STUDFIELD WANTIRNA NEWS

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Community News in the West of Knox





EDITION 32 OCTOBER/NOVEMBER 2014

- LIONS DONATE TEDDIES
- CAPTAIN GWENDA'S LIFE IN THE ARMY
- LITERACY & NUMERACY
 WEEK AT REGENCY PARK
- THE TYNER FAMILY

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Government should support essential services that deliver economic and social opportunities for our community.

I believe in a positive role for government. I believe in the value of local education providers, the importance of supporting local jobs and investing in local health services.

I believe in our community. I believe in its value and will fight for its future.





Matt's Statement:

"I believe the role of government, especially at the state level, should be squarely focused on developing and maintaining essential services and infrastructure that deliver social and economic opportunities for our community.

This focus must include investing in services that enable all members of our community to maintain good health, to achieve a comfortable standard of living, and to enjoy strong social prosperity right throughout their lifetimes.

As your local Labor candidate, I am passionate and I am committed to ensuring our community maintains quality and accessible local education pathways. I will fight to ensure we retain strong local employment opportunities, and that we encourage local businesses and industry to flourish. I will not allow our local health, welfare or social services to be downsized, de-funded or degraded. This is my commitment.

I believe in a positive role for government. I believe in our community. I will fight for its future.

Matt Posetti Labor candidate for Ferntree Gully 2014 Victorian State Election 0437 595 900 matt.posetti@vic.alp.org.au Facebook.com/MP4FTG Twitter @MP4FTG www.mattposetti.com



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Editorial

Edition 32 is our biggest yet! We have a bumper 28 pages full of community news and information.

We welcome local history information from the Knox Historical Society as well as our regular contributors.

This edition sees celebrations from Balmoral Village who held their 30th birthday recently and a celebration for 50 years for Banksia Garden Centre.

We also have a second feature on one of Wantirna's living treasures, with a story on Captain Gwenda Walker RFD, ED, (Ret'd) compiled by Jenny Slater.

I am sure you will find plenty to enjoy in our October/ November edition.

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

Lions Club Wantirna Donates Trauma Teddy Bears to Ambulances

The Wantirna Lions Club recently handed over a number of trauma teddy bears to Ambulance Victoria at a presentation held at the Ambulance Victoria Mountain Highway Wantirna Branch. These trauma teddies will be made available for the ambulances in the Knox area.

The trauma teddies are designed to assist the paramedics in caring for injured and upset children.

The Lions Club Wantirna is extremely pleased to be able to provide these trauma teddies to local ambulances as part of its role in supporting the community.

If you would like to know more about the clubs current projects or membership contact Paul Garvey Secretary on 0400823441.



Paul and Natalie from Wantirna Lions and Wendy and Brendan from Ambulance Victoria.





Balmoral Village Celebrates 30th Birthday

Local Retirement Village, Balmoral Gardens, has just celebrated its 30th birthday.



Balmoral Gardens Directors with Knox Mayor Darren Pearce, State Member Nick Wakeling, Federal Member for Aston Alan Tudge and Scott Ward Councillor David Cooper

The Directors of the Village decided it was an anniversary worth celebrating. The celebrations started with a Cocktail Party followed by an exciting one hour performance by Australia's leading theatre and cabaret artist, Rhonda Burchmore.

The following day speeches were made, a celebratory cake was cut and champagne and soft drinks were enjoyed by all. Local dignitaries, Knox Mayor Darren Pearce, State Member Nick Wakeling, Federal Member for Aston Alan Tudge and Scott Ward Councillor David Cooper attended.

Balmoral Gardens, located in Ridge Road Wantirna South, is home to 280 residents. Most of the residents come from local suburbs within a 10 kilometre radius of the Village.



Rhonda Burchmore

TAKE AWAY MENU AVAILABLE

BREAKFAST

Taste our breakfast made fresh with quality ingredients: free range eggs, fresh daily bread. Combine it with a cup of tea or coffee. The perfect way to start your day.

LUNCH

Join us for lunch or afternoon tea. We provide a wide range of choices from sandwiches top something made fresh from our à la carte menu.

DINNER

Try our relaxed atmosphere and exclusive Mediterranean menu, including pasta, main meals and salads. Our experienced chef is waiting on hand to create any meal you desire.

WOOD FIRE OVEN

Discover delicious wood fire pizza with your favourite toppings. Enjoy the distinctive taste that a traditional Italian oven provides.

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Rehab post operatively for pets

by Alison Brown BCSc (Hons)

Once upon a time (50 years ago) the concept of rehab or physical therapy for post operative management of surgical cases was considered a bit out there...all hocus pocus and many people thought it was a waste of time! Just chop the leg off and be done with it!

Now that we are well in to the 21st century and having been the recipient of rehab myself (for a dodgy knee) and speaking to mainstream medicos, rehab is an essential and integral part of our own rehabilitation process. Why not with our canine and feline patients?







ANTIRNA MALL NEWS

Rehab exercises can and DO make a significant difference to the post op recovery of our furry companions after major orthopaedic surgery (eg cruciate ligament repairs, spinal surgeries etc). Rehabilitation not only focuses on muscle building but restoring good circulation and flexibility back into the affected area. The owners are very involved in the therapy for their dogs under the guidance of a trained rehab team member.

Muscle building exercises and hydrotherapy, (a treadmill under water, specifically designed for dogs) can help speed up the recovery after any boney or soft tissue surgery and we are lucky enough to have a team member here at Wantirna who has completed the Advanced Practical Rehabilitation course for veterinary nurses and is able to apply her vast knowledge to our patients to get them back on their feet as soon as possible.

How lucky are we? How lucky are the patients who can receive rehabilitation?

We think very lucky indeed!



Monday - Friday 8.00am to 9.00pm Saturday 9.00am to 5.00pm Sunday 9.00am to 5.00pm

Coming up:

October 9th - Seniors Health Clinic. November 13th - CHRISTMAS V.I.P. DAY ◆ Lots of Bargains ◆

4 Wantirna Mall, WANTIRNA Ph: 9720 2872

Ashley's Photography Journey



I shot this particular photograph on the plane on my way to Chile! When I looked outside the plane window I was amazed at the beautiful view I had beside me and I knew I needed to take some shots of the beautiful scenery of the Andes Mountains! Before the plane was preparing for landing I grabbed my camera before the put your seat belts lights went on. I sat back down and starting taking some photographs. It was quite difficult when the plane would move from time to time. Trying to keep the camera stable was a hard task to do! But in the end it was all worth it because I had some amazing shots of the Andes Mountains in Chile!

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Ray White.







34 Koomba Road, Wantirna

Just sold by the Dynamic Duo, Geraint and Jenna

with The Ray White_Know How

One of the things we love to do is announce sale results. It is with great price that we announce a number of results from the weekend.

- 31 Susan Street, Bayswater. Sold above reserve
- 34 Koomba Road, Wantira. Sold above reserve
- Wantirna South Primary School's trivia night charity auction raising \$3000 for the Flamingo Kindergarten

Our intention with every sale is to drive competition with buyers to ensure the best price for our sellers, or in some cases our community.

If you are considering selling your property, you can trust that the dynamic duo of the eastern suburbs have the Ray White Know How to help you achieve the best possible price.

> Geraint Gardner 0450 923 437 Geraint.gardner@raywhite.com

Jenna Coward 0423 138 952 Jenna.coward@raywhite.com



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Embracing life's Challenges by Aimee Williams



Being hearing impaired has made me a stronger and more grateful person. I have grown up to be a thankful, caring, helpful and a unique individual. With these qualities it has made me want to work with hearing impaired students and teach them. I want to show them that we are lucky and even though we are deaf, it doesn't stop us doing what we want to do. I want to give back to this community that has given me so much. I want to complete the Certificate III in Children Services and Certificate III in Disability Work. I'm currently studying these courses at TAFE. With these qualifications I will apply to study a Bachelor of Early Childhood degree at Deakin University.

My journey started in Darwin when my Mum and Dad took me to the 8 month hearing test. It was a massive shock to everyone to find out I was profoundly deaf. We travelled between Darwin and Melbourne for the next two years so I could have the implant. Back in 1996 I was the youngest person in Australia to have it done. Eventually we moved to Melbourne so I could be closer to the cochlear implant centre and receive the help that I needed.

I am so lucky to have grown up with such a supportive family around me. My parents made a commitment to each other when they found out I was deaf to always do their upmost to give me the best chance in life.

Toward the end of year 6 at Mount View Primary School the teachers organised an orientation day at Aguinas College and St Mary's College for

Hearing Impaired Students in Ringwood. At the orientation day I met the team leader at St Mary's. It was extremely daunting going from the familiar surroundings of primary school to the big wide world of high school. At the start of high school it was very hard for me but with the help and support from St Mary's I was getting used to high school. About three weeks into the term some students started to ask me why I was going out of class all the time. I realised that they didn't even know I was deaf and had a cochlear implant. It gave me the confidence that people would accept me for who I was and that I wasn't defined by my deafness.

This year is the last year of high school and I will soon embark on the next chapter of my life. I look back and think how silly I was to feel so insecure but I now realise I had to experience it all to appreciate it. Everything I went through was all worth it and I am ready for my next challenge.

I always try to stay positive and look at the good in life and the people around me.

News from St Andrews Christian College

St Andrews Christian College 2013 student (Year 12), Stephen Terrington, has been named in the top 500 high school students in Australia. The Federal Member for Aston, the Hon Alan Tudge MP, has posted an article on his website. We all congratulate Stephen for this great achievement.







St Andrews Christian College has just been approved a Federal Government Grant to assist in the construction of a new Senior School building. The two storey construction will encompass an Innovation Centre and flexible learning spaces for Senior students in Years 9 to 12.





Principal, Mrs Catriona Wansbrough, says "this will be a wonderful addition for our excellent Senior School". Construction is planned to commence later this year and will be ready for use by the middle of

Schools Page proudly supported by

Nick Wakeling MP

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WHAT'S COOL AT SI

Literacy & Numeracy Week at Regency Park Primary School

As part of their Literacy & Numeracy Week celebrations, classes at Regency Park Primary School participated in a variety of activities and competitions during the week.

These included daily Maths Brain Teasers, Quotes of the Day and Face Book (matching staff members faces to their favourite book). Students worked on these challenges at home via a special website set up especially for Literacy & Numeracy Week.



On the Thursday, students were encouraged to bring a guest for 'Blokes and Books' morning. The Blokes and Books morning is an annual event where students invite a special male in their lives to come to school and share a favourite book of theirs. The students thoroughly enjoyed sharing a range of picture story books, old and new, with their 'blokes' and classmates.

The highlight of the week was definitely the grand finale, The Book Character Parade. Students and staff worked hard to put together costumes based on their favourite book characters.

At the special Friday assembly they announced the competition winners and played a highly anticipated game of 'Book Character Heads.'

The students strutted their stuff in the parade while the judges went through the nailing biting process of choosing the best boy and girl costumes in each year level as well as the staff winners.

After the wonderful Book Character Parade, the whole school broke off into multi-age groups ready for their Literacy, Numeracy and Science rotating

The staff organised some very exciting sessions for the 2 hour block, including redesigning picture story book front covers, a hair raising static electricity experiment and a scrumptious numeracy lesson where students measured out ingredients (and got to eat) some sweet treats.



The students, staff and parents of Regency Park Primary School need to be congratulated on a very busy and fun Literacy & Numeracy Week.





Chinese Association of Victoria

Chinese School

Wanting to appreciate and learn about Chinese culture, and to study Chinese language, come and enrol at CAV Chinese School!

CAV Chinese School, established since 1982, is a weekend school fully accredited and registered with the Department of Education of Victoria. It is a nonprofit school committed to the excellent teaching of Chinese language and promotion of Chinese culture. Students and parents participate in many exciting Chinese traditional festival celebrations. That makes the school unique compared to other

weekend language schools. There are celebrations for Chinese New Year, Dragon Boat festival, Mid-Autumn festival etc. Moreover the School is part of Chinese Association which offers many other extracurricular activities such as Tachi, Table tennis, Chinese Cultural dancing, ballrrom dancing, line dancing ;karaoke and singing lesions and many social functions. Check it out on www.cavinc.com.au

The school offers classes from Prep (4 years and above) to Year 12 VCE Chinese classes, and employs qualified, experienced, caring and professional teachers. The school has its own comfortable, spacious, beautiful and safe campus and classrooms and is equipped with modern teaching facilities. From 2013 the School started offering scholarships to encourage academic excellence.

All students are welcome to apply. School Time: 9:30am to 12:30pm Sundays (during the school terms)

School address: 8 Ashley St. Wantirna, VIC 3152 Email address: admin@cavschool.org.au Phone: 0448 700 712/0401 002 882 after hours 9800 3388 9am to 3pm Sundays More information:www.cavinc.com.au

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A WANTIRNA LIVING TREASURE

My Life In The Australian Army By Captain Gwenda Walker RFD, ED, (Ret'd) as told to Jenny Slater

I was born in a town now called Old Tallangatta in North East Victoria on the 6th November 1925. I was educated in many schools in Victoria as my father was employed by the Bank of New South Wales and he was moved every two years or so because of the depression and the end of it in the mid 1930's. Schools I attended included Beechworth, Warracknabeal and St Michaels School for girls in St.Kilda. I was not an academic student. My ambition at that time was to be a sports mistress.

In 1942, when I knew I would have to wait until I was eighteen before I could join the Army I decided to get a job. If *Manpower discovered I was unemployed I would or could be sent to a factory or employed in a company (L-R)War Medal 1939-1945, Australia Service Medal 1939-1945, was a very large number of tins it was very hard ammunitions, clothing, aircraft etc. I found work in a manufacturing chemist in the city where I quickly displayed my organisational skills and gained a supervisory position.

In 1943 a month or so prior to turning eighteen I submitted the appropriate paper work to the Army. My reason for doing so was because Princess Elizabeth Windsor, at age seventeen, joined the British Auxiliary Territorial Service so off I went during my lunch time to 339 Swanston Street to AWAS (Australian Women's Army Service) recruiting only to be told "I was not Princess Elizabeth!"



Gwenda aged 18

Three weeks before my eighteenth birthday I was called up to report to Royal Victorian Regiment drill hall in Elizabeth Street for medical and psychology tests. This is where I met Ruby, my friend with whom I am still in touch today. Upon being told I would be a driver I replied "I thought my mother would worry if I was doing that". That is how innocent I was.

I was TOS (Taken on Strength) on the 26th



manufacturing goods for the services e.g. Reserve Forces Decoration, National Medal, Australian Defence work and not the most popular task so church Medal, Efficiency Decoration

November 1943 at the pay rate of three shillings and ten pence per day – todays equivalent about thirty eight cents. I signed on for the duration of the war plus two months.

I travelled by train to Bacchus Marsh station and then by truck to Darley. I had never heard of Darley however, today it is a suburb of Bacchus Marsh. What a shock I received on arrival. The huts we were assigned to contained between fourteen to twenty beds which were cyclone stretchers with straw mattresses. The latrines were situated up the hill near the ablution and laundry block and, if you needed to go after lights out, you were required to wake the hut Corporal who then escorted you for fear you would run in to the nightman! I looked up my Oxford Dictionary - no definition there. Then I resorted to my great grandfather's 1861 Chambers Dictionary: 'Night man': one who empties privies and cesspools.

Recruit training consisted of lectures on the role of the Army, bugle calls, badges of rank (all services), barrack bedding, rations, gas drill First Aid, health, drill and parade. I enjoyed the life. There was companionship and working together every day was different to anything I had so far experienced. During route marches around the area we would pass a squad of Netherland East India soldiers in their dark green uniforms and carrying on their shoulders sabre like swords. They were small and scary. They were being trained by soldiers from the U.S. in readiness to guard General MacArthur on his return to the Philippines.

Eventually I was posted to the 1st Australian Base Ordnance Depot in Bandiana which was the largest Ordnance depot in the Southern Hemisphere. This posting required me to take the train from Darley to Melbourne then the troop train to Albury where a three ton truck waited, tailgate down and ladder in place. I was the fourth one to climb up. The ladder slipped and I with it fell to the ground, resulting in me arriving at the AWAS barracks with one sprained ankle, but worst of all both knees out of my good lisle stockings. Precious ration coupons were used

to replace them.

So I took up my duties in the Administration office - stocktaking and internal checking of motor vehicle spare parts.

In March 1944 I got a pay rise – sixpence a day or 5 cents in today's currency. We worked six days a week and on Sunday morning parade, if you were not attending church, you were required to report to the Corporal in the kitchen who set you to work doing "Dixie bashing" which meant performing duties such as peeling potatoes and opening cans of carrots using the old can opener whereby the lid of the tin had be punctured then the sharp part of the opener had to be moved up and down around the top of the tin. When there attendance was the preferred option. I played a

lot of sport during this time - tennis, swimming and hockey against other units and swimming at night in Albury/Wodonga against civilian teams.



Gwenda driving a forklift in 1946 aged 21

In early 1945 I was employed in the No. 4 storehouse which housed spare parts and new engines for Chevrolets, Studebakers and Pontiacs. Many of these parts were interchangeable and were used for Staff cars and trucks. I was fortunate enough to have two Italian prisoners of war to help me carry out my duties. Basile 'Frankie' Francesco and his mate were older men and they were very grateful if you could buy them a packet of cigarette papers (much better than having to use toilet paper) or some Johnson's talcum powder. They were efficient carpenters and very helpful when we needed to move stores. Each store house required their skills and there were eighteen store houses. Sometimes they would disappear after morning tea. I then discovered they had been rabbiting when I returned to my desk to find a piece of fried rabbit on a white piece of paper. The weather was very hot at that time and Frankie would tell me to go and sit in the cool! What cool in a galvanised storehouse? When they were returning to Italy Frankie wrote to me to apologise for disappearing sometimes during the work day. They sailed in December 1946 and were hoping to be home in time for Christmas. Wearing unsuitable clothing, ill equipped and with no food, the Italian soldiers having served in Abyssinia and the Middle East where they were

A WANTIRNA LIVING TREASURE

captured and transported to either New Zealand Canada or Australia. Frankie and his mate were unable to return to Italy until the war in the Pacific was over and all of our soldiers had arrived home. They had been away for ten years.

I learned to drive a Clark stacker or fork lift as we know it today. With just three gears, first, neutral and reverse it was easy to drive and manoeuvre. The Clark Company remains in business today producing a variety of warehouse lifting and carrying equipment around the world. The company manufactured their first fork lift truck in 1917.

I was also sent to training courses. The best one was in 1944 at the age of twenty I was chosen to return to Darley to complete a six week course in Physical and Recreation Training which qualified me to train the recruits in these pursuits. This was the equivalent of a three year University degree. So I actually achieved my ambition to become a sports mistress! While I was there we were visited by Harry Hopman, captain of the Davis Cup tennis team and Adrian Quist who was a three times winner of tennis singles Grand Slams as well as pianist, composer and conductor Isador Goodman who became a household name in the 1930-1970s in Australia and Walter Lindrum, the champion billiards player. We were also taught to square dance and concert parties were held in the area theatre. We didn't have the comforts of home with just one open fire in the recreation hut for 200 girls.

By 1946 I had been promoted to Corporal and, in June 1953, I joined the Women's Royal Australian Army Corp which was established to cover the manpower shortage due to the Korean War and national service and so began the next phase of my Service life but that is another story.



Gwenda(right) and her friend Joan Johnstone(left) in the ANZAC Day parade in 2014

*The government created the Commission for Manpower in 1942 to help co-ordinate and direct Australia's limited human resources to more effectively meet the demands of war. It was of dramatic importance for the government to redirect the labour force.

Dear Miss Gwenda
I write you this letter informing you that I am well, as I hops to hear from you, my work is finished in this country and I think also that condition of living in Australia how been useless. I tell you that 21th of this month I get home I think you will excuse my me if some time I got off from my work, I am very pride to meet a my famely after 10 years of this life, the long and hard exil has been for my boldness on the noxt time many hite I pray you to send me your adhers in order that when I get home I will drop you a line. Salute your faithifull BASILE FRANCESCO this my address

War and national service and so began 1946 letter to Gwenda from Basile 'Frankie' Francesco ex Italian POW apologising for the next phase of my Service life but that disappearing sometimes during the work day.

What a pleasure it was to sit with Gwen and listen to her story. She has been generous with her memorabilia – too much to be included in this article but it has all been helpful in compiling her experience. Her recall of events, dates and names is remarkable and, despite her eyesight not being the best these days, she is in good health and maintains a busy lifestyle. A resident of Wantirna South for forty years Gwenda is actively involved in her church community and, of course, the R.S.L. sub-branch of ex-service men and women. Gwenda has travelled extensively to the U.K., New Zealand, Turkey where she visited Anzac Cove, Greece and she has travelled 19,000 km around Europe with a friend in a camper van.

As we chatted she revealed she was sometimes rebellious during her time at Bandiana. She spoke of her reluctance to get up in time for parade so she would leave it to the last minute, jump out of bed, roll up her pyjama pants and throw on her great coat,

hat and boots and then had to make sure the pyjamas didn't fall down by holding on to them using the pockets in her coat! Leisure time was scant but when she wasn't playing sport picnics on the banks of the Kiewa River with her friends were commonplace. Simple pleasures were an enjoyable pastime and a break from the daily routine. Gwenda says "It was good clean fun". It was also during this time when Gwenda had a boyfriend and she would make him go to church with her each week. Not the same church. They went to them all seeking out which one had the best food for supper!.

A source of great pride was when she was inducted in to the Nursing Corps as an honorary member by Colonel Vivian Bullwinkle who was famously captured along with her fellow nurses by the Japanese during WW2. The ceremony took place in the town of Jamieson during a period when the area had endured three weeks of continuous rain. Gwenda has a photo of herself receiving the award wearing her uniform and very muddy gum boots! On one occasion her great coat was sodden so three religious leaders present stood around a brassiere for hours holding her coat to dry it out. One night she was woken with Vivian standing over her with a hurricane lamp and telling her not to scream but the tent was leaking and her bedding was wet. She must have been a sound sleeper because she was totally unaware of this. Subsequently Gwenda was lifted, still on the stretcher, by two burly military policemen away from the leak.

As mentioned above, in 1966 Gwenda and a friend toured Europe in a camper van and they came very close to the town where Frankie lived and she intended to visit him however she got

cold feet and passed on by. She reasoned that she couldn't speak Italian and Frankie's English was not very good when she knew him. He probably also was married with a family so she missed the opportunity to see him again. This is a decision she regrets today.

All that remains at the Darley site are the concrete foundations of ablution blocks and latrines and the sealed roads of the camp still exist. Buildings were removed after the war and some became part of the Fletcher Jones Clothing factory. A plaque on the east side of Cameron's Road marks the area used for the camp.

Today the Bandiana facility houses The Army Logistic Training Centre where recruits are trained as Parachute Riggers, Drivers and Administration Clerks, Vehicle Mechanics, plumbers, and Electricians and Electronic Technicians.

- Jenny Slater

- Gwenda Walker

Knox Seniors Festival - events program (4–31 October 2014)



* Please refer to full printed program for more details in relation to times, events, bookings and admission prices. All physical events are suitable for seniors.

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Over 60s Cricket

Monday 6 October

Mini Senior Tennis

Saving Your Story, Knox Library

Tuesday 7 October

A Gentle Walk around the Tim Neville Arboretum

Photo Walk and Photography Presentation

Seniors Day at Orana – A Taste of Thailand

Boxing for Seniors

Wednesday 8 October

Knox Ramblers Walking Group

Get Back on Your Bike!

An Afternoon with Elvis

Thursday 9 October

Tennis Try Out

Beautiful Springvale Cemetery Tour

Historic Ambleside Homestead Open House

Ada and Elsie Show with afternoon tea

Friday 10 October

Tai Chi at the Knox Chinese Elderly Citizens Club

Badminton Demonstration

Morning Melodies with morning tea

Historic Ambleside Homestead Open House

Over 60s Cricket

Ada & Elsie Show

Saturday 11 October

Mini Senior Tennis

U3A Knox Annual Art Exhibition and sale

Historic Ambleside Homestead Open House

Sunday 12 October

Historic Tour of the City of Knox

U3A Knox Annual Art Exhibition and sale

Ferntree Gully Laughter Club

Historic Ambleside Homestead Open House

Songs of Praise at St Thomas Anglican Church

Monday 13 October

Cycle class

Aquacise

Mini Senior Tennis

Feeling Fit

OFFICIAL FESTIVAL LAUNCH

Tuesday 14 October

A Gentle Walk around the Tim Neville Arboretum

Aquacise

Morning Melodies with

Body Balance

Tai Chi

Boxing for Seniors

Active for Life

Learn to Dance

Wednesday 15 October

Aquacise

Knox Ramblers Walking Group

Commemorative Rose Bush Distribution

Knox Seniors Indoor Bowls Carnival

Chi Ball

Thursday 16 October

Aquacise

Tennis Try Out

Italian Morning Tea with entertainment by The Aeolian Players

Feeling Fit

Historic Ambleside Homestead Open House

U3A Knox Open Afternoon

FLAK presented by Michael Veitch

Friday 17 October

Aquacise

Open Day at Knox Chinese Elderly Citizens Club

Body Pump

Historic Ambleside Homestead Open House Pippa Wilson Jazz Swingtet

Bingo Night at Knox 55+

Saturday 18 October

Spinning Yarns at Stringybark Festival

Como Gardens Open Weekend

Mini Octoberfest

Historic Ambleside Homestead Open House

CLOSING EVENT ROYAL NAVY BAND

Sunday 19 October

Spinning Yarns at Stringybark Festival

Como Gardens Open Weekend

Historic Ambleside Homestead Open House

Learn to Dance

Monday 20 October

Mini Senior Tennis

A Day in the Life of a Planned Activity Group

Tuesday 21 October

A Gentle Walk around the Tim Neville Arboretum

Introduction to Archery

Making the Most of Technology

Boxing for Seniors

Learn to Dance

Wednesday 22 October

Knox Ramblers Walking Group

Morning Melodies with lunch

Introduction to Archery

Thursday 23 October

Tennis Try Out

Historic Ambleside Homestead Open House

Ferntree Gully Cemetery Tour

Friday 24 October

Tai Chi at the Knox Chinese Elderly Citizens Club

Badminton Demonstration

Historic Ambleside Homestead Open House

Saturday 25 October

Tour of Sri Vakrathunda Vinayagar Hindu Temple

Historic Ambleside Homestead Open House

The Music of The Beatles

Sunday 26 October

Ferntree Gully Cemetery

Ferntree Gully Laughter Club

National Steam Centre Museum Open Day

Historic Ambleside Homestead Open House

Learn to Dance

Monday 27 October

Mini Senior Tennis

Tuesday 28 October

A Gentle Walk around the Tim Neville Arboretum

Tea and Classics

Boxing for Seniors

Learn to Dance

Wednesday 29 October

Knox Ramblers Walking Group

Music and Information Session at CityLife Community Care

音乐及资讯讲座

Thursday 30 October

Afternoon Tea Dance at Quest Knox

Friday 31 October

Badminton Demonstration







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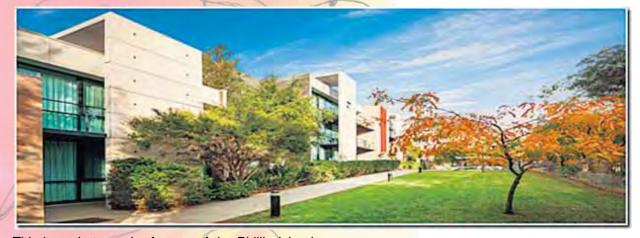




KNOX U3A NEWS

Art Show Draws Near

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA



Phillip Island Apartments at Cowes

\$10 for new members enabling entry to any subject with a vacancy.

For information ring 9752.2737 during office hours

The day after the show U3A will open for the final term of 2014 with an array of more than 125 subjects weekly. Membership for the final term will cost only

after 13th October or see our comprehensive website: www.u3aknox.com.au .

Wendy Boyle is our featured tutor for the month at U3A. She has been teaching tatting for 7 years.

She is pictured in our Library working on a tatting project. She will be entering some of her beautiful work in the Art Show.

This is a photograph of some of the Phillip Island Apartments at Cowes. The proprietors have donated a 2 day holiday as a \$500+ first prize in U3A Knox's always wonderful Art Show Raffle. Come to the Art Show on 11th and 12th October, for a chance to buy tickets at Parkhills, Park Boulevard, and see the other wonderful prizes as well as the Annual Art Show, justly famous in Knox as the biggest event of Seniors Week. Another prize in the raffle will be the signed limited edition print of an Ivars Jansen painting "Rose", beautifully framed for us by Kiah Framing, as well as a patchwork quilt, another painting by our own Mary Watson,(a triptych of landscapes), and a watercolour painting by Kath Loxton.

Entries are coming in as artists and craftspeople compete for the \$1000 prize for Art, donated by Bendigo Community Bank, \$1000 prize for Craft donated by Ferntree Gully Toyota, and now the \$600 Bill Batt Memorial Prize for the best Landscape (any media) donated again this year by Knox Environment Society. There will be a People's Choice award for which visitors can vote and good prizes in all 8 categories. Last minute entries will be accepted.

We hope our 18th Art Show will be best ever, and another highlight will be the on-site broadcast from the 98.1 FM van, to be on site for both days. Entry to the grounds costs \$2.00 for a catalogue of entries, and there will be the usual Devonshire teas and light lunches, craft stall, book stall and plant stall. A day at the Art Show is not to be missed.



Wendy Boyle



Banksia Nursex *Cafe *Coffee Drive Thru *Garden Supplies *Glasshouse Centre



is turning

Nov 8th-9th



Banksia Nursery

98011637 Open 7 days, 9am - 5pm



Drop in and join the celebrations

Banksia Cafe

Open 7 days, 9am - 4pm Dine in for lunch or coffee



Banksia Garden Supplies 9801 3550

Mon - Sat. 7am - 5pm Sun & Public Holidays. 8am - 4pm



Banksia Drive Thru Coffee

Mon - Fri, 5:30am - I2pm Sit in your car & order your coffee



Banksia Glasshouse Centre 9801 8066

Open 6 days, 9am - 5pm (closed Thurs)



530 Burwood Hwy Wantirna South

ENVIRONMENTAL NEWS

Back Yard Worm Farm

by Peter Reynolds, Permaculture Design Cert SCP1

If you are keen to recycle fruit and vegetable scraps and get the benefits of a great fertilizer for your garden, one of the easiest things to consider is a worm farm. The composting worms feed on the kitchen scraps and produce worm castings and "tea", which are very rich in nutrients and great soil conditioners. The worm tea can be diluted 1 to 10, with water and used as a liquid fertiliser and the worm castings can be added to garden beds or pot plants to condition the soil and provide a great source of plant nutrients.

You can easily and inexpensively build a worm farm from three stackable plastic storage cubes, some hessian sacking, compost and newspapers. Leave the lower container intact to act as a reservoir to collect the worm tea. The second and third containers should have several 10-12mm holes drilled in the base to allow worm tea to flow through into the lower container for collection, and to allow the worms to migrate to where the food scraps are placed.

Line the container with the holes in the base with 3-4 sheets of damp newspaper and sit it on top of the lower container. Add enough compost, grass clippings and moist shredded newspaper to half fill this container. This material acts as "bedding" for the composting worms (Red or Tiger worms are suitable types. Do not use earthworms). Add the composting worms to the bedding. Water till moist (the bedding needs to be kept moist, but not saturated) then cover the container with a garbage bag, plastic sheet or hessian bag etc

The worms will breed and grow depending on the feed provided and the size of the worm farm.

Start by adding small amounts of food to allow the worms to become established and gradually increase this amount over the next few months, as the worms breed and grow in size. After feeding the worms, cover the organic scraps with some compost or soil to avoid attracting vinegar flies.

Check the worm farm regularly to ensure it stays damp, but not soggy and that the worms have sufficient food, but do not over feed the worms, as this can lead to odour problems. If uneaten food remains, simply wait until the scraps have been eaten before adding more food. Keep the worm farm containers covered and in a cool, shaded location.

As the worms increase in number and outgrow the second cube, simply add another stackable cube on top of the original. Drill several holes (10-12mm wide) into the bottom of the container to enable the worms to migrate to the upper container as the middle container fills with worm castings.

Place food with compost to attract the worms to enter the top container, therefore increasing your casting volumes. You can harvest your worm castings after a few months when the worms have relocated to the upper container, where the food supply is.

Suitable food for worm farms includes any fruit/vegetable scraps (excluding citrus and onions), grass clippings, tea leaves, crushed egg shells etc. Avoid meat scraps. Set up your own worm farm to help reduce the volume of waste going to landfill and recycle your kitchen scraps to provide a great source of nutrients for your garden.

Spring is Here! by Melissa Carr

The days are getting longer and the weather is warmer, it's time to start readying our gardens for some summer crops. If you are a beginner gardener there are some things to consider before you enthusiastically plant up your vegetable gardens:

- Climate Zone: Melbourne is a 'temperate' climate. Choose plants that can tolerate high summer temperatures.
- Aspect: Is your garden full sun, part shade or shady? Different plants require different aspects to thrive.
- Soil: Is your soil sandy, clay or loam (a perfect conditioned soil)? It is a good idea to give the garden a good top up with compost, dig it over thoroughly and let it settle before planting.
- Companion Planting: Some plants complement each other when they grow together, protecting each other from disease or providing beneficial nutrients.
- Month: If you plant too early or too late your seeds/seedlings will struggle to thrive. Check the correct month to be planting your chosen plants.

Successful gardening can be easily achieved with effective preparation. Now it's time to Dig In!

www.chesterfieldfarmcommunitygarden.com.au





Banksia Café

Banksia Nursery

Enter via Banksia Nursery

530 Burwood Hwy

530 Burwood South

Wantirna 9am-4pm

Wantirna 9am-4pm

Open 7 days, 5320

9801 5320



Corporate Catering for your function large or small.

Our wonderful range of cakes and slices including passionfruit sponge and ginger fluff have received top reviews. Scones, jam and cream are always a favourite.

Try us - you'll be so glad you did!

Group Bookings Welcome



SCORESBY NEWS

Scoresby PS receives a Capital Grantworth \$392,000.00

Scoresby Primary School was very excited to receive news earlier this year that they had been allocated a grant of \$392,000.00 in the May 2014 State Budget.

Following the announcement, there has been much consultation with all stakeholders - staff, students, parents, School Council members - on how these funds can be best utilised to help the students of Scoresby PS.

Principal Matthew Coney acknowledged that the community was very excited about the potential this grant provides the school but admitted that there was a lot of preparation and steps involved before final decisions could be made on how funds would be finally spent. "This process will take time, however we know the end product will be worth it," Matthew said.

The community is being updated on the progress of the initial processes via the weekly school newsletter and Matthew hopes to be able to give further updates soon, following an upcoming consultation with the Department of Education and Early Childhood Development prior to the end of term.

The Scoresby PS community is very excited about this grant and is eagerly awaiting the works to commence. It is hoped that the works will commence early in 2015.

Tears and smiles at RCK

Life has been more hectic than usual in the kitchen this month.

We have celebrated four of our job seekers commencing work and one starting her own food business. Chef and I are rapt and sad at the same time. Everyone plays a very important part in the delivery of our community lunches, we miss them when they leave to follow their work goals.

If you have never been to RCK, then October is the month to check us out and book for lunch.

In addition to our usual Thursday lunches we are celebrating Senior's week in conjunction with Scoresby +55 Social Circle with two lunches on the 14th and 22nd October. Both lunches will be fun with live music and a two course meal for \$12pp.



Bookings are essential, with payment required to confirm your seat. Call Nikki on 9764 1166 to book and pay.

Did you know there are homeless people doing it tough in Knox?

There are many, so on Friday 17th October we are supporting Vinnie's Knox Sleepout for Anti Poverty Week. Come and join us in the park, sleep on your cardboard bed for the night and share a big breakfast in the morning.

Can't make it? Donations accepted to provide resources for the homeless in our area. There is a link on our facebook page or call Christine on 1300363723 to get involved.

The Ferntree Gully VIEW Club

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

The October Luncheon is on the 27th at 11.30am. The speaker is Colleen Wooley OAM, JP and the topic is The Passions and Pitfalls of Pictorial Post Marks of Australia. New members and visitors are most welcome.

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



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Anyone for Tennis?

We are all very aware and proud I'm sure of Australia's great record as a sporting nation, with our top sports people often winning competitions at a much higher rate than our 21 million population would expect.

Tennis is a great example of this.

The Australian Open is one of the four international tournaments that make up the tennis Grand Slam -Wimbledon (British Open), US Open and French Open being the following three.

To complete The Grand Slam a player must win all four tournaments in the same year - a task only a handful of players have completed - and two of those are Australians - Margaret Court and Rod Laver (twice)!

International champions Laver, Court, Rosewall, Emonson, Newcombe, Goolagong, Cash, Rafter, Hewitt, plus as many more again, and of course the greatest ever doubles winners - The Woodiesall had one thing in common.

They started off playing at a local tennis club - I suspect all as juniors - and so the tradition goes on at the dozen or so tennis clubs in Knox!

Juniors, seniors, weekend and night tennis every week just a few minutes from your home - and also in your local school more than likely.

Some clubs have been doing it tough of recent years with a couple of clubs having to merge. But tennis is fighting back with some great innovations over the past twelve months.

SCOTT WARD NEWS

Clubs using council sites have joined together to form Tennis Knox which works to advocate and promote tennis in Knox.

And some great successes have been had in The Festival of Tennis, publicity, lease fee reductions, promoting junior tennis at clubs and in schools, rebuilding player numbers, and working on maintenance issues.

Tennis Victoria has got in behind Tennis Knox and the member clubs as this is the only example of such a formation of all municipal clubs banding together to help each other in Victoria.

Indeed Tennis Knox, headed up by Eric Beeston and Sandi Dawson, has recently been nominated for the Newcombe Medal for best club or association. This year Tennis Knox chairperson, Eric Beeston won Tennis Victoria's Volunteer of the Year award.

Eric and Sandi will tell you that the future of the sport is with the little kids, for their interest, health, and bringing the whole family together.

Hot Shots is the program designed to help young children step into tennis using a range of different coloured balls that are manufactured to bounce to different heights. This means that smaller children can hit and return the balls much easier and are therefore not discouraged, but are rather motivated to play. As they become more proficient they graduate up to the next level ball and so develop their skills.

Most clubs and primary schools are now involved in the Hot Shots program.

So if you or your youngsters want to arrange a visit or meeting with a local club or coach, go to www. tennisknox.com.au for details of local club activities and contact details.

Cr David Cooper Scott Ward Knox City Council



Cr David Cooper and Knox Gardens Tennis Club President Margaret Rath

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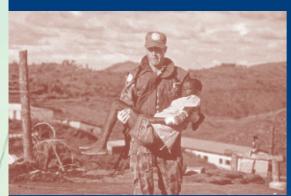


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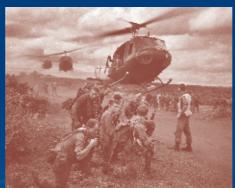
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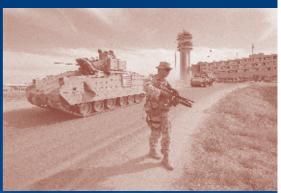
www.homelahbliss.com.au

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Residents are invited to attend the official unveiling of the

Knox Memorial and Roll of Honour

The Knox Memorial and Roll of Honour recognises those members of the Australian military services from the Knox area, who have lost their lives while serving their country.

The project, made possible through Federal and State Government funding, also acknowledges the Centenary of Anzac and the 100th anniversary of the Great War (WW1).

The unveiling of the memorial will take place at **Tim Neville Arboretum**, Dorset Road, Ferntree Gully, on **Saturday 1 November commencing 2pm**.







KNOXFIELD NEWS

(17) Liquor

How The Locals like It.

Knoxfield IGAs commitment is quality customer service, a superior range of products combined with freshness and value for money.

A local family have been the proud owners and managers of Knoxfield IGA for the past 6 years. Andrew and Natalie are continually looking for ways to improve, inspired and guided by you, the customers. This has resulted in continuous reinvention of the store as they monitor their customer needs and provide a huge selection of staple and gourmet choices. The friendly staff are always ready with the personal touch to make your shopping experience pleasant.

To meet family budget commitments and to become more competitive they have,

in the last two years, introduced a Rewards program to enable customers to accumulate cash credit points whilst shopping. To date over 1000 members are on the program, and they have given back nearly \$9,000 in grocery purchase discounts.

Over 1500 prices have been dropped throughout the grocery, dairy, milk, bakery and frozen food departments. Andrew and Natalie have made a commitment to carry the largest possible range including ranging lines on request from our customers. While majors, Coles and Safeway, are currently de-ranging and moving to their own branded products, they insist on supporting the trusted Australian National brands that everyone knows and loves.



Gourmet Delicatessen

The Deli specialises in a large small goods range that facilitates customer choices. All meat can be sliced on demand.

A newly introduced gourmet cheese range covers all your entertaining requirements with products from around the globe.

We cater happily to the local demographic with Dutch, German and English products that are often difficult to source in the Knoxfield/Scoresby area.

Don't forget to "Drop in and try our famous succulent barbecue chickens".





Wines and Spirits

Last October they invested in the liquor department freshly painting the area, installing a new oper faced 5 metre chilled wine and ready to drink fridge, increasing the range by 30% with a focus on table wines and spirits, providing sharp weekly specials and numerous multi-buy opportunities and price drops to ensure their competitive edge.



GLUTEN FREE

Gluten Free

In response to a growing demand for gluten free products, there is now a dedicated section with additional lines throughout the store. Over 150 GF lines have been included.

Bio cheese is completely dairy free and vegan friendly - a very popular item.

There are also frozen GF meals, bread selection and much more.



Vince is their fruit and vegetable wholesaler who lives locally, visits the Footscray wholesale market daily and his 35 years experience means that he selects only premium quality for their customers, whilst keeping the prices competitive. Adding a range of ready made stir fry veggie packs and ready to roast vegetables has contributed to an increased volume in produce sales of over 25%.

The feedback they are receiving from customers has been phenomenal.

Knoxfield IGAs commitment to the local Community is demonstrated by consecutive years of actively supporting the Knox Little Athletics



Club. Other recipients of their support have been Carrington Primary School, Scoresby CFA, and Waterford Park Retirement Village.

Their most recent commitment has been to support young local school boy Harley Mackie from Wantirna College who has organised a charity fundraiser 'Skate for Cancer', a 12 hour skating marathon at Knox Skate Park.

Local businesses are supported where possible, engaging local butchers Mattash Meats to supply all of the fresh meat and Jenny from Knoxfield Florists to range fresh flowers within the store.

They also undertake weekly deliveries to a number of the local businesses.

Why shop at your local Knoxfield IGA?

They pride themselves on customer service.

They respond to customer requests.

They believe in continuous improvement.

They carry a huge range of gourmet and staple lines.

Their fresh produce is truly fresh and represents superior value.

They maintain competitive pricing strategies.

And they are committed to 'giving back' to the local community.

18 NEWS IN GOOD HEALTH & WELLBEING Welcome to our new Practitioners by Marita Reynolds Mr. Mina Williams Consend Called

Wantirna Wellness would like to introduce Cristina Sandler & Julie Lever to the centre as Reflexologists. Both have successfully completed a certified Diploma in Reflexology. The Diploma used the original Ingham method, including extensive study into the practical techniques, theory, anatomy and physiology. Cristina & Julie are both members of the Reflexology Association of Australia.

Reflexology is a natural, non-invasive wholistic therapy based on principals that there are reflex points located on the feet and hands that correspond to the organs of the body. By using your thumbs and fingers to stimulate these points it helps to clear blockages, reduce stress and tension, improve circulation and allow the flow of energy to restore your general wellbeing.

Cristina & Julie are excited about their new opportunity to assist clients in Reflexology at Wantirna Wellness. Cristina's career path so far has been in nursing and she is committed to health and wellbeing. Julie has been in Logistics and has always had an interest in alternative health treatments. Both Cristina & Julie are passionate Reflexologists, resulting from their own recovery from a variety of long standing health problems. Cristina has a special interest in helping people with stress and anxiety and Julie has a special interest in infertility problems. They

both are passionate in helping to educate, inspire and motivate people to better health and wellbeing. They are committed to life-long growth and learning in their complimentary therapy and are enthusiastic about developing strong client relationships and maintaining these into the future.

Cristina & Julie look forward to working at Wantirna Wellness. As a special introductory offer, Cristina & Julie are offering new clients 15% off their initial consultation. Please see our advert on the local services directory (second last page of this edition).

If you would like to know more about us please visit the Practitioner section at www.wantirnawellnesscentre.

Meditation for Life classes are offered each term on a Thursday evening. Reflexology is now available on extra days: Wednesdays, Saturday mornings and weekday evenings by appointment at the Wantirna Wellness Centre. Suite 9/249 Stud Rd, Wantirna.

For Meditation class bookings please call 0425 735 581. For Reflexology - Julie is available after hours & Saturday mornings and can be contacted on 0478 663 843. Cristina is available on Wednesdays and can be contacted on 0410 899 005. For our special offers see our advert on the local services directory (second last page of this edition).





PhysioSpot 1621 Ferntree Gully Road Knoxfield 3180 Telephone: 9764 9359 Facsimile: 9763 3114 Coms and Callus

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WANTIRNA DENTURE CLINIC

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Chris Brownlie

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487 Boronia Road, Wantirna Cnr Stud Rd, opposite Knox Club





Use TeamUp to get active in Knox

VicHealth's free TeamUp app is being used all over Knox. Diego from Boronia has found a new running buddy Wheel Women Knox have been seeking out female cyclists and local sports teams are looking for you to be their new player!

- Free and unlimited access to browse a range of activities.
- Find activities at times that suit your lifestyle. There are already over 60 in Knox, with more being added every week
 - **Connect** with new people and places in your neighbourhood; from Rowville Lakes to Kings Park!

BRING YOUR FAMILY ALONG TO OUR FREE TEAMUP STRINGYBARK EVENT ON THE 18TH AND 19TH OCTOBER TO LEARN ABOUT HOW GETTING ACTIVE CAN BE A FREE, FUN AND SOCIAL WAY TO GET AMONGST NATURE.

Head to knox.vic.gov.au/teamup for all information Contact TeamUp Knox on 9298 8000 or at teamup@knox.vic.gov.au To find out more go to facebook.com/htknox











The Knox Community Christmas Support Project is now in its fifth year and thanks to the support of partner organisations and volunteers we were able to assist over 1250 individuals in the Knox area to have a brighter Christmas.

We currently have positions available at our "Hub" for people wishing to be involved in receiving and dispatching donated goods and for people who are able to transport donated items between collection points and the hub. Volunteers will be needed from November 25 until December 20 2014.

Register your interest by contacting Katrina at Knox Infolink on 03 9729 9499.

Donations:

Non-perishable food items (before use-by date) or toys/gifts (new) for children aged from birth to 18 years old can be delivered to the following locations:

- Ray White Unit 5, 1849 Ferntree Gully Road, FTG or 229 Stud Rd, Wantirna
- Bendigo Bank 4-6 Station St, Bayswater or Shop 3 Chandler Arcade, 109 Boronia Rd Boronia.
- Eastern Regional Libraries Boronia, Knox, Rowville or Ferntree Gully.
- Monetary donations can be given to www.givenow.com.au/knoxsharethejoy for tax deductable donations.

Telephone Knox Infolink for information on 9761 1325

Book Fair

Sat 8 November 8.00 - 2.00pm

Bayswater Tennis Pavilion

Cnr King Street & Mountain Hwy Bayswater (Mel: 64 E3)



Pick up a bargain!



NEWS IN GOOD HEALTH & WELLBEING

News from the Osteo with Dr. Jason Stone

Do we need bras?

The simple answer is, yes!

This article discusses the reasons why we need well-fitted and supportive bras, and some handy hints about what constitutes a 'good' bra.

As Osteopaths, we encounter women of all ages, sizes and fitness levels. It is important for our patients to understand that over time, your breasts will change along with the rest of your body. Body fat composition and weight changes, hormonal fluctuations and age are factors that can affect the size and shape of breasts over a woman's lifetime.

Upper back pain, neck pain, headaches and even shoulder pain are commonly associated with poor posture. These are among the most frequent presenting complaints that we see in our clinic. Something that might also be influencing your posture may be an ill-fitting bra. A bra that fits you well and provides adequate support may help to improve your symptoms.

It isn't always true that breast size is proportional to the level of pain experienced in the upper back region, but it is common to see women with larger breasts in bras that are simply too small. Similarly, women with smaller breasts are more likely to be wearing bras that are too big. If a bra does not properly support the breasts and aid in re-distributing their weight, a woman's centre of gravity will shift to the front of the body, making it more difficult and tiring for her to maintain good upright posture. This in turn can maintain and aggravate strain across the shoulders, upper back and neck leading to stiffness, sore muscles and sometimes headaches.

Osteopaths also encounter many women who enjoy exercise, be it walking, running, dancing or playing sport. Sports bras are designed to minimise what is referred to as 'bounce'. Breast pain and many

other complaints can arise from a sports bra that doesn't adequately minimise breast displacement (or 'bounce') when undertaking these activities.

A particular age group that may be at risk of breast pain during exercise is adolescent girls, with changes to their bodies occurring rapidly and breast pain being a common complaint during puberty. Pregnant women and breast feeding mothers are also a group that may experience breast pain during exercise due to increase in breast size and volume. With more research behind the design of sports bras, it shouldn't be difficult to find one that is comfortable and supportive for any age or breast size.

Handy Hints: Number one rule about a 'good' bra is that you should barely notice that it's there and it's comfortable enough to wear all day without discomfort.

Cups that are too small (or large in some cases) and underbust bands that are too tight are the most common indicators that a bra doesn't fit you well.

The straps of a bra are NOT the primary support, and plenty of women rely on tight straps to make a bra fit. The underbust region, or the band around the chest should be doing all of the heavy lifting. An underbust that doesn't squeeze too tight or ride up at the back is the right size for you.

Bras are only good for months to a few short years. Every time you wear or wash a bra, its elasticity may increase, therefore lessening the amount of support it will provide.





If a bra is too stretched and becomes too lose, it's time to replace it.

161 Stud Rd, Wantirna South (03) 9800 0388

Easiest way to find out what suits your body, is to try bras of all cuts and designs. If you don't know where to start or just need extra help to find the right bra, many department and lingerie stores offer free bra fitting services to their customers.

Dr. Christa Marlow is one of our fantastic Osteopaths at Wantirna Osteopathy.

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 wantirnaosteo.com.au

Wantirna Osteopathy 161 Stud Road, Wantirna South 9800 0388

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Ringwood: Suite 6, 34-36 Bond Street

Wantirna: Wantirna Mall Clinic, 621 Boronia Road

LOCAL HISTORY

The Tyner Family from Stuart Burns of Knox Historical Society



George Tyner

William Tyner senior was born at Brandon, in County Kerry, Ireland 1844. 'Bily' emigrated Tyner to Australia as a young man in the 1860s.

William settled down quickly in his new country and by 1870 was securely employed as a cab driver, an occupation in

high demand from wealthy residents of the growing metropolis.

William married Letitia Anderson, herself a native of the Emerald Isle, in 1871. The couple had met in Melbourne, where Letitia was respectably employed as a maid-servant in St Kilda, then a wellto-do suburb.

The Tyners had five children: William the younger, James, Letitia, George and Ralph.

Around 1880 William purchased several properties in Scoresby, then an outlying district. One allotment was at The Basin, on the Ferntree Gully-Sassafras Road. The second allotment was in what became Wantirna South, adjoining Stud Road, extending from High Street to what is now Burwood Highway.

The property at The Basin was sold to james Griffith, of Griffiths Tea fame, who built the palatial 'Ferndale' summer retreat on the block.

Property values rose with the great land boom of the late 1880s but in the early 1890s the bubble burst, to the ruin of William Tyner. He lost the Wantirna South land and retreated to a smaller property (though still a respectable 120 acres) owned by his eldest son in Burwood.

At the turn of the 20th century William the younger served as a member of the Ferntree Gully Shire Council and eventually rose to a career in state parliament. Meanwhile, George set his family up in Sherbrooke, where that branch of the Tyner family felled trees in the forest and transported them via bullock and jinker to nearby sawmills.

George's son William George Tyner, after a long and productive career with the family's chaff and grain business, retired to Wantirna South, on part of the property once owned by his grandfather.

Appropriately, Tyner Road is a prominent road in Wantirna South today, commemorating the generations of the Tyner family that made their



Ferndale estate, built on land originally selected in 1877 by William Tyner.



Knox Historical Society

Cemetery Tour

Finding your past, in the City of Knox, can be assisted by finding your ancestors on one of Knox Historical Society's cemetery tours during this year's Seniors Festival (October 5 - 26). Tours are on 23 October, 1 pm - 4 pm, and 26 October, 10 am - 1 pm, and 1 pm - 4 pm.

Ferntree Gully cemetery was gazetted as Scoresby cemetery in 1872, the first recorded burials being in 1883. Many pioneer families are interred there, including prominent local identities, and members of non-English groupings, such as Bayswater's German community.

The tours are being led by local historians and wellknown personalities. Karin Orpen is a serving local councillor and former mayor of the City of Knox. Clarrie Talbot has published a history of the Ferntree Gully rail line. Graham Hansen is a descendant of the Hansen family who built 'Ambleside' homestead in the 1890s, now a museum and home to the Knox Historical Society.



Prominent burials at the cemetery include John Buckley, who settled in the Ferny Creek valley in the 1860s. Thomas Dobson arrived in 1854 and started cutting down trees in the Fern Tree Gully, giving the area its name. Dobson's wife, Susan Cree, died in 1858 and was buried in what's now Ferntree Gully National Park, but was re-interred at the cemetery in September 1899 in the middle of a snowstorm. Also at Ferntree Gully cemetery is the famous Heidelberg School artist Sir Arthur Streeton, who died at Olinda in 1943 and was buried at the nearest cemetery due to wartime fuel restrictions.

Tour participants are invited back to 'Ambleside' for afternoon tea or coffee. Bookings are essential. Cost \$5. Details: ph. 9758 6722, Website: www.vicnet.net.au/~khsinc/



ADVERTISEMENT

Authorised by N Carroll, 438 Docklands Drive, Docklands.



Government should support essential services that deliver economic and social opportunities for our community.

I believe in a positive role for government. I believe in the value of local education providers, the importance of supporting local jobs and investing in local health services.

I believe in our community. I believe in its value and will fight for its future.



THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

The Barnard Legacy

by Ken Simpson-Bull

The Australian Jazz Museum has just opened a new exhibition entitled "Legends of Jazz -The Barnard Legacy". The Barnard name is synonymous with great Australian jazz from the 1940s up until today with Len and Bob considered to be among the era's greatest jazz musicians. Their children and grandchildren continue to carry on their musical heritage.

Leonard (Len), born 23 April 1929, and Robert (Bob), born 24 November 1933 were fortunate to have musical parents who encouraged their careers. Len became a pianist, later a drummer who formed his own long running dance band with brother Bob on trumpet. Later Bob also formed his own band and both played with many other groups over a long period of time. Bob is still very active.

Len died in November 2005 after a short illness,

however Len's daughter, Rebecca Barnard, continued the musical journey to become an accomplished vocalist with her uncle Bob's band before carving out her own successful career with other groups. Rebecca's son, Harry, is carrying on the tradition by playing drums.

Of Bob's children, Loretta became a freelance writer (author of the popular "Bob Barnard's Jazz Scrapbook"); Tony is a member of the Ronnie Scott Big Band among other groups in the U.K. while Adam is a well-known musician in Sydney. Loretta's children, Casey and Beau Golden, are also accomplished musicians in their own right in

You can come along to view the display and learn more about one of Australia's greatest jazz families any Tuesday or Friday, or alternatively organise a group tour with your club or organisation as detailed



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



Bob Barnard today.

Photo by Francesco Vincenti

KNOX COMMUNITY ARTS CENTRE

PERFORMING ARTS PROGRAM OCTOBER - NOVEMBER 2014

Knox Piano Awards

2 October



Wacko-the-Diddle-oh! Tour

9 October @ 1.30pm 10 October @ 7.30pm

Flak

16 October @ 7.30pm



Pippa Wilson 17 October @ 1.30pm





Come Together - the music of the Beatles

"Love me, Love Bayswater"

25 October @ 7.30pm

Inventi Ensemble -Tea & Classics Series

28 October

@ 10.30-11.30am



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

Bookings: 🐶 9729 7287

www.knox.vic.gov.au/theatretix

Like us on: If facebook.com/knoxcac

Barry Morgan



ROTARY NEWS

News From The Rotary Club Of Boronia

Rotary Awards Gitta Clayton The "Excellence Through Service" Award.

The Excellence Through Service Award is a Rotary Club award originally set up by Rotarian Past District Governor John Ellery in 1991 to recognise local community people who have given or are giving outstanding work in the field of Vocation, Community or International Service. Those recognised, as well as having outstanding expertise in the area of service, have excellent ambassadorial qualities, are favourable towards Rotary ideals, and have a strong sense of service.

It was great to see Gitta Clayton receive her Award for Excellence through Service. The work Gitta undertakes as a Coordinator with AMES in helping refugees settle in Australia is very important and she does this with admirable passion and respect for the Karen people who come from the borders of Burma and Thailand.

For 60 years AMES has helped new and recently arrived refugees and migrants to settle in to

Victoria. AMES offers much more than just teaching English – they not only work with new arrivals but also with the community, business and government to develop sustainable and effective settlement solutions for the whole Victorian community.

Rotarian Rob Parsons on behalf of the Selection Committee did the honours and Gitta was obviously very pleased to receive this Award and cheque of \$500. Her friend Julie McClean from "The Hope Project" was there as well. Gitta has decided The Hope Project will be the recipients of the cheque. The Hope Project helps Karen people on the Thai-Burmese border with help in the areas of health and education. The Rotary Club hopes to hear more about this project sometime later this year.

For further information about AMES please refer to http://www.ames.net.au

The Royal Flying Doctor Service Fundraiser

The Rotary Club of Boronia is hosting a special fund raising evening on Tuesday the 14th October at the Knox Club in Wantirna to raise funds for The Royal Flying Doctor Service. Members of the public are invited to this event with special guest speaker Annette Allison.



Annette Allison is a name familiar to many Melbournians, due to a career of more than 28 years on TV and radio, but this former Ten news anchor and co-host of the long-running Good Morning Melbourne has made a sea change. Now, combining her media skills with her duties at this \$250 million-a-year free health service, Allison is leading public tours that follow the multitudinous paths John Flynn trod all over Australia.



The event begins at 6:30 pm at the Knox Club on the corner of Stud and Boronia Roads. The cost is \$35 per person which includes a two course meal and drinks are available at bar prices. Please advise special dietary requirements when booking. Prepaid bookings are essential. For further information and bookings please contact Alan Jenkins on 0419573217

Boronia Rotary & Burnings Bayswater Support A "Lighthouse Foundation" House In Boronia.

What a great way to finish the year with a presentation that our Rotary Club had from Ralph and Carol from the Lighthouse Foundation. The Lighthouse Foundation supports homeless young people in 11 homes across Melbourne and Victoria where they are supported by live-in carers. The organisation chooses only to be funded by government for a very small amount and this way they are able to take the long view and provide care using a therapeutic model. Most of their funding comes from donations and philanthropies. Across Australia they support 740 People. The work they do is very important in supporting young people who are homeless, providing them with a roof over their head so they gain confidence and learn new skills and can earn their own income in their adult years. Young people can stay there for some time as they learn life skills and go to school or TAFE etc.

During her presentation Carol being one of the carers in the Boronia house, mentioned that the oven in the house was desperately in need of replacement, so it was agreed that our Rotary Club provide funds for a replacement oven.

Rotarians Peter Malden and Phil Leck spoke to

Carol after the meeting and the process became underway after contacting Bunnings in Bayswater. Peter Malden who offered to organise the purchase was happily surprised when Bunnings advised that they would donate the oven for free. In addition Phil was been able to secure the installation by Richard Glew, one of the electricians his company works with, for free as well.

The Rotary Club is sure the new oven will be well received by the carers and residents of the Boronia House. The power of giving is well and truly alive in our area. The Rotary Club of Boronia would like to thank Bunnings for donating the oven, Peter Malden for arranging the donation, pickup and delivery to the house, and Phil Leck and electrician Richard Glew for donating their time & a few other parts for this install.

For further information about Lighthouse Foundation please refer to http://lighthousefoundation.org.au

For further information about the various projects of the Rotary Club of Boronia please contact Rob Parsons on 0402852300 or refer to our web site at www.boroniarotary.org.au

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).

(CONTROL)

Anyone interested in Rotary is welcome to join us.
For further information see our website at

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



LIBRARY NEWS

A Whirfwind of Activity at your local library!

September saw the launch of three especially notable projects including the Eastern Regional Libraries Literacy For Life Forum, Spring Events Booklet and September School Holiday Program. All of these are in addition to the fantastic array of services available from your local branch!

ERL Literacy For Life Forum



The Literacy Life held on Forum was Tuesday 9 of September at Quest Wantirna. The event showcased amazing work being done by community groups to address literacy, and provided a platform for the Eastern Regional Libraries launch its Literacy Strategy.

Over 100 people attended the day to hear informative presentations, learn about the literacy challenges facing our communities, and to discuss innovative ways this challenge is being addressed. Many attendees were interested to discover the drastic effects poor literacy and numeracy skills have on a substantial portion of the public, and were excited to learn about the creative ways it's being addressed. Your library is committed to improving the skills of our community so individuals can achieve their potential.

Spring Events Guide

The Spring Events Guide is packed with exciting activities, talks and workshops to engage and delight. Many Seniors Festival events are offered including 5000 Poppies, iPad Training, Financial Planning and eBay Introductions. The Spring Events Guide is available at your local library and serves as a valuable directory of events scheduled across all 14 branches.

School Holiday Program

Also available at your local branch, the September School Holiday program details over 100 great activities to keep the kids entertained over the school holidays. There is loads of craft, storytimes, pottery,

performances, music and dancing something active for every youngster! The Holiday Program is presented as an A3 directory so the family can simply circle their favourite activities, then call to book in. Visit online at www.ERL. vic.gov.au or call 1300 737 277 to find out more.



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

WHAT'S HAPPENING AT ORANA?

Orana offers a range of programs, courses and classes for people living in our community, as an opportunity for enjoyment, learning and to develop new interests and skills. Please drop into Orana anytime and see what Orana can offer you and your family..

COMING UP IN TERM 4









Beginners & Intermediate Computers Back to Office Skills MYOB Digital Photography Tai Chi Yoga Fitness for the Over 40's Learn to Crochet Art Classes

LOOK AT OUR WEBSITE FOR MORE DETAILS ON **COURSES:**

www.orananh.org.au or Ph: 9801 1895

Floristry Workshop **Cupcake Decorating** Mosaics **Christmas Card Making** Soy Candle Making Food is Thy Medicine Cheese Making **Italian Cooking** Vegetarian Cooking

Talking Tech with Micah Macri The iPhone 6 &

iPhone 6 Plus

It must be September again because Apple has released a new iPhone! To be exact, Apple has actually released two new devices, the iPhone 6 and the iPhone 6 Plus. Both devices boast larger screens, though the iPhone 6 Plus has an especially large 5.5" display that is able to display Full HD content.

The larger displays mean these new iPhones are significantly bigger devices. In fact, the iPhone 6 Plus actually borders on tabletsized, meaning it might be a tight fit for your average pocket. Still, Apple has followed the lead of many other manufacturers in developing a device with a larger, more immersive display.

In addition to the refreshed form factor, the new iPhones are faster, thinner and more responsive than their predecessors. They include the latest Apple operating system, iOS 8, and have built-in NFC so they can be used to pay for goods and services. This is called Apple Pay and it's rolling out in America in October, hopefully Australia will follow in the near future.

Aside from the improved hardware, there is not a huge difference between these new devices and last year's iPhone 5S. Many people are considering upgrades from devices older than the iPhone 5, as well as if the larger screen size improves usability. Try before you buy at your local Apple Store to see if they are right for you.



"Make It Mine offers a simple and affordable way for Centrelink recipients to rent-to-own a range of new computers, tablets and household appliances. Payments are deducted directly from your Centrelink benefit and you own the product outright in just 12 months. To view the products you can own visit www.MakeItMine.com.au/community Or for more information call the Make It Mine 'mates' on 1300 625 348"



Life Activities Club Knox

THIS MONTH, OCTOBER, has a lot going for it. Our club will reach the milestone of 27 years!. So many activities planned for "SENIOR'S WEEK". "So much is available to keep our minds and bodies busy.

Scientific Research has shown that Loneliness is linked to Health Risks". So, come on, join us in the great outdoors, or at the cinema, or at a lunch, etc. etc. First step, ring for information.

current Newsletter is available with more details, and with your name address, and I can post one to you. You can reach us on the net www.life.org. au, or call:



Melva on 9762 3764 or Helen on 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

Tabulan & Templer Homes for the Aged Christmas Market, located at 31-41 Elizabeth Street, Bayswater to be held on Sunday 23 November 14.



It is a craft market where community purchase some beautifully handcrafted gifts either made by residents or other stallholders who hire space for the day. Specialised German foods are also available with a tradional Beer garden. Live music activities and Crafts for Kids.



Weinachtmarkt Christmas Market Community Television Under Threat

Minister Malcolm Turnbull has formally announced that community television stations (including C31) will not have their Apparatus Licences renewed beyond December 31 2015.

This means that C31 will no longer be able to broadcast on free to air spectrum beyond this date.

Community Television is a not-for-profit television service providing local and diverse communities access to television broadcasting, and presenting news and issues not covered by commercial or government funded stations.

Programs featured in SWCN include Kids in the Kitchen, House around Corner and Green House around the Corner.

Visit the website www.committocommunitytv.org.au to join the compaign and help protect community television.



What's Dn?						
Event	Date & Time	Location	More Information			
Friday Night Bocce	Oct 3rd till Nov 7th	99 Karoo Rd Rowville	Entry \$25			
Seniors Health Clinic	Oct 9th.	Community Pharmacy 4 Wantirna Mall, Wantirna	9720 2872			
Karaoki Open Mic New Tides Karaoki Evening With Elvis*	Oct 10th, 6pm-11pm Oct 17th, 6pm-10pm Oct 18th, 11am-2pm Oct 24th, 6pm-11pm Oct 31st, 7pm-10pm	#Relish 3/249 Stud Rd Wantirna South	9801 1766 *Prize for best dressed			
Royal Flying Doctor Service Fund Raiser featuring Annette Allison	Oct 14th, 6:30pm	The Knox Club Cnr Stud & Boronia Rds, Wantirna	\$35/person includes 2 course meal. Pre-paid bookings are essential. Book with Alan Jenkins on 0419573217			
Knox Historical Society's Cemetery Tours	Oct 23rd, 1pm-4pm Oct 26th, 10am-1pm, 1pm-4pm	Ferntree Gully Cemetery	Bookings are essential. Cost \$5. Ph. 9758 6722, Website: www.vicnet.net.au/~khsinc/			
Historic Ambleside Homestead Open House	Thurs, Fri, Sat & Sun in October 12 noon – 4pm	3 Olivebank Road, Ferntree Gully (Mel Ref: 65 D12) Bus 691	\$5 for adults, \$2 for children (accompanying carers free) Bookings only necessary for large groups – ring 9758 6722			
Official Opening - Knox Memorial and Roll of Honour	Nov 1st, 2pm	Tim Neville Arboretum Dorset Rd, Ferntree Gully				
Erik Parker Karaoki Open Mic	Nov 1st, 11am-2pm Nov 7th, 6pm-11pm Nov 14th, 6pm-10pm	#Relish 3/249 Stud Rd Wantirna South	9801 1766			
Christmas V.I.P Day	Nov 14th.	Community Pharmacy 4 Wantirna Mall, Wantirna	9720 2872			
Bocce Competition Presentation Dinner	Nov 21st, 7pm	99 Karoo Rd Rowville	\$20/person, all welcome. Bookings essential by Nov 14th. Michael 0419 330 977 or Lory 0438 662 240			
Scoresby 55+ Social Circle	Every Thurs, 10am-12pm	Scorseby Football Club	Gold Coin Donation Bookings 9764 1166			
Rowville Community Kitchen	Every Thurs, 10am-12pm	Scorseby Football Club	Bookings: 041 7510321 or 9753 2795			
Storytime - Saturday - Bedtime	Sat, 10:30am duingschoolterm First Fri of month 7:00pm	Knox, Rowville & Croydon Libraries Rowville Library	See Library Page in this edition or www.yourlibrary.com.au			

COMMUNITY NEWS

Balls It's Booce Time

Friday Night Bocce - Bocce il Venerdi' Sera

6 Week Competition - Gara di 6 Settimane

Friday/Venerdi' 3 October - 7 November 2014

Mixed Doubles drawn at random - Selezioni Coppie miste a Sorteggio

Cost of Entry - Entrata di Gioco \$25.00

Presentation Dinner Included - Cena inclusiva

Friday/Venerdi' 21 Novembre 2014 7pm

Everyone Welcome Dinner only \$20

Bookings Essential/Importante Prenotare entro il 14 Novembre Michael Migliaccio 0419 330 977 Lory Bucciarelli 0438 662 240



K.I.C.C

Knox Italian Community Club Inc.

(Italia Victoria Club)

99 Karoo Rd Rowville 3178

Ph: 9764 2868 Fax: 9764 9743 Email:knoxitaliancommclub@bigpond.com



Infringement Notices (fines) By Kim Hubber, Financial Counsellor - EACH

If you want to dispute a fine you may try one of these options:

- · Transfer the fine to the other party by completing the form sent with the fine.
- · Write to the issuing agency.
- · Appeal the fine, list your grounds for review, ask the agency to reconsider, cancel or change the fine to a warning
- · Appeal to court if your request for review fails

IF the fine is yours and there are no grounds for dispute:

- Ask for extra time to pay
- Ask to pay by installments you can use Centrepay if you receive a Centrelink payment
- · A reminder notice will be sent giving a further 28 days - extra costs added
- Fine will be referred to the Infringements Court system - An Infringement Notice will be issued -additional costs
- · An Enforcement Order may be issued extra costs

- A Warrant may be issued— extra costs
- · The Sherriff may contact you to:
 - Arrange a payment plan

(03) 9871 1817 or 1300 00 3224

- Take assets (not basic household goods)
- Arrest you
 ask about community work

Other consequences include that your driver's licence or registration maybe suspended or not renewed, and your car may be wheel clamped.

NB: If you pay the amount outstanding on an infringement warrant, the matter is finalised.

There may be instances of special or exceptional circumstances occurring at the time the fines were incurred. If you think this may apply – seek advice. Good information and guidance is essential. A financial counsellor or community legal service or legal aid can help you. EACH Financial Counselling



Knox & District Over 50s

PLEASE NOTE OUR MEETINGS START AT 1.00pm In October we will be participating in a number of the Seniors Week events. Further interesting events are planned for the later months of the year including our Cup day event in November.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month at 1.00pm for 2014. 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, 28 October 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.



Final Tours for 2014

Saturday 18 October, 9.30am Thursday 6 November, 9am

Bookings Essential

Enrol now for 2015/16

www.knox.vic.edu.au | Ph: 8805 3800



SPORT NEWS

Welcome to the Spring edition of our Clubs' newsletter.

Let me start with welcoming back our sponsors from last year Integrity Cabinets; Barry Plant Wantirna and Bendigo Bank Wantirna Community Branch. Their support of our club is much appreciated.

The winter season is well finished and with mixed results. We had, over all sections of the Club 11 teams in finals resulting in 5 flags and 2 runners up. We are proud of all our players and the way they represent our club. Well done to all involved.

Summer season is fast approaching and begins early October. We again have good numbers representing our Club with 6 senior, 18 junior and 4 midweek ladies teams nominated for the coming season. Good luck to them all.

I would take this opportunity to congratulate Pam Stewart, junior convenor, who was a finalist in the Aston Community Awards recently held by our local MP, Alan Tudge. Pam has made a significant contribution to our club over many years and whilst

TEMPLETON Templeton Tennis Club News by Don McCracken

not a winner in the awards was and always will be a winner in our eyes. Well done Pam.

We thank Chris Anderson and the company he works for, Corporate Flag & Banner Co, for their contribution to the club by way of great looking court numbers showing our logo and the relative court number.

We also thank Knox Council for their ongoing support. They have, through their program of Minor Capital Grants, provided \$10,000 towards the resurfacing of court 3. This is to take place over the summer break. As always their support is much appreciated.

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

Our junior Club championships are to be held on the 10th October.

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, Barry Plant Wantirna, Bendigo Bank Wantirna Community Branch and Integrity Cabinets. Give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member.

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

Happenings from the KNDX CITY TEMNIS CLUB by David Willing

Hi to all our members and the community of Knox.

This month we want to have a focus on one the more popular and longer running competitions in our Club. This is the MID WEEK LADIES.

Currently we have three days where ladies can come and enjoy competition during the daytime. On Tuesdays they play in the MEMRLTA, Wednesdays it is the FTGDTA and Thursday it is WDTA.

These are all home / away formats which have two seasons per year. You will get two courts at home with starting times varying from 9-30am. There are four people per team and you will have 3 sets per match, so a great day's tennis.

The Ladies who run the competition would love to see more players, so if you have a group of your friends who are thinking of playing or would like to join our Club with your existing team, please contact Bronwyn Thomas through our Club email midweekladies@knoxcitytennisclub.com.au

This time of year sees us at the end of the Winter season for the Saturday competitions and our Juniors had some great success. Knox City Boys A1 are premiers with the Open A Reserve S/D Rubbers and the Triples D 6 S/D Triples runners up after hard fought matches. Congratulations to these teams and all the others that got to the final four.

Don't forget that our coin operated lighted court is fully functional for those wanting to have a hit after hours on a weekend when there is no competition. It is only \$2 per 20 mins so you can get in a quick hit for very little outlay.

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



Bayswater Bowls Club AN OPEN INVITATION

Bayswater Bowls Club invites everyone to come along and enjoy an afternoon of barefoot bowls on any Sunday afternoon between 2 and 4 pm, commencing October 19.

There will be free lessons (bowls supplied) and a free sausage sizzle where you can meet our Club Members in a friendly environment and make some new friends.

Bowls is a game for both males and females of all ages and all abilities, and that "stodgy old fogey" image is certainly a thing of the past.

At Bayswater Bowls Club you'll be trying out the game amidst colourful flowering gardens with great views of the Dandenongs in the quiet heart of a residential area.

If, having tried the game, you want to take it further, the the club offers a year-round programme of social bowling on its synthetic all-weather greens as well as mid-week and Saturday pennant competition in summer.

And, for new bowlers, the first year's membership

You'll find us at 43 Phyllis Street, Bayswater, on the edge of Guy Turner Reserve, opposite Bayswater West Primary School.

For further information contact Max on 0411 517 706.

Website: www.bayswaterbowlsclub.com.

knox local australia day awards 2015

The Knox Local Australia Day Awards are a great opportunity for you to recognise a friend, family member, community leader or colleague who has made our lives better in Knox.

The 2015 Australia Day Award categories are:

- · Citizen of the Year
- Young Citizen of the Year
- · Volunteer of the Year
- Local Hero

Award recipients will be announced at an Australia Day Breakfast and flag raising ceremony to be held on 26 January 2015 at the Knox Civic Centre.

Nomination forms available now:

w knox.vic.gov.au t 9298 8000 e ausday@knox.vic.gov.au Nominations close 4pm Monday 17 November 2014.



9720-9995

Licensed & BYO Wine Only **Hosts - Henry & Mary**

Lunch: Thurs - Fri Dinner: Tues - Sat

Henry's International Restaurant



Henry's Restaurant offers a perfect setting for Birthdays, Anniversaries, Weddings or a romantic dinner for two in a friendly, homely atmosphere. With a few old favourite dishes back on the menu, such as Henry's Beef Wellington and Sticky Date Pudding.

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

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 30th Nov. '14"

(one per booking, not available with any other special offer) The Restaurant is open from Tuesday to Saturday for Dinner from 6.30pm. Also Thursday's and Friday's for Lunch from midday.

> Book now on 9720 9995 Shop1/63 Stud Road, Bayswater www.henrysrestaurant.com.au

Introductory Offer: 15% off Reflexology Session

Benefits of Reflexology:

- Relaxation assists healing + Reduced blood pressure + Improved general wellbeing

To make a booking:

Call Julie on 0478 563 843 (avail, after hours & Saturday mornings) Call Cristina on 0410 899 005 (avail, Wednesdays)

Meditation for Life

Thursday 16th October to 4th December 2014 (8 weeks) 7.30pm to 8.30pm

Investment: \$85

Make time for yourself. Learn the basics of 'Mindfulness Meditation' and dismiss the myths concerned with relaxing litation' and dismiss the myths concerned with relaxing the mind. Take the opportunity to see & feel the benefits.

Early Bird Special: Book in by 10th October 2014 & pay only \$77

Bookings essential - Call Lisa on 0403 559 536

LOCAL SERVICES DIRECTORY

PLEASE SUPPORT THESE LOCAL SERVICE PROVIDERS WHO SUPPORT YOUR COMMUNITY NEWSPAPER

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Servicing PC's, Mac's, iPhones & iPad's Computer Repair & Upgrades, Virus's Removed New Computer Systems & Accessories Video Tape (VHS or Betamax) to DVD Conversion Slides (35mm) or Super 8/Standard 8 to DVD

Richard Budge sales@computers4business.com.au www.computers4business.com.au

9739 8334 0403 331 778

Wanted

Studfield Wantirna News is seeking a volunteer advertisement representative for the Scoresby & Knoxfield area.

Call the SWCN office on 9881 7145

Ruth Same

CERTIFIED PRACTISING ACCOUNTANT

Substantial experience in tax & accounting

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