

STUDFIELD WANTIRNA NEWS

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Community News in the West of Knox



EDITION 33

DECEMBER 2014 / JANUARY 2015

- WRITING COMPETITION WINNERS
- HISTORY OF BANSKIA NURSERY
- CAPTAIN GWENDA'S LIFE IN THE ARMY PART 2

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Orana Neighbourhood House provides a warm and welcoming environment for confident self-development and life long learning. Drop in and see what we can offer you!



NEWS FLASH!!!! MENS SHED COMING TO ORANA! OPEN DAY 16TH DECEMBER 12pm-2pm

The Stamford Park Men's Shed is pleased to announce a partnership with Orana Neighbourhood House to establish a men's shed at Orana Neighbourhood House.

Men's Sheds are a place where people can come along to use and share their skills, learn from others and generally enjoy the company of those from different backgrounds, social and working. Our Shed is open to men and women as a place to come and chat in an environment that is respectful of all attending.

The shed at Orana will operate as an annexe to the existing shed at the Stamford Park Homestead in Rowville. It is hoped that woodworking equipment will be installed before the end of November and that the shed will be open for business from 1st December.

An open day BBQ will be held at Orana on Tuesday 16th December 12pm-2pm, all are welcome to come along and see for themselves.

For further enquiries contact Allan on 0418 677 898

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DEADLINES FOR 2015

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|---------|--------|----------|---------|
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Editorial

At SWCN we have had an amazing year! Our paper has successfully expanded into the suburbs of Knoxfield and Scoresby and we have maintained our circulation of 18,000 copies.

We have launched our first writing competition in partnership with Eastern Regional Libraries to encourage young people to express themselves through creative writing. We were thrilled to receive so many entries and expect even more next year. We are impressed with the talents of the students at our local schools and are pleased to be able to share their work with you. It is a fine achievement to have your writing published and we are honoured to have the opportunity to support young people who have an ambition to write.

Best wishes for Christmas and the New Year!

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

CNAV Conference 2014

by Coral Carew

Committee members attended the Annual CNAV (Community Newspaper Association of Victoria) at West Waters Convention Centre, Caroline Springs on 11th October 2014.

Our thanks go to Knox City Council for the Grant to enable us to attend.



The theme for the conference was "Embracing Change" and representatives from Victoria gathered together to share the highs and lows of producing a Community newspaper.

Community newspapers are published weekly, fortnightly; monthly, or bi-monthly and some of those have been in existence for 30 years or more and operate under the guidance of a committee of volunteers. Country towns around Victoria are a valuable resource for readers keeping them up dated about local events and matters of importance which cannot be accessed elsewhere in the local area. Some of these country papers are produced by one person only. We greatly admire their commitment.

After the initial Meet and Greet the day started with guest speaker, Don Watson. Don was the speech writer for Paul Keating and is now a "Man of the Land"; so much so that we were privileged to be part of the launch for his book called "THE BUSH".

The remainder of the day was spent sharing knowledge and experiences about production, management, revenue and editorial matters in relation to the unique needs of community newspapers.

The final celebration of the conference was to see everyone "frocked up" for the Annual dinner and presentation of the Annual Awards.

Each newspaper was invited to submit entries for categories including best newspaper, best photograph, best history story, best news feature, and best article by a person less than eighteen years of age.

While not all can win with so many entries it gave us so much pleasure to applaud those who did.



Vocational Education and Training (VET) is part of tertiary education and training which provides accredited training in job related and technical skills.

It covers a large number of careers and industries, like trade and office work, retail, hospitality and technology.

The presentation night for the Mullum Cluster group was held on Tuesday 15th October at the City Life Church Auditorium, Wantirna South.

The Mullum Cluster is kindly assisted by independent providers and by Outer Eastern Local Employment Network so that a broad range of industry opportunities can be offered to students.

The night was to celebrate the achievements of the most industrious and talented students in the VET Program.

Both nominees and award winners were congratulated on their hard work and extraordinary commitment to their studies.

Entertainment was provided by the students who have been studying music, acting and dance.

They must be congratulated on each of their performances

The presentation of awards to the nominees and winners were conducted by various Local Industries and sporting clubs

Studfield Wantirna Community Newspaper was yet again privileged to be invited to participate and it was our committee member, Charles Carew who presented the Award for Certificate 111 in Media

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Local recommends Volunteer for Knox for new opportunities

By Jessica Hardy and Freya Magee

Volunteering is an opportunity to share skills you have and to gain new ones in a fun and supportive environment. It can be for a not-for-profit organisation, community group or event. One of the benefits of volunteering is that it allows you to connect to your community and help make it a better place. It can also help you make new friends, expand your network, gain knowledge and boost your confidence.

The Volunteer for Knox resource centre is a new program that aims to increase volunteering opportunities for individuals and organisations in Knox. It is a shared initiative between the five Knox Neighbourhood Houses – Orana Neighbourhood House, Coonara Community House, Rowville Neighbourhood Learning Centre, The Basin Community House and Mountain District Learning Centre. The resource centre is located at Coonara Community House in Upper Ferntree Gully and can help registrants with:

- Finding a volunteer position
- Ongoing support and training
- Accessing volunteers for community organisations
- Improving how businesses manage volunteers
- Understanding legal and regulatory responsibilities

Daniel Mance from Wantirna South registered with Volunteer for Knox in August. He visited the resource centre at Coonara Community House after being redirected from the former operation, Knox Volunteers. When registering, Daniel entered his skills, experience and his interests in history and antiques. "The team were very friendly and approachable. I found the process very easy."

Once registered, he attended an induction session where Volunteer for Knox staff explained his rights, responsibilities and obligations when starting a new position.

Volunteer for Knox then connected Daniel with the Knox Historical Society and the Salvos Thrift Shop to complement his interests. Daniel has already begun volunteering at both of these organisations. This is the first time he has volunteered and he is excited at the prospect of learning new things and improving his knowledge on antiques.

Volunteer for Knox is delighted to see Daniel in a position he enjoys, and they can do the same for you. If you are looking for a new opportunity and would like to start volunteering contact Volunteer for Knox today. "I'd recommend them to anybody."

Phone: 0429 968 822

Email: office@volunteerforknox.com.au

Website: www.volunteerforknox.com.au

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THE HISTORY OF BANKSIA NURSERY

Happy Birthday Banksia Nursery - 50 Years Young

by Mick Kelly



Banksia Nursery opened for business on Melbourne Cup weekend in November 1964. Proprietors, migrants from the Netherlands Dirk and Gus van Diggele, arrived in Australia in 1952 and lived in Tullamarine then moved to Fern Tree Gully. In 1959 they purchased the five acre block on Burwood Highway which was surrounded by apple orchards and bush. The name of the nursery honours their very important first sale.



Banksia Nursery Founders, Dirk & Augusta van Diggele

Son Peter was born in 1961 and daughter Michelle came along in 1964 so Gus was very busy caring for the children while Dirk was still working at Coffey Ford in Ringwood. Strawberries were grown on the block with some sold to passing traffic and the remainder went to market. On one occasion the strawberries weren't selling too well so Dirk traded his load for another grower's rockmelons reasoning he could sell them at the roadside stall. Unfortunately rockmelons were not a big seller either so the family ended up eating rockmelons morning noon and night!

To supplement their income Gus and Dirk began to purchase plants from the wholesale growers in the Dandenongs and little by little the plant sales improved to the point where they became the main business. As the finances allowed improvements were made and the nursery expanded. Concrete pots and statues were added to the range, they began growing their own plants and the garden supplies part of the business was implemented.

At this time plants were grown in tin cans or terracotta pots or were wrapped in hessian. Fortunately Gee Vee pickles were just down Lewis Road so Gus would drive down and pick up a load of disused

tin cans then the family would spend many hours punching holes in the bottom of the cans to use them as pots.

By the early 1970's both the nursery and garden supplies needed more room so Dirk approached the neighbours and was able to purchase their property. The garden supplies moved to the new area and the nursery was expanded further down the original block. Then came the car park, a new shop and two glasshouses. Other businesses set up there as well. There was a pool and spa shop, a glasshouse centre, an aquarium and pet shop and even tents and camping gear was sold. Kevin Heinz filmed some of his successful ABC television show "Sow What" at the nursery in the late 1970's.

During the 1980's the Knox area had boomed with the opening of nearby Knox City Shopping Centre so Dirk set about making further improvements. A new shop was built and the whole nursery had a major facelift with benches, paving, concrete



The next generation - Michelle and Peter

driveway, shade houses and much more.

With the construction of the High Street road extension a large area where many plants were grown was lost. This is when a property at Coldstream was purchased and the plant growing part of the business was moved to that location thus enabling a continuous supply of quality stock.

The very popular café was opened in the 1990's after the conversion of one of the glasshouses and the building of a kitchen and dining area.

Today Banksia Nursery has become a destination to wander around and select a beautiful plant or plants, call at the café for morning/afternoon tea or lunch, browse around the gift area and maybe purchase something to rid your garden of those nasty creepy crawlies.

For a number of years now Peter and Michelle have been doing more and more in the nursery and even their families are involved. Michelle's husband takes care of the growing at Coldstream and Peter's wife helps out in the nursery. Some of the grandchildren have worked during the school holidays and granddaughter Steff runs the Drive Thru Coffee business on the corner of High Street Road.

After 50 years Dirk and Gus can look back with pride at what they have created through hard work, determination and having a go.

Well done and Happy Birthday!

Looking for the perfect Christmas gift?

Hate having to trudge around large shopping centres, then finding nothing to suit?

If this is you, why not do yourself a favour and visit the Banksia Nursery where you will find a wide variety of gift ideas including ceramic statuettes and pots, very colourful ceramic tiles depicting beautiful flowers and an amazing array of curios.

Then is always the option of choosing a pot and plant it up with herbs, lettuces, annuals or anything else that takes your fancy.

Easy parking available and friendly staff willing to assist you with your selection.

Perhaps this Christmas shopping season will be a much happier experience for you if you choose to visit Banksia Nursery and make your purchases in comfort.

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Dynamic Duo Wishing You A Merry Christmas And A Happy New Year!

We would like to thank all our local residents throughout the year for their support. We have achieved amazing results throughout the year and have since been acknowledged with a Customer Service Excellence award from our Ray White Chairman Mr Brian White.



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My Starlight by Eduard Marcu

There I stood in the night
Gazing upon the starlight
Still I think of the woman I love
Knowing she is a miracle from the mountains above
I think I care

We would make a perfect pair
I was scared, afraid
Oh how I prayed
Just be myself
Learning that life is a book shelf
We met at dinner
I showed her my inner
She showed me a smile
I stepped another tile
Manually I began a new chapter,
One full of love and laughter.

When I'm in a fight
She will be my starlight
She is my heart
She is my final part
I don't need to be cool
I'll just look like a fool
To come out of the cave
I need to be strong and brave
The strong wind blows against my face
Like it's a love chase
It feels like a maze
To continue with my phase
We met at camp
There was a bright lamp
I just wanted to tell her
How much I love her
But that will be later.

I cheered
But I feared
I have friends that are nice
Though I've only met them twice
I thought she liked me
I would never hate
But appreciate

We've all had dark days
I'm running out of time
To make this only rhyme.

My beautiful starlight
Is somewhere above the kites
I am a man of wonders and imagination
And I may be a talented creation
But the one that brought me joy and love
Is somewhere above.

Love is an achievement
There's no need for an agreement
As the sun goes down
The leaves will turn brown
There will be one day
Where we'll spread our wings like the birds of prey
Sometimes I feel broken
But my heart is my token.

We have a whole world of ups and downs
There will be no place that's out of bounds
Every day I think
There is that one link
I may not be popular
But that's a good thing
I've had rough times
She makes me smile
I would run a mile
I am who I am.

The fire strikes my soul
Like I am trapped inside of a bowl
The riches like their gold
But love is greater so I was told
The snow is white
So are the clouds
We are all strong
I am not wrong
All we have to do is hope
There will be people
Nice and others mean.

Eddie Marcu from Wantirna Primary School's entry "My Starlight" was Highly Recommended.



Editor, Janet Claringbold and Keith Slater with Heather Norbury of WPS awarding Eddie his prize

Rain by Jacey Quah

As the rain drummed down onto the earth, she wrote. The mixed signs and her broken hopes were spilled onto the paper, her words no longer illiterate. Her grip on her journal was so tight that she gasped at the sudden pain. However she watched with pleasure and fascination as the life and colour faded from her skin and her fingers turned into a numbing white.

There she was; huddled in the corner and curled into a ball, locked in her room where memories lingered and haunted her. She was no longer in her lovely fairy tale, the alternate world that had kept her safe and sound. The reality she dreaded had finally caught up to her, keeping her awake at midnight with hallucinations and whispers of evil beings that lurked inside her.

She stared at the rain pouring outside her foggy window, hypnotised by the way each droplet would inexplicably fall from the sky and land with a little splash. Together they sang a loud but soothing melody, causing a small smile to finally adorn her tear-stained face. Like the drops of rain falling in sync, her tears escaped and rolled down her cold cheeks.

She stretched her pale arm towards the foggy window, her finger gently touching the cold glass. Her dull, grey eyes lit up as her finger danced across the icy mist, a clear trail left in its wandering wake. In that clear trail scattered across the window she saw little pieces of herself, a face broken into delicate shards. There she saw not just a fragmented reflection of herself but a metaphor, one limited only to her imagination. She saw eyes that blinked and sparkled with life and tears that ran and glided like swans but most of all – the girl that stared back at her was alive.

She was alive – barely breathing – but alive.

Jacey Quah from Wantirna College was awarded First Prize in the Secondary School section with "Rain".



Janet awarding Jacey her prize

Schools Page
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WHAT'S COOL AT SCHOOL?

Storm Clouds by Sophie Chen

Thin bodies dressed in tattered clothing, gaunt faces painted with desperation - this is what everyone in Eliza's area looks like. Every loner, couple and family struggle to stay alive as each day passes.

You would think that families and friends might stick by each other's sides in times of need. You would be wrong. Friends die at each other's feet, just over a scrap of food. Eliza has seen this happen through her own eyes: a skinny girl finds a hunk of stale bread, but a bony, grimy hand snatches it away from her grasp. The girl reaches to take the morsel back, but instead receives a lashing kick in return. The injured girl gives the older girl a look of shock, hurt and anger, all mixed together. The look says: I thought we were friends . . . How could you do this to me? The maimed girl then relents, giving in to the hollowness of hunger, leaving the older one to give the victim one last pleading look, before guiltily slinking away.

Eliza knows the injured girl from the past will not be able to survive.

It seems this is the only solution to the poverty now: steal food from other's mouths . . . But that's not what Eliza's family does. To give a mouthful to others, her family often gulps water to take away the pain of hunger.

Today she finds a large chunk of cheese in the dumps of the wealthier districts - this will definitely

be able to feed Eliza's family, with spares.

Her mother nods silently to Eliza. Eliza wants to give the scraps to the orphan on the street. No-one can manage with an extra mouth to feed, so sadly, he stays on the streets.

Eliza's older sister can't endure the pain of constant hunger in her stomach anymore. "No, don't be ridiculous - we need that for ourselves! Can't you see how we're hardly coping?"

Eliza feels shell-shocked. Her sister has never delivered an outburst like this, but she has been acting in a queer manner ever since one of her friends died at the hands of another.

Maybe now the harsh reality of this cruel world is seeping into her, and she is panicking and becoming desperate.

Eliza struggles to ignore her outburst, but manages to turn and start walking stiffly towards the door. Her sister's hand grabs Eliza by the shoulder, and then proceeds to slap her on the face. Eliza's cheek tingles painfully, and for the first time in a long while, her eyes fill with hot, salty tears.

She drops the cheese, and dashes out the door, sprinting as fast as she can to the riverside.

Please, don't let my family turn on one another . . .

Eliza looks upwards, towards the sky. The sky is crowded with dark storm clouds . . . An ominous warning of things to come . . .



Janet awarding Sophie Chen her prize

Sophie Chen from Templeton Primary School was awarded First Prize in the Primary School section with her piece "Storm Clouds".

The Judges Report:

The quality of the entries was high. From a total of 67 entries, that were made anonymous to the judge, a short list of 10 was chosen. I had great difficulty in choosing between all of those on the short list, this is always the worst part of the judging process, but in the end for me it came down to just the one. "Storm Clouds" by Sophie Chen was both compelling, clever and arresting. Imparting a sense of foreboding in under 500 words was a tremendous achievement.

My congratulations to the winner in particular but also to all the other writers. Writing a short story is no easy task and you all rose to the challenge splendidly. Keep reading, keep writing, keep feeding your imaginations.

Paul Burden - Eastern Regional Libraries

Studfield Wantirna Community News is proud to publish these three stories submitted as entries to the inaugural Story Writing Competition supported by Eastern Regional Libraries. We were delighted with the response from local schools, with Wantirna Primary School, one of the smallest local schools submitting the most entries which was a fabulous achievement. Thank you to every school and student who entered the competition your writing talent is impressive.

Janet Claringbold - Editor

WORLD VISION'S 40HOUR FAMINE UPDATE

"You must be the change you want to see in the world" a quote by the late Mahatma Gandhi, a man who inspired many to be better leaders of the future, leaders who implicated change in the world by even the smallest of deeds.

This year many leaders were formed, representatives of a great cause, a league of strong willed people determined to make a change for the betterment of another person's life. They are our

everyday heroes, our school's very own participants of the 40 hour famine. These members of our school community voluntarily gave up something of their own for 40 hours on the weekend of the 15th-17th of August, whilst raising donations and funds for our poverty stricken friends in Rwanda.

But it was not only these wonderful people who set out to make a change but also each and every person who donated and showed support to the cause. Without all the ongoing encouragement we would have never made as big a change as we did.

This year our school set out to raise \$10,000 and after all the calculations and the counting of our funds we have managed to raise a total of \$10,402.85, which is completely overwhelming, (and we are still accepting more payments). We passed our goal, with all of your support and determination for not only Rwanda but our school in making a change and being the change you want to see in the world. Congratulations to all those involved.

by CELINE DOLE, YEAR 11 WANTIRNA COLLEGE

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STATE MEMBER FOR FERNTREE GULLY

WANTIRNA'S LIVING TREASURE

My Life In The Australian Army Part 2

I served for three and a half years in the Australian Women's Army Service at Bandiana in north east Victoria until the unit was disbanded in 1947. With the encouragement of my widowed pensioner mother who was not able to afford to keep me, and having spent three weeks at home, I registered and presented my resume with an organisation which was set up to assist ex-service men and women to find employment. It was necessary for me to purchase a new wardrobe because I had literally lived in my uniform during my time with the AWAS and my old civilian clothing was too small. Fortunately I had my severance pay to allow me to go on a modest spending spree. After 3 weeks wait I received notification to report to Albert Park Barracks which was within walking distance of my home where I was appointed by the MGO. I was now a Public Servant in the Department of the Army and it was my duty to look after the MGO's files, a very important position which included preparing documents for my boss and make his cup of tea before he left for Victoria Barracks Military Board meetings. On one occasion, having made the tea, as I reached his office door I wasn't too sure if I had put the sugar in so I took a sip much to the amusement of his secretary and yes, the tea was sweet!

After my first year in this job I saw an advertisement for a four week all expenses paid Pioneer bus/train tour to South Australia and the Northern Territory so, with Mum's permission and having managed to get an extra week off, (annual leave was three weeks then) I embarked on a wonderful holiday with instructions from the MGO to check if the signs to the Army camps were still there. They were. My fellow travellers were mostly grey nomads as we would call them today and they treated me like a granddaughter or daughter. The bus driver, his co-driver and the hostess who was ex-army were more my age and I found I was sharing the accommodation with the hostess. Of course we had a lot in common and that contributed to my enjoyment of a wonderful holiday. She even gave me a push up to get in to the top bunk at bed time!

We boarded the coach and travelled to Adelaide via the Western Highway where we transferred to the Ghan which, at that time, ran on steam so it was necessary to stop several times to stock up on fuel during the journey to Alice Springs. The Governor of South Australia Sir Charles Willoughby and his wife and son were occupying the Governor's carriage because he was to attend a Civic reception at Moree along the way and a debutante ball at Alice Springs. Having carried out his duties at the Civic Reception the Governor decided he would like to have a camel ride. With the Afghan camel driver, an aboriginal policeman, the Governor's wife and son who rejected the offer of a ride and the bus tourists looking on the Governor mounted the camel. Unfortunately this ended in disaster. As the camel rose to its feet the governor leaned forward causing the collision of their heads and he was somersaulted over the head of the camel. The Flying Doctor Service was called to take the Governor back to Adelaide while Lady Willoughby

and their son as well as her lady in waiting were forced to return to Adelaide with their carriage hooked up to a cattle train – the smell was rather pungent so we did not envy them. Our next stop was Alice Springs where there was great excitement in the town. The town was holding a Debutante Ball, the first one to be held for many years and in the absence of the Governor the wife of an ex Air Force Officer who had been in the Australian Women's Medical Service received the debutantes. The hotel we stayed in at Alice Springs was still under construction, some of the floorboards were yet to be laid!



Back on to the coach via Daly Waters where I was fortunate to purchase an autographed copy of a very interesting book about the Pearce family who lived there. I still have the book today.

Next stop was Katherine where the Army still had a camp and a very productive vegetable garden which enabled them to keep the town supplied with fresh vegetables. By this time the weather was very hot and after visiting the toilet which was a considerable distance from the hotel we were greeted with a line of beers on the bar. We were very grateful!

A Roper river aboriginal dugout canoeing adventure almost ended my holiday with a terrible outcome. There were crocs sitting on the bank and the canoe began to take on water. I was wearing a pith helmet thankfully and, with nothing else suitable available, there was a mad rush to start bailing very quickly with my helmet!

We stayed in Darwin for 4 days during which time we were invited to Government House, one of the few remaining buildings after the Japanese bombing raid

By Captain Gwenda Walker RFD, ED, (Ret'd)
as told to Jenny Slater

on Darwin in February 1942. There was one fatality there that day, an aboriginal maid lost her life. While in Darwin we also saw the remains of the 28 ships in the Harbour the remains of which were salvaged some years later by the Japanese and the metal was sent home to Japan.

In 1950 what with the Cold War and the threat of conflicts in Malaya and Korea the Australian Army was seriously undermanned so National Service was introduced and in 1951 Cabinet gave approval for the raising of a Women's Corps within the Australian Military Force to be known as Australian Women's Army Corps (AWAC) later to be changed to Women's Royal Australian Army Corps due to the fine history of the female units during World War 2 service.

The WRAAC was introduced into the permanent Army in 1951. Each State WRAAC Company had Australian Regular Army staff consisting of an Adjutant, a company Sergeant Major instructor and a storeman Corporal or Private and they were responsible for the development and training of its own officers, Warrant officers. Non Commissioned officers (NCO's) etc.

In July 1953 fourteen women of varying sizes, ages and civilian occupations were enlisted as privates at Highbury Grove Training Depot at Kew. Our drill hall, having been built during WW1, was showing some signs of the need for some repairs! It was necessary to build a toilet for the females as well as a kitchen.

Then the fun began. We ex-AWAS had to learn drill again. Never had we done drill in a hall before, so with a lot of laughter (being females) the task of moving a "small squad" around a corrugated wall drill hall and not remembering which foot to give the command halt on, the squad kept going and pretended to climb the wall. The Australian Army girls were very patient with us and, in time we were able to give complicated drill instructions to a squad of twenty four. Our powers of concentration improved immensely as we learned to form and change direction.

The first year of engagement was confined to basic training of recruits and NCO'S after which they were sent to a male Citizen's Military Force (CMF) unit for trade training which included catering, signals, transport, intelligence and clerical positions with some members staying or returning as instructors to the WRAAC unit.

So began my part in the CMF. I was sent to the 103 Transport Unit at the Victoria Barracks to learn to drive Army style. I already had a civilian driving licence. The Officer in Charge sat beside me in a jeep and I had to drive around the petrol bowsers until he was satisfied that I did not take my foot off the accelerator as I rounded the corners. I never discovered why he did this but as he was an ex-racing car driver I can only presume he was testing my skills as well as my nerves. I certainly was scared but I couldn't let him see that. I passed the test because I got a G11A and became the first driver in the unit. This licence permitted me to drive Army vehicles such as staff cars transporting Army personnel.

WANTIRNA'S LIVING TREASURE

In 1955 five members attended a Royal Australian Army Service Corps drivers course at the training centre over several weekends at Broadmeadows where the girls outshone the mail trainees.

Over the next ten years, starting as a Sergeant in the Motor Transport at Hawthorn I was involved in Parade nights, lectures, vehicle maintenance, map reading, road law etc. At weekends it was convoy driving and one bivouac. This took a lot of work reconnaissance arranging two overnight stopovers, route maps, rations and so on. I was required to submit an itinerary to the Assistant Director WRAAC Southern command with a sketch of the first stopover area showing where the male and female sleeping trucks were parked and how far apart as well as the location of the toilet block before she gave her approval. She made one amendment. I had too large a space between the sleeping trucks – she was fearful we may have a visit from the undesirable louts from the Geelong area. Our second night was spent at the Snake Gully Hotel (southwest of Ballarat). Males were camped at the sports reserve a few miles down the road. After a very nice meal at the hotel the girls, very tired from the day's activities were in bed by 10.00 p.m. however my room was located across the hall from the bar where our Army boys were enjoying the highland dancing wearing their Army Boots. The floor stumps had collapsed so our beds were moving as if we on a rough sea in a dinghy. On the Sunday we set out for Melbourne via Bacchus Marsh with everything going smoothly until noon when going up a steep hill, all the vehicles except the ute ran out of petrol. Then it was discovered that one forty four gallon drum of petrol had been left behind at Hawthorn Depot making it necessary to drain what was left in the three tonners so one vehicle was able to return to Hawthorn to collect the drum and return. Needless to say it was very late when we finished as the vehicles had to be washed down ready to be returned to Broadmeadows the next day. It was a very valuable learning experience!

It was during this time we were involved in some welfare work where the girls would hold raffles to raise money and then spend it on providing a Christmas lunch for pensioners in the inner suburbs. Being a driver my role was to go to the homes and pick them up and then return them home after the event. One of the girls used to play Christmas carols on the piano for the pensioners and she ran out her repertoire so I raced up to the nearby Baptist Church and borrowed some music with strict instructions to return it.

We also purchased a truckload of briquettes and delivered them to needy folk who were very grateful. See the photo.

I served in transport Southern Command Signals regiment as a Sergeant and then as a lieutenant which had an Operations Movement division using motorcycles. In civilian life these were policemen and others employed where it was required they ride motor bikes. While at Signals Regiment we were issued with a Vehicle called "Austin Champ". It was British and a much better vehicle than the U.S. Jeep. It had a sealed Rolls Royce engine which took twenty eight hours to pull down for maintenance, a snorkel which enabled it to be driven through six feet of water

and there were seven forward and seven reverse gears. It was a Commanders Reconnaissance vehicle.

We organised annual training camps at Puckapunyal and Benalla where the male and females worked very well together. The menfolk were given a lesson by the male Sergeant on washing shirts and socks and cleaning boots. The female Sergeant set up an ironing board and introduced them to the finer art of ironing their shirts and trousers. This was necessary because to visit the WRAAC Recreation Hut dance the boys had to be suitably dressed.

The Esprit de Corps of the third Division Transport was highly regarded because their driving skills were superior to the male drivers.

In 1961/2 I was asked to take six female drivers to a Third Division camp at Jamieson where we would be quartered with the RAANC under canvas. My transport office was a tent and, as it rained nearly every day, the boys cut saplings to make a floor for me. They also built a toilet for the females (yes, again) because the Assistant Director of the Royal Australian Army Corps was to visit to conduct an inspection and she was a stickler for the girls to have their toilet facilities. Timber jinkers passing through from Licola were a hazard for they could not stop, so, if you heard a roaring noise you quickly stopped your vehicle as close to the edge of the road to let them pass. My girls did a wonderful job in such conditions.

In 1967 I was appointed Adjutant/Quartermaster of 3 WRAAC Company on full time duty. I conducted enlistment procedures which involved interviews at night, psychology testing on weekend nights, fit for service medical examinations, and if they pass interviews by the Officer in Charge of WRAAC 3, (Major J. Perkins) Attested (sworn in), a night to attend "Q" Store for fitting out fourteen to twenty ladies every six to eight weeks. This was a time some funny things happened. You would not know what would happen from one day to the next!

One morning I answered a ring at my front door where I was confronted with two men one holding a very heavy shell which he handed to me. Very carefully I took it out the back and gently placed it beside the incinerator and promptly called the Bomb Disposal Unit at Victoria Barracks.

A phone call at around 1.30 a.m. from the Duty Officer at Victoria Barracks to tell me our Drill Hall was on fire. What was I supposed to do about it I wondered. Someone had thrown a fire bomb through a window. It landed very close to the electricity meter and, had it hit the meter the damage could have catastrophic. As it was everything was black, the kitchen damaged beyond repair and there was water damage as well. This event created a lot of work for me in the way of reports to the various authorities.

At 4.30 p.m. one Friday I received a call from Third Division to tell me I had to come to Third Division and get my latest instruction on Hall security. I lost my cool and said "I am sorry but our witch's brooms are in the workshop for maintenance" then "I said we do not have a unit vehicle and I could not get there by 5.00 p.m. on public transport". The compromise was another unit collected the instructions and I had to remain at work to collect them. On Monday I received a broom stick with a ribbon on it and a note from QM5AUR. I think we were the only division of the Army which did not have a vehicle assigned to them.

In 1974, after I returned from an overseas holiday, I was interviewed by a panel of highly decorated Army personnel who asked questions about my trip and the



countries I had visited. It was an unusual experience however the outcome was that I was promoted to the rank of Captain. This position brought with it very good pay but sadly, it was short lived because it was mandatory for women to retire at 50.



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Eastern Regional Libraries

LIBRARY NEWS

Events at Your Local Library

The season might be coming to an end but there are still loads of great events coming up in our Spring Events Booklet. So far there have been book launches, technology workshops, cooking classes, language lessons and countless kids' activities. Before we jump into the highlights, remember that our Events Calendar is available online at www.YourLibrary.com.au. Branch info and so much more is just a click away!

Summer Quest

Each year Eastern Regional Libraries holds an exciting summer reading event to entertain the family and promote literacy in youngsters. This summer promises an exciting change to the way the event has previously been enjoyed. The finer details are yet to be confirmed, but we're aiming to create a game full of fun and adventure for families – plus there'll be prizes. Stay tuned for more info very soon!



eLearning

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Book a 45 minute session to help you use library services on your eDevice. Find out more by calling 1300 737 277.

Learn the basics of buying and selling on the world's largest marketplace.

TIPS & TRICKS with Nicola

mind. We'll talk about taking great photos of your items for sale, writing the listing, managing postage and payment, plus lots more. All of this is just in time for the Festive Season! Both are free sessions, though bookings are essential. Secure your place by calling 1300 737 277.

eBooks and Audiobooks on your Device

Have you got an iPad, Android Tablet or eReader? Your local library has been hard at work managing a growing range of digital content to keep you entertained when you can't get to your branch. There are thousands of books now available for your tablet, with more added every day. Borrow up to 20 at once and read them when you're on the go. Plus, once it's all set up on your device, you can borrow from anywhere with an internet connection. Great for holidays away from home! Your local libraries are offering free one-to-one learning sessions to explain how it all works on your device. Visit online at www.YourLibrary.com.au or call 1300 737 277 to find out more.

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Learn Buying & Selling on eBay

Just one of the many great technology events happening this spring, Knox Library is hosting two free workshops to help people become familiar with the world's biggest online marketplace. On Friday 28 November at 2pm come and join the team for a comprehensive introduction to buying on eBay. We'll discuss how to find quality items from trusted sellers, how to safely pay and how to minimise the risks associated with shopping online.

Two weeks later, after you're familiar with buying, the second big eBay event takes place. On Friday 12 December we'll revisit eBay with selling on the



Art Show 2014

The U3A art show was a brilliant success with about \$6000 given in prizes and a record profit from the event. More than 600 people attended, spread over two beautiful days.

The Mayor of Knox, Cr. Darren Pearce, opened the show and presented the Bendigo Bank Prize, as well as choosing his own Mayor's Prize aided by the Lady Mayoress. This was a pastel by Joy Watts, entitled "Waterlilies".



Photo supplied by RLCN

Stalls were buzzing and it was clear that the crowds agreed with the judges that the quality of the exhibits was very, very high. About 16 artworks were sold on the day and the Devonshire Teas and lunches were as popular as ever.

The winner of the Toyota Ferntree Gully Prize of \$1000 was Julie Green from Upwey, for a most beautiful tapestry representation of "Girl with her Sheltie" (the old Pears advertisement). It was a very large tapestry representing months of work and beautifully framed, a truly spectacular work. The prize was presented by the manager, John Heap.

The winner of the Bendigo Bank \$1000 prize for the Art Section was a brilliant pencil drawing of a side view of old Flinders Street Station, by M. S. (Jock) Laing of Boronia.

The Knox Environment (Bill Batt Memorial Prize) for Environment was won by Susan Garrett of Knoxfield, for a Pastel, 'Forest Edge'. It was presented by Bill's son, Adrian Batt, representing the Knox Environment Society.

The Helloworld Prize for accommodation was won by Fiona Gilder of Bayswater for a tapestry, "Charming Waterways", the Art Shop Prize for Water Colour was won by A. Blyth of Vermont for "Evening Shadows, Tuscany" and the Kiah Prize for Pastel was won by Bridget Salwat's "Evening Billabong". Other winners were R. Snell of Heathmont for a paper tole, "The Skating Pond" and M. Kurdian of Boronia for Seascape, an Acrylic.

First Prize for Oils was won by Mary Watson of The Basin for her "Walk in the Dandenongs", whilst the Photography prize went to Paul Lucas of Rowville for "The Eyes Have it", which was much admired.

Photography was judged by Barbara Oehring, Craft by Norma Collins and Art by Farimah Eshraghi. They all spent considerable time considering the merits of the entries. Farimah spent 6 hours on her judging task, determined to achieve a fair result in what she described as a truly wonderful standard of artworks.

A change in the venue set up, moving the luncheon area to an enclosed veranda and covered area, meant display was easier. The 98.1 Broadcast van was on site both days, broadcasting, interviewing members of the crowd and entertaining with music numbers. Late in the day Sunday, Channel 31 were also in attendance, interviewing and filming surroundings the results of which will be broadcast from the valued community station in a few weeks, so look out for that.

The final term for 2014 has begun with about 125 subjects provided for our 1250+ student members. If you are interested there are some vacancies remaining in some subjects. Ring 97522737 or see our website www.u3aknox.com.au.

by Kath Brown

Thank you to Rowville Lysterfield Community News for supplying the content and a photo for this edition.

KNOX U3A NEWS

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA



"Girl with her Sheltie" tapestry by Julie Green of Upwey.



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- **Weight Management**
- **Naturopath**
- **Hearing**

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We take great pride in our work, so that our customer gets to enjoy their meal. All our cuts are handpicked and boned on site – giving the customer confidence that all our meat is fresh and of the best quality. We also listen to our customers - we provide a decent quantity of gluten free products. All our sausages and hamburgers are gluten free and made on-site using good quality off cuts, not fatty off cuts, so you can enjoy a good quality sausage and hamburger knowing they are made with the best quality ingredients.

Your local butcher gives you that feeling you are being looked after. If you want ideas on what to buy or on producing an easy but tasty meal, we can help. If you want a particular cut of meat, we will try our best to provide it for you. We want the experience of buying, preparing, cooking and eating to be enjoyed – everyone gains some pride in being able to create a great meal for their families!

You know what you are purchasing when you visit your local butcher shop – we constantly try to provide the best possible cuts at an affordable price. At the end of the day, if you want quality meat and value for money..... you should visit your local butcher shop.

WANTIRNA MALL NEWS

Summer Heat

by Alison Brown BCSoc (Hons)

With summer fast approaching, it's important to remember that our four-legged friends may not enjoy the heat and sunshine quite as much we do. Here are a few tips to ensure your pets remain safe and healthy in the heat:

- Exercise your dog in the early morning or late afternoon and be careful not to over-exert them. Running and throwing toys is not advisable in the hot weather. Dogs lose the majority of heat through their paws and tongue so when the ground and air is hot it becomes increasingly difficult for them to regulate their body temperature.
- Never leave your dog alone in the car on a warm or sunny day. Inside temperatures can rise within minutes and a dog's poor capacity to lose heat can make this environment quickly fatal.

- Apply SPF 50 to any white fur on your cat's ears and nose. Cats are natural sun-lovers and whilst their fur offers good protection, white ears and noses can easily become sun burnt and prone to skin cancers.

If you think your pet is suffering from heat exhaustion apply cool water to paws and use wet towels over their body to help them lose heat. Then contact a vet as soon as possible for further advice.

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Fun And Friendship Is Plentiful In Scoresby

SCORESBY 55+ Social Circle



It was some seven months ago that a new social group for those aged 55 and over was established out of Exner Reserve in Scoresby. The group came about from community requests for local and accessible activities for those young at heart and "slightly" mature in age. Since its inception the popularity of the group has grown substantially, largely through word of mouth. Good news indeed travels fast and the weekly catch ups usually see 35 – 40 people attending with more than 75 people having registered since April.

Called the Scoresby 55+ Social Circle, the appeal of this group over others is its informal, unstructured and relaxed approach. It is all about having company and friendship. It is certainly not about feeling old and being pigeonholed into traditional seniors activities.

The group meets every Thursday from 10am at Exner Reserve Pavilion at Exner Reserve in Scoresby [next to Scoresby Village shops]. Cost is \$2 pp and this covers morning tea, coffee & cake.

During the recent Knox Seniors Festival, the group hosted two fantastic Morning Melodies events from their venue. Both events featured local musicians, the first being The Sugar Blue Trio and the second The Jam Tarts Trio. In addition to the wonderful entertainment, guests enjoyed a two course lunch provided by Rowville Community Kitchen and received showbags full of all sorts of goodies.

Feedback from guests after each event was that the events were a great success and very popular. So popular indeed that the Scoresby 55+ Social Circle plans on running more Morning Melodies throughout 2015 on a regular basis. Watch this space!

Having fun is definitely what this group is all about. If you are over 55 and would like to know more please call Val Johnson on 0439 618 248

SCORESBY NEWS

Scoresby Primary School's New Taj Mahal Hen House

On Thursday the 20th of November our school and extended community celebrated the grand opening of our Taj Mahal Hen House.

Following the success of our existing Chicken Program this year, we expanded our flock to enhance student learning and knowledge of animal care and responsibility through the incorporation of a hatching program. This program has allowed our students to see the lifecycle of a chicken from egg to chick to a laying hen. We presently have 4 mature hens and 4 chicks.

With the increase in flock size we needed to build a new hen house for the chickens. We were successful with grants from the Knox Council and Telstra to pay for the materials needed. We were also very fortunate to be able to work in partnership with the Stamford Park Men's Shed who volunteered their time to construct a new house to accommodate the chickens, now named 'Our Taj Mahal Hen House'.



Our Sustainables show pride in caring for our hens, feeding, cleaning the coop and composting manure to add to the garden as fertiliser. We have also donated some produce to the Rowville Community Kitchen.

Our Sustainables sell the chickens' eggs to the community in the form of a weekly raffle at assembly. They also have had market stalls selling our produce and plants that are propagated in the greenhouse.

The Men's Shed And The Chicken Coop

The Stamford Park Mens Shed is based at the historic homestead on Emmeline Row (off Stud Road) Rowville. The members meet each Tuesday, Thursday and Saturday between 10 and 3 for a chat a cup of what you fancy, and of course undertake the grounds maintenance at the homestead. We also take on projects in the local community.

One project recently completed was the construction of a new chicken run (the Taj Mahal Hen House) for the Scoresby Primary School. Formal handover will take place on 20 November but the chooks have taken it over already and are happily laying eggs.

Another project just started is to build an outdoor play kitchen for the Scoresby Village



Play Group. This is being constructed using wooden pallets a photo will be available in the next issue.

Visit our website www.stamfordparkshed.org.au, go to our Facebook page, or pop along to the Shed at the Homestead on the days we are open, or call Mario Bernardi on 0418265174 for more information.

Retail Therapy? Economic Security!

I've worked more than 40 years in, first retail, then the building industry - always in sales.

Over that time I've come to realise that women are the primary driving force of the economy in Australia and most other countries. I say this with the greatest respect and admiration.

Women, especially wives and mothers, are the great shoppers, but most importantly the great planners in any economy.

Women are the primary purchasers of food, clothing, household products, as well as social planners, travel planners, education deciders and so on in most families, as well as making up almost half the workforce.

Because of this a community also has a wider planning obligation. Not only planning for housing as I talked about two editions ago, but for the environment, recreation, and importantly commerce. Industrial estates, commercial zones and very importantly retail precincts.

In my weekly travels around Melbourne and Geelong I see new shopping centres large and small being built and extended to cope with a growing population and an increase in demand for goods and services. Council has an important part to play in this.

On Tuesday October 28th I was privileged to move the motion at Council to approve the \$450 million investment by Westfield to expand the main shopping centre (not Ozone in this stage) to one of the biggest complexes in Australia. (Of the hundreds of neighbours notified, only one objection regarding an entrance was received and this is being reviewed).

This will upgrade the centre in line with Westfield's more recent expansions at Doncaster and Fountain Gate. After completion Westfield Knox will more than likely only be second to Chadstone in size.

Almost 33 % bigger in retail floor space and with 2700 more car park spaces, a new bus interchange and a huge facelift both inside and out.

The construction will start in about a years time creating 1800 direct and 2800 indirect construction jobs, and, when complete, 2000 direct retail jobs as well as 1600 indirect jobs supporting and supplying goods and services.

This hasn't just happened. It has come after almost 12 months of work by Council's Planning Team, our Knox Central Team, Westfield's development arm, Scentre Group, as well as a number of government authorities including the State Architect's office. I thank all involved. Council staff for the thousands of hours put in. Scentre Group (Westfield) for their preparedness to make changes in the quest for the best outcomes. Not to mention a lot of interstate travel to work with Council planners.

Most of us would agree that a good education is important for our children's future. But an

education is wasted without job opportunities.

Money makes the world go around. So never be critical of shoppers. (Female or male!)

They provide us all with a living one way or another!

David Cooper
Scott Ward
Knox City Council



Cr. David Cooper

Local Community Members Rise To The Challenge

Cr. Nicole Seymour sent out the challenge to the Knox Community to experience a night out in the cold like the homeless and raise funds to help Vinnies and awareness for homelessness.

Many people have no idea that in the Knox area we have people experiencing homelessness and many more at risk of becoming homeless.

Friday 17th October saw our local community come together in support of the first Vinnies Knox Community Sleepout.

This first time event was a partnership between St Vincent de Paul Society Knox/Sherbrooke, Rowville Community Kitchen and Cr Nicole Seymour.

Kim Wells MP State Member for Scoresby was the only one out of the nine local Federal and State politicians/candidates invited to attend and did it rough just like everyone else.


It was amazing to see such a broad range of people participate, including two students of Scoresby Primary School with their parents, two teenagers from Lilydale Secondary College, 1st Rowville Venturers to CFA members, one of the nuns from

the Sisters of Mercy Convent plus Scoresby & Ferntree Gully CFA with members of the local police force checking that we were safe throughout the night.

Dinner was a cup of soup, bread and a piece of fruit. As dawn broke at six am, the kitchen opened and hot breakfast was served to warm everyone. It had been a very cold night.



Brian Crowley, (St Vincent de Paul), Cr Nicole Seymour, Kim Wells MP, Christine Smith, Rowville Community Kitchens



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NEWS IN GOOD HEALTH & WELLBEING

Christmas, Laughter and Stress

As pressure builds up within us with the silly Christmas season imminent, it is a timely reminder to do our best to remain happy and sane and perhaps this time, not get caught up with the hype that Western Society has put upon us.

One way to do this is to laugh more. Our body does not know the different between real and fake laughter. With this understanding we may choose to start with a pretend laugh, even a quiet one to yourself.

This begins the journey to develop an outlook filled with more humour. The habit then comes on board as we interact with other people and our self-talk becomes more positive.

Did you know there is significant research into the benefits of laughter on the body, which includes the mind, emotions and spirit?

Try this now, begin with a small smile, let it broaden, even bigger into a small chuckle, then a laugh, wrinkling up your cheeks up the corner of your eyes.

And remember to laugh every day and share this laughter with other people.

Lynette Mitchell runs the free community Ferntree Gully Laughter Club, phone her on 0425 799 258.

Downsizing: Stress Free Moving

Moving can be stressful, particularly when downsizing from the family home to apartment living. Professional Organiser Carol Martyn from Dr **DeClutter** provides these Top 5 Tips to make your next move easier:

1. **DeClutter**: it's easy to under-estimate how much can accumulate over a period of time, particularly if you've lived in the same place for years. The key's to have bags in each room designated for charity and declutter as you go.
2. **Plan** - when downsizing it's often not possible to take everything with you, so it's crucial to think about how much furniture will fit into the new apartment. If possible use a floor plan to help decide where everything will go.
3. **Time** - can often be underestimated, particularly when deciding which special mementoes to take with you. The key is to set aside regular time to sift through the memories along with the possessions.
4. **Storage** - pay particular attention to how much storage you have, then decide in advance how to maximise its use. Remember wardrobes, pantries and bathroom cupboards are often much smaller and you will need to reduce your possessions accordingly.
5. **Help** - you don't need to do it all on your own, Professional Organiser Dr DeClutter

offers a complimentary 15 minute telephone consultation to help get you started. Phone Carol on 0449 156 246 or visit www.drdeclutter.com.au for more hints and tips.



 **Dr DeClutter**
Professional Organiser
"Organising Simply Is Our Business!"

Listen To Your Heart, Trust Your Intuition by Christine Cooper

In these times where life is busy, confusing or uncertain, it is important to listen to your heart and trust your own intuition; that 'gut feeling'.

Remember you are unique and special and you have the inner strength and knowledge to know what is best; so when a challenge arises take a moment to find some quiet time, sit, take a deep breath and ask "is this current situation or person serving my highest good,

what is it I need right now". Then keep your eyes and ears open, look out for signs, synchronistic events or conversations to help you along your way.

It's ok to feel vulnerable, to open up your heart. This time on Earth calls for us to rise above our fears and worries and open up to the joys life has to offer but most of all to open up to our own hearts to live out our truth.

 **Christine Cooper**
Clairvoyant - Medium
Reiki Healer
Reiki Connections
0409 406 915
chriisscosmo@hotmail.com
www.reikiconnections.com

JEFF AND STAFF WISH ALL THEIR MANY CUSTOMERS A HAPPY AND SAFE CHRISTMAS!!!!

Come in to see how they have slipped in to the spirit, by wearing theme designed attire (can't explain in more detail as it would take away the surprise). Just hope the weather does not get TOO hot!

Once again they are happy to be a" Drop off "Point for the Knox Community Christmas Appeal; all donations will be greatly appreciated.



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NEWS IN GOOD HEALTH & WELLBEING

Be The Change You Want To See *by Marita & Lisa Reynolds*

We are all individuals and as individuals we all have to make our own choices. We do this in all aspects of our lives.

We are often quick to judge or complain about the way the world is, but as individuals how do we make the world a better place? Often this is a thought in our mind that fleetingly passes with us generally saying we that we cannot change the world as a single person. This is simply not true; it's just an easy out clause.

As individuals we are more powerful than we have been lead to believe. The choices we make every day of our lives affect us and our world - from the food we eat to how we decide to wash our clothes.

For example, we can choose to buy fresh food or processed food. Processed food is quick and easy food yet it often lacks nutrition and is generally over packaged with plastics that pollute and add to our landfills. On the other hand we can choose to buy fruit and veggies – unpackaged and better for your body. We can also use natural substances such as 100% essential oils or 'soap nuts' to wash our clothes and clean our house – again there is less packaging and these products are safer for us and the environment.

A great extension of this is growing your own fruit and veggies, or buying them from Farmer's Markets. This results in even less packaging and even fresher

food! You could turn a veggie garden into a family DIY project. Or a visit to the Farmer's Market could be a family/friend outing every few weeks.

Small everyday changes can lead to big change. If you just think about how the small changes you could make will be healthier for your family, then that's a great place to start. You might then inspire others to make change and share your experiences and ideas with them. If the focus is on fresh food, less packaging, spending time together – it can only be a great thing!

You have the power of choice – it is exciting to be able to choose your own path. Change can be scary or hard at first, but the rewards of making positive changes are priceless. Be the change you want to see and follow the path of which you may be afraid. Remove the fear and experience the difference in your life and the world around you. Embrace your power to choose!

'Wantirna Wellness Centre is situated in the Studfield Shopping centre upstairs near the pedestrian crossing at Suite 9/249 Stud Rd Wantirna. Meditation for Life' runs each term on a Thursday evening. For our special offers see our advert on the second last page in this edition. For further information on Wantirna Wellness Practitioners please go to our website at www.wantirnawellness.com.

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NEWS IN GOOD HEALTH & WELLBEING

News from The Osteo with Dr. Jason Stone



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- Joint and muscle pain

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Tips from the Osteopath before you start your Summer fitness regime.

With Summer upon us and the Christmas 'guilt trip' on the near horizon, gyms will 'ramp' up their advertising and the 1000 steps will soon become inundated.

As Osteopaths, we often see the detrimental side of exercise when people take on too much, too early. Unfortunately, it is human nature that once we decide it's time to change it needs to happen overnight. I am writing this article to hopefully convince a few of you to set a long-term exercise plan and ease your way into it.

Exercise has so many proven health benefits but unfortunately, it can also exploit your lack of joint range of motion and muscular flexibility, resulting in injury. As Osteopaths we regularly see shin, knee, hip and low back complaints because patients are undertaking an exercise regime that is beyond what their body can handle.

My advice to anyone looking at losing weight is to do it slowly and look at a lifestyle change not a quick diet. Exercise is very important to de-stress and burn kilojoules, but if you get injured you are more likely to end up more frustrated and put on further weight. Begin with a low-grade exercise such as walking or water aerobics regularly for 30 - 60 minutes whilst changing some obvious dietary issues, for example, reducing alcohol intake and eating smaller meals. Combine this with increasing your flexibility by stretching and perhaps even yoga.

As your weight reduces, your flexibility improves and your energy levels increase, you can then consider raising the intensity but remember this is a long-term exercise regime so only increase if you really want to and you know you will 'stick to it'. My theory on exercise is the more you enjoy it and the longer you undertake it, then the less reliant you are on the fridge and pantry to make you feel happy.

My final tips with a new exercise regime are to ensure you have the correct footwear and you always stretch after exercise.

From the staff at Wantirna Osteopathy we wish you all wonderful Christmas and a safe and healthy New Year.

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

Are You A Daughter Of A Narcissistic Mother?

Do any of the following apply to your relationship with your mother?

1. You find yourself constantly attempting to win your mother's love, attention and approval but never feel able to please her.
2. Your mother emphasises the importance of how it looks to her rather than how it feels to you.
3. Your mother does not support your healthy expression of self, especially when they conflict with her own needs or threaten her.
4. In your family, it's always about Mum.
5. Your mother is unable to empathise.
6. Your mother can't deal with her own feelings.
7. Your mother is critical and judgemental.
8. Your mother treats you like a friend, not a daughter.
9. You have no boundaries or privacy with your mother.

There is hope, there is a way forward with Maternal Narcissism.

The above is an extract from a book written in 2008 called "Will I ever be good enough? – Healing the daughters of Narcissistic Mothers.

Ros Wilson, who is a Counsellor and Counsellor Supervisor through the Australian Counselling Association (ACA) from "Centre of Well Being" at 78 Anne Road, Knoxfield is qualified to conduct therapy training to help "Daughters" of Narcissistic mothers through Dr. McBride's 5 step recovery. Support groups are held on Wednesdays fortnightly 10.00 a.m. to 12 p.m. The fee is a gold coin donation. Private sessions are available if groups are not for you.

For more information contact Ros on 03 9763 0033 or go to www.roswilson.com.au for more information.

WILL I EVER BE GOOD ENOUGH?

LADIES !!!!!!!!!

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

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

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

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

Call Centre of Wellbeing
03-97630033
77 Anne Road Knoxfield Vic 3180
(www.roswilson.com.au)

ENVIRONMENTAL NEWS

Environmentally friendly pest control

by Peter Reynolds, Permaculture Design Cert. SCP1

Nobody likes seeing the fruits of their labours getting attacked by caterpillars, aphids, grubs or other garden pests. Rather than buying expensive, ready-made chemical based, toxic pest sprays; why not consider some more environmentally friendly options to control pests in your garden or veggie patch.

Be aware that many chemical based sprays are also toxic to friendly predatory insects such as ladybirds, spiders and wasps, not to mention the damage they do to bees.

Homemade pest control sprays are cheap and easy to make and are less harmful to beneficial insects, which often get inadvertently targeted with chemical based products.

One simple solution can be made as follows:

- 3 hot chillis
- 2 or 3 cloves garlic
- 3/4 tsp liquid soap (can also use grated "Velvet" pure soap)
- 3 cups water

Puree the chillies and garlic cloves in a blender. Pour into a spray bottle and add the liquid soap and water. Mix well and let the mixture settle for 24

hours. Strain out any pulp and thick residue, then spray onto infested plants, making sure to coat both the upper and lower surfaces of the leaves. Avoid spraying when it is windy or when rain is expected. Wash hands after use, and keep spray away from eyes in particular.

There are plenty of other recipes available on the internet.

Please note: All Natural sprays can be dangerous. Please label well, and keep out of reach of children. Overuse of deterrents can upset the natural balance of insects in the garden, so use sprays of any sort sparingly.

Another option to consider for environmentally friendly pest control is "companion planting".

Many insect pests recognise their food supply by its shape or by scent. It is a good idea to intermix plantings and not have big areas of the same type of plants. Use companion plants that mask the scent or appearance of desirable crops. Many herbs contain substances designed to make them unattractive to pests. Mints, scented pelargoniums, wormwood, lavender, rosemary, sage and other herbs have spicy/bitter scents rather than sweet

ones. When planted amongst desirable crops, these herbs can confuse pest insects by masking attractive scents.

Companion plants can also be used as a "sacrifice". Plants, including nasturtium, mustard and Chinese cabbage, can be used as decoys so that pests attack them rather than your desired crop. There are numerous resources on the internet for further information on companion planting.

By using some environmentally friendly principles, we can control garden pests, and increase crop yields, without doing too much damage to the environment.



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THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

australian
jazz
museum

The Jazz Kings - First Ever *by Ken Simpson-Bull*

Alan Bradley's Jazz Kings was one of the popular Dixieland (Trad) bands in Melbourne in the late 1940s/early 1950s. In addition to various dance and performance gigs, it featured at the early Jazz Conventions and performed in the Town Hall jazz concerts of that era.

The band never recorded professionally and had largely faded from view until some acetate discs that were recorded privately were discovered a couple of years ago. (Home recording in the days before tape- and cassette-recorders, was done onto blank 78rpm records called acetates.) Somehow or other, these acetates finished up with the band's bass player, Barney Smith, largely forgotten until they were bequeathed to the Australian Jazz Museum after Barney died in 2011.

Due to their age, these acetates had become quite fragile. Fortunately the Museum has carefully

extracted and restored enough performances for a modern audience to be able to appreciate this rendition of the music of that time which, until now, has never been heard by the public.

So now, for the first time ever on record or CD, the Jazz Kings can be heard after more than 60 years on a newly released Vjazz CD. The personnel of the band occasionally changed but at times included such luminaries as Frank Traynor on piano (before he became a trombonist) and who was replaced by pianist Graeme Bull, Alan Bradley, leader on trumpet, Geoff Kitchen and Nick Polites on clarinet, and John Sangster on cornet. The Jazz Kings dissolved in the early 1950s, and the members went their own individual ways.

"Alan Bradley's Jazz Kings - 1947-1949" can be purchased on-line at the Museum's Web Site, by telephone, or at the retail shop in Wantirna.

The Australian Jazz Museum, 15 Mountain Highway, Wantirna (Melways Reference 63, C8) is open to the public on Tuesdays and Fridays from 10am to 3pm. For group visits, which include refreshments and a live band performance, please ring (03) 9800 5535 or visit the web site at www.vicjazzarchive.org.au



The Jazz Kings c.1948: Nick Polites, Alan Bradley, Ken Ingram, Murray Bassett, Geoff Joy, Barney Smith, and Graeme Bull behind piano.

make a positive contribution to cultural diversity in knox

The Knox Multicultural Advisory Committee make a positive difference for residents in Knox.

The Knox Multicultural Advisory Committee was launched in March 2009 to provide Council with advice on multicultural issues, and to promote greater awareness and understanding of cultural diversity in Knox.

Council is calling for applications from community members who:

- Have an interest in and understanding of multicultural issues
- Have a personal or professional link with Culturally and Linguistically Diverse Communities within Knox
- Can commit to bi-monthly meetings for a two-year period

Applications for this exciting, voluntary opportunity open on Monday 3 November and close at 5pm on Friday 28 November 2014.

For more information please visit www.knox.vic.gov.au, email multicultural@knox.vic.gov.au or call the Community Access and Equity Team on 9298 8000.

Goodwill to all
KNOX CAROLS BY CANDLELIGHT
featuring
Katie Noonan, Fatai V, Daniel Kelaart & Emma Pask
with special guests
the Australian Navy Band, Peppa Pig & Dora the Explorer

Saturday
6 December 2014
at **Wally Tew Reserve, Ferntree Gully**
Children's program 4pm
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FREE
community event
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Lions Wantirna Supports Rotary & Royal Flying Doctors Service

Rotary Boronia recently held a very successful fundraising event at the Knox Club to raise funds for the Royal Flying Doctor Service (RFDS).

Lions Wantirna Club supported the event with Natalie O'Hehir presenting a number of Lions Teddy Bears to Annette Allison, Public Relations Manager.

The teddy bears will be utilised by the Royal Flying Doctors Services medical teams to support young children who are ill or injured.

Alan Jenkins, Rotary Boronia presented Annette a cheque to support the RFDS.



Alan Jenkins from The Rotary Club of Boronia with Annette Allison.



Natalie O'Hehir from The Lions Club of Wantirna with Annette Allison

Lions Christmas Cakes and Puddings – on Sale now

The famous Lions Christmas Cakes and Puddings are on sale and available to purchase through a variety of retail outlets within the city of Knox. These businesses are selling the cakes and puddings on behalf of the Lions Club of Wantirna.

Buying a Christmas cake or pudding from the Lions Club is a great way to support your local community service group and get into the Christmas spirit. All profits from sales are used for local community service programs.

Make your Christmas complete with one of these cakes or puddings. Prices are as follows; 1.5kg Cake \$16 1kg Cake \$12, and Puddings \$12

If you would like to purchase a Lions Christmas Cake or Pudding please call Sanjay on 0419 333 676 at the Lions Club of Wantirna to find out where and how you can get hold of them. Corporate orders are also welcome and a Tax invoice will be provided to enable your business to claim deductions.

Look out for the flyer in the window of your local retailer:



Alan's Christmas Message

It is hard to believe, but Christmas has come around again and we are about to begin 2015.

During the Christmas holidays our hospitals, police stations and our fire stations are filled with dedicated doctors, nurses, police officers and fire fighters.

Throughout the year they work hard for our local community and often put in long hours where they put themselves in danger to keep us safe.

Just because it is the Christmas holidays doesn't mean their jobs stop. Christmas is a time for giving and receiving, for spending time with family and

friends, and it is a time to give thanks and to reflect on the events of the past year.

So I thank the nurses, the doctors, the police, the fire and the emergency services personnel who might be missing a Christmas lunch or dinner, a family BBQ or time with loved ones because they are keeping our community safe.

Whilst Christmas can become a hectic time with social engagements, shopping, organising events and getting away on a much needed break, for many it can be a time of enormous stress or loneliness.

Lions Christmas Tree Sale

The Lions Club of Wantirna will be holding their Annual Xmas Tree sale again this year over three days - on Saturday 6th, Sunday 7th and Saturday 13th December at Collier Reserve near the corner of Burwood Highway and Stud Rd, Wantirna South.

We will have a range of quality Christmas Trees available for purchase including large, medium and small trees and you are invited to inspect before you buy so that you get the tree that best meets your needs.

Trees will be available from 8.00am on both Saturdays and 8.30am on Sunday.

All profits from this sale go directly to supporting local community programs conducted by the Lions.

Look for our signs on Burwood Highway on the 6th, 7th and 13th December.

It is during this time that our community volunteers play such an important role.

Many help in providing food or shelter to those less fortunate, or give up some of their time for the local Salvos or a community group.

Thank you to all of you who have heeded the Christmas spirit and helped those less fortunate in our community.

You are what makes Knox great.

Merry Christmas.

Alan Tudge MP Federal Member for Aston

Alan TUDGE MP
FEDERAL MEMBER FOR ASTON

Real Action For Knox

(03) 9887 3890
www.alantudge.com.au
alan.tudge.mp@aph.gov.au
f alantudgemp add me on Facebook to stay in touch

Authorised by Alan Tudge MP, Federal Member for Aston, 420 Burwood Hwy, Wantirna South.

COMMUNITY NEWS

Rotary Annual Charity Golf Day

The Rotary Club of Boronia is once again hosting its Annual Golf Day at Eastwood Golf Club on Monday 23rd February 2015. All proceeds will go to the local BridgeBuilders Youth Organisation to effect recovery relief and restoration of youths aged 12 to 25.

Want to play and raise funds for a local charity for disadvantaged Youth? Well we are currently seeking players and sponsors for this event and details are shown below.

Date - Monday February 23, 2015.

Venue - Eastwood Golf Club. Liverpool Rd, Kilsyth (Mel 65 H2)

Tee Off - Shotgun Start 8am, Ambrose Event.

Entry Fee - Non-Members \$60. Eastwood Members \$40.

Entry includes - Golf, Buffet Lunch & Trophies.

Proceeds to - Bridge Builders Youth Organisation to effect recovery, relief and restoration of youths aged 12 to 25.

Limited Corporate Sponsorship Opportunities are Still Available - Hole Sponsors. Benefits include a round of golf for 4 players including complimentary lunch, tee signage, clubhouse endorsement and distribution of promotional material during the day. Total Investment \$500.

Players are required. There are multiple teams of 4 playing so bring your friends along and make up a team!

For sponsorship enquiries please call John White on 0409 964 232 or for player enquiries call Ken Barrett on 0408 682 244.

Rotary Christmas Carols

The Rotary Club of Boronia is hosting its annual Christmas Carols on Sunday 21st December at Chandler Reserve, Chandler Road, Boronia. The event is a free Community Service for all local people in the area so everyone is welcome. It starts at 6.30 pm with a free sausage sizzle followed by a visit from Father



Christmas at 7.45 for all the kids. Carol singing commences at 8 pm and the event will be compared by Mrs Rowena McDowell. The singing group "Stella" and a local band will be performing for the public.

On behalf of the President and Members of the Rotary Club of Boronia we wish you a Merry Christmas and a Happy New Year.

Your Banking Helps the Community

Did you ever think you'd hear about a Bank that invests the majority of its profits back into the local community? Here's some information about one that does....

The Wantirna **Community Bank**[®], which operates under the Bendigo & Adelaide Bank, began with a need for a new bank in the Wantirna community after the "big banks" closed their branches in the area leaving Wantirna Mall and local Wantirna residents without a bank for 6 years.

The close community feel of the Wantirna area was the perfect place to launch a bank run with the community banking model, and that's just what happened when the "Wantirna **Community Bank**[®] Branch" opened its doors. Since then the bank has injected over \$133,500 back in to the community!!

For those new to the community banking model, it is a concept unique from the other big banks. The majority of profits derived from customers that bank at the Wantirna **Community Bank**[®] are invested back into the community in a range of ways. This means customers banking with the branch are investing back into their own community, into local schools, not for profit organisations, clubs, societies, youth development programs, community centres and the like.

The Wantirna **Community Bank**[®] offers all the necessary consumer and business products like other big banks, from day to day banking accounts, credit cards, loans, financial advice and insurance, whilst operating from a convenient location that is open Monday through to Saturday. All this is supported by the strength of the Bendigo & Adelaide Bank which has assets of over \$52 billion under management.

As the Wantirna **Community Bank**[®] grows, its investment in to the community will continue to grow. You can be a part of this, and have an impact in the community, simply by taking care of your banking and financial needs at the Wantirna **Community Bank**[®] Branch of Bendigo Bank.

As a full service **Community Bank**[®] with great products and the strength of Bendigo & Adelaide Bank, paired with our excellent personal service and expertise, we can grow a true banking relationship with our customers. We make our customers feel welcome and valued whilst investing in our community. If you want to be a part of this, or simply want to know more, please call in to the Branch at the Wantirna Mall and say hello to Andrew Wawra, Branch Manager, or Liz Allen, Customer Relationship Officer, at any time.

Wantirna
Community Bank[®] Branch  **Bendigo Bank**

Shop 5-6 Wantirna Mall, 348 Mountain Highway, Wantirna VIC 3152 Phone: 9720 4122 or email wantirna@bendigoadelaide.com.au



\$140,000
\$130,000
\$120,000
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\$80,000
\$70,000

So far we have contributed \$133,500 to the community



Life Activities Club Knox

Our members and visitors had many opportunities to enjoy the "great outdoors" of late. The Orienteering group spent their day in the beautiful Springvale Botanical Gardens. The roses were a sight to behold.

A four day "Getaway" at Badger Creek saw 22 members exploring the Healesville area. The Gardeners enjoyed an outing to our own "Como Gardens" in The Basin. A social outing to the "Tibetan Buddhist Temple" was a highlight also.

And there was still time for armchair travel, badminton, bush walking, cards, cinema, music, organ, painting, and water aerobics. AND most of these activities will continue throughout the holiday season. Interested persons are invited to come along to any 3 activities, give us a test run, and only

after this will you need to join. In fact, if you give me a call, I will send a copy of our newsletter.

Melva 9762 3764 Helen 9729 1151

A MERRY CHRISTMAS TO YOU FROM OUR CLUB, AND MAY 2015 INCLUDE GOOD HEALTH, HAPPINESS AND PEACE.

Life Activities Club Knox Incorporated No.A0052438Z: ABN 85 104 164 408 and is a member of the Life Activities Clubs Victoria Incorporated (Certificate of Incorporation Reg. No. A00 307 09U: A.B.N. 748



The Ferntree Gully VIEW Club

The Ferntree Gully VIEW Club meets at the Knox Club on the fourth Monday of the month. The December Luncheon is on the 15th at 11.30am. This will be our Christmas Luncheon and will feature the well-known singer Susie Singer. New members and visitors are most welcome.

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

Italian Masterpieces Exhibition

Several members from the Combined Probus Club of Wantirna Heights attended this exhibition at the National Gallery earlier this year. Fortunately it was not crowded and ample opportunity was available to examine the pieces and delve into their history. The size and quality of the paintings were most impressive. After the visit, lunch was enjoyed in the Southbank food court.

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

What's On?

| Event | Date & Time | Location | More Information |
|--|--|---|---|
| Knox Italian Community Club Children's Christmas Party | Dec. 14th, 12 noon-5pm | Knox Italian Community Club, Rowville | Santa arriving approximately 2pm, all members families welcome with their children and grand children. |
| Knox Italian Community Club New Years Eve Dinner Dance | Dec. 31st, 6:30pm-1am | Knox Italian Community Club, Rowville | Bookings: Angela Maffia 9762 1465, Jill Caron 9800 1268, Anna Caron 9801 8137, Anna Falcone 9801 3143 |
| The Lions Club of Wantirna Annual Christmas tree sale | Sat Dec 6 & Sun Dec 7 Sat Dec 13 | Collier Reserve near cnr. Burwood Hwy & Stud Rd, Wantirna South | Trees will be available from 8.00am on both Saturdays and 8.30am on Sunday. |
| Ferntree Gully VIEW Club Christmas Luncheon | Dec 15 at 11.30am | Knox Club. Cnr. Boronia Rd & Stud Rd Wantirna | Featuring the well-known singer Susie Singer. |
| Rotary Annual Golf Day Fundraiser for BridgeBuilders | Monday, Feb 23 2015 at 8.00am | Eastwood Golf Club. Liverpool Rd, Kilsyth (Mel 65 H2) | Entry Fee - Non-Members \$60. Eastwood Members \$40. For sponsorship enquiries please call John White on 0409 964 232 or for player enquiries call Ken Barrett on 0408 682 244. |
| Rotary Club of Boronia Annual Christmas Carols | Sunday, December 21 at 6.30 pm. Santa visit at 7.45pm Carols commence at 8.00pm | Chandler Reserve, Chandler Road, Boronia. | The singing group "Stella" and a local band will be performing for the public. |
| Penguin Club | 2nd and 4th Tuesday of each month | Glenn Frost room at the Croydon Library, Civic Square, at 8pm. | For more information phone Sandra on 9720 2512 |
| Introduction to buying on Ebay | Friday 28 November at 2pm | Knox Library, Knox City Shopping Centre | Bookings are essential. Secure your place by calling 1300 737 277. |
| Introduction to Selling on Ebay | Friday 12 December at 2.00pm | Knox Library, Knox City Shopping Centre | Bookings are essential. Secure your place by calling 1300 737 277. |
| Men's Shed Open Day at Orana NH | Tuesday, 16 December 12-2pm | 62 Coleman Road, Wantirna South | For further enquiries contact Allan on 0418 677 898 |
| Scoresby 55+ Social Circle | Every Thurs, 10am-12pm | Scorseby Football Club | Gold Coin Donation Bookings 9764 1166 |
| Rowville Community Kitchen | Every Thurs, 12.00pm-2.00pm | Scorseby Football Club | Bookings: 0416 305 741. |

CARER RESPITE THE HAVEN DAY CENTRE

Are you a Carer for someone who is frail aged, or suffering from memory loss or dementia? Do you need a break?

The Haven Day Centre in Boronia provides day respite in a welcoming, homelike atmosphere.



The program provides a variety of structured and social programs 4 days per week, aiming to bring enjoyment, enhance independence, giving consideration to individual needs, while giving those that care for them much needed time for themselves.

We are here to also give support to the Carers through Carer meetings, mutual encouragement and individual support. Our centre is a government Home and Community Care (HACC) funded agency and follows HACC guidelines.

For more information contact the Co-ordinator Heather Clarke on 9762 8423

Penguin Club News

Ladies, would you like to learn how to speak comfortably in group situations whilst networking with other women and enjoying their company? Then come to our Penguin Club and see what we do. We meet 2nd and 4th Tuesday of each month in the Glenn Frost room at the Croydon Library, Civic Square, at 8pm.

For more information phone Sandra on 9720 2512

Calling for Entries for the 2015 Knox Craft Show

Entries are now open for the Knox Craft Show, to be held during the Knox Festival on the weekend of Saturday 28th February and Sunday 1st March 2015.

Entries across a wide selection of crafts is welcome. There is a section for children and special needs.

For an application form, or enquiries please email knoxcraftshow@gmail.com, visit our website at craftshowknox.blogspot.com or phone Maryanne on 0412 838 870.



Knox & District Over 50s

PLEASE NOTE THERE IS NO DECEMBER 2014 MEETING. OUR NEXT MEETING WILL BE ON TUESDAY 27 JANUARY 2015 AND THE MEETING WILL START AT 10.30AM.

The year 2014 has been a wonderful year for the Club filled with so many great social events that it is hard to decide which was the best event. It was great to see so many members enjoying their time at the Club and the various events and without a doubt this is what makes our Club so successful. Friendship is our top priority and everyone is welcome and made to feel that they are part of the Club.

Various events have taken place recently such as Morning Melodies at the Knox Club and the lunch also at the Knox Club and more are planned. Subscriptions for the year 2015 are due in January 2015 and the subscription cost for 2015 is \$15.00 which is unchanged from 2014. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include coffee mornings at Myer Knox City, a monthly cinema outing, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more. Events planned for the remainder of the year include a Mystery Day Trip, a visit to Hamer Hall for Christmas Melodies and our Christmas Party Lunch at Marybrooke Reception Centre which will include our very popular Mega Christmas Raffle

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. For 2015 the meetings will start at 10.30am. Come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to our next meeting on Tuesday, 27 January 2015, starting at 10.30am 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.

Rowville Community Kitchen Serves Up Book Launch



October was a busy month in the kitchen, culminating in the launch of our book "Stories from our Kitchen"

We agonised over the title for months and right up till the deadline we were going to name it "What's for Lunch".

One of job seekers always asks "What's for lunch?" as soon as he walks in the door, even before he says "good morning".

However as we were finalising the order of photographs we realised that title didn't fit.

Every face in every photo has a story to tell. Our book is about the community that has supported and championed our kitchen in the first three years of operation.

We have also printed cotton tea towels that portray how we do business and work with everyone we come into contact with.

Last Wednesday we hosted our book launch and presented our book wrapped in a tea towel tied up with a piece of string.

For us that piece of string is priceless. It represents operating the kitchen on a shoe string but more importantly all the support, effort and encouragement from all of you.

Chef and myself are very grateful for each and every one of you that have been part of the first three years of our kitchen.

There are new initiatives in the pipeline that are being trialled ready for the New Year.



Mario Bernadi from Stamford Men's Shed takes a look at "Stories From Our Kitchen".



Welcome to the Christmas edition of our club news, my hasn't the year gone fast again!

Our major happening at club level since our October update was the conduct of our Junior Championships. An unqualified success with 27 entrants.

Congratulations to everyone who participated.

The winners were; A Grade and Club Champion: Dilhan Jayawardena Runner Up: Nipuna Madanayake

B Grade: Winner Mitchell Brooks R/u Lachlan Reidy Consolation: Nick Sleeman;

C Grade Winner Taylor Smart R/u Tom Sinclair, Consolation Liam Paptic; C Grade Girls: Winner Maya Grkow R/u Ashleigh Paptic Consolation Kasey Rudd

Our thanks to all involved.

The summer season is progressing well, although at the time of writing we are only some 4 games

Templeton Tennis Club News *by Don McCracken*

into the year. However, by the time you will be reading this it will be half way through and we are sure that we will be experiencing further successes.

Keep your eyes peeled for the Festival of Tennis being conducted by all clubs within the Knox area under the banner of Tennis Knox with the support of Tennis Victoria and Knox Council.

The Festival will run from Friday the 30th January through until Sunday the 8th February.

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

Check out our website, www.templetontennis.com.

au for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member. Barry Plant Real Estate Wantirna, Integrity Cabinets and Bendigo Bank Wantirna Community Branch.

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

Merry Christmas and a Happy New Year to all!

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 KNOX CITY TENNIS CLUB

by David Wiffing

Hi to all our members and the community of Knox.

Well the end of the year has come around very quickly and so many great things continue to happen at our Club. These major improvement projects are important steps in the overall growth of our Club and to make sure that we continue to be one of the stronger Clubs in Knox. Sprinklers installed, lines upgraded, courts upgraded and a new contractor looking after our grounds are just a few of the things.

We must thank everyone involved for their fantastic work, because, being volunteers, it is not easy to share your time.

We have recently been awarded a grant from the Victorian Government to increase the security at our Club. Our grateful thanks go to them for their contribution. We will be installing shutters around our bar area so that we can keep on display all of our Club merchandise and make sure that only registered people have access to that area.

Ladies tennis has become a focus for our Club, and we are looking to start a Ladies social night in 2015. It would be on a Monday as that is where we already have Ladies teams playing. Keep an eye on our web site and Facebook, where our Secretary Kylie will be coordinating it all. Don't forget the Mid Week Ladies tennis either. Just contact Bronwyn by email midweekladies@knoxcitytennisclub.com.au

Our trivia night was a big success again and Adam our President did a great job of running it, so thanks to him for all his hard efforts. BUT please do not forget those sponsors who graciously donated so many wonderful prizes for the night. You can find a list of them on our web site and please visit them often to say thanks.

From the night tennis front, we now have over 20 teams in BDNTA, KDNTA and WDNTA competitions so if you have a team that would like to play in these competitions later in 2015, contact us through our web site. The results for 2014 were mixed across all the nights. Hopefully all players had an enjoyable season and will be refreshed come the start in late January 2015.

The Festival of Tennis is on again in 2015 running from 30th Jan to the 8th Feb. We hope to have an open day so anyone can come and try tennis for free. Keep a look out in the local news and in school newsletters for more information.

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. The In House mid season competition will start early December, so please let Jeff or David know if you are interested in playing. This way you can keep the practice going until the next season starts.

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.

Of course we wish everyone a very Merry Christmas and a safe and Happy New Year and look forward to seeing you all again for competition or social in 2015.

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



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knox regional netball centre 2015 team registrations now open!



Knox Regional Netball Centre is now taking team registrations for the following competitions:

- Wednesday ladies daytime competition (supported by a free crèche)
- Friday ladies daytime competition (supported by a free crèche)
- Sunday evening mixed netball competition.

All games are played indoors with qualified umpires.

If you are a player looking to join a team, send your details to

knox.netball@knox.vic.gov.au and we will link you with a team looking for players.



For more information and forms, go to knoxnetball.com.au



Wantirna Wellness Centre Team

- | | |
|--|--|
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| + Cristina Sandler, Reflexologist 0410 899 005 | + Chris Walker, Reiki, Hypnosis & Past Life Regression Therapist 0413 744 447 |
| + Angela Docking, Massage & Beauty Therapist 0407 796 957 | + Belinda Vaughan, Nutritionist & Health Coach 0404 210 517 |

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Call Cristina on 0410 899 005 or Julie on 0478 663 843

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