

STUDFIELD WANTIRNA NEWS

NOW DELIVERING TO AREAS OF SCORESBY AND KNOXFIELD
WE ARE PROUD TO ANNOUNCE WE HAVE REACHED OUR GOAL OF 18,000 COPIES

Wantirna Village invaded by
WASPS!



EDITION 26

OCTOBER/NOVEMBER 2013

- INTRODUCING ST. MARY'S COLLEGE
- U3A ART SHOW & OPEN DAY
- GEN Z CONNECTS WITH SWCN
- ST JOES VCAL HELP OUT AT ORANA



Happy 5th Birthday
Studfield Wantirna Community News

Produced from our office at Wantirna College

FREE



Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

As the weather warms up, and Winter's dark days are a distant memory, it's an ideal time to get busy at home and get organised.

Whether you tackle some spring cleaning inside the house, or perhaps complete those time consuming yet necessary tasks around your property, Spring is a great time to set yourself some tasks and tick them off with glee.

The key to a good spring clean is to make a list, and set aside a day and time for what you want to do. Start small and don't try and tackle everything at once. Keeping your goals on the fridge is a great way to stay motivated while looking at one clutter-free area is motivation to complete other rooms.

Once you've checked off a few key areas, it's important to reward yourself. A new lamp or perhaps

some new curtains can really top off a nice, fresh space. And make sure you take a photo so you remember how good it looks.

Spring is also the ideal time to pick up your shovel and do some gardening. For the novice gardener, planting a vegetable garden is one way to ensure the freshest and best quality produce of the season.

I love freshly-picked tomatoes and it's wonderful to be able to sit back and enjoy the fruits, or vegetables of your labour. My daughter and I have lots of fun planting together. We talk about soil quality, garden pests, and what to sow. It's then we wait and watch.

Later we can sit back to enjoy a lovely meal, knowing that it's all fresh, organic and we especially love the fact that we've achieved it together.

If there is any state government issue that I can assist you with, contact my office on 9729 1622, or email: heidi.victoria@parliament.vic.gov.au



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Editorial

Happy 5th Birthday Studfield Wantirna News!

It's a double celebration for Studfield Wantirna Community News. Our first edition was published in Winter 2008. It was the first of our quarterly editions. So we have well and truly reached the 5th anniversary of production of our community newspaper.

We started with a modest circulation of 3000 copies which were distributed through circulation points around the local area.

From these humble beginnings we have increased our publication from four editions per year to six editions per year and have steadily increased our circulation over this time.

We are extremely proud that for our October 2013 edition we have reached our goal of 18,000 copies. I am sure you will agree this is an amazing achievement from a small team of dedicated volunteers.

On behalf of the team, I would like to extend my sincere appreciation to all our contributors, especially those who have been with us from the very beginning.

Every single person who has been involved has played a significant part in the success of SWCN....and we haven't finished yet!!!

Janet



WANTIRNA STORIES

Wantirna Village invaded by Wasps *by Joan Yates*

FRIDAY THE 13TH! Unlucky for some but not for those of us who live at Wantirna Village in Old Stud Road. At 10.30 am on Friday September 13th we welcomed 80 year 5 & 6 students from Wantirna South Primary School.

They first had some "play lunch"- this shows our age - before being divided into groups to show them what we get up to. Each group was able to play table tennis and carpet bowls. They also watched a couple of residents play pool with plenty of barracking.

But the most popular activity was being shown how to play lawn bowls. It was hard to get them away even to have lunch.

We showed them our swimming pool and spa which they would have been in if we had let them. They also looked in on our Craft Room to see the things the residents make to sell in our shop and at our annual fete.

Lots of questions were asked and answered. Surprised we think, to find that us wrinklies do more than sit knitting, reading or watching TV.

Lunch was next, a sausage sizzle, fruit and juice. They ate the lot!

Another 20 students arrived after lunch. What followed next was a concert. Forget "Australia's Got Talent", it's all here at our local primary school.

Two dance groups, senior choir and band and junior choir and band performed. The items were very enjoyable and well presented with enthusiasm and confidence. We enjoyed some lovely singing and very good musicians.

We at the Village hope that they can come again to keep this bond between the seniors and young ones. Those of us here certainly enjoyed our day and we hope they did too. We wish them well for the future.



Photos supplied by Wantirna Village and Wantirna Sth Primary School

Thank You Aston Voters - a message from Alan Tudge

I am humbled and honoured to have been re-elected as the Federal Member for Aston. Thank you for putting your confidence in me.

We live in a great community here in the outer east and I am very proud to be your representative in the nation's parliament.

My commitment to you is to continue to work hard, to honour my election commitments and to do my best for our community and country.

I made a number of important commitments during the election campaign. Community safety has been consistently raised with me by many residents and it was a feature of my election promises. This included \$310,000 for additional lighting and security cameras at shopping strips and new mobile security cameras to better equip Knox police to tackle local crime.

During the campaign I was also pleased to announce a number of commitments and priorities specifically for Studfield and Wantirna residents including:

- Investing in security cameras at Wantirna Mall and Studfield shops.
- Investing in local sports grounds including Templeton, Knox Gardens and Walker reserves.
- Deliver fast broadband for every Studfield and Wantirna Resident within 3 years.
- Building a Knox Honour Roll Major Memorial to recognise our fallen veterans.

I look forward to continuing to serve our local community in the coming term of parliament and delivering on our promise of 'Real Action for Knox'.

Thank you again for your confidence.

Alan.

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WANTIRNA STORIES

I hail from the East by Baila Shah

Life is full of opportunities. I came across one when I walked into the office of this newspaper a few weeks ago, and you guessed it right I got the chance to write for our newspaper. To my surprise I was asked to write about my origins. So here I am, your young new columnist.

My origins are in the border regions of Afghanistan and Pakistan, a region known to the world for wars and conflict but we will leave that aside. I will share with you the history and societal make up of that region. The region is inhabited by ethnic Pashtuns who straddle both sides of the Afghanistan-Pakistan border. They speak a 5000 year old Indo-Iranian language called Pashto and are believed to be the descendants of the lost 12th tribe of biblical Jerusalem. Their total population in both countries is nearly 50 million, 30 million in Pakistan and 20 million in Afghanistan. History has known them as Afghans through the ages, however the name is now used for the citizens of Afghanistan, both Pashtuns and non-Pashtuns. Pashtuns make up 50% of Afghan population and 14% of Pakistan population. They inhabit the southern half of Afghanistan and north western corner of Pakistan.

The key traits of Pashtun character are independence, pride with humility, protecting the vulnerable and a

love of sports, arts and romanticism. They have left their mark in all these areas either by resisting the advance of imperial powers through history or producing countless renowned artists in fields of music, literature and performing arts, most notably popular movie stars for the Indian Film Industry since the 1930s until the present times. The region has been a real life stage for epic love stories which are now part of Pashtun folklore. In the field of sports the region has produced world famous cricketers like Imran Khan, Shahid Afridi and a few other members of the Pakistan cricket team.

The social structure of Pashtuns is similar to other cultures of the world. Traditionally people lived in their ancestral villages which are composed of various tribes and clans, identified by their surnames. However these days younger people are increasingly moving to the urban centres for education and employment. A typical family unit is comprised of mum and dad and siblings. The extended family consists of aunts, uncles, cousins and grand parents on both sides. The community spirit is quite strong and it's quite common for neighbours to become part of extended family and are regularly invited for weddings, birthdays or a meal together on special occasions.



I myself was the only girl in the family with two elder brothers both whom including myself migrated to Australia after completing tertiary education in engineering from Pakistan. The eldest now resides in Western Australia and works for a major Australian resources company and the younger brother is undertaking his further university education here in Melbourne whilst your new author is actively seeking employment in the Electrical Engineering sector and seeks your well wishes. Until next time, stay well.

Baila Shah

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www.henrysrestaurant.com.au

Hosts - Henry & Mary

Lunch : Thurs - Fri
Dinner: Tues - Sat



We offer a perfect setting for birthdays, anniversaries, weddings or a relaxed dinner for two. Henry's is also a perfect location for a business lunch or dinner providing professional service to accompany an intimate conference or seminar.

For your special occasion (approx. 25-55 people) we can tailor a menu to suit your function and group booking requirements with set menu packages available with 2 or 3 courses. Set menus are available with a choice of entrées, main and desserts. Included in the set menu packages is garlic and herb bread to start and coffee or tea to with chocolates to finish.

Book your Christmas/New Year function now. We are also open for Christmas Lunch and New Years Eve Dinner.

Book early to avoid disappointment.

Henry's Restaurant Still Going Strong.

Henry's Restaurant has been a family owned business since March 1995 and offers a warm and friendly atmosphere offering food prepared to order with the finest and freshest ingredients available. The restaurant is open Tuesday to Saturday for dinner from 6.30 pm as well as Thursday and Friday for lunch from midday.

Henry's has many wonderful dishes on their menu, with something for everyone, including daily chef's specials, so you are sure to find something to enjoy. Although their offerings vary with the season a sample menu is available on their website at www.henrysrestaurant.com.au. If you have any special dietary requirements these can also be catered for.

Do you have a special occasion or event coming up? Then contact them to discuss your requirements as they offer both tailored or set menu options. Set menus are available with a choice of entrées, main and desserts. Included in the set menu packages is garlic and herb bread to start and coffee or tea to with chocolates to finish.



Henry's Proprietors Henry & Mary.

GEN Z CONNECTS WITH SWCN

Wantirna College Students attend Youth Summit

You know it's going to be a great camp when the campsite is located in an isolated island up in Noosa, Queensland; you have no reception to get so preoccupied with technology that you forget about socializing; your fees are fully sponsored by the Wantirna Community Bendigo Bank; and the holiday has just started.

Three students from Wantirna College—Micah Maglaya (Year 11), Himal Pillay, (Year 10), and Sarah McDowell, (Year 10)—all got to experience with what is probably the best camp in Australia: the Youth Leadership and Business Summit from the Magic Moments Foundation.

The summit ran for one week and everyday there would be morning "Olympics" before starting the day with motivational speakers

such as Brent Williams, Katie Pitsis, Heather Yelland, and Marlon Smith who flew to Noosa all the way from the United States. The summit

also consisted of many activities relating to business, finance, and how to become an entrepreneur.

The camp was just so full of energy and enthusiasm from the very beginning. On the first night, there was a board-breaking activity. Yes, they all had to break wooden blocks! (Which they all managed to do, thankfully).

However, despite everything, Micah, Sarah, and Himal agreed that the best part of the camp was the people that they met. Lifelong friendships have been made; and the overall experience of the camp gave all three students more confidence, more skills, and definitely more cherished memories.

**By Micah Maglaya, Year 11
Wantirna College**



VET gives Students an Edge Taylor's Photography in Focus

Education in 2013 does not just happen within the Wantirna College walls. Students nowadays have a variety of options to continue their education.

One of these is pursuing a VET course. VET is the abbreviation for Vocational Education and Training. There are many options in VET courses including hairdressing, community services and hospitality to name a few. The VET courses are offered in cluster groups and students travel to their respective secondary colleges or TAFES to study. Wantirna College currently offers hospitality-kitchen operations, sport and recreation and building and construction.

I travel to Box Hill every Wednesday afternoon for my VET course "community services". This focuses on aged care, disabilities such as autism, supports services available such as Beyond Blue and Scope. We have learnt about Occupational Health and Safety, policies and procedures in the workplace as well as workplace bullying. Another aspect is our legal system and we have even visited the magistrate's court. This has made me aware of the wider community outside Wantirna College. It also helped me realise there are many of options for the future.

All students, before commencing year 11 should consider all the choices for their education. VET is another option that can be included into a VCE course. Selecting subjects is a difficult decision for the student, but with greater knowledge and information, a more informed decision can be made.

For more information regarding VET courses contact your secondary school or visit the VCAA website and follow the prompts for VET.

**Kari-Lise Nettleton Year 11
Wantirna College**

I enjoy taking landscape photography and photographing parts of Australia and also editing the photos.

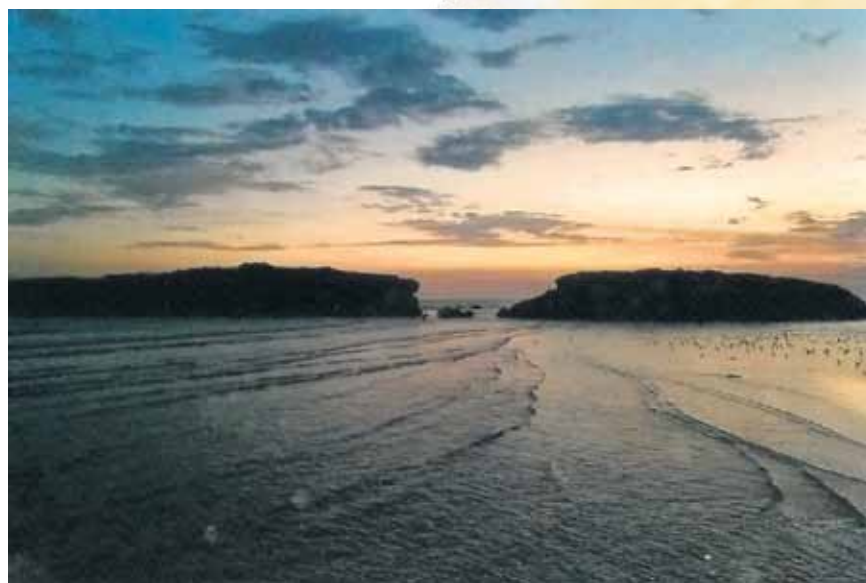
With editing, a photo can be transformed into something inspiring and beautiful, if it wasn't already.

I love seeing new things and taking photos of anything that is interesting or anything that appeals to me.

**by Taylor Hutton, Year 11
Wantirna College**



This photo is one I took when on a school trip in Carlton gardens. This photo expresses my passion and love for the city of Melbourne.



The second photo was taken at Warrnambool. I love water, beaches and watching the sun set. This photo shows all 3 in one and I really like the colours in this photo.

WHAT'S COOL AT SCHOOL?

Scoresby Primary School News

Scoresby Primary School is currently building a new Prep Early Learning Centre as a result of obtaining a State Government grant earlier this year.

The new Prep Early Learning Centre has been established in what was the school's existing library and will enable teachers to use the very latest technology devices to boost learning skills.

The building works are nearing completion and we are now able to announce that the new learning area will be used by our current Preps in Term Four this year. The school is thrilled with the progress of the works and believe that the learning space will provide a wonderful learning environment for our current and future Prep students.

The new buildings were designed with the aim of giving students a contemporary education so they are equipped with the skills needed to be successful and productive members of a 21st century workforce and society. The design of the learning areas was influenced by the need to be flexible and supportive of different learning styles. The physical spaces have been a response to the

desire for teachers to be working together and the advantages this brings to children's learning.

The building works have been completed by Modern Image Concepts (John Carta 0421 994 686) who have done a fantastic job in helping the school design and create a bright, flexible and engaging space that caters for 21st century learning.

Scoresby Primary School has a strong reputation for catering for the unique needs of students and their families, and we are confident this new Prep Early Learning Centre will only build on that reputation as the school strives for higher excellence.

Scoresby Primary School has had a great deal of interest shown in the new Prep Early Learning Centre and the school is very excited about the prospect of our current Prep students being able to use the facility next term.

Any interested parents, students and community members are encouraged to have a look at the facility by contacting the school on 9763 7484 and arranging a school tour.



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**Have you got a spare room?
Would you like to be a homestay
provider for an International
Student?**



Wantirna College is looking for families willing to host overseas students aged 16 to 18. Fluent English skill is essential. \$250 per week, to include full board and lodging. For details, contact Ms Ningna Zhang, International Student Program Administrator, on 9881 7146 or at international@wantirnacollege.vic.edu.au.
CRICOS Provider Code: 00861K



Kim Wells MP

State Member for Scoresby

Minister for Police and Emergency Services

Minister for Bushfire Response

9 Lynton Place, Scoresby, Victoria 3179 Phone: 9764 8988 Fax: 9763 9816

Email: kim.wells@parliament.vic.gov.au Web: www.kimwells.com.au

WHAT'S COOL AT SCHOOL?

Introducing St Mary's College for Hearing Impaired Students

St Mary's College for Hearing Impaired Students is a registered special school providing an education from Prep to Year 12 for students with a significant hearing loss.

St Mary's College operates at our four campuses in partnership with Holy Trinity Primary School in Wantirna South (Prep – Year 6), Aquinas College in Ringwood (Year 7 – 12), St John's Regional College in Dandenong (Year 7 – 12) and Marymede Catholic College in South Morang (Prep – Year 12).



The Dominican Sisters of Eastern Australia established St Mary's School for the Deaf at "Delgany" Portsea in 1948. It was the first all-oral school to be opened in Victoria.



St Mary's College

In 1985 the school was renamed St Mary's School for Children with Impaired Hearing after it made the historic move to Melbourne with the kindergarten and primary campus located in St Mary's College building alongside the newly established Holy Trinity primary school and a secondary campus was established within St John's Regional College, Dandenong. A boarding house named 'Delgany House' was established for eight boarders in Wantirna. St Mary's College at St John's Regional College provides enrolments for Year 7 – Year 12 students.

Our third campus was opened in 1997 at Aquinas College in Ringwood with six students. St Mary's College at Aquinas College provides enrolments for Year 7 – Year 12 students.

The school's name was changed to St Mary's College for Hearing Impaired Students in 2003. The same year, after much deliberation and discussion, the ownership of the College was passed from the Dominican Sisters to the Archdiocese of Melbourne.

In 2008 St Mary's established a fourth campus within Marymede Catholic College in South Morang. This campus provides enrolments from Prep to Year 12.

St Mary's students generally attend regular classes within the partner school and are supported by

Teachers of the Deaf. Programs are tailored to suit individual needs with support services available from Australian Hearing and the Cochlear Implant Clinic. At St Mary's we also focus on student wellbeing and skills children need to interact with others and develop self confidence; this includes individual speech production, listening and language sessions – all of which are an integral part of the St Mary's program. Students are supported in class by Teachers of the Deaf and also attend individual and small group withdrawal sessions in St Mary's rooms to cater for individual needs. St Mary's students participate in all curriculum and extra - curricular activities offered by our partner schools.

The St Mary's community sees its mission as providing access to Catholic education for students with a significant hearing loss whose needs can be met by the programs of the college. Applications are welcomed from students of any denomination background and are encouraged in the spirit of inclusiveness that is fostered within our school.

To organise a tour of any of the four St Mary's College campuses or to discuss the programs St Mary's College for Hearing Impaired Students provides please contact us on (03) 9800 2733.



Sculpture of St Mary by Leopoldine Mimovich, OAM with a St Mary's College student.



family day care home based child care

Caring for the children of Knox

Knox City Council's Family Day Care service is a licensed high quality accredited home-based child care service within the homes of Council's Family Day Care Educators.

The service offers educational care:

- Full-time care
- Part-time care (minimum 5 hrs)
- Casual care
- Evening, overnight and weekend care
- Before and after school care
- School holiday care
- Kindergarten and school delivery (subject to availability)
- Experienced and professional educators
- Small group setting
- Inclusive and diverse service
- Educators consistently supervised and supported by Council Field Officers
- Child care benefits and child care rebates are available for eligible families

The Australian Government provides financial support for this childcare service under the Community Support Program.

Career opportunity with Knox City Council

Do you have a passion for working with children?

Do you want to work from home?

If so, Knox Family Day Care is currently seeking motivated and dedicated people to join the dynamic team.

Please contact Knox Family Day Care on 9298 8000 for more information.



NEWS FROM THE LIBRARY

Upcoming Visitors & Events

October is a busy month at the library with some big events coming up.

Lunch with Ita Buttrose at 1330 Ferntree Gully Road Scoresby on Thursday 23 October at 12.30pm is booking fast, but we are able to host a large audience. Tickets include a two course lunch, tea, coffee and fruit juice. Drinks are available at bar prices. Tickets are \$60 or \$55 concession and can be booked by telephoning 9294 1300, online at www.yourlibrary.com.au or in person at any branch.

Knox Seniors Month will be celebrated at Bayswater Library on Wednesday 16 October at 1.00pm with Making the Most of Technology. Rowville Library will be holding a similar session on Monday 7 October at 10.00am. Ferntree Gully Library will be hosting nonagenarian author Ken Good in conversation with Ann Creber on Thursday 17 October at 2.30pm. If roses are a favourite, book in for 'A Year in the Life of a Rose' with rosarian Margaret McGregor from the Rose Society of Victoria at Ferntree Gully Library on Wednesday 16 October at 2.00pm.

If you want to make a start on Christmas shopping then Knox Library is the place to go on Friday 25 October at 2.00pm. Tech guru Micah Macri will give you hints on how to shop online with confidence. These events can be booked online at www.yourlibrary.com.au or by telephoning or visiting any ERL branch.

It is 200 years since *Pride and Prejudice* was published in 1813. To celebrate Belgrave Library will host actor Lisa Rodger's presentation of Jane's Heroines at their monthly literary lunch on Thursday 31 October at 12.30pm.

The ticket cost of \$12.50 includes lunch. Bookings can be made on 9754 7266 or online.

Boronia Library is the place to go for Johnny Depp fans on Friday 25 October starting at 10.00am. Grab your jaffas and spend the day watching some of your favourite Depp movies. Stay for one or more films, if you forget the jaffas, popcorn is provided. Boronia is also the venue for an author talk with Vanessa Russell on Wednesday 23 October at 6.00pm. Vanessa's novel *Holy Bible* has been well received by the critics and she has a bright future ahead. Both events are free, bookings are not required for the films, but are appreciated for the author talk.

Papermaker Tim Spencer will be a guest at Rowville on Thursday 17 October at 1.00pm. Tim's workshops have been very popular in the past and with Christmas on the way this is a chance to create a gift for someone special. Bookings are essential for this popular session. Creating a special paper decoration is the aim of the monthly papercraft workshops at Ferntree Gully Library. There are now two workshops each month on the third Monday and the fourth Friday at 2.00pm. Bookings are essential and the sessions book out very quickly.

It gives us great pleasure to announce the return of our popular chef Stephen Wilson who has been travelling interstate. Stephen will be creating some fabulous Christmas recipes for you to impress friends and family. Dates have yet to be finalised but both Belgrave and Boronia Libraries will be hosting Stephen in late November and early December. Check out our Events Calendar or pick up an events brochure at your local branch.

BROUGHT TO YOU BY MAKE IT MINE

Talking Tech with Micah Macri

Mobile Innovation

Just days ago Apple released their latest contribution to our everyday lives, the iPhone 5S. Despite its name, the 5S is actually the seventh revision to Apple's iconic device and it was greeted with mixed reviews. The shape and features remain similar to the previous iPhone, with a new fingerprint scanner added along with a fresh user interface.

Apple has found itself in an uncomfortable position. It isn't enough to simply increase the processing power of a device because most smartphones have been adequately powerful for several years. So instead manufacturers are looking for killer features to incorporate hoping they'll prove desirable.

These features are great for generating hype, but users quickly return to their original usage habits and such features later appear pointless or perhaps gimmicky. It begs the question 'How much do we really need from our mobiles?'

Smartphones have enhanced the lives of millions, however we've reached a point where even the most basic hardware provides great everyday performance. Real value is added in the form of apps that enhance productivity and better connect us – not by adding another billion transistors!

Entry-level smartphones boast powerful enough hardware to be compatible with thousands of downloadable applications for years into the future. All this makes it a great time to invest in something new to retain!

**By Micah Macri - 8370 3525 - TalkingTech.com.au
Micah provides computer and technology support across Melbourne's east.
Call or visit online!**



Boronia Library staff enjoy a Friday film event at Boronia Library in 2012

make it mine.com.au

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

Seniors Week Art Show & Open Day

Our top priority for this month is our Art Show, to be opened by the Mayor of Knox on 12th October, as part of the Knox Seniors Festival 2013. It is our 17th Show and is always the best attended event. This year the show is sponsored by Bendigo Bank of F.T.G and Rowville, with a \$1000 prize for Best Exhibit, and by Ferntree Gully Toyota with a \$1000 prize for Best Craft Exhibit. The Bill Batt Memorial Prize of \$400 for Best Landscape, donated by Knox Environment Society is another great prize. Other prizes have been donated by The Art Shop, Bayswater for Water Colours, and Kiah Framing for Best Pastel. A prize for Patchwork is being given by a new sponsor, Textile Offcuts of Lilydale. There are prizes given by U3A Knox for all other categories. The show is also sponsored by the Knox City Council, and Westfield at Knox have given a voucher to be awarded for the People's Choice for which everyone gets a vote. Entry to the show costs \$2 which includes a copy of the catalogue.

There will be the usual stalls for Books, and Craft (get a nice Christmas gift there) and a Garden Stall (get there early!) as well as the famous Devonshire Teas and light lunches. The Show is open on Saturday and Sunday 12th and 13th October from 10 a.m. to 4 p.m. The Raffle will be drawn at approximately 3 p.m. and features the main prize of an antique mirror in a beautiful new gold frame, donated by Kiah Framing of Boronia, and the much

sought after patchwork quilt made by our patchwork group with a backing provided by Lilly Patches of Boronia, plus a pair of watercolour paintings by Kath Loxton, our Water Colour tutor. There are also two vouchers for accommodation overnight at Belgrave and at Monbulk provided by Nights Away, and many smaller prizes. We must thank Barry Plant Ferntree Gully for the great advertising sign in Scoresby Road which is giving our show a real push.

During the Seniors Festival we have a second event on Thursday 17th October when our centre at Parkhills, located at 1a Park Boulevard Ferntree Gully, will be open for visitors and some of our normal programs will be running for your interest. Membership of U3A costs only \$10 for Term 4 2013, and is a great chance to see if you like any of the 130 subjects and activities offered per week. This month we have a bus trip to the Cranbourne Gardens and a wine tasting by the Old Orchard Winery at our end of term General Meeting.

Entries for the Art Show will be open until Monday 7th October and late entries will be accepted but may not be in the full catalogue. See full details and an entry form on our website www.u3aknox.com.au

and look on the side bar under ART SHOW. There, you will find a full gallery of photographs from our last show, and directions to Part 1 and Part 2 of the entry form.



Previous winning art works. The mosaic peacock was the one which won the Ferntree Gully Toyota \$1000.



This antique mirror is 1st prize in our art show raffle.



This beautiful quilt made by our patchwork group, is another top prize in the raffle.



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WANTIRNA NEWS

News from Orana Neighbourhood House

Coming up in Term 4 at Orana

Beginners & Intermediate Computers

Back to Office Skills

MYOB

Ebay workshop

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WANTIRNA NEWS

Flowers are blooming at Wantirna Mall

Welcome to our two new florists!!

Liies by Libby is delighted to have joined the Mall community and to be providing fresh flowers to Wantirna and beyond.

We deliver to all suburbs and are currently offering free delivery to Knox Private Hospital and Wantirna Health for all orders of \$25 or more. We look forward to supplying you with beautiful flowers for any and all occasions including weddings, funerals, corporate functions and 'just because'.

Hope to meet you soon!"



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Lilies by Libby
Wantirna Mall
(Next to the Bendigo Bank)

Shop 7, 348 Mountain Hwy
Wantirna, 3152
8782 5112

Come in and say hello

...and around the corner

Il Fiorista has opened in Thaxted Parade!

For a long while Wantirna Mall did not have a single Florist and now there are two! Lilies by Libby and Il Fiorista flowers & gifts.

It's great to have the option of buying beautiful flowers and gifts at the convenient location of Wantirna Mall.

Good quality, long lasting flowers that have been skillfully arranged express special messages in a way only flowers can!

Studfield Wantirna News

is now available on your iPhone, iPad, Andriod smartphone or tablet, and Windows or Apple Mac computer using the free tiqbiz App.



For Smartphones & Tablets go to the appropriate App Store and install the tiqbiz App.



For Windows & Mac PCs go to www.tiqbiz.com, register and install the tiqbiz software.

Once you have completed the installation use the find function and search for "Studfield Wantirna News", select it and then go to your tiqbiz inbox to find the latest edition of your community newspaper. When a new edition of the newspaper is released you will be notified and receive instant access via tiqbiz to the latest edition.

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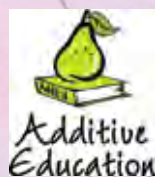
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Sari Hair

NEWS IN GOOD HEALTH & WELLBEING

The Effects of Food Additives on Behaviour, Health & Learning



Children's behaviour is one of the biggest challenges facing teachers, parents and school communities today, with incidences of disruptive and antisocial behaviour occurring with increasing frequency and severity. Almost 164,000 Australian students (some as young as four) were suspended from state schools in 2011, while 2,630 were deemed so disruptive they were told never to come back.

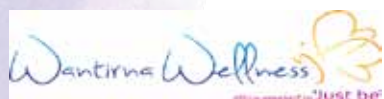
What happens when additives are removed during school trials? Parents noted a 60% improvement in behaviour, while teachers cited a 90% improvement, suggesting that students who are not directly affected by additives, are distracted by those who are!

Food Chemicals and Behaviour - The Link:
Is your child (or you) inattentive, anxious, depressed, tearful, fidgety, forgetful, irritable, angry, defiant or argumentative?

Does your child have mood swings, tantrums, head banging behaviour, learning or social problems, asthma, headaches, rashes or frequent colds? Then according to food intolerance experts and recent research, your child (or you) may be affected by foods eaten every day.

One of the most valuable things you can do to help with improving focus, behaviour and general wellbeing is to investigate food additives and learn some simple ways to avoid the worst effects. And it doesn't have to be difficult - often it is as simple as changing the brand or flavour you buy.

Take for example MSG or Monosodium Glutamate (621). This flavour enhancer can cause many of the symptoms listed above. You can easily limit consumption of this additive by avoiding obviously "flavour enhanced" foods - buy plain chips instead



Spring Nurturing Day



Let yourself be nurtured:

- ✓ **Relax** in our small, welcoming groups
- ✓ **Listen** to how you can balance your hormones
- ✓ **Enjoy** a healthy lunch
your private Hand Reflexology with Marita
your private Kinesiology with Doris

Please find more information on our website
www.wantirnawellnesscentre.com

Venue: Wantirna Wellness Centre
Level 1 / Suite 9 249 Stud Road,
Studfield Shops, Wantirna, VIC 3152

Early Bird Offer
pay before
12th October
only \$57
Receive a free gift

To book please contact

Marita 0425 735 581
or email info@solerresponse.com

Doris 0432 494 413
doris@wholehealthkinesiology.com.au



of flavoured chips, buy plain rice crackers (Sakata brand), and ask for plain salt instead of chicken salt. MSG can also be hidden on labels in glutamate containing ingredients such as Hydrolysed Vegetable Protein (HVP), yeast extract and others. Also be aware of other 600 numbers as they enhance the effects of MSG.

Wantirna Wellness and Additive Education are both passionate about educating the community in identifying and avoiding nasty additives to improve behaviour, health and learning. For more information, visit www.additiveeducation.com.au.

Whole Health Kinesiology

Enjoy a relaxing
Kinesiology session and
let your stress melt away

To book ring Doris Mounsey

0432 494 413

www.wholehealthkinesiology.com.au



Booking is essential.

Please see Nurturing Day ad for details.

Marita Reynolds & Doris Mounsey are practising at the Wantirna Wellness Centre, located in the Studfield Shopping Centre at Suite 9/ 249 Stud Rd Wantirna.

The Professional suites are upstairs; please use the stairs near the pedestrian crossing.

To make an appointment contact Marita on 0425 735 581 or 9801 5201 or Doris on 0432 494 413

Find more Term 4 workshops and courses at
www.wantirnawellnesscentre.com

Thriving, not just surviving - PMS & Menopause by Marita Reynolds

Over the last year many women have enjoyed the relaxing Wantirna Wellness Nurturing Days, listening to practical health tips, experiencing rejuvenating reflexology and felt their stress melting away with kinesiology.

The next Wantirna Wellness Nurturing Day on the 19th October will focus on hormonal balance around PMS and Menopause.

Learning about your female cycles and understanding more about your hormones allows you to work with your cycles, go with the flow and experience a more balanced life.

When we start nurturing ourselves with healthy food, respect our feminine side and take time out to rejuvenate our body, mind and spirit, our mood lifts and our whole life starts flowing again.

So let yourself be nurtured; relax in a small group of like-minded women and listen to inspiring health

information supplying you with many practical tips to balance your hormones during PMS and Menopause.

Enjoy our delicious and healthy lunch, relax during your private hand reflexology session with Marita and feel completely nurtured and balanced after your kinesiology session with Doris.

Are you ready to lighten your PMS or are you looking for an easier journey through Menopause? Then join us on Saturday, 19th October from 10am to 3pm at the Wantirna Wellness Centre.

We also offer a special early-bird price \$57 and receive a free gift when you book before 12th October. We are looking forward sharing this beautiful, uplifting and nurturing day with you.

Stay healthy and happy,

Marita and Doris

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NEWS IN GOOD HEALTH & WELLBEING



News from the Osteo
with Dr. Jason Stone

Running Injuries

by Dr. Patrick Lee (osteopath)

With spring finally upon us, the fun run season has begun. Whether you're a first timer or a season pro there's always the danger of injury. In an ideal world every run would be 100% pain-free. No aches, or soreness from the previous run. The reality is that all runners constantly deal with slight (and not so slight) discomfort. While often these nagging issues are nothing more than an annoyance it can be a warning sign that something is awry and can lead to more serious issues.

Like all injuries they cover a broad spectrum of severity. At one end you have the severe, full blown injuries that stop you dead in your tracks - call it the red zone, namely, stress fractures, muscle tears, tendon ruptures. The other end of the scale, the green zone, you're in top form and run like the wind. Unfortunately many runners tend to hang around the middle yellow zone, not quite injured and not quite healthy.

Where you land on the spectrum depends greatly on how you respond to that first stab of pain. Often it comes down to whether you take a little time off now or a lot of time off later. You can reduce your risk of serious injury thus avoiding the red zone if at the first sign of injury, reduce intensity and duration of your runs, start a treatment program, develop a proactive long-term injury prevention strategy.

Around 40% of running injuries are knee injuries, the most common being patellofemoral pain syndrome (PFPS), or "runners knee." It is the irritation of the cartilage on the underside of the patella (kneecap). PFPS usually flares up during and after long runs,

sitting for long periods of time, and walking up and down stairs. It may be caused by muscle imbalance around the hips and pelvis altering the biomechanics of the knee, causing the knee to turn inwards during your stride putting increased pressure through the knee. Pain often manifests diffusely around the kneecap, swelling may not always be evident.

Achilles tendonitis is another common injury affecting runners, again an overuse injury it usually manifests when there has been a sudden increase in intensity and duration in running. Pain is located anywhere in the achilles from the heel to back of the calf muscle on the back of the leg. If you have any pain during or after running, stop immediately. This is not the type of injury to run through. If you catch it early, a few days off may be all that is required for healing. If it develops into a more serious condition it may take months or years to fully heal.

"Shin splints" is a generic term used to refer to several conditions affecting the lower leg. It is an aching pain that occurs along the inside edge of the shinbone, most commonly caused by small tears which occur in the muscle around the tibia (shin bone). It is more common among new runners and those returning after an extended time away from the activity. It is a classic sign of too much too quickly. It may also strike runners wearing the incorrect footwear, too little or too much support, a pair with too many miles, or unsupported foot biomechanics such as high/flat arches.

The best way to avoid shin splints is to ensure you have the correct footwear and increase mileage

gradually when the first twinge of pain is felt. Back off your running to a comfortable level and increase mileage by no more than 10% each week.

With all these injuries, initial treatment should be regular icing, rest and stretching the affected structures. If the pain and discomfort persists for more than a week, seek professional advice as there may be other underlying biomechanical imbalances causing the injury.

Wantirna Osteopathy
161 Stud Road, Wantirna South
9800 0388

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For the treatment of:

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Golden Chili's Nasi Kandar



Authentic Malaysian Cuisine

Prema and her husband Kumar welcome all to their new restaurant in the Studfield Shopping Strip.

They live locally, and after trading in the City for some time, they are pleased to be in a warm, friendly community.

Although Prema Graduated in Interior Design, she has always been encouraged to prepare traditional cuisine.

Her recipes have been handed down from her parents, and are now brought to her new restaurant.

Malaysian Specials are:

- ◆ Mee Rebus ◆
- ◆ Mamak Fried Noodles ◆
- ◆ Nasi Lemak ◆
- ◆ Roti Chanai ◆
- ◆ Rojak ◆

The Restaurant offers both Dine in and Take Away Service



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Be inspired by the difference and great prices!!

SCOTT WARD NEWS

Pampered Pets

For thousands of years human beings have kept animals as pets, especially dogs and cats

Many families in Knox keep this habit alive today Dog walking is a major pastime as we all can witness.

When my wife Tracy and I moved to Knox in 1979 (pre kids) we brought our first cat, Misty with us. She lived almost 20 years and was the first of 7 cats we have had and loved, most living long lives

Before we got our first dog, a Samoyed called Casper in 1985 Knox made national television news for the high percentage of dogs registered as "working" dogs. Working dogs had a cheaper registration fee back then. Those Knox suburban residents interviewed said "he's a guard dog" or "her job is to bring me my slippers". One Samoyed owner said "he has to pull a sled". When asked if this had ever happened he replied "well it's not his fault it never snows in Knox!"

There is much evidence that points to the benefits of being a pet owner, including healthier lifestyle through walking, reduced loneliness and depression and better social interaction

Our children, both now adults have never not had a pet. Along with our own (2nd) Samoyed , Kimba we also have grand pets But being a pet owner is like being a parent

It comes with responsibilities that you should attend to Registration, microchipping, vaccinations, sterilisation, good food, exercise, cleaning up, training, dogs on leads, cats in at night

All these small things make a big difference to your pets being safe, healthy and happy. It's a bit of work but the love and joy they give in return is enormous.

Apart from Kimba and grand cat Arya (pictured) we also have had goldfish and tortoises .Not as cuddly but still loved.

For a copy of Pet Ownership In Knox you can contact me on 0407 300 683 or at david.cooper@knox.vic.gov.au

Cr David Cooper
Scott Ward
Knox City Council



Stringybark Festival Fun

Having hit the refresh button for 2013, this year's two-day Stringybark Festival is packed full of new things to see, taste, touch and experience.

Stringybark pays homage to all things green, showcasing new and innovative ways to use less, waste less and pay less.

This year's Love Living Local theme encapsulates everything that's great about living in Knox.

Knox Mayor Karin Orpen said the festival was the best place to get tips on how to live more wisely.

"It shows us that not only can living greener be better for the environment, but it can also save us money," she said.

Things to watch out for this year are the Roller Derby team The Witches of East Vic, the Wearable Arts fashion parade – featuring more than 80 students from Rowville Primary and Secondary schools and crowd favourites Full Flight and Wild Action with their interactive wildlife demonstrations.

The Rowville Community Centre Reserve provides a perfect backdrop for the event, which is spread across two hectares of open space.

There will be an extensive market of handmade crafts, organic produce, food demonstrations, entertainment, music, and more than 50 free workshops and activities for kids.

The Stringybark Suburban Sustainability Festival takes place on 19 & 20 October from 10am-5pm at the Rowville Community Centre reserve, Fulham Road, Rowville (Melway 81 K1).



Saturday 19 & Sunday 20 October 2013
10am-5pm, Rowville Community Centre, Fulham Road, Rowville (Melway 81 K1)

Admission: Adult \$3.50, Child \$2.50, Family \$7.70, Concession \$2.50 Ride your bike, catch public transport or the free festival bus for free entry. See **Knox Leader** on 15 October for a full program or go to **facebook.com/knox council** **twitter #stringybark** **www.knox.vic.gov.au** or call **9298 8000**
Public Transport Timetable: www.ptv.vic.gov.au/journey

4 STAGES OF LIVE MUSIC AND ENTERTAINMENT
The Amazing Drumming Monkeys, local schools Eco Chic Wearable Arts Dance and Fashion Parade, Blues Train music performances, dance workshops.

PRODUCTS
Services and free ideas to save you money whilst saving the planet, including: Green Moves Speed Dating – local sustainability experts answering all your green questions, Melbourne Water.

WILD ACTION and Full Flight native animal shows, The ALL NEW Herbivore Café, Nocturnal wombat burrow, plant and conservation displays.

STRINGYBARK KITCHEN RULES
Healthy food from around the world, live food demonstrations, guest chefs from QUEST, multicultural soul food, Health Services Event Kitchen.

SUSTAINABLE TRANSPORT
Free festival bus, Witches of Eastvic Roller Derby Team, Boronia Remote Control Car Club - come try zone, kids outdoor CHILL ZONE, bike valet and Oppy Bike ride registration.

RECYCLING
Composting and worm farming, art from waste workshop, recycled materials activities. This is a plastic bag free event, so please bring your own bags.

use less • waste less • pay less • live smarter















THE ARTS IN KNOX

Photography Group Get Exposure

Our Names are Carly, Joshua and Tania and we are a photographic group that meet together once a week at various locations. The Basin Community House is our Base where we use the computers and the facilities to sort and mount all our work.

Most Mondays, we head off to a variety of locations to photograph. Our group have now been together for 6 years. We were based at a Disability Day Service and just recently, Joshua and I (Carly) have branched out independently. We are able to have and make our own choices in what we want to do with our week and at the moment Josh and I are both studying at different TAFEs



Riverbed by Josh

Tania is our Mentor with our photography and she has supported and taught us our photographic skills. We work as a group and share our ideas and support each other.

This half of the year we are extremely busy planning for exhibitions. Our work was exhibited at Coal Creek, Korumbura in September. The exhibition was of old trains and tracks. The skills we learnt for this exhibition are how to manipulate prints into saturated colour and black and white. We worked on photographing with our wide angle lens. We photographed in some pretty rugged areas where I had to get my wheelchair through.



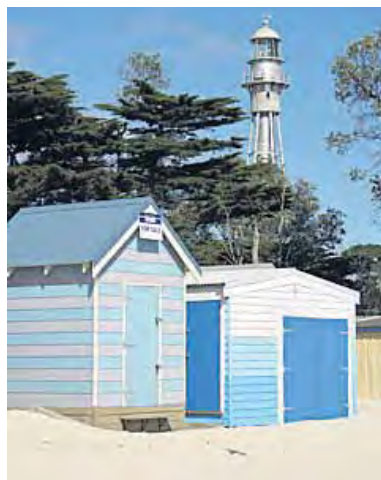
Josh



Carly



Platforms by Carly



Bathing Boxes by Josh



Bridge by Carly

New Artisan Market in Ferntree Gully Village.

Artists Wanted!

The Ferntree Gully Village Artisan Market - specialising in the sale of original creations by local Arts & Crafts people, will launch as part of the annual Ferntree Gully Village Discovery Day on Saturday 30 November 2013.

LOCALArtisans of all styles are being sought for regular market stalls to start our local ARTISAN MARKET.

The market is an opportunity for local artists and 'craftists' to regularly showcase their work in a collaborative setting with members of long established arts alliances; including Ferntree Gully Arts Society - The Hut Gallery, Treefern Potters and other community arts groups.

The Ferntree Gully area has a long history associated with Australian artists and the Ferntree Gully Village Artisan Market is all about getting 'Artisans' back into Ferntree Gully, so join us in creating a public space, where people can come to purchase quality LOCAL handcrafted creations.

As a special feature of the official launch of the market, a number of stalls will showcase working community artists groups on the day; featuring painters, potters and other artisans actively working on projects throughout the day. Visitors may be able to make small items themselves, or have their portrait drawn or painted to take home.

After the official launch at the FTG Village Discovery Day, the market will continue to run every



3rd Saturday of the month from 9am to 2pm. For information, go to <http://de6840.wix.com/ftgartisan>

Interested artisans should forward 1MB pdf samples of your work and a blurb about yourself, including full contact details ASAP to: ftgartisanmarket@gmail.com or phone Bronte or Debby at Mountain District Learning Centre for more details and to register your interest.

News from the Victorian Jazz Archive

Proactively Collecting, Archiving and Disseminating Australian Jazz.

The Archive's Oldest Jazz Recording

by Ken Simpson-Bull

WE'VE often been asked what the oldest jazz record in our collection is. Well, although Australian jazz performances had been taking place since as early as 1918, the first commercial recording of jazz ever made in this country was in 1925. This was by Bert Rawlton's Havana Band performing Copenhagen and Doo Whacka Doo. Sadly, very little other Australian jazz was then recorded until the mid 1940s.

So, outside Australia, when was the first ever recorded jazz performance? Well, although ragtime (a precursor to jazz) had been recorded since the 1890s, the first recording of jazz, which we would recognise as Dixieland, was in 1917. This was by a white American band known as the Original Dixieland Jass Band. (The word jazz was originally spelt this way.) Although their Dixieland style had

been played by the Negro bands of New Orleans for a few years before this time, it was this white band that made the first commercial record.

The first numbers they recorded were Livery Stable Blues and Original Dixieland One Step which were released on a 10-inch 78rpm record. Today, an original of this disc is very rare indeed. And guess what! The Victorian Jazz Archive has an original. Although the photo shows that the label is a little the worst for wear, the disc plays quite well.

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



knox seniors festival

6 -31 October 2013

* For a full program in relation to events, bookings and admission prices go to: www.knox.vic.gov.au or call 9298 8000



Event	Time
Sunday 6 October	
Pianist – David Scheel T: 9729 7287	3pm
Monday 7 October	
Making the Most of Technology T: 9294 1300	10am
Tuesday 8 October	
Seniors' Day at Orana T: 9801 1895	10am–1pm
Nordic Walking T: 8531 8048	10–11am
Nordic Walking T: 8531 8048	11am–12noon
Boxing T: 0400 957 070	1–1:30pm
Wednesday 9 October	
Knox Ramblers Walking Group T: 9800 1242	9:30am
A Nostalgic Afternoon at the Movies T: 9761 0209	1–3pm
Nordic Walking T: 8531 8048	1–2pm
Nordic Walking T: 8531 8048	2–3pm
Thursday 10 October	
Tennis Try Out T: 9758 4731	9:30–11:30am
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Self Defence T: 0400 957 070	1–1:30pm
Friday 11 October	
Badminton Demo T: 9758 3514	10am–12noon
Tai Chi at the Knox Chinese Elderly Citizens Club T: 0411 138 448	10:10–11:45am
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Saturday 12 October	
Knox U3A Annual Art Exhibition and sale T: 9752 2737	10am–4pm
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Porcelain Punch T: 9729 7287	8pm
Sunday 13 October	
Historic Tour of the City of Knox T: 9298 8518	10am–12:30pm 1–3:30pm

Event	Time
Knox U3A 17th Annual Art Exhibition and sale T: 9752 2737	10am–4pm
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Monday 14 October	
Official Festival Launch T: 9720 7232	12noon–2pm
Pryme Movers - Aquacise T: 9762 3133	8–9am 10:45–11:45am
Pryme Movers - Feeling Fit T: 9762 3133	11:40am–12:40pm
Tuesday 15 October	
Pryme Movers - Aquacise T: 9762 3133	10:15–11:15am
Pryme Movers - Body Balance T: 9762 3133	11:40am–12:40pm
Pryme Movers - Tai Chi T: 9762 3133	12:45–1:45pm
Boxing T: 0400 957 070	1–1:30pm
Pryme Movers - Active for Life T: 9762 3133	2–3pm
Wednesday 16 October	
Pryme Movers - Aquacise T: 9762 3133	8–9am 10:15–11:15am
Knox Ramblers Walking Group T: 9800 1242	9:30am
Commemorative Rose Bush Distribution	10am–12noon
Knox Seniors Indoor Bowls Carnival T: 0402 811 789	10:30am–3:30pm
Pryme Movers - Chi Ball T: 9762 3133	11:40am–12:40pm
Making the Most of Technology T: 9800 6418	1pm
A Year in the Life of a Rose T: 9294 8140	2pm

Event	Time
Thursday 17 October	
Tennis Try Out T: 9758 4731	9:30–11:30am
Circles of Care Free Expo T: 1800 059 059	10am–3pm
Italian Morning Tea T: 0400 405 039 OR 9752 9242	10am–12noon
Pryme Movers - Feeling Fit T: 9762 3133	11:40am–12:40pm
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Self Defence T: 0400 957 070	1–1:30pm
U3A Knox Open Afternoon T: 9752 2737	1:30–4pm
Rodson – Author Ken Good in conversation with Ann Creber T: 9294 8140	2.30pm
Friday 18 October	
Pryme Movers - Aquacise T: 9762 3133	8–9am 9:15–10:15am
Open Day - Knox Chinese Elderly Citizens Club T: 0411 138 448	8:30am–1:30pm
Pryme Movers - Body Pump T: 9762 3133	11:40am–12:40pm
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Community Singing T: 9762 4099	1pm
Bingo Night T: 9763 7944	7:30–10:30pm
Saturday 19 October	
'Spinning Yarns' at Stringybark Festival T: 9298 8179	11am–3pm
Como Gardens Open Weekend T: 9761 1341	10am–4:30pm
Mini Octoberfest T: 9760 2100	11am–3pm
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Closing Event – Police Pipe Band T: 9298 8000	2–4pm

Event	Time
Sunday 20 October	
'Spinning Yarns' at Stringybark Festival T: 9298 8179	11am–3pm
Como Gardens Open Weekend T: 9761 1341	10am–4:30pm
Historic Ambleside Homestead Open House T: 9758 6722	12noon–4pm
Tuesday 22 October	
The Taste of Hungary T: 9898 3930	12noon–2pm
Boxing T: 0400 957 070	1–1:30pm
Wednesday 23 October	
Knox Ramblers Walking Group T: 9800 1242	9:30am
Try Cricket for the Over 60s T: 9758 4731	11am–5pm
Thursday 24 October	
Tennis Try Out T: 9758 4731	9:30–11:30am
Self Defence T: 0400 957 070	1–1:30pm
Friday 25 October	
Breakfast with Elvis T: 9801 6044	9:30–11:30am
Tai Chi at the Knox Chinese Elderly Citizens Club T: 0411 138 448	10:10–11:45am
Shopping Online T: 9801 1422	2pm
Saturday 26 October	
Tour of Sri Vakrahunda Vinayagar Hindu Temple T: 0412 036 693 OR 0402 069 716	11am–12:30pm
Sunday 27 October	
Try Cricket for the Over 60s T: 9758 4731	11am–5pm
Tuesday 29 October	
Boxing T: 0400 957 070	1–1:30pm
Wednesday 30 October	
Knox Ramblers Walking Group T: 9800 1242	9:30am
Thursday 31 October	
Self Defence T: 0400 957 070	1–1:30pm

* All physical events are suitable for seniors.



News from Ringwood Field Naturalists Club Inc. by Alison Rogers

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

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

Speakers: In August - Local wildlife carer Yvonne Cowling spoke to us on 'Wildlife in your garden'. Yvonne is a passionate carer of all wildlife. She has cared for more animals and birds than you could imagine. She spoke of many of her experiences and imparted knowledge on how we can all help in this area.



Trestle Bridge in Colquhoun State Forest

In September -The Club held its Annual General Meeting, where a new President was elected. We welcome Jackson Airey to this position for the coming 2 years. This quick meeting was followed by a talk on 'Outback Queensland' by the outgoing President Peter Rogers. Peter talked on the birds and plants that were found throughout this region. His talk was enhanced by his own digital images.

September Weekend away - The group, lead by club members Alison and Peter, enjoyed a weekend at Lake Tyers near Lakes Entrance. Areas that were visited were Lake Tyers State Park (where we looked at the wonderful spring flowers and orchids), Nowa Nowa, The Trestle Bridge and the historic area at Nyerimilang Heritage Park.

Excursions have included a trip to the Gurdies area led by Judith to look at orchids. We also visited Boomers Reserve with Judi and Steve, where many wattles, pink heath (our Victorian floral emblem) and spring orchids were in flower.

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).

In the coming months our speakers will be:
October - Craig Mauger on "Maroondah's bushland",
November - Bob Tucker on "The Mallee".

All visitors are welcome.
For more details phone Alison or Peter on 9801-6946.



Platylobium formosum

Lions Make a Difference

New Members for the Lions Club of Wantirna are making a difference in your community.

As a result of our recent membership drive, the Lions Club of Wantirna is pleased to announce that our membership has increased with the induction of three new members to our club - Bala, Paul and Diane.

Each of our new members, who were formally inducted into the club at our change over meeting on 17th July by Past District Governor David Jones, were each assigned a sponsor to support them and help them to settle in to their new Club.

Most importantly, their participation as members in club activities will enable us to achieve our goals of maintaining and growing our community support programs and services more effectively. This means we will be better placed to provide the support we believe is needed to make our community a better place to live in for everyone.

And, of course, we'll have fun doing it.

If you are interested in joining us, or even just finding out more about the Lions and what we do, please visit our website at www.wantirna.vic.lions.org.au or contact our Secretary, Sam Spano on 0427 849 885



Club President,
Laurie, PDG
David, Diane,
Bala, Paul,
Immediate
Past President
Wes and Past
President Siva.

knox local australia day awards 2014

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

The 2014 Australia Day Award categories are:

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

Award recipients will be announced at an Australia Day Breakfast and flag raising ceremony to be held on 26 January 2014 at the Knox Civic Centre.

Nomination forms available now:

w www.knox.vic.gov.au **t** 9298 8000 **e** ausday@knox.vic.gov.au

Nominations close Monday 25 November 2013.



COMMUNITY NEWS

St. Joseph's College VCAL Students help out at Orana

On a delightful spring day with the aroma of the sausages sizzling on the BBQ, and the wind kicking in to disperse the smoke haze, all invited guests mingled.

Invited guests were Cory representing Wantirna Bendigo Bank who initially funded the start of Orana's Community Kitchen garden, Kaz Erbs, Trevor Bayley from Outer Eastern Local Learning and Employment Network (OELLEN) and Mr. Tim Thompson VCAL Coordinator who organised for the project of two large garden beds and a vertical garden wall to take place. The Principal, Mr Vincent Feeney from St Joseph's was there to support the project and his students, together with the Orana House team led by Karin Absolom, Orana House Manager.

Year 12 VCAL Students, all 33 of them, from St Joseph's College, Ferntree Gully were there together with their teachers Mr David Vascon and Mr Gary Lewis to be congratulated for all their hard

work. Special thanks go to Mr Rocco Ciccomancini, a retired builder who assisted the boys with the project.

The Project had only taken 5 weeks to be completed with participants attending on a roster, basis for 2 afternoons per week.

While the Students have completed their project, the planting out now lies with the volunteer gardening team of Orana who are eager to see the end result.

At the completion of the afternoon Certificates of Appreciation were presented to all Students, VCAL Coordinator, teachers and Rocco as well as a commemorative plaque in recognition of their community service.



Affordable, hassle free, catering is now available at Rowville Community Kitchen. Please call Christine on 0417 851 204 for your event.

FREE DELIVERY WITHIN THE LOCAL AREA.

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Please contact Christine on 0417 851 204 or by email rck@hotmail.com.au for further information.

Or check out our facebook page, Rowville Community Kitchen.
16 Kingsley Close, Rowville.



It's tool time at Villa Maria's Ladies Shed



Villa Maria's White Road Activity and Respite Centre Ladies Shed program in Wantirna South is the happy recipient of more than \$2,500 worth of donated tools including sanders, drills and grinders from Techtronic Industries Australia Pty. Ltd.

The Ladies Shed, which has been running for around two years, provides women who care for a loved one, whether a child with a mental illness or parent with dementia, with a vital social outlet in which they can connect with others in similar situations, and learn some new skills.

Mooroolbark resident Norma Shaw (pictured), who cares for her 96-year-old mother who has dementia, said she looked forward to visiting the shed each week.

"You're there with people facing similar problems and it's nice to talk to people who know where you're coming from. It's also great to be able to learn some skills at the same time. I'm interested

in woodwork and have so far made a tool box, letterbox and a little wheelbarrow for plants."

Norma said the shed provided her with important respite from her caring role.

"You do need a bit of your own time when you're a carer. Mum's not a problem, but you're on duty all the time it can get tiring. On the day I go to Ladies Shed, Mum goes to a day program so it's nice not to have to worry."

Villa Maria Carer Support Worker Ray Alexander, who also coordinates the Villa Maria Base Camp Men's Shed, had been running a Horticultural Therapy Group for carers at White Road when some of the women participants expressed an interest in a Ladies Shed.

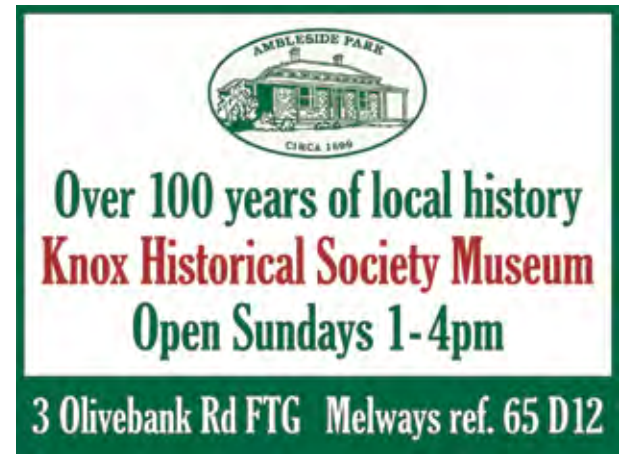
"A lot of the people they're caring for were the ones who did all the handy bits and pieces around the house, which unfortunately they're no longer able to do," Ray said.

"So the need was there for the shed and so far it's been very popular. The ladies dictate what they'd like to learn as it's their respite time. I've taught them how to use a compound saw and a drill, they really enjoy it. I know most of the ladies because I've done horticulture with them so they're all pretty comfortable with me. However if they need to discuss anything without a bloke, I can just disappear!"

Ray said the shed was "extremely grateful" for the donation of tools from Techtronic Industries.

"As a not-for-profit organisation, Villa Maria relies on the generous support of organisations and companies such as Techtronic to continue with many of its vital programs and services. These tools will go a long way in assisting the ladies with their much-loved projects so we thank Techtronic most sincerely."

The Ladies Shed is looking for more carers in the Eastern region to join them. To find out more call 1300 650 615 or visit www.villamaria.com.au



The 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 October 28th at 11.30am.

The speaker is Carmel Malone from Anchore Foster Care who will speak on 'Kinship Care'.

New members and visitors are most welcome.

To book please ring our President Isabel 9758 5435.

Poppies fill The Basin

The ladies at The Basin Community House are busy making poppies. They are contributing to the 5000 Poppies Project to commemorate the Anzac Centenary.

From its association with poppies flowering in the spring of 1915 on the battlefields of Belgium, France and Gallipoli, the poppy has become a symbol of loss in war and hope for those left behind.

Between 2014 and 2018 Australia will be marking 100 years since Australia's involvement in the First World War.

The 5000 POPPIES project gives craft lovers an opportunity to contribute to a wonderful project to create a field of 5000 poppies which will be publicly displayed in Melbourne on ANZAC Day 2015.

The display will be a community tribute for more than a century of service by Australian servicemen and women in all wars, conflicts and peacekeeping operations.

Contributors are asked to hand make one or more poppies. They can be crocheted, knitted, felted or sewn from any materials, provided they can be displayed temporarily outdoors. Any shade of red can be used and poppies should be no more than 15 cm in diameter. There is no entry fee but contributors are asked to provide their own materials and submit an application form.

To get involved contact The Basin Community House on 9761 0209

Combined Probus Club of Wantirna Heights Inc.

Touring the Jazz Archive

Some 20 members of our club recently enjoyed a fascinating visit to the Victorian Jazz Archives centre in Wantirna. The purpose of the centre is to exhibit and preserve on a permanent basis all material and memorabilia on Australian jazz music since the 1920's.

Our group was given an informative conducted tour of the various activities and was able to talk to the volunteers on duty. An entertaining performance by a jazz group and lunch rounded out the visit. The attached picture shows the Archive's sound engineer at work.

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



Knox Home Garden Club *by Lonni Holland*

Did you know that you can contribute significantly to slowing down the rate of climate change? Within your home garden where you grow your edible plants, cultivate trees, plant perennials and annuals, is a place where you can make a difference.

Here are a few suggestions towards a greener environment.

Choose plants/ trees that are suited to your area and soil types, and select plants that tolerate less watering, you'll find that many plant labels indicate which plants are water wise. Mediterranean plants are usually water wise, as are local & native plants which can be sourced from native plant specialists. Another good place to seek out local plants is the Knox Environmental Society.

Create shade and shelter by grouping plants and trees together, which can help provide mutual protection and micro climates to surrounding plant life. Remember that larger trees can also provide shade for the home, while reducing air conditioning requirements. Trees and shrubs perform many roles in our ecology, they absorb carbon dioxide from the atmosphere, while releasing oxygen back into the air.

There are native, ornamental and fruit trees which have grafted rootstocks to choose from. These grafted plants are usually chosen for disease resistance, reliability and tolerance to varied soil types and growing conditions. Choose heirloom varieties of vegetables seeds or seedlings and herbs, as these have stood the test of time for taste and reliability

Make use of any rainfall by storing rainwater in tanks, or water holding bladders which can be contained under the house, recycled rubbish bins or other receptacles. Add water crystals into the bottoms of pots or planters before potting plants, before summer.

If the soil in your garden is waterlogged, improve the drainage by raising the beds, or using the no dig principle, mixing organic materials such as coir, compost, shredded newspaper and straw. By loosening or breaking the soil with a garden fork will enhance friability, and improve moisture retention. Always mulch with straw, coarse wood/ twigs, stones, leaf mould, or compost. The idea is that the soil shouldn't be left bare and exposed, so you can use living mulch such as dense ground

covers, or prostrate growing plants. If your compost is smelly, then all that methane gas is not good for the environment. Allow the air flow in by loosening the compost, adding shredded newspaper, cutting a length of PVC pipe and drilling large air holes around it, stand it up in the middle of the bin, this helps the oxygenation process in compost, and before too long will smell like roses - well, almost!...



Photo by Elaine Craig



Helping frail aged and disabled people in the City of Knox

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Happenings from the KNOX CITY TENNIS CLUB *by David Willing*

Hi to all our members and the community of Knox.

Everybody who has played at our Club in recent weeks, opposition included, have been very impressed with our new fences. To make things look even better the Club has installed wind and sight screen mesh. This is in a great blue colour with our Club logo and web address on it to make it easier for people to contact us. This major improvement project was an important step in the overall growth of our Club and to make sure that we continue to be one of the stronger Clubs in Knox.

October sees the start of the Waverley Summer season and it is great to see an increase in both the Junior and Senior team numbers. Again our Junior Coordinator Gary Reid has done a great job organising the teams. He is a great asset for our Club. We wish all the teams the best of luck and hope they will enjoy the season.

The gate entry FOB system has been implemented with many members now having their own FOB which will give them access to the courts whenever they would like to come down and have a hit. We know that in conjunction with the new coin operated

court light switch, it will prove to be a popular thing particularly when the weather warms up and at nights on weekends. For any members who are still to get their FOB, please arrange a time with one of the Committee.

Blackburn District Night Tennis is just over half way through with many of the teams in the top four. We wish them all well for the final series. New team entries for the following season can be given to Jeff at bdnta@knoxcitytennisclub.com.au

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.

Other projects to help improve our Club will be the installation of shade cloth over the BBQ area, the concreting of the new fenced in area for a Junior practice wall with shade cloth over the top, and a total sprinkler system upgrade to keep the courts in great shape over the Summer period.

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 Don McCracken

Welcome to the Spring edition of our Clubs' newsletter.

We, with the support of Bendigo Community Bank Wantirna, are able to offer the readers of the Studfield Wantirna Community News an opportunity to win one of two Junior Memberships each valued at \$110.

To enter please forward your full name, address, date of birth and whether you or your family bank with the Bendigo Bank to the following email address: President@templetontennis.com.au

All entries are to be received by the 15th October 2013.

The winter season is well finished and with mixed results. We had over all sections of the Club many teams in finals resulting in 3 flags and 3 runners up. We are proud of all our players and the way they represent our club. Well done to all involved.

Summer season is fast approaching and begins early October. We again have good numbers representing our Club with 8 senior, 14 junior and 5 midweek ladies teams nominated for the coming season. Good luck to them all.

We thank Knox Council for their support towards the purchase and manufacture of double sided scorers for each of the courts. Our thanks also go to Russell Simmonds (club member) for his efforts in making this possible.

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

us a call (the numbers are shown below).

Our junior Club championships were held on the 15th September with the winners being:

Club Champion: Nipuna Madanayake

Runner Up: Travis Burnie

B Grade Champion: Lachlan Reidy

Runner Up: Kiefer Lim

C Grade Champion: Billy Tzanopoulos

Runner Up: Matthew Donald

Congratulations to the winners and all the participants for their sportsmanship and competitiveness.

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

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

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melways Ref. 63 G9

Membership: Russell 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

Footy Day at Nova Pharmacy

An update on Fund raising from the Staff at Nova Pharmacy.

From their "Footy Day" on the 8th August, \$1250 was raised for Jim Stynes, Reach Foundation.

Jim would have been thrilled!!!!!!

Jeff, Store Manager, heads off on October 26th & 27th, for the "Ride to Conquer Cancer"

We hear that he cuts a fine figure in the Lycra!!!!!!

A Big thank you to Customers for supporting the cause for which a total of \$2500 was raised.

The Staff and customers offer ongoing support to mothers of premature babies, as an unexpected early arrival of these special babies can bring many challenges.

Offers of tiny items of clothing whether hand knits or sown garments are always accepted at the Pharmacy and will be distributed.

Studfield Shopping Centre

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Tel: 9801 2111

www.novapharmacy.com.au





Alan TUDGE MP

FEDERAL MEMBER FOR ASTON



Real Action For Knox

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www.alantudge.com.au

alan.tudge.mp@aph.gov.au

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

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or knox@aussie.com.au

Drop into Aussie Rowville

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