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Community News in the West of Knox



EDITION 31
AUGUST/SEPTEMBER 2014

- HEROES OF KNOX
- VICTORIA DAY AWARDS
- ST LUKES SAILS ALONG
- FOOD IS THY MEDICINE
- SCORESBY LAUNCHES BIG HISTORY

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Knox Council Waste Services



here are our bin basics...



If you need to know the basics when it comes to bins, there's plenty of information available for you. Go online to knox.vic.gov.au/waste and click on the map to find out what day your bins are collected, depending on where you live.

You can also find out what to do if your bins aren't collected, what items you can recycle and where to find your nearest transfer station or recycling centre.

Or if you'd like to speak to someone over the phone, call Council's Customer Service team during business hours on 9298 8000 for more information.

There are also regular updates on Council's Facebook and Twitter feeds, so make sure you 'like' our page on Facebook or give us a 'follow' on Twitter!

Where is that fridge calendar?

We've got a new 18-month calendar being distributed now to your letterbox. So keep an eye out for it, stick it to your fridge and please keep it until January 2016.



For further information, visit Council's website knox.vic.gov.au/waste or call 9298 8000.

hard waste pickups... now at your service



Collection times that suit YOU!

It's about to get a lot easier to clean up around your home, thanks to a brand new **booking service** for hard waste.

Starting on 1 July, residents will be able to go online or call us to request up to two 'At Call' hard waste pickups a year.

A service when you need it

This new hard waste collection system will mean:

- No more waiting for scheduled pickups
- No more messy streets with whole neighbourhoods waiting for a pickup
- Reduced commercial scavenging in the days and weeks prior to pickups

Simple booking system

Best of all, getting your 'At Call' hard waste pickup is as easy as '1, 2, 3!'

- 1 Lodge a request online or give us a call: knox.vic.gov.au or 9298 8000
- 2 We'll send you a booking kit with all the details
- 3 Place your hard waste out as instructed ready for pickup the following week

the knox bin family...



Garbage (yellow-lidded bin)

Collected weekly. You can put food waste and household garbage* in me.

Swap your 120 litre bin for an 80 litre bin to reduce your rates.



Recycling (blue-lidded bin)

I'm collected fortnightly (alternate to green waste). Put recyclables* LOOSE in me - NOT in plastic bags.



Green Waste (red-lidded bin)

I'm an optional user-pays green waste* bin, collected fortnightly (alternate to recycling).

You can also use your own container, or bundle and tie small branches to put on the nature strip.

* Full lists online and in your calendar.

facebook.com/knoxcouncil @knoxcc

discover all the bin basics at knox.vic.gov.au/waste

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Editorial

Our 31st edition is a celebration of community. The strength of our local residents as individuals and the value of our community groups, sporting groups and schools. We are lucky to live in a community that shows support towards each other and generosity to individuals who need a helping hand.

It is worth remembering that we are all products of our experiences and not all experiences are good ones. In fact we are often exposed to experiences which test us and damage us.

This is when we need to be able to reach out to our community and know that there will be someone to support us without judging us, and we can respond to kindness, when luck turns our way, by showing goodwill and support in return. That's what gives our community it's strength.

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

2014 Victoria Day Awards

On Tuesday 1st July, State Member for Ferntree Gully, Nick Wakeling MP, hosted the seventh annual Ferntree Gully Electorate Victoria Day Awards.

With the Ferntree Gully Electorate now encompassing Wantirna, it was pleasing to see three worthy recipients from Wantirna receiving awards: Barry Mitchell from the Victorian Jazz Archive Inc, Marianne Kovassy from the Hungarian Community Centre and Elizabeth Romney from St Andrews Christian College.

Assisting Mr Wakeling was Mr Hurtle Lupton, Chairman of the Bendigo Community Bank – Fern Tree Gully and Rowville Branches, major sponsors of the awards ceremony.

The Victoria Day Awards are a wonderful opportunity for our local community and sporting groups and volunteer organisations to recognise, celebrate and thank an exceptional member of their organisation who make a significant difference to our community with their outstanding service and commitment.



Barry Mitchell
Victorian Jazz Archive



Elizabeth Romney
St Andrews Christian College



Marianne Kovassy
Hungarian Community Centre

Mr Wakeling would like to congratulate all nominees and thank them for their amazing, varied and selfless contributions to our community.

Mr Wakeling would like to thank the on-going support of the Victoria Day Awards major sponsor - Bendigo Community Bank – Fern Tree Gully and Rowville Branches and also welcome a new sponsor- Good Life Wholesale Party Foods in Wantirna.

The Wantirna recipients are:

- Barry Mitchell from the Victorian Jazz Archive
- Elizabeth Romney from St Andrews Christian College
- Marianne Kovassy from the Hungarian Community Centre

Yarrabing Wetland Planting

Yarrabing Wetland (at the end of Magnolia St, Wantirna) has benefited over recent years through the work of many dedicated volunteers working together to restore the natural environment.

In the last 4 years we've been able to get over 4200 plants into the wetland and over 140 volunteers have taken part since 2011. This has primarily been supported by The Church of Jesus Christ of Latter-Saints in Wantirna in conjunction with the Knox Council, The First Friends of Dandenong Creek, as well as other community groups. At the most recent tree planting event held in May, 35 volunteers planted over 500 plants.

As the site is marshy during the wetter periods of the year, many wetland plants were planted. A large number of the Carex apressa (Tall Sedge) were planted, this plant forms a large leafy tussock, that are eaten by caterpillars like the "Spotted

Skipper Butterfly". The other plant widely planted in this area was Lomandra longifolia (Spiny-headed Mat-rush). Lomandras are important food plants for many different skippers and butterflies as they provide valuable nectar during breeding seasons. These plant's dense growth also provides valuable habitat for skinks, frogs and other insects. To provide more protection for birds, larger shrubs with spines were planted like Bursaria spinosa (Sweet Bursaria) and Coprosma quadrifida (Prickly Current Bush). Both plants provide nectar for many beetles (Jewel, Longicorn and scarab beetles) and the seed is selected by a wide variety of bird species.

First Friends of Dandenong Creek
PO Box 5044, Heathwood, Vic 3134.
E-mail: vivienh@xsmail.com
<http://ffdc.friends.melbournewater.com.au>



Volunteers at the 4th annual Yarrabing wetland planting

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A New Principal For The Knox School



Mr Allan Shaw has recently taken up the position of Principal of The Knox School replacing Suzanne McChesney who guided the school for the past ten years.

Allan comes to Knox from Canberra where he was Deputy Principal and Head of Senior College at Radford College. Allan was also CEO of The Association of Heads of Independent Schools of Australia (AHISA).

Allan is keen to build on the success of The Knox School, in particular its innovative use of digital technologies. "I have an abiding interest in how information and communication technologies affect learning and teaching since making it a special study for my Masters of Education degree" Allan said.

"The Knox School is all about opportunities. I am impressed by The Knox School's mission statement, which refers to developing 'the aspiring mind'. It is a reminder that, while high teacher and parent expectations of students are essential in creating the environment for achievement, we must also encourage students to develop passionately felt personal goals, goals that are informed by positive values".

Allan is keen to meet people from the local community and welcome them to The Knox School and extends an open invitation to readers to explore what's behind the big fence on Burwood Highway.

"School fences are very necessary in this day and age, but that shouldn't stop people from dropping by and seeing the wonderful things that happen here every day" Allan went on to say, "This is a very friendly and happy school in a wonderful part of Melbourne and I am looking forward to spending many years here at this amazing place".

You can meet Allan at one of the School tours which are held regularly throughout the year. The Knox School also has an innovative Spend a Day program where students can immerse themselves in a class before taking the next step to enrolment.



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The Knox School

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Friday 8 August, 9.45am:

Year 5/6 Open Morning

Friday 15 August, 9am:

Year 7 in 2016 Open Morning

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WHAT'S COOL AT SCHOOL?

Sailing Along @ St Luke's Primary School by Michael Watt, Deputy Principal

Drive up Stokes Road in Wantirna and you will be greeted at the top of the hill by St. Luke's Primary School. Our vibrant community have achieved an incredible amount in recent times, led by many and varied school community groups, including our Parents and Friends Association, our School Advisory Board and our Garden Club.

It is vital that parents value their child's education and display interest in their achievements. Research has shown positive student results where parents are involved in their child's education. At St. Luke's there are many ways parents can be involved directly in the school.



schools in the area and the goal of the network is for the schools to become 'Health Promoting Schools'. Members of our P&F, and parent volunteers, have changed the face of 'lunch orders' in 2014. St.

Luke's students are given the opportunity to order their lunch each fortnight, and the options are delicious! Our canteen offers theme days including 100% organic beef and salad hamburgers, wraps, and of course sushi rolls!

We are extraordinarily proud of our P&F and the achievements they continue to make, and the opportunities they provide for the students at St. Luke's.

School Advisory Board

The direction for St Luke's has been mapped out in our School Improvement Plan. One of the major focuses of our plan is engaging students further in their learning by applying models of 21st century learning and using contemporary tools and resources. The St Luke's School Advisory Board is made up of a cross section of parent volunteers with representatives from the junior, middle and senior school. We meet twice per term to discuss our strategic plans and to be advised on the impact of initiatives from the point of view of families.

The St Luke's School Advisory Board have been influential in the direction we have taken in regard to Contemporary Learning Programs. Over the past year St Luke's students have been enrolled in two websites to enhance their learning – Reading Eggs and Mathletics. Our dedicated staff have embraced this new technology and, in doing so, have helped strengthen the link between learning at home and learning at school.

Our School Advisory Board are very supportive of the policies and programs within our school.

Stephanie Alexander Kitchen Garden (Sak-g)

Early in 2014 our SAKG project got up and running. A group of parents teamed up with staff members and student leaders to build a sustainable garden full of vegetables, herbs and other plants. The fundamental philosophy that underpins the Stephanie Alexander Kitchen Garden Program is that by setting good examples and engaging children's curiosity, their energy and their taste buds, we can provide positive and memorable food experiences that will form the basis of positive lifelong eating habits.



Staff at St Luke's are provided with comprehensive training and resources to deliver the Kitchen Garden Program. Garden Club runs every Wednesday, with students, parents and staff coming together to "get their hands dirty". The program has drawn many parents into our school through Working Bees, harvesting plants and growing the plants needed for the program to be implemented effectively.

The St. Luke's Garden Club is a very popular feature of our beautiful school. As Stephanie herself says - 'I believe that education has to be education for life. The children in the Stephanie Alexander Kitchen Garden Program learn how to grow, harvest, prepare and share delicious and wholesome food – experiences that will influence and inform the rest of their lives.'



"EVERY DAY IS OPEN DAY AT ST LUKE'S". Visitors are invited to make an appointment with our Principal, Mrs. Louise Mackay and book in a school tour where you can see the St Luke's learning community 'in action' for yourself! St. Luke's Primary School is located at 25 Stokes Rd. Wantirna.



St Luke's are part of the "Healthy Together" Network with the Knox Council. This network includes many

*Schools Page
proudly supported by*

**Nick
Wakeling MP**



WHAT'S COOL AT SCHOOL?

Rotary Club Of Boronia Assists The Eastern Ranges School

On Tuesday 20 May 2014 President Phil Leck and members of the Rotary Club of Boronia presented the Principal of the Eastern Ranges School, Gail Preston, with a cheque for in excess of \$10,000 to fund the refurbishment of 2 classrooms at the School. The furniture provided included adjustable desks and chairs for the students, wheelie Stools for the teacher and education support assistants, a computer table a T leg tub table and ancillary items.

The School moved to its current site in 2013 and is expanding to offer classes from Prep to Year 12 by 2018.

The School teaches student with Autism and the Club agreed to assist after having a vocational visit to the School. The school uses a structured teaching approach for children with Autism developed by the University of North Carolina, a teaching framework with some 40 years of research behind it.

Children with ASD are highly visual learners who require learning spaces which are organised, free from clutter and require an environment which is predictable. The items supplied is design to maximise this outcome.

The funds were raised by the Club from Barbeques at Bunnings and the Club's Annual Golf Day sponsored by Barry Plant Real Estate and numerous other local businesses at the Eastwood Golf Course held in February each year.



Scoresby Launches Big History by Gusty Martin

Students at Scoresby Secondary College have begun a 13.8 billion year journey through time. The Big History Project enables students to study our universe and earth from their creation and then the history of civilization.

Big History considers 8 threshold events that have been keys to shaping and forming us and our lives. Firstly there's the big bang, the creation of stars and elements, the creation of our earth and solar system, life, collective learning, agriculture and the industrial revolution. Each of these threshold events helped to shape us and how we live. The URL is <https://www.bighistoryproject.com>

It is a unique course that combines astronomy, cosmology, biology, and history. Scoresby is teaching the program across Humanities and Science for year 9 students. Dr David Christian from Macquarie University created the course

and Bill Gates was so enthralled that he allocated funding from his foundation to make the course and resources available free online for schools to teach.

The launch took place at KIOSC (Knox Innovation Opportunity and Sustainability Centre), where Scoresby is one of the foundation members of the consortium of schools.



Students used the immersion room to view a dramatic introduction to the project, learn about the thresholds and start to gain an understanding of the connections and circumstances that shape our world.

A second activity enabled students to investigate the Big History website in preparation for the work they will do back at school, whilst the third activity took place in the large presentation space. This

activity was a simulation of how the black plague spread throughout Europe in the 14th Century. The many screens were used to depict locations across Europe and students "travelled" on a range of journeys and pilgrimages, possibly contracting Cholera or the Plague as they went, then went onto further infecting cities on their journeys.

KIOSC enabled students to undertake these immersive activities in a manner that engaged them more than a normal classroom could do. They will return in late July for a supplementary day, followed by an evening presentation event (Little Big Histories) in August.

Students will now spend the next six weeks at school learning the details of each threshold event and start to build a picture of the connections that exist, and begin to understand how special our lives are.



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Some say
find... we say
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School Tours

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GEN Z CONNECTS WITH SWCN

Lady Somers Camp

By Kari-Lise Nettleton

Wow, what a week I had from the 12th to the 18th of January 2014 at the annual Lady Somers Camp. Lady Somers Camp began in 1985 with the idea of running a girl's camp along the same lines as the boys Lord Somers camp. I was fortunate to be sponsored by CWA Vic, to attend the "Big Camp". There were many opportunities to develop our creative talents and the larger goal to develop girls as future leaders in our community. Participation in activities such as team building, goal setting and decision making in a challenging environment helped to develop the girls' self-esteem, perseverance and self-discipline.

Upon arrival at Camp we met our group, leaders and the main leader in charge of the whole of Ladies Somers Camp who explained the rules and expectations to us. The rules were that you had to participate in all activities and have a smile on your face and "play the game". The girls were divided into 5 teams each with a different colour allocated to them. I was in red group. Each day brought different activities, guest speakers and themed nights.

Now I have completed Lady Somers camp there are opportunities to work at Lady Somers Camp in the future by volunteering and helping out in activities and games.

I feel privileged to be given the opportunity to attend Lady Somers's Big camp. From being apprehensive and nervous in the beginning to gaining confidence and being involved in activities that push my limits, I feel the experience was fantastic.

I would encourage any young woman between 16 and 18 years old to consider applying to attend the Lady Somers camp. Participants can be from across Victoria from any ethnic or cultural background. The next camp is held in January 2015. Girls can apply with a sponsor from a range of organisations who may assist with the cost of the camp. Information may be obtained at the website www.lordsomerscamp.org.au



Local Hero Launches Community Art Project

Jessica Barlow, aged 22, winner of the 2014 Knox Council Local Hero Award for her work creating Brainwash Magazine, has launched a new project for teenagers called DearHolly.

DearHolly is an ongoing community art project that invites people to send in advice, stories, regrets and well-wishes to Holly, a fictional girl about to turn 13, on the back of a postcard or envelope. Submissions are posted on the Dear Holly website weekly.

For those wanting to help out the boys, advice can be addressed to: Dear Olly.

Please send postcards to: Knox City Centre, PO Box 4180, Knox City 3152

For more information visit: <http://dearhollyproject.wordpress.com/> or contact Jessica Barlow on 0417 176 079 or (03) 9887 0991. Available 8am – 9pm daily, mobile preferred. Email: dearhollyproject@gmail.com / barlow-jess@hotmail.com Twitter: @dearhollymail

FB: www.facebook.com/dearhollyproject

++Website: <http://dearhollyproject.wordpress.com/>



My name is Harley Mackie and I am 14 years old. I am currently in Year 8 at Wantirna College and I am doing a school project called "Personal Best".

I love Skateboarding and I am organising a charity fundraiser for The Breast Cancer Network Australia in honour of my aunty Julie Mackie (7.6.58 to 16.10.13).

The event will be a 12 hour skating marathon at Knoxfield Skate Park, Ferntree Gully Road, Knoxfield, opposite Knoxfield Shops.

In conjunction with Knox City Council and YMCA we are looking for donations or sponsorships to help out with this major event.

12 Hour Skating Marathon Saturday 20 September 2014

Registration (with parent authority) from 8.00am to 9.30am. Skater entry is \$15 per head including a T Shirt. The 12 hour skating marathon begins at 10.00am sharp to 10.00pm. Teams of 2-4 (girls and boys). Major prize for the team that raises the most money for The Breast Cancer Network.

Please register your interest at F:skateforcancerknoxfieldskatepark

Fun Family Day for everyone to enjoy please come and support this fantastic cause.

BBQ • T Shirts • Guest Speakers • Raffles Demonstrations • Giveaways • Prizes • Night Skating • Glow Sticks • Live Music • Entertainment • Security • Coffee • Cold Drinks Face Painting • Make-up • Fully Insured Event • Slurpy Machine • Photos • Jumping Castle • Skate Clinic

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"When Raising the Future Generations"

by Jamie Mutimer, Year 11, Wantirna College

Teach children to respect and appreciate the weight of words
Let them speak their mind and stand up for injustice.
Show them how a simple 'I love you' can be uttered through hugs and laughter letters and kisses

Teach them how to see past a person's exterior, and how to love someone for all their intricate odds and ends.
Teaching them forgiveness is the key to happiness, grudges will do no good
Show them different perspectives of life, and to respect other points of view.
Teach them how to think beyond themselves.

Encourage them to be curious about the world expose them to culture and help them discover their passions
Let them ask questions-- *Who? What? Why? How?*
Teach them not *what* to think, but *how* to think.
Let them form their own opinions and make sure they love to learn

Have them see the beauty in nature and all its creatures--that includes spiders, ants and flies!
Remind them to care for their environment and all living things, and recognize their importance.

Nurture their minds to enjoy the simple pleasures life has to offer, like the smell of rain fresh sheets or the colour of their mother's eyes
Urge them to follow the present with impulsiveness and burning anticipation, and to never view life any other way.

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Help Needed For Little Hearts.

Foster carers Amanda and Dean have been fostering since May 2005. They have four biological children all boys aged 7 to 18 years old. Amanda says that the best part of being a foster carer for her is how it has shaped her children into who they are today. My boys have such big hearts, they share everything from their home to their toys and of course their mum and dad's time and love. I have never heard my kids say, "That's mine" to our little visitors. They are just amazing boys. Our oldest is now off to University to become a Primary School Teacher he is so good with kids.

Amanda writes about her family's experience of fostering: During our fostering journey we have taken in around 35 children some for days and some for years. When you get the call for a placement your heart starts racing as your tear around the house setting up beds not knowing what you're about to face. Most of the time you get the calls in the middle of the night and you know the children coming will have just been exposed to a trauma of some kind. We have only ever once had a child cry for their mother. They all seem just happy to have a warm bed and a full tummy, it's very sad. You need to be emotionally strong to deal with the things you see first hand. At first it's hard to believe anyone could do such things to children but in the real world it happens. Not much shocks us anymore and I guess all you can do with the time you have with them is show them there is another way and that they are valued and loved. By far the hardest part of fostering is dealing with the politics of it all and saying goodbye to children you have grown attached to, especially when you know that the courts are making the wrong decision and sending children back to a bad environment. Unfortunately it happens all the time - these poor babies come in and out of care and from home to home - it's very sad.

The way we deal with that is to keep talking about the kids and all the fun we had with them and, of course, shed some tears. We have had four foster children for the last six months and two have recently moved on, its been four weeks since they left and I still cry when I find things they played with

or I come across a photo. I am hopeless. I fall in love with them but I guess better to have love and lost than to never have loved at all.

There is never a dull moment in our house and Christmas and birthdays are something special. I have a wonderful extended family that makes all the kids feel special. We really are blessed. When I think about what my mum went through and how she supports what I am doing now by knitting them jumpers or helping me with cleaning or when she spoils them on special occasions it makes my heart sing how she turned it all around instead for playing the poor me card. I spent my childhood well cared for and loved listening to my own mother's stories of growing up in and out of orphanages. It made me so sad. At the end of the day it's not the child's fault they are born into a family of addicts or to a parent with mental illness or in the hands of neglectful or abusive families. Most of the time the parents had bad childhoods themselves and they have no idea how to be a parent. It's such a vicious cycle.

To Amanda From Valerie:

I have been involved with respite for about 2 years due to addiction/mental health issues. It has been positive because it's given me a break each fortnight, as I'm a single Mum & also see the other children each fortnight too. My son loves the respite family; we try to work together for the best interest of David so he has stability, love and good role models of family in his life as positive supports. I have also had a break to address my own personal life issues - attend counselling sessions at night, do extra housework, personal hobby's/interests etc.

Thank you, Valerie

If you think you are interested in becoming a carer you get full training and you can tell your agency what type of placement you're open to taking along with what age group would best suit your family along and the number of children you could help. You can be Single, Married, Working or Retired. There are all sorts of ways you can help by providing care for Emergency or Short Term or Long Term or

SWCN would like to acknowledge Amanda for writing and sharing this story

Pre-adopt or even Permanent Care placements. Respite is also needed where you care for children on the weekends, only say once a month, to give another carer or a biological family a break from the job of full time caring. We are desperate for carers there are lots of kids needing help and not enough foster homes and its only getting worse with all the people addicted to ice these days.



Joshua, Max, Dean, Samuel & Jayden on a family holiday in Bali.

We love helping those less fortunate than us and we are blessed with a wonderful family and a great support network that lots of other people don't have. Fostering is a real roller-coaster ride, full of ups and downs, but its very rewarding when you lay your head on the pillow to know you have helped a little treasure to smile, laugh and feel safe if only for a window of time. You can only hope they carry that memory and build on that as they grow.

We love our big Christmas. Lots of children have never seen a Christmas tree and have no idea what all the fuss is about, but it sure is fun teaching them. My boys love to watch the little kids open their presents first as they get a real kick out of watching their faces.



(Rear) Joshua, Danielle, Jayden, (Front) Samuel & Max at Hard Rock Bali.

I will never forget the day we got a little girl in the middle of the night riddled with nits and in poor condition. I spent hours treating her hair and bathing her. I sat her down to some food about 3 am when she told me "Its my birthday in the morning". I almost died. I rang the agency's on call number to check she was telling me the truth, they called me back and said "Yes" it sure is. The poor little treasure was

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going to wake up in a strange house with no family on her birthday and we couldn't believe it. Thank god for Kmart 24 hours. We tucked her into bed and I raced to Burwood Kmart to buy her some birthday gifts. When she woke up she was very quiet, we gave her some parcels to open she looked at us strangely "What's this"? She had no idea about wrapping paper. We showed her how to rip her gifts open; she showed no signs of excitement or happiness. She saw a birthday banner on the wall and asked, "What's that for"? We explained to her it said happy birthday she replied "Why"? My boys looked at me shocked with a "How rude" look on their face. When we had a quiet moment we explained not every child has a happy birthday or even a birthday present. I think it was the first time she had been given a gift in wrapping paper or had any real fuss made over her ever. When I got her life story off the worker later that day it was clear what we had thought was true. She had endured a life of hardship at the hands of an alcoholic mother who couldn't even care for herself let alone a child. We have had sibling groups of three whose clothes don't fit them and their shoes don't match and not one of them toilet trained and still in nappies. Children that have no idea what a hot meal is or how to sit and eat with a knife and fork. You need to be prepared to teach children the basics that they have never been shown. Plenty of kids have not been exposed to sports, swimming or exercise. They have been sat in front of a TV for days on end. The hardest thing to overcome, but the most rewarding when you do, is to teach them that not all adults are bad. I had a little boy come to me at the age of two who ran to the corner and cried and did rock hard poo every time he saw a male. He was so scared even my big boys couldn't go near him. It only took about a month for him to improve in leaps and bounds. The first time he ran up to my husband for a cuddle when he walked in the door from work bought a tear to my eye. Lots of children have no idea how to cuddle or give eye contact. They have never felt any affection. It's so rewarding to watch them grow and learn.

One of the most wonderful things that have happened to me due to my fostering is the lifelong friendships I have made. I have friends I would never have met if it had not been for fostering. We help each other out all the time. We call each other up and say "You got time for a de-brief"? Without them I wouldn't have been able to continue this journey for so long. Carers get it, we just know what the other person is going through like no one else in our lives can until you foster yourself. I guess it's hard to understand why we do what we do and put up with what we put with. We help each other through the tough times and sad times and rally around each other dropping off items of need when a new placement comes. We are like mad women packing up everything we might have to share with another carer or we rush out and buy gifts for them they might need. When the shoe's on the other foot I can always count on my friends to drop off a cot or pram or what ever I might need to get me by. We do movie nights and dinner and just love each other's company. I feel really blessed with the friendships I have made over the years.

Danielle's Story:



Dean, Danielle & Amanda

At 16, I moved to Melbourne with nothing but the clothes on my back and no promise for the future. I'd missed 3 months of school, lost my job, had bright purple hair, 14 piercings and was doing everything a 16 year old shouldn't.

I was given the chance to live with Dean and Amanda, but under very strict conditions. I knew this was a golden opportunity to turn my life around, but adapting to a new life, with a new family and new way of living, I was scared.

I was expected to attend school, respect house rules and be social. No 16 year old could change to those rules without struggle, I was nervous about making a change into a new family, and not only that a new school with new friendship groups. I was most nervous about having someone discipline me and pull me into line.

After two weeks of living with Dean & Amanda I had brown hair, 6 less piercings and a school interview lined up.

Amanda & Dean didn't ask for me to change my hair colour, nor did they ask for me to take out my piercings. They called me beautiful and they gave me support regardless.

I wanted to change myself and not to hide myself behind someone I wasn't. I used the help provided to get me there. I was accepted into the school, but being told I had a slim chance of passing year 11 which meant I would have to repeat a year. I was encouraged to work hard to ensure that wasn't the case.

I am now almost 19, with a year 11 and 12 pass (no repeating needed), doing my apprenticeship, living independently, owning my own car and forever being grateful.

Opportunities like this don't pass everyone and not everyone appreciates it. But having a family that asks you how your day is and puts their time and heart into helping you as well as their own four children is really an eye opener. I received attention as if I were their own child, I wasn't treated any differently to their own.

Still to this day I see Amanda, Dean and their family at least once a week and they are still willing to help and show their support and joy through my achievements.

There are people in far worse situations than what I was in, and I can't imagine what they are doing right now or what they are thinking. Everyone needs help and support in their life and I found mine with this family.

Danielle, 29/5/14

anchor

Anchor Inc. has been changing lives in the Outer East of Melbourne for over thirty years. We support some of the most vulnerable people in our community through the provision of quality services which include: homeless support, foster care, kinship care, youth at risk services and family reconciliation. We run a number of programs for children, adults and families who need help and live in the shires of Knox, Maroondah and Yarra Ranges. Our community is your community; we know it well and work hard every day to make it a better place.

We are committed to this community and this is what drives us every day even though our work can be confronting and sometimes very tough. Adults, families, youth and children come to us in a vulnerable state and, through our many and varied services, we are able to help them turn their lives around. Sometimes we need help too and this is one of those times. We are desperately short of foster carers. Anchor's foster care program provides safe, caring home environments for children and young people aged 0- 18 years who are unable to live at home. Our carers come in all shapes and sizes; they are individuals and families from a huge variety of backgrounds who provide care ranging from short to medium to long term or just monthly respite. What our carers all have in common is a desire to help those children in our community in need. If you are willing and able to provide some of the essential ingredients currently missing in these children's lives, please contact Anchor on 9801 1999 for a friendly chat or visit anchor.org.au – we support our carers every step of the way.

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NEWS IN GOOD HEALTH & WELLBEING

Food is thy medicine

by Marita Reynolds

At Wantirna Wellness we do not apply the 'one size fits all' approach when it comes to treatment. We are all individuals and have an individual pattern, even if we have similar signs and symptoms indicating that our bodies are not functioning optimally.

Auto immune disease is on the rise and seems to be developing as the new 21st century dis-ease.

Our bodies were designed to combat disease, however the 20th century seemed to concentrate on continually wanting to fight disease with antibiotics and other apparent 'wonder' drugs. This has left the human body struggling and deficient, which has contributed to many modern day health concerns, including auto-immune diseases.

So what do we need to do to get ourselves back on track? We need to make a change - become aware of ourselves; be mindful about how we work.

The 20th century was all about the quick fix; just give me a pill to make me feel better so I can get on with the job! Note that I said 'job', not 'life'. We have a life too! I think that 'work' often forgets that we have a life, or maybe they don't care? Quick fixes come with a high price tag, both physically and monetary. Our health system (is sicker than any of its patients), it's not cheap and it's getting worse.

- Think about these foods: eggs, avocados, figs, green vegetables, wild salmon, olives (help stress and cell recovery), fish, seeds, nuts, meat, vegetables, and coconut products.
- 'Skim' or 'low-fat' are the worst options – they are usually full of sugar and they can stack on the weight faster than anything.
- Good quality protein will help decrease sugar cravings. Sugar is highly addictive and very hard to give up, but not impossible to reduce.
- Don't forget good quality water, filtered water is best.
- Room temperature or warm food is best as it is easier on the digestive system and keeps blood pumping through the body, carrying all the nutrients from our high density foods to our organs and systems to help us live healthy lives. Cold foods lead to phlegm production and can cause and imbalance in the digestive system.
- Lack of good quality sleep is also one to remember.
- Reducing everyday stress, as it contributes to our many health issues.

- Vitamin D is important for assisting our hormonal system to work efficiently.

Ultimately it's all about a balanced diet, low in processed foods and high in density rich nutrient foods. It's not that hard! We live in a country where these foods are readily available. Let's make the most of it; our bodies will thank us for it.

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 second last page of this edition.

Wantirna Wellness next Nurturing day "Spring Nurturing Day – "creating a healthier you in mind, body and spirit" is about giving you a day of rest and relaxation with some helpful tips on how you can help yourself to detoxify safely in all aspects of your life. This will be Saturday 23rd August from 10am-3pm. Bookings are essential. Please phone Marita on 0425 735 581. (See our advert on page 23)

Headaches - a real pain in the neck! by Leesa Payne

One in 20 adults suffer from headaches on a daily basis, and many resort to painkillers to help them get through the day. Unfortunately, prolonged use of painkillers is not that great for your health either, so it is important to consider alternative therapies and lifestyle changes that may also help reduce the severity and frequency of headaches.

Drink plenty of water – dehydration is known to trigger headaches, so aim to drink at least two litres of water every day.

Be aware of your headache 'triggers' – do your headaches become more severe when you eat certain foods? Aged cheese, nuts and caffeine are just some of the common culprits that may exacerbate or trigger headaches. Keeping a headache diary for a few weeks can be a great way to identify any patterns.

Regular exercise – exercise releases endorphins, your body's natural pain relievers, which may help to reduce

the severity of your headaches. Exercise also has many other fantastic 'side effects', such as reducing stress, improving your fitness, reducing your blood pressure and improving your mood!

Check your posture – if you spend long hours working in an office, your posture may be contributing to your headaches. Make sure you are getting up regularly to do some gentle stretching and ensure your workstation is set up ergonomically. WorkSafe Victoria has an excellent guide: "Officewise: A guide to health & safety in the office". Appendix A provides a comprehensive checklist and the guide can be found on their website (www.worksafe.vic.gov.au).

Check your neck – headaches are very complex, and there are many factors that influence their frequency and severity, but evidence suggests that in many cases problems in the bony and soft tissue structures of the neck may be the primary cause. Excessive muscle

tension, reduced neck range of motion or previous neck injuries (such as whiplash) are some of the common neck issues. The location of pain receptors in the brain stem (near the base of your skull) can allow referral of pain that originates in the neck into the head, resulting in headaches. Having your neck assessed by a physical therapist such as a chiropractor, osteopath or physiotherapist is recommended as many patients achieve significant relief from these types of therapies. The physical therapist will also be able to advise on strategies to help you prevent headaches in the future. If you are concerned about the severity of your headaches, or if your headaches have changed, it is recommended you consult with your GP so they can assess whether further investigation is required.

Dr Leesa Payne is the chiropractor at The Centre of Wellbeing 77 Anne Rd Knoxfield. She is passionate about working with her patients to help them live happier and healthier lives.


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NEWS IN GOOD HEALTH & WELLBEING



News from the Osteo
with Dr. Jason Stone

Osteopathy and Soccer Injuries

After the excitement of the recent World Cup, it is highly likely that injuries playing with a soccer ball will now be on the increase. Even though the soccer season is in the thick of it, no doubt there will be many Socceroo inspired desk jockeys also hitting the local parks over the coming months.

Whilst ankle and knee injuries are prevalent in soccer it's the injuries due to poor preparation and over excitement that osteopaths also regularly see. For those of you sitting at a desk 40 hours a week and in a car or train 2 hours a day, putting on a pair of runners is not enough preparation!

The dynamics of twisting and turning, running and kicking put a lot of strain on the lowback, hips and pelvis, especially if you are quite sedentary most of the week. It is therefore extremely important to work on the muscular flexibility and joint mobility in these regions and not to over exert yourself on the first outing.

In preparing yourself to 'bend it like Beckham' and 'score like Tim Cahill' here's some tips:

- go for a light jog first 5- 10 mins
- stretch your: buttocks lowback, hip flexors hamstrings quadriceps calves
- 5-10 minutes of a more dynamic warm up e.g suicides, run throughs.
- warm up your skills over shorter distances and moderate intensity for 10 -15 minutes.

Whilst most people are likely to warm up before kicking the cover off the ball it's the recovery that is probably more important and frequently overlooked. To reduce the likelihood of muscular tension and soreness occurring over the coming days it is imperative to wind your intensity back at the end of the session and repeat the aforementioned stretches. The common error is to stop abruptly, stand around chatting or go straight back to the desk.

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On the days between exercise continue these stretches to increase your mobility and performance and reduce your chances of injury.

Don't hesitate to consult our osteopaths if you require further advice or management.

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

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

Riddell Road Preschool Gets Tooth Friendly



Sophie, Levi and Madeleine

Children at Riddell Road Preschool in Wantirna South have been learning about looking after their teeth and mouths through healthy drinking, healthy

eating and good oral hygiene as part of the Smiles 4 Miles program.

Smiles 4 Miles is an oral health promotion program for kindergarten-aged children developed by Dental Health Services Victoria and implemented in partnership with Knox Social and Community Health Service and EACH Child Early Childhood Intervention Service.

Riddell Road Preschool is working towards achieving the Smiles 4 Miles award by implementing healthy eating and oral health policies, engaging with families about the importance of oral health and educating children through a variety of fun learning experiences based on the Smiles 4 Miles key messages Drink well, Eat well and Clean well.

Diana Brown, Smiles 4 Miles Coordinator for the City of Knox says the Smiles 4 Miles program is a

great way to help children have healthy teeth and gums for life.

"Children form habits at a young age, so teaching them good oral health behaviours now, will help them to keep their teeth healthy for life."

For more information about the program, please contact:

Diana Brown, Smiles 4 Miles Coordinator,
Knox Social and Community Health
1063 Burwood Hwy Ferntree Gully,
Tel : 97576200
Email : diana.brown@each.com.au



Jarran with the giant toothbrush and toothpaste that he made himself

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It's A Wrap: Food Revolution Day 2014 At Scoreseby Primary

Chefs Greg & Lorenzo and Christine from Rowville Community Kitchen teamed with the 240+ students of Scoresby Primary School to participate in this years Jamie Oliver's Food Revolution Day.

We were part of the 9100 events that took place in 121 countries around the world.

After lots of preparation and anticipation the morning came and went really fast. We managed to run to schedule with the many willing hands that assisted setting up and cleaning afterwards.

Our activity for Food Revolution Day was to use



Jamie's recipe for rainbow wraps, three different fresh veggie juices and banana bread. Students picked fresh herbs from their own veggie garden to include in their wraps, really embracing "fresh is best".

All the students were really keen and excited to be cooking "with Jamie" (though they were disappointed that he wasn't there in person due to the time difference). However they sent Jamie a big "Hello" by video. They all embraced the idea of tasting something different, though many do eat fresh fruit and veggies at home. Beetroot was a definite winner in the taste stakes.

Christine from RCK acknowledges the support of all the school staff and students, Cr Nicole Seymour and SecondBite for the fresh food donations. Also a big thank you to the students of Scoresby Primary School for our certificate and the wonderful hamper of fresh produce from the school's own vegetable garden.

The morning was such a huge hit that Principle Matthew, booked the RCK team for next year.



SCORESBY SECONDARY COLLEGE PRESENTS



THE WOODSTOCK CONCERT



**Friday August 22nd 12.00 & 7.30pm
Burrinja Theatre, Upwey.**

This year's musical production will be a tribute to the famous Woodstock Festival in August of 1969. There are about 70 students involved in this event and they have been rehearsing regularly to make this another spectacular Scoresby presentation.

In 1969 the most celebrated music festival in history took place in New York State, U.S.A. At a turbulent time in U.S. history when Americans were deeply divided, over 400,000 young people from across the country gathered for three days of peace and music that instantly became a symbol for an entire generation.

During those three days, thirty two acts performed including Jimi Hendrix, Janis Joplin, Santana, Joe Cocker, The Who, Creedence Clearwater Revival and many more.

Scoresby Secondary College will pay tribute to this monumental music event by staging a concert which will present many of the songs from this famous festival.

Come with us as we return to the fabulous 'hippie sixties' to celebrate music, joy and peace. Tickets will go on sale in August.

The Outdoor Classroom by Melissa Carr

A hands on approach to learning has been taken recently at Chesterfield Farm Community Garden with positive results for students with significant needs. A class from Genallen School for students with disabilities recently hired a plot at the garden and attended fortnightly, braving the sometimes unpleasant weather to maintain their garden.

The sessions have been invaluable for the students, not only to learn first hand the origins of their food, but giving them rewarding tactile experiences and a sense of achievement in growing their own vegetables, harvesting and cooking their food.

Glenallen teaching staff have observed that one or two of the students with significant physical disabilities have made particularly strong connections with the garden and can see that this may be a path of opportunity for these students in the future. "This was our vision when setting up the community garden," founder Jessie Buckley says "to give people from all aspects of our community a chance to get their hands dirty and experience the joy of watching their food grow." See www.chestterfieldfarmcommunitygarden.com.au for more information.



My House

What sort of house do you live in ?

A single storey home, a two level house, a unit, a retirement village unit, an apartment ?

Whatever your answer to this question is, the fact remains other readers will be the same or indeed have a different answer to yours.

This is the nature of an ever evolving municipality. And just as different parts of Melbourne have different mixes of dwellings so does Knox.

From the taller developments like the Kubix apartments being built at the corner of Burwood Highway and Stud Road opposite Westfield Knox, to the semi rural areas of the foothills around Lysterfield .

Some readers may have a view that only the type of home they live in should be the type built in Knox, but the reality is that we all have different needs and even our own needs will change during our life times.

I work in the building industry and visit hundreds of clients every year in their homes.

And my clients are both multi generation Australians as well as newer immigrants. Despite their nationality I notice that virtually all my clients fit the same pattern.

- First: Young singles and young couples often live in apartments or units
- Second: Couples with children gravitate towards the stand alone house with gardens
- Third: Empty nesters and retirees often look to downsize to a unit or retirement village
- Forth: Older singles often move to a unit or an apartment

Very circular, isn't it ?

SCOTT WARD NEWS

So it is vital that we are always planning for future housing needs. Melbourne's population increases by approximately 1,500 people per week.

So there is a need for approximately 25,000 homes per annum to be built. Some argue to cap Melbourne's population, others to build upwards and others to build outwards.

As I mentioned last time, the real advantage of growth is that it creates jobs. So we have to aim for good balance by controlling growth so as to limit congestion and at the same time have a planned mix of housing.

After 10 years on council I have seen the Knox Central Structure Plan (higher density), the Bayswater and Boronia Structure Plans (medium density closer to the railway stations) and the Foothills Plan (very low density) all be introduced.

We have recently taken the next step with Rowville's Structure Plan. But the big step forward has been the Knox Housing Strategy which has now been sent off for an Independent Panel assessment before going to the Planning Minister for approval .

All Knox residents were invited to participate in the consultation program over the past two years and more than ten thousand residents were involved in the questionnaires, interviews and group discussions.

Thousands of hours have been put into this strategy by planning staff and councillors. The result is a good plan protecting most

of our suburban streets, whilst directing units and apartments towards public transport and shopping centres.

After 10 years of trying to hit this balance I'm very pleased with what council has achieved by listening and good planning.

If you would like a copy of the strategy let me know.

David Cooper
Scott Ward Councillor
David.cooper@knox.vic.gov.au



POOL SCHOOL IS BACK IN 2014

Whether you are a new pool/spa owner or had a pool/spa for a number of years, the changes in technologies and developments and improvements to chemicals and pool equipment has been incredible in the past few years. September is the time of year that we need to look at getting our pools and spas ready for the coming summer.

It is important for us as your local pool consultants to keep you up to date with these developments and assist you in maintaining a sparkling pool or spa.

Pool School offers you the opportunity to learn how to save time and money maintaining your pool or spa.

A representative from Omni pool chemicals will discuss water balance and the best way to effectively maintain your pool. Our service technician will explain the operation of your pool equipment and answer any questions you may have.

Bring along a water sample on the night and try out our new computerised Water Analysis program designed to provide you with a more complete personalised chemical assessment of your pool.

The evening will be run at the store at 5 Darryl St Scoresby with confirmation of dates in September being available by phoning the store on 97533929 in early August. Bookings are essential as space is limited to a maximum of 20 on each night.

Expressions of interest are currently being taken for September 2014. Tentative dates at this time are Tuesday 9th or Wednesday 10th September at 7.00pm.

(Light refreshments provided and 10% discount on all purchases on the night as well as a door prize on the night.)

Lodge your expression of interest either at the store, by phone or via email.



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Looking for ways to boost your club membership for free?

VicHealth's TeamUp app can help you find people in Knox looking to get out, get active and have fun. Here's how it can help your club:

- Free to advertise your activity and club to all users and free to contact people interested in joining
- Promote awareness of your club or activity within Knox and Victoria
 - Strengthen connections to your community
- Instant access to new members, players, volunteers and supporters
 - Unique access to VicHealth competitions and promotions

Head to teamup.com.au to download and get involved.

Contact your Knox TeamUp Officer on 9298 8000 or e-mail teamup@knox.vic.gov.au for assistance with using TeamUp at your club



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Henry is able to cater for any special dietary requirements.

We can also tailor a set menu for your special occasion available for 20-50 guests.

Henry and Mary would like to thank Studfield Wantirna Community News readers - by presenting this advertisement you can receive, **"15% Off Your Total Bill up to \$30.00, valid till 31st October '14"**

(one per booking, not available with any other special offer)

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29 September, 30 September, 2 October



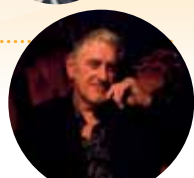
Come Together - the music of the Beatles

25 October @ 7.30pm



Into the Mystic - the music of Van Morrison

16 August @ 8pm



Ada & Elsie: Wacko-the-Diddle-oh! Tour

9 October @ 1.30pm
10 October @ 7.30pm



The 39 Steps

22 August @ 8pm
23 August @ 2pm & 8pm



Flak

16 October @ 7.30pm



Greg Champion & Friends Footy Singalong

10 & 11 September @ 7pm

Pippa Wilson

17 October @ 1.30pm

Once upon a Mattress

7 November, 8 November, 13 November
14 November, 15 November
All shows @ 8pm



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Barry Morgan
Cultural Ambassador of Bayswater



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News from the Australian Jazz Museum

Formerly known as the Victorian Jazz Archive

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Becoming a Jazz Museum *by Ken Simpson-Bull*

The Victorian Jazz Archive is now known as the Australian Jazz Museum. The primary reason for the name change is that the previous name could have been misconstrued to suggest only an interest in Victorian jazz, whereas the (now) Museum has always been dedicated to all Australian jazz. In fact, the collection also encompasses international jazz. As ever, the museum will continue to archive its extensive collection according to recognised national museum standards.

The Museum is planning a modern digital museum management system which will be better able to describe and promote the extensive jazz

collection and create a virtual museum available on-line 24hours, seven days a week. New software will be used to upgrade the Museum's website and to accommodate sales and easy access to the collection data bases. A new logo has been designed, however the quarterly magazine issued free to members will continue to be called "Vjazz".

The Jazz Museum's status has been further upgraded by its government recognition as "A Place of Deposit". This is a network of community facilities (such as Historic Societies that store and preserve public records of local significance) managed by the Public Records of Victoria. A further honour recently bestowed upon the Museum was the presentation of the prestigious Sir Rupert Hamer award.

The Australian Jazz Museum, 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



The home of Art in Knox celebrates 70 years

Ferntree Gully Arts Society has been an integral part of the Dandenong Foothills for 70 years

Local artist and potter Allan Lowe recognised the need to encourage the wealth of artistic talent that had gathered in the hills during the early 1940's. In 1944 he assembled some 200 paintings for a Citizens' Loan Exhibition. Works borrowed included such luminaries as Tom Roberts, Sir Arthur Streeton, Louis Buvelot, Hans Heyson, Albert Namatjira, Walter Withers, Phillips Fox and George Lambert.



This popular exhibition gave birth to the Society which is housed in the building fondly known as 'The Hut', so called after an old army hut was moved to the site on Underwood Road in 1947.

The Society continues to be a place where artists are encouraged to advance their skills, attending workshops in painting, life drawing, printmaking and portraiture. Members are able to display their works in regular exhibitions and compete for prizes in a variety of medium. Bi-monthly poetry and music afternoons are popular with many in the community.

Recently the Society has focussed on encouraging young artists by holding the highly successful 'Young at Art' and 'Street Art on Canvas' exhibitions. These are aimed at giving young people the experience of entering their work in an exhibition, and having it viewed and appreciated by the public.

Thus the vision of Allan Lowe and others whose untiring commitment to the Society over 70 years, has ensured that it remains a focus for all who love the Arts.

Following the success of the Citizens' Loan Exhibition, the next venture was to mount one in which artists competed for prizes. Donations from two local benefactors were received, £75 for the best oil painting and £25 for the best watercolour. The winners were Max Ragless for his oil 'Landscape' and R Malcolm Warner for his watercolour 'Sunday Afternoon, Mornington'.

These two paintings formed the nucleus of what became known as The Hut Collection.

For many years, traditionally at the Annual exhibition, the Society ran a programme of acquiring the winning entry, building the Collection to over 100 paintings. Acquisitions diminished in the 1970's, resumed in the 1980's and finally finished in 1994.

Many works are on loan and hang in community facilities where they can be enjoyed by the public. Unfortunately 18 works were lost in a serious fire at Knox Civic Centre; some have been replaced by gifts and purchases.

The paintings are representative of a variety of medium and style collected over six decades.

We welcome you to celebrate with us 70 years of bringing art to the community, and look forward to your continuing support of Ferntree Gully Arts Society.



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Tuesday September 9
Tuesday October 28**

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Venue: Knox Community Arts Centre
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Bookings: www.inventiensemble.com

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New Subjects To Begin In Term 3

U3A Knox members returned to class for Term 3 on July 21st with their now 1200 members ready to enjoy the 135+ subjects lined up for them.

An extensive "holiday" program had run for most of the previous 4 weeks and was much appreciated. It is hoped that this initiative will continue for all future term breaks.

Some particularly interesting new subjects have been added for Term 3: Denis Cody, (formerly a Legal Studies teacher) will present "Law, Crimes and Cons" on Thursdays at 12.15 p.m. There will be a new class on Digital Photography (basics) presented by Philip Casan. Alex Evans will repeat his class on using Tablets and "The wisdom within" with Mary Keogh will return on Fridays. The usual subjects will continue of course including painting, patchwork, Opera Appreciation, several different walks, and computer subjects including Computers for the Terrified.

The Wednesday golf group is particularly happy that one of their members Grant Adams landed their first Hole In One at Dorset on 25th June - on the 17th.

At our end of term luncheon on 27th June our speaker was Hanifa Deen, an award winning Australian author who specialises in writing narrative non-fiction. Hanifa was a most interesting speaker and brought several of her books including "On the Trail of Taslima", her most recent work, for which she spent many months in many countries investigating and talking to those involved in an ongoing story of an interesting life.



Hanifa Deen

KNOX U3A NEWS

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Don't forget, look at our website and find out all the interesting things you can do, join, help with, at www.u3aknox.com.au or phone 9752 2737, or email office@u3aknox.com.au to ask for more information.



Grant Adams retrieves his ball after his hole-in-one

Entries Now Open For The Art Show

Entry forms for this years show are now available on our website: www.u3aknox.com.au (look for the Art Show in the side bar, and click on Part 1, and Part 2 to access) or contact U3A on 9752 2737 or at 1A Park Blvd Ferntree Gully (Melways 64:F11).

The Art Show is part of Seniors week and is sponsored by Bendigo Bank and Ferntree Gully Toyota, as well as Knox Environment Society and Kiah Framing. The show will also be advertised in the Victorian Seniors Week booklet.

This year the EASTERN FM 98.1 broadcast van, will be on site during the Art Show on both days from 10am to 4pm.

Last year a record 400+ entries were received and a record number of visitors attended. The show is also sponsored by Knox City Council. Entry is only \$5 per item, with some smaller items and photography costing only \$3. With Devonshire teas, bargain stalls, and a People's Choice award, this should be another great Show. For more details look for our flyer in your letter box.

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Knox & District Over 50s

PLEASE NOTE OUR MEETINGS START AT 1.00pm

Membership for 2014 is still open and the subscription for the remainder of the year is just \$7.50 for new members. You can of course visit us three times before deciding to join and you are assured of a warm welcome as you sample the happy and inclusive atmosphere and enjoy the entertainment and social events. In August we have a visit to the Princess Theatre to see The King and I, a visit to the Melbourne Zoo and a Fashion Show event at the Vermont Football Club as well as regular events each month that include coffee mornings at Myer Knox City, lunches, book clubs, Morning Melodies and much more.

Our monthly newsletter "Knox Natters Matter" will keep you up to date. Meetings are 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 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, 26 August 2014 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

Enjoy your retirement, join us today. We offer many activities, friendships, and company for \$20:00 per year. Coming soon to your street!!! Our new activity, ORIENTEERING, is now on the calendar. At the meeting point, maps, lists and clues, were handed to each team, and we were to meet up after one hour at the finish. Discussions followed, points were calculated, no prizes, but what a different way to walk and talk, and learn about another neighbourhood. Of course, there was more social time with us having a cuppa, or even lunch, before heading home feeling like we had achieved the task whilst enjoying the company of others. Our current Newsletter is available with more details, and with your name and address, I can post one to you. You can reach us on the net www.life.org.au, or call: **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

Combined Probus Club of Wantirna Heights Inc.

by Bill Watson

More than 70 from the club had a great time at our 10th birthday at Natalie's in Mitcham. Our guest, Bruce Crago, who was involved at the beginning through the Rotary Club of Wantirna, was our guest speaker. The highlight of the evening was the presentation of the 'Probian of the Decade Award' to Vic Zadurian. Vic exemplifies the kind of qualities we like to see: real interest in others, readiness to help out wherever possible and good humour. He richly deserved the award.

Anyone interested in the club should write to PO Box 6010, Wantirna Vic 3152.



Vic Zadurian

What's On?

Event	Date & Time	Location	More Information
Tea & Classics Classical concert & morning tea	Aug 5th, Sept 9th, Oct 28th 10:30 - 11:30am	Knox Community Arts Centre Cnr Mountain Hwy & Scoresby Rd, Bayswater	Tickets: \$10, tickets at the door or www.trybooking.com . Information: www.inventiensemble.com or 0435 495493
The Knox School - Year 5/6 Open Morning	Aug 8th, 9:45am	The Knox School 220 Burwood Hwy Wantirna	8805 3814 Bookings essential: www.knox.vic.edu.au/book-a-tour
Karaoke Fionnbarr & Emma, Music Duo	Aug 10th, 2:00-9:00pm August 17th 2.00-5.00pm	#Relish Cafe Bar Shop 3, 249 Stud Rd Wantirna	9801 1766
Will I Ever Be Good Enough?	Aug 13th & 27th, 10am-12pm	Centre of Wellbeing 77 Anne Rd Knoxfield	9763 0063 www.roswilson.com.au
The Knox School - Year 7 in 2016 Open Morning	Aug 15th, 9:00am	The Knox School 220 Burwood Hwy Wantirna	8805 3814 Bookings essential: www.knox.vic.edu.au/book-a-tour
The Woodstock Concert	Aug 22nd, 12:30 & 7:00pm	Burrinja Theatre, Glenfern Rd Upwey.	Scoresby Secondary College
Speed Trivia Erik Parker, Singer & Guitarist	August 24th, 4.00-7.00pm August 31st, 2.00-6.00pm	#Relish Cafe Bar Shop 3, 249 Stud Rd Wantirna	9801 1766
Exhibition of Works (from 1945 onwards)	Aug 3rd to 31st (except 9th & 24th)	The Hut Gallery 157 Underwood Rd, Ferntree Gully	97588955 or visit website http://thehutgallery.wordpress.com Gallery hours Sundays 11.00am to 4.00pm Free admission
Street Art on Canvas (youth art)	Opening & Judging Sept 7, 2.00pm Showing-Sept 14 & 21, 11am-4pm	The Hut Gallery 157 Underwood Rd, Ferntree Gully	97588955 or visit website http://thehutgallery.wordpress.com Gallery hours Sundays 11.00am to 4.00pm Free admission
Wantirna Tennis Club 80th Anniversary	Sun, 14th Sept.	Wantirna Tennis Club, Wantirna Reserve Cnr. Mountain & Burwood Hwys, Wantirna	wantiratennis@gmail.com
Exhibition with a Garden Theme "Spring Fever", also plants, outdoor pottery & sculptures.	Sat, 27 Sept & Sun, 28 Sept	The Hut Gallery 157 Underwood Rd, Ferntree Gully	97588955 or visit website http://thehutgallery.wordpress.com Gallery hours Sundays 11.00am to 4.00pm Free admission
Scoresby 55+ Social Circle	Every Thurs, 10am-12pm	Scorseby Football Club	Gold Coin Donation Bookings 9764 1166
Rowville Community Kitchen	Every Thurs, 12noon-2pm	Scorseby Football Club	Bookings: 041 7510321 or 9753 2795
Trivia Night	Saturday, August 20	Knox Central School	Telephone 9801 3289 for more information

News From The Rotary Club of Boronia

Hospital Beds

The Rotary Club of Boronia has recently been offered a number of hospital beds and other equipment from St. Vincent's Hospital - with the help of the Rotary Club of Belgrave they have now found their way in containers on a ship to a hospital in Papua New Guinea.

If anyone knows of anywhere where there is storage available for 4-5 containers at a time on a single level - maybe at the back of a factory with enough space outside for a container (when loading). Rotary has been offered other goods (such as hospital beds and other medical equipment) but have nowhere to store them until a container becomes available. If anyone can assist could they please contact Carolyn McManus on 0425862019.

Used Stamps

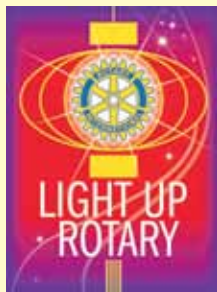
The Rotary District Used Stamp Project was started in 1991 and has so far raised in excess of \$76,000 for various projects since that time. Since the 1st of July 2013, a number of Rotary Clubs in

our District have collected and raised over \$6,000 from the sale of used postage stamps.

In 2013/14 the beneficiary of the funds collected from the "Used Stamps" project will be the residents of the slums of Moradabad, India.

In February 2013, five Rotary partners from local Rotary Clubs visited India to take part in a National Polio Immunisation day. One of the areas they visited were the slums of Moradabad and they were struck by not only the lack of clean water but the atrocious living conditions. The Rotary Club of Moradabad now has a program to install water pumps into the slum area to improve the living standards and prevent water born diseases.

For this current Rotary year all funds raised go towards purchasing water pumps, costing \$500 each, for the Moradabad Village, India. The Used Stamp Project is a continuous fund raiser, with different projects each year. If any individual or business would like to assist in collecting stamps could they please contact Carolyn McManus on 0425862019.



Rotary is active in assisting both local and international projects.

Anyone interested in finding out about Rotary is invited to attend a Club meeting. The Rotary Club of Boronia meets every Tuesday night at 6.30pm for a 7pm start at the Knox Club (Cnr Boronia and Stud Roads). Please contact Rob Parsons on 0402852300.

For further information about the various local and international Projects of the Rotary Club of Boronia please refer to our web site at www.boroniarotary.org.au

Introducing The Knoxfield Ladies' Probus Club

There's always plenty of chatter and laughter on the bus when the Knoxfield Ladies' Probus Club travel to their outings. This friendly club for ladies fifty five years plus has recently celebrated its twenty fifth anniversary. The members meet at the Waverly Golf Clubrooms in Rowville each 4th Monday of the month to enjoy interesting and entertaining speakers, and to mingle and make new friends during the morning tea break and lunch. Also, there are a wide variety of outings organised at least once a month.

There's a warm feeling of camaraderie and caring, and new members and visitors are always welcome. Pictured are some of our members who enjoyed a Natter Platter

on a Puffing Billy trip. Future outings include a trip on the South Gippsland Scenic Railway with lunch, and a visit to the Queen Victoria Market with lunch at the Crown Casino and time to visit the famous Myer windows. There is also a Christmas Lights tour with super. More lovely outings have been planned for 2015. Please join us. Ring Bev 9753 3224 or Val 9892 4161.



Knoxfield Probus ladies with Puffing Billy

The Ferntree Gully VIEW Club

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

The Ferntree Gully VIEW Club meets at the Knox Club on the fourth Monday of the month. The August Luncheon is on the 25th at 11.30am. The speaker is Beverley Morse and the topic is In Buckingham Palace in My Underwear. New members and visitors are most welcome.

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



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Talking Tech with Micah Macri

Modern Internet Safety

It's easy to grow complacent in regards to Internet safety when we trust our virus protection so wholeheartedly. Yet just like everything in technology, the nature of safety online is constantly changing. The latest breeds of brazen crooks have crafted an ingenious method of exploiting home computer users for their own gain.

Setup in large call centres overseas, thousands of people dial the homes of unsuspecting computer users impersonating Microsoft Tech Support. They're fluent English skills are convincing and they open with the broad statement "I'm calling from Microsoft in regards to your slow computer..."

In reality they don't know whether there's even a computer in the home, let alone a slow one, but it's a numbers game and they dial hundreds every day. If allowed, they will then guide the user through the process of modifying system files to grant themselves access to files and personal banking information.

The most startling thing about this process is that the home user actually infects their own computer with a virus under the direction of somebody they're convinced is trying to help them.

Naturally this is illegal and the Australian Government has set up a website to help make us aware. Information regarding scams such as this can be found at www.ScamWatch.com.au. But in the meantime be wary of strangers calling offering unsolicited computer support. They just might be up to something!

Micah Macri

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Happenings from the KNOX CITY TENNIS CLUB

by David Willing

Hi to all our members and the community of Knox. We have had our AGM and will have a strong team to continue the good work from last year. As usual our thanks go to all the Committee members for their efforts in 2013-2014 and we appreciate all the time you have given up as a volunteer.

This AGM we honoured a special member of our Club who has for over 10 years given so much of his time and effort into making sure that the two biggest areas of our Club, Night Tennis and membership, run smoothly. Without his efforts our Club would not be as successful as it is now.

Jeff Connan was accepted as a new Life Member of the Knox City TC.



Jeff Connan

Jeff was an instrumental member of the team that re-established the Knox City Tennis Club when the Club came close to folding in 2002. Since this time he has held a number of significant roles on the Club Executive - (President 2005 – 10, Secretary 2003 – 05 and Treasurer 2012-13) and more recently the General Committee acting as membership officer. During this time he oversaw the significant improvements to the Club as well as re-establishing its finances and reputation. But more importantly, he has worked hard to promote tennis at the KCTC not only socially (engaging new members, grading players, encouraging people to get out and play) but also for competition through Blackburn District Night Tennis Association (BDNTA), and more recently KDNTA, where you have graded players, formed and entered teams twice a year for the Club.

Sporting clubs rely on volunteers and ours is no different. So from our Club we say a BIG thanks and wish there were more like you.

This time of year sees us at the middle of the Winter season for the Saturday competitions and the start of the Night tennis competitions. Good luck to all teams.

During the night tennis competition break, we had an In House as usual, and everyone enjoyed the social competitive hitouts. 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



SPORT NEWS

Ringwood City Rise

by Zack Barmby



Hi, I am Zack Barmby, and I am in year 9 at Wantirna Secondary College. I have been playing Soccer at the Ringwood City Soccer Club for 8 years, and am presently playing at under 15 level.

Ringwood City Soccer Club has enjoyed a sudden increase in players in the past few years. Much of this can be attributed to the new multi-million dollar facility recently built. Jubilee Park features boys and girls change rooms, a viewing platform, canteen and bar, indoor rooms and best of all, an Astroturf playing surface. Since 2009 the number of registered players has more than doubled, going from 190 to 517. Not only that, Ringwood City added a number of girls and women's teams to its growing collection. There are over 130 women currently playing for the club. The club has teams in most age levels including junior boys, junior girls, men and women senior teams and a master's team. Ringwood City are now at capacity but players are welcome to try out for a team every year in February.



Templeton Tennis Club News

by Don McCracken

August Update

The Clubs AGM was held during July and the existing committee were re-elected.

President, Don McCracken, wishes to thank all involved with the Club over the past 12 months.

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

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

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. We could always do with more

participants, so, if you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

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

Check out our website, www.templetontennis.com.au 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 Wantirna Community Bank Branch of Bendigo Bank.

Upcoming events: Junior Club Championships during September



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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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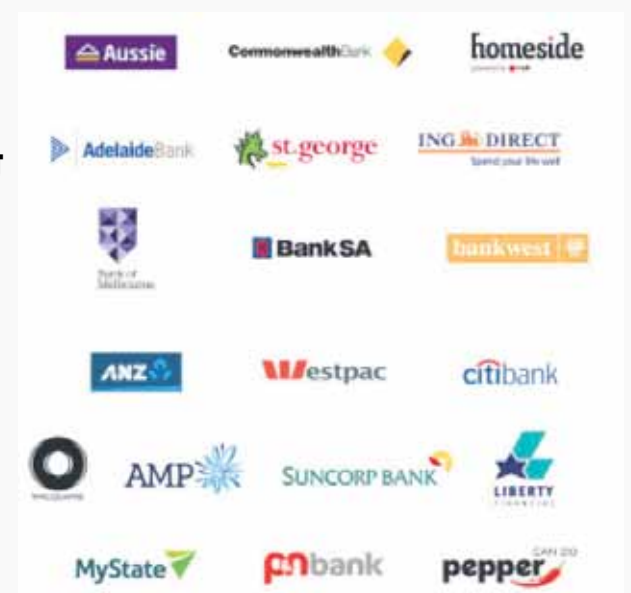
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