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Community News in the West of Knox



EDITION 30

JUNE/JULY 2014

- KNOX PARK PRIMARY HAS GREEN THUMBS
- L2P LEARNER DRIVER PROGRAM LAUNCHED
- SCORESBY SENIORS NO LONGER DISADVANTAGED

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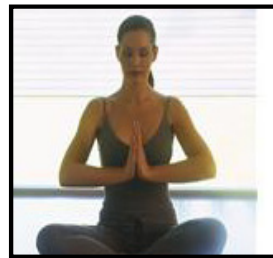
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WHAT'S HAPPENING AT ORANA?

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.

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or Ph: 9801 1895

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through Multicultural Food
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Editorial

Welcome to our 30th edition!

Recently I attended the Ferntree Gully Volunteer Expo held during National Volunteers Week. It was the first volunteer expo held in Knox and I'm certain it won't be the last, as the event was a great success.

Over 20 community organisations were represented, showcasing the opportunities for volunteers to get involved in a wide variety of activities and causes.

The theme of the Expo was "Share the time, share the rewards" which says it all about volunteering.

There are many benefits in volunteering including meeting people and feeling good about contributing to the well-being of the community.

If you are looking for a chance to share the time with a community organisation, you will find many organisations represented in the pages of our paper, or you could always give SWCN a call!

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 Rallies Behind Learner Driver Program

Wantirna Community Bank is proud to be a supporter of the L2P program. The L2P Learner Driver Mentor program is a community based, volunteer program developed to provide access to driving practice for learner drivers who face significant barriers to gaining their mandatory 120 hours of driving practice. For most young learner drivers this would be achievable through professional driving instructor lessons and practice with parents, extended family or close friends. However, there are a number of young people who have considerable difficulty in gaining access to this experience due to non-availability of a vehicle or supervising driver (or both) on an ongoing basis.

Vic Roads provide initial funding and framework for this program which runs in a number of council municipalities across the state with great success. Knox Council have joined forces locally with Uniting Care Harrison and have gained support from the RACV Foundation and Wantirna **Community Bank**® Branch of Bendigo Bank to begin the program in 2014. Representatives from the Knox Council, Vic Police, Uniting Care Harrison and Wantirna **Community Bank**® Branch of Bendigo Bank sit on the steering committee that governs the program.

Learner drivers are matched with fully licensed community volunteers. Using a sponsored vehicle the learner and their mentor go out driving, working towards 120 hrs of driving practice. L2P also incorporates up to 7 professional driving lessons by a registered driving instructor. With Uniting Care Harrison administering and leading the program, L2P hit the road in April with the first mentor training sessions for eleven new mentors completed. Mentors attended the two day training program and discussed topics such as controlling the car and complex driving situations as well as role modelling scenarios around real life driving situations and how best to handle them. One mentor's comments: "I enjoyed the training and I am eager to pass on my knowledge and experience to the younger generation."

Volunteers are still being actively recruited, so if you or someone you know has some extra time and wants to make a difference in the life of a young person please contact Julie on 9871 8700.

L2P Learner Driver Mentor Program Launched in Knox



Nick with reps from UnitingCare Harrison, VicRoads, Victoria Police, Knox City Council and RACV

Member for Ferntree Gully, Nick Wakeling MP was thrilled to recently launch the Knox L2P Learner Driver Mentor Program.

Overseas research has identified a 30 per cent crash reduction for new drivers with 120 hours of supervised experience compared to those with only 50 hours.

"For most young people, gaining the 120 hours of supervised driving required to apply for a probationary licence isn't a problem but it can prove very difficult for some," Mr Wakeling said.

Mr Wakeling said inexperience is the most significant crash factor for young drivers.

In the five years from 2008 to 2012, 44 drivers aged 18 to 21 years were seriously injured and 138 more sustained other injuries in the Knox City Council area.

CEO of UnitingCare Harrison Stephanie Webber said an L2P Program has long been necessary in the City of Knox.

"There is a genuine need for young people in our region to be supported to achieve their Victorian Driving Licence. We are pleased to be able to bring together the resources of VicRoads, Knox Council, RACV and Bendigo Bank to allow us to make this possible for 20 of our young people and

we look forward to seeing this program make a real difference in people's lives."

Our mentors have come from all walks of life and, as John Gonsal explains, he is eager to pass on his knowledge and experience to the younger generation.

"I am keen to give back to the community and I can see the need to help our young kids. With the support of mentors, we look forward to many success stories from our young drivers."

The Victorian Government together with road safety agencies has been successful in reducing the young driver casualty crashes by 20 per cent in recent years through measures such as the GLS, a ban on mobile phone use for all probationary drivers and a range of support programs.

Support programs include the revised road safety workshop Fit2Drive (F2D) which was launched recently and is being rolled out to Year 11 students across Victoria to tackle teenage risk-taking on the road. Other successful programs for young people include Keys Please and Looking after our Mates.



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



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AROUND OUR COMMUNITY

Multicultural Harmony Festival Knox - 29 to 30 March 2014

by Coral Carew

Following the success of the Festival in 2013, this year the Festival was held at the Polish House "Syrena" 1325 Stud Road, Rowville, home of the Eastern District Polish Association Inc.

The autumn weather was a benefit for this wonderful coming together of many nationalities.

The parking, that was free was well organised. Thank you to the attendants, as Stud Road is always so busy.

There were over 20 ethnic groups participating, some performing, others preparing foods from their culture and managing stalls. All proud of their heritage, but so happy to be called Australians.

The Official opening, which took place on Saturday, was performed by the Hon. Matthew Guy MP, Minister for Multicultural Affairs and Citizenship,

along with Cr Darren Pearce Mayor of the City of Knox. Also in attendance were Federal and State MPs, local Councilors and leaders of local ethnic communities expressing their thanks to the Senior Committee and all the participants for the magnificent achievement in organising such a grand function.

MHF Chairperson Marta Marot introduced her hard working committee who are all Volunteers from varying societies could be easily identified by their colourful red shirts.

Marta thanked them and said that she saw them as the nurturing part of the multicultural way of life, and reflected that this should not be just for the festival but a way of life.

Unity in diversity.

The choice of food was amazing. One could choose dishes from many diverse culture's all for the reasonable price of \$5.00 per serve.

Face painting for the children saw many interesting designs. The children had their own entertainment but they also joined in with the traditional Folk dancing and singing with the performers dressed in their colourful costumes expressing the love of their native country.

To conclude the opening ceremony, The Hon Heidi Victoria MLA chose the words of the song, "We are one, but we are many, and from all the lands on earth we come. We share a dream, and sing with one voice. I am, you are, we are Australian."

There could not have been a more appropriate way to encompass the amazing Festival.



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The biggest ever investment in Victoria's road and rail network

The new **\$24 billion** infrastructure program represents the biggest ever transport investment in Victoria. These new roads and rail lines will generate thousands of jobs, support new suburbs, build new transport links and expand the central business district.

A record investment of more than **half a billion dollars** is being spent on road maintenance across the state. The new infrastructure program will continue to provide benefits with the complete **East West Link** improving access for people and businesses travelling to and from regional Victoria.

Upgrades for major and country roads



Upgrades on major connections like the Western Highway and Princes Highway are underway from one end of the state to the other. A record investment of more than **\$500 million** is being spent on road maintenance. And \$1 billion over 10 years is being invested on safety upgrades for more than **200 country roads**.

East West Link



The complete East West Link will connect to the Western Ring Road

The \$8-10 billion Western Section of the **East West Link** will complete the link making it faster and easier to get across Melbourne. Melbourne's second river crossing will reduce congestion on the West Gate and remove trucks from local roads. The complete link will improve connectivity for key freight routes and destinations across Victoria to support our growing regional export industries.

Upgrading level crossings



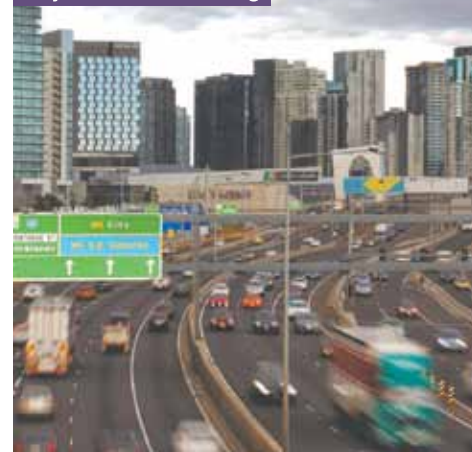
Upgrading **75 country level crossings** across the state.

Regional Freight Improvements



The **\$56 million Transport Solutions** initiative improving freight routes across the state.

CityLink-Tulla Widening



The \$850 million **CityLink-Tulla Widening** upgrade will reduce congestion and improve travel times along one of Melbourne's busiest freeways.



WHAT'S COOL AT SCHOOL?

Knox Park Primary Has Green Thumbs

Knox Park Primary School is situated in the middle of a large 'parkland'. The play equipment is surrounded by Eucalypts that are of significant status at a State level. This area is also adjacent to the Lakewood Nature Reserve. The school community is aware of the responsibility of caring for these trees and was able to secure a Community for Nature grant from the State Government to assist in this regard. This area abounds in large birds – tawny frogmouth, pied butcher birds, magpies, corellas, rainbow and musk lorikeets, and pied currawongs. The new plantings will extend a small bird habitat that was started several years ago.

The volunteer gardening group, who are members of the Foothills branch of the Australian Plants Society (APS) and the City of Knox Gardens



for Wildlife program, spends Tuesday mornings working on garden projects. Once a month eight year 5 and 6 students, aka the Green Team, assist the volunteers. They have learnt many gardening chores such as planting and pruning and have also struck cuttings using plants in the school garden, potting them up and eventually planting them out. All pupils participate in large planting projects.

One of the success stories has been the Butterfly habitat. Four years ago, to coincide with the opening of the Federal government school building program, all children helped to plant out a butterfly habitat: strappy plants such as lomandra and dianella for butterflies to lay their eggs and as food for caterpillars; as well as Goodenia and daisies for butterfly nectar. Butterflies on emerging from their pupae need warmth to move the blood into their wings so some large rocks were placed in this area. They also need water so the rocks have indentations and it is the Preps daily chore to make sure that they are filled. Signs about the plants in the garden and butterfly information have been placed near the butterfly habitat.

The first principal of the school was Fred Rogers, author of books on indigenous flora. He helped to form the Foothills APS group that initially met at the school. He planted a eucalypt to mark the centenary of State Education which still stands today. He enthused several teachers to plant native plants in their own home gardens and those teachers also helped to establish the original native gardens at the school. One of these teachers, Olga Shaw, worked tirelessly in the school garden and, on her retirement, a section of the school garden was named after her. She still helps from time to time and the Green Team assisted her in 2012 to replant her garden.

A small grant was received from Birdlife Australia which funded the planting of a small bird habitat and an information sign. Plants used were food plants such as correas and a Sweet Bursaria to provide shelter from large birds.

*Greg Paine, Principal of Knox Park Primary School
Kathryn Road, Knoxfield Phone: 9763 6533*



Technology in Schools by Rod Peterson, Principal of St. Jude's, Scoresby

One of all the aspects of schooling that I'm asked about by parents regularly is with regard to technology in schools. In 30 plus years it is without doubt the biggest change that has occurred in schools. Schools have to budget for an ever increasing demand and expectation in the use of ICT in schools, and, have to manage all the potential issues, as well as assisting parents with this.

The current generation of Prep-2 children have never known a world without ipads and smart phones, and the 'hand-me-down' phones that most children start with are smart phones – computers in their hands. Naturally enough this poses a challenge for parents and school communities alike. One cannot, and should never deny that the basics still remain in all schools – establish relationships with students and their families; provide an engaging curriculum, and never ever forget about the basics that have stood the test of time. Things like good manners, knowing your tables and good spelling strategies are still essential.

At St Jude's School our focus these days is to assist the students with their learning, as well as looking at which is the best device for which aspect of learning. We also try to assist the children and especially the families to know about how to deal with internet issues, and safety using computers in general.

There are a number of very useful resources available for schools and parents. I encourage all people of all ages to go to some of the following sites, and see what's available for them and their families to use.

- ACMA's cybersmart resource - cybersmart.gov.au
- Parent friendly information about all things online - cybersmart.gov.au/Parents/Resources/Educate%20yourself/Chatterbox.aspx
- Think U Know - www.thinkuknow.org.au/site/
- Commonsense Media (US based) - Broad coverage on all facets of the media including online. Can help parents to decide about appropriate content for their chn. <http://www.common sense media.org/>
- Collection of Cybersafety activities - <https://sites.google.com/site/cybersafetygames/>

Great News for Nathan

A Year 6 student from St Mary's College for Hearing Impaired Students had Cochlear Implant surgery earlier in May. Nathan has been most excited about receiving his implant.



He prepared for his implantation by visiting the audiologists, the doctors and the Cochlear Implant Clinic on a regular basis.

The operation at the Royal Victorian Eye & Ear hospital Cochlear Implant Clinic took 2 hours and Nathan's surgeons were satisfied with the success of the operation.

The implant will gradually be switched on over about 8 weeks until it is fully operational. It can take up to two years to make sense of the digital sounds that will be heard. During this time Nathan will be monitored by hearing specialists and supported by staff at St Mary's College.

Nathan is one of the School Captains at St Mary's College and is a wonderful role model for the younger children and his peers.

*Schools Page
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**Nick
Wakeling MP**



NEWS FROM THE LIBRARY

Tea Party Indoor Picnic

An evening of fun is store on Friday 13 June at the Ferntree Gully Community Arts Centre and Library at the Tea Party Indoor Picnic. The event is the third picnic this year, the two previous picnics were held in February and March in the park. Families were treated to a great program of music, dance, stories and activities. This time we are bringing the grass indoors and inviting families to bring a picnic basket and a rug and settle in to enjoy the skills of magician Luigi Zucchini and the beautiful music of duo Taking Time. Our MC for the evening will be Phil Smith who delighted audiences at the previous picnics with his great covers of Beatles songs. The children will enjoy the storytimes and activities with library staff Sue and Trudi. This is an event for all the family in an alcohol and smoke free environment. Parking is available in the large car park in front of the building. This is a free event with no need to book. The date is Friday 13 June at 6.30pm – 8.00pm at the Ferntree Gully Community Arts Centre and Library, 1010 Burwood Highway, Ferntree Gully.

Saturday Storytimes are a great way for dads and grandparents to share stories with their children and grandchildren. Three libraries offer the sessions Knox, Rowville and Croydon every Saturday at 10.30am during term time. Whilst we run a number of storytime events during the week the Saturday Storytimes are a chance for working parents and grandparents to share in the pleasure of a storytime with its stories, songs and activities. Rowville also offers a monthly Bedtime Storytime with children's librarian Inger. The first Friday of the month at 7.00pm is the time for the children to dress in their pyjamas grab their teddy bear and head down to Rowville to join in the fun.



School holidays will be upon us before we know it and the library staff are busy working on some new programs. Ferntree Gully Library and the Knox Community Arts Centre are cooperating to create a joint program that is sure to delight children and parents alike. Both the Ferntree Gully Community Centre and Library and the Knox Community Arts Centre in Bayswater will have some great happenings both free or at family friendly prices. Further afield the Mooroolbark and Montrose Community Centres will be offering a joint program with Eastern Regional Libraries which will offer library members concessions on a variety of children's programs.

All our libraries will be offering a mixed program of free and low fee events which aim to meet the needs of all our community. The program will be out in mid-June with copies in the library and on our website www.yourlibrary.com.au. Bookings can be made in person, by telephone or online. We hope to see you in the holidays in one of our libraries.

BROUGHT TO YOU BY MAKE IT MINE

Talking Tech with Micah Macri

Welcoming Windows 8.1

With Windows XP now ancient history, many have entered the unfamiliar computing realm of Windows 8.1. The most common complaint is that it simply doesn't look anything like what we're used to! And that's true, it really doesn't. Fortunately with every update Microsoft pushes through (they're automatic) your desktop experience will become just that little bit more familiar.

The Start Menu button in the bottom left is a welcome reintroduction, as is the X button to close programs in the top right. If you haven't got those yet they can't be far off in your free Windows Update queue.

One notably missing component is Outlook Express for email. It has been replaced by a new 'app' simply called Mail, which is included on all systems. Due to the lack of a usable migration tool, most users will lose their old emails in the transition. This especially hurts when coupled with the fact that many Windows XP programs won't work on the new operating system.

Still, despite the overall experience of Windows 8.1 being different to that of Windows XP, it's simply something new to practice with and get used to. After all, when it comes to features and security Windows 8.1 is certainly the best choice!

Micah Macri

03 8370 3525

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Micah provides computer and technology support across Melbourne's east. Call or visit online!



Rusty Arnold at work in the Library

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U3A Receives Community Grant

U3A Knox was very pleased to receive a \$1000 Community Grant from Bendigo Bank of Ferntree Gully. & Rowville, which is planned to be used as first Prize for the Art Section in the U3A Art Show which will be part of Knox Seniors Week in October. There will also be a \$1000 prize for best Craft section item and a prize for Best Landscape. Last year's show was the best ever with a record number of entries, a record amount paid in prizes and record takings. It also had the highest ever attendance. The grant received gets us off to great start towards the 2014 Art and Craft Exhibition and Sale. Entry forms should be available in June/July on our website and anyone can enter with up to 3 items per category. An additional Children's section is being planned given sufficient space for display. There will be the usual stalls - craft, book, and garden, and work in these areas is well underway. Additionally we hope to have the 98.1 radio F.M. van on site.

Meanwhile, Term 2 is continuing on schedule with some new venues in use, including the facility of the local Football Club. Several events are planned including the end of Term luncheon on Friday June 27th which will feature Hanifa Deen, a renowned author as speaker. As well as the many activities available at U3A Knox there are many such "extras" and bus trips over the 4 terms. Our website is www.u3aknox.com.au and details of current courses and the numbers of vacancies are usually available there. If you do not have access to the web ring 9752 2737 to inquire, or come to our office at 1a Park Boulevard, Ferntree Gully between 9.30 and 3.30 any week day. Park Boulevard is on the Fairhills reserve, opposite the Fairhills Primary School.




U3A Visits the lotus gardens.



U3A Bushwalkers - out and about.




U3A Caravan Group.



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Celebrating 10 Years of Interfaith in Knox

Knox Interfaith Network

... work together, with respect, understanding, neighbours, community, in dialogue

We are fortunate in our diversity. Having a community made up of so many cultures also brings to it many faiths. The selection of photographs conveys the many facets of their faith traditions, the reverence, symbolism, rituals and, most importantly, the similarities.

In recognition of our tenth anniversary, the Knox Inter-faith Network's photographic exhibition entitled Images of many communities in one has toured the Knox area over the past year.

To conclude our State Government funded project we held at a function at Knox City Council on the evening of June 2nd. We invited interested community members to join us in reflecting on the purposes and outcomes of the initiative and in acknowledging the key contributors in shaping the exhibition and making it happen.

Are you interested in what we do? We hope to share our future journey with a growing membership.

Network membership is open to any religious body or faith community present in Knox, as well as any individual living in Knox not associated with a faith community or associated with a faith community which is itself not a Network member.



Enquiries: to Peter Evans (Secretary)
on 9763 6213 (after 7pm) or at
secretary.kin@knoxinterfaith.org.au
Web site: www.knoxinterfaith.org.au



What's On?

Event	Date & Time	Location	More Information
Will I Ever Be Good Enough?	June 4, 18; July 2, 16, 30; Aug 13, 27. 10am-12pm	Centre of Wellbeing 77 Anne Rd Knoxfield	9763 0063 www.roswilson.com.au
Tea Party Indoor Picnic	Fri, June 13th, 6:30-8pm	Ferntree Gully Community Arts Centre 1010 Burwood Hwy Ferntree Gully	See Library Page in this edition or www.yourlibrary.com.au
Wantirna Wellness Nurturing Day – All About Sleep	Sat June 21st, 10am-4 p.m.	Wantirna Wellness Centre Suite 9/249 Stud Road Wantirna	Bookings 0425 735 581
Collard Greens And Gravy Cabaret Show	Sat, 21st June, 8pm	Knox Arts Mountain Highway Bayswater	Adult \$25, Conc/Student \$20, Early Bird/ERL Member \$20 Bookings: 9729 7287
The Barry Morgan Variety HourAnd A Half	Thurs, 10th July & Fri, 11th July 8pm	Knox Arts Mountain Highway Bayswater	Adult \$30, Concession/Student \$25 Bookings: 9729 7287
Fruit Tree Pruning Workshop	Sat, July 26th 10am-12pm	Chesterfield Farm Community Garden 1221 Ferntree Gully Rd	\$20 Booking required - email: digin@live.com.au
Wantirna Tennis Club 80th Anniversary	Sun, 14th Sept.	Wantirna Tennis Club, Wantirna Reserve Cnr. Mountain & Burwood Hwys, Wantirna	wantiratennis@gmail.com
Scoresby 55+ Social Circle	Every Thurs, 10am-12pm	Scoreby Football Club	Gold Coin Donation Bookings 0416 305 741
Rowville Community Kitchen	Every Thurs, 10am-12pm	Scoreby Football Club	Bookings: 0417510321 or 9753 2795
Saturday Storytime	Every Sat, 10:30am during school term	Knox, Rowville & Croydon Libraries	See Library Page in this edition or www.yourlibrary.com.au
Bedtime Storytime	First Fri of every month 7:00pm	Rowville Library	See Library Page in this edition or www.yourlibrary.com.au

Pet Insurance Saved My Life

Tiny (names have been changed to protect his identity!!!) is a large breed of dog who came from a breeder in Sydney 4.5 years ago.

His new owner was thrilled to bits when she drove back from Sydney with her new puppy and promptly came for a visit with us for a physical health check. All was well, we discussed diet, worming flea control and all the usual things we cover with new puppies. We also chatted about pet insurance and advised she take it out for Tiny "just in case". She took our advice and Tiny joined one of the many pet insurance companies now readily available for owners and their pets.

Thank goodness!

At 9 months of age Tiny presented with a left fore lameness... x-rays and arthroscopy revealed a congenital growth issue which required an orthopedic surgeon to repair!

Bill \$6,000 out of pocket expenses for the owner \$125

At the age of 2 he presented with a collapsing back end which was isolated to BOTH knees having a footballer's injury - he had ruptured BOTH of his cruciate ligaments. Another orthopedic specialist visit and surgical repair of one knee and two months later the other one!!! Sigh... Poor Tiny.

Bill \$ 4500 per knee, out of pocket cost to the owner \$250

Tiny is now 4.5 years of age and has gone on to develop not one but TWO more medical issues



which will require lifelong management and medications. Once again, these are covered by his insurance company.

We love our pets and they love us. Sadly there is no Medicare cover for them which means there medical and surgical costs are borne entirely by you – their owner.

The level of veterinary care we can provide for our pets today rivals that which we experience as people and the costs are significantly cheaper but still expensive none the less.

To lose a pet is devastating; to lose a pet because you are unable to afford it adds guilt to an already unthinkable situation.

Pet insurance can remove the fear regarding the vet costs for your loved pet, it can literally and figuratively save your pets' life.

It is so easy to do – ask us!

Alison Brown BCSc (Hons)
Wantirna Vet Clinic.

CCTV comes to Wantirna Mall

Federal Member for Aston, Alan Tudge MP was at Wantirna Mall recently announcing funding for the installation of security cameras as part of the government's Crime Prevention Program.

Wantirna Mall has been subject to crime in the past including a serious incident in 2012 at the Meko Restaurant when two men with guns held up staff and customers and demanded money. They fled with money from the restaurant till and from the purses and wallets of diners.

Since this incident the Wantirna Mall traders have been lobbying for additional security, requesting both CCTV cameras and an increase in police patrols.

The Mall has also seen incidents when bricks have been thrown through shop windows and the Goodlife Party Shop, IGA and the Community Pharmacy have all experienced robberies.

Funding for the installation of security cameras has also been announced for Studfield Shopping centre.



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NEWS IN GOOD HEALTH & WELLBEING

Do you have a fluid retention problem?
Reflexology may help!

by Marita Reynolds

Do you have swollen ankles, puffy fingers and find it hard to put your shoes on because of swollen feet? This may be due to an imbalance within your lymphatic system. When lymph flows through our bodies properly, our bodies function better and we keep better health. Reflexology techniques can assist with the flow of lymph throughout the body.

What is the role of our Lymphatic System?

The Lymphatic System is our maintenance system that helps defend the body against disease; it also collects excess lymph fluid and absorbs fat molecules. Just like we maintain our home or our car, we also have to maintain our body systems so that they function as best they can. This helps us to improve or maintain our general well being.

People who have health challenges such as swelling, fluid build-up, tightness, discomfort or constantly get sick may benefit from Reflexology. Often we forget about the Lymphatic System until we feel discomfort. Reflexology can help to improve the flow of lymph fluid. People who sit for long periods of time or lack regular movement are more prone to fluid retention. Our lymph system needs movement, so, if you are unable to move, others may help you by generating the movement for you, for example, a Reflexologist or a Massage

therapist. These practitioners can use lymphatic drainage massage that initiates muscle movement and improves the flow of lymph throughout the body. Relaxation and breathing techniques can also help to shift lymphatic fluid.

Sole Response Reflexology has an offer for winter to help assist with moving lymph and keep coughs and colds away. This offer includes a 30 min session including relaxation and reflexology lymphatic drainage sequence for \$50.00. Come and try it for yourself, you may be amazed by the results. Offer valid till 30th June 2014.

Marita Reynolds teaches 'Meditation for Life' each term on a Thursday evening and is available for Chi Reflexology appointments Monday and Fridays each 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 special advert page on the back page of this edition.

Wantirna Wellness next Nurturing day "All about sleep" is about giving you a day of rest and relaxation with some helpful tips on how you can help yourself to sleep better. This will be Saturday 21st June from 10am-4pm. Bookings are essential. Please phone Marita on 0425 735 581.



Reiki & Ear Candling
- The Benefits of Healing
by Christine Cooper

Reiki is a hands-on healing modality promoting the flow of Universal or Life Force energy. It is a simple, natural and safe method of healing that treats the whole person and can be used in conjunction with all other medical and therapeutic techniques.

Reiki promotes self-healing and has many benefits such as relaxation, increase in energy; release of stress and balances the whole body. It is safe for all including children and pets.

Ear Candling is a pleasant non-invasive healing to promote health and wellbeing. Primarily used to relieve conditions such as sinus and headaches, ear candling is also great for relieving stress and can be very calming and relaxing.

As a healer it gives me great joy to help others with their own healing and development.

To learn more about Christine and other services please see www.reikiconnections.com



Christine Cooper

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ADVERTISEMENT

Gas Appliance Service Repairs And Installations

With winter well and truly here now we need to ask ourselves "When was the last time our gas heater was serviced? This question should be asked regardless of whether you are a property owner, landlord or tenant. The office of Gas Safety recommends having your heater serviced at least every two years and a carbon monoxide test conducted. Carbon monoxide (CO) is an odourless, colourless gas that can be produced by faulty gas heaters. Causes can be a blocked flue, not enough ventilation, or when exhaust fans are used in kitchens or bathrooms that can draw these gases back into a room.

The symptoms of CO poisoning include tiredness shortness of breath, mild to severe headaches, nausea and vomiting, weakness and sleepiness. If poisoning is extreme, it may lead to confusion, loss of consciousness and death. Symptoms may occur when using, or immediately after using a gas appliance.

To protect your family get your gas heater inspected every two years by a registered or licenced gasfitter who must use a CO analyser to test your appliances.

Also ensure there is adequate ventilation and regularly check the colour of the flame in the heater.

Look out for soot or discolouration around the gas appliance, yellow flame, heater going out after a short time for no apparent reason, debris falling down the flue or a missing or damaged cowl on top of the flue pipe as any of these conditions may indicate the existence of a problem.

As a licenced and registered gas fitting company Gaspipe Plumbing is offering readers of this publication a special winter offer for the month of June if you mention this article when booking. A Gas Heater Service which includes 30 minutes on site and CO test for \$99.00 (normally \$125.00, note parts and extra time will be charged in addition to service call)

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NEWS IN GOOD HEALTH & WELLBEING



News from the Osteo
with Dr. Jason Stone

Osteopathy for Maternal Health

From planning a pregnancy, carrying an unborn child to coping with an unsettled baby, osteopathy can help throughout all stages of maternal health. The musculoskeletal system undergoes amazing changes in both Mother and Baby, which can have profound physical and emotional affects.

Birth is a traumatic process; in fact it is probably the most traumatic process we will ever experience. During labour your baby is subjected to compressive forces as the uterus contracts to assist delivery. As the birthing process continues your baby's head undergoes "moulding" where the bones of the skull overlap and warp to allow the baby to descend through the narrow birth canal.

After birth, this moulding returns to normal in the first few days of life as the baby feeds, yawns and cries. Occasionally moulding is persistent, particularly if there has been a more difficult birth requiring forceps, vacuum or caesarean.

Common conditions arising in infants include: Flat Head (Plagiocephaly), Colic and Infantile Reflux.

Osteopaths use a variety of safe and effective hands on techniques to address the musculoskeletal strains and restrictions causing the many symptoms a Mother or Infant can experience. At Wantirna Osteopathy we have two very experienced and passionate osteopaths in Maternal Health, Dr. Caroline Teh and Dr. Patrick Lee, who have helped many new mums and their infant children through a challenging period.

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To make an appointment with Caroline or Patrick contact Wantirna Osteopathy on 9800 0388 or Book Online at wantirnaosteopathy.com.au

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

Body Image Issues - Something To Think About

Body image refers to the perception of our own bodies. Approximately 7 out of 10 people have negative thoughts and feelings about their physical appearance. In the past, negative body image has been associated mainly with females, but times are rapidly changing. Mass media has come a long way in reducing discrimination between the sexes. It appears now that the male body is no longer good enough either!

The best way to improve negative body image is to work out where your negative beliefs stem from. Here are some suggestions to explore:

Mass media- media portrays a strong image of what attractiveness is, yet how much is real? How often do you see a person in real life that looks like one you have seen in a magazine? See if you can find a magazine that is not photo shopped, and if you are lucky enough to find one, notice the difference. Most of the people you see in media have had hours spent on makeup, hair and wardrobe, and rely on lighting and camera angles to enhance them.

Family/partners/ friends- it is normal to compare ourselves and take notice of comments that come from the ones we care about the most. With the best of intention, these comments can play a big role in negative body image, and when coming from people you love, these messages can be hard to ignore. You should not be defined by the way you look, and a healthy body is the most important thing. Remember slim or muscular does NOT define health. In regard to partners, physical attraction is important, but your appearance shouldn't be the most important thing.

Puberty- With all the changes that occur during puberty, self-esteem and self-perception can take a beating. So much so that it can affect you way into your adult years. If you are going through puberty, I can promise you this stage will end, for those of you that may carry emotional scars from a younger time, it is worth exploring how to rid yourself of those negative beliefs.

It is important to remember, negative body image affects both sexes and all ages. If you are amongst the 7 out of 10, ask yourself how many of the influences surrounding your own self-belief, are manufactured by clever marketing, or opinions stemmed from another's perception of normal.

Natalie Wild
Redefine life, Centre of Wellbeing
77 Anne Road, Knoxfield, Vic.3180
Ph: 0415 544 325 Email: natalie.wild.counsellor@gmail.com

WILL I EVER BE GOOD ENOUGH?

LADIES !!!!!!!!

- Do you sometimes feel you have flunked childhood and it's all your fault?
- Do you feel not good enough?
- Is it difficult to give yourself credit?
- Do you overachieve but still feel lacking?

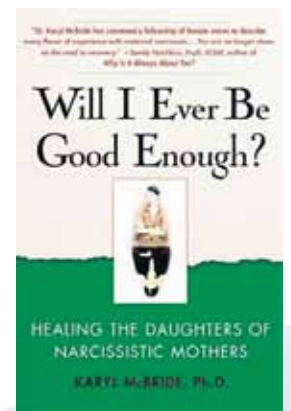
Dr Karyl McBride, a licensed Marriage and Family Therapist, has created a 5 step recovery program to help daughters of narcissistic mothers start to heal and find answers to the many questions they have had.

Ros Wilson is a Professional Counsellor (ACA) and Counselling Supervisor and has completed the Therapist's course that Dr. McBride has implemented. You can also book an individual counselling session.

This is one of the most talked about topics on the street at the moment - if these questions ring a bell with you or someone you know - come and join our "Daughters group" Wed fortnightly 10am -12pm. There you will find ladies who speak the same language and have a similar understanding, we "Get It".

Call Centre of Wellbeing
03-97630033

77 Anne Road Knoxfield Vic 3180
(www.roswilson.com.au)



Scoresby Seniors No longer Disadvantaged..

Local resident, Val Johnson, approached Cr Nicole Seymour as she recognised through observation and her own experience, the need for a social group for seniors in the Scoresby area.

According to Mrs Johnson, "Scoresby is known to have fabulous amenity for families but there is nothing for seniors, particularly those who don't drive". The 2011 Census confirmed twenty three percent of Scoresby's population are over the age of 55 and there are many who have lived in the area for 30 plus years.

Having identified and confirmed the need, the challenge was set to find an appropriate venue that was central to Scoresby Village and accessible to all, whether by car, bus, walking or scooter.

Centrally located in the heart of Scoresby, on the fringe of the Scoresby Village shops is Exner Reserve, home to Scoresby Football & Cricket Clubs. The Exner Reserve pavilion is one of Knox's finest sporting pavilions and as it turns out was not used weekdays. Discussions commenced with the tenant Clubs, both of whom were pleased to share the facility with local seniors. The Scoresby Football Club has been really proactive in supporting the formation of a local seniors group, recognising the importance of the Club connecting with its local community and of increasing the profile of the facility throughout the municipality.



With a venue sorted, other community partners were sort who may be able to assist with the formation and running of the group especially in its early formation stages. Cr Seymour approached Rowville Neighbourhood Learning Centre who already run similar groups from the Rowville Community Centre and who have the resources and experience deemed required. Kerry Cronjaeger, Manager at RNLC was excited at the proposal and was keen to support the initiative given clear synergy with what RNLC aims to achieve in the southern part of the Knox municipality.

And so, after much discussion, collaboration and organization "Scoresby 55+Social circle" was formed.

On Thursday 24th April the first Morning Coffee was held, and over 20 people not only from Scoresby, but as far away as Kooweerup came together to enjoy friendship .



The mornings are unstructured; just a group of people getting together for morning tea, a chat and usually a good laugh. Participants are also somewhat spoilt by delicious cakes baked especially for the group by Rowville Community Kitchen who now share the venue for their fantastic community lunches.

There has been some initial discussion about how the group can grow and evolve based on the needs of the community. Ideas floated included guest speakers, themed weeks or games. It is foreseen that once the group is well established, the coordinators will introduce a once a month morning melodies program to compliment the weekly coffee and chat sessions.

There is no membership fee, just a cost of \$2.00 entry, which covers a delicious morning tea.

The group meets every Thursday from 10.00am to 12 noon.

All are welcome, Enquires to: 03 9764 1166 during business hours

But Wait: There Is More Good News

The Rowville Community Kitchen has now relocated to Scoresby too.

Rowville Community Kitchen was established nearly three years ago and provides a somewhat unique service to the Knox community which combines specialised job seeker hospitality training with "Rescued Food" to deliver delicious nutritious two course lunches to the local community for nothing more than a gold coin donation.

The job seeker training provides hands on tailored training and mentoring for early school leavers, young adults with intellectual disabilities and in some cases long term unemployed or Mum's returning to the workforce after years of home duties, delivered in a manner that acknowledges the learning challenges often experienced by these groups.

Principal of Rowville Community Kitchen is Christine Smith and she is super passionate about food. More specifically, Christine is committed to reducing good nutritious food ending up in landfill when there are

so many people who need it. Christine's catch cry is "Waste No More" and Rowville Community Kitchen is doing all that it can to stem the problem. RCK are part of the Second Bite program. They receive food from local supermarkets such as Aldi Rowville and bakeries which they use in the kitchen to prepare delicious meals for their Thursday community lunches. They also redistribute any excess to disadvantaged persons/ families in the local area as well as have a "freecycle" offering at the lunch where diners are welcome to take excess home free. In the past few weeks, there has been bread, veggies and pasta available.

The weekly highlight of RCK's community service is the community lunch they host every Thursday.



Once they have received their donated food, they know the ingredients they have in which to determine the menu for the week. It's a bit like a Masterchef pantry challenge. Chef Greg, finds out what he has to use as ingredients, he and Christine then brainstorm recipe ideas and a meal selection is put together. Every week is different, but delicious none the less. Some recent examples include Sheppard's Pie followed by fresh fruit in a chocolate basket and Beef casserole with steamed rice followed by fruit crumble with custard. The job seekers enjoy it too, as they get to put into practice what they have learnt helping to build their confidence and foster a sense of purpose.

Up until recently RCK operated from Kingsley Close Rowville, however working with Knox Council, have been able to relocate to a Council community facility, namely Exner Reserve pavilion in the heart of Scoresby Village. Their new home is well located, has heaps of parking and is more accessible for those who rely on public transport. Dining in the Pavilion is a lovely experience, especially with the sweeping views of the oval and surrounding park land.

The community lunches commence at 12 noon. They consist of two courses, a main and desert including a cold beverage and tea/coffee. All are welcome, although it is necessary to book in advance. To book phone Christine on 0416 305 741 or visit Rowville Community Kitchen's facebook page.

Melting Pot

I was listening to the car radio recently when a song came on that was a "blast from the past". It was "Melting Pot" by Blue Mint. If you Google the lyrics the term "politically incorrect" will probably spring to mind, especially the verses. However, the genuine intent of the message is not.

The chorus probably sums up the importance of this classic song, especially if you don't take the last line literally. It goes like this - "What we need is a great big melting pot. Big enough enough enough to take the world and all it's got. And keep it stirring for a hundred years or more. And turn out coffee coloured people by the score."

Of course, if this literally was possible it would be very boring for future generations with the world population all being the same. But the intent of the lyrics tell us that underneath our skins we actually do belong to the same race - the human race - and our hopes and needs are very much the same world wide.

Unless you are only of Aboriginal heritage, you or your ancestors have contributed to the melting pot we call Australia and indeed the one we call Knox. The original inhabitants of our local area were the Wurundjeri and Bunurong people of the Kulin nation who have occupied this part of Melbourne for tens of thousand of years. Indeed there are still hundreds of Knox residents with indigenous heritage.

Like most of Australia, Knox has been an ongoing transition over the past almost 180 years as waves

of nationalities moved to the area, especially after incidents that occurred in world history; the Gold Rush, the Irish Potato Famine, World War One, World War Two, the Vietnam War, and other conflicts in Asia, Africa and the Middle East. Many were fleeing from conflict, but most just seeking a better life for themselves and their families. And that common dream is why Australia has by and large been a harmonious, tolerant and accepting "melting pot".

Anyone who has flown from the UK or back will complain about the 24 hour plane trip, myself included. Yet my great grandparents spent months at sea in a wooden sailing ship in the late 1800's. and I'm thankful for the courage they showed to make that risky journey as many millions have since. Of course thousands have lost their life in that pursuit.

In Knox 28 % of residents were born overseas. Of these residents approximately 8 % are from English speaking countries such as the UK, Ireland, New Zealand, USA and Canada.

About 6 % are from other European countries. Almost 4% are from India or Sri Lanka and about 3% from China and Hong Kong, just under 2 % from Malaysia and Singapore, Vietnam 0.8% and the Philippines 0.7%.

Other nationalities from Central and South America, Africa and the Middle East, Asia and South East Asia, and the Pacific and Indian Ocean nations make up about 3.5 % of our locals.

SCOTT WARD NEWS



"The Laos people of Knox celebrated their New Year on Saturday 17th May. Many people in Knox are unaware the large number of Laos, Cambodian and Thai living in our community."

Recently we had our second Harmony Festival at the Polish club in Rowville. The Harmony Festivals sprang from councils Multi Cultural Advisory Committee that both Cr. Joe Cossari and I sit on. Residents experienced the many cultures, music, dance, food and hospitality offered by Knox's many cultural groups.

Knox is home to the Hungarian, Polish, Italian, Pancretan Clubs and the Chinese Association of Victoria as well as many more.

In fact we are home to residents that have moved here from almost 150 different countries and that interesting mix can only continue to make our city, our state, and our nation, richer for that input of cultures and the dream of a better life for all.

Cr David Cooper

Scott Ward, Knox City Council

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**

Harlequin Rounds coming to Rowville

The Round Dance Association of Victoria (RDAV) club meets every Monday night in Heatherton. Harlequin Rounds had its 3rd Birthday celebration dance on 7th April at Heatherton. As well as the regular members there were several visitors attending and the dancers enjoyed a mixture of waltz, rumba, cha, foxtrot and 2-step. Pat, Ella and 'learner' Alison were guest cuers. Ella's 'Progressive Waltz' had everyone changing partners. Mike from Jaybees Square Dance Club even called a couple of square dances to add to the fun. Everyone received a party hat upon arrival and the winners of the Lucky Hat raffle were Marj and David. It was a great party gathering, excellent and varied dancing with plenty of chatter and a huge supper.



Coral cueing

Coral Wegmann the teacher and cuer of Harlequin Rounds and current President is starting Round Dance tuition at the Rowville Neighbourhood Learning Centre in the Rowville Community Centre, 40 Fulham Road, Rowville. The Neighbourhood Learning Centre is now accepting 'Expressions of Interest' for Round Dance classes. Contact them on 9764 1166 or inquiries@rowvillenc.org.au to register. The classes could start as early as Term 3 (Week commencing 13th July) if enough people register. A daytime class or an evening class are possibilities.



To find out more about the fun you can have round dancing, contact Coral on 0407 814 686 or visit the RDAV website: www.rounddanceassociationvictoria.org.au. Have a look at the new videos to see the dancers in action!

3rd birthday celebrations

Model Dolce!

Photography by Ashley Perez

This photograph is a portrait of model Dolce! As you can tell she loves the camera! I took this photograph a while back of Dolce, I wanted to get in the perfect shot to reflect how the light shines through her eyes and the way Dolce looks at me at the right moment for me to be able to get the brilliant shot of her!

I took my time editing the photograph because I wanted it to be one of the best photographs I can produce. I decided on making the picture black and white because it looked amazing compared to the others I had lined up.



THE ARTS IN KNOX

Season Three

Juliana Smithton is a successful neurologist whose life seems to be coming unhinged. Her husband has filed for divorce, her daughter has eloped with a much older man and her own health is in jeopardy. In this brilliantly crafted work, nothing is as it seems. Piece by piece, a mystery unfolds as fact blurs with fiction, past collides with present and the elusive truth about Juliana boils to the surface.

a play by
Sharr White

by arrangement with
WILLIAM MORRIS ENDEAVOR
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Directed by Barry O'Neill

Performance Dates:
August 15 to September 6

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The Other Place

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Ticket price includes complimentary parking, programme, sherries before, tea/coffee and biscuits at interval and wine and fruit juice and finger food with the cast at the end of the show.

WHERE: The Basin Theatre, Cnr Doongalla and Simpson Roads, The Basin (just outside Boronia)

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PHONE BOOKINGS: 1300 784 668 (Ticket sales between) 7pm and 9pm only

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A new and exciting listening device is on the market. We now have at our disposal a hearing device that people are not only keen to use but just as keen to recommend to their friends and family.

Surveys have shown that:

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- 94% recommended the device (LYRIC), to their friends
- Up to 80% intend to re-subscribe.

Our clinic is one of only a few that have the necessary equipment and clinicians specially trained in fitting and prescribing Lyrics. It's the only device that people want to wear. The device that patients tend to recommend to others.

It provides natural sound that uses the natural contour of the ears anatomy, leading to natural spatial awareness and natural/better speech recognition.

Hassle free, suiting patients with dexterity and cognitive deficiencies.

The only hearing device that gives us the option of a do-over when new technology becomes available. i.e. already fitting Lyric 2.3 with Lyric 3 just around the corner. Eighteen months ago we were fitting Lyric 1.

The fact that it is worn 24/7 allows continuous auditory stimulation. This has been shown to have a positive effect via neuroplasticity on a patient's overall cognition as well as slowing down the devastating effects of dementia and other conditions that cause cognitive decline.

Studies that are currently taking place with the Lyric are:

- Tinnitus: the positive effect of 24/7 acoustic stimulation leading to suppression of tinnitus.
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no mess, no fuss, invisible
hearing aids available

News from the Victorian Jazz Archive (Now known as the Australian Jazz Museum)

The Passing of a Jazz Man

by Ken Simpson-Bull

Eric Brown was a jazz historian, researcher, collector and writer. He was a founding member of the Victorian Jazz Archive and was the official Registrar for many years. Eric's greatest passion was New Orleans jazz and he visited that city, the cradle of jazz, on more than one occasion. He even arranged an Australian concert tour of world-famous New Orleans jazz trumpeter Alvin Alcorn in 1973.

Eric died peacefully, aged 82, in April this year after spending several months in nursing care. However, before his passing he donated his life-long collection of Jazz artefacts to the Jazz Archive. So large was Eric's collection of records, audio tapes, CDs, books, scrap-books, magazines, posters and much more that it took two truckloads to transport it to the Archive.

The requirement to store this huge and valuable collection required the complete refurbishment of

an under-utilised area at the Archive into a fully lined and insulated room which has been named "The Eric J Brown Room" in his honour.

Eric's funeral on 1st April was a fitting tribute to his passion for New Orleans jazz. Three Dixieland jazz bands featuring many well-known vintage performers led the procession into the Boyd Chapel at Springvale and the service was performed in the manner of a traditional New Orleans funeral with jazz hymns and blues played throughout. The casket was accompanied by the bands as it left the chapel. Eric would have been delighted.

The Australian Jazz Museum (formerly 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



AcuteHearing Solutions



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www.acutehearing.com.au

- Acute Hearing Solutions is a family practice, which has provided friendly, personalised service to the community for over 25 years
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Ringwood (Bond St Specialist Centre)
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Wantirna (Wantirna Mall Clinic)
621 Boronia Road, Wantirna



Treasure Trove Found In Ferntree Gully

To transform your home or Office, visit Home LahBliss, stepping through the door you will find a Treasure Trove of designer goods. All on your doorstep at 11 Edina Road cnr Nairana Road Ferntree Gully.

Owners Shirley and Frank, are most welcoming. If you are looking for something "different" to brighten up and style your home then a visit to Home LahBliss is certainly worthwhile.

Shirley is passionate about interior styling and will use her expertise to help you create the best look for any room in your home or office. Or if you are looking for that special gift you are sure to find something here.



Frank looks after the floor coverings side and will show you through the range of rugs, carpet, timber, laminate, vinyl and runners. Carpet short-ends and runners are also overlapped on site.

Free measure and quote on supply and installation of floor coverings including removal of old coverings and moving of furniture.

You will be impressed when you see displays of cushions, throws, table runners, table and floor vases, decorative flowers, votives, wall art and more. There are some unique chairs, consoles, lamps, figurines, mirrors and much, much more.

Customers have commented that this place is a gem.

Contact details: 03 9753 5465
www.homelahbliss.com.au

Time for a Cut Back

by Melissa Carr



How nice it is to have the change of seasons that bring variety into the garden.

Now that the last of the summer produce has been picked, it's time to be preparing for our winter crops. While most of our fruit trees are barren it's easy to put our attention elsewhere or to huddle indoors in the warmth.

But there's something invigorating about being in the garden in the crisp winter air and spending some time sculpting your fruit trees is the perfect task for a cold winter's day.

Fruit trees should be pruned annually, from as young as possible, in order to keep them healthy and manageable, increase yield and maintain an appealing shape. Pruning trees can be a daunting prospect for those who have little experience. Help is at hand! Horticulturist Jessie Buckley is running a Fruit Tree Pruning Workshop at the Chesterfield Farm Community Garden on Saturday 26 July, 10.00-12.00 \$20 to book a place email: digin@live.com.au



CHESTERFIELD
FARM
COMMUNITY
GARDEN

Spare a Thought for Our Bees

by Peter Reynolds, Permaculture
Design Cert. SCP1

We are all familiar with bees, but have you ever given any thought to their vital role in human food production via their pollination activities? The common honey bee (*Apis mellifera*) lives in a hive colony which may contain over 50,000 bees. Typically there is only one queen bee in the hive at any given time and she can lay upwards of 1000 eggs per day.

The majority of bees within the hive are female workers and these bees have varying roles from nurse bees tending the young, guard bees defending the hive entrance and foraging bees which leave the hive and can travel many kilometres to collect pollen and nectar from flowers. A honey bee visits 50 to 100 flowers during each collection trip. A hive of bees will collectively fly over 100,000 km in total to produce 1 kg of honey.

On returning to the hive, the pollen and nectar are converted into honey which is stored within the hexagonal array of waxy honeycomb. This honey acts as a food store for the entire colony of bees.

During summer, a worker bee may only live for several weeks, as their continuous foraging for nectar extracts its toll. In winter, the bees can live longer in the hive as they are less active.

It is widely believed that bees are responsible for about 35% of pollination of agricultural crops and without such pollination, we would see a significant decrease in the yields of fruits, nuts and vegetables. Consider that every third mouthful of food you eat is due to the collective efforts of bees.

Worldwide, bees are under enormous environmental pressures from pesticides, parasites and unsustainable agricultural practices. At present, Australia is the only country free of the parasitic Varroa mite. In the United States, China and Europe, bee populations have been decimated and the implications for agriculture and future food production are very serious.

Things we can do to assist bees;

- Minimise our use of insecticides and herbicides in the garden.
- Plant a wide variety of flowering plants which bloom from early spring to late autumn.
- Consider having a backyard bee hive. This is becoming more popular.
- Buy local organic honey. Support local beekeepers.

Next time you see a bee buzzing about a flower, spare a thought for these tireless workers and the gifts they bring to humanity.



News from

Ringwood Field Naturalists Club Inc. by Alison Rogers

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

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

Speakers

At our April meeting local naturalist Murray Bouchier providing a talk titled 'French Island'. Murray could be described as a French Island expert, having been involved with conservation on the Island for many years. His presentation kept us entertained with his light hearted comments on the islands geography, flora, fauna and history. This was a great lead up to the excursion we had the following weekend to French Island.

Our May meeting was a treat with Valerie and Peter Fowler talking to us on 'Birds, Flowers, Wildlife of Peru'. They spoke about their three month bird watching trip to Peru and Ecuador. Their presentation was illustrated by many images of beautiful colourful birds, butterflies, lizards, monkeys and squirrels. An interesting talk to a place many of us will never visit.

Excursions

In April - the Club outing was to French Island lead by Alison.

Following our talk on French Island, 29 members headed over to the Island in Western Port Bay leaving from Stony Point on the ferry. We spent the day travelling all over the Island to wetlands and forested areas with Lois a local tour guide. Lois is a 4th generation Islander who knew the Island and its history like the back of her hand. We were shown many parts of the Island, with emphasis on birds (50 species for the day) and plants. We looked out over the mangrove coastal area and could see as far as Phillip Island. Our final stop was a Devonshire tea with homemade jams and sampling chicory coffee at Lois's historic 'Chicory' kiln. A very enjoyable day was had by all and I am sure we will visit again, maybe in orchid season



Photo: Alison Rogers

In May - the Club outing was to Bunyip State Park lead by Jack.

Bunyip state Park is a beautiful untouched area that has become a favourite with members of our group. At this time of year our focus was on fungi. The rain with a couple of warm days had produced a great variety for us to study. There were many dirty knees as members got down to photograph and identifying fungi and mosses.



Photo: Jack Airey

In the coming months our speakers will be:

June -There will be two short talks.

The first talk will be Club member Ron Smith who will speak on "Gardens for wildlife/Knox Park School"

The second talk will be Club members Judi & Steve Duke who will speak on "The Flinders Ranges"


July -Speaker: Ann Williamson

"Scotia Sanctuary Fauna Monitoring Program"

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

All visitors are welcome.

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



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

3 Olivebank Rd FTG Melways ref. 65 D12



Knox Safer Communities

Lock it or lose it

Police in Knox continue to warn about theft of valuables from cars. Don't take risks. Don't make it easy for the thieves. Whenever you leave your car:

- remove all valuable items
- lock all doors and close all windows
- remove GPS units and wipe the suction mark off the window
- park your car in a well-lit and secure area
- when at home, park in a locked garage if possible, or off the street in your driveway

Commonly stolen items are: money, wallets, credit cards, tools and power tools, If you must leave valuables in your car – place them in your boot where they cannot be seen. Do not leave personal documents such as registration or driver's licence in your car. These items contain your home address. Install a car alarm.

Keep your community safe.

Report all crime, property damage and theft. In an emergency phone 000 for police, fire or ambulance, or report to

Knox Police Station 9881 7000

Crime stoppers 1800 333 000





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COMMUNITY NEWS



Knox & District Over 50s Inc.

PLEASE NOTE OUR MEETINGS START AT 1.00pm

Winter will soon be upon us and there is nothing more warming than the company of the Knox Over 50s group. A number of our events have already taken place and more are planned. Membership for 2014 is now open but filling up fast as most members from last year have renewed their membership and we have had a number of new members who have joined this year. The subscription is a low \$15.00 for the year and has been maintained at this level for the last two years. 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. In June we have a visit to the Nova Music Theatre to see Phantom of the Opera and in July we are going to see Les Miserables at Her Majesty's Theatre. The club holiday to the Gold Coast in September is now full and there is a waiting list for this 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, 24 June 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.

Enjoy your retirement, join us today.

We offer many activities, friendships, and company.

For \$20:00 per year.

You can find us either inside or outside, in the great outdoors and even at the Yarra Glen harness racing.

Weekend Getaways, Walks, Card Games, Board Games, Craft, Painting, Music Appreciation, Bus Trips, Extended Holidays, Badminton, Garden Outings, Dining, or even in the pool doing Water Aerobics, and this is very sociable too.



If you would like to know more about our friendly club, please ring Melva or Helen. With your name and address the current newsletter can be posted to your letterbox. Or you can contact us on the net at 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

Australian Rotary Health in Action

Each year a group of local Rotarians, their families and friends set out to do a bike ride over five and a half days to raise funds for Australian Rotary Health.

This year they rode in excess of 675 kilometres in the Bendigo area and have so far raised over \$25,000 for the ride.

The bike ride started in 1986 with only a few riders but as the numbers grew it became the "Rotary Ride for Research \$\$\$'s" - in fact other Rotary Districts in Australia have adopted the idea.

Over the years, the ride covered an incredible 24,000 kilometres and has raised over \$900,000 for Australian Rotary Health (ARH), making our "Rotary District Ride for Research \$\$\$'s" one of ARH's major fundraisers.

Australian Rotary Health (ARH) is a major Research Fund and Grants organisation.

It is the largest Australia-wide activity undertaken by Rotary.



THE ROTARY CLUB OF BORONIA

meets on Tuesday nights at 6.30pm for a 7pm start at the Knox Club (Cnr Boronia and Stud Roads).

Anyone interested in Rotary is welcome to join us.

For further information see our web site at

<http://www.boroniarotary.org.au/>



The Australian Rotary Health Board allocates research grants on the advice of a Research Committee that comprises eminent medical and paramedical professionals. Since 1985 over A\$33m has been allocated to approximately 566 grants for research and scholarships into such areas as:

Sudden Infant Death Syndrome, Environmental Health Projects of the Aged, Adolescent Health, Family Health Research, Mental Health Research, and many other research areas.

Medical research is the primary beneficiary of funds from Australian Rotary Health and since the year 2000 Mental Illness has been the main focus of research funding. Rotarians in our District have contributed A\$2.7m since allocated grants commenced in 1985. All donations over \$2 are tax deductible and you can donate on line at www.everydayhero.com.au/event/RotaryRide2014

The "Rotary Ride for Research \$\$\$" will be on again next year in March 2015; riding to Ballarat. The Ride is coordinated jointly by the Rotary Clubs of Boronia and Healesville. Anyone wishing to ride and raise funds for ARH is welcome to join us. For further details please email the ride coordinator at ridecoordinator@rotaryrideforresearch.com.au

National Volunteer Week, 12th-18 May 2014

National Volunteer Week is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the important role volunteers play in our communities.

On Monday 12th May, Bridges Connecting Communities started the celebrations with a fantastic breakfast to thank the work of our wonderful volunteers who generously donate their time to support the people in the community of Knox.

The breakfast, that was held at Quest Knox Q R Restaurant Mountain Highway Wantirna, kicked off at 8am with approximately 50 people in attendance.

The Honourable Heidi Victoria MLA, local member gave an excellent speech thanking all volunteers and giving the attendees an overview of her life as a volunteer.

Rick Hammond from Second Bite was the guest speaker.

He spoke of his time as a volunteer, and emphasised how valuable volunteers are in the community.

For more information on Volunteering Contact, Lyn Maestri at Knox Volunteer Resource Centre on (03) 9729 9499.



Combined Probus Club of Wantirna Heights Inc. by Bill Watson

15 of our members recently enjoyed a wonderful tour of Tasmania. They were accompanied by members of Studfield, Bayswater North Probus clubs and friends from Geelong and Lilydale - 32 in all.

The fun began from pick up in Wantirna by the tour leader, Tony. Thankfully, we experienced a very calm crossing on the Spirit of Tasmania and were met in Devonport by our bus driver.

He was a bundle of knowledge and took us to Cradle Mountain, Beaconsfield and many other places of interest. We were entertained for the whole trip. Also laughed a lot. Accommodation at Launceston Country Club was excellent.

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

The Ferntree Gully VIEW Club

Meetings are held at the Knox Club on the fourth Monday of the month.

The June Luncheon is on the 23rd at 11.30am. This is our Birthday and we are having a Postie fashion parade. We are asking people to dress in red if possible. New members and visitors are most welcome. To book please ring our President Isabel 9758 5435.

The July Luncheon is on the 28th at 11.30am. Our speaker is Carol Chai and she will speak on Cambodia. New members and visitors are most welcome. To book please ring our President Isabel 9758 5435.

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

LIONS CLUB NEWS

Wantirna Lions Club Fundraiser for Oscar

The Wantirna Lions Club is coordinating a community fundraiser to raise funds for a special vehicle for "Oscar the Brave". Oscar who is 9 has been diagnosed with Duchenne Muscular Dystrophy (DMD) which causes muscles to break down. The disease effect 1 in 3500 boys, is genetic and has no cure.

Oscar will soon be permanently wheelchair bound and the family are in urgent need of a

suitable vehicle to accommodate an electric wheelchair.

The vehicle is vital for Oscar to attend medical appointments, the Children's Hospital, weekly therapy, school outings and his beloved football games.

Tax deductible donations may be made to the Lions Club "Oscar The Brave" -Vehicle Project BSB 633 000 Account Number 151578317 or a cheque can be sent to Lions Club Wantirna PO BOX 5199, Studfield 3152.

For more information on Oscar and his story, visit oscarthebrave.org.au



Oscar with his sister Madison, Lions Club members and the Mayor, Darren Pearce, Cr Joe Cossari, at a recent BBQ to raise funds and promote the fundraiser.

Nova Pharmacy Participates in OXFAM Trailwalker

Team "Agony of De Feet" from Studfield, participated in the OXFAM Trailwalker on the 2nd to 4th of May.

The team members were Jeff Gallagher, Eileen Williams and her husband Rob, all from Nova Pharmacy, plus Ila Sachdeva, from the Dental Surgery of Dr Sachdeva.

The trail started at Jells Park and was quite rugged as well as wet. Most of the team completed 100kms, but for one, who retired injured at 75kms.

The Team have raised over \$2000, which was their target. Well done !!!!!



**Studfield Shopping Centre
203 Stud Rd, Wantirna Sth
9801 2111
www.novapharmacy.com.au**

Credit Reporting - What you need to know

What is a credit report?

- A credit report details your credit history
- It contains information about your personal details, credit or loans you have applied for, defaults and any other credit infringements.
- Also public information such as court judgements, debt agreements, personal insolvency agreements and bankruptcy.

What's in your credit report?

COMPREHENSIVE CREDIT REPORTING was introduced 12th March 2014, there is now lot more information on a credit report

Repayment History Information (RHI) – Licensed credit providers or a mortgage insurer can collect information about your repayment history on personal loans, home loans, credit cards, consumer leases and property loans. Financial institutions have been allowed to collect this information since Dec 2012 but it will only be seen on your credit report from 12 March 2014. Repayment history information includes:

- Date your credit payment was due
- Whether or not payments were made by the due date
- Dates of missed payments

Your credit report will NOT include repayment history information about utilities (gas, electricity & water) or telcos (land or mobile phones or internet) – these are suppliers NOT licensed credit providers as per the National Consumer Credit Protection Act).

Why we need a credit report? – Credit providers use the information in your credit report to help work out whether you can afford a loan, or larger credit limit on an existing loan, and whether you are likely to repay it.

How does your credit report work? – Your credit report details your credit history. Credit reporting agencies collect information from credit providers who subscribe to their services.

COMMUNITY NEWS

Where you can you get your credit report if you live in Victoria?

- Dun and Bradstreet www.dnbcreditreport.com.au 13 23 33
- Veda Advantage www.mycreditfile.com.au 1300 762 207

You can access a FREE copy of your credit report once every 12 months or if you are rejected for credit – it takes approx 10 business days to arrive. You can do it quicker on line but there is a fee.

Changing an incorrect listing – If you don't agree with what's on your credit report, you can request to have it changed. Incorrect listings should be changed for free - contact your credit provider or credit reporting agency. Avoid credit repair agencies – they charge a fee to 'fix' your credit report. If a default is legitimate- it may not be possible to 'fix' it.

Free help from an Ombudsman – If you're unhappy with your creditor's response an Ombudsman can help you: Contact either:

- the Financial Ombudsman Service (FOS) www.fos.org.au
- Credit Ombudsman Service Ltd (COSL) www.cosl.com.au
- Energy & Water Ombudsman Victoria www.ewov.com.au
- Telecommunications Industry Ombudsman www.tio.com.au

For more information about credit reporting: www.moneysmart.gov.au

Good information and guidance is essential. Ask for help: A financial counsellor or community legal service can help you.

EACH Financial Counselling (03) 9871 1800 or 1300 00 3224

by Kim Hubber & Mandy Zhang EACH Financial Counselling



need funding for a project?

From Wednesday 28 May, you can apply to Knox Council's Community Development Fund, for grants of up to \$20,000 to help not-for-profit groups carry out projects to benefit the Knox community.

Groups interested in applying for a grant are encouraged to attend a 'Let's Work Together' Community Development Fund information session.

Further information is available on Knox City Council's website knox.vic.gov.au/cdf or from Council's Customer Service Centres:

Knox Civic Centre
511 Burwood Highway
Wantirna South

or

Shop 32A
Stud Park Shopping Centre
Stud Road, Rowville

Grant submissions close Midnight Sunday 6 July 2014.

To book into an information session or for further details, contact Deb Robert or the Community Strengthening Team on 9298 8000 or email cdf@knox.vic.gov.au



C.H.A.M.P.I.O.N
Community Hub and Meeting Place in Our Neighbourhood

Welcome to CHAMPION, a safe space provided by the Temple Society Australia (TSA). Come to gather your thoughts, collect some food for your pantry or use the computer to look for work or information. Have a chat to our Community Care Worker, be referred to other local services and meet with others over a hot or cold drink all in the comfort of our community facilities in Bayswater.

ADDRESS: TSA Community Hall, 51 Elizabeth St, Bayswater, Map 64 F7 (brown building on the right of the driveway)

TIMES OPEN: Mondays 9.30am- 12.30pm & Wednesdays 1pm-3pm weekly

SERVICES AVAILABLE:

- Emergency Food Relief Pantry
- A computer and internet access to look for work or to access information
- Budgeting assistance
- Information brochures and resources
- Referral to local services
- Advocacy
- Someone to chat to
- Tea/Coffee/Soup/Biscuits

For more information please phone Martina Eaton, Community Care Worker on 0433 335 815



Happenings from the KNOX CITY TENNIS CLUB

by David Wiffing

Hi to all our members and the community of Knox. This time of year sees us at the start of the Winter season for the Saturday competitions and end of the Night tennis competitions.

Congratulations must go to our Mens doubles team from Summer, who, like the Ladies team won their Grand Final. Again it was a close match all day with them finally winning over their opposition for the first time in some seasons.

It has been a slow start to the Winter season as rain has caused washouts on the Saturdays. But we wish all teams great success for the coming season.

Sporting clubs rely on volunteers and ours is no different. This month we would like to say thank you to a wonderful lady who looks after our Junior canteen. Liz Ruby has been a stalwart for the juniors and is always there helping them out and

making sure the place has plenty of items to nourish kids on Saturday mornings. She even goes out of her way when our Club hosts tournaments from associations or schools. So from our Club we say a BIG thanks & wish there were more like you.

During the night tennis competition break we will be running an In House as usual, so please contact us though the web site if you are interested. 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



80 years of Tennis at Wantirna Tennis Club by Alison Rogers



Anniversaries are always fun and so will be the Celebrations at Wantirna Tennis Club. Although this isn't happening until September, we want to get the word spread so many past players and supporters from the Club can mark the date in their diaries now. The celebration will be held on Sunday 14th September at the Club. More details in future additions. If you know of someone or played tennis with someone who might like to come along, please let them know now. Photos and memorabilia are always welcome. Contact Alison at wantiratennis@gmail.com

The Junior and Senior Sat/Sun season has now started and of course being the Winter Season, we have already had washouts. Having an en tout cas surface the water soaks in quickly and after light mopping, soon players are out on the courts. We welcome new players this season and hope they enjoy playing competition at the Club.

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 9 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 with picnic facilities enclosed by fences to make a safe environment for families.

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

Wantirna Tennis Club Inc
Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna 3152
Melway Ref: 63C8
Club Secretary: Alison 0408576025 or email wantiratennis@gmail.com
Club coach: Kelly 0414874482

Templeton Tennis Club News

by Don McCracken

Hello again to our Winter edition of Club news.

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 season commenced on the 5th May and we again have 14 junior teams over 2 days, Saturday & Sunday and 7 senior Saturday teams. We wish them all well.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. 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).

Our coach, Kelly Bisinella, runs a highly successful coaching program at the club for all levels. This encompasses Mums in Tennis, junior, squad and private sessions. Give her a call to discuss what might suit you. 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 Bank Wantirna Mall Branch.

Upcoming events: AGM Tuesday 8th July 2014. 8pm at the clubhouse

Junior Club Championships (date to be advised)

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



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Offer valid till 30th June 2014

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

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Wanted

Studfield Wantirna News is seeking a volunteer advertisement representative for the Scoresby & Knoxfield area.
Call the SWCN office on 9881 7145

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Aussie Rowville

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