

STUDFIELD WANTIRNA NEWS

It's a brand new look for your
local community newspaper



EDITION 23 - APRIL 2013

- THE HISTORY OF STAMFORD PARK
- LES CELEBRATES 100 YEARS
- HOLIDAY FUN AT THE LIBRARY
- KNOX GARDENS PS CELEBRATES CHINESE NEW YEAR
- MULTICULTURAL HARMONY FESTIVAL IN WANTIRNA



Brought to you from our new office
at Wantirna College

FREE



Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

As we move into March we see change all around us, the leaves are starting to colour and we are already approaching the end of first school term.

Now is the time we start to ready ourselves for the cooler months. There are a number of small but important steps we can all take to keep our families safe during these months.

Smoke alarm batteries will now be due for a change and it's time to prepare heaters for the cooler months; this could mean having your ducts cleaned or your wall furnace checked to ensure there are no gas leakages. Prevention is always better than cure and a small inconvenience now could prevent a fire or even save a life.

On the roads we all need to be mindful of the impact changing weather has on our stopping ability. We are all focused on reducing the road

toll, and leaving enough space between cars can have a huge impact on this.

Let's start a local campaign to make driving courteous again. Give a wave if someone lets you in and take a breath if someone annoys you, rather than reacting towards them. Driving can be a pleasurable experience but it takes effort by us all to keep calm and treat other drivers with respect, exactly the way we all like to be treated ourselves.

Hopefully you all enjoy the beauty of Autumn around you and by focusing on the positive things around us we can all be happier and enjoy the company of family and friends.

If there is any State government issue that I can assist you with at any time, simply call my office on 9729 1622, or email me – heidi.victoria@parliament.vic.gov.au

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Editorial

A new era for Studfield Wantirna Community News!

We are very excited with new developments at SWCN. Thanks to Wantirna College, the team now have a new home base. We are thrilled with the generosity of Principal Sue Bell and the staff at the College who have bent over backwards to provide the paper with an office in the administration centre of the College.

We are looking forward to working collaboratively with the staff and students. We will welcome contributions from the College community to our stories, photos and production.

We are grateful for a grant from Knox Council's Community Development Fund for equipment for the office and to Make it Mine for the donation of a computer.

Our files and records can come out from our kitchens and under the bed to be centrally located and accessible for all our volunteers.

This eye-catching new edition has been designed by 21 year old Uni Student, Tamara Bouzo who is currently undertaking a double degree in Communication Design and Business. Tamara was interested in contributing to our newspaper in relation to some design work. "I think this newspaper is a really great way of providing the community with local news and a good opportunity to get work experience"

Thank you to Tamara for the great new design and for her guidance and advice.

We hope you enjoy our April edition.

Janet on behalf of the SWCN team

WANTIRNA STORIES

Double Celebration

story & photo by Arlene Bach

A short time ago I had the great pleasure of interviewing Les Manning who has recently celebrated his 60th Diamond Wedding Anniversary with his wife Alma and will also be celebrating his 100th Birthday on April 19th this year. Les and Alma currently live at the Wantirna Village and have been there for 26yrs. Les is as bright as a freshly polished Soldiers brass button and has no trouble recalling events from his childhood and Army days. With 100 years under his belt, he certainly has lots of wonderful memories and interesting stories to share. Anyway, here is Les's story.

Les was born on the 19th of April 1913 at the Women's Hospital Melbourne, just a year before World War One started and now, looking back at his very eventful life, you could say that War seems to have played a large part in Les's life.

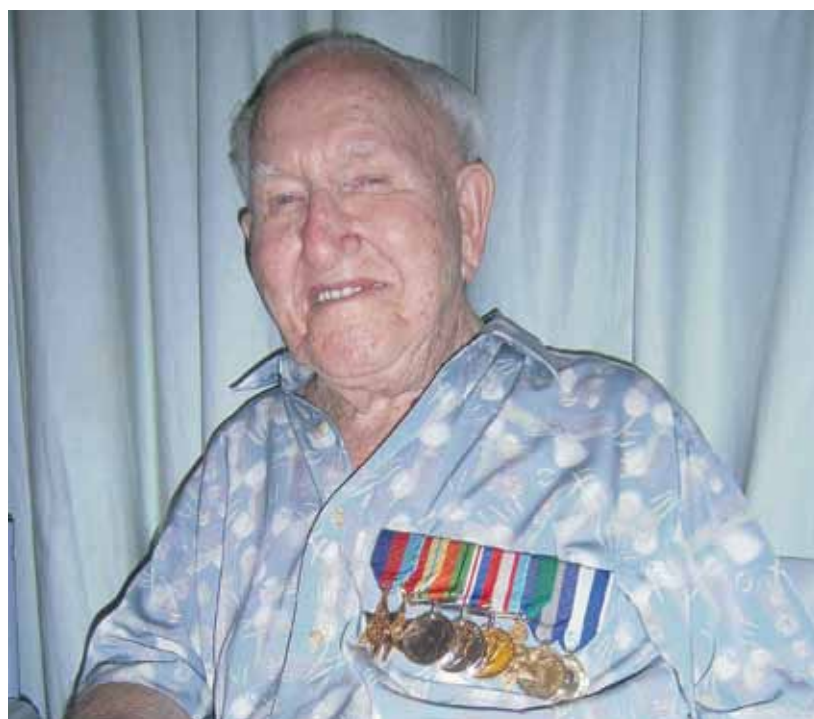
Les grew up in Hawthorn with his four siblings, two sisters Gladys and Doris and brothers Eric and Alec. Longevity seems to run in the family, as Doris also celebrated her 100th Birthday milestone and his Aunt lived to the ripe old age of 104. He started school at the age of 5 in Hawthorn, then the family moved to Hughesdale and he went off to school at Murrumbeena Primary. He left school at the age of 14 and so started his working life, which included many different and varied jobs. One of those jobs was working in a store in Richmond where the money was taken from the customer and sent in a container up to the top floor with the docket inside it via an overhead track system, then returned down to the selling floor once again via the track with a receipt and the customer's change in it. Les also worked for his Uncle in his Bakery the "Wee Patty Bakehouse" in High St Malvern. Famous for their advertising sign with "Wee Patty" dressed in a crinoline skirt, they were also famous for their cakes, in particular their snowball cakes. Les graduated to decorating Wedding Cakes and did deliveries all over Melbourne in one of their 8 Ford Dodge Vans. Unfortunately the Depression came along and as with so many businesses of the time, it went bust. Undaunted, Les went to work for the Wilky Bakery in High St Armadale; their speciality was pies, pasties and sausage rolls. Around that time Les married for the first time, and after leaving Wilky's, decided that he needed a change and went to work for Sir Raymond Connolly who was the Lord Mayor of Melbourne at that time. Les became his Butler during 1937 and '38 and during that time, Les Junior was born. Les Junior was only 13 months old when his Father went to War and was a big boy of 6 when Dad came home from war. In 1939 Les and his small Family moved and bought a "Mixed Business" in Burwood Rd Hawthorn, which turned out to be a disaster, being in the wrong spot with no customers and no money!

Les enlisted just 2 weeks after World War 2 broke out and was sent off to Puckapunyal for basic training. He then sailed on the "Strathaird" to Palestine and

did another 8 months of training there. Les's regiment, the 2/7th Battalion, were then shifted to Bardia where they fought long and hard. They went through Tobruk and on to Merzaerega, which was about 500 miles from Alexandria and Cairo and were there for about a month. The Battalion was then sent on to Greece, but they were not armed well enough, and the Germans made them retreat. They were on board the warship "Costa Rica" when it was bombed and consequently sunk. All men were rescued by a Royal Navy Cruiser, with orders then coming through that they were off to help defend Crete from German occupation. This was in May 1941 and while the Allies fought a heroic battle, they simply were not able to compete with the well armed Germans and so, after a now famous Battle called the 42nd St Battle, (named by Les after the Movie of the same name) in which the Allies were able to force the Germans back, (one of the few times on Crete that the Allies had the upper hand) which led to the Commonwealth Troops being able to evacuate most soldiers from the south coast. Some though were left stranded on the island, and, while a few of them were lucky enough to be befriended by the local villagers who protected them from the Germans, not all of them were. Les and some of his Battalion had been hiding in a cave when he and 2 mates decided to try and find a boat to escape. Les says "I walked up to this young fella who was tending to a boat and who looked like a young Pom, he tapped me on my shirt and I said I got no cigarettes mate and he pulled out a Luger and poked it in my stomach – I couldn't believe I was so stupid".

And so started a four year stint as POW No. 10342 at the now infamous Stalag 13c in Hammelburg, Bavaria. Les remembers being forced to work on farms and railroads, always being hungry, near starving and always in fear of himself or one of his mates being shot. Some escaped and were brought back and punished terribly, others died due to lack of food and medicines, injuries and wounds. While others perished, somehow Les survived. He will never forget General Patton and the "Yanks" and their tanks coming in. What a sight for sore eyes. What was left of the 2nd/7th Battalion was taken to Paris by the Americans where they were fed, clothed and given money, attended to by doctors and dentists and even waited upon by the "Jerry" prisoners when having their meals.

Les and his mates were in Brighton when they heard the news that Germany had surrendered to



the Allies on the 8th of May 1945. Jubilation followed and after some rest and recuperation in London, they were shipped back to Sydney. They then travelled from Sydney to Melbourne by train, then on to Ballarat to recuperate. After that to the General Discharge Depot to be discharged, but were sent back to Ballarat for some more recuperation (in the freezing cold and wet). Eventually they were sent to the G.D.D for a definite discharge and Les nearly missed out on getting his discharge papers due to a very long queue. At the end of the day getting closer to the window he shouted out "Don't you shut that bloody window I want my discharge" and so, on the 15th of August 1945 Les found himself back in civvies.

Les met Alma in 1952 and after a while he said to Alma, "Come and see the block of land where we're going to live" and that was Alma's proposal! Les later worked as a Security Guard for the State Savings Bank in the City for about 12yrs. He retired from there and they moved to Malvern, renovating then selling that property, before moving to Scoresby and finally ending up in the Wantirna Village where they are still happily living now.

Les never missed marching in the Anzac Parade up until a few years ago when ill health caught up with him, but he faithfully meets up with his friends at the Richmond Bowling Club every Anzac Day to remember old friends and comrades.

Parties and celebrations will be happening left, right and centre this year with their large family, including Children, Grandchildren and Great Grandchildren. We would like to wish Les Congratulations on his 100th Birthday, and very best wishes to both he and Alma on celebrating their 60th Wedding Anniversary. What a year, a toast to Les and Alma, Health and Happiness to both of them.

Green Army in Knox

'Green Army' will clean up local environment and create jobs

We in Knox are surrounded by a wealth of environmental treasures. Our parks and wetlands are a major part of what makes our area a fantastic place to live and raise a family. As locals it is important we continue to ensure our local environment is clean and well maintained.

The 'Green Army' program which I launched last year has called for proposals on ways in which we can clean up our local environment.

Each successful program would consist of up to 9 workers and 1 supervisor engaged for 6 months to tackle a local project or combination of projects to improve the local environment. Projects that could potentially be covered under the program include:

- Cleaning local polluted waterways
- Clearing of weeds from local creeks and/or re-vegetation

- Construction of board walks and walking tracks to protect local wildlife

- Re-vegetation and regeneration of local parks

A great part of this program is the potential to generate local jobs as a result. Each participant will receive a wage and valuable experience and training. Therefore we are not only boosting our local environment, but also our local economy.

This program has the potential to have a significant impact on the local Knox environment and will be implemented should there be a change in government in September.

I have received a number of submissions from local organisations eager to be involved. If you would like to make a submission please contact my office for details and to obtain the appropriate form.

I look forward to announcing successful submissions in the coming months.

Alan Tudge MP

Position Vacant

Volunteer Shopping Centre Rep.

SWCN is looking for a local community member to help liaise with the businesses and traders of the Studfield Shopping Centre.

This position requires someone with excellent communication skills and a friendly manner.

A person familiar with the Shopping Centre would be ideal. Some experience in sales would be an advantage but not essential.

Telephone: Coral or Charles on 9762 3376 or email swnewspaper2@gmail.com

CFA educates and entertains in 2013

CFA Member April Himmelreich and her famous show with Captain Koala and Beeper the smoke alarm rocked it out at the Knox Festival in March.

April, who is also one of the 2013 Queens of Moomba, has had a fantastic summer taking her 'April and Captain Koala' show to high-risk bushfire areas all around Victoria, to both entertain and educate people on a range of simple fire safety messages.

The show is designed to be a fun, interactive and educational experience for children between the ages of four and ten to learn more about fire safety, and what the important things are to know when living in or travelling through high danger areas.

There's also an opportunity for parents to meet and engage with local brigade members, to ask questions and receive information while the kids are busy getting photos with characters from the show.

April has been taking this show on the road since Christmas time last year and is a hugely important ambassador, not only for the shows, but for CFA in general.

"CFA is always looking for new ways to get the message out to communities about the dangers of bushfires. These shows offer more than just information in a brochure. They offer a fun and enjoyable experience where kids can gain an understanding of some of the more simple fire safety messages, while parents can also take away some of the more complex advice and information," says April.

The shows are set to continue throughout the year at various large community-focused events, and April also hopes to be able to take it to shopping centres during Easter school holidays.

While these shows are a great opportunity for communities to learn more, they also provide support for local brigades to build stronger relationships with their communities.

For more information on upcoming shows, please contact April Himmelreich via aprilhimmelreich@gmail.com.



Captain Koala - photo supplied by CFA



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Letters from Stamford Park

LOCAL HISTORY

In this article, Peter Kavan, Project Manager for Knox Council's Stamford Park Development, provides some excerpts from a journal of Vera White excerpts of which are held in the Stamford Park Archive. Vera White was an English relative of the Murray family who visited Stamford Park in 1921/22 and provides interesting insights into life at Stamford Park, and Melbourne.

Opening up the historic Stamford Park Homestead in Rowville to the community has been a truly rewarding experience. The Homestead's Guest Quarters built in the 1870's are now occupied by the Stamford Park Men's Shed Incorporated, and their presence has reinvigorated public interest in the site. Visitors to Stamford Park are a constant source of inspiration. I've had a lot of people contact me following a tour of the Homestead with valuable information about the history of the place. Now and then we receive family memorabilia to keep in trust. One such item is some typed excerpts from a journal written in 1922 by Vera White (1904-1989), an English relative of the Murray family, about her visit to Melbourne and Stamford Park as a young girl. John Ralston (Jack) Murray and Isabella (Belle) Murray lived at Stamford Park from 1918 to 1933, travelling back and forth to their farms in Queensland. The following excerpts from Vera's journal have been kindly provided by Rodney Wetherell, a Murray descendent, and he has granted me permission to share them with you.

Vera grew up in Scarborough, Yorkshire, and was seventeen when she came to Australia, intending to stay away from England for at least a year. Vera landed at Port Melbourne on the SS Orvieto on 8th April 1921. She stayed overnight at Stamford Park before sailing the next day to Brisbane. She wrote a brief piece in her journal about her stay, and a broader account upon her return to Melbourne the following year. During her second visit she attended a performance by Dame Nellie Melba at the Melbourne Town Hall. Vera describes her visits to Dandenong, St Kilda and Melbourne.

Friday April 8th 1921

On Thursday morning we arrived at Port Melbourne at about 7 a.m., and after 7.30 breakers waited about ready to go ashore when Mr. and Mrs. Murray arrived. They came and we left by train for Melbourne city at about 9 a.m. At Melbourne, Anita



and Mrs. Murray stayed on the station with April until Mr. Murray, Tranby and I returned from Dalgety's in time for the 10 a.m. train for Dandenong. It was about three quarters of an hour by train, and we passed the time talking. A Ford car took us to Stamford Hall (sic) about 6 miles from the railway station. We had luncheon at about 12 noon and looked all round the nice dairying station and big old house in the afternoon.

It is a ripping place and I think the Dandenong range of hills in the distance is about the best part of all. The day was passed in talking, eating and strolling round, and we went to bed at about 9.30. I had a most glorious night, quite as peaceful as possible, and awakened for a cold bath and then breakers at about 8.30.

I think that Collins Street and in fact all I saw in Melbourne city is splendid and the surrounding country is beautiful. Stamford Hall really is quite like English country.

Daibyn, (Stamford Park) Scoresby
Sunday Jan. 15th, 1922

At one o'clock yesterday we arrived in Melbourne where Mr. and Mrs. Murray met us. Mr. Murray took April to Park Mansions for lunch but Mr. Murray stayed with Anita and me. We found all the luggage and Mr. Murray took it in the car (which had been

left in Melbourne to be re-painted etc.) to the other railway station where the big trunks were sent to Dandenong by rail. Mr. Murray then joined us at the station for a 'perfectly good' three-course luncheon for 1/3!! Later we took a tram to the Botanical Gardens whilst Mr. Macfarlane (who was driving the car) took it away for an hour or two. The Botanical Gardens are simply wonderful! The European trees and plants looked very home-like. The lily pond was a gorgeous show, and so were some of the other flower beds.

At four o'clock we walked to Park Mansions and had to stay there about an hour for the car as Macfarlane was late. At last he turned up and we had a delightful drive out here. Mr. Murray drove the car after we left the city and we left Macfarlane there. The roads were very dusty but quite smooth – the car ran smoothly and silently. And the suburbs, and later the country roads, looked quite English. We arrived here (at Daibyn) which is about 26 miles from Melbourne, at seven o'clock and went to bed after tea. Anita and I are both in the big spare room but April is with Mrs. Murray and Anita sleeps in that room too.

This morning Mr. Murray took us to a high hedge (about 50 yds from the house) on an opossum hunt. We found one possum but after watching him for some time he got away. Mr. Murray tried to slay it with a hay fork but all in vain! Mr. and Mrs. Murray are both delighted to have April back with them again, and the kiddie is glad to be back too. She really was wonderfully good all the time in the car and in the train. She never complained, but at each railway change she cried and got quite hysterical lest we should miss the train.

The trees round the house here are full of sparrows and other birds, and the kookaburras (laughing jackass) laugh every morning and evening.

.....To be continued in the next edition.



NEWS FROM THE LIBRARY

SPONSORED BY MAKE IT MINE

Holiday fun at the Library

The Easter school holidays are fast approaching and for children who are not going away Eastern Regional Libraries offers a number of exciting activities to fill some of the vacant hours. Copies of our school holiday program will be available in all our branches. Check it out and book in for holiday fun.

Children's author and illustrator Adam Wallace will be a special guest at Ferntree Gully Library on Tuesday 9 April at 11.00am. Adam has just published his latest book *Better Out Than In – Number Twos*, a sequel to the first book in the series *Better Out Than In*. Adam is a great entertainer and children are sure to enjoy the session. This is a free event but bookings are essential 9294 8140, online at www.yourlibrary.com or at any branch. Adam's session will be of interest to primary school aged children.

Rowville Library will be hosting the very popular Don Jones in his guise as Professor DeeJay and his Magic Punch and Judy Show. Don has had a lengthy career in show business and is a popular personality on cruise ships where he entertains families on board ship. Book in for loads of laughs on Friday 12 April at 11.00 am, tickets are for sale at \$4.00 per child. The performance is suitable for children aged three plus.

Thursday 11 April at 11.00 am is a bumper time for entertainment with three great shows to choose from. Close to home Ferntree Gully Library is hosting entertainer Chris John for a performance of *Wind in the Willows – Mr Badger's Tale*. Chris has presented his show in many places around Australia and we are fortunate that he is spending Easter in Melbourne. If you miss the morning show Croydon Library will be hosting a performance at

2.00pm on the same day. Cost is \$4.00 per child. Bookings can be made by telephone 1300 737 27, online at www.yourlibrary.com or in person at any of our branches. The performance is suitable for ages six plus.

Travelling further afield Montrose Town Centre in conjunction with Eastern Regional Libraries is hosting *Songs for Little Monkeys* with duo performers The Mudcakes. They have been voted in the top ten of children's music by the New York Post and are fresh from sell out concerts at the Melbourne Recital Centre and the New Zealand Kids Fest. The Montrose Town Centre is at 935 Mt Dandenong Tourist Road, Montrose. Bookings can be made by telephone 1300 737 27, online or in person at any ERL branch. Please quote your barcode or show your library card to secure your very special concession price of \$5.00 per ticket which represents a considerable saving on the normal ticket price of \$12.00.

A similar excellent deal is available at the Mooroolbark Community Centre, 125 Brice Ave, Mooroolbark for a performance of *The SandDragon's Tale* by theatre company Curious Legends. The blend of puppetry, dance and music tells the tale of a lonely boy, a dragon and a beach where the change of tide createsmagic. Stay on for the theatre workshop at 12.30pm. Bookings are required for each individual event, and places at the workshop are limited. The cost of each event is \$5.00, for library members. Book by telephone 1300 737 27, online at yourlibrary.com or in person at any branch

There are many, many more events across the region both free and for a minimal charge, pick up a copy of the holiday program and book in.

Talking Tech with Micah Macri

Funding the Internet

The Internet holds such a wealth of free information that many of us can't remember how else to research! A simple Google search can produce millions of results all of which are just a click away. The question is, who created these results and why are they free?

Well, websites rarely ask for credit card information so it doesn't seem likely site visitors are directly funding their content. However, in a sort of roundabout fashion we actually are. As a website grows in popularity, by offering desirable content, the increased quantity of visitors brings about interest from online marketing companies. Such companies may request to place an advertisement on the website and offer the site owner a commission for every click the ad receives.

A website with 10,000 visitors each day could serve a well-targeted advertisement which 1% of visitors might click. If the site owner is paid \$1 per click then that ad alone brings them \$100 per day. And, by only displaying ads that appeal to the site's audience, the owner can maximise the number of ad clicks and earn a good living!

So next time you visit a website take notice of the ads on offer. Are there many, are they relevant, do you want to click them? They're funding the information you see!

By Micah Macri
03 8370 3525
TalkingTech.com.au



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WHAT'S COOL AT SCHOOL?



Shaun Leane MP

Member for Eastern Metropolitan Region

Proudly supporting local schools.

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Knox Gardens Primary School Celebrates the Chinese New Year

Knox Gardens Primary School is very proud of its multi-cultural community and we celebrate our diversity in many different ways. The school has a fabulous LOTE Program where every child from Prep to Year 6 learns to speak Mandarin. As part of their LOTE and classroom programs we teach the children about Chinese customs, festivals, culture and history. Knox Gardens Primary School has also recently established a sister school relationship with a primary school in China, Taicang No. 1 Primary School, in the Jiangsu Province, which is about an hour out of Shanghai.

Over the two weeks of celebrations the students were involved in a wide range of activities to celebrate the Chinese New Year. They made lanterns, learnt about the Chinese horoscope and the lucky foods that are eaten to celebrate the New Year some of which include oranges, noodles, lettuce, dumplings and rice cakes. The students also learnt about why red is a lucky colour in China

and the tradition to decorate your house with red decorations especially around the front entrance to keep the evil spirits away.

As a whole school the students each had the opportunity to write their wish for the start of the New Year on red ribbons. These ribbons were then tied on three trees in our courtyard so that all students could share each other's wishes. To culminate the two weeks of festivities and learning around the Chinese New Year students attended school in their lucky red clothes or traditional Chinese costumes. The Hong De Lion Dance Association then presented a colourfully engaging traditional Lion Dance to the students, staff and our parent community. The dance was accompanied by fabulous music and the lion engaged with the students by throwing oranges, lettuce and lollies out into the audience. It was a very entertaining way to end the wonderful cultural celebrations at our school.



Wishing You a Happy New Year from Knox Gardens Primary School

Knox Gardens Primary School (诺克斯花园小学) 衷心祝愿大家新年快乐



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easy life,
pray for the strength
to endure a difficult
one**

Bruce Lee



Drawing by Meilisa
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ORANA NEIGHBOURHOOD HOUSE

What's Happening at Orana?

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

TERM 2 AT ORANA - APRIL TO JULY

COMPUTERS FOR BEGINNERS

Introduction to Computers including Email & Internet (Day & Evening classes)

Intermediate Computers/Student's Choice

Back to the Office Computer Skills

MYOB including Payroll

Excel

Getting to know your IPAD workshop

PHOTOGRAPHY

Digital Photography

Make your own photobook

HEALTH & WELLBEING

Belly Dancing

Yoga/Pilates

Essential Oils

Ladies Pamper Afternoon

COOKING

Thai Cooking

COMMUNITY EVENTS

Neighbourhood House Week 6th-10th May

Come and celebrate with a week of community talks. Gold coin donation only.

Please see our website for schedule or contact reception on 9801 1895

COMMUNITY GROUPS

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Walking Group

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Cost: \$320 per term

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Fridays 9.30am-12.30pm

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*Small groups

*Kids own vegetable garden



Come down and meet our friendly childcare staff and see what Orana can offer your child.

ORANA COMMUNITY KITCHEN GARDEN

Come along and join like minded people in maintaining our community kitchen garden. Meets every 2nd Friday during school terms beginning 19th of April at 10am
Cost: Free! Proudly sponsored by Bendigo Bank Wantirna



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- Calligraphy
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- Make your own preservatives
- Thai cooking workshops
- More computer classes

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BEGINNING JULY 15**



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onh@netspace.net.au www.orananh.org.au www.facebook.com/orananeighbourhoothouse



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cnr Stud & Boronia Roads
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- Wednesday - Stir Fry night
- Thursday - Seafood night
- Friday & Saturday - Surf & Turf night
- Sunday - Roast Day

Seniors Meals available every day except Friday & Saturday Nights

- Café - lunch & light snacks available every day
- Live Entertainment every Friday Night in the Members Lounge
- Tuesday Trivia Night
- Members Bar Meals available 7 days a week for lunch & dinner

Social and Full Membership available

KNOX U3A NEWS

Twenty years of activities for the third age in Knox

U3A Knox will celebrate its 20th anniversary in the City of Knox in October, and celebrations, probably in late October or November, are in the planning stage.

U3A Knox began as U3A Ferntree Gully, in 1993, with an office in a caravan parked outside the Coonara Community Centre in Ferntree Gully. Towards the end of 1995, after negotiations with Knox Council, we were given the use of the no longer required Parkhills kindergarten, on the Fairhills Reserve in Ferntree Gully (Park Boulevard). After renovations to make it suitable for adults, we moved in early in 1996. We put a divider in the main room, to give 2 classrooms, a window and door onto the old kinder storeroom to make another classroom which made it our first real home.

A few years later another 2 rooms were added.

The old storeroom had become a small computer room not long after we had moved in, and one of the new rooms, in the detached addition, became a computer room, while the storeroom became a small Library. We still had the old kindergarten kitchen with the original refrigerator, but we were doing well.

In 2000 we changed our name to U3A Knox and began further negotiations with Council for a major renovation as our numbers had, by then, reached about 800 people, and it was costing a great deal to hire additional halls in the district. It took us to 2005, over considerable opposition in the community, to see work begin on the architect designed additions and renovations, and in 2006 the new building was opened, with a new Library, new computer room, a kitchen suitable for teaching which was designed to join up the two buildings in an integrated space.

There was a new Library, new office and reception area, and the hall was enlarged to comprise 3 rooms. Altogether there were 7 rooms, plus kitchen, office and reception, and the Library.

This building was the first dedicated U3A building in Victoria, and possibly in Australia. At the Annual Conference in Melbourne, the next year, buses ran to show delegates the facilities.

Now again, we are using several outside facilities and our numbers have grown to over 1100, while we run 125+ activities every week (four at Rowville), plus bus tours and social events. Membership is still only \$40 per year for people over 45 who are retired from full time employment.

See our website for details www.u3aknox.com.au, or ring 9752.2618



New tutor Kawal Bhagat with his Yoga class



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News from the Victorian Jazz Archive

Discovering History

by Ken Simpson-Bull

When an unexpected item gets donated to the Victorian Jazz Archive it's always exciting to find it adding to Australia's jazz history. Not so long ago an acetate gramophone record came into our hands featuring one of Melbourne's best known jazz bands of the 1950s, namely "Frank Johnson and his Fabulous Dixielanders". Why was this record important? Read on.

During the jazz boom of the 1950s and 60s, Australia's best known jazz band was that of Graeme Bell, whose bands continued to remain popular for the following 50 years. (Graeme died recently at the age of 97.) However, back in early 1949 at an event known as the "Battle of the Bands" staged at Wirth's Olympia (a venue situated in St Kilda Road near where the Art Centre now stands) a new kid on the block, 22-year-old cornettist Frank Johnson and his "Fabulous Dixielanders", was voted the winner, suddenly making his the most popular jazz band in Melbourne—more celebrated for a while than even Graeme Bell.

The first major payoff for Frank Johnson's band was a nine-year stint at the Collingwood Town Hall where dancers and jazz lovers from all over Melbourne and

beyond would come to hear the band play. There were also radio broadcasts, recording contracts and tours. The band's history until Frank's death in October, 2000 is well documented in publications like Andrew Bisset's "Black Roots and White Flowers", and Bruce Johnson's "Oxford Companion to Australian Jazz".

Frank Johnson's recording career theoretically began on the 21st January, 1947 when he was waxed by Bill Miller for the Ampersand label. But this disc was never released. Frank's first commercial record release was on the Ampersand label, this one recorded on the 19th June, 1948 with "Bienville Blues" and "Leonard's Shuffle". He began his better known Jazzart recordings in March, 1949, and his first recordings by a major company, on Parlophone, in December, 1949 which was soon after he had won the "Battle of the Bands". There are several of his CDs still on the market today.

However, a previously unknown recording of the band made on the 22nd September, 1945 suddenly turned-up at the Jazz Archive. This was a 78rpm double-sided acetate made on a domestic disc recorder which was how home recordings were made in the days before tape or cassette recorders.

The hand-drawn label credits the band as "Geoff Kitchen's Corsairs" but it features Frank on trumpet, Geoff Kitchen on clarinet, Eric Washington on trombone, Geoff Bland on piano, H. Morrison on guitar, and Ken Thwaites on drums. Here was a snapshot in time of the embryo band, with Frank just 18 years of age. Although it was only Kitchen and Bland who eventually became part of Frank's "Fabulous Dixielanders", here was an example of Frank Johnson's career of which the jazz reference books were unaware. Compared with the band that became one of Melbourne's finest, we must say that the performance on this early disc sounds very immature! But it's history! Frank Johnson died as a result of a traffic accident in 2000.

The Victorian Jazz Archive, 15 Mountain Highway, Wantima (Melways Reference 63, C8) is open to the public on Tuesdays and Fridays from 10am to 3pm. For group visits, which include refreshments and a live band performance, please ring (03) 9800 5535. Why not attend our trad jazz concert fund raiser at the Burvale Hotel at 1.30pm on Sunday 2nd June. – For details and other news, ring the above number or visit the web site at www.vicjazzarchive.org.au

Knox Community Arts Centre Season One 2013

Deborah Conway & Dave Graney Double Bill

Wednesday 12 May

SOLD OUT



Five Guys Named Moe
by SLAMS Theatre Company

SOLD OUT

Bookings:
www.trybooking.com/382000
or e: slams.org.au or t: 9720 3205

The Owls Apprentice Puppet Show:

A young owl learning to be wise

Thursday 4 April
11am & 1pm

Child: \$15
(1 accompanying adult free)



Luigi Zucchini

Kids Holiday Magic Show & Workshops

Pay for the show and attend magic workshop for free!

Workshop Monday 8 April:

10-11am (children under 8)

12-1pm (age 8+)

Show Wednesday 10 April: 11am



The Girls in Grey

by Carolyn Bock and Helen Hopkins

Tuesday 23 April 8pm

Adult \$35 Concession \$29.50 or, Friend of the Arts Centre \$25



David Williamson's The Club

by HIT Productions & Proudly supported by the Eastern Football League

Thursday 2 May 8pm,

Friday 3 May 8pm,

Saturday 4 May 1pm & 8pm

Adult \$40, Conc. \$35, Group \$30
(10 people or 5 people for matinee)
Friend of the Arts Centre \$25



Dance Hub

A FREE dance program for local dancers, dance teachers, physical performers, tertiary dance students and choreographers.

Workshops: Tuesday 30 April & Tuesday 7, 14, and 21 May 7-9pm
Performance: Sat 25 May 8pm



Saturday 11 May 8pm

Adult \$40, Concession \$35, Friend of the Arts Centre \$25

3MBS Fine Music Series

Proudly supported by 3MBS & The Melbourne Piano Trio

Adult \$25 Concession \$20 or, Bundle show deal \$80 for all five performances

Sunday 19 May 3pm

Clarinet recital with Paul Dean

Sunday 9 June 3pm

Piano recital with Daniel De Borah Winner of 2012 Australian Piano Awards



Sunday 21 July 3pm

Asia-Pacific Chamber Competition Winners (announced July 2013)

Sunday 22 September 3pm

Harp Recital with Marshall Maquire

Sunday 10 November 3pm

Melbourne Piano Trio

Lloyd Webber and Friends

Saturday 22 June 8pm

Adult \$35 Concession \$29.50 or, Friend of the Arts Centre \$25



The Geisha

by The Gilbert & Sullivan Society of Victoria

18- 27 July 8pm

Adult \$32.50, Concession \$27.50

or, Child/Group 20 + \$22.50

For show bookings or more information go to:

www.knox.vic.gov.au/theatretix or call 9729 7287



Youth Leadership and Business Summit

Local bank sponsors young people

Sarah, Kayla, Beauie and Bailee were selected to attend the Magic Moments Foundation Youth Leadership and Business Summit during July 2012. These inspiring young ladies are putting their new skills to good use helping us to select two more young people from local high schools and community to attend this year, and together will form our new Youth Engagement Committee for Wantirna Community Financial Services. The aim of this committee is to have young people advocate for their local area and their bank amongst their peers, further strengthening our point of difference and whilst adding immense value to our leaders of tomorrow.



Pat, Maddie and Kayla get ready to drive to Phillip Island on their second day of the Greenlight youth driver-training program last year.

Youth Engagement Committee

We are searching for young candidates aged 15 - 21 that are looking to help be leaders in the community, as part of a youth engagement committee at Wantirna Community Bank® Branch. As a member of this team:

- You will be committed to making a real difference to the community through community initiatives;
- You will have initiative, passion for change and be able to think creatively;
- You will have excellent organisational skills, and be part of a team in charge of organising funding of up to \$1000 a month to create initiatives that benefit the community.

Expressions of interest are now open, simply drop into Wantirna Mall and visit our branch, phone us on 9720 4122 or 'Like' us on Facebook and send us a message with your details, and a member of our board will contact you.

The Greenlight Youth Driver Education Program



Last year, our bank branch sent three lucky drivers: Pat, Maddie, and Kayla, to the Greenlight Program, which is a defensive driving program aimed at teaching inexperienced young drivers how to be safer at the wheel. This program is proudly supported and funded by Wantirna Community Bank® Branch of Bendigo Bank. We are looking to run this program again, so if you know any young people with their learners permit that would be interested, please contact the branch to register your interest.



Search for 'Wantirna Community Bank Branch' for news and updates from your local community bank!

Green Foot Flicks



On April 8th, Knox Youth Council is running a youth film festival from individuals working, or living in the Knox community. Coinciding with National Youth Week, films will be screened at Village Cinema, with cash prizes being provided by Wantirna Community Bank® Branch – check out Knox Council webpage for details www.knox.vic.gov.au



penny pincher splurger or thinker?

If you're a student, apprentice or trainee 26 Things is the easiest way to move your mojo, save cash and make your money go further all in a handy A - Z list.

Drop into your nearest branch at Wantirna Mall, 348 Mountain Highway, Wantirna or phone 9720 4122 and pick up your FREE copy today.

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www.bendigobank.com.au



Wantirna **Community Bank®** Branch

NEWS IN GOOD HEALTH & WELLBEING

How Essential oils can help you through the Cold & Flu Season



Whole Health Kinesiology Special!

Get your Cold & Flu Essential Oil Blend free, when you book a Kinesiology session during April 2013.

To book your appointment ring:
**Doris Mounsey on
0432 494 413**



Health and Well-being Workshops Term 2 2013

May 2013

Introduction to Meditation
Thursday 2nd May from 7.00pm-8.30pm.
Investment \$40.00.

Meditation 8-week course
Thursday 9th May to 27th June at 7.30pm-8.30pm.
Investment \$40.00.

Wellness through Essential Oils - Focusing on Cold & Flu
Wednesday 1st May 2013 at 7.30pm-9.30pm
Investment \$30.00

Boosting your Immune System
Wednesday 22nd May 2013 at 7.30pm-9.30pm
Investment \$30.00

June 2013

Wellness through Essential Oils - Skin Care
Tuesday 4th June 2013 at 7.30pm-9.30pm
Investment \$30.00

July 2013

Winter Nurturing day "All about Sleep"
Saturday 27th July 2013 at 10am-3pm
Investment \$50.00

**For bookings please ring Marita on 0425 735 581
or email info@soleresponse.com
or ring Doris 0432 494 413 or email
doris@wholehealthkinesiology.com.au
For more information, please visit our website
www.wantirnawellnesscentre.com
Level 1 / Suite 9 249 Stud Road,
Studfield Shops, Wantirna**

With the Cold & Flu season approaching, comes blocked noses, coughs and respiratory infections, which tend to go through your whole family.

Essential Oils are great to use in addition to everything your doctor or health professional tells you. For the last 15 years I have used the powerful properties of essential oils to prevent cold & flu viruses affecting my family.

With the help of an electric vaporiser, I heat a blend of Essential oils during the day in the living areas and during the night in the bedroom. The anti-viral properties of certain essential oils reduce the airborne viruses in your living spaces. Thinking back, I cannot remember when I last caught a cold from my husband or kids.

When I get the occasional blocked nose, the oils help me to breathe through the night and I'm able to get a good night with restful sleep so that my body can fight the infection.

If you would like to learn more about the healing properties of Essential Oils, join me for the workshop evenings at the Wantirna Wellness Centre.

On Wednesday the 1st May 2013 at the "Wellness through Essential Oil - Focusing on Cold & Flu" evening, you'll be introduced to the properties of the essential oils and how to work with them safely. I will also teach how easy it is to mix a Cold & Flu

Essential Oil Blend. Everyone attending will receive a free 25 ml bottle of Cold & Flu Blend to take home. So talk to your friends and have a healthy and fun girl's night out.

After the great feedback and response to my talk on "How to boost your Immune System with Acupoints", I will offer it again on the 22nd May 2013 at the Wantirna Wellness Centre. You will learn how to switch on your Immune System by gently activating acu-points with your fingers. Following the sequence of 11 acu-points is a great tool to switch-on your Immune Response when you just feel a cold or infection coming on.

All Workshops are \$30 and require Booking and Pre-payment. For bookings please ring Doris Mounsey on 0432 494 413 or send an email to doris@wholehealthkinesiology.com.au

Questions? Please contact - Doris Mounsey
www.wholehealthkinesiology.com.au
www.facebook.com/WholeHealthKinesiology

Whole Health Kinesiology Special:

Get your Cold & Flu Essential Oil Blend free, when you book a Kinesiology session during April. To book your appointment ring Doris on 0432 494 413

**Whole Health Kinesiology
Doris Mounsey (Diploma of Kinesiology)
Level 1 / Suite 9, 249 Stud Road. Wantirna.
Phone: 0432 494 413
www.wholehealthkinesiology.com.au**

Good health and happiness does not appear out of thin air.

You need to be aware of what's right for you and then take the necessary action to help improve your situation. Your body, just like your car, needs constant maintenance. This is done through your food source and exercise. Everyone has problem areas in their body that require attention. So it's important for you to take note of the areas and work on balancing the energy and maintaining the body in reasonably good working order to help support those areas.

You don't need to make it difficult. By getting back to basics with good food that tastes great and is healthy for you, and by taking time out for yourself and allowing yourself to think clearly and enjoy the moment, you can achieve results in a short space of time.

We are heading towards winter and now is the time to make the most of the Summer, Autumn energy and maintain a balance in our systems to assist us through the Winter months. Invest in a little time and have a reflexology session working on all systems in the body, giving the body a gentle detoxifying effect and helping to boost your immune system.

Doris is also offering informative workshops on how you can help yourself through the winter months with some simple yet effective essential oil and immune booster evenings. (Please refer to her advert on this page. Please see my advert for 10% off your introductory session voucher on this page.)

For those interested in healthy cooking options introducing the ancient grains into your diet is a must. Leanne Hamilton from Swift Fitness runs a healthy cooking class that goes for 5 weeks and takes you

through the cooking process and you also get to enjoy eating the food at the end of the session. I completed this course and have found it a turning point in my life in health and fitness. For further information go to www.swiftfitness.com.au. For more information on what's on at Wantirna Wellness please go to our website www.wantirnawellnesscentre.com see our courses, workshops and blog. Good health and happiness.

Marita Reynolds is a practising reflexologist in Studfield shopping centre at the Wantirna Wellness Centre clinic Suite 9/ 249 Stud Rd Wantirna. Marita welcomes enquiries and would be happy to discuss how Reflexology could benefit anyone looking for either releasing stress related symptoms or to assist in improving circulation within the body to restore general wellbeing. Marita can be contacted on 9801 5201 or 0425 73 5581.

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Reflexology can assist with
* Relaxation
* Improving wellbeing
* Gentle detoxifying process

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Marita Reynolds

Adv. Cert Reflexology A.S.R.R.
Member Reflexology Assoc Aust
Reiki Master Practitioner

Suite 9 Level 1, 249 Stud
Road Wantirna
Telephone 9801 5201
Mobile 0425 735 581

NEWS IN GOOD HEALTH



News from the Osteo with Dr. Jason Stone

Osteopathy for Headaches

In today's stress packed world, headaches are a common problem. This article by Dr. Jason Stone, originally printed in Edition 13 is worth another look

It is highly likely that everyone has suffered from a headache or migraine. There are so many forms and so many causes but the one common denominator is that muscular tension and joint stiffness in the neck are usually present. Most pain we experience is from irritated nerve endings in inflamed and tight muscles so when we experience headache it is generally from muscles of the face, head, neck and shoulders. Other factors such as high blood pressure, menstrual cycle, emotional stress, sinus congestion and dehydration can further increase the likelihood and intensity of headaches.

Osteopaths are able to reduce the muscular tension and joint stiffness in the neck, which can have both immediate and long-term relief of headache.

Your osteopath will go a step further and search for the reasons behind the neck stiffness, which

more often than not is a result of repetitive postures causing upper back and shoulder restriction ultimately increasing pressure on the neck.

Apart from seeing an osteopath for safe and effective treatment other tips to manage headaches are:

- Drink plenty of water
- Stretch regularly (particularly chest, shoulders and neck)
- Get advice on workstation ergonomics
- Change your position regularly (e.g get out of chair frequently)
- Avoid poor postures outside work hours (e.g laptop on lap, slouching on couch)

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

wantirna

osteopathy

For the treatment of:

- Sports injuries
- Headaches
- Back and neck pain
- Joint and muscle pain

www.wantirnaosteo.com.au
161 Stud Rd, Wantirna South (03) 9800 0388

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Open 7 days

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Monday to Friday - 8:00am to 9:00pm

Saturday - 8:00am to 5:00pm

Sundays - 10:00am to 5:00pm

Phone: 9887 0805

STUDFIELD DENTAL GROUP

Open 7 days

8/249 Stud Rd Wantirna Vic 3152

Monday to Friday - 8:00am to 9:00pm

Saturday and Sunday - 8:00am to 5:00pm

Phone: 9887 0888



There are 27 Dentists in our team to help provide all the needs and services of the community as we have for the past 25 years. All of our dentists are involved in continuing dental education programs (CPD) and are up to date with the latest dental procedures.

We are a multi health fund preferred provider.
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We provide general as well as advanced dental procedures:

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- In house CT scan (3-D), OPG & digital X rays
- Planned General Anaesthetics in day surgery (Knox Surgicentre, Melbourne Eastern Private Hospital)

Dr Michael Kotsifakis

Dr James Kwong

- | | |
|---------------------------|------------------------|
| Dr Donald Chin | Dr Alison Wong |
| Dr Olivia Cheng | Dr Wanli Ma |
| Dr Jason Ho | Dr Janet Lu |
| Dr Richard Luu | Dr Rabia Pasricha |
| Dr Vivien Yeo | Dr Arjun Vithiyathan |
| Dr Davin Pinto | Dr Lenny Zachariah |
| Dr Mohamed Massaud | Dr Sanjay Khanna |
| Dr Desmond Yiu | Dr Jarrod Dean |
| Dr Richard Luu | Dr Rabia Pasricha |
| Dr Alvin Shee | Dr Jason Lai |
| Dr Sahar Maki | Dr Ludhara Hettiarachy |
| Dr James Zhu | Dr George Sergious |
| Dr Thomas Valmadre | |
| Dr Luxman Dharmakularajah | |



COMMUNITY GROUP NEWS

Multicultural Harmony Festival in Wantirna

A Multicultural Harmony Festival is being held this April in Wantirna to celebrate cultural diversity in Knox.

The ethnic communities in the City of Knox have come from over 130 different countries and 29% of the residents are overseas born. The large multicultural communities of the City of Knox have arranged a grand "Multicultural Harmony Festival" to be celebrated during 2013 Harmony Week. It is the first event of its kind in Knox, supported by local businesses and resourced by an army of volunteers, stallholders and performers.

This exciting event will be held on 20-21 April 2013 at the Hungarian Community Centre, 760 Boronia Road, Wantirna. The Minister of Multicultural affairs, the Hon. Nicholas Kotsiras will open the Festival at 1.00pm.

The Multicultural Harmony Festival aims to promote social inclusion and cultural awareness with participating groups showcasing their culture in food, music, traditional dance and art. For more information visit www.facebook.com/MulticulturalHarmonyFestival



The MHF organising committee.


Templeton Orchards
 3 Year Old Pre-School (Inc.)
Templeton Reserve, Templeton Street, Wantirna VIC Telephone: 03 9800 1328

Market Day

Sunday April 21st
10am - 2pm

Come and support our kinder and have a great family day.

Stalls include...

- Cupcake Stall
- Mobile Ice-Cream Van
- Coffee van
- Sausage sizzle
- Soy Candles
- Enjo
- Tupperware
- Jewellery
- Phoenix Cards
- Ellie's Folly
- Door prizes and many more...

Gold coin donation on entry...







APRIL

20th & 21st

10am-5pm

HUNGARIAN
COMMUNITY CENTRE
760 BORONIA RD
WANTIRNA

FREE ENTRY, JUMPING CASTLE, FACE PAINTING, RIDES & MUCH MORE!

Join us to enjoy ethnic food and non-stop entertainment by Hungarian, Polish, Italian, Indian, Austrian, Egyptian, Filipino, Greek, Chinese, Chilean, El Salvadorian, Afghani, Sri-Lankan, Iranian, Scottish communities and many more!

TASTE ALL CULTURAL FOODS... ONLY \$5 EACH



facebook.com/MulticulturalHarmonyFestival

COMMUNITY GROUP NEWS

The Facts About Bankruptcy *by Kim Hubber, Financial Counsellor, EACH Social & Community Health*

Bankruptcy is a process whereby a person is legally declared unable to pay their debts. It is relatively common but remains a subject about which myths and stigma persist. We hope to set the record straight by providing some of the facts about bankruptcy. So, why do people bankrupt?

There are a whole range of reasons why someone may find themselves in a situation whereby they are unable to pay their debts. For example, relationship breakdown, a death in the family, unemployment (or underemployment), business failure or illness, to name a few. Bankruptcy may seem like a solution, and it is certainly one of a number of options for dealing with debt, however, is it the right option for you?

Bankruptcy can provide the opportunity for a fresh start, and a second chance at financial wellbeing. For a person who becomes bankrupt, there is often a sense of relief – debts are dealt with, phones can be answered and mail opened once again, without fear and trepidation. It is an opportunity to rebuild with a clean slate.

Most (but not all) debts are wiped out upon discharge from bankruptcy (usually 3 years and 1 day after the date you filed for bankruptcy), and creditors are not allowed to contact you once you are bankrupt. Your

bankruptcy is not published in the newspapers but it is on public record forever. 'Reasonable household goods' e.g., furniture, white goods, clothing etc are protected under bankruptcy, as is a car up to the value of \$7200 and tools of trade up to \$3550 (current amounts). You can usually keep personal jewellery and you can also keep a bank account.

However, bankruptcy also comes with consequences. It is very important to seek independent professional advice before making the decision to bankrupt, as the consequences and implications of declaring bankruptcy need to be fully understood. Bankruptcy does impact on a person's credit rating and there are restrictions imposed on overseas travel and on how you may choose to run a business. You must also tell the Bankruptcy trustee if your circumstances change, e.g., income or contact details. You may also lose control of assets e.g. antiques, or if you have given away, sold or transferred assets, the trustee may reclaim these items. A financial counsellor can assist you to understand the consequences of bankruptcy and how it applies to your situation.

Bankruptcy is not for everyone who is struggling to pay their debts. Caution needs to be exercised, particularly where credit related to gambling, assets,

inheritances, family law matters and compensation claims are involved.

Some jobs may also be affected – check or seek advice prior to committing to bankruptcy.

Good information and guidance is essential. If you are considering bankruptcy it is ultimately your responsibility to understand the implications. Information can be obtained FREE from the Insolvency & Trustee Service Australia (ITSA), Victoria Legal Aid and Financial Counsellors.

For information contact:

ITSA on 1300 364 785
or www.itsa.gov.au

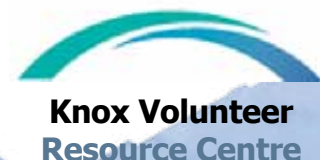
Victoria Legal Aid
(03) 9269 0120,
1800 677 402 (rural) or
www.legalaid.vic.gov.au

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



Bridges

Connecting Communities



Established in 1975 and formerly...

Knox Community Volunteers

Bridges is a Not for Profit organisation dedicated to providing the community with services to promote and support the independence and wellbeing of elderly residents and people with a disability.

VOLUNTEER DRIVERS NEEDED

Bayswater Lending
and Investment Centre



For further information regarding eligibility and any of our services please contact us on:

Telephone: (03) 9729 9499

Email: info@bridgescc.com.au

Web: www.bridgescc.com.au

Address: 658 Mountain Highway, Bayswater

COMMUNITY GROUP NEWS

New Members Welcome.....

WANTED:

New Members for LIONS CLUB OF WANTIRNA

In the February issue of Studfield-Wantirna Community News, there was plenty of information about the recent activities of our club. We have carried out many tasks for the local Knox community, but the needs of this community continues to increase. Visit our new website www.wantirna.vic.lions.org.au and see the achievements and ongoing projects of our club.

We invite persons over 18 years old to help make a difference to our community. Our club is seeking reliable, caring and sharing persons to join us in providing volunteer support services to our community via our Community Support Projects and initiatives. Enquiries: Siva Sivagnanam on 0422301945

Ferntree Gully VIEW Club

The Ferntree Gully VIEW Club meets at the Knox Club on the fourth Monday of the month. This month's Luncheon is on the 25th March at 11.30am. The speaker is Jenny Hayes, who will speak on her job as Chaplain in Womens Prisons. New members and visitors are most welcome. To book please ring our president Isabel 9758 5435.

Diamond Singles

Diamond Singles are a not for profit fundraising committee who raises funds for Maroondah Breast Clinic in Ringwood by holding events for singles over 40 every two months. Our next event is on Sunday May 19th from 7pm to 11pm in the Balcony Room, Maroondah Sports Club, Cnr. Mount Dandenong & Dublin Roads, Ringwood East. The cost is \$20 and includes welcome drink, canapés, tea & coffee. All Proceeds from this fundraising event will go directly to Maroondah Breast Clinic to help them assist people who have cancer. For information contact Sharon on 0404 225 785.



Life Activities Club Knox Inc.

So many coming and goings. In February, 10 members cruised around New Zealand for 13 nights. Then in March, another 15 trippers left for South America, and coming up in July, around 45 members will board the Bus to Goulburn for a 5 day / 4 night tour, and this should be very interesting with Goulburn celebrating 150 years. Today I learned that 4 of our Bushwalkers are trekking in New Zealand. Sigh!

In March we also enjoyed a "Picnic in the Park", and a "Weekend Getaway" to Dromana. This is a great opportunity for singles to have a break, and by sharing cabins, cost is reduced. Others bring caravans or tents, and the Saturday Night Barbeque is always fun. Of course, we at home, will still have plenty to do with our regular activities, and when films are edited; our "Armchair Travel" should be very interesting, seeing where our travellers have been.

If you would like to know more about our friendly club, please ring and the current newsletter will reach your letterbox. Or contact us on www.life.org.au

Melva 9762 3764 or Helen 9729 1151

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



Our "Needle Clackers" finished another blanket for Papua New Guinea

Wantirna Heights Probus Club



The McClelland SculpturePark + Gallery was the venue for a recent visit by our walking group. The park opened in 1971 and is set in 16 hectares of bush and landscaped gardens. It is located in Langwarrin, near Frankston on the Mornington Peninsula; and presents an inspiring and engaging range of changing exhibitions and public programs. The sculpture collection showcases over 70 works by prominent Australian sculptors.

After exploring the park, and visiting the three indoor exhibitions spaces, the 19 club members enjoyed lunch in the park's café. The café overlooks a beautiful lake and some of the spectacular sculptures. Those able to take part in the visit got a great deal of pleasure from the experience. The attached photo shows a few of our members admiring one of the eye-catching exhibits.

The Combined Probus Club of Wantirna Heights Inc. can be contacted at PO Box 6010, Wantirna Vic 3152.



Knox & District Over 50s Inc.

What a wonderful Summer we had. Hopefully you have all enjoyed the longer, warmer days, after last year's long and cold winter. Now we are in Autumn, perhaps you Over 50s out there are wondering what to do to improve your social life as the weather becomes cooler and the days shorter.

Well, wonder no more. We have the perfect solution for you. Come along and join us at our monthly general meeting and discover what we have to offer in the way of entertainment and social events for the year.

The members of our Social Sub-Committee have been working hard planning many wonderful events for the year, including our famous annual extended trip to Mannun. Every month club members enjoy coffee mornings at Myer Knox City, lunches at various venues around Knox, day trips, book clubs and much, much more. Along with these regular activities the club also has a variety of other events programmed for April and May. Hope you have your diary ready to scribble this down. In April we are having a club BBQ, Trivia Afternoon, Morning Melodies at the Bayswater and Dorset Gardens, Ballet & Fashion Exhibition. May is just as fun packed. There is a visit to the Australian Ballet, Day Trip and Breakfast at Mish Mash along with our regular activities.

As a financial member of the Knox Over 50s, you would be welcome to participate in any or all of these events.

There is so much more to come and our monthly newsletter Knox Natters Matter (which is distributed at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

We meet in the Boronia Progress Hall on the fourth Tuesday of the month at 1.00pm. At these monthly meetings we are entertained/amused/informed about things that matter to us. So write this date on your calendar and come along to our meeting on Tuesday, 24 April 2013, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

COMMUNITY GROUP NEWS

Knox Home Garden Club by Lonni Holland



Are there areas in your garden where the soils are still hydrophobic? Plants large and small can be re-hydrated by pulling back mulching material around the base, scraping some soil away close to the stem to determine the dryness in the soil. Apply some water to test that spot and, observe if the water penetrates the soil or, runs off the surface.

Try loosening the soil even if it's just to break the soil's crust, and if possible create a slight hollow or bowl effect around the plant's root zone. Sprinkle Wettasoil or Saturaid around the plant, using a hose with high pressure, force water into the soil, watering in the wetting agent until there's no more foaming. Alternatively, apply by dissolving wetting crystals into watering can. When plants are well watered, liquid feed with a watering can, or a container attachable to the garden hose then, cover with the mulch again.

Early autumn is a time to start contemplating remodelling or making major changes in the garden. Now is an opportunity to examine plants in your garden beds and, if they have not performed well during the summer, you could eradicate or transplant them.

It's now that I usually decide whether to reduce

my lawn bed space for expanding garden beds incorporating more drought tolerant plants... of course. There is a plethora of resilient, hardy flowering plants to choose from.

If you're considering re landscaping areas in your garden, and want to create high traffic or entertaining areas, there are alternatives to growing lawn, such as compacted fine gravels, or 'Lilydale Topping' for small areas, there are good selections of modern pavers, perhaps incorporating cameo's of mosaics? Some of the tougher lawns are the grass variety called Tall Fescue, while some gardeners have even opted to use artificial grass, which looks lush all year round.

Early April is also a great time to consider planting bulbs, rhizomes, corms, tubers into garden beds for winter/spring displays. This family are amongst the toughest, drought tolerant plants to grace your garden, as they contain a storehouse of nutrients, starches and moisture in the bulb, in fact most of the winter and spring flowering bulbs require little supplementary watering. Of the toughest, there are the Jonquil, Daffodil, Freesia, Star flower, Muscari (grape hyacinth), Anemonies, Ranunculus, Snowflake, Ixia, Sparaxis, Iris varieties, Dahlia, Belladonna Lily.

Ringwood Field Naturalist Club Inc. by Alison Rogers



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

It has been an interesting time over the last couple of months at the Ringwood Field Naturalist Club. We have had a varied program with some great speakers.

"Life at the Water's Edge - An introduction to Marine Invertebrates" was the topic chosen by well known Victorian naturalist Leon Altoff. This was an interesting talk on marine life in Victoria. The talk was enhanced by images of a wonderful variety of sea creatures. From starfish and octopus to small marine creatures, many found under rocks on the reefs.

Another interesting talk was by Club member, Lisa Nink. She chose the topic of "Digging for dinosaurs and working with the Melbourne Museum Palaeontology collection". This talk followed an interesting excursion to the Dinosaur Dig at Cape Patterson lead by Lisa.

Excursions have included an outing to Marysville followed by the Dinosaur Dig. The Marysville bushland area, although devastated by the 2009 fires, is now looking much better with the revegetation of local indigenous plants. Our group was able to study some beautiful butterflies, dragonflies and beetles, with members learning much about these small creatures.

Upcoming presentations are:

In April - one of our members is going to speak to us on a recent trip through The Great Victoria Desert.

In May - Dr Ken Walker from the Museum, will speak to us on the topic "All about Australian Native Bees"

Field excursions will include a day trip to the Murrundindi area. A fungi excursion to the Ballarat area and a morning excursion to Jumping Creek Reserve in Wonga Park

Details of these events will be at the meetings.

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.

Knox Safer Communities

Don't be taken in by taking them in

Victorians are still being taken in by door-knockers who pose as tradies offering cheap services.

Tell-tale signs are offers for 'today only' and 'cash up front' deals. To avoid falling victim to scams always ask for identification and check that the trader is registered on the Australian Government's website www.business.gov.au before making a decision.

Other suspicious signs are people offering to 'drive you to the bank' or just pressuring you to accept the offer.

You can report suspicious tradespeople to the national Travelling Con Men hotline on 1300 133 408.

This message is an annual warning issued by Consumer Affairs and Crime Stoppers Australia. In spite of the warnings, over the last four years many people are still paying thousands of dollars in advance for shoddy home repairs or work that is never carried out.

You can call Crime Stoppers on 1800 333 000. Or report online at www.crimestoppers.com.au

Crime prevention news comes to you courtesy of Knox Neighbourhood Watch: Volunteers Working to Prevent Crime. The group meets on the first Tuesday of the month at 7.30 pm. For details of venue and other information see www.knoxsafercommunity.org.au

Nova Sport Day aims to Conquer Cancer

You may have noticed that there was a particularly colourful, sporty atmosphere at Nova Pharmacy Studfield on last Friday March 9. This is because they were holding a "Sports Day" to help raise funds for "The Ride to Conquer Cancer", a 200km 2-day ride on October 26-27 this year. Owner Jeff Gallagher and pharmacist Natalie D'Amico's husband Sam will be amongst thousands of riders who will take part in the ride which trails through some of Victoria's most picturesque countryside with a night of camping. Riders will support breakthrough research and the discovery of new cancer therapies at Peter Mac.

One in two Australians will be diagnosed with cancer in their lifetime. Jeff and Sam are putting their backsides on the line for the cause and cycling in the Ride to conquer Cancer because, as a local pharmacist for almost 20 years, Jeff has seen time and again the toll that this insidious disease can take on sufferers and those who care for them. Sam has an even more personal inspiration for his ride, as he lost his only sister Vicky to lung cancer at age 37 in 2005.

Sponsors, such as Hydralyte Sports, Pharmacists' Formula, Designer Brands, Gibson's and Dowards Giftwear, and Tilley's Soaps have been particularly generous in supplying goods for a raffle, which will be drawn at Easter. So please come on down and help support Jeff and Sam as they prepare to take on the challenge of "The Ride to Conquer Cancer".

Donations can also be made at conquercancer.org.au.



Photo by Coral Carew

The Wain Family Dynamic Duo by Arlene Bach

Sports prowess obviously runs in the Wain family, with brother and sister "dynamic duo" Andrew and Zoe Wain competing in different events at State and National levels.

Andrew, who is 24 and belongs to the Knox Athletics Club, recently competed in a State Championship Zatopek meeting in the 4x400m relay. Andrew ran the 2nd leg of the relay, which the team won with it being a personal best for Andrew as well as a Club record, beating the previous record by 3 seconds.

Andrew is currently half way through his Primary School Teachers studies at Uni and in his spare time can be found training energetically and competing all over Victoria. He is hoping to overcome a torn hamstring injury and be able to compete at the State Championships this year.

Zoe, who is currently our U18s Victorian Record Holder and ranked No1 for the Hammerthrow, won the State Competition, and then went onto the National's in Tasmania in December last year coming 3rd, with it being a personal best.

Zoe's coach is Gus Puopolo, who helped coach the Aussie Team at the London Olympics last year. Zoe says that Gus is the best Coach in the world and that he has high hopes for her. She is currently training with the goal of competing in the World Junior Championships being held in Oregon in June 2014. She is still improving and is 6 or 7 metres away from the qualifying standard required, which is a throw of at least 56 metres.

It looks like Zoe and Andrew may be putting Wantirna on the Map! Congratulations and best wishes to both of them.



Photo supplied by Zoe Wain

Happenings from the KNOX CITY TENNIS CLUB

by David Wiffing

Hi to all our members and the community of Knox. This time of year sees us at the end of the Summer season for the Saturday competitions and we want to congratulate the seven Junior and three Senior teams in making the finals. Good luck to all of them for their upcoming matches.

In the coming Winter season we will be having twelve Junior teams, four Senior teams in Waverley and a record four teams in Tennis Victoria's Pennant competition. We wish them all great success for the coming season.

As one of the bigger clubs in Knox, we are again leading the way with an innovative new membership program involving electronic gate access tied to a personalised digital card which members will get when renewing their membership. This will allow the Club to enable payments at any time of the year for a twelve month period. It will save having to rotate locks each year and deal with a vast number of keys needing to be constantly changed over. It will make for a smoother membership process overall.

The Club is well on the way through the process

of putting together the documentation and getting the funding in place to have all of our fences upgraded to new PVC coated galvanised wire. This will be the first major upgrade in many decades and will enhance the Club as part of our ongoing improvement strategy.

Our thanks go to our new Maintenance Manager Clive who is doing great work around the Club and has improved the court hoses by installing solid brass fittings and easy to turn handles. The courts have held up well over this period with maintenance carried out on a regular basis.

Our night tennis competition in Blackburn District continues with over 20 team teams entered across various nights. Good luck to all of them and we hope you continue to have an enjoyable season. If you would like to play night comp, please contact Jeff at bdnta@knoxcitytennisclub.com.au as teams are possibly looking for extra players in their rosters.

As always we will also be continuing the usual Wednesday night social where anybody can come

along and try out tennis for ONLY \$5, bring a friend or just keep your eye in for the season. You don't have to be a member, we welcome all players to experience our Club.

AND for all the Seniors tennis players out there, don't forget that we run a great In House social morning group every Thursday from 9am. Just bring you, your racquet and your smile to have a great mornings tennis and meet a fantastic bunch of people.

For any information please contact us below on:

Knox City Tennis Club Inc.

Neville St, Wantirna South, 3152

P.O. Box 5106 Studfield 3152

Melways 64 B10

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

Email: secretary@knoxcitytennisclub.com.au

Coach Gary Leech: 0398005862

www.velocitytennis.com.au



Templeton Tennis Club News from Donald McCracken

Welcome to the Easter edition of our club news.

Hasn't it been a warm spell? Hopefully the Easter eggs haven't melted.

To more serious matters – in our last update the ladder positions for most of our teams were very favorable. Fortunately the results have stayed consistent now finals are here.

We have seven senior (out of 9) and thirteen junior (out of 19) in finals. What a great result for the club and we wish them well.

Our winter selections have been submitted and we will have ten senior teams and fourteen junior teams commencing late April.

The club, with the assistance of Council (we thank

them for their continued support) has purchased a defibrillator.

Midweek ladies and night competitions 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).

Don't forget Kelly Bisinella runs a highly successful coaching program at the club for all levels; children and adults as required. Give her a ring!

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

Tennis Club member. Ray White Studfield, Integrity Cabinets, and FinancePath.

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melways Ref. 63 G9

Membership: Russell 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

Wantirna Tennis Club- One of the biggest Clubs in Knox.

by Alison Rogers



This month at Wantirna Tennis Club:

The Summer season is coming to an end for Saturday and Sunday tennis. We wish the teams playing in the finals good luck.

The next season (Winter season) starts on Saturday 20th April. Anyone wishing to play should contact the Club Coach - Kelly or the Secretary on the numbers listed below.

Night tennis has started, but positions are available as emergencies until the next season starts.

Our Club:

Come and join us and play tennis at the Wantirna Tennis Club. It's a great tennis club and has an impressive venue. We've been operating in the community of Wantirna for 78 years providing the best tennis facilities in Knox. Our 10 en tout cas courts are lovely to play on and easy on the body. We are a family focused club offering a range of competitive tennis or just social tennis for both adults and juniors.

Our club has excellent facilities inside and out,

safe access to the complex and it is hard to go past the beautiful grounds in the peaceful Wantirna Reserve. Give us a call to get details of the Club and information on membership, or make arrangements to come and have a look around.

Wantirna Tennis Club Inc

Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna 3152

Melways Ref: 63C8

Club Secretary: Alison 0408576025 or email wantirnatennis@gmail.com

Club coach: Kelly 0414874482



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](#) add me on Facebook to stay in touch

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

Get ahead in 2013

Why not start the new decade with a fresh look at your finances?

Whether you are looking to save money by reviewing your existing mortgage, or you hope to turn your home-owning dream into reality, now's the time to help yourself to a FREE consultation with your local Aussie broker.

Drop into Aussie Knox

Studfield Shopping Centre
249 Stud Road, Wantirna
9887 4088 or 0409 786 121
aussie.com.au/knox
or knox@aussie.com.au

Getting on top of your finances can be a whole lot simpler than most New Year resolutions, our exclusive loan comparison software will help you find the right loan for your needs.



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