

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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EDITION 37

AUGUST/SEPTEMBER 2015

- WANTIRNA WELCOMES BACK HERO GLENN
- SPOTLIGHT ON FAIRHILLS HIGH SCHOOL
- THE BEST LITTLE SHOP ON HIGH STREET ROAD

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Editorial

As you are probably well aware, our community newspaper is produced by a small group of volunteers. Where does our inspiration come from? It comes from the many, many people in our community who understand that to make things happen you need to "give it a go". Glenn Carter is one amazing example. There are many others who put themselves forward to make a difference to the lives of others. Like Noreen who has been volunteering for 39 years. Like the many community group leaders and coordinators who spend their spare time organising group activities so others can benefit. They are our inspiration. Along with our supporters and advertisers who have made a choice to give their support to us, so we can support great things happening in our community.

We hope you all enjoy our August edition.

Janet on behalf of the team

The team at SWCN would like to thank Wantirna College for providing us with an office and home base. We also thank our contributors, advertisers, sponsors, readers and supporters.



WANTIRNA HEROES

Home Coming King By Coral Carew

No! It is not 6.00am in the morning.

No! It is not cold and wet.

But it is a beautiful SUNNY winter's day at 2.30pm
24th June!

At the The Knox Club, car park.

The reason all are gathered is that Glenn Carter is getting very close to home at the completion of his solo epic bicycle ride around Australia in support of the lovely Emma Booth. Emma will now head of to Rio in 2016 to compete in the Para equestrian events at the Paralympics due to the funds that have been pledged to Glenn.



The riders approach

No need for "Rent a Crowd" as so many of his family and friends, plus part of his support crew cannot wait to welcome him home safely.

After an anxious wait of approximately 30 minutes, which seems like hours, the cheer goes out "He is at the lights" at the intersection of Stud and Boronia Roads.

And then "Three Cheers" as Glenn rides in to break the "Finish" Banner.



He is followed by his big Kenworth support truck with the remainder of his crew on board and the Maui motor home that has been his home for the last 68 days.

Many photographers all at the ready to capture this moment, hardly a dry eye to be seen, not of sadness, but great pride.

Hugs all round and love is definitely in the air!



Above: Sharon welcomes Glenn home with a copy of Studfield Wantirna Community News.

Below: Glenn receives a warm welcome from Emma



Debbie and Glenn Carter

FOOTNOTE:

At the completion of his journey Glenn has sponsor pledges totalling \$113,563.00.

Yet to come is an auction of his bike that has been his friend for the last 68 days.

Pledges can still be made at the website:
www.ridewithnolimits.com

Ride With No Limits wish to thank all of their many sponsors.



Above: The "Finish Line"

Below: Beautiful Emma



News from Green Thumbs

Winter has arrived with plenty of cold weather and rain. It is hard to get outside. Don't worry there is still plenty of fun to be had. You can go for a brisk walk, there is nothing more invigorating especially if you have a dog like I do.

You can pinch a lot of good ideas from other peoples gardens!

Now is the ideal time to plant seed potatoes. We have plenty of varieties at the Nursery to choose from. You can plant these in containers or straight into the garden, either way they will do very well.

It is not too late to plant pansies, violas and wall flowers. These will all give you plenty of colour through into late spring.

If you haven't already pruned your roses and fruit trees now is the time to do it. Always give them a spray after pruning with Lime Sulphur spray to prevent any insect eggs from hatching and also to stop black spot fungus before spring time.

You will be very surprised how invigorated you feel just mowing and raking. Don't forget also that weeds can take a strangle hold over winter and so, if you can keep them under control by either spraying them or pulling them out, it won't be such a big chore when spring arrives.

It is a great time also to come and visit your nursery and choose from our great range of camellias and azaleas. There is a good range of colours, whites, pinks, reds and many more. You should be treating your azaleas for red spider mite now, otherwise they will look terrible. They will look as if they have rust all over them. The best and easiest way to treat them is to use Confidor tablets and all you do is push one tablet into the soil at the base of each plant and you will get a great result. If you prefer to spray you can use Confidor spray.

If you have a small garden you will find a good range of plants that can be grown in containers such as dwarf citrus and fruit trees, peaches, nectarines, apples, and pears. It is amazing what you can create in a small space.

Don't forget if you have a lawn it is time to feed it with Lawn Weed and Feed to keep the weeds away. Lawns are dormant over winter but the weeds are

not and so spraying will stop the weeds from taking a strong hold.

If you have a shaded area there are a great range of hellebores available which are ideal to plant with daphne and the perfume of the daphne will make you the envy of the neighbourhood.

So boil the billy and have hot tea or coffee and get cracking out in your garden.

Until next time, all the best from Peter Pitman Green Thumbs.



Peach Tree (photo from Flickr.com)

Winter Gardening Tips by Peter Reynolds, BSc. Permaculture Design Cert. SCP1

Despite the cold weather, rain and grey skies, there is still plenty to do in the garden over the winter months to prepare our gardens for the coming spring when the garden bursts back to life.

Here are a few ideas to consider for your winter gardening:

1. Winter can be a great time to prepare or dig over the veggie garden ready for planting in spring. Weeds are easy to remove from the moist soil and organic matter and manures can be worked into the soil to boost the soil fertility. If you are keen,

you can plant out some tasty winter crops such as leeks, peas, spinach, cabbages, and cauliflower. Remember to protect young seedlings if you live in a frost prone area.

2. Prune back deciduous fruit trees. Deciduous fruit trees are less active during winter and it is a good time to get the secateurs out and do some pruning. Pruning fruit trees is important to promote longevity and increase fruit yields. Remove any dead or diseased branches and branches rubbing together or growing inwards towards the centre of the tree. Aim for an open "vase" shape which will let air circulate and light into the centre of the tree. This will promote healthy fruit production and ripening. Pruning also limits the tree size and facilitates ease of picking fruit and application of bird netting (if required). When pruning, use sharp secateurs or loppers and ensure the blades are clean to reduce the likelihood of introducing disease to the tree.

3. Liven up any dull spots in the garden with some colourful flowering winter plants. Just because the skies are grey doesn't mean you can't add some colour. Polyanthus, petunias, pansies etc can all add vibrant colour to the garden and help lift our spirits. They can be planted out in garden beds or in pots.

4. Consider installing a water tank. With the winter rains there is no shortage of water at the moment, however, setting up a tank in winter will enable you to capture plenty of water for use later on when the drier conditions occur. Water can be collected off the house, garage or a shed roof. It is surprising how much water can be harvested, which would otherwise be going to waste.

5. Plans for the future. Sitting out in the garden with a cuppa on a brisk, sunny winter's day can be the ideal time to reflect on what you like about your garden, but also get some ideas for how you may like to make some creative changes or plan a landscaping project. A walk around the neighbourhood may give you some ideas to get you inspired.

It can be really satisfying to get out into the garden on a cool, but sunny winters day and spend some time. The exercise will do you good, keep you warm and your efforts will be well rewarded come springtime.



The Rhododendron Garden in Olinda in Autumn.



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

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

Speakers

June - is traditionally our member's night and this year we were entertained by two of our Club Members who both gave 20 minute talks on their choice of subject. Warwick chose the topic of "Chasing Rocks in Space" followed by Jack who gave us "An introduction to photo shop magic". We love having our members give these short talks. They are always different and informative.



In July our speaker was Megan Short who is the Chairperson of the Blackburn Creeklands Advisory Committee. This area is rehabilitated bushland along Gardiners Creek between Middleborough Rd and Blackburn Rd in Blackburn. The area was saved from housing in the 80's and has been managed ever since to provide a natural environment for the enjoyment of the public.

Field Care Days - This is our chance to give back to the Community. The first was the Yarrabing Wetlands Community planting. This is an ongoing planting mainly along the Dandenong Creek in Wantirna.

The second is held on Tree Planting Day. This is in

conjunction with the Osborne Peninsula Landcare Group in Warrandyte. This is an enthusiastic group who look after the edge of the Yarra river with weed management and plantings.

Excursions

In June we got up early and ventured out to Badger Weir near Healesville. The gates opened for us at 7am and we started the BBQ up for a 'Breakfast with the Birds'. Although it was still dark and freezing cold we could hear the birds starting to call. We were soon joined by a family of kookaburras, crimson rosellas and currawongs. As it got lighter we could hear the Lyrebirds calling off in the nearby valleys. By 8am more of the group had arrived and we headed up the track to the weir. Nearly immediately we heard a Lyrebird going through its repertoire of calls right in the bush beside the track. A few lucky ones present could see this male bird with its tail feathers being displayed.

Walking on up to the weir and then crossing over the creek we proceeded to do the loop walk, seeing plenty of birds and different ferns and fungi

In July, as a follow up to the meeting, we joined Megan Short for a wander along the pathways of the Blackburn Creeklands where she gave an insight into the work taken to protect and rebuild the area. Not only is the creek managed for erosion control, but there are bridges and shared paths throughout the park. Members were excited to see many native bird species in the area, with multiple sightings of Tawny Frogmouths being a highlight. There were also numerous fungi species found on the many logs and stumps that are left in the Creeklands to provide natural habitat for wildlife. The preservation of the bushland highlights how members of the public can have a direct impact on the environment in preserving nature for all to enjoy.

Member's images.

Each meeting we all look forward to our members digital images. This for many is the part of the meeting they really look forward to. Members are invited to show six images of some aspect of Australian Nature that they have enjoyed during the past month. This takes us from the backyard to all over Australia. Last month Jack's images from Phillip Island were very interesting. He showed sea urchins, sea anemones, a southern sea mouse, (a sea creature), a sea centipede and a marine pill bug. Many of these we would never usually see. Makes us keep our eyes open next trip to the beach.



Over the next couple of months our Presentations will be:

August - Wendy Clark "A Passion for Nature"

September - President's Address: Jack Airey "It's a small, small world"

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

Meetings are held on the second Wednesday of each month at 7-30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melways 49 H10). All visitors are welcome. For more details phone Alison or Peter on 9801-6946.

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

Photos this edition by Alison Rogers and Jack Airey

We would love to tell you how
AMAZING
 our School is but this ad
 just isn't big enough!



School Tours – Bookings Essential

Wed 19 August, 9am (Year 7 Open Morning)

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



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Wantirna College Production in Full Swing

Talented performing arts students from Wantirna College are busy preparing for their upcoming show opening on August 12th.

College productions provide students with the opportunity to develop skills in acting, singing and dancing as well as behind the scenes operations including lighting, sound, backstage management and event management.

Students involved in the production become part of a cohesive group, supporting each other and making new friends.

Tickets and further information about this year's Wantirna College Production is available at www.wantirnacollege.vic.edu.au.



City of Knox District Cub Scouts by Nicole Klep, District Leader Cub Scouts

On the 3rd of June, 106 Cub Scouts attended the 'Winter Campfire.' Eleven out of our fourteen Cub Packs in the City of Knox were represented and there were over 160 people in attendance.

Each year in June the campfire is run alternately outdoors at Heany Park Scout Camp or indoors, as it was this year, at a different Scout hall. 2nd Wantirna Scout Hall was the chosen venue this time and they had a roaring fire going which created a great atmosphere.

The Cub Packs performed amazing skits which had names like: 'the railway restaurant,' 'bubble gum,' 'the scariest thing you have ever seen,' 'Is it time yet?' and many more. They practise the skits on their pack nights ready to perform them in front of our huge audience.

We also sing a variety of songs throughout the campfire. These familiar tunes include 'A sailor went to sea, sea, sea,' 'I had a little chicken,' 'The cow kicked Nelly,' 'Singing in the rain,' 'My Bonnie' and many many more.



1st FTG Cub Pack – 'Singing in the rain' song

Many leaders and Cubs used or wore their campfire blankets, which have lots of cloth badges sewn on them. Many are very keen badge collectors and love getting a new one at any opportunity.

The night was jam packed with skits, songs, Scout applause and lots of laughter. The one and a half hours went very quickly and we all look forward to the next one.

If you are interested in trying Scouting go to: <http://www.vicscouts.com.au/join-us.html>

1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 2nd Knoxfield are the local Scout Groups. You get to try three nights for free! So come along and join in the fun. Scouting is for youth from age 6 to 26 years and after 26 lots of fun is to be had by becoming a leader!



Raksha and Rann –
District Cub Leaders running a song

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STATE MEMBER FOR FERNTREE GULLY

**Nick
Wakeling** MP



WHAT'S COOL AT SCHOOL?

Spotlight On Fairhills High

Fairhills High School is committed to excellence in all things. We have a strong code of conduct, firm structures and clear procedures and expectations. We foster and develop exemplary values of self-discipline, initiative, trust, tolerance and respect for self and others.

As a twenty first century High School we are forward thinking, creative, community focussed and dedicated to providing our students with a modern, enriching education to ensure that they remain life-long learners and valued citizens and leaders of tomorrow.

INTRODUCING OUR THREE ACADEMIES:

STEM ACADEMY

Fairhills is a designated Specialist STEM Academy (Science, Technology, Engineering & Maths) within the Knox Network of Schools. Our goal over several years is to develop an integrated approach to the teaching and learning of Science within a technological context. We believe that this is the way of the future, bringing into the curriculum real life relevance, hands on activity and career focused curriculum options including nanotechnology, medicine, materials, systems, environmental sustainability, electronics, climatology and ICT.

Fairhills is a member school of KIOSC (Knox Innovation, Opportunity, and Sustainability Centre) and shares with the other Knox Secondary Schools, an \$11M state-of-the-art Technology Training Complex as a second campus in the grounds of Swinburne University in Wantirna. Students from Years 7-12 visit the campus to undertake specialist programs using facilities and equipment not normally available in schools.



PERFORMING ARTS ACADEMY

Fairhills has a designated Specialist Performing Arts Academy within the Knox Network of schools. For over a decade, Fairhills consistently performed at the highest level in the Rock Eisteddfod winning a first place in the highest division five times. We have now transferred this expertise and commitment into our annual Musical Production.

Students are introduced to Theatre Studies, Drama, Dance and Music in Year 7 and can continue through to Year 12.

Fairhills also has an extensive instrumental music program which includes various musical ensembles, several of which perform publicly. Each year Fairhills presents a range of performances, including semester concerts, primary school visits, a Performing Arts Festival, a Solo Performance Drama evening and Dance Fair (interschool Dance competition) to encourage student participation and develop their performing talents. **This year Fairhills High School is proud to present FOOTLOOSE the Musical showing at 7.30pm, August 27th, 28th, and 29th in the Fairhills High School's Performing Arts Centre. Tickets available from trybooking.com/133349**



BASKETBALL ACADEMY

Our Basketball Academy is located in our state-of-the-art double court stadium developed in conjunction with the Knox Basketball Association. This school/community cooperative offers students a unique opportunity to combine academic studies with specialised sports training & skills development under the direction of Head Coach, Mr Andrew Potter. Andrew has more than 30 years basketball experience including coaching at NBL, WNBL & SEABL level, assistant coach for the National Championship winning Victorian Under 20 Women's team 2014 and Head coach of the 18 & Under Women's Victorian Schools team 2015 & 2016, working with Basketball Victoria in developing current & future Australian players.



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STATE MEMBER FOR FERNTREE GULLY





Events At Your Library

Winter is certainly upon us and if you're looking to escape the cold, look no further than your local library. We have turned up the heaters and prepared a selection of fantastic reads just for you! Plus our What's On: Winter events guide



Emerging artists showed their true colours at Rowville's paint blowing activity.

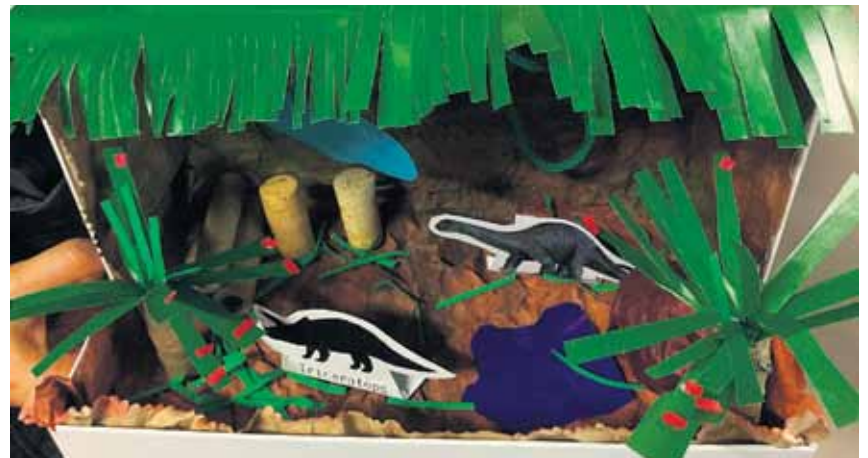
book is now available, it's packed with fun to keep you entertained and out of the rain. Grab a copy from your local branch or view it online at www.YourLibrary.com.au. Lots of great resources are only a click away!

Events at Your Library:

School Holiday Fun

More than 70 school holiday events took place at Eastern Regional Libraries last month! Children of all ages enjoyed poetry workshops, circus storytimes, dinosaur crafts, paper puppets, pottery and more, all in the comfort and warmth of their local branch. Check out the photos below and find many others on Facebook at www.facebook.com/EasternRegional.

Right: The kids at Knox Library created some amazing Dinosaur Dioramas!



Above: Minecraft fans of all ages flocked to Mooroolbark Library for a morning of Minecraft activities, craft, quizzes and games!

LIBRARY NEWS



BASED ON THE STORY "THE WONDERFUL WIZARD OF OZ" BY L. FRANK BAUM
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL ON BEHALF OF SAMUEL FRENCH, INC.
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Family History One-to-one Sessions

Genealogy and military history groups are flocking to branches to utilise free access to Ancestry.com.au and FindMyPast.com.au. Both of these paid services are accessible at no charge from all Eastern Regional Libraries branches, and allow enthusiasts to explore history in a new and exciting way. Additionally, Croydon, Knox, Lilydale and Rowville libraries provide free help sessions to assist beginners in their exploration and discovery. Make your booking in-branch or by calling 1300 737 277.

Introduction to Centrelink and MyGov Online

Boronia Library has teamed up with Centrelink to provide this hands-on workshop designed to introduce the latest in online government services. Many common processes are becoming digital only and this session aims to ensure the community is comfortable with the transition. The event will detail how to perform many of the most common Centrelink activities using the Internet, as well as how to sign up for the Government's new MyGov service.

Book your place for this free event using the calendar at www.YourLibrary.com.au or by calling 9800 6488.

10 Weeks of Technology at Rowville Library

In addition to the many great technology events happening across our 14 branches, Rowville Library is hosting 10 consecutive workshops covering some of the most interesting digital topics. Events take place 2pm Thursdays throughout July, August and into September, all of which are completely free. Join the team for an introduction to Skype, PayPal, Catch up TV, iCloud, Photo Editing and more. Find out more and book your place by calling 9800 6443.

Looking for more entertaining and informative events? Subscribe to our email newsletter at www.YourLibrary.com.au or pick up a copy of the What's On: Winter events guide.



KNOX

RESIDENTIAL

DYNAMIC DUO 2.0

**Would like to announce that Knox Residential
have now opened their 2nd office!**

**We are now situated in 2 prime locations:
1051 Burwood Highway, Ferntree Gully &
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235 Stud Road, Wantirna South

9908 3344

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

Bayswater Library

Bayswater Library is the newest of ERL's libraries, opening in May 2013. Situated at Shop 26 on the Ground Floor of the Mountain High Shopping Centre access is not a problem. The Centre is adjacent to a large car park, across the road from the Bayswater Railway Station and is well serviced by buses. The library is both pram and wheelchair friendly with checkout kiosks and catalogues at a user friendly height

The library is stocked with a wide range of books, magazines, DVDs and CDs for all ages and tastes. Customers can book in to use one of the ten PCs available for public use, or bring in their own devices and take advantage of the free Wi-Fi. Photocopying and Fax services are available.

Storytime

Bayswater Library offers a range of storytime sessions for pre-schoolers. Tuesday 10.30am is a special time for the very youngest library patrons and their mothers to enjoy Tinytots. This program

features simple stories, fun rhymes and fingerplays for 0-12 months. Toddlers are catered for at Toddlertime which is held on a Friday at 10.30am. Children enjoy stories, songs and start to socialise in a group. Wednesday is Preschool Storytime. The session begins at 11.30am and lasts for approximately 45 minutes of stories, songs and a simple activity. All these sessions are offered during term time whilst in school holidays there are some special activities on offer.

Bookchat

For adults there are some regular events to enjoy. On the first Thursday of the month there is a games afternoon commencing at 1.00pm. Bookchat is a popular session for those who want hear about the latest in books and DVDs. Share your favourite reads with others and find some new titles to explore. Both these groups are a great way to make friends and get to know the library staff. This is a free event with afternoon tea supplied.

Technology Training

The library has regular one on one technology help sessions, bring in your device and learn how to make the most of the library's offerings of e-books,

magazines and databases. Sessions are run every Tuesday from 1.00 – 3.00pm, bookings are advised. For those who would like to become connected to the internet and email there are two hour classes available every Tuesday morning from 10.00am – 12.00pm for the cost of \$15.00.

Family History

Help in using the library's resources to trace your family history is regularly available, please enquire for session times or check the Events Calendar online. The library offers free access to Ancestry, FindMyPast and British Newspapers Online. Free one-on one session with one of our Family History Librarians will be offered on the afternoon of Tuesday 18th August. Bookings essential on 1300 737 277

Bayswater Library is open Mon 1-5:30pm, Tue-Wed 10am-5:30pm, Thu 1-7pm, Fri 10am-5:30pm. Sat 10am-1pm. For enquiries concerning services and sessions please contact 9800 6418 or 1300 737 277



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including woodwork,
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independence and wellbeing.**

BAYSWATER NEWS



C.H.A.M.P.I.O.N

Community Hub and Meeting Place in Our Neighbourhood

Welcome to CHAMPION, a safe space to gather your thoughts, collect some food for your pantry or use the computer to look for work or information. Have a chat to our Community Care Worker, be referred to other local services and meet with others over a hot or cold drink all in the comfort of our community facilities in Bayswater.

SERVICES AVAILABLE

- Emergency Food Relief Pantry
(sorry, no food vouchers available)
- A computer and internet access to look for work or to access information
- Budgeting assistance
- Information brochures and resources
- Referral to local services
- Advocacy
- Someone to chat to
- Tea & Coffee

FIND US

TSA Community Hall
51 Elizabeth St, Bayswater
(brown building on the right of the driveway)



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For more information, please phone Martina Eaton, Community Care Worker on 0433 335 815

A community initiative of



Bayswater Senior Citizen's Centre Inc

Are you a senior living in Knox?

Are you looking for the company of like-minded folk who enjoy life?

If this sounds like you why not visit the Bayswater Senior Centre in Mountain Highway Bayswater Melway ref. 64 G3 where you will be able to join in activities such as Carpet Bowls, Bingo, Cards, day bus trips as well as theatre outings.

Annual membership is \$10 per person.

The Centre is also available for hire. The hall is suitable for weddings, dances, birthdays or any other occasion. There is a stage, kitchen facilities, enough tables and chairs to cater for 250 people as well as ample parking

For further details call 9720 7232

New Plans for Bayswater Park

Knox City Council has adopted the masterplan for improvements to Marie Wallace Park in Bayswater. The Council has undertaken an extensive consultation process with the Bayswater community prior to adopting the plan. The park will receive major improvements including a water play area and dog off-lead area, as well as a children's road safety training area—the first of its kind in Knox.

In addition a new picnic shelter structure, seating, drinking fountain and barbeque facility are also to be installed.

Other features include:

- a sensory garden trail for smaller children near main picnic area
- possibly an area for informal outdoor classroom with focus on nature education
- nature trails
- a new sculpture
- existing asphalt reconfigured into ball sports and skate area, with adventure play climbing

and ropes course for all ages integrated with existing playground

- existing building retrofitted into cafe opening up onto the play and courts area
- new accessible public toilets and bike racks
- potential options to relocate scouts to existing building
- proposed pathways to circuit around sports field, creating varied loops for walking and training.

The masterplan for the Marie Wallace Park in Bayswater can be found on the Knox Council Website at <http://www.knox.vic.gov.au>. Follow the Your City Link and go to Parks and Reserves.



Nominate your local volunteer hero for an Aston Community Award



Do you know an individual or community group that does something special in our local community that may go unnoticed? You may wish to consider nominating that person or group for a 2015 Aston Community Award.

The Aston Community Awards celebrate local volunteers and community groups who give their time, skill and energy to helping others and making the Knox community a better place to live.

We have some outstanding volunteers in our community and the Aston Community Awards are a chance to recognise them. It is important that we properly thank these individuals for all of their work.

The Aston Community Awards will recognise local volunteers in four categories:

- Youth Volunteer Achievement Award;
- Individual Volunteer Achievement Award;
- Community Group Achievement Award; and
- Senior Volunteer Achievement Award.

The Aston Community Awards ceremony will be held on Friday, 4 September at 6.30pm at the Knox Italian Club in Rowville. All are welcome, but RSVPs are essential. Nominating is a simple, two minute process and self-nominations are welcome. Nominations are now open and will close 5pm on the 15 August.

Nomination forms can be completed on my website at www.alantudge.com.au or by contacting my office on 9887 3890. You will also have received a nomination form as part of my recent Winter Newsletter in your letterbox.

Alan Tudge MP, Federal Member for Aston



Alan TUDGE MP

FEDERAL MEMBER FOR ASTON

Real Action For Knox



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

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

Wantirna Community Pharmacy

where we care for you, not for profit

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

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

Healthy Community Clinics

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

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

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

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

Member Benefits

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

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



Events at your Community Pharmacy

Thursday 6th August

1.30pm to 2.00pm

Talk on Bone Health by Fiona

From 2.00pm to 7.00pm

Bone Density Testing

Conducted by a Qualified Nurse

Bookings required

Cost \$15.00

Monday 17th August

10am to 12pm

Introduction to Dr Le Winns' Diamond Range

Conducted by Glenda, Beauty Therapist.

Bookings required.

Thursday 20th August 10.00am to 4.00pm

Caltrate Choc Chews tastings with Naturopath Andrea

See how these can help your bone health.

September 10th

2.00pm to 7.00pm

Pain Management Clinic

Hints on how to cope with Chronic pain with tips for lifestyle and medication use

Bookings required

Cost \$15.00

Extended opening hours

weekdays

8am - 9pm

weekends

9am - 5pm

CONTACT DETAILS

Shop 3-4 Wantirna Mall

348 Mountain Hwy

Wantirna Vic 3152

Ph: (03) 9720 2872

communitypharmacy.com.au

WANTIRNA NEWS

The best little shop on High Street Road!

by Sharon Schlotzler

Are you looking for something special? Something old or something new? Something trendy or something classic? Well why not try your luck at the Wantirna Salvation Army Thrift store! Don't let its size fool you. This fabulous little shop is packed full of things to interest any person that walks through its door. With a huge range of fashion for all ages, including well known fashion labels, household goods, records, CDs, books, and antiques, you'll wonder why you didn't try it sooner. And if you can't find what you were looking for, all you need to do is contact one of the lovely staff members and we're sure that they will be able to help you.

This great little shop has been in operation for over 17 years and is managed by Sharon and her staff who consist of a fabulous group of caring volunteers, some of whom have put in many, many years of service, Les 17years and Pam 10years what a fantastic effort! We are always looking for new volunteers, anything from a couple of hours, to doing the 15 hours needed by New Start, all are welcome! It really is a fun, interesting place to work.

So come along and say hello to the wonderful, friendly staff at the Salvation Army Thrift store located at 1330 High Street Road, Wantirna and grab a bargain or find a treasure while you're there!

The Rowville Salvation army group also have an extensive calendar of events, ranging from car boot sales to crafts and hobbies, and even coffee meetings. The church is situated at 16-18 Kingsley Close, Rowville and the Corps Officer is Capt Rosie Massey. Sunday service is at 10am. All are welcome.

All profits from the store go to the Rowville salvation army where it is used to help our community's needs. This store relies on the generosity of the public and every sale and donation is much appreciated. However, amongst the many excellent donations are goods which are unsaleable, otherwise known as junk, which is an additional cost to the rent, as the shop has a responsibility to cover the costs of removal. Just ask yourself when you are donating, would you buy This? If we all work together to keep this cost down by filtering the donations, we can increase the use of our profits for greater purposes.

Once again, thank you to everyone in our community who have made great efforts in donating much needed valuable merchandise, shopped and volunteered at the thrift store to help raise money for this organisation throughout the years. We hope you continue to do so in the future and we welcome newcomers with open arms to join us in helping others. We hope to see YOU soon!

Remember 'life is like a box of chocolates' and so is our shop!



GOODLIFE RETRO CAFÉ & PARTY FOOD SHOP

9729 2199

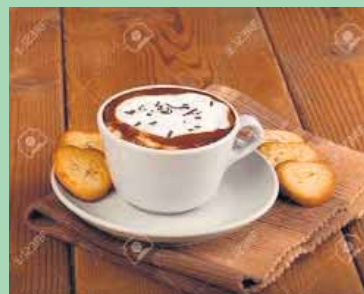


FOR ALL OUR RETIRED CUSTOMERS
 COFFEE ONLY \$3.00 EVERYDAY!
 COFFEE & GOURMET COOKIE FOR ONLY - \$4.50
 AS A THANK YOU FOR YOUR SUPPORT!
 HIGH TEA SUNDAY
 FOR A SPECIAL OCCASION
 BOOKINGS ONLY - \$28 PER HEAD -
 RETIREES - \$22.00



DON'T FORGET WE HAVE HOME MADE SOUPS, CURRIES, GOURMET PIES, FOCCACCIA, SANDWICHES AND THE BEST VANILLA SLICES & COFFEE IN THE WORLD!

SO PLEASE DROP IN. WE WILL LOOK AFTER YOU!
 Take advantage of our specials and give us a try!



Shop 30, Wantirna Mall
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www.goodlifepartyfoodshop.com.au



KING Bean ☎9738 1550
 Licensed Cafe

Trading Hours

Mon-Wed	7am - 3pm
Thurs-Fri	7am - 5pm
Saturday	8am - 3pm
Sunday	8am - 2pm

Evenings for private dinners/functions
'For Great Coffee, Food and Service'
 Shop 7 Wantirna Mall S.C., Wantirna 3152
www.kingbean.com.au

Wantirna Vet Clinic
 KIND HEARTS... GENTLE HANDS

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

Catering Available.
 5% discount for seniors on Tuesdays!

GOAT MEAT AVAILABLE

Louie Provenzano
PH: 9729 8784
 Shop 21 The Mall, Wantirna 3152

Noreen Celebrates 39 Years of Volunteering

Noreen Livingstone celebrates 39 years as a Volunteer at Carrington Park at a function hosted by "Bridges Connecting Communities" with Members of Parliament and local Councillors in attendance.

Excerpt as spoken by Noreen:

Thirty nine years ago on April 13th 1976, I came to Carrington Park at the Invitation of the first coordinator, Rosemary Smith.

As a Red Cross volunteer and President of the Knoxfield group at the time, we were asked to set up a Friday group for the carers of the Knox YMCA Disabled Persons program. So began my involvement in what is now Carrington Park Adult Day Centre.

On my first day at Carrington Park I was photographed for the local paper, and a year later I was accepted onto the support committee of the program. They were a great committee, great friends and terrific fundraisers. We ran two art shows in the centre where the men slept in the building as security and we brought them their dinner.

All families were involved, ours being in charge of cleaning up. Also we held a couple of yearly dances with a raffle of an overseas trip at \$20.00 a ticket which seemed a lot of money back then.

At the time, we were using the table tennis tables to prepare lunches while the craft group worked at the other end. Equipment was stored in a cupboard and we covered the tables with vinyl to protect them. I remember rolling out the vinyl one week only to find it no longer fitted the table as someone had cut a piece off the end!

During my time at Carrington Park I have made some wonderful friends. We have helped people enjoy their day out but they have helped us to be better people. I remember one lady returning after ill health saying "Isn't it lovely? It's just like coming home".



Noreen with her family and Mayor Peter Lockwood



Noreen with Alan Tudge MP and Kim Wells MP

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Be inspired by the difference and great prices!!

There's more to being a Grandparent than Babysitting!!

SCORESBY NEWS

The concept of grandparenting is very conflicted these days. There are some who treasure being involved in the lives of their grand children and actively participate in extended family life with overflowing love and commitment. To this group, it comes naturally, without question to have a strong family connection and it is reciprocated by all members of the family. The exchange or interaction is not about baby sitting when needed or taking on childcare responsibilities so that adult children can return to work. It is deeper more heartfelt than that, it is about being connected emotionally. It is that traditional perspective that there is enormous value grandparents can make to helping raise children to become caring, respectful and engaged members of our community.

Understandably, not everyone feels this way. There are some grandparents who choose not to be so closely connected. A new found freedom and opportunity to do as they want in the post retirement years sees some grandparent's baulking at the prospect of playing a significant role in the lives of grandchildren. It's nice to see the grandkids from time to time, keep up with general family activity and catch up at the occasional family event but that is it. The connection between grandparent and grandchild is courteous and founded on what is "expected" as opposed to what is heartfelt. This is not saying that the grandparent does not love the grandchild or visa versa, to the contrary..it is simply a reflection of different priorities or core beliefs underpinning the relationship.

Then there are some grandparents who desperately yearn to be involved in their grandchildren's lives but for reasons of family breakdown, distance or ill health are unable. I hear too often of grandchildren used as emotional pawns when there is a relationship breakdown between grandparents and their adult

children. The usual scenario is of a spouse who doesn't get along with his/her in-laws and pulls that family away from their extended family. Maybe there is a valid reason, maybe not..that is not my concern in this article. What I am concerned with are the children who miss out on the rich experience of a loving grandparent because of parental "issues".

Children need adults to make sense of the world around them, they need adults to help guide and nurture them and there is enormous emotional and social value in ensuring their "circle of trust" includes older people such as grandparents.

If children have little or no interaction with seniors, then they have no means of learning how to have positive relationships with older people. They fail to learn the concept of respect for elders or empathy for the frailty /impeded ability of an aging body. The intergenerational divide widens further and so too sets a framework for future social breakdown at a community level.

For example; why would a teenager give up a seat on a bus or hold open a door for an aged person, if they had never learnt and practiced intergenerational respect in their family environment?

I would love to see our society value the role of grandparents in family life where it is regarded as life enriching rather than a burden. Being a grandparent does not mean being an on-call baby sitter or taking over primary care duties to facilitate working parents. Grandparents have earned the right to enjoy their post retirement free time. Free time doesn't mean lack of purpose or opportunity to have a quality life.

To me at its most basic core, the role of a grandparent is to "love", wholeheartedly, unconditionally and to help teach our children through being a positive role

model of important values such as kindness, empathy, respect, acceptance and trust.

Children learn not to love. There is no such thing as a bloodline entitlement to a child's heart. The love of a grandchild is not a right, it is earned.

For a healthy mutually loving relationship to be built, grandparents need to take the lead. Firstly grandparents need to want the connection. Then my observation is that grandparents need to find that "something" upon which to build the relationship. It may be going to the park, it may be visiting the library to research a topic of interest to you both (eg: trains), it may be volunteering to do class reading at your grandchild's school. Children remember moments not gifts. They will remember the Pop who came and watched weekly football matches and then bantered about their favourite AFL team, they will cherish the Nan who didn't ever miss a school concert or dance recital. They will give the best ever squeeze hugs to the grandparent who showed real interest in them and was not distracted by technology or all consuming household responsibility.

Even if you are estranged from your grandchildren or distance is problematic, make the effort. Technology can help make connections that weren't possible before. Things like email, Skype and Facebook are great tools. The emotional value of a personal letter / card should not be understated either.

We have an ageing population and as a society we need to foster stronger cohesiveness and empathy between the generations. The role of a Grandparent as a wise elder in our community is paramount to this social change.

By Cr Nicole Seymour, Tirhatuan Ward

News from Rowville Salvos

There is great excitement at The Salvation Army Rowville Corps. A new style of worship has commenced on Sunday mornings at 10am with a more relaxed, interactive worship and fellowship time. We are exploring faith together and this time together is for all people of all ages and it doesn't matter how little or much you know about God as we are learning together. Our usual activities continue and everyone is welcome to come and be involved. We love doing "life" together and it is great to be able to get together for coffee (or Tea) at the Coffee Club at Stud Park Shopping Centre every Friday morning from 10am. Everyone is welcome to come and chat and it is a great way to meet new friends.

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

Have you been to one of our Car Boot Sales yet? These are usually held on the last Saturday of every month. Stalls are available for \$10 outside and within our basketball court with tables available for \$15. Starting time is 8am and we finish at 1pm. The morning is a busy one and that creates a hunger for a BBQ, and who can resist the smell of fresh coffee also available to enjoy. To book a space please contact Kriss on 0415511588. You could also contact us via email corpsofficer.rowville@aus.salvationarmy.org If you can't make the car boot sale pop on down to our Thrift shop in Wantirna South. The friendly manager and wonderful volunteers would love to see you. We value the support that you the community give to us and thank you for the donations you give to help those struggling in our community. The shop is open between 10am - 4pm Monday - Friday and 10am - 1pm on Saturdays.

Have you visited the Salvo Store on Fulham Rd, (Near Centrelink), this fabulous store is open on Monday - Friday from 9am-5.30pm, Saturday from 9am-5pm and will receive donations on Sundays from 12-5pm. Steve the manager and his volunteers would love to see you pop in for a great bargain as you support The Salvation Army.

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

Rosie Massey (Captain)

Pool School is Back in 2015

Whether you are a new pool/spa owner or had a pool/spa for a number of years, the changes in technologies and developments and improvements to chemicals and pool equipment has been incredible in the past few years. September is the time of year that we need to look at getting our pools and spas ready for the coming summer.

It is important for us as your local pool consultants, to keep you up to date with these developments and assist you in maintaining a sparkling pool or spa. Pool School offers you the opportunity to learn how to save time and money maintaining your pool or spa.

A representative from Omni pool chemicals will discuss water balance and the best way to effectively maintain your pool. Our service technician will explain the operation of your pool equipment and answer any questions you may have. Bring along a water sample on the night for a chemical assessment of your pool.

The evening will be run at the store at 5 Darryl St Scoresby

Bookings are essential as space is limited to a maximum of 20 on each night. Expressions of interest are currently being taken for September 2015.

**Dates at this time are Tuesday 15th September
or Wednesday 16th September Time 7.00pm.**

(Light refreshments provided and 10% discount on all purchases on the night as well as a door prize on the night.)

We will contact you prior to the evening via email or text.

Lodge your expression of interest either at the store, by phone or via our email address: info@onestoppoolshop.net.au

One Stop Pool Shop 5 Darryl St Scoresby

9753 3929

Mindful Breathing and Being Present (In a "Go-Go" World)

Mindfulness is the energy of paying kind attention to the present moment; it is like the concrete foundation to teaching ourselves to calm down and relax.

To practice mindfulness meditation you need to give yourself permission to 'just be present' right here, right now. Many people have not been taught to embrace the here and now – we're always looking backwards or forwards. What we need to realise is that 'The past is gone, the future is not here yet.'

When you lack mindfulness you allow yourself to be carried away by 'always doing.' This 'always doing' becomes a habit that spills over into your leisure time and constantly projects you into the future (i.e. focusing on what needs to be done.)

There's only one moment for you to live in – and that is the present moment.

With a little training and guidance from a Meditation teacher in Mindfulness Meditation you'll discover that 'being present' is a simplistic process - but it's not an easy one. It's not easy because we live in a time where there's pressure to always be doing, thinking ahead and being on the go. This is learned behaviour and you have the opportunity to retrain yourself to shift that habit and embrace a new way of helping yourself to de-stress and find calm in your every day life.

Practising mindfulness and presence will also help you to be '100% in' every moment. Rather than always multi-tasking, you'll learn to uni-task - this practice will improve your working life, relationships, studies etc. because you're mindful of what you are doing, in any moment.

Trying Mindful Breathing is a great place to start practising mindfulness regularly. This process is easy and profoundly effective as it brings you back to part of your Nervous System often referred to as the 'Rest and Digest' (the opposite of Fight and Flight) – it helps you to calm mind and body, and regain control.

Mindful breathing can:

- Allow your body time and space to rest/ rejuvenate
- Help release tension
- Help increase energy levels
- Support your immune system

Help you process stress, frustration, anger, sadness

If you would like to learn Mindful Breathing techniques and how to bring Mindfulness into your day-to-day we welcome you to join in on our Meditation for Life Program.

Upcoming 2015 Program dates:

7.30pm to 8.30pm every Thursday evening
(8 week blocks)



Term 3: 6th August to 24th September
Term 4: 22nd October to 10th December

Andrew Foster, from Foster Wellbeing, is teaching the Meditation for Life program at Wantirna Wellness Centre – located at Studfield Shopping Centre in the Professional Suites (upstairs from the pedestrian crossing) Suite 9/ 249 Stud Rd, Wantirna.

Contact Lisa on 0403 559 536 or email wantirnawellness@gmail.com to enquire about booking into our Meditation for Life classes.

Please note that once the term has started no refunds are applicable. If you are unable to attend for some reason, your payment may be credited to use in another term. Please see advertisement in the business directory on the second last page of this edition or head to the website www.wantirnawellnesscentre.com for more information and Early Bird Special dates.

Room for Rent

'Studfield Shopping Centre'
Professional Suite 9/249 Stud Road, Wantirna 3152

- Busy Shopping Strip in the eastern suburbs of Melbourne
- Modern, fresh & spacious room with vinyl plank flooring
 - Room Dimensions: 4.15 x 2.75 metres
 - Access to kitchenette & bathroom facilities
- Ideal for a Health or Natural Therapy Professional (not a requirement)

For further enquiry please call
Marita on 0425 735 581

Laughter is the Best Medicine

Have you laughed much recently or done something that warms the cockles of your heart?

I have been leading the Ferntree Gully Laughter Club for 10 years now and find it very rewarding. The longer it is going the more that members become creative themselves as laughter clubs are a group activity. They belong to the community, rather than to the leaders. We practice Laughter Yoga. Laughter yoga is a technique developed by an Indian doctor, Dr Kataria quite by an accident, merely having decided to get together in the park one day with four others and tell jokes.

How often are we led in our lives to do something? Follow the heart they say. And also there are many clichés about the benefits of laughter, it being the best medicine, is good for your health etc. Besides offering so many health and social benefits, it is also a very easy activity to take part in. One merely has to have a willingness to do something different, which equates to 'getting out

of your comfort zone'. There are no complicated techniques, there is no need to wear special clothing and there is no need to learn complicated postures. Anyone can join in these sessions and the benefits can be experienced in as little as half an hour.

I have found it to be energising, uplifting and truly remarkable. How long is it since you had lots of



fun, did something that you really gained a lot of joy and fulfillment from doing, or whatever tickles your fancy?

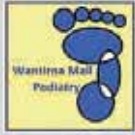
Laughter Yoga is called that because of the deep breathing that is involved and we do that in between the fun and silly laughter exercises that we romp around and do, having lots of fun. We pretend to do all sorts of things, such as listening on a mobile phone, unbuttoning a cardigan, the archer and it goes on without a limit. At least laughter exercises are only limited by one's own imagination. They are healing to do and as we have a lot of eye contact with each other, it is quite a social activity to be involved in. Our laughter club members are friendly and we are usually only a small group less than 10 people.

Please phone or email me and I hope to see you sometime this year. Yay!

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

Email: lynette@laughterforliving.com.au
Website: www.laughterforliving.com.au

NEWS IN GOOD HEALTH & WELLBEING



Introducing Melina from Wantirna Mall Podiatry

Melina Linardatos has been a qualified Podiatrist for over 10 years having completed her training at La Trobe University, Melbourne in 2004 and is a member of the Australian Podiatry Association of Victoria. Melina is also currently completing a Masters of Health and Business Administration at La Trobe University.

Melina has worked in the public and private sectors in both Australia and the UK and has a diverse experience with all aspects of podiatry care including biomechanics, orthotic, footwear and lower limb exercise prescription, chronic disease management including diabetes, arthropathies and vascular insufficiency with or at risk of ulceration.



Much of Melina's experience has been with patients from a range of ethnic groups and disadvantaged backgrounds with various complex needs. Melina has found her podiatry career extremely rewarding due to her dedication to health efficacy and the enjoyment of seeing the positive impact a clinician can make to a patient's life.

Melina enjoys playing soccer, practicing meditation and yoga and goes to the gym. Melina is also an avid nature and animal lover with an interest in archaeology, having travelled to parts of Africa, Europe, Asia and Central America.

Diabetes and Feet

People with Diabetes after a period of time may experience damage to the nerve endings, blood circulation and joints in their feet.

Nerve damage related to Diabetes is called "Diabetic Peripheral Neuropathy" which is a lack of or painful sensations in the feet such as pins and needles, numbness and sharp pains. Due to the lack of sensation, people with nerve damage are at risk of not detecting an injury to their feet which can lead to an infected wound to the bone.

With nerve damage some people may also develop a neurogenic arthropathy that affects the joints in the foot called Charcot Foot. In Charcot foot, pain perception and the ability to sense the position of the joints in the foot is severely impaired and muscles lose their ability to support the joints properly. This

inability can result in traumas such as sprains and stress fractures that can go undetected leading to joint damage and deformity of the foot.

Damage to the blood vessels of the foot can occur with poorly controlled Diabetes leading to "Peripheral Vascular Disease." People with decreased circulation to the feet may take longer for injuries to the feet to heal due to the decreased supply of nutrients and immune factors.

Podiatrists can detect any changes to the feet early before they become a problem with a Diabetes Foot Assessment, will also look for general foot conditions that may lead to future problems and show you how to monitor your own feet in between consultations.

It is recommended that people with Diabetes have a Diabetes Foot Assessment on an Annual Basis and people with Diabetes related foot complications access a Podiatrist for routine care of their skin and nails at least every 8 weeks.

Wantirna Mall Podiatry
4/322 Mountain Hwy Wantirna VIC 3152
Ph: 9720 1235
www.wantiramallpodiatry.com.au



News from The Osteo with Dr. Jason Stone

There are far too many older Australians who believe that an aging body is untreatable and that they just have to accept a compromised lifestyle. This might sound harsh but when I hear someone use old age as an excuse for pain and stiffness I call it a 'cop out'! Muscle and joint stiffness is no doubt a sign of aging but it's also an accumulation of bad habits, which can be altered.

Commonly these habits include:

- Ignoring pain until it is a burden
- Pushing ourselves outside our bodies physical capabilities
- Looking after our kids, pets and spouse whilst neglecting ourselves.
- Perceiving looking after yourself as a luxury rather than necessity.
- Perceiving pain as a sign of weakness and too proud to seek help.
- Not enough time in the day to stretch or exercise.

It can be disheartening to reach a stage of life when you are likely to have more time for recreation yet pain and stiffness prevent you.

The effects of ageing on the body can cause symptoms such as:

- poor balance
- general stiffness
- back, neck, shoulder and arm pain
- hip and knee pain and stiffness
- arthritis and joint swelling

Osteopathic treatment and changing some of our long term habits can go a long way towards relieving these distressing conditions and preventing them from getting worse.

Don't accept age as an excuse; consider what changes you could make to improve your physical condition as it's never too late to make a difference

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



Photo from scrapetv.com via bing images

KNOX HISTORICAL SOCIETY

Knox Historical Society Turns 50 by Karin Orpen

On Friday 14 May 1965, a meeting was held in the Bayswater Public Hall where it was decided that a Shire of Knox Historical Society should be formed.

The beginnings were humble as the Society initially operated from members' homes and a barn house on Ferntree Gully Road.


Fifty years later, what started as a small group of residents concerned about preserving Knox's history has grown into one of our most important and influential local societies.

Today the group operates from Ambleside Park in Ferntree Gully, and is home to Knox's most extensive archive of historical artefacts, photographs and documents.

It also operates Knox's only accredited museum with displays and exhibits that are open to the public. They also host regular school group talks and presentations, and have compiled a vast library of publications that tell the story of our city.

Today Graham Hansen and a dedicated Committee oversee the society, and do some tremendous work in keeping the story of Knox alive. Clearly our history is in safe hands.

To celebrate their 50th Anniversary the Society is hosting a celebratory lunch at The Knox Club on Sunday 13th September. Guest speakers will include Karin Orpen and Bill McAuley. Members of the public are invited to book their tickets for this event by contacting the Society on 9758 6722.



Over 100 years of local history
Knox Historical Society Museum
 Open Sundays 1-4pm
 3 Olivebank Rd FTG Melways ref. 65 D12
 Email : khs@relics.com Ph : 9758 6722



1968 Bushfire



Ambleside opening



Ferntree Gully Hotel - Post War



Ambleside



Silfern Store

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Our Growing Collection

by Ken Simpson-Bull

The Jazz Museum is open to the public, free of charge, on Tuesdays and Fridays between 10am and 3pm. During these hours visitors are welcome to enjoy our latest exhibition (currently the Barnard legacy), listen to jazz, and make use our extensive reference library. A guide is usually on hand to give you a tour of the premises and let you see some of our activities in progress. In addition you can visit our shop, which is full of great Australian jazz recordings and various gifts, including the museum's own rare jazz CDs.

But by joining up to become a member, not only are you supporting the preservation for posterity of our jazz heritage, but you personally receive a whole range of benefits. For example you can call in for a chat and a cup of coffee (at no charge) at any time we are open and borrow books and videos from our lending library.

Upon joining you receive a free rare jazz CD from our Vjazz range plus a subscription to our informative



quarterly magazine. Furthermore you are eligible for 10% discount on all of our retail shop purchases as well as discounts at selected jazz performance events. Members can also have assisted access to the museum's collection and receive support from our knowledgeable staff with any jazz research. If you have musical ability you also become eligible to join the Jazz Improvisation workshops. Members are entitled to apply for volunteer positions which offer a whole host of interesting and satisfying work at the museum. You will never be bored again!

There are various grades of membership with a variety of additional special benefits not listed above. For details visit the Museum's website given below.

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



The Museum's Reference Library

The New Horizons Concert Band

Have you ever wanted to resume playing a musical instrument that you learned at school? Or would you like to learn an instrument for the first time?

The New Horizons Concert Band could be the answer for you!

The band has about 30 amateur musicians who play woodwind, brass, percussion and double bass instruments. Their repertoire includes a wide range of classical and popular music. It is one of the bands under the umbrella of the Dandenong Ranges Music Council Inc. Their inspiring conductor is Brian Hogg, who is ably assisted by Kate McAlister.

Band members include people who have re-engaged with music after a long time, people who learnt music later in life, and people who have dabbled in music from time to time. They are all enthusiasts and just want to have fun playing music together. They rehearse weekly in Tecoma and also do performances about 6-8 times per year.

For people who have never played an instrument, or

have not played for a long time, they are launching a beginner group with weekly tuition. Extra lessons are also available.

If you are interested in finding out about the band, or would like to learn an instrument, please drop in to the band's open rehearsal on Thursday 22nd October, from 1-3pm, Tecoma Uniting Church Hall, 1566 Burwood Highway, Tecoma.

Phone John on 0417 513 908 or Marion on 0413 800 971 for more information, or to arrange an alternative time to visit.



An exciting showcase of creativity is set to Immerse Knox in art this year.

Immerse, a newly curated program created by Council, will be exhibited over 30 days from mid-November and will involve 30 venues across Knox ranging from cafes to community centres and major venues such as Westfield Knox and Roller City in Bayswater.

One of the venues involved will be the 1812 Theatre in Upper Ferntree Gully which will host a two panel projection on the outside theatre walls

Immerse aims to promote local artists and business, encourage art sector development, encourage partnerships between Council, artists and community centres, develop community networks and raise the profile of visual art in Knox.

The venues involved range from cafes to community centres to outdoor platforms such as the Cinema Lane Lightboxes or the Billboard at Gilbert Park Skate Park.

A catalogue will accompany the exhibition program and will promote the artist, exhibition and venue.

<http://www.knox.vic.gov.au/immerse>

The Rise of Magic Moments Youth Leadership Summit.

In our undying commitment to the betterment of our community, the Wantirna **Community Bank**® recently offered sponsorship for positions to the Magic Moments Youth Leadership Summit to be held in Sydney 4-8 July 2015. When the summit was conceptualised, it focused on involving public school students that may not necessarily be exposed to self-improvement or life skills courses due to cost, location or many other reasons, and bringing some value to them.

What the summit has evolved into is something that none of us had ever dreamed of – all thanks to the spirit of the Magic Moments Board & Organisers. The innovation and inspiration they have displayed deserves a hat tip – if nothing else.

In their bid to evaluate our community, and identifying the missing skills and opportunities that may be lacking to many of our youth today, they have devised a dynamic 5 day program designed to inspire, motivate and empower young people to grow and flourish today and beyond their school years.

Sensational motivational speakers and life coaches have been handpicked to provide inspirational and thought provoking sessions designed to encourage the students to think differently about their future and look for opportunities to implement positive change for their future.

The event is by no means characterised by speeches. The Magic Moments team and speakers keep their audiences entertained and engaged with an interactive and hands on approach to learning skills, like how to trade the stock market, business management skills, entrepreneurship, and how to write and implement an effective business plan. Empowerment sessions have been devised to teach students how to connect with others and demand attention, how to adjust quickly and accept change, and learning key tools for life and setting up a life plan for future success.



Tarren Mapoe & Emily Jones with Paul from Bendigo Bank

Described as “a spectacular, powerful and immense environment” by past students, participants are exposed to positive influences and role models who energise their audience and encourage excellence.

Wantirna **Community Bank**® sponsored two students Tarren Mapoe and Emily Jones from Wantirna College to attend this year's Magic Moments Summit.

More Details Visit: <http://www.magicmoments.org.au>



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Come along to our Business Banking Breakfast brought to you by Paul Jerram, Wantirna Community Bank® Branch.

Guest Speaker	David Robertson Head of Financial Markets
When	Tuesday 22 September
Time	7.00am - 8.30am
Where	Knox Club Cnr Stud & Boronia Road, Wantirna
To RSVP or for further information	Paul Jerram on 9720 4122 or email wantirna@bendigoadelaide.com.au

We look forward to seeing you there.

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Habitat for Humanity News

Habitat for Humanity builds safe, decent and affordable homes for families living in housing stress. Habitat partners with families to construct their own homes with assistance from volunteers along with corporate sponsors and partners.

Habitat for Humanity, Victoria has now built 49 homes and it is planned to have 5 more completed before the end of this year and 3 more due to start in early 2016. Work is currently underway on 3 new homes at Drouin and 2 new homes at Yea. In 2016 one new home will commence in Geelong and two more at Yea.

We are keen to hear from tradespeople and volunteers who would like to be part of this life-changing project and help families into their own safe, decent and affordable homes. Can you help Habitat, help families in need?

If you are interested in volunteering with any of these projects please contact the Victorian Office at 03 8720 9200 or the local Chapters for details of planned work days. You can also contact us online at www.habitat.org.au/vic. If you are able to help with a donation of materials or finances please call or email the Victorian Office.

Habitat for Humanity, ReStore continues to grow at its new location at Kilsyth South. With several recent large donations the new premises at Kilsyth has enabled ReStore to display many more items for sale at this high profile location with ample parking for our customers. The Rosebud store has also moved to larger premises across the road with an increased range of quality goods. Check out the online bargains at www.habitatforhumanityrestore.org.au.



Visit ReStore @ www.habitatforhumanityrestore.org.au

KNOX U3A NEWS

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

Term 2 Ends, Term 3 Begins & The Annual Artshow is Coming!

The end of U3A's term 2 was marked by the usual end of term luncheon, and this time we were privileged to hear from an antiques dealer, David Freeman, who valued items for several hours and gave us an interesting talk about current values, and the antique market.

Events coming up include a trip in August to Living Legends (Bus trip to see some famous race horses in retirement). There will be a Fashion Show in September, the Annual General Meeting on 18th, and on 19th a Sausage sizzle at Bunnings.

Term 3 begins 20th July, and cost for the second half of the year is only \$30 for Membership to the end of 2015. This entitles members to attend any subject with vacancies (there are about 140 per week) including the FREE computer courses.

New subjects for term 3 include:
 •Qigong Shibashi described as "Stationary Taichi" conducted by Fred Lucas it is basically self help healing.

•Psychology - improve your short term memory presented by Steve Damm.

•Foundations of Western Civilization - a series of DVD lectures presented by Pat Capizzi.

•Of Legal Interest - laws relating to family, Wills and inheritance. Students will learn of changes to legal requirements with Denis Cody (no legal advice will be given).

•The Major Transitions (in evolution) - DVD lectures giving us a look into the past with Steve Damm.

•New Beginners Computer Course with Bill Rumney.

The Annual Art Show, as part of Seniors week, will again be at Parkhills, on October 10th and 11th. There will be 8 categories of art work on show, and many types of craft work including a Patchwork, and Photography section, all for judging, plus bargain stalls for Craft items which provides an opportunity

to find some early Christmas presents. A Plant stall on which the garden group have worked hard, and of course the secondhand bookstall. The annual raffle already has some marvellous prizes including a great weekend at Philip Island. Again, the People's Choice Award will be offered, so don't forget to vote for your favourite paintings.

The Art Show Prize of \$1000 for the best Art Work has been donated by Bendigo Bank, while Ferntree Gully Toyota has donated a prize of \$1000 for the best item in the Craft Section. The Bill Batt Prize for best painting of the Australian environment, any medium, will also be awarded. There will be prizes in each category as well. Planning is well under way. Entry forms will be available soon, and will be emailed or posted to our regular contributors.



U3A Wednesday Walkers group at Thredbo



Ferntree Gully Toyota Event



An elite AFL player spoke to the Upper Ferntree Gully Football Club players about the harsh realities on what the modern athlete has to endure, the highs and the lows of his career and also gave them a few insights into the AFL community. Thanks to all those for coming down and good luck on the weekend to both Sam Fisher and the Upper Ferntree Gully Football Club.



Antiques Appraisal by David Freeman



Sylvia Don tutor in Patchwork

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School holiday program thrives at VMCH

A dynamic school holiday program is giving children with disabilities experiences of a lifetime and their parents some much-needed respite.

Not-for-profit aged and disability services organisation Villa Maria Catholic Homes (VMCH) supports hundreds of families in the eastern region with a range of disability services including shared supported accommodation, facility-based and flexible respite, adult day options, individualised

supports and case management.

An important part of its operations are its school holiday programs, including camps, Outer Encounters in Mt Evelyn, Ashwood Outside School Hours Care, Kew and Wantirna Flexible Respite, Mitcham Great Break, The Wave, Summer Holiday and Awesome Adventures.

Around 200 children and teens have participated in swimming, bowling, gymnastics, pizza making,

art and craft activities, and day trips to Healesville Sanctuary and Kryal Castle, to name a few.

On July 10, children had the opportunity to get “up close and personal” with some farm animals when they visited VMCH’s flexible respite centre at 355 Stud Rd, Wantirna South.

For more information about VMCH call Cassie Zlonzak on 9412 8410



What's On?

Event	Date & Time	Location	More Information
Stamford Park men's Shed @ Orana Neighbourhood House	Every Thursday 10 am to 3pm	62 Coleman Road Wantirna South	Allan Billham 0418677898
Penguin Club	2nd and 4th Tuesday of each month at 8.00 p.m.	Glenn Frost room at the Croydon Library. Civic Square	Phone Sandra on 9720 2512
Ringwood Field Naturalists Club	2nd Wed. each month 7.30 pm	Room 4 Maroondah Fed. Estate Greenwood Avenue Ringwood	Alison or Peter on 99801 6946
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00 p.m.	Lions Club Room, Bayswater Community Centre. 790 Mountain Hwy. Bayswater	Paul 0400 823 441
Harlequin Rounds Dance Class	Wednesday Mornings from 11am to 12.30 p.m.	Rowville Neighbourhood Learning Centre 40 Fulham Road, Rowville	Contact RNLC on 9764 1166 or inquiries@rowvilleenc.org.au to register www.rounddanceassociationvictoria.org.au
Scoresby 55+ Social Circle	Every Thurs. 10am-12pm	Rowville Community Centre Fulham Road, Rowville	Gold coin donation – Bookings 9764 1166
National Seniors	Wednesday 26th, August	The Knox Club Cnr Stud Rd and Boronia Rd, Wantirna	John on 9778 6784
Balmoral Over 55 Lifestyle Village Open Day	Wednesday 30 September 2-4pm	Ridge Road, Wantirna South	Louise 9800-1333
Inventi Ensemble Tea and Classic Concert Series \$10 per person	Tues 18th August 10.30 – 11.30 Tues 15th Sept. 10.30 – 11.30	Knox Community Arts Centre Bayswater	\$10 per person info@inventiensemble.com
Wantirna College Production	Opening 12th August	Wantirna College	Bookings www.wantirnacollege.vic.edu.au
Fairhills High School	Footloose the Musical 27th,28,29th August 7.30 p.m.	Fairhills High School Performing Arts Centre	Tickets at trybooking.com/133349
Knox Historical Society 50th Anniversary Celebratory Lunch	Sunday 13th September Guest speakers Karin Orpen And Bill McAuley	Knox Club	Bookings 9758 6722

Taking Good 'Legal Care' of Yourself

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

Are you living in a rental property? Do you need help with –

- Getting repairs done?
- Bond or compensation claims?
- Dealing with an eviction notice?

Call ECLC to speak with the Tenant Advocate

Jasmine's Story

Jasmine and her daughter lived in a rental home which was managed by a real estate agent. Jasmine had received a Notice to Vacate for rent arrears. She had lost her job several months earlier and was receiving Centrelink benefits whilst she was looking for work. Since becoming unemployed, Jasmine had struggled to pay the weekly rent and manage other living expenses like her daughter's school fees, utility bills and food. Jasmine rang ECLC and spoke to ECLC's tenant advocate. The tenant advocate helped Jasmine access emergency financial assistance from another organisation and

negotiated a re-payment plan with the real estate agent for Jasmine to pay back the rent arrears. The real estate agent also agreed to help Jasmine find another affordable rental home because of her good history and her commitment to repay the rental arrears from the previous property.

The ECLC tenant advocate is able to assist:

- Private tenants;
- Rooming house residents;
- Caravan park residents; and
- Retirement village residents with a rental agreement.

"Living in safe and affordable housing is the building block for everything else that is important in life, such as health, study, work and play", says Denise Budge, Manager ECLC Outer-East. "At a time when homelessness is an issue in the community, we encourage any tenant who is living in poor housing conditions, or who is at risk of homelessness, to contact ECLC for free advice and assistance."

Although ECLC is an appointment-only service, the tenant advocate is able to provide advice and assistance over the phone because of the specific processes involved in tenancy matters.

Please call 9762 6235 if you have a tenancy problem or would like to know more about tenants' rights and responsibilities. If ECLC is unable to assist, the friendly staff will refer you to another service that can help you.



Other Information & Support

- Statewide Homelessness Assistance 1800 825 955
- Tenants Union of Victoria phone advice line - 9416 2577 or <https://www.tuv.org.au>
- For more information on Tenants' Rights and Responsibilities go to <http://www.consumer.vic.gov.au/housing-and-accommodation/renting>



Superannuation and Financial Difficulty

Most of us know we have superannuation; but we don't really think about it unless we are heading for retirement or facing financial hardship.

So, what is superannuation?

Superannuation is money paid into a fund to go towards your retirement. If you are over 18 and earn over \$450 a month from your employer, by law the employer is required to pay 9.5% of your salary into your superannuation account. If you are under 18, you must work at least 30 hours to reach this threshold. These deposits are referred to as 'preserved'. Some people also choose to make contributions on top of those made by their employer, these deposits are referred to as 'non preserved'.

If you are in severe financial hardship, you may consider trying to access your superannuation before retirement age, however, be aware that the grounds for release are tightly controlled: money can only be released in very specific circumstances.

There are 3 ways you may be able to access your superannuation early:

1. 'Financial hardship'

Check with your fund; up to \$10,000 each year (less 21% tax) can be requested. Most Superannuation funds will release money, but not all. If you are looking for early release under financial hardship you must have been on Centrelink income for 26

weeks non-stop and be able to satisfy your fund that you are unable to meet reasonable and immediate family living expenses.

2. 'Compassionate grounds – "Specified grounds for release'

This is to assist with things such as paying for medical treatment for you or a dependant, modifying your home or vehicle for the special needs of you or a dependant because of a severe disability, paying for expenses associated with a death, funeral or burial, or to prevent your home being repossessed by your Bank/Financial Institution. This can be a lengthy process and will likely require you to provide significant supporting documents. For more information contact the Department of Human Services - <http://www.humanservices.gov.au/customer/services/centrelink/early-release-of-superannuation>

3. 'Permanent Incapacity or Total Permanent Disability (TPD)'

If you are injured or have an illness that prevents you from returning to work in your usual occupation, you could lodge an application for release of your superannuation, BUT you should first investigate if your account includes any insurance for temporary or permanent disability. Not all funds offer this insurance cover, check with your fund, before you try to withdraw your superannuation.

If you have this insurance, and would like to make a claim, there is a lengthy process of paperwork and doctors reports, and your fund may send you to see one of their specialists. These claims can require specialised knowledge, so obtaining legal advice to ensure you are eligible and put your best case forward can be helpful.

Good information and guidance is essential. Ask for help: A financial counsellor or community legal service can help you.

EACH Financial Counselling (03) 9871 1817 or 1300 00 3224

Kim Hubber, Financial Counsellor - EACH Social & Community Health



Combined Probus Club of Wantirna Heights Inc.

Several members recently enjoyed an outing to Philip Island to visit the Vietnam Veterans Museum.

They were given a guided tour of the facility with an ongoing informative narration of various aspects of the items on display. During the tour the group watched a holographic Light & Sound Show which provided much information to digest. This was a fascinating exhibit.

After the guided tour concluded they were able to explore the facility at their leisure. There were many exhibits to ponder including several helicopters, a tank, various weapons from small arms, rifles up to artillery. Also a small scale model of a typical tunnel system used by the Viet Cong was on display. This Museum is well worth a visit and provides valuable information about Australia's involvement in the Vietnam conflict.

The group headed to the RSL in Cowes for an enjoyable lunch, with some stopping at "The Gurdies" winery to sample and purchase. A very interesting day.

The attached photo shows the group in front of one of the helicopters on display.



The club's walking group recently gathered at the kind invitation of two club members at their farm property overlooking Western Port Bay. 15 members walked quite a distance from the farm to Corinella along the picturesque beach front path. Despite the cold and the wind, they spent some time exploring the township. During this discovery tour they attracted the attention of the local constable who wondered why this group of mature citizens was wandering around his town. Any concerns he may have had were soon put to rest.

On return to the farm, the group enjoyed a barbecue lunch in the protection of a large garage on the property. Before proceedings concluded, John Martin who had organised the group's walks for many years, handed over the reigns to the new walking group convenor, Lyn Doyle. The group expressed its heartfelt appreciation to John for all the work and organisation he (& wife Di) had put into so many successful walks. These outings give members a valuable opportunity to get to know others as they walk, talk and drink coffee together. The attached photo shows John handing over the convenor's symbolic (but rarely used) umbrella to Lyn.

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

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August Specials

August Specials



Life Activities Club Knox Inc.

Over 40, 50, 60, 70, or even more mature?, you will be welcome in our club. Our activities include outings, getaways, walks, bus trips, cards and board games, painting and badminton. We can even enjoy sitting and watching holiday videos, or meet for music appreciation. And of course, the monthly lunch outing.

Scientific research has found loneliness in older adults is linked to an increased risk of heart disease and stroke. Professor John Cacioppo, University of Chicago, co-author of "Loneliness: Human Nature and the Need for Social Connection" reports that the impact of loneliness on health is comparable to high blood pressure, a lack of exercise, obesity or smoking. So let's get out there! This club is run by volunteers searching and planning ways to include fellowship, fun, and other interests in our daily life.

Melva 9762 3764 or Helen 972901151

Have you tried our web address www.life.org.au/knox

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 "Flying Feather" Group

COMMUNITY NEWS



Knox & District Over 50s

IMPORTANT NOTICE:

OUR MONTHLY MEETINGS WILL COMMENCE AT 10.30 A.M.

Recent activities have included our Christmas in July lunch at the Wantirna Hill Club which was attended by 80 members. In August we plan a tour on the City Shuttle bus to see all the interesting sites of the city as well as Morning Melodies at the Ferntree Gully Hotel in September. Later in the year we are going on a day trip to the Block Arcade in the city and there are city theatre outings also being organised. Regular events each month include a monthly local cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox and of course our monthly meeting held at the Boronia Progress Hall on the fourth Tuesday of each month excluding December. Our monthly newsletter is circulated via email and hard copies are available at the monthly meetings and can be mailed out as well.

Our next monthly meeting is on the 25th August where you can socialise with members over morning tea, book your place for an outing and enjoy an informative speaker. You are also entitled to visit us three times prior to joining.

For more information Contact Jill on 9801 4363.

Learn, Respect and Celebrate Naidoc Week

Naidoc week is an Annual event within the City of Knox. The event was held on Wednesday 8th July at the Ferntree Gully Community Arts Centre and Library. The Theme was "We Stand on Sacred Ground: Learn, Respect and Celebrate". The celebration started at 11.00am with Story time, and activities continued through the day.



Activities included community artwork focusing on the traditional way, colouring for fun, making flags, and the big hit was Hip Hop dancing led by Neil Mendez, where not only children, but Mums and Dads, and the Staff of the Library, really enjoyed expressing themselves.

Bush Tucker was presented for all to enjoy and the day finished with a musical performance by Kutcha Edwards and an opportunity to just sit back and enjoy.

Ferntree Gully VIEW Club

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

Monday 24th August, 2015

Speaker: Ros Keenan - Speaking on the Cochlear Ear Implant

Monday 28th September, 2015

Speaker talking about a refuge providing emergency accommodation and support for women & children who are experiencing domestic violence.

Time - 11.00am for an 11.30am start

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

Wantirna VIEW Club

VIEW is the only national women's organisation that advocates solely for the education of disadvantaged young Australians.

Our club supports three students through the 'Learning for Life Program', with The Smith Family.

Wantirna Evening View Club meets on the 1st Wednesday of each month (except January) and includes a two course dinner + tea/coffee at a cost of \$30.00. We have an interesting speaker or entertainment after the meeting.

A variety of activities are planned for the year, including a Christmas in July function, a High Tea event, a full day bus trip, a Spring Fashion Parade and an entertaining evening at Karralyka Theatre.

Meeting Venue: 'Quality Inn' 137 Mountain Highway, Wantirna Time : 7.00pm for 7.30pm

For information phone President Judy Smith on 9729 7327. View website - www.view.org.au

National Seniors in Knox

The Knox Branch of National Seniors will meet on Wednesday, August 26 at 10.15am for a 10.30am start at the Knox Club on the corner of Stud and Boronia Roads, Wantirna.

National Seniors are a fun loving group of people aged from 50 plus and new members are warmly welcomed.

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

We had a wonderful night at the Mooroolbark Theatre. We had a full table of 22 people all enjoyed the night. The play was called "Rumors" The acting was good and everyone had a good laugh

Our walking group now meets every 2nd Thursday. Next outing is to Taralla Creek Track in Croydon, if you require any further information, please contact Darryl on 9878 1045

On 20th August we are having a Night Dine-Out at Natalie's Restaurant in Mitcham and on 21st September a "Mystery Trip" on the council bus.

Templeton Tennis Club News

by Don McCracken, President

Hello to our Winter edition of Club news.

The club's AGM was held on the 30th June and it is with some regret that we say goodbye to a long standing member of our club and committee, Russell Simmonds. He has held many positions on our committee since 2000 and a member from earlier times.

His input and dedication will be missed and we say a sincere "thank you" to him on behalf of our club.

However, we do welcome 2 new members to our committee, Leanne Donald who will take over Russell's role as membership secretary and Liang Tang who joins as a general committee person. All other positions were filled as per last year.

Our Saturday tennis teams both junior and senior are all progressing well again. It is good to see so many people out playing, albeit a little chilly from time to time, and representing our club in such a positive manner.

The mid week ladies are again performing well, with one of the Wednesday teams being premiers in the last season, excellent work!

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

We are pleased to announce that our club coach Kelly, has been re-appointed for a further 4 years. We look forward to a continuance of her involvement in our club and it's development. She conducts a highly successful coaching program at the club for all levels. This encompasses Mums in Tennis, junior, squad and private sessions. Give her a call to discuss what might suit you. Straight Sets 0414 874 482.

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



Upcoming events:

- Open Day - Saturday 13th September
12noon – 3pm
- Junior Club Championships (date to be advised)

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

Happenings from the KNOX CITY TENNIS CLUB

by David Wilfling

Hi to all our members and the community of Knox.

We have had our AGM and will have a strong team again to continue the good work from last year. As usual our thanks go to all the Committee members for their efforts in 2014-2015 and we appreciate all the time you have given up as volunteers.

The Club has decided to search for a new Senior coach to help us move forward and grow in the coming years. We would like to thank Gary Leech of Velocity Tennis for his contribution over the previous years. Hopefully the successful candidate will be able to commence at the start of term four.

This time of year sees us at the middle of the Winter season for the Saturday competitions and the start of the Night tennis competitions. The Men's Pennant teams are in the mix for a top 4 while the Ladies have had a challenging season. Our WDTA Sat Senior and Junior teams have mixed results. Good luck to all teams for upcoming matches.

During the night tennis competition break, we had an In House as usual, and everyone enjoyed the social competitive hit outs. If you would like to play night comp, please contact Jeff at bdnta@knoxcitytennisclub.com.au as teams are possibly looking for extra players in their rosters.

As always we will also be continuing the usual Wednesday night social where anybody can come along and try out tennis for ONLY \$5, bring a friend

or just keep your eye in for the season. You don't have to be a member, we welcome all players to experience our Club.

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

For any information please contact us:

Knox City Tennis Club Inc.

Neville St, Wantirna South, 3152

P.O. Box 5106 Studfield 3152

Melway 64 B10

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

Email: secretary@knoxcitytennisclub.com.au

Coach Gary Leech: 0398005862

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VMCH Men's Sheds Make a Difference

VMCH's two Men's Sheds – run out of its White Road Activity and Respite Centre in Wantirna South – offer men who are living with dementia, have experienced a stroke or have an age-related illness, the chance to brush up on their woodworking, DIY and home maintenance skills, catch up on news and current affairs, play bingo and enjoy a group lunch.



Wantirna South resident Noel Langford, 77, has been attending the Friday Men's Shed for four months. He describes his current project as a "big job"; constructing an Eiffel Tower from matchsticks.

"Six of us started and I'm the only one left making it. It requires a lot of patience!"

Other group projects have included creating pencil boxes, tool boxes and a self-propelled cars for grandchildren. But for Noel, the social aspect is the most important.

"The thing I really like about it (Men's Shed) is the interaction with the other guys. They're a very

friendly bunch and we like to read newspapers and magazines and have chats before we start the activities. I love our lunches too and once a month we go out somewhere for lunch in the community. I look forward to Fridays every week."

Activity Worker Nick Guida said Noel's story was reflective of most members.

"The friendships they forge are what keep the men coming back. They see it as an anchor."

Nick says he's seen an obvious, positive change in some of the 15-plus men from when they first arrive.

"There is one gentleman who was very quiet and kept to himself, he would often come in late. I'd never heard him laugh or talk much before but now he enjoys interacting with the other guys, and doing the quizzes, as he's very intelligent. He's coming out of his shell."

For more information on Villa Maria Catholic Homes' Men's Shed and Community Services programs visit www.villamaria.com.au or call 1300 484 552.



- ADVERTORIAL -

Aussie Knox and Rowville Interest rates and refinancing

Refinancing is in high demand as borrowers look to cash in on lower rates

Savvy home owners in Melbourne's Eastern Suburbs are refinancing their mortgages to take advantage of the historic low interest rates, following the two rate drops by the Reserve Bank in 2015.

Australia's leading mortgage broker, Aussie Home Loans' two stores in Knox and Rowville are both seeing more home owners looking to refinance to a better deal.

Franchisee of Aussie Knox and Aussie Rowville, Mr Nari Khera, said "Savvy borrowers, whether they are investors or home owners, are looking to refinance their home loans to make sure they are capitalising on the current low interest rates.

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