

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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EDITION 36

JUNE/JULY 2015

- GLENN CARTER RIDES WITH NO LIMITS
- NICOLE SEYMOUR AND THE INVISIBLE TRUTH
- INTRODUCING CARRINGTON PRIMARY SCHOOL

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Content

Wantirna Heroes	Page 3
Environmental News	Page 4-5
Knox Youth News	Page 6
What's Cool at School?	Page 7
Advertising	Page 8-9
Bayswater News	Page 10
Volunteers in Action	Page 11
Community Pharmacy	Page 12
Wantirna Mall News	Page 13
Studfield News	Page 14
Scoresby News	Page 15
News in Good Health & Wellbeing	Page 16-17
Studfield Dental Group	Page 18-19
Around Our Community	Page 20
Knox U3A	Page 21
The Arts in Knox	Page 22
Community News	Page 23
Sport News	Page 26-27
Local Service Directory	Page 27

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Editorial

Here we are in the middle of the year already. Being involved with the Studfield Wantirna Community Newspaper it is apparent how much activity there is in our local community. There are plenty of opportunities to pursue all kinds of interests and to make a valuable contribution to our society. One thing I know about volunteering or being part of a group is that friendship is a big part of the appeal. I continue to be impressed with the goodwill people bring as they roll up their sleeves and "have a go". Another thing I know is that the more you give, the more you get back in return. The only restriction is time. That is one element we all feel is in short supply!

This edition has a page for Bayswater. We decided to share news from Bayswater until their community newspaper, The Buzz is back in production. Enjoy!

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. We also thank our contributors, advertisers, sponsors, readers and supporters.





Saturday 18th April, At the King Bean Cafe Wantirna Mall, the time is 6.00am on what the Irish would call a "Soft Day", a great crowd of supporters gathered to farewell local Wantirna resident Glenn Carter at the start of a fund raising solo bicycle ride, 14,275km anticlockwise around Australia.

Caroline Mc Donald, together with her staff of King Bean Cafe kept the coffee flowing, showing not a hint of stress, as they fulfilled order after order. Well done!!!!

Why would Glenn do this you may ask!!!!

To support a family friend also from Wantirna, Emma Booth. Emma has loved horses for as long as she can remember and has been riding and working with them since the age of 11. Over the years she has competed and been "placed" in numerous events.



Initially funding her passion by working as a stable hand and labourer, Emma moved on to training horses for competition. In 2012 she began studying at Monash University as a pathway to becoming a veterinarian. In 2013, on the journey home with a friend from an equestrian event in Albury, Emma's life was drastically changed when they were involved in a collision with a truck. Since then Emma has shown great courage and determination to get back in the saddle.

Now back to Glenn...

Glenn is a fairly fit and healthy 50 year old who has competed in 13 marathons, 4 Ironman triathlons (swimming, cycling and running) and who has a passion for riding his bicycle for hours on weekends.

When he received the phone call from his long-term family friend Glenn Booth, Emma's father, that Emma had been involved in the crash and had life threatening injuries including brain bleed, multiple fractures, extensive abdominal injuries and horrific spinal cord damage, and was going to be confined to a wheel-chair, he could not comprehend not being able to get up each morning and do what he liked doing best, which is to ride.

Riding his bike to raise money to help Emma seemed the most fitting thing to do. This has now become 'his passion' – to ensure that Emma's dreams can be achieved with 'No

WANTIRNA HEROES

Glenn Rides With No Limits to Help a Young Friend Reach Her Dream

Limits' – that she can wake up every morning and know there are no financial restrictions to achieving her goal of representing Australia in the Paralympic equestrian team.

Three cheers hailed loud and clear as Glenn was farewelled on the first leg of his ride and not a dry eye was in sight. King Bean Cafe continued their excellent service of luscious, hot breakfasts to many of Emma and Glenn's supporters, and host Caroline donated a substantial amount from the Morning's takings to the cause.



To follow Glenn's Itinerary, log on to www.ridewithnolimits.com. At the time of departure he had raised close to \$80,000 towards the goal of \$100,000 required to send Emma on her way.

Update: Glenn is half way through his journey, reaching Fitzroy Crossing WA and on his way to Broome. So far \$87,286 has been pledged.



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News from Green Thumbs

Hello and welcome to Green Thumbs Gardening Clinic.

Welcome to "winter" It is bucketing down rain and the snow is already falling but that doesn't stop us gardeners. There is plenty to do.

Start by pruning your roses - Prune back to about 1/3 to an outside bud and prune out most of the centre growth.

When pruning your climbers don't prune back quite as hard as with your roses as you could cut out too much of the new seasons flowering growth.

Once you have finished pruning spray with Lime Sulphur to kill any insect eggs and black spot fungus. Then feed with All Purpose Rose Food .

If you only have a small garden, as most people do these days, there is a great range of dwarf fruit trees and citrus trees and these are suitable for court yards or pots. It is a lot easier to maintain

these plants and harvest good quality fruit. Speak to the staff at the Nursery for expert advice.

If you are fortunate enough to still have a lawn and like a well maintained lawn as I do, feed with dolomite lime to promote good winter green. A good green lawn always compliments a garden and it is very simple to do.

By the way it is now Camellia, Azalea, and Rhododendron time. You will find so many vibrant colours and varieties to choose from. The ones that you will see in flower first are the Sasanques. This variety can take a lot of sun and they are suitable for a beautiful hedge.

There are also varieties of Japonica Camellias in a good variety of colours but these must only have morning sun. These are ideal for Spring colour. Don't forget the beautiful and fragrant Daphne for flowering and perfume. Both Daphne and also Gardenias are perfect on your patio in pots and can be moved around easily.

In your veggie patch you can now plant your Cauliflower, Cabbage, Broccoli, and the new health plant Kale also Peas, Spuds and Broad Beans. So there is plenty to do. Winter is a very exciting time to get into your garden.

There is a new companion plant that you can plant with your Cabbage and Cauliflower to stop the white butterfly lava from destroying these crops. It is called American Land Cress. The white Butterfly will lay its eggs on the American Land Cress and then when they hatch into lava they eat the cress and die. Don't hesitate to speak to our friendly Nursery staff for more advice.

So rug up and get cracking!

All the best and green thumbs from Peter Pitman from Banksia Nursery



Winter Daphne photo by wakanmuri via flickr



Whats been happening at the Ringwood Field Naturalists Club Inc.? by Alison Rogers

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

Speakers

In April - Our speaker was Jason Bell, who spoke to us on owls. In his talk he covered the two Owl types - Hawk-Owls and Barn Owls. Hawk Owls include Boo book owls, Barking owls and Powerful owls. Barn Owls include Masked owls, Grass owls and Sooty owls. The information he imparted with personal anecdotes of sightings while camping in the bush was extremely informative. The owl images he showed were accompanied by a recording of each owl's call.



It was noted that although we might see Boo book owls and Powerful owls in this area, it is more likely that you would see a Tawny Frogmouth out on your powerlines. Tawny frogmouths are not actually an owl, they are from the Night Jar family. These birds come in to the suburbs to feed on the moths that come to the street lights.



During the day they perch in small trees and if disturbed they raise their beaks to make a straight line, making them resemble a broken branch in the tree. Very well camouflaged.

In May our Speakers were Hazel and Alan Veevers. They spoke on their recent trip to Lord Howe Island.

They illustrated their talk with photos of birds, plants, marine life and geology of the area, that they had taken on their three trips to this area. A fascinating place, which is very secluded, with only 400 visitors allowed on the island at the one time.

Excursions and Weekends Away

In March there was no excursion as we travelled for a weekend stay in the Colac area, based at Lake Colac in the Western district of Victoria. Ina and Roger showed us many areas, including on the Saturday a trip to Red Rock Reserve, Lake Corangamite and Lake Beeac. Many water birds and birds of prey were seen in these areas. On the Sunday we travelled into the Otway Ranges and visited Triplet Falls. A very pretty area with the falls in full flow, surrounded by tree ferns and smaller ferns and fungi in the under growth.. Satin Bower Birds were calling and were seen in this area.



In April we travelled across town to the Mt Cottrell area to explore the 'Pinkerton Forest' area. This land is being cared for by the local 'Friends Group' and is being revegetated with some success. Plants are recovering with a large amount of birds visiting the area.

Over the next couple of months our Presentations will be:

June - a member's night with two members speaking on their chosen topics. The excursion is to Badger Weir with a 'breakfast with the birds'.

July - Megan Short will be speaking on the Blackburn Creeklands. (with an excursion of this area on the following weekend).

As you can see we have a very varied program and members enjoy learning a little about nature and this wonderful country we live in.

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

All visitors are welcome.

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

Website <http://www.rfnc.org.au>

Photos this edition by Alison Rogers and Eleanor Dilley

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Efficient Use of Water in the Garden *by Peter Reynolds, BSc. Permaculture Design Cert. SCP1*

The Benefits of Raised Veggie garden Beds

A raised garden bed is one in which we contain soil and plants above the normal ground level. Raised garden beds serve many purposes and can solve problems associated with planting directly into the soil, such as per soil quality, or drainage issues. They can be creative and artistic, as well as functional.

Because the bed is raised, you can ensure that the soil it contains is the best for the type of plants you intend to grow. The simplest form is built up on the ground, using layers of soil, straw and mulch. It can be free form or you can frame up or contain the bed using timber (avoid treated pine due to possible leaching of chemicals), or other durable materials such as, bricks or rock etc. If you are not inclined to DIY you can buy 'ready to assemble' raised beds from the likes of Bunnings or Mitre 10.

Hardwood sleepers are a good material to use for raised veggie garden beds. They can be cut to size and fixed together using galvanised screws or nails (Tip: pre drill holes to facilitate construction). The frames can then be placed on level ground

and filled with soil, compost and mulch, ready for planting. When considering where to locate your raised veggie beds, ensure that they will receive maximum sunlight, particularly important for winter crops, when the sun is low in the sky.

The best soil to use to fill the beds is one which contains plenty of organic matter and which holds moisture well. You could use a premium potting mix, which will probably be an expensive option, or visit your local garden supply centre and ask their advice.

To determine how much soil you will need to fill your raised beds, work out the volume of each bed. (ie: length X width X height (in metres) For example, a raised bed 2.4m X 1.2m X 0.3m will require 0.86 cubic metres of soil to fill it. So if you had three of those, you would require a total of 2.5 cubic metres of soil.

Once you have planted out your veggies, place a layer of mulch over the beds to reduce weeds, retain moisture and provide a source of nutrients to break down, back into the soil.

Benefits of using raised beds:

- You can control the quality of the soil. So poor soil issues and drainage problems are overcome.
- They can be optimally sited to receive plenty of sunlight.
- If you are renting you can still grow your fresh veggies and dismantle or move the beds to your new address. You will probably want to leave the soil behind!!
- Reduced incidence of weeds, snails and slugs.
- Easier on your back when digging or harvesting produce.
- Can be situated on top of concrete if you are short on space. (Be aware that there could be staining from water draining from the beds)
- Reduced compaction of the soil, as you are not walking on the beds.

Don't let poor soil; clay or drainage problems stop you from growing your own fresh produce. Create a 'mini environment' in raised garden beds where your plants can thrive.

2015 Youth Council Forum

As the State Member for Ferntree Gully, each year I host student leaders from secondary colleges within my electorate as part of the Ferntree Gully Electorate Youth Council Forum. The forum consists of three meetings throughout the school year and concludes with a tour of State Parliament including attendance at Question Time.

The Youth Council Forum gives student leaders an opportunity to discuss a range of issues concerning young people and points of particular interest with key representatives in the State Government.

Each year I am impressed with the range of issues that the student leaders raise during these discussions and thank our local Secondary schools for their continued

support of this forum; Wantirna College, Fairhills High School, St Andrews Christian College, Waverley Christian College and St Josephs College.

The guest speaker at our recent meeting was Sharon Patton, Centre Manager of Knox Headspace. Sharon gave an informative insight into the services Knox Headspace offers for youth aged between 12 & 25. Staffed by GP's, Youth Workers, Drug & Alcohol Counsellors, Psychologists and Mental/Youth Health Nurses, Knox Headspace offers most services free or at low cost. I encourage anyone aged between 12 & 25 who may be having difficulty with something in their life to call or drop in and see the friendly staff. Knox Headspace is located at Capital City Boulevard, Knox Ozone, Wantirna South.

**P: 9801-6088 E: info@headspaceknox.com.au
W: www.headspace.org.au**



Nick with Sharon Patton (Centre manager for Knox Headspace) and student leaders from Wantirna College, Fairhills High School, Waverley Christian College and St Josephs College.

Knox Youth Information Centre (YIC) by Matthew Hjelm



Making Knox Better for Youth

The Youth Information Centre was established by the Knox Youth Services as a provider of information for referral support and programs for young people aged 10-25 years, who are living, working, recreating or studying in the City of Knox. They also provide information, advice and individual assistance and referral to families of young people as well as those who work with young people.

Staff and outreach workers from other services are available at the centre to provide assistance for a variety of reasons including: accommodation, drug and alcohol

issues, family conflict and relationships. Information also available at the centre are on a variety of subjects including programs run by Knox Youth Services, employment and training, legal issues, consumer rights and responsibilities and resources relating to studies.

If obtaining information is not enough for you, young people are welcome to come in and talk to the workers, exploring the various options to find your best outcome. On the other hand referrals when appropriate will be made to more specialised services. The information centre is currently located at Knox Ozone across the road from Timezone and is open on Monday – Thursday from 1-5 pm to answer your questions and help you find what you are looking for.

We Remember - Wantirna College Anzac Day Presentation

by Matthew Hjelm

On Friday the 24th of April, I was lucky enough to attend one of the six Anzac Day Presentations held at Wantirna College. It was a very special presentation done by Wantirna College Students and Staff. In the well thought out and emotion provoking presentation staff and students came together to celebrate and remember those who had lost their lives in war for our nations freedom, values and prosperity.

The presentation had many different literature elements. For instance a poem that was sung by students in a small choir was the well-known In Flanders Fields which was written by Major John McCrae who was a Canadian Medical Corps doctor. Also another student read out a piece of literature entitled For the Fallen which



was written by Laurence Binyon who was a famous English poet. On the other hand it is also important to remember the various battles the ANZACS faced such as The Battle of Lone Pine which has important significance here in Australia and New Zealand. In the end it is important to note that ANZAC day is for everyone. It does not matter what your age is, where you from, what social class you are and most importantly, the different cultures that separate many people in today's society.

- Lest We Forget -

iPads for Preps at Templeton PS

Prep children at Templeton Primary School have embraced the era of technology and participate in the school's iPad program. The latest research has found that children commencing their education in 2015 will enter a largely unknown world in 13 years time. The research states further that, 60% of the jobs these children will have available to them are yet to be created. What the researchers are predicting is a world rich in technology, so for Templeton children, their rich education starts on day one.



Prep students, Jack and Keira making the most of their time on the iPad

Templeton's specialist Computer Teacher, Mr Marc Crilly, believes that all children need to be provided with the opportunities to be successful in life, and by surrounding them in a technologically advanced environment, their chance of success will be increased.

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STATE MEMBER FOR FERNTREE GULLY

Nick Wakeling MP



WHAT'S COOL AT SCHOOL?

Take a look at Carrington Primary School

Carrington Primary School – Enrolments open

Enrolments for 2016 are now open at Carrington Primary School. Carrington offers a unique learning community for your child with the support of a dedicated staff of teachers that provide an engaging and motivating education culture.

New Principal, Kieran Denver, has joined the team and is helping to lead and inspire our students on their life long journey of education. Located conveniently in Knoxfield just off Ferntree Gully Road, Carrington offers modern and flexible learning spaces, affordable before and after school care and has also recently introduced Mandarin classes.



Early childhood transition

We care about the important journey your family is about to undertake from early childhood education to primary school. To assist during this period, Carrington Primary School offers a transition program that extends to local preschool and kindergartens so students can familiarise themselves with their teachers and foundation activities

in a comfortable environment. Once they begin at Carrington, our smaller class sizes for foundation learners are specifically structured to cater to the needs of every child so we can focus on growing our future leaders.

Carrington Primary School is a great school with a strong sense of community and provides the foundation for your child to develop and grow into a leader. We welcome families to experience the Carrington way for themselves by visiting us for a school tour. For more information on Foundation classes or to explore our curriculum please call us on 9763 9600 or email us carrington.ps@edumail.vic.gov.au

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- Mandarin

Carrington Primary School

"Where little people become great leaders"

Leadership development amongst our students is something we strive to achieve and we provide a wide range of leadership opportunities throughout the years of schooling at Carrington. From our Junior School Council Representatives right through to our School Captains, all students are given opportunities and support to develop their leadership skills and experiences. Our leaders prepare for and host assemblies and special events, they take new families on tours of the school and they represent Carrington in a number of community, sporting, arts and Education Department initiatives throughout the



year. Many of our students have continued on to further leadership positions in secondary school, sporting teams and other areas of interest.

Our School Captains, Joel and Brooke, receiving an Aleppo Pine and commemorative plaque from Mr Alan Tudge, MP for Aston, at the Anzac Day 100 year anniversary commemorative service at the Bayswater RSL. The tree, often referred to as a Lone Pine, is propagated from the seeds collected from the Lone Pine at the Australian War Memorial in Canberra. The pine will be planted at the school in a prominent position for future generations to enjoy and as a reminder of this special anniversary.

On the Friday before Anzac Day, Brooke, Joel and our Junior School Council Representatives hosted a commemorative service at the school where the Aleppo Pine and the commemorative plaque was presented to the Carrington community. Attending this service was also our special guest, Mr Rob Huggan, from the Boronia RSL and Mrs Williams, a former parent of Carrington, who played the last post and the rouse during this special service.

Carrington Primary School
Laura Road, Knoxfield
9763 9600

Success for St Andrew's Ensemble

On Friday the 1st of May the St Andrews Christian College Senior Vocal Ensemble along with to music teachers travelled to Mount Gambier to compete in the national Generations in Jazz competition. Schools from all over Australia come to compete in the weekend long event hosted by James Morrison and Idea of North. Over 3000 students from about 150 different schools were there on the weekend.

There were concerts for the students held on the Friday and Saturday nights featuring James Morrison, Idea of North, Take 6 and the Hot Horn Happening. It was inspiring for all the students to hear internationally recognised artists performing at such a high standard.

The St Andrews Christian College Vocal Ensemble had been hard at work all year learning the set song for their division 'So Far So Good' as well as a free choice song 'Take 5'. The school's vocal ensemble were competing against 31 other schools. They performed amazingly well and all students were very happy with how they went on the day.

St Andrews Christian College won 2nd place in their division and were the only school from Victoria to secure a place in any of the vocal divisions. This is a huge achievement as they were competing against much larger schools, most of whom had been attending Generations in Jazz for many years.



St. Andrew's Christian College Senior Vocal Ensemble

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STATE MEMBER FOR FERNTREE GULLY

Nick
Wakeling MP



A TIMELY REMINDER FOR RESIDENTS

be smart, and safe with winter heating

wood heaters & open fireplaces

It's that time of year again when the days are getting shorter and the nights are getting colder. It is now that many households turn to wood heaters to provide warmth and comfort. Wood heaters and open fireplaces are, however, a major contributor to outdoor air pollution. Most people are not aware that smoke from these devices can cause physical discomfort to those with respiratory illnesses, especially young children and the elderly.

smart heating

Air pollution can be minimised, and you'll get better use from your woodheater as a result. Follow this handy 4-point tip guide:

Fire should burn brightly with a good flame at all times. Refuel the fire before it turns to coals and never close the vent all the way down.

Inspect and clean the flue at least once a year. Check it regularly to see if smoke is being emitted (wood heaters should only smoke for about 20 minutes when first lit, and for 10 minutes after more wood has been added).

Refuel with small, dry logs.

Expect the ash to be a fine white powder. If coals are present after the fire has burnt out, there is a good chance your fire is smoking excessively.



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Gas Appliance Service Repairs And Installations

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

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

To protect your family get your gas heater inspected every two years by a registered or licenced gasfitter who must use a CO analyser to test your appliances. Also ensure there is adequate ventilation and regularly check the colour of the flame in the heater.

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

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

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SWCN is including stories from Bayswater whilst Bayswater's local community newspaper, the Bayswater Buzz is in recess. We would love to see a local community group take on production of the Buzz. If you are interested, be assured the other Knox community newspapers will be there to support you. Contact the team at SWCN for more information.

BAYSWATER NEWS

The History of Bayswater Senior Citizen's Club

by Evelyn Hodgkin

Celebrating their 50th birthday last July, the Bayswater Senior Citizens Club is looking forward to the future and their jolly Club song tell us so.

If you're down hearted and your skies are grey, look for the silver lining come what may, here at the Club you'll find a brighter day, so chin up and cheer up I say. These are some of the words of the Club song telling us loud and clear about this lasting group.

Membership numbers at BSCC maybe on the decline but this is only due to the many Aged Care Villages in the area creating their own gatherings within their premises.

Long term and committee member, Secretary, Dot Walliker said some members belong to both their Village and the BSCC.

BSCC was introduced to Bayswater in 1964 by local resident Fred Lambourne. The aim was to assist older people in the community enjoy a social life outside the home. Fred personally collected and returned residents from their homes in his own car and brought them to the Parish Hall behind St. Stephen's Church in High Street, Bayswater for their get-together.

An annual membership fee of two shillings was introduced.

Clubs cannot operate without funds and an Appeal was started with a theme, "Honour your father and your mother."

In 1965 Knox City Council donated five hundred pounds to the fund and offered land on the Bayswater Recreation Reserve, corner Scoresby Road and Mountain Highway, Bayswater as the site for the new Clubrooms.

Estimated costs were 13,000 pounds for the building with a Government subsidy of five thousand pounds. Council provided an interest free loan of one thousand pounds to cover furnishings. It was recalled the members put their own money into funds just to purchase tables and chairs to get underway. If anyone was absent from a get-together a follow up phone call was made to make sure the member was hale and hearty. This still happens today.

The official opening of the Clubrooms was October, 1966 with further extensions in 1968.

In 1969 Meals on Wheels for City of Knox residents began at a re-designed kitchen at the Club. A maximum of fifty meals were to be prepared daily with thirty to be made available to Club members once a week on a Thursday. This day was always known as Club Day and was a time to get to know new friends over lunch. Members looked forward to a roast meal before the afternoon's entertainment of bingo. This was a wonderful service for those members who lived on their own.



In 1973 when the Club's finances grew, BSCC was able to purchase a mini bus and Fred continued driving and collecting the members. A small brick dwelling was erected on the Council's boundary of the site and this was used to house the bus. This building is still there today.

Weekly craft classes were held to raise money and mini fetes drew good crowds. A trading table set up in the Clubrooms with lemons, apples, rhubarb, jams and other goods helped raise funds.

There was an activity at the Clubrooms six days a week and this included ballroom/line dancing, cards, carpet bowls, bus outings, choir, theatre outings and, of course, bingo.

A professional hair dresser was on hand every Tuesday and also a podiatrist.

Former President, Cath Pilgrim tells us carpet bowls was the most popular recreation. Two mats were used and members were so enthusiastic they formed teams and travelled to other nearby Senior Clubs for competition. There were a lot of banners adorning the walls of the Clubrooms displaying how successful the BSCC team was.

As the Club expanded, in 1978 a billiard room was built and the kitchen extended. Snooker was an attraction for the men folk and some of them attended daily alleviating loneliness for single males.

Further extensions were carried out in 1995 and this time the Knox City Council in-corporated the Bayswater Lions Club as co-tenants.

The front of the building became known as

the Lion's Den. Knox Council said the joint initiative between the Clubs provided both associations with excellent new facilities that would be well used by the community.

In later years Knox City Council suggested renting out the Clubrooms with BSCC overseeing the bookings and this is currently the format.

At the time there were over 250 members.

For many years, BSCC has been host to the opening of the Knox Seniors Festival in October.

Over two hundred seniors from the City of Knox arrive at the Clubrooms for a barbecue and entertainment organized by Dot and the committee. The volunteers from the Wantirna Lions Club are a major contributor to the occasion.

Their skills handling the barbecues for so many people ensues the day flows without a hitch. Dot organizes the Knox City Council buses to collect the residents and bring them to the function.

Many residents from aged care facilities arrive in their own transport, enjoying this friendly occasion and the chance to get out in the community.

Socialising is a huge part of everyone's lives. Just because someone is reaching their advancing years there is no reason not to engage in some events that can keep life fun!

Currently, for the small cost of \$10.00 per year to be a member, the well run Club with modern Clubrooms, close to public transport and a varied program, manages to survive with fewer members. This year we have been to see Strictly Ballroom and Dirty Dancing and enjoyed a day at the Yarra Glen Harness Racing and a coach trip to Tarneit.

A few hours playing cards or bingo or bowling a small bowling ball on carpet all help our Seniors keep their brain sharp.

The Club organises the bowls Tuesday and Fridays, bingo on Thursday and cards on Tuesday.

Don't stay at home, come along to the Club or phone President, Tony Clark or Dot,

9720 7232 or Dot's mobile, 0422 107 124 for more information.



President Tony and Member Ethel.

VOLUNTEERS IN ACTION

L2P Makes a Difference

The L2P Learner Driver Mentor program is a community based, volunteer program developed to provide access to driving practice for learner drivers who face significant barriers to gaining their mandatory 120 hours of driving practice.

The program (Maroondah and Knox) is facilitated by UnitingCare Harrison but is supported by Knox City Council, Maroondah City Council, RACV, Wantirna Community Bank®, State Government Victoria and Rotary Club of Ringwood.

Volunteer Mentors are required to register their interest in the program, attend an interview, and complete the mandatory checks and VicRoads training.

Young learners are also required to apply and attend an interview before being accepted into the program. Learner drivers are matched with licensed volunteers, and use a fully maintained, and serviced vehicle, with a minimum four star ANCAP safety rating, to gain their 120 hours driving experience. Eligible learner drivers will receive up to seven (7) professional lessons throughout the program to evaluate their progress at the different stages of learning to drive.

For more information contact L2P Coordinator, UnitingCare Harrison on 9871 8700 or email enquiries@harrison.org.au.

3 L2P Success Stories:

Jesse was 18 years old when he presented at the Opening Doors as homeless. His parents separated when he was young and both had since remarried. He had no contact with his father and Jesse and his step dad didn't get along. Jesse left home when he was 15

and had been staying with numerous friends over the last three years. When his most recent housing broke down Jesse was referred to a youth refuge where he stayed for 6 weeks. During this time he was referred to L2P to assist him to get his 120 hours driving experience. Jesse has had three driving lessons with a driving instructor as part of the program and has been driving with his mentor for three months. He will have more driving lessons with a professional instructor as he progresses through the program. Jesse has since found share accommodation and a part time job, and is hoping to get his license in the next twelve months.



Molly was 18 years old when she started in the L2P program. Molly lives with her mum, a single parent and her two brothers who are also on their 'L' plates. Mum read about L2P in the local paper and suggested Molly apply for the program. She had her Learners permit for eighteen months and had only driven 6 hours. Driving in the family car was difficult as mum was on Centrelink

payments and could barely afford to keep the car going. Molly was matched with a Mentor and they drove together as often as they could. Within ten months Molly had driven 120 hours with her mentor and gained her driver's license. Molly told the Coordinator that having her license has made a big difference to her family. She has bought her own car and helps her mum by driving her brothers to school and running errands. She is grateful for the L2P program and said without her mentor she would never have driven 120 hours and got her license. One of her brothers has since started the L2P program and working towards his 120 hours with a mentor.

Josie was 17 years old, doing year 12 and working as a casual at McDonalds when she was told by a family friend about the L2P program. Josie's parents are separated and she lives at home with her mum who is deaf, and her younger sister. Josie's dad is blind and she sees him regularly, helping him with his shopping and going with him to his appointments. She was matched with a mentor in July 2014 and they spent the next nine months driving together after school and on weekends. Josie's mentor Jenny wanted her to experience as many different driving conditions as possible so they drove in the rain, at night, on the freeways, to the city and the Dandenong Ranges. In January 2015 Josie got her license and can now drive her mum and dad to the shops and to their appointments. Josie and Jenny celebrated Josie's achievement by going out for dinner with both their families. Josie recently sent Jenny photos of her new car she bought with the money she had saved from her job at McDonalds. Josie said that her mentor Jenny was "really cool" and driving with Jenny helped her self-esteem. The L2P program has given her independence and the ability to help her family, something she desperately wanted to do.

VOLUNTEER, it is a fun positive way to learn new skills and gain knowledge.

WE HAVE VOLUNTEER POSITIONS IN TRANSPORT, PET COMPANION ONE ON ONE VISITING AND HELPING IN OUR PLANNED ACTIVITY GROUPS.



Volunteering is a rewarding & meaningful experience!

Make new friends & have fun.



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Connecting Communities

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Bayswater, 3153
9729 9499
lynm@bridgescc.com.au



Wantirna Community Pharmacy

where we care for you, not for profit

Wantirna Community Pharmacy has proudly served the local community for 35 years. As a 'not for profit' member based organisation our priority is the needs of our valued members.

We would love for you to come in and meet our professional team who are dedicated to customer care and wellbeing. Together they have over 150 years' experience in the industry.

Healthy Community Clinics

Our busy lives often mean that our health takes a back seat to more pressing priorities. While it's common to wait until symptoms are advanced before seeing a doctor, early intervention can contribute to a faster recovery and avoidance of more serious complications down the track

Our health clinics offer advice, information and screening to help tackle our community's most pressing health concerns. Our monthly clinics include:

- **Cardiovascular**
- **Healthy Lung**
- **Weight Management**
- **Naturopath**
- **Hearing**

We also conduct MedsCheck's for customers, a review that entails a comprehensive checking of all your medications including prescription and non-prescription medicine and any complementary/herbal remedies that you may be using. The aim of this individualised consultation is for our pharmacists to assist you to improve effective use of your medicines, to identify and discuss any problems, such as, undesired side effects you may be experiencing and to provide you with helpful tips on how to best use/ store your medicines with the ultimate aim of helping you to gain optimal, cost effective health outcomes.

Member Benefits

Becoming a Community Pharmacy Member is easy and there are genuine savings across all our stores. Our members enjoy access to exclusive member only promotions, special offers and events. Further discounts include:

- **5% discount on all catalogue promotions**
- **Up to 15% off everyday pharmacy needs**
- **15% off non-government subsidised prescriptions**
- **10% off all our Community Health Clinics**



Naturopath in store for personalised consultations

Extended opening hours
weekdays
8am - 9pm
weekends
9am - 5pm

Events at your Community Pharmacy

Gerald Quigley in store
Thursday 18th June at 11 am
"A general talk on men's health"

Thursday 25th June
11am - 4pm
"Know Your Numbers"
(cholesterol, sugar & blood pressure)

July is "Skin Health Month"
Speak with Glenda

August 6th from 3pm-7pm
Check your Bone Density
Phone 9720 2872 for an appointment

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CONTACT DETAILS

Shop 3-4 Wantirna Mall

348 Mountain Hwy

Wantirna Vic 3152

Ph: (03) 9720 2872

communitypharmacy.com.au

WANTIRNA MALL NEWS

Canine Behaviour

from Wantirna Vet Clinic

Dog behaviour is a huge and rapidly developing aspect of veterinary medicine.

The incidence of dog - dog and dog - people interactions not going well is rising as our population and working hours increase and our free space and time to spend with our pets decreases.

Understanding how you can read a dog's body language can help avoid or diffuse any unknown situation with a new dog.

Don't wait for the obvious signs of stress with yelling, cowering or worse, biting before you pay attention. There are lots of subtle cues way before it reaches boiling point.

These are three categories of non-vocal communication dogs' display. Being aware of them can help manage any situation:-

1. The excitable "I want to interact with another dog" – these dogs tend to avoid direct eye contact, have a goofy submissive grin or grimace with the lips pulled back horizontally, flattened ears, lower body posture, tail wagging, licking the lips and even rolling over. These dogs are telling the stranger that they pose no threat and are friendly.

2. The "I don't want to meet and greet" dogs - signals include the direct stare, a snarl (showing off the big canine teeth at the front), erect ears or held flat against the head, hair standing up on body to make them look bigger, a stiff erect tail sometimes wagging, arched neck and stiff contracted neck muscles.

3. Mixed signals – a bit of both of the above shown by the dog. The body and head positions don't marry.

If you are not sure and the dog might be showing some of the "interact with me" and yet "stay away"

signals then believe the teeth end of the dog first!

Hopefully this will be the start of your understanding canine body language to keep you and your own pet safe, healthy and happy.



6 The Mall, Wantirna
9729 9908
www.wantirnavetclinic.com

Butterflied Lamb Leg With Lemon And Herb Cream

Recipe brought to you by QUALITY FRESH MEATS

Daniela & Louie are pleased with the feedback received from readers of our last Edition, regarding their recipe for Goat Ragu. Remember that they sell Goat Meat and it is a cheaper version to lamb, and just as tasty. Give it a try!!!

INGREDIENTS

1&2/3 kg Butterflied Lamb Leg, Trimmed of Excess Fat
2 Lemons, Zested
60 ml Lemon Juice
¼ cup Honey
3 cloves Garlic, Crushed
3 tsp Sweet Paprika
2 tbsp Finely Chopped Rosemary
60 ml Extra Virgin Olive Oil
6 Small Corn Cobs, Husk Removed
3 Asparagus Bunches, Trimmed
Lemon and herb cream:
1½ cups Light Sour Cream
2 tbsp Finely Chopped Dill
2 tbsp Finely Chopped Mint
2 tbsp Finely Chopped Flat-Leaf Parsley
1 Lemon, Zested, Juiced
1 Small Red Onion, Finely Chopped
To Serve: A salad of thinly sliced Green Apple, Baby Rocket, Walnuts, Parmesan, White Balsamic Vinegar and Olive Oil dressing.

METHOD

1. Preheat oven to 200°C. To make the marinade, place zest, juice, honey, garlic, paprika, rosemary and oil in a large bowl. Season to taste and whisk to combine. Add lamb and using your hands rub marinade all over lamb. Place lamb in a large roasting pan on top of a wire rack; season lamb to taste. Roast for 45 minutes or until cooked to your liking; rest for 20 minutes loosely covered with foil in a warm place before carving to serve.

2. Meanwhile, to make the lemon and herb cream, place all ingredients in a small bowl and stir to combine; season to taste.

3. Carve lamb against the grain and divide among plates. Serve with lemon and herb cream, salad, asparagus and barbecued corn.

Find more recipes at beefandlamb.com.au

Catering Available.
5% discount for seniors on Tuesdays!

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WANTIRNA NEWS & POST

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

3 Olivebank Rd FTG Melway ref. 65 D12
Email : khs@relics.com Ph : 9758 6722

News from the Studdy Strip



New to Studfield are married couple Tiffany Hang and Jerry Li, who have been in the Australia Post Shop at Studfield for the past 2 months.

They have been married for one year and live in Glen Waverley.

Tiffany and Jerry are enjoying working together and have found Studfield Strip the place to be.

They have taken over a very stable business and are pleased that the local community are very friendly. They are looking forward to continuing to provide excellent customer service.

Welcome Bruno Palma to the Fruit and Vegetable Shop at Studfield Shopping centre, or we should say "Welcome Back"? His father is the owner of the property and ran the shop himself for approximately 25 years, while the family lived upstairs, when Bruno was just a young boy.

Bruno went to the local kindergarten, also Studfield Primary School, and played quite happily along the shopping strip. Bruno and his brother went into business in Boronia, and when the opportunity became available, Bruno could not resist coming back to Studfield. We wish him well!



Time now to say a fond Farewell to Jeff and Lisa Gallagher from the pharmacy. They have been in the business for 10 years and are ready to take time out to smell the roses before moving on to a new project. Jeff and Lisa have been great supporters of the shopping strip. All their loyal customers wish them well and offer sincere thanks for the consistent care they have given covering each person's health needs.

Now say welcome to Joe Giliberto who is now the new owner and Pharmacist of Studfield Pharmacy. Joe brings his experience to Studfield and will certainly continue the same excellent Customer service with the support of the current staff.

STUDFIELD NEWS

Knox Travel Studfield

Knox Travel is an established Travel Agency specialising in Corporate travel and Cruising Holidays. With the recent implementation of their on-line booking system, the director, Lillian Daff wishes to introduce Christine Cureton, the new manager.

Christine was the cruise specialist at Knox Travel for 7 years. As the manager, Christine will be providing the personalised consultancy every cruise traveller deserves. Be it cruising the high seas on a luxury liner or experiencing the array of European river cruises, Knox Travel will offer you personalised service. Our affiliation with the Worldwide Cruise Centres guarantees that we offer the most competitive deals.

Experience the relaxing nature of cruising – unpack once and do as little or as much as you please.



**For your cruise enquires visit
www.knoxtravel.com.au
or come in to their newly renovated
agency at Studfield Shopping Centre.**



62 Coleman Rd,
Wantirna Sth
Ph: 9801 1895

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

**Classes beginning July..
Register your interest now!**

**Stamford Park
Men's Shed
at Orana**

**New Members
Welcome!**

Open each Thursday from
10.00am until 3.00pm with a
break from noon
until 1.00pm.
Anyone interested in
popping in for a cuppa
and chat to find out more
please contact
Allan Billham 0418 677 898

TERM 3 CLASSES

Beginner & Intermediate Computer classes

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How to Manage Chronic Pain Workshop

Art & Mosaic Classes

Bollywood Dancing

Italian and English Language Classes

Vietnamese, Thai & Italian Cooking Classes & much more!!

Look at our website for full
details on all classes
www.orananh.org.au

News from Stamford Park Men's Shed at Orana

The Orana Shed has been open for a few months now and the members attending have made a difference in and around the Neighbourhood House:

- Mulch has been spread on the garden beds
- Outdoor furniture has been completely renovated
- The wood play house has been moved and painted
- Cut out figures have been removed from the outside of the 'Shed' and donated to a local playgroup
- General tidy up in the grounds to make it all look better for visitors

As well as all that the guys have completed a project for the Ferntree Potters who wanted a number of stands on which to display their pots at exhibitions.

We are saddened to learn of the disbandment of the Rowville Apex Club which had provided assistance in the area since the 1970s. It is sad that service clubs find it difficult to get new members nowadays; it's a sign of the times I suppose. Two of our Sheddors were charter members of the Club and assisted in hosting the final farewell at the Homestead. The Apex name though will still be seen in the area as a cool room trailer was donated to the Shed so that it could continue to be used as a community asset – any group or resident wishing to enquire about the use of the trailer (for weddings, parties, anything) should send an email to info@stamfordparkshed.org.au

The Shed has attracted quite a few visitors to see what a Mens Shed is about, from that we now have three members and are hoping for more over the next few months. Anyone interested in popping in for a cuppa and a chat to find out more is most welcome, otherwise please call me on the number below. Alternatively check out our website at www.stamfordparkshed.org.au or our Facebook page. The shed is open each Thursday from 10am until 3pm, with a break from noon until 1.30pm when a gold coin donation lunch is available at the Rowville Community Kitchen.

Allan Billham 0418677898

The Invisible Truth and its Ugly!

I have an ache in my heart as I write this. I'm not one to be melodramatic, however as I have spent the last week researching the topic of Elder Abuse I can't help but be sickened and moved. June 15th is World Elder Abuse Awareness Day, so it seems good timing to start the conversation.

So what is Elder Abuse?

According to the World Health Organisation Elder Abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person."

It can take various forms such as physical, psychological, emotional, social, sexual or financial abuse. It can also be the result of intentional or unintentional neglect.

Current statistics from the Victorian Department of Health [2014] suggest 1-20 older Victorians are being abused by people they trust, with the highest proportion caused by sons and daughters. The most common type of abuse is financial. It is also believed that the real statistics are vastly underreported with Elder Abuse considered an invisible epidemic. Many victims are silenced by shame, fear, guilt, family loyalty and/or intergenerational cultural beliefs.

Common examples of abuse include –

- Family member such as adult son/daughter

moving back into elderly parent's home under guise of being there to care for that parent, only to take control and threaten the elderly parent with eviction or deny freedom of movement in own home. Elderly parent no longer has basic right of a safe and secure place of living.

- Family member such as adult son/daughter taking control of elderly parent's finances, limiting access to their money and skimming pension for own personal gain.
- Family member verbally torments or demeans elderly person telling them they are worthless, inept, hopeless, stupid and unloved.
- Family member physically hurts elderly person by pushing, shoving, kicking or grabbing with force.

Whilst both men and women can be affected by Elder Abuse, older women are more likely to be abused than older men and older men are more likely to be victims of family abandonment.

In terms of perpetrators, as mentioned earlier sons and daughters combined represent the greatest category of abusers. It is worth noting that recent studies have shown women are nearly equally as likely to be perpetrators as men when it comes to Elder Abuse, that is there is minimal difference between daughters and sons.

According to most research there is no clear reason for elder abuse. Agencies in this area have identified

key risk factors that are more likely to place an elderly person at high risk of abuse including: carer stress, dependency, family conflict, isolation, and family member mental health issues and addictive behaviours.

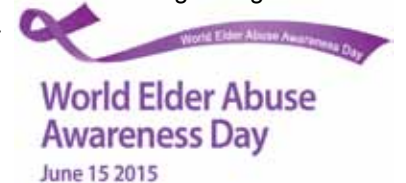
Regardless of underlying reason, there is no excuse for Elder Abuse. We are a civilised and educated society and should value our seniors with high regard and respect.

My final message is this..If this article resonates with you and you feel you are in a relationship where you are being abused, BE BRAVE. You are worthy of a better life. There is help available and if you're not sure, reach out to a friend, neighbour, local Church or Council. You can also call the Seniors Rights Victoria Helpline on 1300 368 821 where you can access free confidential information, support and advice.

To the rest of the Community, I have a simple request, BE PRESENT, notice Senior's in your life and don't be too busy to ask them "Are you ok?" from time to time. You never know what a difference that simple question could make.

For more information on June 15 World Elder Abuse Awareness Day visit www.seniorsrights.org.au

Cr Nicole Seymour
Tirhatuan Ward
Knox City Council



News from Rowville Salvos

It is June and we are half way through the year. May has been and is always a busy month for The Salvation Army as we focus on our Red Shield Appeal. There is so much preparation and work involved that we would not be able to do it without our fabulous army of volunteers. I would like to thank all those who took time to help us with this years Red Shield Appeal and now we can all have a rest till next year.

Did you know that The Salvation Army is a church? The church service on Sunday is at 10am and open to everyone. It is wonderful to share with families of all ages and children are included in the service. We love to sing and we have a contemporary style of worship.

We love doing "life" together and it is great to be able to get together for coffee (or Tea) at the Coffee Club at Stud Park Shopping Centre every Friday morning from 10am. Everyone is welcome to come and chat and it is a great way to meet new friends.

Do you love to do craft or hobbies? C.H.A.T. (craft, hobbies and talk) has commenced on Wednesday evenings from 7.30pm-9.30pm. Cost is a gold coin donation to cover supper. This is an awesome time to have fun being creative and is for the whole family, men, women and children.

Have you been to one of our Car Boot Sales yet? These are usually held on the last Saturday of every month. Stalls are available for \$10 outside and within our basketball court with tables available for \$15. Starting time is 8am and we finish at 1pm. The morning is a busy one and that creates a hunger for a BBQ, and who can resist the smell of fresh coffee also available to enjoy. To book a space for the 27th June please contact Kriss on 0415511588. You could also contact us via email corpsofficer.rowville@aus.salvationarmy.org

If you can't make the car boot sale pop on down to our Thrift shop in Wantirna South. The friendly manager and wonderful volunteers would love to see you. We value the support that you the community give to us and thank you for the donations you give to help those struggling in our community. The shop is open between 10am - 4pm Monday - Friday and 10am - 1pm on Saturdays.

I pray that God will continue to bless this community of Rowville.

Rosemary Massey (Captain)
Corps Officer Rowville
rosemary.massey@aus.salvationarmy.org



Need funding for a project?



COMMUNITY DEVELOPMENT FUND GRANTS

Grant submissions close
Monday 6 July 2015 at 8am

For further info visit
knox.vic.gov.au/cdf

From Friday 22 May 2015, groups can apply to Knox Council's Community Development Fund, a program that provides grants of up to \$20,000 to help not-for-profit groups carry out projects to benefit the Knox community.

Groups interested in applying for a grant should attend one of the 'Grant Programs @ Knox' information sessions being held at the Knox Civic Centre on:

11 June 11am-1:30pm
15 June 7pm-9:30pm

To book into a session or for further information call 9298 8000 or email cdf@knox.vic.gov.au

Mandy's Champion Effort to Help Manage Chronic Pain

The Knox Council's Health Champions Initiative aims to improve community health by addressing the causes of health problems. It is a locally based model that puts the emphasis of health prevention back into local hands. The Health Champions Initiative supports everyday people to improve their health and influence the health of their families, friends and community in the places where they live, work, learn and play.

Introducing Health Champion:
Mandy Mercuri

Mandy was born with scoliosis, an "s" shaped curvature of the spine. Corrective surgeries at the ages of 11 and 16 straightened her spine with steel rods, pins and fusion. But she spent the next 20 years in the medical roundabout seeking cures and solutions and even a reason for her pain. She was so consumed by pain that, after her first daughter was born, she hit rock bottom. Struggling with daily activities, withdrawn from social situations, she unravelled into a state of deep depression. After attending a 3 week intensive pain management course and implementing the techniques she learnt, Mandy managed to overcome the challenges her pain presents. Now, Mandy says she is happier, healthier and stronger. She approaches everyday with a mindful compassion and an understanding of the things that are within her control.



Mandy is keen to share the ups and down of her journey, because she firmly believes everyone has the strength to self manage pain using a lifestyle approach incorporating mindset, movement and healthy eating. Mandy wants to share what she has learnt works for her to give hope and inspiration to others so that they might also become their own health champion.

To help achieve this, she has set up a website to share her story. Mandy has been spreading her message through talks and informative courses at local libraries and community houses. She has just launched a podcast, a fortnightly program highlighting stories from people who have overcome health challenges and providing tools and tips to help people reach their optimal wellness. You can listen at www.healthchampionsinaction.com.

Through the Health Champions program, Mandy has also been excited to meet and share common goals with others. As a result of these discussions, Mandy and some other Health Champions have started a new wellness support group. Meeting weekly at Orana Neighbourhood House on a Wednesday morning, the group aims to provide support and encouragement for people with chronic pain, discussing ways to improve quality of life and to get active together.

Mandy is also organising a National Pain Week event on Wednesday 22nd July from 9.30am -1.00pm at Orana Neighbourhood House. This is a FREE public

event all about managing chronic pain and illness. Guest speakers include bestselling author Dr Stephen Mackenzie talking about mindfulness, Holistic Nutrition Coach Carolyn Gray and representatives from Back in Motion Physiotherapy, On-Core Pilates and Bergamo Chiropractic and Nutrition Centre talking about the importance of movement and a holistic approach to pain management. Mandy will also share her own story at this event to give her unique perspective to self managing chronic pain. Mandy is running an upcoming "How to self manage chronic pain" course at Orana Neighbourhood House over 4 weeks starting Wednesday 5th August 7-9pm. For more details or to book either event, contact Orana on (09) 9801 1895. If you are interested to know more, please feel free to contact Mandy at mandy@takeholdofpain.com or visit her website at www.takeholdofpain.com

The Knox Council's Health Champions Initiative has helped to support local community members establish walking groups, facilitated a cultural exchange showcase of local health initiatives and assisting in the establishment of a wellness support group. These activities have all come about from community members with a passion for promoting health and a willingness to share their ideas. If you have an interest in promoting the health of your community or an idea for improving community involvement, get in touch with Amanda Wiggs, at Knox City Council on 9298 8000 or Catherine D'Arcy, at Knox Social and Community Health on 9757 6267 or email healthytogether@knox.vic.gov.au

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

The harmful effects of a 'harmless' treat by Belinda Vaughan

One of the biggest habits to break is one that I think we all have in common; our mentality to 'reward' or 'treat' ourselves (and our children) with food. This has been engrained deep into our subconscious since we were born, the way we were raised by our parents, family and peers. Food treats and rewards work wonderfully well for training dogs. Unfortunately, the same cannot be said for children. Children are not dogs. Unlike dogs, children grow up to be adults that have full control over their own diet and have access to whatever food they prefer to eat. As an adult reading this, I am sure you can relate this to your own childhood.

The food treat and reward mentality is further reinforced throughout society, at celebrations, media advertising, tv shows, sporting events – in fact it is almost impossible to avoid in our present environment. So engrained is it, that it has led us to emotionally attach ourselves to certain foods. Have you ever gone out for a coffee and cake after a workout because 'you earned a treat', or reached for a chocolate bar after a stressful day at work, or eaten a tub of ice-cream to cheer yourself up, or popped a bottle of champagne to celebrate your new job? By our parents and grandparents using food treats and rewards on us as children (and as role models), as adults we have become conditioned to react to a range of situations by reaching for a certain food or drink. We now eat this food on auto-pilot, not because we are actually hungry, but because of an external stimulus (like in a stressful situation, when we are bored or in need of cheering up) without even stopping to ask ourselves if we really do feel like it, or if we do still actually enjoy the taste of it!

This type of 'non-hungry' eating is something a lot of us do occasionally, without it impacting on a healthy lifestyle. However, when it gets to the point where 50% or more of your daily food intake is due to non-hungry eating, it becomes harmful to your long-term health and is a major contributor to sustained weight gain. It is not until you start being more mindful of these thoughts and actions, that you realise exactly how much of this non-hungry eating you do every day.

Change is hard, however it can be done! Once we retrain ourselves to not automatically react to a situation by using food, we can minimise a lot of non-hungry (or mindless) eating. Being successful in this behaviour change has an enormous benefit to your long-term health and wellbeing. You can achieve your most comfortable, healthy weight (and keep it), without avoiding all the foods you enjoy eating.

A lot of people find change easier when there is someone to help them. As a Nutritionist specialising in mindful eating, I provide a unique service that helps clients through this process. Based at Wantirna Wellness Centre, I can coach you through a series of one-on-one sessions or group sessions to help you become a more mindful eater. Contact Belinda on 0404 210 517.

You can also go to www.ahealthyeverafter.com.au to learn more and read the latest blogs on non-hungry eating. Save 25% on your initial session when mentioning this article. For further information on Wantirna Wellness Practitioners go to www.wantirnawellnesscentre.com or view our advert in this edition.

Laughter Club News

Laughter clubs are generally 100% free and something to try. Obviously they are not for everyone and many are way out of their comfort zone, 'laughing for no reason' as we do.

Lesley joined our club 9 months ago and is a great example of someone who is living life from a much happier, fun loving perspective because of joining and making it a priority to laugh every day.

Lesley Jackson-Collyer says: I understood that laughter is "good for your health, and I did not laugh very much. So I searched the Internet and found details of the laughter clubs. I phoned Lynette, and turned up to Ferntree Gully Laughter Club one Sunday morning. I felt very welcome but also very, very uncomfortable. But the people there seemed to be enjoying themselves, and were doing a lot of laughing!

So I thought. "These people obviously keep coming back! There must be something in this". I kept coming back, and will keep coming back. I have discovered that I see the funny side of things often now, and have become a much happier person. Even my friends comment on the change. I have learnt that laughing, like any skill, requires practise until it becomes habit, and what better way to practise than at the laughter club! So come along and laugh with us! There is plenty to gain, but nothing to lose!

Lynette Mitchell runs the free community Ferntree Gully Laughter Club, phone her on 0425 799 258. Email: lynette@laughterforliving.com.au Website: www.laughterforliving.com.au

NEWS IN GOOD HEALTH & WELLBEING

Butterfly Foundation for Eating Disorders Runs National Campaign

Eating disorders are serious and complex mental illnesses, and have the highest mortality rate of all psychiatric illnesses. In 2014, approximately 1 million people suffered from eating disorders in Australia. There is a dire shortage of effective prevention and treatment services available for eating disorder sufferers in Australia – better access to better services is desperately needed.

Since 2011, body image has been ranked in Mission Australia's annual Youth Survey as one of the top three issues of personal concern. In 2014, three in ten young people indicated that they were either extremely concerned or very concerned about body image.

We know that negative body image can be a serious, high risk contributing factor to developing an eating disorder, and that negative body image is often perpetuated by the experience of being judged or shamed about our looks by others as well as ourselves.

In May, The Butterfly Foundation ran the 'Don't DIS My Appearance' campaign asking Australians to paint their middle fingernail for May to denounce the disrespectful practice of body shaming, and instead encourage and embrace positive body-image. The national campaign also calls on Australians to fundraise or donate to the cause.

The Butterfly Foundation represents all people affected by eating disorders and negative body image. The causes of eating disorders are complex but negative

body image and poor self-esteem are high risk and modifiable factors for those who are vulnerable.

In addition to its advocacy to raise awareness about eating disorders at all levels of government and community, Butterfly's activities include:

- The National Support Line providing counselling support, referrals and information by telephone, email and online – 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au
- Recovery Support Services including counselling, support and education groups
- Education programs in schools and workplaces
- Coordinating the National Eating Disorders Collaboration
- Partnering with Sydney Children's Hospital Network to deliver a day program
- Research through the Butterfly Research Institute

To learn more about the Butterfly Foundation, please visit thebutterflyfoundation.org.au



Butterfly Foundation for Eating Disorders
**DON'T DIS
MY APPEARANCE**

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- Relines
- Repairs
- Mouthguards
- Veteran Affairs
- Vic Denture Scheme

Chris Brownlie
Dental Prosthetist

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

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Counseling.

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77 Anne Road Knoxfield 3180.
ph. 03 9763 0033 w.centreofwellbeing.com.au

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Dr Michael Kotsifakis's Dental practise is now **STUDFIELD DENTAL GROUP**



Dr Michael Kotsifakis



Dr Luxman Dharmakularajah



Dr Ankur Kothari



Dr David Attia



Dr Janet Lu



Dr George Sergious



Dr Na Moo Park



Dr Sashi Arulsothy



Dr Yi Rang Jung



Ms. Cindy Trinh OHT



Miss Hillary Ho | OHT

We also welcome Dr Siew Lee Hong, Dr Anthony Michalopoulos,
Dr Arun Gnanachelvan, Dr Kai Ooi & Dr Revia Lima to our SDG family.

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Wantirna South
www.sgdental.com.au
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STUDFIELD DENTAL GROUP

Dentist Dr Michael Kotsifakis has a career in the dental industry spanning over 25 years. He graduated from Melbourne University with his bachelor of Dental Science degree in 1988. He has extensive knowledge in all aspects of dental care with a particular interest in oral surgery. He is a senior surgery and orthodontic consultant for eight clinics state wide.

Dr Kotsifakis is the Principle Dentist at Studfield Dental Group (SDG) located at 8/249 Stud Road, Wantirna South. At Studfield Dental Group they have a team of 14 fully qualified dentists and 2 oral health therapists.

SDG offer the full range of dental care including general dentistry, cosmetic treatments, orthodontics, x-rays and are practitioners of sleep dentistry.



General Dentistry

- Fillings
- Check-ups and cleans
- Root canal - Endodontics
- Children's dental care- CDBS Medicare
- Tooth coloured fillings are available to restore function to decayed teeth
- Extractions



Orthodontics

- Conventional Braces
- Ceramic braces
- Damon System
- Lingual ST6 & ST8
- Orthopaedic Appliance
- Invisalign
- No Brace – Preventative orthodontics .

Sleep Dentistry, in its true form, allows patients to have their entire dental procedure carried out whilst under a general anaesthetic. At SDG the general anaesthetic is administered under the supervision of a specialist anaesthetist and a registered nurse. This is in contrast to other forms of sleep dentistry, also available at SDG, where the patient is sedated intravenously but remains conscious.

Sleep Dentistry

- Happy Gas
- Low dose IV sedation -patient has some awareness of the procedure. It is recommended for simple procedure only eg. fillings
- GA – General Anaesthetic
- Full sedation - patients have no awareness of procedure at all. It is recommended for more complex treatments eg. wisdom tooth extractions



In House Imaging

- Panoramic OPG X-ray
- 3D CBCT Scan / CT Scan
- Lateral Cephalometric X-ray
- Bitewing X-ray
- Peri-Apical X-ray

It's important for your dentist to have accurate and complete information to plan your treatment. 3D imaging provides that information with a host of advantages for you and your dentist.



Cosmetic Treatment

- Pola Office whitening (In-house)
- Porcelain veneers
- Full mouth rehabilitation
- Colour matching, crowns and bridges
- Implants - can be used to replace one or multiple missing teeth.
- ALL-ON-4 to replace the loose dentures.

Healthy Mouths Healthy Lives

The following information was found on the National Oral Health website and highlights relevant issues relating to the oral health of Australians.

Visits to the dentist

Australian adults' visiting patterns show that:

- 39% of adults have favourable visiting patterns (usually visit the same dentist once per year for a check-up);
- 29% of adults have unfavourable visiting patterns (visit infrequently and usually for a problem); and
- 32% of adults have a mixed visiting pattern.

Adults who have a favourable visiting pattern generally have better oral health while those with unfavourable visiting patterns tend to have poorer oral health.

Adults with unfavourable visiting patterns are half as likely to receive preventive treatment and four times more likely to have teeth extracted than those who visit dentists every year. Unfavourable visiting patterns lead to a risk of poor oral health, regardless of levels of income.

Periodontitis is an inflammation of the tissues around the tooth which affects the gum, ligaments and bone. It is caused by bacterial infection and arises from the build up of dental plaque due to inadequate dental hygiene. Smoking and diabetes, are associated with higher risk of periodontitis development. 22.9% of Australians have moderate or severe periodontitis (gum disease). The prevalence increases with age. People who usually visit the dentist from a check-up are less likely to have periodontitis than those who visit when they have a problem.

The Dental Health Service Victoria website provides practical advice for maintaining good dental health throughout adulthood.

Good oral hygiene practices are supported by having a healthy diet. Common oral health conditions in adults can include tooth decay (dental caries), gum disease, tooth wear, dry mouth and tooth sensitivity. Decay in adults can be common around fillings and between teeth.

Eating a well-balanced diet gives gum tissues and teeth the important nutrients and minerals needed to stay strong and resist infections. Soft, sticky foods tend to remain on the grooves and between teeth.

Enjoy a wide variety of nutritious foods. If you eat sugary foods and sweets, limit their intake (especially between meals). When you do snack, choose nutritious foods such as cheese and dry crackers, vegetables, natural yogurt or fresh fruit.

Drink plenty of tap water. Avoid acidic and sugary drinks such as soft drinks, sports drinks, cordials, fruit juices and flavoured or carbonated water. If consumed, these are best to have with meals rather than between. Choose plain milk instead of flavoured milk.

Use fluoride toothpaste at least twice a day - especially before you go to sleep at night. Use floss to clean between your teeth.

If you smoke, quit for good. If you drink alcohol, limit your intake. Protect your mouth and face from the sun to reduce the risk of skin cancer.

Have regular oral health checkups – don't wait for a problem. Seek advice from an oral health professional about how often you should have checkups. Those without natural teeth also need checkups.

<http://oralhealthplan.com.au>

<https://www.dhsv.org.au>

AROUND OUR COMMUNITY



Situated in the heart of the City of Knox, CityLife Community Care (CLCC) is a grassroots organisation whose purpose is to serve the local community and provide support to those who are experiencing financial, family or personal distress, crisis or trauma.

Since 1996 CityLife Community Care (formerly Knox Community Care) has been the 'community arm' of CityLife Church which was set up to offer compassionate help to people in the community facing personal or emotional distress, financial hardship or isolation. They believe in a holistic approach to assist families and individuals through difficult times by offering not only practical help, but professional counselling, advocacy, and providing support groups and programs which help in a restoration process.

Volunteers Meeting Practical Needs

Much of their service involves activating their volunteers to meet an immediate need. Some families need urgent assistance with food which regular donors to their pantry help support. Others have a specific need (such as an elderly person needing help with an overgrown path, or a new mother with no family support who needs another mum to provide a listening ear and practical advice in those early weeks), which their volunteers step in to provide.



Each situation is individually evaluated in order to find the best type of support. CityLife Community Care focuses on filling 'gaps' in services which other agencies are unable to provide and works alongside other community service agencies such as Knox Infolink, EACH Social and Community Services, and Anglicare to provide comprehensive solutions for clients.

Professional Counselling Services

CLCC has a team of professional counsellors specialising in the following areas:

- Relationship, communication and conflict resolution
- Parenting, blended families
- Divorce recovery
- Depression and anxiety
- Loss and grief
- Family violence
- Sexual abuse and trauma
- Anger management

- Self-esteem
- Addictions and sexual issues
- Life stage issues
- Adolescent counselling
- Child counselling using a variety of approaches including children's play, art and sand play therapy

Building a Community of Support

Connecting with other people in a group is a powerful tool in building self-esteem and confidence and combating loneliness and isolation. CityLife Community Care groups like 'Among Friends', 'Women Connect', 'Blokes Side by Side' and 'Chinese English Classes' provide an environment where people feel accepted, valued and supported amongst peers.



Special Times

Community celebrations such as Christmas, Mother's and Father's Day are meant to be a time of joy, happiness and excitement. But for people facing hardship, isolation or crisis, these can be times of loneliness and stress. CityLife Community Care volunteers join together to host annual events such as the Mother's Day breakfast for single mums. Over 100 women attend the breakfast where volunteers pamper them with hand-scrubs, foot massage, nail painting, hair straightening and make-overs.

The volunteers also organise an annual Christmas lunch (complete with gift hampers) and, in the words of one recipient, "to receive such generosity at this time of year when I am constantly worrying about how I will give my family a 'normal' Christmas, fills me with hope, gratitude and love, and most of all a feeling of support." These events focus on fun, friendship and self-worth, and give people the opportunity to connect with others.

Life-Skills Programs

Providing training that empowers a person with additional 'life skills' is another way in which CLCC supports the community. The C.O.A.C.H. mentoring



program is an accredited community program operating in over 50 countries worldwide. Over the course of a year, a trained volunteer C.O.A.C.H. mentor will meet with a family, build a supportive relationship and help the family to make positive changes in their lives and relationships.

Serving Local Schools

In working with their local federal member, the Hon Alan Tudge, MP, and the volunteer arm of Knox City Council, CityLife Community Care became aware of the difficulty some local schools were having maintaining their grounds due to decreasing budgets. CLCC instigated several ambitious 'makeover projects' to meet this need.

Each project was tailored to what the school needed. Work was carried out with the support of up to 400 volunteers and parents from the school. The work done included garden maintenance, painting, mulching and general clean-up. CLCC provided some of the materials needed and was also supported by generous donations from local businesses. Huge amounts of mulch, paint, food and all manner of supplies were provided to make these projects happen!

So far projects have been completed at Scoresby Secondary College, Scoresby Primary, Knox Central Primary, Boronia Heights Primary and Boronia West Primary. CLCC will continue with these projects and working with the Knox City Council to identify areas of need.

As a result of the work done with the schools, CityLife Community Care received the Aston Award for Community Service in 2014, which is a great honour from the local community.



Moving Forward

Toward the end of 2015 CityLife Community Care will embark on a building project to expand their facilities, providing the opportunity for increased services. This will include additional counselling rooms, meeting rooms and common areas to be used for functions. CLCC is looking forward to using these facilities to continue supporting, assisting and empowering people through crisis and to continue serving the local community.



KNOX U3A NEWS

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

Recess Is Over!

Back at work after a month in recess U3A Knox subjects are again in full swing.

The new website www.u3aknox.org.au is now in operation, so you may now join the organisation on line, and select preferences for subjects as well. Members may also still join and select courses at the U3A Knox office (Parkhills, Park Boulevard, Ferntree Gully) 9.30 – 3.30 weekdays

Although the new subject - The Nature Club – is now full, Esperanto places are still available, as well as all other subjects which have not been labelled on the list as full. Also available on the website is a brief description of the each subject. About 130 subjects are available each week. If you are over 45 and not in permanent employment you are eligible to join U3A

Upcoming events, including bus trips are listed and an additional event, the annual Art Show, will be held as usual during October, as part of Seniors Week. Entry forms will be available from July, and the show will be supported again by the Bendigo Bank, Knox Council, as well as many local businesses.



Bendigo Bank tent, which houses our garden stall at the Art Show.



Ngaire Turner is one of our long term members, who is featured this month.

Ngaire joined U3A Knox (then U3A F.T.G.) in 1994, when our office was still a caravan!

She is a volunteer to work on the art show, and helps in many other areas around U3A Knox.

She particularly enjoys discussion group.

Pictured at right are two of our tutors,

Alan Black tutors in history of the Spice Roads and similar subjects, and

Barbara Jones tutors in Drawing.

They met at U3A and married this last month.



Free Computer Lessons for Seniors Now Available

U3A Knox now offers free computer lessons to seniors. Although a small charge has been made up until recently, the committee has decided that there will be no charge from now on, so that as many of our members as possible can become competent with all aspects of computer use.

NEW-LOOK CAMRY IS COMING TO FERNTREE GULLY TOYOTA



toyota.com.au/new-look-camry

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THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Our Growing Collection

by Ken Simpson-Bull

The Australian Jazz Museum is a wonderful place as those who have visited can attest. We are continually having new and unusual ephemera added to our extensive collection.

Did you know that one of the first gramophone records pressed in Australia (a "78" of course) was made in 1925 by Noel Pemberton Billing's World Record Company located in Bay Street, Brighton? It featured The Pennsylvania Syncopators playing "If I Can't Get the Sweetie I Want" made from an American imported master. This rare disc is one of our latest acquisitions.

Also, did you know that the late, great and best known Australian Jazz Band Leader, Graeme Bell, as well as being a pianist was also a part-time artist? The



accompanying photo shows Graeme's daughter, Christina, presenting one of Graeme's paintings entitled "Getting it Together" to former Jazz Museum Manager, Ray Sutton. This represents yet another rare and valuable addition to the Museum's collection.

The above examples are just two of the many reasons why you should give us a visit as outlined below, or better still, become a member and part of the team in order to reap the benefits that this entails. Our web site gives details.

The Australian Jazz Museum, 15 Mountain Highway, Wantirna (Melway 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



Christina Bell (daughter of Graeme Bell) presents the Jazz Museum's Ray Sutton with one of her father's paintings.

What's On?

Event	Date & Time	Location	More Information
Stamford Park men's Shed @ Orana Neighbourhood House	Every Thursday 10 am to 3pm	62 Coleman Road Wantirna South	Allan Billham 0418677898
"How to manage chronic pain" Course@ Orana	Starting Wed. 5th August 7-9 pm Over 4 weeks	62 Coleman Road Wantirna South	9801 1895
Ringwood Field Naturalists Club	2nd Wed. each month 7.30 pm	Room 4 Maroondah Fed. Estate Greenwood Avenue Ringwood	Alison or Peter on 99801 6946
Inventi Ensemble Tea and Classic Concert Series \$10 per person	Tues 16th June Tues 21st July 10.30 – 11.30am	Knox Community Arts Centre Bayswater	\$10 per person info@inventiensemble.com
Harlequin Rounds Dance Class	Wednesday Mornings from 11am to 12.30 p.m.	Rowville Neighbourhood Learning Centre 40 Fulham Road, Rowville	Contact RNLC on 9764 1166 or inquiries@rowvilleenlc.org.au to register www.rounddanceassociationvictoria.org.au
Scoresby 55+ Social Circle	Every Thurs. 10am-12pm	Scoresby Football Club	Gold coin donation – Bookings 9764 1166
Penguin Club	2nd and 4th Tuesday of each month at 8.00 p.m.	Glenn Frost room at the Croydon Library. Civic Square	Phone Sandra on 9720 2512
Eastern Regional Libraries	Check the website for events at your local library		www.erl.vic.gov.au
Ringwood Field Naturalists Club	2nd Wednesday each month 7.30 p.m.	Room 4 Maroondah Fed. Estate Greenwood Avenue, Ringwood	Alison or Peter on 9801 6946
Ftg View Club: Dorothy Baker - Speaker & Entertainer from the 'In Melbourne Tonight' era.	Monday 22nd June 11.00am for an 11.30am start	The Knox Club, corner Stud & Boronia Roads, Wantirna South	Pam Turner on 9725 4135
Ftg View Club: David Spitteler - Speaking about 'The difference between Asylum Seekers and Refugees'.	Monday 27th July, 11.00am for an 11.30am start	The Knox Club, corner Stud & Boronia Roads, Wantirna South	Pam Turner on 9725 4135



COMMUNITY NEWS

Taking Good 'Legal Care' of Yourself

'Taking Good Legal Care of Yourself' is a regular contribution by Eastern Community Legal Centre (ECLC) to raise awareness of legal needs in the community, and encourage people to seek legal advice early. ECLC is a not-for-profit community service that provides free legal advice to Melbourne's outer-eastern communities, including Studfield and Wantirna.

Financial Assistance for Victims of Crime

If you have been a victim of a violent crime, either directly or indirectly, you may be able to receive some financial assistance from the Victims of Crime Assistance Tribunal (VOCAT) for:

- Counselling and medical expenses;
- Safety related expenses;
- Loss or damage to clothing worn at the time of the incident;
- Loss of earnings;
- Funeral costs; and
- Other reasonable expenses to assist you in your recovery in 'exceptional circumstances'.

(Expenses relating to loss or damage of property as a result of the crime are not included.)

Urgent financial assistance may be available whilst your application is still being processed by VOCAT. This is generally for urgent medical, counselling or funeral expenses.

Eligibility for financial assistance depends on a number of factors, including:

- When the crime was reported to police;
- The assistance provided to police in their investigation; and
- Whether financial assistance is available from another source such as WorkCover, the Transport Accident Commission and insurance schemes.

Application forms can be available on the VOCAT website: <https://www.vocat.vic.gov.au/how-apply>. There is no application fee.

How ECLC can help

Mark's Story - Mark had a history of substance abuse and had successfully undergone rehabilitation. Mark was recently assaulted at a friend's party. He suffered depression and anxiety, and a relapse in substance abuse. Mark recommenced a rehabilitation program. ECLC assisted Mark in making a successful application to VOCAT for rehabilitation expenses and medical expenses incurred as a result of the assault. Mark felt unsafe in public places for quite some time after the act of violence, so ECLC also assisted Mark to obtain counselling through VOCAT.

ECLC can provide free legal advice on your eligibility for financial assistance, the application process and the type of supporting documentation required in making an application to VOCAT. You can also visit <https://www.vocat.vic.gov.au/> for more information.

- Contact ECLC on (03) 9762 6235 to make an appointment for free and confidential legal advice
- Call Vic Police on 000 while a crime is happening or if someone is in immediate danger
- Contact your local police station via phone or in person to report non-emergency crime incidents
- Call Eastern Victims Assistance and Counselling (EVAC) on 1300 884 284 for counselling support and assistance.



The Eastern Community Legal Centre team



Knox & District Over 50s

IMPORTANT NOTICE: FOR 2015 OUR MONTHLY MEETINGS WILL COMMENCE AT 10.30AM.

Winter seems to have started early this year with snow being reported on nearby hills. The recent drop in temperature seems to confirm this. It's time to put on the thermal underwear and the woolly jumpers and to start having the warming bowls of soup. With all this chill in the air why not come and join us at the Knox Over 50s. The warmth of the welcome you will receive will help to dispel the chill of winter. It will also ensure that you get some fun and laughter into your life so much so that the chills of winter will be forgotten. Friendship and laughter are our top priorities and everyone is welcome and made to feel that they are part of the Club.

The activities of the Club are numerous. A group of members has just returned from a weeks holiday in the Snowy Mountains, another group have been to see The Lion King. Our Coffee morning at Myers Knox City and the lunch at the Ringwood Club were all well attended and many more events are planned. Subscriptions for the year 2015 are due now and the subscription cost is \$15.00. You can of course visit us three times before deciding to join and become a member.

Regular events each month include, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and much more. Events planned for the remainder of the year include a day trip to Marysville and a tour of the Chinese Museum as well as Theatre outings both local and City.

Our monthly newsletter Knox Natters Matter 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. Our next meeting on Tuesday, 23 June 2015, starting at 10.30am where you will discover all we have planned for the year and hear an 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.

Lions Support Midnight Basketball Program

Over the period from 14th February to 28th March a project designed to help youth at risk in the Knox District has been conducted at the Boronia Basketball Stadium.

Members from the Lions Club Wantirna and members from other Lions Clubs in the local zone joined a team of over 50 volunteers and staff from Knox Council to conduct this project.

The program involved a basketball tournament preceded by dinner and workshops with the youth.

Laurie Cooper, Lions Zone 6 chairman and volunteer co-ordinator for the project said "It was extremely pleasing to see the amazing transformation in the growth and development in some of the young people who attended and involved themselves in the program".

If you would like to know more about the current projects and activities of Lions Club Wantirna please contact Paul Garvey Secretary on 0400823441

Habitat for Humanity

Volunteers Needed for New Projects

We are always seeking volunteers for projects at various locations. These include block clearance work, log splitting, garden restoration, fencing, and renovations. If you are available to help on any of the future volunteer days please contact us at vic.info@habitat.org.au or phone the office on (03) 8720 9200. You can also register online at www.habitat.org.au/vic and follow the 'Volunteer registration' link.

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

National Seniors

Meetings of the Knox Branch of National Seniors are held at the Knox Club, on the corner of Stud and Boronia Roads Wantirna. National Seniors are a fun loving group of people aged from 50 plus and new members are warmly welcomed.

Please contact the President John on 9778 6784 for further information.

Combined Probus Club of Wantirna Heights Inc.

Cycling group triumph at Tour de Bright

The courageous orange clad WHACOS (Wantirna Heights Actively Cycling Oldies) conquered the Alpine Rail Trail in Bright recently. In their own specifically designed outfits, they rode up mountains, down deep dips, huffed and puffed and swerved. As observers stated, they were, at times, even airborne as they cycled from Bright to Porepunkah, to Eurobin and to Wandiligong. The brave cyclists overcame the challenges to become absolute champions.

Over caffeine, deep and meaningful meetings were held to analyse the rides and prepare tactics. Between rides, wineries were visited, ice creams sampled, trails walked, shops shopped, mountains climbed, coffees enjoyed and red wine consumed. Also, scenery was lapped up, world problems solved and good food

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

discovered, all punctuated by much laughter and enjoyment. All agreed everything was great, especially the company of other committed, enthusiastic cycling Probusians.



David & Di McKenzie, David Carmichael and Kevin Doyle ready for a day's outing.

Life Activities Club Knox Inc.

Thanks to our convener, we have enjoyed some beautiful outings. A visit to Overnewton Castle in Keilor was impressive, and then a tour of Dame Nellie Melba's home in Coldstream was a wonder to behold. The June outing will take us to an Edible Forest Garden at Wonga Park. This garden was shown on Channel 31, or 44 digital, and this man grows black tomatoes??? He eats his way through the garden! Fortunately, we can still fit in our other activities in between these visits. And the nicest part is that we can pick and choose, or do all or none of our many activities.

We have a current newsletters awaiting posting if you would like to receive one, and it only takes a phone call or contact us on the net at www.life.org.au/knox

Melva 9762 3764 or Helen 972901151

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



Our club was asked by Knox Police, to deliver crime fighting pamphlets in and around Knox, and this photo shows the first team ready to help.

Ferntree Gully VIEW Club

Our monthly luncheon meetings are held on the 4th Monday (except in December) of each month and includes a 2 course lunch, tea/coffee at a cost of \$25. We have a meeting then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We also support 5 students through the 'Learning for Life Program' with The Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 22nd June, 2015 (our Clubs 20th Birthday)

Speaker: Dorothy Baker - Speaker & Entertainer from the 'In Melbourne Tonight' era.

Monday 27th July, 2015

Speaker: David Spitteler - Speaking about 'The difference between Asylum Seekers and Refugees'.

Time - 11.00am for an 11.30am start

Where - The Knox Club, corner Stud & Boronia Roads, Wantirna South

To book ring our President - Pam Turner on 9725 4135

If you want to join a club that is both welcoming and fun, come and join us.

Visitors are most welcome

New strategy to tackle ice epidemic

Drug dependence, particularly ice, is becoming rife in many communities and is tearing apart young people and families, and unfortunately that includes Knox.

Young people, parents, teachers and club coaches have raised their concerns with me about the impact ice is having in all areas of our community.

Recent statistics back up the reality that ice has become an epidemic, with ice use having almost doubled in the last 12 months alone.

This is a shocking figure that needs to be tackled head-on.

One resident recently wrote to me: "As a mother of an ice addict and prior speed habit since 2000 I think the government need to start looking and seeking information from the grass roots... not the so called professionals but people who see the addiction and know how what where and when."



Alan with local police in Knox

The federal government has just announced a new National Ice Action Strategy to tackle this destructive drug.

Submissions by those with grass roots experience with ice and its devastating effects, like that of the mother concerned for her son above, will be a key part of the Strategy.

Announced by the Prime Minister and Minister for Justice, the Strategy will coordinate action from all levels of government and police to ensure targeted, efficient and effective solutions to the spread of ice.

The first step of the Strategy is the establishment of the National Ice Taskforce, which will examine all existing efforts to address ice and identify any gaps.

The Taskforce will provide an interim report to the Prime Minister by the middle of 2015.

I encourage every parent, sports club or community organisation concerned about ice in our local area to make a submission once public submissions open in the near future.

Look out for more information about how to make a submission and updates on the National Ice Action Strategy on my website (www.alantudge.com.au) and Facebook page (www.facebook.com/tudgeMP) in the coming months.

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

[alantudgemp](https://www.facebook.com/alantudgemp) add me on Facebook to stay in touch

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

EACH Financial Counselling

By Kim Hubber, Financial Counsellor

Unhappy with your Utility Provider, Telco, Financial Institution or Insurance Company? – You do have optionsread on for tips

Ever received an unexpectedly high bill, had a problem with a service provider, financial institution or insurance company? You may not get what you want, however dispute resolution is an option.

Firstly, try speaking to a different person at the Company to get a fresh hearing about the problem. If you are still not satisfied, ask to speak to a Supervisor or Manager. It is a good idea to record the name of the people you talk to, the date and time of the conversation and the content.

If, after speaking with a Supervisor or Manager, you feel the dispute is unresolved, you have a right to lodge a formal complaint with the Company involved through their 'Internal Dispute Resolution' (IDR) process. This involves contacting a different department within the organisation whose job it is to investigate and handle complaints/disputes. These departments are often called 'Customer Relations' or 'Customer Liaison' or a similar term – or ask for the 'Complaints Department'.

Some disputes are more difficult to resolve and may need an impartial third party to assist. Most service industries have a Code of Practice that governs their conduct and outlines some of the rights of the service user or customer. These codes are underpinned by various State or Federal legislation. This means that Utility Companies (gas, electricity & water), the Telecommunications Industry (including all phone and internet providers) and the Financial Services Sector

(Financial Institutions and Insurance Companies) are regulated by Codes of Practice and are therefore members of Ombudsman Schemes.

If you are unable to resolve your dispute/complaint via the internal dispute resolution process, you may wish to contact an Ombudsman. Ombudsman schemes are known as 'External Dispute Resolution' (EDR) and will work with you and the company on what is needed to resolve the matter. If you have a dispute with a service or loan contract, a billing issue, delays in connecting services or repairing faults, problem with fees and charges or you are in financial hardship and are unable to come to an agreement with your provider, there is an Ombudsman scheme to assist you. Telephone interpreters are provided if needed.

To contact an Ombudsman:

Financial Services Ombudsman (FOS) on 1300 78 08 08 www.fos.org.au

Telecommunications Industry Ombudsman (TIO) on 1800 062 058. www.tio.com.au

Energy and Water Ombudsman Victoria (EWOV) on 1800 500 509 or www.ewov.com.au

Good information and guidance is essential.

Ask for help: A financial counsellor or community legal service or legal aid can help you.

EACH Financial Counselling

PH: 9871 1817 or 1300 00 3224

Bird Aviary Volunteers Needed

Situated among beautiful peaceful parklands at the foot of the Dandenong's, Tabulam and Templer Homes for the Aged (TTHA), 31-41 Elizabeth Street in Bayswater cater specifically to people who have German cultural links. Our certified and fully accredited 118 bed residence has both high and low care, 'Aging in Place' and Dementia Specific, offering an excellent home and health care facilities for residents.

As well as health and wellbeing facilities, we also offer many recreational activities for our residents, one of which our beautiful Bird Aviaries. Our long term helpers who have cared for the birds for many years are now unwell and unable to care for the two aviaries on an ongoing basis. We are seeking help from the broader community for assistance on

a weekly basis to feed the birds and take overall responsibility for their care and wellbeing.

Our residents who are not always well enough to participate in external community activities spend time sitting in the beautifully created garden areas that are located here at our TTHA watching the birds at play. The variety of birds are made up of love birds, canaries, finches and budgerigars. The residents love to pat the tame quails that walk around in the outdoor garden areas where the cockatiels and finch's Aviary is located.

We are looking for bird lovers in our community, who would like to join our wonderful volunteers team and spend an hour or so on a weekly basis to clean, feed and care for our much loved birds.

Please contact Karin Schwarz, Activities and Volunteer Co-Ordinator at TTHA on 87201333.

and will retail for \$59.95 including GST, plus packing and postage cost of \$12.50 per copy within Australia.

A special pre-publication price is now being offered if a pre-paid order is placed before 30 June 2015. To order a pre-publication copy for \$49.95 plus postage (if applicable) and pay before 30 June 2015 then go now to the Shop Online facility at www.puffingbilly.com.au This limited edition book is expected to sell quickly!

For further information call Don Horsburgh on (03) 9764 0004 or 0411 027 732.

Saving Puffing Billy

Saving Puffing Billy tells the story of how Australia's most famous little train steamed again.

This high quality hard cover work of 217 numbered pages, well illustrated with 300+ photos and other graphic items, most of them in colour, is a 'must' for anyone who has an interest in Puffing Billy, historic railways and their preservation generally.

Saving Puffing Billy will be launched in early August

Rotarians ride 800km

for Australian Rotary Health Research.

Rotarians from the eastern suburbs, exchange students (local and international) and a support crew have recently completed the 29th annual ride to raise funds for Australian Rotary Health Research.

About 65 people aged between 18 and 80 set off from Ballarat on Sunday March 15 for the 6 day bike ride through Western Victoria. During the ride there were nightly stops at Ararat, Horsham, Hamilton, Warnambool, Colac and finally back to Ballarat.

For safety reasons the route of the ride was generally on flat secondary roads to keep away from busy highways and large semi-trailers. The weather was kind to everyone during the ride with most days being mild to warm and not too windy.

Each day the riders averaged just over 100kms and all enjoyed the stops for morning teas, lunches and dinners which were organised by members of local Rotary Clubs along the way, who also generously made donations to help the fund raising for the ride for Research \$\$\$\$\$. All participants in the ride had spent a couple of months prior to the ride organising sponsorships for their ride with family and friends. The combined total raised this year should top over \$40,000.

This was the 29th annual ride, a project of Rotary Clubs of Boronia & Healesville which, including this year's event will have raised over \$950,000. Australian Rotary Health is the largest Australia-wide project undertaken by Rotary.

Since 1985 over \$30 million has been allocated to approximately 500 grants for health research for such areas as: - Sudden Infant Death Syndrome, Mental Illness, Cancer Research, Parkinson's disease, Care for the aged and for many other research areas.

Next years Ride for Research Dollars will be will be a very big year as we celebrate the 30th ride, which will commence on the 14TH MARCH and run to the 18TH MARCH 2016. We will ride from Mansfield, Benalla, Wangaratta, Yarrowonga, Echuca and then to Shepparton and it is hoped that at the end of the ride the magic \$1,000,000 will have been raised for Health Research.

Anyone interested should contact Rob Parsons on 0402852300 or email rob.parsons@westnet.com.au.

Studfield Wantirna Community News

is available online at

www.studfieldwantiranews.org

Templeton Tennis Club News

by Don McCracken, President

Hello again to our Winter edition of Club news.

We had four senior (out of 6) and 13 junior (out of 18) in finals. What a great result for the club. Grand finals were played late March in which we had 8 junior and 1 senior teams. A great effort by the juniors to win 5 of their finals and the seniors were runners up from 4th position. Overall a fantastic effort and our congratulations go to all players who represented our Club.

As a club we ran a very close second in the Premier Club award conducted by the WDTA. This is assessed by the finishing positions of teams entered. A great reward for the selectors and players alike!

Our winter season commenced on the 2nd May and we have 19 junior teams over 2 days, Saturday (7) & Sunday (12) and 8 senior Saturday teams.

Our midweek ladies are all part way through seasons

and progressing well. Good luck to all those who represent our club.

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

Our coach, Kelly Bisinella, runs a highly successful coaching program at the club for all levels. This encompasses Mums in Tennis, junior, squad and private sessions. Give her a call to discuss what might suit you. Straight Sets 0414 874 482.

Check out our website, www.templetontennis.com.au for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis

TEMPLETON
tennis club

Club member. Barry Plant Wantirna, Integrity Cabinets and Bendigo Bank Wantirna Mall Branch.

Upcoming events: AGM Tuesday 30th June 2015. 8pm at the clubhouse

Junior Club Championships (date to be advised)

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

Templeton Tennis Club Inc. Templeton Reserve, Templeton St, Wantirna 3152. Melway 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 Willing

Hi to all our members and the community of Knox. This time of year sees us at the start of the Winter season for the Saturday competitions and end of the Night tennis competitions. A few of our night teams are looking good for the Premier's flags.

Unfortunately, even though we had a number of teams that made the finals for WDTA Summer, they weren't able to take home the top prize. But congratulations for having such a great season anyway.

The Winter season has seen mixed results so far from all the Senior and Junior teams. We wish them all success for the upcoming matches. Also remember that if you want to see the best Women's tennis for VTA Pennant, our Ladies team plays at home on Saturday mornings. Just check our web site calendar to see the actual dates.

Sporting clubs rely on volunteers and ours is no different. For the last few working bees we have had very good turnouts as people give up their time on a

Sunday morning to help keep our Club in top shape. Our maintenance coordinator Clive Pontin has done a great job in making sure that things that need to get done are attended to at these working bees.

During the night tennis competition break, we will be running an In House as usual, so please contact us though the web site if you are interested. If you would like to play night comp, please contact Jeff at bdnta@knoxcitytennisclub.com.au as teams are possibly looking for extra players in their rosters.

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

AND for all the Seniors tennis players out there, don't forget that we run a great In House social morning group every Thursday from 9am. Just bring you, your

racquet and your smile to have a great mornings tennis and meet a fantastic bunch of people.

For any information please contact us:

Knox City Tennis Club Inc.

Neville St, Wantirna South, 3152

P.O. Box 5106 Studfield 3152

Melway 64 B10

WEB: <http://www.knoxcitytennisclub.com.au/>

Email: secretary@knoxcitytennisclub.com.au

Coach Gary Leech: 0398005862

www.velocitytennis.com.au



900 Game Milestone for Peter Rogers.

This month was special for the Rogers family. Local resident Peter, who plays for Ringwood Saints Baseball Club, played his 900th senior baseball game for the Club. Peter who has played with the Club since it was founded by his father Fred in 1968, loves the game, never missing a game unless injured.

Due to surgery on his knee, he has now moved from the catching position to 1st or 3rd base. He has played not only with his father, but with his brother, brothers in law and his sons Cameron and Jonathon who both play for the Club.

Peter is hoping to play for a few more years, so that he might play with his two Grandsons.

Baseball is a family affair with Peter's wife Alison and daughter Emily both involved with scoring the games.

Changes to the game over the years have included the introduction of T Ball for the young ones, Masters for the older players, improvements to grounds, and training facilities under lights which all helps players enjoy the game.



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Jan G, Wantirna South

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or knox@aussie.com.au

Aussie Rowville
Stud Park Shopping Centre,
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8740 1818 or 0409 786 121
aussie.com.au/rowville
or rowville@aussie.com.au



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