

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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EDITION 38

OCTOBER/NOVEMBER 2015

- WANTIRNA'S FOUR LEGGED HEROES
- LOCAL SCHOOLS CELEBRATE MILESTONES
- ASTON COMMUNITY CELEBRATES LOCAL HEROES

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Editorial

How good are we !?

The team at SWCN is constantly amazed by the achievements of the people in our local community. This edition we bring to you the story of the search dogs training right here in Wantirna to help find people who may be trapped under rubble or snow.

It is inspiring to hear of the efforts of people who volunteer their talents to help others, especially when it involves potential danger to the volunteers themselves. Their work is a celebration of humanity and goodwill to others.

All volunteers in our community should be recognised for their contribution to supporting the people around them, but there is so much to admire in the dedication and selflessness of those who risk their lives to help others.

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

Furry Friends To The Rescue by Karen Clarke

For the past 15 years, Wantirna South has been home to a dedicated group of volunteers who train their dogs in finding survivors in collapsed buildings, also known as urban search and rescue (USAR).

Southern Cross Search Dogs' (SCSD) purpose built training site on High St Road hosts a large scale rubble pile to simulate the remains of a building after an earthquake or cyclone. The seemingly chaotic pile of concrete and timber has cleverly disguised hiding spots to safely conceal a person for dogs to find as part of their training.

Each Saturday, handlers train their dogs to reach international USAR dog team standards so that Victoria is prepared to help out wherever disaster may occur, when the time comes.

"It is such a rewarding experience to build up a close bond with your dog for the purpose of being deployed to save lives," says Elke Effler, head trainer.

Elke knows this experience first hand. Elke and her search dog Jochen participated in an international USAR test in Switzerland and hiked together through the European alps. They were also called on after the Black Saturday bushfires and to locate a missing hiker on Mt Kosciuszko in 2013, traversing very difficult terrain and enduring snow storms together. Jochen was able to narrow the search area down considerably, even though the hiker has not yet been found.



Elke Effler and search dog Jochen on deployment on Mt Kosciuszko.



Search dog Banjo finding a hidden person during training.



Monica Niewalda and search dog Erik working towards certification.



Search dog Ulli receives a treat from handler Christine Brady for a job well done.



Search dog Jochen alerts on finding a hidden person during training.

Another dog team – Monica Niewalda and her search dog Chloe – were deployed following the 2011 Christchurch earthquake and Queensland floods. "This is exactly what we train for and its great to know that you are able to help in such a devastating situation," she says. Chloe is now retired and Monica is aiming to pass an operational test in the next 12 months with her new USAR partner Erik, a German Short Haired Pointer.

Among the 9 dog teams at SCSD, the dog breeds vary greatly. Current search dogs in training include black, white and sable German Shepherds, a Lagotto Romagnolo and a mixed breed Border Collie cross.

"Personality of the dogs as well as the breed have a great deal to do with their ability to search – working dog breeds seem to suit USAR the best. But it's really a team effort and the handlers have to be prepared to put in the work and be deployed as well," notes Peter Effler, SCSD President.

Training a search dog takes years and must be kept up even after certification. All SCSD members are volunteers, responsible for housing, training and caring for their dogs, as well as maintaining and building their training site.

SCSD are happy to talk to anyone who may be interested in joining the group. SCSD are also a registered charity and welcome donations (tax deductible if \$2 or more). Contact details and more at www.scsd.org.au.



Peter Effler and search dog Siegfried during training.

ENVIRONMENTAL NEWS

So, what is Permaculture?

As humans, everything we do has some type of impact on our environment. Some effects are beneficial whilst others are detrimental. In December 2013, I had the opportunity to study a Permaculture Design Certificate course at the Southern Cross Permaculture Institute in Leongatha.

During the intensive 2-week live-in course the participants were taken on a fascinating journey of acquiring knowledge and undergoing self-discovery, all with the aim of furthering our understanding of permaculture. So what is permaculture?

Permaculture can be difficult to define as it embraces many elements.

However we can distil the essence down to three core principles.

- Care for the earth: Make provisions to enable all biological systems to thrive and multiply. This is the first principle, because, without a healthy earth, humans and other species cannot flourish.
- Care for the people: Provide people with access to those resources necessary for their existence. That is, food, water and shelter.
- Return of surplus: Return and repurpose surpluses back into the system to support the first two principles. Read: Recycling!

by Peter Reynolds, BSc. Permaculture Design Cert. SCP1

We tend to lose sight of the fact that everything in nature is interconnected and interdependent. Nothing exists in isolation, and imbalances and changes can have unintended consequences. Throughout history there have been individuals, who, through their keen observation of nature, have formulated better methods of forestry, agriculture, water usage, animal husbandry etc.

Permaculture extends on these ideas and forms beneficial relationships and links between as many of the elements in a system as possible. The more links between the various elements in a system, the stronger and more productive that system is likely to be. In Australia, Bill Mollison and David Holmgren have been instrumental in raising the awareness of permaculture as it applies to our suburban and rural environments. We can use the design principles of permaculture whether we are setting up a small backyard veggie garden, or working up an efficient plan for a 10-acre property. These concepts are scalable.

"Permaculture is a philosophy of working with, rather than against nature and of looking at plants and animals in all their functions, rather than treating any area as a single product system"— Bill Mollison.

We can incorporate many elements of permaculture into our daily lives to reduce our impact on the environment. Some ideas may include:

- Engaging with nature can inspire us to create solutions that suit our situation.
- Collecting and storing resources allows us to use them when we need them.
- Rewards for work.eg: collecting fresh fruit and veg from your own back yard
- Reduce consumption (particularly of non-renewables) and make the most of what is abundantly available in nature.
- By valuing and making use of all the resources that are available to us, nothing goes to waste. Recycle kitchen scraps into compost. Recycle bottles, cans and newspapers etc.
- Creating relationships helps foster support and 'working together.'
- Being adaptable and creative when we need to be.

These principles can be integrated into daily life on various scales. The key is to get creative about it and I encourage you to do just that!

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WHAT'S COOL AT SCHOOL?

Knox Central Primary School Celebrates 50 years

Wednesday 26th August saw Knox Central Primary School celebrate 50 years of learning within the Knox Community.

The school represents the former Studfield, Studfield East and Yawarra Primary Schools. It is fondly remembered and has proudly been the learning hub for many, including former Olympic medallists, inventors, renowned artists and other leaders in the local and National community.

It was evident that the school has meant so much, to so many. The night saw hundreds of past and present Knox residents attend the celebrations that included thousands of photographs of students from 1965 through to current classes, school tours, children's activities, historical displays and food stalls.

Alongside formers students were many former teachers, some travelling for hours and even interstate to have the chance to celebrate with former friends and colleagues.

Principal Charles Spicer says, "It was great to hear stories from families who have long since departed and see the positive memories school can provide. We would like to think that in the future, all of our current students will have similar fond memories."

Knox Central Primary School, now renowned for its successful 'Step Into Prep' transition program, focuses on the key areas of literacy and numeracy whilst also promoting social responsibility, resilience and independence to capably prepare its students to become productive members of a connected global community.



The 50th year celebration cake



Principal Charles Spicer and School Committee President David Lacchiana



The celebration of 50 years at Knox Central

Wantirna College Inaugural Spelling Bee

Congratulations to the 2015 Spelling Bee Champion of Wantirna College, Alyssa Balej and to the runners up, Rebecca Le and Nikhil De Silva. This inaugural event was held at lunchtime in the Theatre on Tuesday September 8th and was a nail biting event with the pronouncer, Mr Kelly giving the spelling wizards some very tough words to spell; the attentive audience were on the edge of their seats throughout.

Ms Mantzanidis and Mr Saccardo did a terrific job of organising the event and Mr Visser provided suitably momentous music. Ms Bell and Mrs White were judges and were highly impressed by the spelling skills of the competitors and the supportiveness of the crowd. Many thanks to all Year 7, 8 and 9 English teachers for their thorough preparation of all classes. We look forward to many more Spelling Bees at the College.



Alyssa Balej,
Rebecca Le,
Nikhil De Silva
– our winners!

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STATE MEMBER FOR FERNTREE GULLY

**Nick
Wakeling** MP



WHAT'S COOL AT SCHOOL?

Wantirna South Primary School – 75 Years Strong

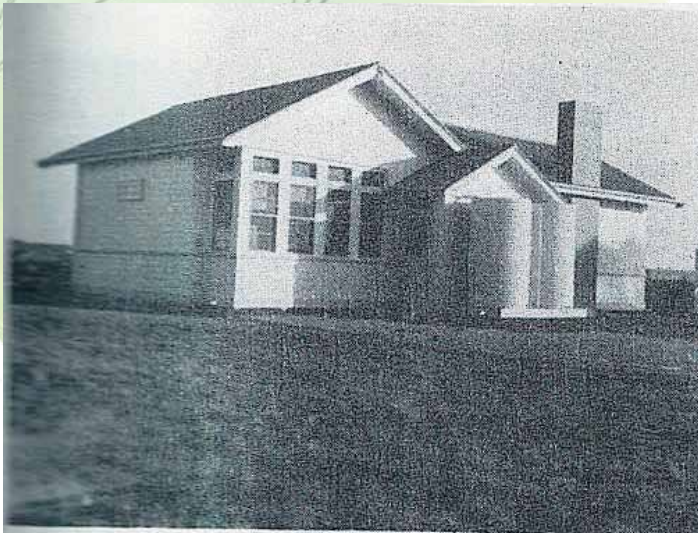
By James Keam, former student and now Year 8 student at Wantirna College.

75 years ago, the doors flew open to the 16 pupils who were experiencing a local school for the very first time. You see, the children of the orchard growers in 1930's Wantirna South did not have a local school to attend. The opening of Wantirna South Primary School created a pathway for these and many more young children in the future. For 75 years, Wantirna South Primary School has been serving the community, and will continue to well into the future.

The teachers and staff at Wantirna South are one of the major reasons why so many have enjoyed attending Wantirna South primary school since 1940. The staff throughout the years, ranging from the first ever teacher at Wantirna South – Miss Clare Duggan, all the way to the newest additions to the teaching staff, have shown vigour, enthusiasm and have enjoyed teaching and preparing students for the next part of their young lives. Under the leadership of School Principal Mr. Macdonald, the school continues to thrive whilst meeting the educational needs of primary school children today.

Once every two years Wantirna South Primary School does something special and puts on a fantastic school fete. In celebratory fashion, the appropriately named 'Ye Olde Orchard Fair' gives a glimpse into how special and amazing it is to be part of the Wantirna South Primary School community.

To experience what Wantirna South Primary School can offer for your children's education, come down on the 14th of November to 'Ye Olde Orchard Fair' which will also be commemorating the 75 years of serving the community in the field of education. Available at the fair are a range of amusements, from free entertainment, children's rides, a market,



The school in the early days

Despite being a relatively small public school, Wantirna South Primary School is a marvellous place to be educated. There are numerous factors that add to its brilliance – well-maintained and state of the art teaching and learning facilities contribute to the outstanding educational opportunities on offer at Wantirna South P.S. A supportive parent community and very active Parents Association help organise fun and exciting events and activities to help put the 'cool' back into 'scool'.

I meant 'school'.....



The school in recent times



Students at WSPS

which will include a fantastic 'Trash and Treasure' stall, our local market and our side-show alley from 2-8pm at the Wantirna South Primary School, Tyner Road, Wantirna South.

I can't wait to see you there!

Community Push for 3 Year Old Kinder Kids

By Eve John

3 year old Knox residents and their families are to receive a much needed boost with the announcement that a new purpose 3 Year Old Kindergarten facility will be built at Flamingo Playgroup Rooms, Merryn Grove, Wantirna

Like several others in the Knox area, Flamingo 3 Year Old Kindergarten is being negatively impacted by the introduction of the new 4 year old Pre School structure in 2016. The new staff to child ratios being brought in for children aged 3-5 has meant that several 3 year old Kindergarten program will no longer be able to operate in their current form in the 4 year old Pre-School room in 2016 across Knox.

Whilst some 3 year old kindergartens are scheduled to close, relocate or operate out of hours, Flamingo Community Group petitioned to build a purpose built facility in the under-utilised council owned rooms attached to the current 4 year old Kinder centre.

Educators and the volunteer parents committee of Flamingo Community Group's 3 Year Old Kindergarten worked hard to prepare formal proposals to the council to receive permission and funding to redevelop the centre.

In addition the committee raised over \$20,000 to contribute to the project to ensure that the children of Knox have access to the best learning resources available.

Flamingo Community Group has been in existence for over 20 years at its current site. Since its inception it has provided a high quality educational program to over 500 children. Flamingo Community Group has worked very hard at integrating itself into the community within which it operates.

The community group was able to secure sponsorship from both Schroeder and Wallis (formally Knox Residential) and the Bendigo Bank for their cause.

Geraint from Schroeder and Wallis said, "We have a great reputation of learning excellence in Knox. We are so pleased to be able to assist the community with the building of this facility. It will allow the kids of Knox to get access to world class pre-school education which means they are off to an amazing academic start."

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STATE MEMBER FOR FERNTREE GULLY

Nick Wakeling MP





It's officially spring and there are lots of engaging and informative events happening at your local library. Before we review some of the highlights, there have also been a couple of important changes to mention:

- We've adjusted our loan period! All items can now be borrowed for three weeks including popular titles, DVDs and console games.
- Items can now be renewed up to two times, provided no one else has the item reserved.
- The ERL mobile app has been updated for both Apple and Android, so it should now work like magic on your device. Visit your library for help setting it up.

Events at Your Library:

What's On: Spring

Our brand new Spring Events Guide is ready and it's bigger than ever! There are hundreds of cooking, craft, gardening, technology and author events happening across branches in Knox, Maroondah and the Yarra Ranges. Copies are available at your library or you can browse online right now at www.yourlibrary.com.au.

Boronia Grows: Welcome to My Herb Garden with Ray Boatman

Herbs are arguably the most beautiful and useful plants we grow in our gardens. They can be used for everything from adding a big burst of flavour to

our cooking to making a restorative tea, remedying common ailments and uplifting our spirits. Who doesn't smile when looking at a flowering Oregano plant a-buzz with bees!

Ray Boatman (founding member of the Herb Society of Victoria) will share his extensive knowledge and love of herbs with you in this free talk and leave you with some inspiring tips on how to use herbs in your daily life.

This event takes place at 1:00pm on Friday 30 October at Boronia Library. Book your place online or by calling: 9800 6488

Introduction to Buying & Selling on eBay

It's the world's largest marketplace! Join the Knox and Rowville Library teams for an exciting introduction to shopping and selling using this popular website. Discover the safest ways to buy online at Knox Library on October 6 at 2:00 – 3:00pm, then join the Rowville Library team on October 22 at 6:30 – 8:00pm to learn about selling your unwanted goods.

Book your place for these engaging and free events using the calendar by calling 9800 6470.

Seniors Cybersafety Workshop

One of many Seniors Week events happening at your libraries, the Bayswater branch will discuss

LIBRARY NEWS

online safety in detail and discover the best ways to protect yourself while exploring the Internet. This event takes place at 2:00pm on Wednesday 14 October and will cover virus protection, identifying fraudulent emails, web browser security and safe wireless networking.

Plus, there will be plenty of time available for your technology questions. Book your place for this free event by calling 9800 6498.

Looking for more entertaining and informative events? Subscribe to our monthly email newsletter at www.yourlibrary.com.au or pick up a copy of the What's On: Spring Events Guide. Browse and book for events online: www.yourlibrary.com.au/calendar



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Twilight Tours
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Sunday 8 November
10.00 - 11.00am

FairGo Fair Trade & Ethical Christmas Market
Thursday 26 November
2.00 - 8.00pm

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Living Legend Bus Trip & Seniors Week Update

Our recent bus trip was to the Living Legend site, where participants were able to see (and pat!) some of the racing legends of the recent past.



The antiques appraisal was also held last term, alongside the end of term luncheon and many antiques were looked at and, although it was scarcely "Antiques Roadshow", some really valuable and attractive items were appraised by antiques dealer David Freeman (picture left).

By the date of publication Term 3 will be over and planning and work for the 2015 Art & Craft Show will be gaining momentum. Several hundred volunteers help towards the show to be held this year on 10th and 11th October including those who deliver our colourful flyers around the Knox Area, those who man the various stalls (Bookstall, Craft Stall and Garden Stall), as well as take care of our very busy Devonshire tea pop-up cafe and lunch area.

Many look after the various rooms of exhibits from early morning to 4 p.m. daily. At the end of proceedings the return of all the art works not sold is another job, and then the clean up - ready for term 4 starting the next day. Beforehand entries must be processed and stands renovated as necessary. Acceptance of exhibits which must be labelled, and the hangers and room arrangers will be busy for two days before the judges arrive. Then we have to put names of the winning exhibits ready for presenters the next day.

Many donations have been received for the raffle (main prize a weekend at Phillip Island and wonderful prizes of patchwork from one of our patchwork classes, and some paintings by at least two of our members, whose works are well known in the area - Kath Loxton (a watercolour) and Mary Watson (an oil painting). This is a raffle not to be missed to be drawn on the Sunday. Of course for the main prizes there is the wonderful \$1000 prize from Bendigo Bank for Art Section, and \$1000 Toyota F.T.G. prize for Craft section. There will also be the Knox Environment prize for an environmental picture, in any medium, of some aspect of the Australian environment (\$600 - The Bill Batt Memorial Prize), and the Heritage prize for Pastel.

It is not too late for artists to enter, Entries will be accepted from anyone up until the 7th October - though late entries may not appear in the catalogue which will be published that day. The late entries will be advertised on the Late List. For all sales we take a 15% commission. Our judges are lined up ready to make their decisions on the 9th October and all items must be on site during Thursday 8th.

And to add to the attractions we once again will have on site for both days the 98.1 FM. Broadcast van.

Visitors to the show (\$2 for entry and catalogue) will be able to access our BIG raffle, which has a first prize of a weekend on

Phillip Island valued at over \$500 and other prizes of two beautiful framed paintings by our members, a crocheted throw, patchwork etc. - at least 8 other prizes all worth \$100 each. The Mayor will choose a painting for another prize for artists, and everyone has a vote for the People's Choice, which is awarded at close of the show on Sunday, 3rd.

Don't forget you can also buy your Christmas presents at the Craft stall, your plants for spring from the Garden Stall, Holiday reading from the bookstall, and have lunch the cafe.

It will be a very busy time from now on, with our Fashion Show, a Concert, and the 2015 Annual Meeting, all to be held soon - see our website for details at www.u3aknox.org.au

There are some classes during our recess for two weeks at least, and normal classes will resume the day after the Art Show closes - 12th October. All details are on the website under Events. Look at the website for all classes and to enrol.



Living Legends Trip Group

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

BAYSWATER NEWS

Bayswater Community Arts Festival

Knox Community Arts Centre, cnr Scoresby Rd & Mountain Hwy, Bayswater

Saturday 10 October, 10am – 2pm

Free Café - Devonshire Teas & Muffins

* Rotary BBQ & Drinks

* Wide Variety of Stalls

* Bayswater CFA Open Day

* Free Children's Activities & Entertainment

* Art & Craft exhibition & sale

Crafts

Art & Photo Competition: Primary Schools

* Mobile Library & Storytelling

* Fabulous Live Entertainment

* Connect with Community Organisations

* Local Sporting Clubs

* Community Houses

Contact Toni Nelson @ Interchange Outer East
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Volunteering is a rewarding & meaningful experience



Ask our mascot Shya who thinks she can drive for us!

Volunteers have been the backbone of our organisation with an ongoing team of committed volunteers we have been able to deliver services to the elderly frail aged and people with a disability, living in the area of Knox and South West Yarra Ranges for 40 years.



Volunteer positions available:

- Volunteer Drivers
- Dog Walkers
- Planned Activity Group Assistants
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AMAZING

our School is but this ad just isn't big enough!



School Tours – Bookings Essential
Sat 10 October, 9.30am (School tour)
Thur 5 November, 9am (School in Action tour)

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The Knox School
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Knox Travel hosts an evening of travel temptations

Lillian and Christine invited guests to an information night at the Wantirna Club, to impart the finer points of travel.

First, The Benefit of Cruising

Cruising offers fantastic value for money as so much is included in the price.

From delicious meals and a variety of on board entertainment, plus the advantage of unpacking just once makes cruising fun for everyone. One can be very active and join in with all of the activities or choose to do not a thing, just relax.

Next was an enticement to travel to South America, Home of The Romantic Tango!!!

So much history, and wonderful scenery, from Lake Titicaca and Machu Picchu in Peru.

To the wonderful city of Rio de Janeiro in Brazil, also the magical waterfalls of Iguassu on the border of Argentina and Brazil, and not to be forgotten, the Galapagos islands for the wildlife.

Last to be presented was an insight on tours provided by APT within South America.

Options available include land journeys, small intimate ship cruises, rail travel or cruising the unforgettable Amazon River.

The night concluded with tasty refreshments and fine wine.

Kinderlea preschool to open again!

Wantirna residents are thrilled to see Kinderlea Preschool once again being occupied, with Mariemont Early Learning Centre moving to the site from 2016.

Mariemont ELC's new Kinderlea site will focus exclusively on three-year old children, offering a play-based program that has proven very popular with both children and parents. The Centre's focus is on providing a safe, nurturing, welcoming and positive learning environment, and educators Debbie and Claire have built an amazing reputation for the centre over the last five years. Both are excited to be able to deliver such a unique program to the community. "To have a centre that is dedicated to the specific needs of a three year old program is a rare opportunity" said Debbie.

President Marcia Timmers-Leitch was delighted at the response the community had at the recent Open Day held on 26th July. "The place was just a buzz of excitement, with families particularly impressed with the expansive natural outdoor space."

Kinderlea 3 Year Old Preschool will offer families the choice of a mainstream program of six hours per week (2 x 3 hour sessions). It will also offer an extended hours program of nine hours per week (3 x 3 hours).

Information on Kinderlea 3 Year Old Preschool can be found at www.kinderleapreschool.com.au

For Program enquiries: 9800 3794 (Mon & Wed)

For Enrolment enquires: 0433 381 110

Debbie and Claire provided my child with a supportive and nurturing environment and were always on hand to answer any questions I had regarding my sons development. I couldn't have asked for better educators for my son. They are fantastic and the reason I will be continuing on at the new centre.

- Sarah, Parent

Vamp Hairdressing has moved !!!!!

The girls from Vamp Hairdressing are pleased to inform you that they have re located and re opened their new salon at 79A Stud Road, (on the corner of Leonard st) Bayswater.

To organise a hair cut, colour, blow wave or waxing consultation, please contact them on 9729 6882, or on their previous number of 9801 2039.



The team at Vamp

Come and meet the team: Michelle, Vicki, Rebecca, Julie and Sara.

Discuss with Vicki their colour specialist how they can help you in a warm, friendly and relaxed atmosphere.....new clients always welcome.

Michelle, our waxing expert, can assist you with all your waxing needs.

With over 100 years experience between them all, they can assist you with anything you need.



The new Vamp salon in Bayswater



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**

Welcome to Carmen Tisseverasinghe, who is the new Manager at Wantirna Pharmacy. Carmen has been a Pharmacist for approximately 7 years, most of the time in the Wantirna area and at this Pharmacy for over 1 year, and she is excited to become the Manager.

She is passionate about her career, and looks forward to leading the Team, focusing on continued customer service. Carmen has found that the Pharmacy has a very warm vibrant energy, and the patients are very friendly and ready for a laugh, no matter what their condition may be. Both Carmen and her staff intend to build strong relationships with their patients, and look forward to making a difference to their lives.



Events at your Community Pharmacy

**PHARMACY CATALOGUE
AVAILABLE
1st to 14th OCTOBER**

**SENIORS HEALTH CLINIC
9th October
REMEDIES FOR ALLERGIES
See in store for details**

**MELBOURNE CUP GLAMOUR
See Glenda during the week of
26th to 30th October**

**QUIT SMOKING TALK
See in store for details**

**HEARING TEST
5th November
10.00am to 12.00pm**

**VIP DAY
12th November
2pm to 7pm**

**CHRISTMAS CATALOGUE
AVAILABLE 19th NOVEMBER
to 24th DECEMBER**

**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 MALL NEWS

What is Environmental Enrichment and Why Does Your Cat Need it? Part 1

Environmental enrichment is a necessity and not a luxury. It's time to increase the fun factor in your cat's life. Customize whatever you do to fit your cat's age, mobility and health factors. Some cats will obviously be more active than others but every cat can benefit from a more stimulating environment and appropriate enrichment.

As vets we can see boredom and stress related behaviours in cats who are under-stimulated. Such symptoms include depression, anxiety, over grooming (causing bald patches and skin infections), over-eating, self-mutilation, obsessive compulsive behaviours and bullying of housemates.

So how do we provide the stimulation?

1. Puzzle feeding - Working for food is so natural for a hunter - it provides activity and fun. Simple puzzle feeders are large balls with a hole in them. You place food (dry kibble for example) inside the ball and your cat needs to push it around for the food



to drop out. You can also make other puzzles by putting food inside a cardboard tube, or by putting a drop of canned food into each compartment of a muffin tray.

2. Interactive play gets the family involved too. Use a fishing pole style toy such as those with bright feathers on the end. Wiggle the toy like prey moves – dart it across their field of vision then hide it around a corner to drive the prey hunting instinct in your pet. Some cats like to pounce on furry mice toys rather than feathers. You can put them inside an old tissue box with some holes cut for paws to reach in. Be sure to put toys away after playtime so strings don't get chewed and swallowed please!

3. Creating vertical space. We live in a horizontal world but cats live in a vertical world. Cats often seek out high spots for napping. An elevated location can also become security for a cat, especially in a multicat home. You can create vertical space with a cat tree – make your own or buy one simple through to very elaborate. Just be sure it is stable at the base. Cat walks and shelves can add to vertical territory. You can purchase shelves and walkways or you can make your own. You can also install kitty stairs on the walls for the cats to access various shelves and perches.

4. Hideaways - No matter how confident your cat may be, always make sure there are options for hiding in the environment. Every cat needs hiding places. An igloo, cupboard or even old cardboard box cut out will work as a hidey hole.

Watch for part 2 of environmental enrichment for cats in the next edition!

Wantirna Vet Clinic
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www.kingbean.com.au

News from the Wantirna Community Bank® Branch

Wantirna Community Bank® Branch

Bendigo Bank

Support for the Flamingo Community Group

The **Wantirna Community Bank® Branch** recently supported the Flamingo Community Group's trivia night by providing two \$250 bank accounts for use as prizes or auction items. The bank further supported Flamingo by providing a delegation to participate in the trivia night.

Board Chairman Merv Ericson with wife Kay, Board members Margarita Pimintel with husband Victor and Col Fletcher with wife Lyn represented the bank and joined with teacher Leanne Mason and her husband to finish a creditable fourth out of ten tables, only a handful of points from the top three tables.

This was a very successful night for the Flamingo Community Group with the **Wantirna Community Bank® Branch** pleased to be able to support this fundraising activity.

Change of leadership

Between March and June 2015 the **Wantirna Community Bank® Branch** undertook a recruiting program to strengthen the Board that resulted in the appointment of five new directors.

Merv Ericson, appointed Chairman in July, has had 47 years in the banking & finance industry including 11 years as the Branch Manager at Pinewood Community Bank and is highly experienced and qualified to lead the revitalised **Wantirna Community Bank® Branch** Board.

The new Directors appointed to the Board are:

Margarita Pimintel who has worked in the energy industry for around 20 years and has engineering and business qualifications. Margarita's areas of expertise include forecasting, negotiating and project management.

Gary Hunter who has worked with local community organisations to develop strong community

activities and funding. Gary has over 25 years experience in senior management roles in global consumer goods companies.

Viv Prasad who has extensive community work experience with culturally and linguistically diverse communities. Viv's forte is in leadership and strategic board planning and has served on many national and international boards.

Vivian Gonsalves who was born in Madras, India, migrated to Australia in 1991 and moved to Wantirna in 2004 where he has expanded his managerial experience working with the Australian Red Cross Blood Service and Tata Global Beverages/Tetley Australia where he held the Supply Chain Manager role.

Colin Fletcher who has lived with his family in Wantirna since 1979, moving from Sydney in 1977. Colin has served the Wantirna and broader Knox community over the years including on Wantirna Heights Primary School Council, Wantirna Tennis Club Committee, the Eastern Raptors Rugby League Club committee, Studfield Wantirna Community News production committee and as a representative on community panels for Knox City Council.



News from Knoxfield Cricket Club

The 2015/16 cricket season for Knoxfield is shaping as one of the most exciting for many years. New players adding to the already talented bunch of boys and girls sees us very well placed to add a few more age groups to our list of teams.

Registration Day on Sunday September 13th was a booming success with over 50 registrations accepted from Milo to U18's. Registrations are still open right up to the beginning of the season & beyond.

We have cricket for all ages with Milo In2Cricket, T20 Blast, U10's, U13's, U16's & U18's.

Be sure to check out our webpage www.knoxfieldcc.vic.cricket.com.au or our Facebook page Knoxfield Knights Cricket Club to keep updated on all the year's events.

If you have any questions please email me on dperry.01@bigpond.com

Go the Knighters!

By Darren Perry, Junior Co-Ordinator.

KNOXFIELD 55 PLUS CLUB

Knoxfield 55 Plus Club is situated at Carrington Park Activity Centre, 20 O'Connor Road, Knoxfield and has activities suitable to all people 55 or over. These activities include:

Mondays:

Living Longer Living Stronger weight-bearing exercises (9am to 10am and 10:10am to 11:10am) under the auspices of 'Council Of The Ageing' (COTA) and Carpet Bowls (1pm to 4pm).

Wednesdays:

Carpet Bowls. (1pm to 4pm).

Thursdays:

Living Longer Living Stronger weight-bearing exercises (9am to 10am and 10:10am to 11:10am) and a variety of activities which may include Bingo (1:30pm to 4pm) or Live Entertainment.

Fridays:

Ballroom Dancing (New Vogue 11am to 2:30pm, bring lunch), on what is considered by many people to be the best dance floor in Knox.

The club also has day trips every one to two months. These are at very reasonable costs and most are subsidised.

Membership is open to any citizen of Knox who is 55 years or over at a membership of \$5 per annum.

Further information:

Bill Rule 9758-3927 or Helen Fowler 9762-6997.



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Who says sex in relationships is only for the young?

I started this column with the idea of writing about things I see and hear in the community as a Local Councillor that I hope can help to inform and improve quality of life for seniors in Knox. The topics are chosen to be a catalyst for open and frank discussion with an intergenerational lens. Never did I imagine I would be writing on the very personal and perhaps delicate topic of sex and seniors. I do not profess to be a "sex expert" or a trained relationship therapist. This piece has been inspired by recent discussions that were shared with me by members of one of my local seniors groups. It really is about appreciating what it is to be "human" regardless of age.

We are all spiritual, emotional and physical beings on a lifetime journey of self discovery and purpose. Intrinsic to our very being is the innate need for connection and intimacy with others. We love and want to be loved in return. Sexual intimacy can be part of the physical expression of this love.

It is my observation that the need for emotional and physical fulfilment does not have a use by or best before date of 60, 65, 70 or even 90. Every person is unique, with very individual needs. These needs can change over the years depending on life stage, relationship circumstances and health.

For those over the age of 60, most grew up in families where sex wasn't talked about or was considered taboo. There is also a general social disdain at the thought that "old people" still partake and enjoy intimate sexual relations.

Society has conditioned our over 60's to be silent on the topic of sex and sexual intimacy needs. Over 60's need to be empowered and encouraged to discuss their needs without fear of judgement, especially if there are physical health or self esteem concerns that are impacting their general wellbeing. With the ageing process, the human body isn't as nimble as it once was and it may not respond to the same physical stimulus as in the younger years. There may also be other issues with the body plumbing and mechanics that impact traditional performance..very common with people

who have bladder incontinence, diabetes or who have had prostate cancer. For men especially, inability to partake in sexual activity as they have always done can impact relationships and have a negative effect on a man's mental health manifesting as reduced self esteem, depression or relationship withdrawal.

The message here is Sex and Sexual Intimacy is not just for the young, that for many it is a normal part of a fulfilling lifetime. Seniors should openly discuss their changing needs / abilities with their spouse/partner and seek guidance from their GP or relationship counsellors if needed. Also don't be afraid to have a conversation with friends. That is what happened at the Seniors Group meeting. What started as a light hearted joke opened a wonderful discussion about companionship, relationships and physical needs for seniors without stigma or judgement. After all we are all only human.

By Cr. Nicole Seymour

News from Scoresby Primary School

The Scoresby Primary School community is very excited about the upcoming building works that will be commencing over the September school holidays and continuing during Term Four.

In May of 2014 Scoresby Primary School was very excited to receive news earlier that they had been allocated a grant of \$392,000.00 in the State Budget.

Following the announcement, there has been much consultation with all stakeholders – staff, students, parents, School Council members – on how these funds can be best utilised to help the students of Scoresby PS.

We are now thrilled to announce that these funds will be spent on artificial turf to be laid over the two sports courts. This will provide a fantastic surface for active games such as: basketball, netball, bat tennis, volleyball and also will be used for fitness testing of students. This area will also be used for passive games such as chess and hopscotch.



In addition to the artificial turf we will have a new canopy area being constructed that will 'link up' the three main buildings of our school. This canopy will become a great outdoor learning area for the students as we will have permanent outdoor chairs being built and placed strategically to ensure students can work out there during normal class time. The seats will also provide a great area for groups of students to sit and just 'have a chat' during recess and lunchtime. Within the canopy area we are also having an outdoor stage built that will be used for assemblies, Christmas concerts, musical performances and an outdoor theatre area for our Performing Arts program. This

canopy area will also provide a great shaded area during the warmer months as well as shelter from the rain!

We anticipate these works to be completed by the middle of November, 2015!

100 days of learning for our Foundation (Prep) students

On Tuesday, 21st July the Foundation (Prep) students at Scoresby PS celebrated their 100 days of learning. This was a great day with the students and staff all dressed up with the theme around the 'number 100'. The students were involved in many exciting educational activities based on the number 100.

Outstanding NAPLAN results

At Scoresby PS we are always thrilled with the academic results of our students and our 2014 NAPLAN results were a particular highlight.

Earlier this year, Matthew Coney, Principal Scoresby PS received an email from the Australian Curriculum, Assessment and Reporting Authority (ACARA) that stated: "Scoresby Primary School had been identified

as demonstrating above average NAPLAN gain compared to schools with similar students. This gain is deemed to be statistically significant and worthy of highlighting and acknowledgement."

As a school community we were thrilled to hear this news and we are eagerly awaiting the 2015 NAPLAN results to highlight the wonderful learning environment we provide at Scoresby PS.

For any prospective parents who are interested in having a personalised tour of the school please contact the school office on 9763 7484.

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.

C.H.A.T. (craft, hobbies and talk) is 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.

Our Car Boot Sales 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 High Street Road, Wantirna South. The shop is open between 10am - 4pm Monday - Friday and 10am - 1pm on Saturdays.

The Salvo Store on Fulham Rd, (Near Centrelink), 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. If you love a bargain, then you should visit the store on Mad Monday when some special ticketed clothes are just \$2.

I pray that God will continue to bless this community of Rowville. Rosie Massey (Captain)

Connecting with Yourself *by Marita Reynolds*

Firstly, why is connecting with yourself important? Connection is a sharing of energy. When we are connected to ourselves, our environment, our relationships, our passions and goals, we feel alive, purposeful and content.

When we are disconnected, our energy becomes stagnant – and this feels dull, boring and uninspiring.

Reconnecting with yourself on your health and wellbeing journey allows you to be self-aware. Self-awareness allows you to know, feel and acknowledge what works for you in maintaining your own health and wellbeing.

Exercising your self-awareness makes prioritising your health a whole lot easier, more sustainable and practical because YOU created it to suit your lifestyle and your unique needs.

You're far better placed to assess your own needs than anyone else – always seek advice if you need help on your health and wellbeing journey, but don't underestimate your ability to tune in and assess what you do or don't need, to nurture your body and your mind.

How can you reconnect with yourself?

Mindfulness and Meditation are great tools to help you practice being self-aware and strengthening the mind-body connection because they can help

you focus your attention and create presence, which allows you to assess your feelings, thoughts and needs in any given moment.

Let's think about this – Do you need:

- An early night?
- A home cooked meal packed with veggies?
- A stretch on the yoga mat?
- Time out with a good book or your favourite album?
- A massage appointment?
- Less time eating on the run?
- A walk in the sunshine?

Making choices to fulfil your health and wellbeing needs comes from knowing what you need in the first place. Practice mindfulness (even just a few moments a day) and put your health and wellness first.

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 the last term of our Meditation for Life Program before the end of the year.

Term 4: 22nd October to 10th December, 2015

7.30pm to 8.30pm every Thursday evening (8 weeks)



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.

We would also welcome you to head to our website www.wantirnowellnesscentre.com or search 'Wantirna Wellness' online to join our community and get access to our free 'Get Connected' Meditation Guide. The 'Get Connected' eBook shares practical meditation breathing techniques and different types of meditation you can use to create connection in your own life each and every day.

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

Please note that once the term has started no refunds are available. Please see advertisement in the business directory on the second last page of this edition or head to the website www.wantirnowellnesscentre.com for more information and Early Bird Special dates.

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Other services...

For more information on these and the other services that we offer please visit our website.

Renewing Ourselves

Seniors Festival is during October with many wonderful activities to participate in all over Victoria, many of them being free, including your local Ferntree Gully Laughter Club, which you are warmly welcomed to attend. We need to keep active in order to maintain



our fitness and flexibility. Let your self-talk be that there is enough time. Review your life and view it through new eyes in order to feel more energised and involved and lastly – do things that bring you joy.

Come along to the Ferntree Gully Club at 10.30am on Sunday 11th and 25th October. You will enjoy yourself, whilst probably enjoying a new experience. Laughter Clubs gather together in great community spirit and practice laughter yoga. We have been laughing together in Knox now for over 10 years. We meet behind the Ferntree Gully Library to do laughter and breathing exercises for half an hour. This is a form of physical exercise which is loads of lot of fun and very energising.

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

Contact details: Lynette Mitchell
Phone: 9763 5475 Mobile: 0425 799 258
Email: lynette@laughterforliving.com.au
Website: www.laughterforliving.com.au

NEWS IN GOOD HEALTH & WELLBEING



News from The Osteo
with Dr. Jason Stone

Wantirna Osteopathy
161 Stud Road
Wantirna South
9800 0388

With Summer soon upon us, removing the winter 'coat' is now becoming a priority. This means dusting off the runners and hitting the pavement.

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

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

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

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

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My final tips with a new exercise regime are to:

- ensure you have the correct footwear
- stretch before and after exercise.
- consider touching base with an osteopath, dietician, personal trainer and shoe specialist before launching into a Spring training program.



Are you a parent of a 2-6 year old child?

Do you want to promote positive body image and healthy eating patterns in your child?

Come along to a 2-hour parent information session designed to help you create an environment in which your young children can develop positive body image and healthy eating patterns.

You will walk away with practical strategies for the whole family to try, evidence-based resources, and some fun activities to do with your children.

A range of important topics will be covered, including:

- what is body image and why is it important?
- promoting self-esteem
- dealing with social influences
- dealing with teasing
- promoting healthy eating

Who is hosting the session? Knox Social and Community Health (KSCH)

What is the cost? \$10 which goes towards printed resources for you take home

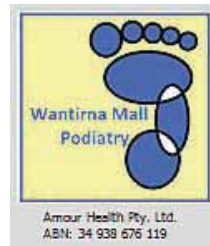
Where is it being held? KSCH- Shire Hall, 1063 Buwood Hwy Fernvale Gully. There are no childcare facilities available on site.

At what time? 10am-12pm on one of the following dates 20/10, 10/11 or 8/12

How can I get involved?

For more information about the information, or to attend, please contact

Reception to register on 9757 6200



Arthritis and Feet

Any joint within the foot and lower limb can be affected by different types of arthritis/ arthropathies that can cause joint pain, stiffness and impair your ability to walk, fit into footwear and care for your own feet. Pressure areas on the feet can cause corns, callousities and wounds to form.

Bunions otherwise known as hallux valgus are associated with arthritis. Bunions are a deformity of the big toe joint but can often involve other joints within the foot. The cause of bunions is not clear in many cases there maybe a genetic link or related to arthritis however the deformity maybe painful and progressive causing walking problems and deformity with the lesser digits. Occasionally a fluid filled sac called a bursa or corns and callousities may also develop over the area.



Corns and callousities are additional layers of skin produced as a body defence to protect underlying tissues against friction and pressure. The presence of a centre suggests a corn has formed. If the cause of pressure is not relieved, calluses and corns can become painful and can even ulcerate. Common sites of corn and callus formation, include the ball of the foot, under the big toe, tips and tops of toes and between the toes. Sometimes 'soft' corns between toes can also form.

At Wantirna Mall Podiatry we can help with the symptoms associated with arthropathies by assessing the movement of the joints of the foot and lower limb and associated plantar pressure areas. With this information the Podiatrist can remove the associated corns and callousities and determine a treatment plan to help manage your symptoms. Offloading orthotics with exercises are sometimes prescribed to help off load arthritic problem pressure areas. These orthotics are designed after measurements and casting of the feet is taken. Extra- depth footwear and footwear with specific elements for arthritis such as flexible uppers are also prescribed. There is no cure for arthritis, surgery through a Podiatry surgeon or Orthopaedic surgeon maybe an option if pain is persistent.

Picnic with the teddy bears at Ambleside



IF YOU go into the woods today you're in for a big surprise... there will be a real Teddy Bear's Picnic, and lots of games for kids (and big kids) at 'Ambleside' homestead and museum, 3 Olivebank Road, Ferntree Gully, from 12.30 – 4 pm on Sunday, 22 November.

The special event for kids marks the opening of a new exhibition at 'Ambleside', 'Child's Play', show-casing children's toys and games from years past. Children are invited to bring their own teddy bears, and also dress up as their favorite cartoon or comic characters, a super-hero, prince or princess, or anything else you might like.

It's spring...and the gardens at 'Ambleside', following hard work by KHS volunteers assisted by Knox City Council staff, have been given a major make-over. More than three thousand new plants have been added to the 'Ambleside' garden. A 120 year old North American Magnolia, planted by Ephraim Hansen, is in gloriously fragrant bloom at the time of year, but only for a few weeks.



Bring your own mat and picnic lunch for a real Teddy Bear's picnic lunch on the lawns. Details: ph. 9758 6722, or website: khs.relics.com



Once upon a time... Sue Wootton, of Eastern Regional Libraries, will be at 'Ambleside' on the day, telling fairy stories and other children's tales.

The event will also feature arts and crafts activities, games, and a treasure hunt for Teddy Bears cunningly hidden for kids to track down around the property.

Remembrance Day Commemorations in Knox

On Sunday 8th November, 2015 the Knox Remembrance Day Committee, chaired by Hurtle Lupton OAM JP, will conduct a ceremony at the Knox War Memorial situated in Dorset Road, Ferntree Gully.

The Service will commence at 10.55am and residents and friends are invited to attend. For those wishing to march, 'form up' will be at the rotunda in Francis Crescent, Ferntree Gully at 10.45am at the very latest. Participants in the march are encouraged to wear their medals and/or medals of their relatives who have served in the armed forces.

Mr Lupton said that, "Remembrance Day, which was originally called Armistice Day, commemorated the end of the hostilities for the Great War (World War I), with the signing of the armistice, which occurred on November 11, 1918 – the 11th hour of the 11th day of the 11th month."

"On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead."

He made the point that the ceremony in Knox was unique in that it is almost entirely conducted by students from local primary and secondary schools.

"We have school choirs, children participating in the readings and many more who assist in the wreath laying ceremony, flag bearers in the march and the flag raising and lowering ceremony."

Mr. Lupton said he is so proud to, "see the involvement of our younger generation who demonstrate such enthusiasm and empathy for this special day."

Everyone is welcome to attend and refreshments will be served at the Boronia RSL at the conclusion of the event.



thirty years young!





stringybark

FESTIVAL 2015

17 & 18 October

Rowville Community Centre
Fulham Rd, Rowville
knox.vic.gov.au/stringybark











News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

100 Years of Jazz History *by Ken Simpson-Bull*

The Australian Jazz Museum does not merely archive Australian jazz but International jazz as well. Simplistically put, Jazz as a musical form slowly developed from the work songs of the Negro slaves in the New Orleans area of the United States combined with the music of the local Negro marching bands in the early years of the 20th century. Ragtime, with its syncopated melodies dating from the 1890s, was added to the mix which became the early form of jazz which we would now recognise as "Dixieland". This original true jazz was first recorded in 1917 (by a white group, ironically, who called themselves the Original Dixieland Jazz Band), and the Jazz Museum possesses a rare original 78 rpm copy of this disc.

But the museum also has a number of original recordings of that precursor to jazz, ragtime. These



78 rpm discs, recorded in 1912, were donated to the Museum by an elderly relative of the original owner of the records, one James Stewart who died tragically as a young man in 1915.

The Museum is very proud of these discs which are surprisingly in pristine condition. At 103 years of age they represent the oldest jazz related holding in the Museum's collection.

The Australian Jazz Museum (a nationally accredited museum), 15 Mountain Highway, Wantirna (Melway Reference 63, C8) is open free 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.ajm.org.au



62 Coleman Rd,
Wantirna Sth
Ph: 9801 1895

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

Book Now for Term 4 classes beginning in October

Stamford Park Men's Shed at Orana

New Members Welcome!

Open each Thursday from 10.00am
until 3.00pm with a break from noon
until 1.00pm.

Anyone interested in
popping in for a cuppa
and chat to find out more
please contact
Allan Billham 0418 677 898

CONGRATULATIONS!

Orana congratulates our Knox
Learning Alliance winners:
Louisa Philp, our amazing IT tutor and
John Flatley, an Orana student who
attended several Learn local courses
that led to further training
and employment.

TERM 4 CLASSES

Beginner & Intermediate Computer classes

Return to Work Office Skills

Ipad & Tablet classes

MYOB

Yoga, Tai Chi & Fitness for Over 40's

Mindfulness workshop

Art classes

Bollywood Dancing

Italian language classes

Mosaics

Christmas Cards & Cake decorating workshops

Jewellery Making

Cheesemaking and more!

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



IMMERSE is a new exhibition developed by Knox City Council where over 30 days from 14 November to 14 December 2015, more than 30 artists will display their art work in everyday spaces around Knox.

Be prepared to experience local art as you go about your day in all sorts of indoor and outdoor venues from cafes and parks to community centres and libraries. Immerse gives local artists the opportunity to have their work seen by the community, in places you wouldn't usually expect.

Keep an eye out for some exciting changes to Westfield Knox, the State Basketball Centre in Wantirna South, Cinema Lane in Boronia, and 1812 Theatre in Upper Ferntree Gully. For a full list of venues and a map please visit knox.vic.gov.au/immerse

The Immerse exhibition program opens on Saturday 14 November from 5.00pm – 6.30pm at the Ferntree Gully Community Arts Centre and Library, 1010 Burwood Highway, Ferntree Gully. All welcome. Please RSVP to jo.herbig@knox.vic.gov.au by Friday 4 November.

knox seniors festival - events program (4–31 October 2015)

Event
Sunday 4 October
Historic Ambleside Homestead Open House
Blessing of the Pets Service
Learn to Dance
Monday 5 October
Mini Senior Tennis
Official Festival Launch
Paper Crafting
Tuesday 6 October
Seniors' Day at Orana A Taste of Asia
Self Defence for Seniors
Get Started - Buying on eBay
Learn to Dance
Wednesday 7 October
Knox Ramblers Walking Group
Mini Senior Tennis
Morning Melodies (with lunch)
MDLC Social Friendship Group
Legends of Brass
Comedy in the Church
Thursday 8 October
Tennis Try Out
Tai Chi
Historic Ambleside Homestead Open House
Ferntree Gully Cemetery Tour
Comedy in the Church
Friday 9 October
Mini Senior Tennis
Badminton Demonstration
Morning Melodies with morning tea
Historic Ambleside Homestead Open House
Comedy in the Church
Saturday 10 October
U3A Knox Annual Art Exhibition and sale
Historic Ambleside Homestead Open House
Sunday 11 October
U3A Knox Annual Art Exhibition and sale
The Laughter Club
Historic Ambleside Homestead Open House

Event
Ferntree Gully Cemetery Tour
Songs of Praise at St Thomas Anglican Church
Learn to Dance
Monday 12 October
Cycle class
Aquacise
Feeling Fit
Tuesday 13 October
Photo Walk and Presentation
Aquacise
Body Balance
Tai Chi
Self Defence for Seniors
Active for Life
Learn to Dance
Wednesday 14 October
Aquacise
Mini Senior Tennis
Knox Ramblers Walking Group
All Together Now – Choir
Commemorative Rose Bush Distribution
Knox Seniors Indoor Bowls Carnival
Chi Ball
Afternoon Tea with 'Neil Diamond'
Seniors Cybersafety
Thursday 15 October
Aquacise
Tennis Try Out
Tai Chi
Italian Morning Tea with Bocce and music
Feeling Fit
Historic Ambleside Homestead Open House
U3A Knox Open Afternoon
Friday 16 October
Aquacise
Street Orienteering
Body Pump
Historic Ambleside Homestead Open House
Bingo Night at Knox 55+ Club
Floorshow – comedy theatre

Event
Saturday 17 October
Como Gardens Open Weekend
Historic Ambleside Homestead Open House
Sunday 18 October
Como Gardens Open Weekend
Stringybark Festival
Historic Ambleside Homestead Open House
Learn to Dance
Monday 19 October
Mini Senior Tennis
Tuesday 20 October
Tea and Classics with Inventi Ensemble
Introduction to Archery
Self Defence for Seniors
Learn to Dance
Wednesday 21 October
Knox Ramblers Walking Group
Morning Melodies (with lunch)
Introduction to Archery
Thursday 22 October
Tennis Try Out
Open Day - Knox Chinese Elderly Citizens Club
Historic Ambleside Homestead Open House
History Then and Now with the Knox Historical Society
Friday 23 October
Mini Senior Tennis
Friday Walkers
Badminton Demonstration
Historic Ambleside Homestead Open House
Saturday 24 October
Historic Ambleside Homestead Open House
Sunday 25 October
The Laughter Club
National Steam Centre Museum
Historic Ambleside Homestead Open House
Learn to Dance

Event
Monday 26 October
Beginning Your Family History
Tuesday 27 October
Self Defence for Seniors
Learn to Dance
Wednesday 28 October
Knox Ramblers Walking group
Thursday 29 October
Historic Ambleside Homestead Open House
Friday 30 October
Badminton Demonstration
Historic Ambleside Homestead Open House
Saturday 31 October
Festival Closing Event - Royal Australian Air Force Band



Knox City Council
Active Ageing & Disability Services

The Knox Seniors Festival program will be available from the end of August from Council Customer Service Centres, Knox Libraries and Neighbourhood Houses.

VICTORIAN SENIORS
IT'S *Festival*
YOUR TIME
OCTOBER 2015



* Please refer to full printed program for more details in relation to times, events, bookings and admission prices. All physical events are suitable for seniors.

For more information, go to knox.vic.gov.au or seniorsonline.vic.gov.au or call Knox City Council 9298 8000

Villa Op Shops

Villa Maria Catholic Homes (VMCH) is putting the 'opportunity' back into op shops.

The not-for-profit disability, education, accommodation and senior services provider operates four op shops in Bayswater, Ferntree Gully, Heathmont and Wantirna. VMCH Retail Manager Paul Goggin says while the term 'opportunity' has long been synonymous with



bagging a bargain, it also reflected the inclusion of more vulnerable people in the local community.

"Not only do the shops play an integral role in raising vital funds for our services, they also give people the chance to connect socially, improve their confidence and skill set, and make meaningful use of their time," Paul said.

Last month, six people with disabilities supported by VMCH's Gateway Service began volunteering weekly for the op shop warehouse in Wantirna to help sort through items and get them ready for sale.

"It's great to be able to provide an inclusive environment for people from all walks of life to interact and be part of a team. On the business side of things, the support increases our capacity to efficiently sort, store and distribute fashion and homewares to our op shops."



Monique Sime at a Villa store

Gateway Coordinator Sharon Browne said the partnership had many positive outcomes.

"The aim was to give people the opportunity to contribute to others and gain insight into what it means in practise to be a volunteer, while developing self-confidence and work readiness skills," she said.

Paul said he looked forward to building the op shop community both in-house and within the wider Knox population.

"We also have local volunteers who use their passion for knitting and craft to support our shops. A group of ladies create one-of-a-kind, handmade blankets, cushions, mittens, tea cosies and greeting cards, which we have a really high demand for," Paul said.



2015 Aston Community Awards celebrate our local heroes

In early September, I had the privilege of recognising our unsung heroes in Knox by presenting my annual Aston Community Awards.

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.

The overall winners in the four award categories were:
Lorna Carthy—Senior Volunteer Achievement Award
Lorna has lived in and contributed to the local community for over 50 years. She has been involved in cubs, scouts, girl guides, Basketball and various other groups for half a century. At 87, she is still helping with 'Meals on Wheels' around Knox.

Matt Bulluss—Youth Volunteer Achievement Award
Matt is a volunteer with Interchange Outer East, volunteering 136 hours over his two weeks school holidays. This is typical for Matt who dedicates most of his weekends to Interchange Outer East.

Valerie D'Souza—Individual Volunteer Achievement Award

Valerie is the current President of the St Vinnies Rowville branch and has been involved with St Vinnies for nearly a decade. She also is a valued volunteer at

St Simons Church and as part of the St Simons school community.

Chicks for Charity Foundation – Community Group Achievement Award

The Chicks for Charity Foundation have raised over \$800,000 for individuals and organisations in need in the Knox community and made a real difference to the lives of families.

Kath Loxton the President of Bridges Connecting Communities was nominated in the "Community Group Achievement Section along with John Giddings also from Bridges who was nominated in the "Senior Achievement Section."

We are lucky to have people in Knox who have volunteered for over 50 years, people who have changed national agendas and businesses and community groups who have given endless hours and financial support. It is important that we properly thank these individuals for all of their work.

Congratulations to all the nominees, finalists and the overall winners.

Alan Tudge MP
Federal Member for Aston



Alan Tudge and Lorna Carthy



Alan Tudge with the four award winners



Alan TUDGE MP
FEDERAL MEMBER FOR ASTON

Real Action For Knox



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

Ferntree Gully VIEW Club

Ferntree Gully View Club went back to the 1920's for their 20th Birthday Celebrations. 94 members plus visitors from other View Clubs in our Zone attended.



Margaret Merrylees and Hilary Broadwell, two of the club's founding members cut the beautiful cake, decorated in keeping with the 1920's theme, by Wendy Francis.

Our monthly luncheon meetings are held on the 4th Monday of each month, at 11.30am at the Knox Club, corner Stud and Boronia roads. The Luncheon consists of 2 courses, tea or coffee, at a cost of \$25, we also have a Guest speaker or entertainment.

Our club has a reputation of being a friendly fun loving group, and visitors are most welcome.

VIEW stands for Voice, Interest and Education of Women.

We support the Smith Family by raising money through our monthly Luncheons, in house functions, bus trips and special functions.



Ferntree Gully VIEW Club also supports 5 Students through the Learning for Life Program with the Smith Family. We also support a group that provide accommodation for women and children experiencing violence and abuse.

If you would like to join our club, which is welcoming and fun - give us a try.

Upcoming Meetings:

Monday 26th October, 2015

Speaker: Don Horsburgh - Speaking on the 'History of the Puffing Billy Railway.

Monday 23rd November, 2015

Speaker: Heather Burge - Speaking of her travels on a bike.

Monday 14th December, 2015

Musical Entertainment for Christmas.

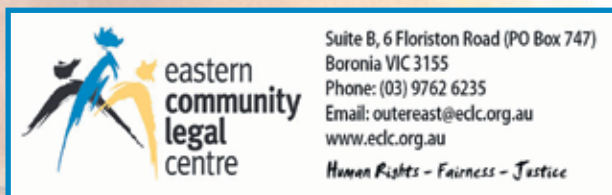
Time - 11.00am for an 11.30am start

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

Please contact our President, Pam Turner on 9725 4135 for information or to make a booking

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@rowvilleenic.org.au to register www.rounddanceassociationvictoria.org.au
Scoresby 55+ Social Circle	Every Thurs. 10am-12pm	Scoresby Football Club 752 Stud Road, Scoresby	Gold coin donation – Bookings 9764 1166
Knox Retirement Village Fete	Saturday 10th October 10am - 2 pm	466 Burwood Highway Wantirna	Katie Johnson 0421837044
Salford Park Community Village Community Village Fete	Saturday 10th October 9.00am to 2.00pm	A great variety of items available. Also a Sausage Sizzle & Refreshments available	Phone: 9837 6500
Inventi Ensemble Tea and Classic Concert Series \$10 per person	Tues 20th Oct 10.30 – 11.30 Tues 19th Nov. 10.30 – 11.30	Knox Community Arts Centre Bayswater	\$10 per person info@inventiensemble.com
Baby Show. All proceeds are supporting the Epilepsy Foundation of Victoria	Monday 12th Oct. at 11.00 am	Knox Club, Cnr. Stud Road & Boronia Road, Wantirna	Phone 9727 3047
Balmoral Over 55 Lifestyle Village - Art & Craft Market	Sunday 18 October 10am to 2pm	Ridge Road, Wantirna South	Louise 9800-1333
Wantirna Retirement Village Fete and Garage Sale	Saturday 21st Nov. 9am – 2pm	Community Centre Hall 2 Old Stud Road Wantirna South	Justin Wicks 9800 1640



COMMUNITY NEWS

Taking Good "Legal Care" of Yourself

Legal Health Check for Older People

Many older people live healthy, vibrant and connected lives and continue to make a strong contribution to the community. Others, however, might be isolated and vulnerable. They might be experiencing everyday life problems that they don't know how to fix, and with no-one to turn to. We all know that problems don't just go away, they often get worse. This combined with stress and worry can affect our health, wellbeing and quality of life.

We're all familiar with 'An apple a day, keeps the doctor away'. Well, here at ECLC, we've come up with another saying that we'd like you to think about ... 'A legal health check today, keeps the worries away'

Try this quick quiz about common legal problems that can affect people in the later stages of life:

- Are you having difficulties talking with your neighbour about damaged fencing or problems with overhanging branches?
- Are you having trouble dealing with an insurance company following a car accident?
- Have you signed a contract that you are uncertain about?
- Have you been unable to see your grandchildren since their parents separated?
- Are you worried about who will make financial, medical and lifestyle decisions for you should you lose the ability to decide for yourself?
- Are you thinking about what will be done with your estate when you die?
- Are you thinking about selling your house and moving in permanently with family, but worried about it 'not working out'?
- Are you experiencing violent, threatening or controlling behaviour by someone you know and trust?

If you have answered 'yes' to any of the above questions, or you are unsure about one or more of

these problems, please call us on (03) 9762 6235 to find out what help is available.

ECLC can provide you with free legal information and confidential advice. Our community lawyers and advocates "act on your instructions" only. This means that they will only do what you tell them to do. So talking to us doesn't mean you have to take any action straight away. You decide your next steps, and you can take them when you are ready.

And if we're not the right service for you, we will definitely refer you to someone else who can help.

Remember, act early and brush those worries away!

'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.



Demelza-Rose at ECLC

Ice Forum Knox by Matthew Hjelm

The drug Ice has had an impact on many families around Australia as well as in the Knox Community.

The Ice Forum was to be held by the Hon Alan Tudge on Monday, 13 July 2015 at the Rowville Uniting Church. However due to unforeseen circumstances he was unable to make it due to the 'volcanic ash' at the time in Indonesia.

It was then held by the Hon Michael Sukkar the Federal Member for Deakin who did an exceptional job. In addition there were other special guests that attended which included members of the Victorian Police Force as well as the Federal Justice Minister the Hon Michael Keenan.

The night was filled with constructive criticism about the current plan put forward by the federal government. There was also a great amount of questions and comments put forward by Knox locals. These questions and comments put forward created much debate which was positive to see.

In the end the night gave the government further evidence as well as information that will be extremely helpful when they create and put forward a national plan to tackle a drug that has affected a vast number of Australians.

WANTIRNA DENTURE CLINIC

- Full & Partial Dentures
- Relines
- Repairs
- Mouthguards
- Veteran Affairs
- Vic Denture Scheme

Chris Brownlie
Dental Prosthetist

Telephone: 9720 1555
487 Boronia Road, Wantirna
Cnr Stud Rd, opposite Knox Club



Managing Household Budget Challenges

Managing a household budget can be extremely challenging. Even under the most favourable circumstances, it can be difficult to make ends meet with ever increasing costs and demands.

How much more challenging is it then, when there is the financial burden of debt? This may be through mortgages or loans, children's needs, increasing medical costs, car expenses etc. Or it could be as a result of a sudden life changing experience such as job loss, sudden disability, death of a spouse, separation / divorce, physical or mental breakdown. Personal circumstances can change quickly which may seriously affect a previously stable financial situation. No-one is immune from the impact of

these events, they are rarely planned. Other factors also impact such as regular habits, eg, the use of alcohol, cigarettes, gambling, drugs, or excessive use of credit.

The cost of housing is a significant factor affecting ability or inability to meet financial responsibilities. Irrespective of whether accommodation cost is for rent or a mortgage - if these costs equate to more than the 30% of household income, then it is considered to be a situation of housing stress.

Financial Counsellors can help with money management strategies, advice and options around bills, fines and debt repayments. They can assist to negotiate payment plans with creditors, provide

information on bankruptcy, legal issues, consumer issues and government assistance, as well as provide referrals to other agencies.

Financial counselling offers individual confidential support for those who are suffering financial difficulty.

By Kim Hubber, Financial Counsellor
EACH Financial Counselling
Ph: 9871 1817 or 1300 003224
(a partnership with Anglicare Victoria)
Or: Money Help 1800 149 689
Online Tools - Money Smart: www.moneysmart.gov.au
Money Help: www.moneyhelp.org.au



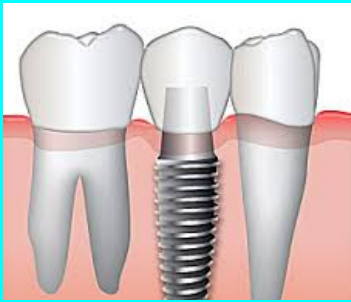
8/249 Stud Road
Wantirna South
Vic 3152

03 9887 0888

IMPLANTS & TOTAL TEETH REPLACEMENT

Our clinic has become an iconic Dental Centre in the south eastern suburbs of Melbourne and continues to grow and provide extensive and comprehensive services to the public, offering complete dental care ranging from minor restorative procedures to complex procedures, single implants, multiple implants and full mouth Total Teeth Replacement (including All On 4)

Single Implants



Total Teeth Replacement



Single implants from only \$3500

Total Teeth Replacement (including AllOn 4) \$21,000

Come in for a FREE CONSULTATION and smile digital design image (SDDI) which gives you the results prior to any treatment commenced.

Our clinic uses internationally know systems such as Nobel Biocare and MIS.

All finalrestorations are fabricated in Melbourne by SIIDA and Seaside Dental Studio.



ORTHODONTICS

At Studfield Dental Group we are privileged to have a large group of experienced dental practitioners who are Orthodontically and Orthopaedically trained.

Our team led by Dr Michael Kotsifakis provides all facets of orthodontics including conventional braces, ceramic braces, lingual braces, clear correct aligner therapy and more.



We are currently offering Patients a **Free** Orthodontic consult



Conventional Braces

Lingual Braces



Orthodontic plates



Orthopaedic appliances aim to eliminate the need for surgery and removal of teeth. Also in some cases eliminate the need for braces, ideally we aim to consult children as early as 6- 8 years old.

ClearCorrect™



Clear correct is an affordable clear aligner system.
Upper and lower alignment only \$6500

EMERGENCIES WELCOME

OPEN 7 DAYS

Monday- Friday 8am to 9 pm
Saturday 8am to 5pm
Sunday 9am to 5pm

For more information please call our friendly staff on 98870888 to arrange an appointment or simply visit our website www.sgdental.com.au





Life Activities Club Knox Inc.

Sunday walkers are travelling by train to Ballarat. We still have our cinema evening on the second Saturday each month.

The Bushwalkers are seeking more members, I understand the name is confronting, but it may not be as challenging as it sounds. Give it a try.

Call for more information or our newsletter and join us some time. You can contact us on the net www.life.org.au/knox

Contact Melva on 9762 3764 or Helen on 9729 1151

Life Activities Club Knox is a member of the Life Planning Foundation of Australia Incorporated (Certificate of Incorporation Reg. No. A 00 30709U: A.B.N. 74 869 342 108)



The long, long table at Tarwin Lower



Knox's own "Sharing the Joy" Appeal is entering its 6th year and aims to lighten the load for Knox households requiring the support of Knox's emergency relief services in the lead up to Christmas.

The annual Knox based appeal is a strategic component of Knox Community Christmas Support, a project established in 2010 as an initiative of the Knox Emergency Relief Network under lead agency Knox Infolink Inc.

Alison Ames is the recently appointed Manager of Knox Infolink in Boronia; providing community support to Knox residents 5 days a week, made possible with a workforce of 50 trained volunteers, and strong Council support.

Knox Community Christmas Support is about joining together emergency relief agencies, in partnership

COMMUNITY NEWS

Community Groups Helped with Equipment Donations

Online rental company Make It Mine (www.makeitmine.com.au) kicked off a community programme earlier this month that looks to assist local organisations, clubs and charities through the donation of refurbished computers, TVs and a wide range of home appliances.

One of the first organisations to benefit was CityLife Community Care in Wantirna South, who received two HP laptops to help the team run their Budgeting Assist Program – an initiative offering individuals and families budgeting support in times of financial hardship.

Whilst Make It Mine has been supporting The Salvation Army with product donations Australia-wide since 2013, Founder and CEO Andre Lang wanted to develop the support offered with more of a focus on the local community: "we're a locally-based company and most of our 45+ team grew up in the local area, so I wanted to make sure that Make It Mine was doing whatever it could to give back locally and lend a helping hand to the many community groups, sporting clubs and charities doing such a fantastic job locally."

Make It Mine hopes to make CityLife Community Care the first of many local organisations

benefiting from their product donations, and is now looking to connect with other local community groups: "if you're a local charity that could do with a new computer for the office, or even a footy team that needs a TV for your club rooms, then please get in touch - we'd love to hear from you so we can see what we can do to help", continued Andre.

Need support? To get in touch with Make It Mine and discuss how a computer, TV or home appliance donation could help your community group, club or charity email: community@makeitmine.com.au



Linda Tyler, Karen Chan and Zillah Everett of CityLife Community Care, and Make It Mine CEO & Founder, Andre Lang

with the wider community; to provide festive food hampers and gifts for kids 0-18, to households identified by the KCCS working group as in the target group in the months leading to December.

Ways to support the Sharing the Joy Appeal 2015:

- Monetary tax deductible donations can be made directly at www.givenow.com.au/knoxsharethejoy
- New unwrapped gifts for 6 different age groupings, (ideas cards available)
- Non-perishable, within date, food items, (list available)
- Appeal collection boxes, and information will be located at the following sites from 1st October to 1st December:
- Knox Libraries Boronia, Ferntree Gully, Knox, Rowville
- Ray White, Unit 5 1849 Ferntree Gully Rd, Ferntree Gully
- Bendigo Bank Bayswater and Boronia
- Run a fund raiser at work, or your local interest group.
- Volunteering – call Janet or Sally at VolunteerforKnox Ph:9758 7081



Knox & District Over 50s

Monthly meetings are held on the fourth Tuesday of each month apart from December at the Boronia progress Hall at 10.30 a.m. The next meeting is on Tuesday 27th October.

If you join the Club now the subscription for the remainder of the year (2015) is \$7.50 . You can of course visit us three times before deciding to join and become a member.

Activities planned for the remainder of the year include a tour of the Block Arcade. 1812 Theatre, Cup Day lunch at Wantirna Hill Club and a tour of the Carmelite Monastery at Kew. Regular events each month include, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and much more. Our monthly newsletter Knox Natters Matter (which is emailed or sent to members and available at the monthly meetings) will keep you up to date with activities.

Contact Jill on 9801 4363 for any further information.

Jim McLoughlin

Templeton Tennis Club News *by Don McCracken, President*

Welcome to the Spring edition of our Clubs' newsletter.

Let me start with welcoming back our sponsors from last year Integrity Cabinets, Barry Plant Wantirna and Bendigo Bank Wantirna Community Branch. Their support of our club is much appreciated.

The winter season is well finished and with mixed results. We had, over all sections of the Club 12 teams in finals resulting in 4 flags and 6 runners up. We are proud of all our players and the way they represent our club. Well done to all involved.

We ran in conjunction with all other Knox based tennis clubs an Open Day on Sunday the 13th September. This was highly successful and we look forward to a continued growth of our club as a result.

Thank you to all involved.

Summer season is fast approaching and begins early October. We again have good numbers

representing our Club with 6 senior, 24 junior and 3 midweek ladies teams nominated for the coming season. Good luck to them all.

We also thank Knox Council for their ongoing support. They have through their program of Minor Capital Grants provided \$4,400 towards the re-carpeting of the clubrooms. This is to take place over the summer break. As always their support is much appreciated.

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

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

Check out our website, www.templetontennis.com.au for details of those who support us, our sponsors,

SPORT NEWS

TEMPLETON
tennis club

Barry Plant Wantirna, Bendigo Bank Wantirna Community Branch and Integrity Cabinets. Give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member.

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

Templeton Tennis Club Inc.
Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 63 G9
Membership: Russell 9887 1957
Clubhouse: 9887 3505
President: Don 9800 3316
Coaching: Kelly 0414 874 482
Website: www.templetontennis.com.au
Email: president@templetontennis.com.au

Spring Taking Off at Wantirna Tennis Club!! *by Barry Cornell*

Since this year's 2015 AGM things have really taken off at the Wantirna Tennis Club, with the largest full committee we've had for years, we welcome Greg Dorn on to the general committee and welcome back Barry Cornell as president. However the best news is that we are thrilled to announce the appointment of our new coaching team Troy Murrell and Mike Alder, a partnership called "Troy and Mike Tennis Coaching".

It might be football finals season, but many tennis clubs are also playing their winter seasons finals this month. At Wantirna Tennis Club we are enjoying our fair share of teams playing off for flags and trophies at the end of the winter season.

The place has been really sizzling along with a lot of fun for members both on and off the tennis courts. It's great to see night tennis back to a fantastic level of atmosphere, with a buzz on all the courts. It continues to flourish, in particular with our move into the Blackburn & District Night Tennis Association. We now have 4 Open Doubles teams in BDNTA on Tuesday and Wednesday nights, plus 2 Men's Doubles teams on Tuesday and 3 Open Singles/ Doubles teams on Thursday nights competing in the Knox District Night Tennis Association (KDNTA). The Open format has the flexibility of being able to play any combination of Female or Male Wantirna Tennis players.

You know the diversity of Tennis players is amazing even at a local level. Whilst television beams worldwide live coverage of world champions in their 20's and 30's into our living rooms; characteristically local suburban tennis is played by grading players so that regardless of playing ability, very close matches can be enjoyed by a diversity of ages and of course gender. For example, in a recent final, the match was played with both male and female team members, an age difference between oldest

and youngest players of 60 years. The average age of one team was approximately half the other, and was won/lost by (Wantirna, but by) less than 5% of total games, by a team made up of mother and siblings.

Last month we were advised by Knox Council that our submission for a Minor Capital Works grant to undertake repairs to our Tennis court fences and replacement of base boards was successful. So there'll be a hive of activity shortly with our prime contractor doing the fence repairs and our members joining in a working bee to remove the old baseboards and fix the new ones in place.

Pretty cool!! with the help of Cr Joe Cossari councillor for Collier Ward and funds from members of the Wantirna Tennis Club we are now ready for the new hot summer season ahead with the replacement of those 30+ year old ceiling fans with some sleek new silent ones to keep everyone cool.

And here's our brilliant new coaching team at Wantirna Tennis Club. They have played competitively in Australia and overseas, Tennis Australia qualified coaches and TA assessor qualified. They have worked at Melbourne Park employed by Tennis Australian coaching and have a coaching format that really works, developed over a number of years.



Troy Murrell (L) and Mike Alder (R). Give them a call 0424693005 or send them an email and see what they can do for you. With group or individual private coaching, squads, Hot Shots and Cardio Tennis at Wantirna Tennis Club.

Don't forget to get fit and ready for this coming summer of tennis, you can do it all at Wantirna Tennis Club. We have excellent facilities and 9 tennis courts in the terrific setting of Wantirna Reserve. Options are competitive tennis or just social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. There is safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

Wantirna Tennis Club Inc
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Web: www.tennis.com.au/wantirnatc/
Club Secretary: Alison 0408576025 or email wantirnatennis@gmail.com
Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com



COMMUNITY NEWS



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

On the 29th of August, over 150 Cubs aged 8-10 years converged on 3rd Wantirna Cub Pack's complex. "Why were so many Cubs in the one place?" I hear you ask. Well, they were all there for the City of Knox District's amazing Badge Day event!

Cubs were able to select three 'level 1 achievement badges' to complete. They were able to choose from Animals & Birds, Arts & Design, Citizenship, Codes & Signals, Collector, Cyclist, Engineer, First Aid, Flight, Handcraft, Masks & Sculpture, Naturalist, Scientist, Weather and World Friendship.



Knoxfield running the Animals & Birds badge base



1st Wantirna South running the Flight badge base

The most popular achievement badges were Art & Design, First Aid and Scientist – quite different from one another.

Leaders from each Cub Pack, with the assistance of parents and leaders from other sections, each ran a badge base. By the end of the day we had many tired, but extremely happy, Cubs and leaders. The leaders indoors were kept so busy that they did not even know it had been raining outside!

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 can 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 there is lots of fun to be had by becoming a leader!



2nd Knoxfield running the Naturalist badge base



2nd Wantirna running the Art & Design badge base



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for a Second Opinion**



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