition. We wish them all great success for the coming season.

For the next few months our Club will be concentrating on maintenance and improving the look all around

our Club grounds. We hope that all the members enjoy the improved appearance.

Our night tennis competition in Blackburn, Waverley and Knox District continues with over 25 teams entered across various nights. Good luck to all of them and we hope you continue to have an enjoyable season. If you would like to play night comp, please contact Jeff at bdnta@knoxcitytennisclub.com.au as teams are possibly looking for extra players in their rosters.

As always we will also be continuing the usual Wednesday night social where anybody can come along and try out tennis for ONLY \$5, bring a friend or just keep your eye in for the season. You don't have to be a member, we welcome all players to experience our Club.

AND for all the Seniors tennis players out there, don't forget that we run a great In House social morning

group every Thursday from 9am. Just bring you, your racquet and your smile to have a great mornings tennis and meet a fantastic bunch of people.

For any information please contact us below on:

Knox City Tennis Club Inc.
Neville St, Wantirna South, 3152
P.O. Box 5106 Studfield 3152
Melways 64 B10

WEB: <http://www.knoxcitytennisclub.com.au/>
Email: secretary@knoxcitytennisclub.com.au
Coach Gary Leech: 0398005862
www.velocitytennis.com.au



Fabulous Festival of Tennis at Wantirna Tennis Club

by Alison Rogers



Were you one of the Knox residents that came along and had some fun at the Wantirna Tennis Club during the 'Festival of Tennis' recently?

Despite the heat great fun was had by all, with people of all ages joining together for a hit of tennis. Not to mention the excitement of giveaways and a free sausage and pizza as well!

If you couldn't join us during the festival, you are always welcome to come along and have a look around our wonderful Club. There is always something happening, whether it be night tennis, junior competition, coaching, midweek ladies and more!

The Junior season has now come to an end for the Summer, with 70% of our teams making it through to the finals. A fantastic achievement by all involved. Of course it is not all about making finals, the other teams who missed out were still able to have fun week in and week out by keeping fit and having a laugh with new and old friends. We are now looking toward the Winter season of 2014 and are always welcoming of new players who would like to try their hand at the wonderful game of tennis.

If you haven't tried tennis before, give our Club coach a call. Kelly Bisinella and her staff are trained to assist players of all standards, whether you are a beginner and need help with basics or are a returning player who might like to brush up on skills.

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 wantirnatennis@gmail.com
Club coach: Kelly 0414 874 482

Templeton Tennis Club News

by Don McCracken

Welcome to the Easter edition of our club news.

In our last update the ladder positions for most of our teams were very favorable. Fortunately the results have stayed consistent now that finals are here.

We had five senior (out of 8) and 8 junior (out of 14) in finals. What a great result for the club. Grand finals were played on the 22nd March in which we had 5 junior and 4 senior teams. A great effort by the juniors to win all 5 of their finals and the seniors were all runners up. Overall a fantastic effort and our congratulations go to all players who represented our Club.

Our winter selections have been submitted and we will have seven senior teams and fourteen junior teams commencing early May.

Midweek ladies and night competitions are all back in full swing and progressing well. Congratulations to

our Tuesday A grade ladies in winning their section in the season just completed.

We could always do with more participants. 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).

We have had teams entered in and been successful in the Hot Shots tennis competition being run in Knox. This is for young children who are just learning tennis and gives them an insight into what tennis has to offer.

Don't forget Kelly Bisinella runs a highly successful coaching program at the club for all levels; children and adults as required. Give her a ring!

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 Studfield, Integrity Cabinets, and Bendigo Community Bank Wantirna Mall Branch.

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

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

50 Years On The Pitch A Rare Achievement by Tony Gawne

Ray Noon is a fixture at Wantirna South Cricket Club having played in every senior XI fielded by the club over the past 50 years. Along the way he has won many individual and Association Awards (batting, bowling & fielding). He's taken 2 hat-tricks in competition and on one of those occasions made 135 runs in the same match. During this period he has played in 14 winning premiership teams and 15 losing grand finals. His current team finished the home and away season third on the ladder so there may well be another opportunity for another premiership to add to the already impressive list.

Ray's record with the club speaks for itself. It may well have been even more extensive except he wasn't able to play until the 1963/64 season when he reached 13 as there were no junior teams at the club back then.

His parents were foundation members of the club in 1950 and he's maintained the family link ever since. His sons Brett & Matthew have continued the tradition and are both still playing with Ray in our 5th XI team.

The club celebrated Ray's milestone on Saturday March 1st. There was a large turn out from current

and past members to celebrate his extraordinary achievement. He's played a total of 606 games for the club over that period. Despite having just turned 63 the word is he's going to continue playing next season. In fact he sounds determined to keep playing as long as he can be competitive and contribute to the team. He was recently nominated for a Cricket Victoria 50 Year Service Award and will receive that recognition at a MCG function next week.



Ray Noon

Eastern Devils Need Junior Girls

The Eastern Devils Football Club are very excited to be adding a Youth Girls side to their roster in season 2014. The team will focus on fun, football, fitness and friendship in a supportive environment for girls aged 14-18. Helen Lambert, medallist and Victorian representative Meg Hutchins will coach the side with support for players of all abilities. The team will play in the Yarra Junior Football League and train at Mulgrave Reserve, the home of the Devils. Training is Wednesday night at 5:30 p.m. with games on either Saturday or Sunday mornings.

No experience is necessary - just a willingness to learn a new sport while you get fit and have fun with an inclusive group of girls who love their Aussie rules footy.

If you're interested in joining the team please contact Club President, Jo Wotton on 0402 064 063 or via email at admin@easterndevils.com or for more club information check out www.easterndevils.com.



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For further information please see our article under Wantirna Wellness in this edition

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

Aussie Rowville

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