

# COMMUNITY NEWS

FROM WANTIRNA, WANTIRNA SOUTH,  
SCORESBY, KNOXFIELD & BAYSWATER

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EDITION 48  
JUNE/JULY 2017

- FARESHARE HELPS LOCAL VETERANS
- U3A QUILT AND CRAFT SHOW A SUCCESS
- SCORESBY SECONDARY COLLEGE TOPS THE NAPLAN CHARTS
- SOUP AND SINGING AT OUR SAVIOUR'S LUTHERAN CHURCH

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## Editorial

Hello to our readers,  
 Did you notice something different about our front cover?  
 We haven't managed to come up with a dynamic name for our paper to reflect that we have moved beyond Studfield and Wantirna areas to cover Knoxfield, Scoresby and also Bayswater. Therefore we decided to just call it what it is "Community News"!  
 We appreciate all the support we have from the people across the suburbs of Knox that we represent in our paper. Without the efforts of our contributors our paper would be nothing.  
 Volunteer Week was held in May and it reminds me to acknowledge the enormous efforts of the SWCN volunteer team who spend significant time managing the administration and production of the paper.  
 I hope you enjoy this edition.

*Janet on behalf of the team*

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





## FareShare Helps Local Veterans with Free Meals by Lucy Farmer

Right across Melbourne there are people struggling to put food on the table. At the same time, Aussies waste about one fifth of all the food they buy.

This is where food rescue charity FareShare comes in. We strive for a society where no food is wasted and no one goes hungry. We rescue surplus food, cook it and distribute it to people in need.

FareShare operates Australia's largest charity kitchen and every day our volunteers cook 5000 free nutritious meals.

These are distributed to more than 400 charities around the state including APPVA (Australian Peacekeeper and Peacemaker Veterans' Association) in Boronia which supports veterans.

Last year FareShare cooked more than 1.16 million free meals for people doing it tough. These included many on the aged care pension, single parents, the working poor, unemployed and people experiencing homelessness.

FareShare meals are prepared under the direction of experienced chefs in our Abbotsford kitchen using quality rescued and donated food. Our dishes include curries, casseroles, soups and pastas. We work hard to ensure these are as healthy and nutritious



as possible knowing that for many people they may be the only meal of the day.

Last year FareShare started growing our own vegetables to plug the gaps in the veggies we can rescue. We now have kitchen gardens at three sites around Melbourne – Abbotsford, Clayton South and Moorabbin Airport.

FareShare aims to keep costs to a minimum by relying heavily on volunteers. We have 850 regular volunteers together with around 3000 secondary school students and 3000 business volunteers who help out each year.

It costs FareShare just 75 cents to cook a free nutritious meal for someone in need. We have to raise all of our own funds. If you would like to support FareShare, please visit <https://donate.fareshare.net.au> to make a donation.

[www.fareshare.net.au](http://www.fareshare.net.au)

**Meals are available downstairs at Shop 20, Boronia Mall where the Aussie Vets Op-Shop furniture and white goods outlet is located at the following times:**

**Mondays 12 noon – 2 pm and  
Wednesdays and Fridays  
10 – 12 noon.**

*Picture at left: Fareshare Chef, Emily.*

## Acknowledging our Citizens

I attended a number of ANZAC Day services this year, including Salford Park Community Village's Anzac Day Service in Wantirna (pictured).

The day's commemorations are an opportunity to reflect on the sacrifices of Australia's and New Zealand's defence personnel who have served or continue to serve in combat and operational service.

The ANZAC legend was born during the Great War (1914-1918), where around 80,000 Australian and New Zealand personnel lost their lives, and close to 200,000 were wounded or imprisoned.

We also remember the enduring pain and torment of war on the service men and women, and their families, after war, and we honour all those in uniform who have served our country throughout history.

I would also like to extend an invitation to local community groups to participate in this year's Victoria Day Awards to recognise those who serve our local community.

Community groups and organisations are encouraged to nominate a person who has demonstrated a significant contribution to the residents in the electorates of Ferntree Gully or Rowville.

Nominations close Friday, 9 June 2017. For further information on the awards, please visit [www.nickwakeling.com.au](http://www.nickwakeling.com.au) or phone my office on 9758 6011.

**Nick Wakeling MP, State Member for Ferntree Gully**



*Nick Wakeling with Salford Park residents and friends and students of Wantirna College*



# WHAT'S COOL AT SCHOOL?

## Putting children first—work set to start on new early years hub

from Knox City Council

The shovels will soon come out for the start of works on a new \$11.7 million early years hub in Wantirna South.

Knox Council signed off on the contract to build the new centre when it met on Monday night, 8 May.

Mayor Darren Pearce said it's Knox Council's biggest-ever single investment in services for young children.

"This one centre is going to bring together a range of services for young children, covering all their needs from birth to school age in the one place," the Mayor explained.

"From our 47 facilities across the City, we are using this project to bring Council's six child care services together along with a preschool, playgroup and maternal and child health services into these two locations which are already sites for Council's early years services" the Mayor explained.

"Parents expect Council to invest wisely in up-to-date facilities for their children," he added. "It also makes a lot of sense to have these two single locations where our experts and educators work together—all with the children's interests at heart."

Councillor for Scott Ward, Lisa Cooper, said she's delighted that the children of her area in Knox will be the first to benefit from this new facility.

"This is a wonderful addition for the families of Wantirna South, and I think it's going to be one of Australia's best when complete," she said. "Supporting the families and children for a smooth transition to this new building is the core focus of the staff, and I can't wait to see the day children first start walking inside, and playing together".

The Wantirna South facility will be built on the site of the previous Knox Gardens Preschool in Argyle Way. When complete, later next year, it will boast an almost 5,000 square metre facility that includes a

basement carpark and ample outdoor play spaces.

Mayor Pearce said this is just the start of Council's latest big investment project, with another early years hub being built in Bayswater, at the location of the existing Blue Hills Children & Family Centre.

When complete, the new buildings will house teams of staff delivering long day care, 4 year-old preschool, Maternal Child Health, occasional care, and playgroups. The hubs will also strengthen the opportunity to work with nearby schools and Family Support Services to further support families.

The successful tenderer for the Wantirna South works is Circon Constructions.

The decision on Monday 8 May to start work in Wantirna South followed a report approved this time last year that provided advice to Council on the best way to deliver services in such facilities. (See 26 April 2016 Council minutes on the Knox Council website: [www.knox.vic.gov.au](http://www.knox.vic.gov.au))



## News from Knox Scouts

By Nicole Klep, District Leader Cub Scouts

### Joey Scouts have a hopping fun time at 'Heany Hop'

On Sunday the 7th of May, 20 plus Joeys and their siblings from 6 Joey Mobs descended on Heany Park Scout Camp in Rowville for the annual 'Heany Hop'. The damp weather may have kept some Joeys away, but those that came had an absolute ball.

Heany Hop has been going for over 20 years and was started to expose Joey's to inter-group activities and provide fun outdoor Scouting challenges. Heany Hop is run by the Venturer Scouts (15 to 18 year olds) from the City of Knox. The Venturers came from Heany Park, Mahonga, Knox Gully and Stringybark Venturer Units.

Each year the Venturers decide on a different theme. Past themes include the circus, transport, space, olden days, pirates, and 'once upon a time.' This year they chose 'Walt Disney' and based all the activities around the well-known Disney films Toy Story, The Lion King, Frozen, Snow White and the Seven Dwarves and How to Train Your Dragon.



The Joeys made lion masks, hunted for lions in the surrounding bush, made snow flakes and threw wet sponges at a Venturer hiding behind a Frozen target – the bull's eye was the Venturer's face! They rode on a purple dragon flying fox and challenged themselves on the rope maze to find the dwarves' diamond mine. They had their faces painted and tackled the mess of Andy's room by throwing sponges into baskets.

The three hours were action packed, full of excitement, new experiences and friendship.

Joey Scouts is for boys and girls aged 6 and 7. It is the very first link in a path to adventure and fulfilment through Scouting. The Joey Scout motto is HOP - Help Other People. It's your Hop into Scouting!

Joey Scouts usually meet once a week, in the local Scout Hall or a community hall. The Joey

Scout Leader, who undertakes training provided by Scouting Australia, may be a parent of one of the Joey Scouts and will have an assistant leader.

Joey Scouts wear a Group Scarf and a Joey Scout t-shirt so everyone knows they are Joey Scouts. A Joey Scout Mob is part of a larger Scout Group, so they wear the same scarf as all the older members of that Group - the Cub Scouts, the Scouts, the Venturers, Rovers, and even the Leaders.

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. After 26 lots of fun is to be had by becoming a leader! Go to: <http://www.vicscouts.com.au/join-us.html> to find your nearest Joey Mob!



The Joeys from 4th Knox Joey Mob.

**We are part of the top performing School**  
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# WHAT'S COOL AT SCHOOL?

## Dogs Day at Wantirna College

by James Keam, Wantirna College -Year 10

Wantirna College has been bubbling with excitement as the school's SRC are planning a major event for the upcoming weeks. Already into the weeks leading up to the year's first round of exams, the student body has partnered with Wantirna College's VCAL program to create 'RSPCA Day' to help raise awareness for the organisation and what they do. To further engage students, fairy floss stalls and a free-dress day, amongst other things, will be distributed and at least 50% of the profits made on the day will go to the organisation!



Source: [RSPCA.org.au](http://RSPCA.org.au)

Elsewhere around the College, the annual school-wide Cross-Country run was held on Wednesday, and flocks of students ran, walked or jogged the 3km or 5km courses. The day was a massive success with the top athletes from the run off to represent

the College at the district-wide Cross-Country competition later this semester. And it was not all doom and gloom for the rest of the participants – an icy-pole reward was given to each participant in the race! In addition, the recently wet and turbulent Melbourne weather held out for what was truly a success all students could be proud of.

Wantirna's annual College Open Night, held earlier in the term, was an event that truly showcased the school's all-around success in every facet of education. With interactive Art, Maths, English, Science, Language, Sports, Home Economics and Technology areas available to all visitors on the night, and the music students performing at various locations around the school, the night was a raging success with many visitors walking out with a very positive view of the fantastic school. One highlight was Ms. Bell's seminar, which many eager parents came to see and found the



Source: <http://www.2construct.com.au/our-projects>

answers to many questions they may have had about the College. With perspectives from various teachers, students and College parents alike, a detailed view from many different angles was given in great detail. Indeed, Wantirna College's Open Night of 2017, for every student, visitor and teacher who was present, was a night that will not be forgotten in the near future and sets the standard for Open Nights around the area.

## Scoresby Secondary College Tops the NAPLAN Charts

by Nicola Mendleson

Scoresby Secondary College is delighted to report that its NAPLAN results show that students do better at Scoresby than at almost any other high school in Australia.

Over the last two years Scoresby Secondary College has revitalised its curriculum, culture and teaching practices and this work is showing remarkable results.

"Our NAPLAN results show that your child will have the best opportunity to grow at Scoresby Secondary College. Our students showed some of the biggest improvements in Australia as they progressed from Year 7-9 in literacy, writing, reading and grammar which is proof that our programs and curriculum, as well as our committed teaching staff, small class sizes and personal support are enabling our students to achieve far beyond what they could achieve at other schools in the area, the state or around Australia. We're so proud of what our students and teachers are achieving here," said principal Gail Major.

"This is on top of excellent VCE results. Our dux gained an ATAR of 97.8 and two students attained perfect scores of 50 in specialist maths and physics. Other students attained scores above 40 in Legal Studies and Mathematics Methods (in the top 10% in the state)."

"This is a great story for Knox, where traditionally students have left the area to go to high school. Our message to local students and parents is that there is a great secondary school right here in Knox," continued Ms Major.



Scoresby Secondary College's Year 9 NAPLAN results were among the best in Australia (pictured are Ally, Caitlyn and Zac).



School Tour, Saturday 17 June, 9.30am  
Year 7 in 2019 Open Morning, Wednesday 9 August 9.00am



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# Victa Lawn Mower Arrives by Evelyn Hodgkin, Bayswater History Facebook

In 1952, the Victa Motor Lawn Mower came on the market and was lighter and easier to use than the mowers that came before. My memory of my father, Bill Bowen Snr. using a scythe once a year to cut the long grass at the front of our property in Bayswater is special.

All the family helped and we piled the grass high, throwing ourselves on top. The smell of the grass lingered on our clothes as the new grass began growing for another year. The slow gliding of the scythe was a skill and did not come easily to some men but my father had the rhythm. Most people used push mowers but these only worked if the grass wasn't too long.

My father purchased his first Victa Motor Mower as soon as they became available as the back breaking scythe was hard work. Now we had neat lawns that were mowed once a week.

In my Bayswater history book of The Fruits of Bayswater/Wantirna, Brian Kennedy tells of his memories with the Victa. Quote "My memories of Bayswater in the 1950s includes Ken Allen's Hardware Store. I seem to remember it was called Bayswater Hardware and he advertised that one Saturday morning he would be demonstrating the Victa Motor Mower. Motor mowers were new on the market and no-one in Bayswater owned one or had seen one. On the day in question about one hundred people attended the demonstration at 9 am. At the time, nearby Valentine Street was a

bush track with long grass, trees and sword grass. Ken Allen tried several times to start the mower until suddenly it started with a roar. The crowd cheered as a great puff of blue smoke appeared and away went Ken pushing the mower. The mowers in those days did not have a catcher and, as a result, sticks, dust and debris went flying through the air making a mess. Several people put in an order that day to purchase a mower and stood around for another thirty minutes looking it over". End of quote. Another lady told me her first lawnmower was a Qualcast.

Following on from Brian's story are memories regarding a restored Victa Lawnmower and written by Faye Petrini, nee Lehman. This story is also in my book. Quote "In 1993, Bayswater resident, Max Lehman decided to restore an old Victa Motor Lawn Mower. He was able to get some parts from his brother, Alf but was missing wheels, name plates and various other parts.

Max travelled everywhere finding parts for the mower before he was able to start restoration. His son Gary made a plastic mould of the name plate and then made a fibre glass plate which actually looked better than the original plate. Wooden handles for rope starters and seals, high tension leads and spark plug terminals were all obtained. Max even had the sign writing done on the fuel tank". End of quote.

Another interesting story on the same subject in my book is from Meg Lawrence, nee Goodacre who

# LOOKING BACK

remembers the time of the new Victa lawnmower when Bayswater Hardware Store (Ken Allen) would let you hire one for a few hours. Money was very tight and Meg remembers her neighbour, Norm Talbot, would hire one for a few hours and then ask the Lawrences if they would like to use it before returning it to the shop.

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## Connecting to Place, Connecting People

The transformation of Bayswater Station is complete, and is looking impressive!

Local motorists will no longer have the frustration of navigating through the congested Mountain Highway and Scoresby Road level crossings and pedestrians and shoppers will enjoy the more integrated access from the shopping area.

The carpark and bus interchange are open and final touches are being undertaken to bring to project to completion.

A shared-use path, connecting Mountain Highway to Scoresby Road and linking in to the wider bike path network, is now open and a magnificent public art mural has been completed on the wall of the underpass from Mountain Highway to the station

The mural was created with the help of lead artists, James Beattie and Carmen Davies from Graffix Creative who are international street artists living in Melbourne. The design, with the theme of 'Connecting to place, Connecting people' was developed in consultation with representatives from the Boon Wurrung, Bunerong and Wurundjeri Tribes with input from Bayswater Traders, students from Bayswater Secondary College, Knox Council and the State Government.

Students from Bayswater Secondary College were able to put their artistic talent to work in helping to create the mural, having previous experience through the Council's 'Wall to Wall' mentoring program.

The finished product is a work of art that reflects the people who have been connected to Bayswater over history and into the future and is a celebration of the capacity for people to come together, to share their talents and passions and make something great for the community to enjoy.

Information sourced from [www.knox.vic.gov.au](http://www.knox.vic.gov.au) and <http://levelcrossings.vic.gov.au/crossings/bayswater>

Mural photo provided by Darrian Traynor via Knox City Council, Bayswater station photo from <http://levelcrossings.vic.gov.au/crossings/bayswater>



## Our Lady of Lourdes Early Childhood Centre Bayswater



Our Lady of Lourdes Early Childhood Centre is a small not for profit centre in Bayswater.

We cater to all families providing an educational program for children from 6 weeks to 6 years.

This includes a funded Kindergarten Program run by a qualified kindergarten teacher.

We are open from 6:30am until 6:00pm Monday to Friday



Children are provided with a nutritious breakfast, morning tea, lunch, and afternoon tea prepared by our qualified chef.

Our Educators have a strong commitment to offering a stimulating and fun environment for the children with the provision of high quality care and education.



For more information please contact our Centre Director, Kate, via:

Phone: (03) 9720 3395

or

Email: [our.lady.lourdes.cc@kindergarten.vic.gov.au](mailto:our.lady.lourdes.cc@kindergarten.vic.gov.au)

to organise a walk through of the Centre.



## Café on the Park.

— Eat, Drink & Be Social at Glen Park —

Café on the Park is your local social enterprise located in Bayswater North.

Café on the Park operates Monday through to Friday, 9am to 3pm.

◆ Catering ◆ Fresh Meals ◆ Café Menu ◆  
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# News & Events at Your Library



# LIBRARY NEWS

## Lilydale Library has Moved

Have you visited our newest library? On Tuesday, 18 April Lilydale Library opened at a brand new location! Visitors are now able to borrow books from a vibrant, new space based out of the Box Hill Institute Lilydale Lakeside Campus.



The opening follows renovation works at the campus and the relocation of more than 30,000 books from the former Anderson Street site. Drop by and enjoy a new children's area, family history section, photocopying, longer opening hours, Wi-Fi spaces and computers, with the campus café and a view over the lawn nearby.

Find the new library at Box Hill Institute, Lilydale Campus, 1 Jarlo Drive, Lilydale. Hope to see you there!



## Top Reads & Newest DVDs

If your favourite books aren't on the shelf at your nearest branch, simply ask a librarian to reserve the title for you. Reserve books, DVDs, CDs and magazines completely free! We'll send you an email or text message the moment the item is ready to be picked up.

### Check out this month's latest titles:

#### Top Reads:

- Sarah Schmidt - See What I Have Done
- Nikki Gemmell - After
- Anna Jacobs - Stranger in Honeyfield
- C J Box - Vicious Circle
- James Grippando - Most Dangerous Place

## Discover more news, events and fantastic reads at [www.yourlibrary.com.au](http://www.yourlibrary.com.au) or call 1300 737 277

- J A Jance - Man Overboard
- Wilbur Smith - War Cry
- Janelle McCullough - Beyond the Rock
- Sara Foster - The Hidden Hours
- Rachael Herron - The Songbird Sisters

#### New DVDs:

- Undercover (2016)
- Moana (2016)
- Marauders (2016)
- The Edge of Seventeen (2016)
- Ghostbusters (2016)
- Passengers (2016)
- The Americans Seasons 1, 2 & 3
- Captive (2016)
- Terraformers (2016)
- Girls Season 1, 2,3, 4 & 5

Find these titles at your local branch or place free reservations online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au).

## Smart Money - Free Introductory Sessions

Early this year we invited Learn Local organisation Cire Services to host a series of financial education sessions which proved very popular. The sessions are back in the month ahead and they're designed to help if you're feeling like you've lost your way dealing with your finances.

These free introductory sessions are called Smart Money and will provide some easy tips to get you on your way. Several dates are available including:

- Healesville Library: Wednesday 14th June at 2:15pm
- Boronia Library: Thursday 15th June at 10:30am
- Croydon Library: Thursday 15th June at 1:00pm
- Realm Library: Thursday 15th June at 3:30pm

Book your place in these free sessions by calling 1300 737 277, or visit [www.yourlibrary.com.au](http://www.yourlibrary.com.au)



## Boronia Grows

An afternoon of Bush Poetry with Jim Brown - Boronia Library at 1:00 pm on Friday 30 June

Join the Boronia Library team for a wonderful afternoon of verse and yarn-spinning with award-winning poet and former TV journalist/presenter, Jim Brown. Jim brings his passion for the bush and love of Australian literary history to his performances leaving you with a smile on your face and a tear in your eye!

This free talk is part of a series of regular events that take place at Boronia Library. They're called Boronia Grows and most have a gardening theme, though not this one! Book online or call: 9800 6488.

## Internet Safety & PayPal - Mooroolbark & Healesville Libraries

Visit the library for an informative session focusing on managing your online safety and security. A member of the ERL IT Team will host the event which will include the latest tips and loads of extra information.

#### Session inclusions:

- Virus Protection & Internet Firewalls
- Web Browser Security, Encryption & Cookies
- Choosing Passwords & Signing in with Facebook
- Safe Wireless Networking
- Identifying Fraudulent Emails

This event is running twice this month. Both are free! Book your place online or call 1300 737 277. Bring along your questions and devices!

- Internet Safety & Paypal - Healesville Library at 10:30am on Tuesday 20th June
- Internet Safety & Paypal - Mooroolbark Library at 2:30pm on Thursday 29th June

## Featured Technology Events

Your library hosts regular educational workshops to help you thrive in the digital world. Coming up in June we'll explore the world with Google Maps, watch the newest shows on Netflix & YouTube, and create design masterpieces with Piktochart.

- Explore Google Maps - Yarra Junction Library at 2:30 on Thursday 15th June
- Explore Netflix & YouTube on Your Device - Ferntree Gully Library at 2:30 on Thursday 22nd June
- Graphic Design Workshop - Rowville Library at 6:00pm on Thursday 22nd June

These sessions are completely free! Book your place on: 1300 737 277

**Working hard for  
our local community**

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✉ [nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) [www.nickwakeling.com.au](http://www.nickwakeling.com.au)

Funded from Parliament's Electorate Office and Communications Budget.

**Nick  
Wakeling** MP

**STATE MEMBER FOR FERNTREE GULLY**





1. Always use a professional photographer (twilight photos look best)
2. Ask about professional staging or have your agent give advice on styling
3. You can not sell a secret, so make sure you invest in marketing your home
4. Do you have an agent that speaks Mandarin, Cantonese & Hokkien
5. Mulch gardens, fix those cracks and touch up those marks in your home

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In Victoria commission is negotiated between the Vendor(s) and the Agent. Most reputable agents receive commission between 1.8% to 3% of the total sale price and this depends on the value of the home. If you're comfortable with your agent then negotiate the commission.



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## The heart of the matter

Keeping your heart healthy



### Heart Health

When we think of healthy bodies we often think more of our exterior than we do about what's going on inside. If we were to stop and think about our health from the inside out, what could be more important to keep healthy than our hearts? This month at Community Pharmacy Wantirna we are putting the focus back on our bodies' most vital organ.

Pop in store during June and July and one of our talented pharmacists will be able to give your ticker the tick of approval. We can help provide advice if any issues are identified.

Another major impact on our hearts is stress. Visit us in store and see Glenda for a relaxing hand scrub & massage. Glenda waiting on you literally hand and foot, now that's something not to be missed!

Your one on one Heart Health consultation will include total and HDL cholesterol and blood pressure tests. Our Pharmacist will use this information to assist you in understanding your risk of having a stroke or developing heart disease in the next 5 years, empowering you to take control of your health and arm you with the knowledge you need to make improvements to your lifestyle and well being.



**Weekdays during June & July**

**9am and 5pm**

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**Bookings required**

### Hand and Nail Scrub Massage

Glenda our amazing beautician will be performing hand and nail scrubs to polish and clean your cuticles and moisturise your hands. She will treat you to a relaxing hand massage at the same time.

Available Wednesday 14th & 21st June.

Free of charge

10am ---12noon Booking essential.



[www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)

### Winter Skin with Glenda

The time has come once again for that change of season skin care routine. As we move from the warmer months to the cooler months and change our wardrobe so we need to reconsider our products for the face and body.

Skin can be drier and rough to touch, some redness may appear especially on our cheeks and generally our skin tone may be flat and dull.

Keep up with the cleansing routine and maybe switch to a milk cleanser that can still be rinsed or tissue off the face will help. Always use tepid water not hot.

Micellar water is another option for gentle skin cleansing including the removal of eye makeup.

Gentle exfoliation is still required as the skin cell turnover slows down in the cooler months. Try Dr. Lewins Gentle Skin Polish and don't forget the back of your neck. This area can feel dry, rough and itchy. One cause can be that we stand under the hot water of the shower and let it relax our neck and shoulders or stay a bit longer just to keep warm.

Sound familiar?

Need extra moisture? Swap your face cream to a richer one or use your night cream as the morning face cream.

Try using A'kin Weightless Rose hip oil under your daily moisturiser for extra hydration and protection. It's great for the back of hands and cuticles as well.

Going out to a special function or event? Use Dr Lewins High Potency treatment mask. This hydrating and moisturising soaked mask is moulded to fit the face like a second skin. Smooth onto skin contours of the face and then leave on for 15- 20mins then peel off. This gives fabulous results and delivers peptides and anti oxidants to the skin.

Not got that much time? Then try Natio 10 Minute Brightening Mask. This apricot and orange infused mask boosts skin radiance and helps to even out skin tone. Smooth onto skin, leave for 10 mins or apply before getting in the shower and rinse off last thing before getting out. It is a great pick me up for the skin or for the back of hands as well. Use weekly for best results.

Don't forget eye cream or gel. Delicate skin around the eyes needs special attention. There are no oil glands as such around the eyes so skin very quickly can look lined, wrinkled or have a crepe like appearance. Eye care products are designed for this delicate area. Heating in our cars often directed on our face can exacerbate skin dryness.

Spray with A'vene Thermal Spring Water over makeup or under skin care moisturiser for extra hydration. This can also sooth and help with skin irritations and it can be used frequently during the day on small children.

Body care needs attention also as skin can lose moisture from heating, not drinking enough fluids and some winter fabrics can irritate. Sukin have a hydrating body wash and body lotion free from parabens, laural sulphates, detergents, mineral oils and artificial colours. This non greasy easily absorbed lotion is just what your skin needs on a daily basis. Try it for yourself.

Winter skin care for face and body is important and a little adjusting of your routine and product use will make all the difference. Please visit me in store for more information on products to suit your skin, lifestyle and budget.

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348 Mountain Hwy, Wantirna**

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## Collier Ward News with Cr. Jackson Taylor



What an exciting few weeks it has been since the last edition of Studfield Wantirna News. Notably I am proud to finally see VicRoads has come to the party and announced vital upgrades to the Boronia Rd / Mountain Hwy Intersection which has sadly been the site of profound tragedies. This result has come on the back of a strong campaign fought by locals and by Knox Council who wrote to the Minister for Roads late last year urging immediate action be taken. So this is a great result. I was also honoured to attend the ANZAC day

services at the Boronia RSL and the Dawn Service at the Bayswater RSL where I paid my respects to our fallen and to all our serving men and women in the armed forces. I was also pleased to be able to attend and present medals to young players at the Wantirna South Junior Football Club's ANZAC presentation to players who displayed the ANZAC spirit on game day.

What else have I been up to?

- Attended the Templeton Cricket Club Junior awards night
- Played hockey at the Knox Hockey Family Day
- Attended the Knox Youth Film Festival
- Helped welcome new Aussie Citizens to Knox

Over the last month I also recently moved a motion at Council to pledge our support behind the Knox Hockey Club to continue to find the proud club a new home in Knox for the future because I will continue to back local sporting clubs.

I also hope you've had a chance to read the Collier Ward newsletter which came out recently as it's another great way to stay in touch.

Stay tuned for some great budget announcements in the next edition.

As always, please feel free to contact me :

Email : [Jackson.taylor@knox.vic.gov.au](mailto:Jackson.taylor@knox.vic.gov.au)

Mobile : 0418 719 940

FB : Jackson Taylor – Councillor for Collier Ward

## Heartworm Disease - The Silent Killer

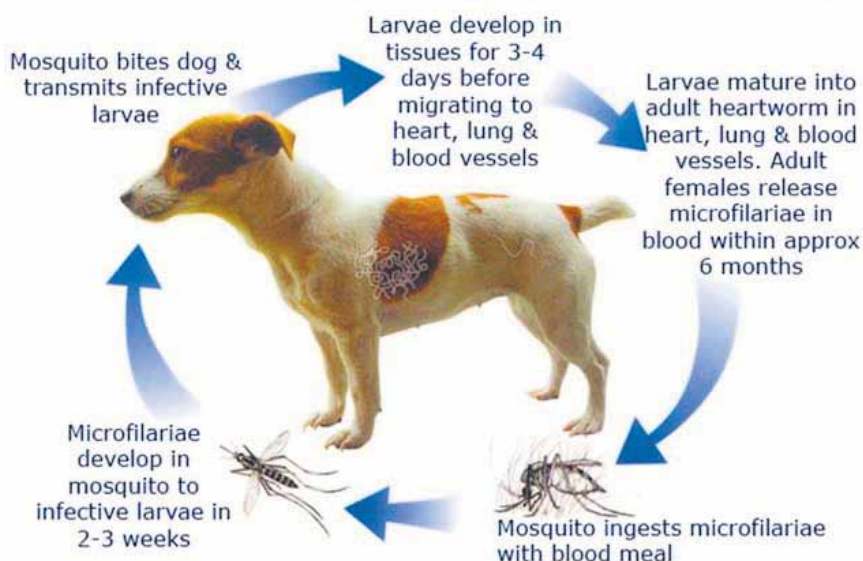
By Dr. Gloria Dieu

Heartworm has certainly been on the rise with the number of cases of heartworm infestation climbing steadily since 2014, and in particular over the past 18 months. So what actually is heartworm? Heartworm is a large spaghetti like worm that lives in the heart, the lungs and the pulmonary arteries (large vessels leaving the heart to the lungs).

Contrary to popular opinion, infestations occur in every single state in Australia, not just in warmer states such as Queensland. Twenty per cent of dogs are estimated to be infected in certain areas of Australia, with stray dogs, dingoes, and foxes

acting as a reservoir of disease for city dogs (more of which are on prevention). Even though many owners feel that they can afford to skip their pet's heartworm prevention, we must stress that this is a misconception, as heartworm disease is serious and potentially deadly. In order for the disease to be transmitted, a mosquito vector must bite a heartworm positive dog and then bite your dog i.e. it only takes one bite! It's also important to understand that mosquitoes are not only common during the warmer months of the year. The heartworm life cycle can be summarised in the figure below. Dogs can end up with just one heartworm or hundreds which can each be up to 30cm in length.

The actual signs of heartworm disease will vary depending on the number of adult worms present, their location and the degree of damage caused. Symptoms might include: breathing difficulties, inappetance, fever, coughing, blood from the nose, lethargy, collapse/ fainting, weight loss and fluid accumulation in the



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abdomen. The frightening thing is that heartworm can also result in sudden death without any prior symptoms.

Prevention is always the key to keeping our pets safe and given that it is entirely preventable, why wouldn't you? There are a range of effective options including monthly spot-on products or tablets and yearly injections.

Heartworm cures are possible, but these are highly complicated and also often dangerous, sometimes taking up to 31 months and requiring multiple medications and even surgery in some cases. If your dog has been off heartworm prevention for more than three months or has not been on prevention previously, we'd strongly recommend that you have a simple heartworm test done prior to commencing them on prevention.

For further information on heartworm, please contact us at the Wantirna Vet Clinic on 9729 9908.



## Pedestrian Crossing Safety Upgrade

from Knox City Council

Knox City Council has welcomed the State Government's announcement of a safety upgrade for a pedestrian crossing at the north-west corner of Mountain Highway and Boronia Road with traffic lights, to improve the safety of people travelling to and from, nearby shops, businesses, the hospital and early learning centre.

Collier Ward Councillor, Jackson Taylor, said the State Government's announcement was a great outcome and testament to the efforts of the local community.

"This is an outstanding result for the local community – who had advocated tirelessly for an upgrade to this pedestrian crossing," Cr Taylor said.

"Council backed the community's efforts by stressing the urgent need for these works, including writing directly to the Minister for Roads – and it's great to see this combined approach pay off."

Cr Taylor said the State Government's announcement followed extensive consultation with residents, local businesses, Victoria Police and Knox Council, as well as a detailed safety audit.

"It's been a genuinely collaborative effort and a great example of what can be achieved when governments and the community work together."



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Saturday Vigil: 6:30pm  
Sunday Mass: 8:30am and 10:00am

#### Weekday Mass:

Monday & Tuesday – 9:00am  
Wednesday – 7:30pm  
Thursday & Friday – 9:00am

#### Reconciliation:

Wednesday - 7:00pm  
Saturday - 9:30am & 6:00pm

#### Adoration:

Wednesday 7:30pm – 8:30pm

#### Divine Mercy Chaplet:

First Sunday of the month: 2:45pm

9801 8411

Wantirna@cam.org.au  
www.stlukeswantirna.net

Office Hours:

Monday to Friday - 9:30am – 3:30pm

## Wantirna Carers

We are a small, caring group... but new members are welcome. Our group caters for many disabilities, such as the effects of Stroke, acquired brain injury and dementia.

We hold many activities throughout the year including a midyear Christmas get together, movie days and boat trips. Carer's week in October will see us going out to lunch or something similar

We are members of Carers Vic. and meet on the First Friday of the month from 10.00am to 12.00pm at Villa Maria Stud Road, Wantirna.

We also have a get-together for morning coffee at Myer on the third Friday of the month From 10.30am to 12.00pm

Should you require any further information please contact:

Mrs Sandie McEachern  
on 9764 9070



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## Men's Discussion Group a Winner

A proposed Men's Discussion Group in Knox has proved a winner, with more than 20 local men attending the recent inaugural meeting at Orana Neighbourhood House in Wantirna South.

An initiative of the Council on the Ageing (COTA) Victoria and Older Men: New Ideas (OM:NI), Men's Discussion Groups provide an opportunity for men over the age of 50 to interact with other local men. Discussions are wide-ranging and conducted in a friendly, respectful and confidential environment.

Mayor, Cr Darren Pearce, said Council was pleased with the local turnout and that, as a result, the Knox Men's Discussion Group will now run twice monthly.

"Men's Discussion Groups are a really worthwhile idea and Council is really pleased to see local men back the establishment of a group for Knox," the Mayor said.

"As a result, the local Men's Discussion Group will now meet on the 2nd and 4th Friday of each month at Orana Neighbourhood House.

"We know that an initiative like this has the potential to make a real difference to the lives of men by lessening a sense of social isolation and encouraging healthy interaction.

"The feedback Council received from the first session has been very positive, and we look forward

to more local men having the opportunity to take part in future."

The Mayor thanked COTA and OM:NI and Orana Neighbourhood House for their efforts in organising and hosting the inaugural local Men's Discussion Group.

"An event like this doesn't organise itself and, on behalf of Council, I extend my thanks and congratulations to COTA, OM:NI and Orana

Neighbourhood House upon their efforts," he said.

"What we need now is ongoing interest and participation in the local Men's Discussion Group and I encourage as many local men over the age of 50, to consider getting involved."

**For more information about Men's Discussion Groups and Older Men: New Ideas visit the COTA Victoria website or telephone 1300 13 50 90.**



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# KNOXFIELD & SCORESBY NEWS

## Soup and Singing by Junette Schoell

Soup and Singing is a monthly community lunch and concert hosted by Our Saviour's Lutheran Church at 646 Burwood Highway, Knoxfield. On Thursday 4th May it featured the talented musicians Etienne de Lavaulx on guitar and Anne Vercoe, an accomplished singer, who also played the ocarina.

Over 50 people enjoyed a choice of tasty soups, fruit, cakes and coffee before being entertained for an hour with classical,



sacred, traditional and popular songs. Beginning with O Sacred head sore wounded, Anne then gave a wonderful rendition of Ave Maria. There were old English folk songs like Early one morning, and a memorable moment when we sang together The Road to Gundagai, with Etienne contributing a verse in French! The song We are all flowers in God's garden, composed by Etienne for the Parliament of World Religions held in Melbourne in 2009, was most heart-warming. Following Andrew Lloyd Webber's All I ask of You, the concert concluded with Time to Say Goodbye, written especially for Andrea Bocelli.

If interested in joining us this winter for some warming soup and fellowship with other members from the community, please contact:

Patricia Kolec (03) 9778 9460  
or email: [soupandsinging@outlook.com](mailto:soupandsinging@outlook.com)



June 1st - Jacqui Rutten, playing piano and guitar and singing Celtic and sacred songs.

July 6th - Karen Kepert, who interweaves her songs and story to reach out to those in pain, encouraging others to draw closer to God.

Our Saviour's regular Worship services are held at 11 am each Sunday, except the 4th Sunday of the month when service begins at 6pm and is followed by a fellowship meal.

All welcome.



On Tuesday, May 9th Bridges Connecting Communities hosted their annual Volunteer Appreciation Morning thanks to the generous sponsorship of the Wantirna Community Bank Branch of Bendigo Bank.

The Mayor of Knox Cr Darren Pearce paid tribute to our volunteers across Bridges for their hard work, dedication, time and wonderful attitude.

Hosted and supported by the Ferntree Gully Bowls Club, a fantastic morning event gave Bridges volunteers an opportunity to connect with others and take part in some lawn bowls or trivia. Volunteers enjoyed a coffee accompanied by a delicious morning tea of sandwiches and cakes.

Volunteers contribute to our community by adding value to each of our programs and on a micro level add value to the lives of our senior community.

The theme of the day "Volunteers are the HEART of Bridges" and we thank all our Volunteers from the bottom of OUR hearts.



## Celebrating National Volunteer Week



## Do you want to contribute to our community by making a difference?



## Have fun volunteering

If you would like to volunteer please contact the office for further information.

Check out our videos on YouTube just type in Bridges Connecting Communities to see the positive impact volunteering at Bridges has on our community.

**9763 9700 | [lynm@bridgescc.com.au](mailto:lynm@bridgescc.com.au) | [www.bridgescc.com.au](http://www.bridgescc.com.au)**

\*\* The Wantirna Community Bank Branch of Bendigo Bank has supported Bridges in recognising the valuable contribution volunteers make to our community. Bridges banks with Wantirna Community Bank. If your looking for new banking options that support our community contact the Wantirna Community Bank 9720 4122.



# KNOXFIELD & SCORESBY NEWS

## No Ordinary Life – Positive Ageing in Knox

### No Way, Not Me..They Can Carry Me Out In a Box First!

Often, when discussing residential aged care (historically termed nursing homes) with anyone over the age of 55 the mood changes and there is almost a strong sense of despair. Conversation typically follows the line of “they can carry me out of my home in a box before I’ll go to a nursing home” accompanied with heart wrenching stories of parents or grandparents that may have lived out their lives in what is described as a depressing and oppressive nursing home that “smells like death” the moment you walk through the door.

I have lost count of how many different conversations I have had like this. Up until recently, my own personal experience of local Knox based aged care homes was limited to a handful. More recently, I have been privy to the planning applications for the three aged care facilities looking to build in Rowville, all of which on paper look aesthetically beautiful, well equipped and life enabling – almost like staying at an upmarket day spa or resort. So, for me, I couldn’t quite relate to the fear or absolute reluctance of people to

consider supported aged care living in the latter part of their life.

That was until recently.

Earlier this month I had the privilege of supporting a dear friend through the emotional minefield of having to find a suitable and affordable aged care home that had a vacancy.

I can’t think of a more daunting or confronting experience for a person, particularly an older person, in this case a lady in her 80’s. Faced with the news of imminent loss of independence, the marking in time of impending mortality and then just the challenge of finding a comfortable aged care home versus simply accepting the first available bed somewhere.

Through this process, I came away with some key learnings that may be of assistance to others; 1) Make a wish list of all the “must have’s” and “nice to have’s”. This will assist in focusing decision making, reduce emotional intensity around the

decision and empower the person in making their own life choices. 2) Have a quality living plan in mind - start researching potential options as early as you can. Leaving decision making until the point of a health crisis only heightens the emotional and physical burden on the person going into care and on family members. 3) Seek independent financial advice from an expert in Aged Care financial planning. Part of the costs of Aged Care is means tested and many facilities now have a bond system so your financial assets can determine the quality of Aged Care home available to you.

Aged Care has come a long way in recent years and there is certainly a variety of options. Quality care, respecting the dignity and independence of our Seniors and comfortable living should be the basic requirements for this stage of life.

For more information regarding Aged Care Services in Knox, you may like a copy of a guide book produced by Council. To request a copy phone 9298 8000 or you can visit Council’s webpage.

Warm regards,  
Cr Nicole Seymour – Tirhatuan Ward  
e: nicole.seymour@knox.vic.gov.au  
m: 0427 245 834

## Scoresby Social Circle

The Scoresby Social Circle was formed following requests to councillor Nicole Seymour, for a social group for over 55’s. The SSC’s first meeting was held on 24 April 2014. Cr. Seymour liaised with Rowville Community Centre to find a suitable venue which is now the rooms at the Scoresby Football Club.

We have just celebrated our 3rd birthday, with attendances around 40, both men and women. Tea, coffee and snacks from 10am - 12pm thursdays, cost \$3.00. We also enjoy a few group trips which are taken each year.



## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour



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## News from Wantirna Osteopathy

### Active Taping

Many of our patients have recently started walking out a bit more colourful than before with the addition of Gripit tape products to our treatment rooms. Over the last 6 months our staff have attended workshops on application methods and implications for using Grip it tape. Gripit Active tape is produced from an Australian owned company StrapIt. This active tape has great applications in returning patients from injury.

It can be considered the "functional tape" assisting in unloading muscles and joints, reducing pain and enhancing performance and recovery. Gripit Active is a low allergenic (no latex or zinc oxide) smooth & comfortable to wear multi-directional stretch tape. Gripit Active comprises of a blend of nylon and cotton cloth giving it a light and athletic feel which

is durable and contours well to the body. It is safe to use on all ages from children through to adults as well as during pregnancy. It is also waterproof and effective over many days, which makes it economical for patients to use.

Gripit Active will allow full movement and as it stretches with movement it can absorb force (load) and slow down movement (reduced eccentric contraction workload). Using the elastic recoil stretch properties, it can therefore be used to transfer the absorbed energy into assisting movement (assist concentric contraction work load). This can be beneficial in reducing pain, improving muscle and joint function and therefore improving movement, power and potentially performance.

Essentially, Gripit Active aids in absorbing load and re-directing it to assist in the line of muscle force, over all decreasing the amount of work a muscle has to do to generate power (decrease muscle work load) and conserve energy.

The major difference with this particular tape over Kinesiology tape is the amount of deloading that can be applied to a joint/muscle/tendon. Put simply

it does what we have wanted tape to do for a long time; it helps the patient move more easily. This is in part, due to its extreme elastic recoil and stretch of greater than 250% of its length.

So far we have used in clinic for injuries such as shoulder rotator cuff tears, shoulder bursitis, acute low back pain, tennis elbow, plantar fasciitis and achilles tendonopathy. Patient feedback has been extremely positive as it has not only allowed reduction in pain but also increased the speed of recovery.

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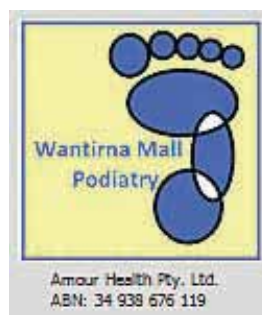
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Sat: 9am to 1pm

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Melina  
Linardatos

### 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.





## FODMAPS

### A simple solution for IBS

Last edition I spoke about small intestinal bacterial overgrowth (SIBO) as one of the main causes of IBS and briefly mentioned FODMAP elimination as one of the most successful treatments for IBS.

It's a bit of a mouthful but FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. Essentially, it is an indigestible sugar that ferments in the gut and provides fast food for bowel bacteria, allowing them to produce excessive amounts of gas. Many people with IBS find their symptoms develop after eating food from one, or sometimes any of these 4 FODMAP categories.

Some of the biggest FODMAP baddies include fructose (though not all fruits fall into this category), lactose, garlic and onions. Working out which foods (or which FODMAP categories) are problematic for you is the first step. The Monash University has developed an app which gives you a traffic light system for all foods and shows you which category they belong to and this can be so helpful for you to work out your individual FODMAP triggers. The great news is that once you work out which foods are a problem for you, cutting them out of your diet temporarily seems to greatly alleviate, if not completely resolve the symptoms for around 90% of IBS sufferers. The even better news is that after only 1-3 weeks, most people can begin to reintroduce their problem foods and usually find that after having given their system that short break, they no longer experience the same issues from eating that food.

Balm Naturopathy can assist you with working out which foods may be causing you a problem. Or, if you believe you have already tried eliminating FODMAP foods and are still experiencing symptoms, Balm can help explore alternative causes and devise a treatment plan to address those causes and bring you welcome relief.

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To read a full copy of this article go to [www.balmnaturalhealth.com.au/category/balm-blog/](http://www.balmnaturalhealth.com.au/category/balm-blog/)  
Rebecca Stevens is a fully qualified naturopath with a degree in Biological Sciences, operating from the Centre of Wellbeing in Knoxfield and the Wantirna Natural Health Clinic. For more information or to arrange an appointment go to [www.balmnaturalhealth.com.au](http://www.balmnaturalhealth.com.au) or call 0414 957 555.

## Hands on Myotherapy - Stress and Anxiety Causing Physical Conditions



With our busy lifestyles we forget to stop and listen to our bodies. Stress, anxiety and mental exhaustion can create physical problems. Holding tension in your upper body can lead to issues like headaches and neck and jaw pain; the leading complaints in our presenting clients.

Myotherapy and Remedial Massage Therapy is a great aid in releasing these conditions.

Myofascial trigger points, referred to as "knots", are points in the muscle that, once activated and left untreated, may lead to discomfort, referred pain and muscle spasm. Deep tissue massage, along with trigger point therapy, is effective in releasing pain.

Deep Tissue Massage involves working through the layers to focus on the thick fibrous muscles. This technique increases blood flow and releases toxins and tension.

Trigger Point Therapy involves integrating deep tissue massage with application of direct pressure to the trigger site. This therapy is highly recommended for neck and jaw pain.

These techniques are used to aid optimum health and wellbeing. Please call to make an appointment or to discuss these physical issues.



- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

**8740 3991**

Unit 10/603 Boronia Road  
Wantirna VIC 3152

Monday - Friday 9am to 7.30pm  
Saturday 8am to 1.00pm  
[www.handsonmyotherapy.com.au](http://www.handsonmyotherapy.com.au)  
[enquire@handsonmyotherapy.com](mailto:enquire@handsonmyotherapy.com)



## U3A Quilt and Craft Show a Great Success by John E. Ford

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

Knox U3A held the inaugural Quilt and Craft Exhibition in April. For so many years the talented output of our craft and quilting members had been displayed alongside the Art Show. This year it was decided to separate the two, and to run an exhibition dedicated solely to the many crafts offered in the Knox U3A curriculum.



Use of the Arts Centre at Fairhills High School was secured, and our thanks must go to the School. In addition to some fifty quilts, patrons were treated to impressive examples of embroidery, tapestry, tatting, crochet, knitting and needlework, as well as floral art, and the always spectacular and remarkable paper tole. Demonstrations of some of these skills were a feature of the show, and, on the Saturday, the U3A Recorder group entertained with a short recital.

A small gathering of members and local dignitaries attended the official opening on the Friday night which was occasioned by the Mayor of the City of Knox, Cr. Darren Pearce. Ward Councillor Peter Lockwood paid tribute to Knox U3A for their important standing within the community, and local Member of Parliament, Nick Wakeling, spoke enthusiastically about the role of volunteers in the community, and noted that Knox U3A was, arguably, the largest volunteer organisation in the municipality. Prior to the announcement of the category winners, the

Lady Mayoress, Susan Pearce, was given the task of selecting the "Best in Show". This honour went to the magnificent quilt, "Winding Ways" by Judy Harradence. Judy was in attendance and was quite overwhelmed when Stephen Slater, representing Ferntree Gully Toyota, handed her the winner's cheque. Our thanks go to Ferntree Gully Toyota, who have always been generous sponsors of the Art Show and have now contributed significantly to the success of our first Quilt and Craft show. A full listing of sponsors can be viewed on our website.

Winners in the seven categories were announced.

1. Large Quilt – "Affaire du Couer" – Linda Burgdorf
2. Small Quilt - "Stained Glass Dragonfly" – Jeanette Bertram (pictured below).
3. Paper Tole – "Village Bowlers" – Barbara Jones.
4. Creative Craft – "Tropic Remembrance" – Ana Deveaux
5. Knitting, Crochet, Tatting – "Willow Pattern" – Wendy Boyle
6. Embroidery – "Embroidered Cushion" – Jeanette Bertram
7. Card Craft – "Say it with flowers" – Jaclyn Wong.

All results are detailed on our website at [www.u3aknox.org.au](http://www.u3aknox.org.au).



The superb weather on the Saturday saw in excess of six hundred patrons pass through the doors, and the light refreshment ladies were kept busy. Unfortunately Sunday's weather was not conducive to high attendance, but a goodly number still braved the elements to view the works of our entrants.

Finally, on Sunday afternoon, votes were counted for the "People's Choice" Award where patrons nominated their favourite piece. This was won by Robyn Burke for her magnificent, highly detailed quilt (pictured below).



The success of the show lies in the fact that it was a spectacular event, and one put together entirely by volunteers. Tribute must be paid to Pam Donner and Linda Burgdorf, the driving forces behind the exhibition, but they were supported by many dozens of members prepared to give up their time to make it a success, and from the first tap on the keyboard to the last sweep of the broom, everything – let me repeat that – everything was carried out by volunteers.

If you are looking for an example of the dedication, the capabilities and the success of volunteers in the community, you need look no further than the inaugural Knox U3A Quilt and Craft Exhibition of 2017.

## GENUINE UNBREAKABLE ADVENTURER



4x4 SR5 Double-Cab Pick-up Turbo-diesel shown accessorised with Alloy Bull Bar, 18" Alloy Wheels, Driving Lights, Bonnet Protector, Headlamp Covers, Weathershields, Snorkel, Roof Racks and Hard Tonneau Cover. All accessories sold separately.

When you're out of your comfort-zone, it pays to be prepared. Toyota Genuine Accessories are tailor made by Toyota for your HiLux, they're unbreakable accessories for any adventure.



### Ferntree Gully Toyota

1101 Burwood Highway,  
Ferntree Gully  
T 03 9758 8222

LMCT 10793

[ferntreegullytoyota.com.au](http://ferntreegullytoyota.com.au)



All Toyota Genuine Accessories purchased and fitted to a Toyota are warranted for the remainder of the New Vehicle Warranty or 12 months, whichever is greater. Toyota Genuine Accessories purchased from an authorised Toyota Dealer over the counter are warranted from the date of purchase for one year. Conditions apply. The Toyota Genuine Accessories Warranty does not limit and may not necessarily exceed your rights under the Competition and Consumer Act 2010. Toyota Genuine Accessories are not applicable to all models/grades. Consider the mass of your load to ensure you will not exceed the maximum allowable individual axle capacity, Gross Vehicle Mass and/or Gross Combined Mass of the vehicle. Refer to the accessories brochure (available from your Toyota salesperson) or visit [www.toyota.com.au](http://www.toyota.com.au) for details on warranty and to help determine which accessories are suitable for your vehicle. Pictured accessories are sold separately. Accessory colours shown may vary from actual colour due to the printing process.



# THE ARTS IN KNOX

## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*

### Group Visits *by Ken Simpson-Bull*

If you belong to a Seniors Club, Probus or other Social group why not consider an organised tour of the Jazz Museum. On arrival, you will be met by friendly and knowledgeable guides who will divide your group into smaller units in order to facilitate your tour. You will visit the Sound Room where you will see how donated sound and video recordings are digitised for preservation purposes. Here there is an interesting display of various sizes and types of rare gramophone records as well as other interesting associated items.

Next you will visit the administrative area where you will see, among other activities, volunteers listing on the museum's data base the many collectible items in the museum. It will be explained how this comprehensive list can be accessed by the public via the internet. You will be shown the fireproof vaults where all of the perishable items are stored—gramophone records, tapes and cassettes, photographs, posters, magazines and other items dating back to the 1920s.

The collection is not only of Australian material—there is a separate room for International items. There is a lending library for those who join as museum members and an extensive reference library. Members, by the way, are welcome to call in to the museum on any of its opening days to enjoy a free cup of tea or coffee and a chat with the staff.



The walls of each room display photographs and paintings of recognisable jazz bands and musicians as well as interesting posters. But it is in the main display room where you will see many glass cases exhibiting a multitude of jazz-related items based on a theme. The subject of this display changes from time to time. It is here that you will be seated at tables to enjoy a generous late morning tea of sandwiches, cakes and tea or coffee. (You won't need any lunch!)

For an hour you will be entertained by a small jazz band playing an enjoyable selection of familiar foot-tapping tunes from the 1930s and '40s. You will also be free to browse through the retail shop where there is a large selection of CDs, DVD, books and other items for sale. There is an opportunity to join the Museum as a member and enjoy a huge range of benefits and privileges.

To organise a guided tour which includes refreshments and a live band

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](http://www.ajm.org.au)

performance, please ring (03) 9800 5535 or visit the web site at [www.ajm.org.au](http://www.ajm.org.au). The Australian Jazz Museum (a nationally accredited museum), 15 Mountain Highway, Wantirna (Melways Reference 63, C8) is open free to the public on Tuesdays and Fridays from 10am to 3pm. (Note: a fee is payable for group visits.)



### FERNTREE GULLY ARTS SOCIETY at THE HUT GALLERY

157 Underwood Rd  
Ferntree Gully Rd

#### JUNE EXHIBITION "YOUNG @ ART"

Saturdays and Sundays from 4th of  
June to Sunday 25th, 11-4pm

Come along and enjoy the CREATIVE  
EXPRESSION of the young artists in  
Knox and surrounding areas.

The AMAZING TALENT of 12-19yr olds.

A chance to buy the work of a  
FUTURE FAMOUS ARTIST.

**Official opening 2pm  
Sunday 4th June  
FREE ENTRY - ALL WELCOME**



#### JULY EXHIBITION "OPEN AWARD EXHIBITION"

Hiltrud Barfus Drawing Award, and John  
Frawley Print Prize.

Saturdays and Sundays  
from 2nd of July to the 30th

**Official opening and awards  
2pm Sunday the 2nd July**

Come visit and bathe in the talent  
of some very fine artists.  
Many wonderful works on display  
and for sale.

**FREE ENTRY - ALL WELCOME**

#### WEEKLY WORKSHOPS

Print, Drawing, Multimedia, Still Life, Life  
Drawing, Portrait and Polymer Clay are all  
available for members and nonmembers.

For more info, Facebook page,  
The Hut Gallery- Ferntree Gully Arts Society  
or website  
<http://thehutgallery.wordpress.com>.

**CRAFTS FOR SALE IN THE FOYER**





## What's been happening at the Ringwood Field Naturalists Club ?? by Alison Rogers

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

### Autumn Weekend away to Alexandra/Acheron.

Roger and Inta took our group away for a weekend to Acheron. They had researched a large part of this area so were able to take us to many interesting places we hadn't been to before. We investigated dirt track corridors, State Park reserves and properties on the river's edge. We found ourselves looking at birds, plants and even insects in all of these places.



*Acheron Valley by Alison Rogers*

A visit to the McKenzie Nature Conservation Reserve was of interest with the flora and birds well represented. Hundreds of spider webs both big and small were hanging in the low bushes, the webs glistening with the morning dew.

### Speakers

**April Speaker – Ken Gosbell spoke on "Solving the mysteries of the long distance migrants of the bird world"**

This was a fascinating talk by Ken who included in his presentation, diagrams which showed the flight paths of various wader species which travel from Australia to the Arctic to breed. His photos of the waders were exceptional showing many that we might not have seen before. He has been involved with the study of wader migration both in Australia and overseas chairing international committees where groups are trying to work out how to halt the drastic decline in wader numbers.

### May Speaker - Bruce Fuhrer spoke on "Fungi -near and far"

Life member Bruce Fuhrer always provides a great talk. His presentation was a mixture of information and humour and as usual he had those present 'eating out of his hand' and wanting more. His talk this time, enhanced by wonderful photos, covered fungi from Warrandyte to Daintree. A great mixture of colour, sizes, varieties, named and newly found. Bruce is a well known naturalist and author of many books pertaining to nature. His fungi book is a must for all naturalists. We are so lucky to have people like this in our group.



*Purple fungi by Jack Airey*

### April excursion-Banyule wetlands/Banyule Flats.

This excursion led by Jack was to a well known bird watching area in Viewbank, near Heidelberg. This is an area that we have visited many times, mostly because it has different habitats, including lakes, waterways and small bush pockets. We were lucky to see a juvenile nankeen night heron,

being attacked by a magpie lark and three tawny frogmouths among many of the 51 birds seen on the day. The reflections on the lake were quite beautiful.



*Reflections on the lake in the wetlands by Alison Rogers*

### Next month our Presentation will be:

June Members night - two small talks by current members. "Intelligence in birds" by Jennifer and "A fruit salad of Birds and Botany over a few trips" by Shirley.

July our Speaker: Prof Robert King will speak on "Seaweeds and Sea grasses"

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

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

Check out our Website <http://www.rfnc.org.au> there is so much more to see and find out.

## Knox Environment Society

*by Zoe Peltakis*

It was more like a fair than the Autumn Plant sale on May 6th and 7th at Knox Environmental Society.

"We have been waiting for this day for a long time", a local resident said.

From kindergarten committee members to concerned residents wanting to revegetate their nature strip a range of gardeners were provided with information on suitable plants to plant and where to plant them by knowledgeable K.E.S. Volunteers. Not forgetting unique indigenous plants at great prices!

Scott from Knox City Councils' Bio Diversity Team demonstrated pruning methods, dealing with creepers, ground cover use and weeds to keep an eye on, all focused and related to nurturing a native garden. It is great to know that Scott's presentation is available to the public on the K.E.S. website.

The "Seedy ladies", were demonstrating how small some native plants' seeds are. They have developed a unique method (and patience) to collect, label and

store the seeds for propagation and revegetation in species depleted areas around the municipality of Knox and surrounding areas.

The Tree Fern Potters had beautiful hand built and wheel turned art work to compliment any native floral arrangement.

K.E.S. Volunteer, Melissa's Mother's Day Special Craft stand, offered children the opportunity to 'decorate your wildflower gift bag' for Mothers Day. Children were absorbed and occupied with this activity promoting involvement with the garden and learning all about our beautiful indigenous native wildflowers whilst mums and dads purchased their plants from the K.E.S.'s Volunteer Sales Team.

There were native plant buyers from Redesdale to Rowville, from Doncaster to Dandenong and many locals of course, including Wantirna South resident and Federal Member of Aston and the Minister for Human Services, Mr Alan Tudge.

It was an honour to have Mr Tudge whose office supported and contributed funding for a new watering system, 'cut the red ribbon', for the official opening for this much needed watering process. It is reassuring that K.E.S.'s programs on providing rare indigenous plants to its community will continue. Thank you for caring for your community and your environment Mr Tudge.



Volunteering requirements and events conducted by K.E.S. is at: [info@kes.org.au](mailto:info@kes.org.au) or visit the nursery located in the parkland opposite the Ferntree Gully Library, entry off Burwood Highway, Melway reference 74 A5.

The Nursery is open on Thursdays, 10am to 4pm and Saturdays and Sundays 10.00 a.m. to 1.00 p.m.



# KNOX HISTORICAL SOCIETY

## What's In A Name?

In the years just before the First World War, the district of West Bayswater had grown and the orchardists and farmers had begun to feel the need for better roads and other amenities to improve their lot.

By 1912 the Education Department had established a school on Bayswater Road (now Mountain Highway) and on Saturday 12th August of that year residents held the first meeting of the West Bayswater Progress Association in the new building.

Decisions made at the first meeting, after the election of T. Clements as President, were to set an annual subscription of 2 shillings (20 cents) and to confirm that no sectarian or religious discussion be allowed but provided no vote was taken, political debate could take place.

The Progress Association obviously provided an outlet for local residents, as in addition to agitating for better roads, musical evenings, lectures providing information relevant to orcharding and animal husbandry, Q and As and supper evenings were conducted.

In April 1913, the Progress Association was informed a mail service could be established if the residents agreed to provide half the cost of an anticipated operating loss. In September of that year the Post Master General's department agreed to provide a trial 6 month subsidized service.

In the July, an even more important event was initiated: a special meeting was called to discuss the changing of the name of the district.

By a 10 to 8 decision the changed name was to be Aboriginal. Three names were submitted

– Fassifern, Werawea and Warromong – however the Secretary was instructed to contact the Melbourne newspaper "The Argus" for a list of Aboriginal words suitable for naming the district.

The August 16th meeting received the reply. Two names were suggested – Wantirna meaning a gurgling stream and Willangie – breezy. A petition was also presented, signed by 39 residents, protesting against the use of an aboriginal name. Accepting the petition the meeting rescinded the earlier decision 10 to 4.

After discussion three names were put to the vote. One of these was Wantirna, obviously supported by Progress Association members despite resident's animosity. The other nominations reflecting features of the locality were Appledale and Woodbridge.

The result of the ballot – Wantirna 13, Appledale 7, Woodbridge 3 – was conveyed to the P.M.G. which accepted Wantirna for the name of their mail service.


The Progress Association meeting directed its Secretary to write to all householders seeking everyone over the age of 16 years in the district to indicate approval or disapproval of the choice of name. At the Annual General Meeting in August all but one of the committee was re-elected, indicating community acceptance of a place name with Aboriginal associations.

In May 1914 the Progress Association agreed to



Wantirna State School C 1914

amalgamate with the Bayswater Fruitgrowers' Association. Its last meeting was held on October 3rd 1914. The Agenda – reporting its success in encouraging improvements to the rail service and presenting information about soil improvement.



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

**3 Olivebank Rd FTG Melways ref. 65 D12**



Spraying Fred Handasyde's orchard north side of Burwood Highway between Stud Road and Templeton Street.



Tom Gosbell cutting oats with a horse drawn reaper and binder; corner Stud Road and Burwood Highway.



**ALAN TUDGE MP**  
 Federal Member for Aston

f tudgeMP   e alan.tudge.mp@aph.gov.au  
 t 9887 3890   w www.alantudge.com.au

*Real Action For Knox*







On Monday 27th February members of our Club visited The Mission to Seafarers at 717 Flinders Street, Docklands. It was originally called "The Missions to Seamen" and has been caring for sailors coming into Victorian ports since 1857. This visit opened a small window into a part of Melbourne that we knew nothing about. The Mission CEO, Andrea Fleming, showed us around and was really pleased to see a group of senior people out and about learning something about the city they live in. She gave us a fascinating insight into the support offered by the Mission.

In the 1800s the ships coming into the Port of Melbourne were sailing ships and most of their sailors visited the Mission. The more modern ships were manned by large crews who were also employed in unloading the cargo when they reached port. Nowadays the crews are much smaller as the shipping containers that they carry are unloaded by cranes at the wharf.

The current building was completed in 1919 and is on the Victorian Heritage Registry. There is a lovely little chapel as well as the mysterious Norla Dome

which can be seen from the street. The dome was built solely for use as a gymnasium and is now used for art exhibitions and other functions.

The Mission is open to all sailors and ship's crew and they may use the facilities and make contact with family members overseas by means of e-mail, Facebook and Skype. This is a very good service as sometimes these people have had no contact with their families for many months while at sea. They can also receive advice on legal, financial, medical or other matters. They can have a drink at the bar or find out what to see and do in Melbourne. They often use the free City Loop tram to have a look around the city. The Chinese sailors are keen to get to Chinatown whereas the Indian men are only interested in seeing the MCG!



For more information about Life Activities Club Knox and details of their monthly social outings, please contact Margaret on 0481 831 788 or [knox.enquiries@life.org.au](mailto:knox.enquiries@life.org.au) or visit the LAC Knox website: [www.life.org.au/knox](http://www.life.org.au/knox).



*The Mission to Seafarers (left) and Norla Dome (above)*

## Blue Hope Consulting

### Helping families with the transition to Aged Care.

Transition to Aged Care usually involves:

- Medical appointments (including ACAS assessments)
- Downsizing furniture and personal items to one room
- Completing legal documents
- Completing financial assessments.



All of these activities can be overwhelming to most people. It is put off or not done at all until an emergency or accident forces the issue. These critical steps are then needed for completion within a matter of weeks and the people involved are swept off their feet with change during a time of stress and high emotion.

Blue Hope Consulting can help you prepare, and help you during these critical times when time is of the essence. Even if it is yet some years off, the more prepared you are, the better you will be able to cope with the changes when the timing is right.

Whether you need urgent assistance or just want to plan ahead, we are here to help. We can help you and your family select a suitable aged care facility and pack up the family home. We offer transport to/from social events and/or medical appointments and can also assist with getting your paperwork sorted and up to date.

If you are interested in a free paper on the 5 critical steps to preparing for Aged Care, contact Wendy or visit [www.bluehopeconsulting.com.au](http://www.bluehopeconsulting.com.au)

**If you would like to know more, call Wendy for a free consultation on 0412 994 759.**



## Grants for local Community Groups

**Knox City Council's 2017-18 Community Development Fund is now open for applications. This program can provide grants up to \$20,000 to help not-for-profit groups carry out projects that will benefit the Knox community.**

Groups interested in applying for a grant are encouraged to contact the Community Strengthening Team to talk about their project ideas on 9298 8000 or by email [cdf@knox.vic.gov.au](mailto:cdf@knox.vic.gov.au). You can book a specific time to meet with staff and get more advice about your application proposal.

For more information about the grants and to see the range of projects that have been previously funded visit [knox.vic.gov/cdf](http://knox.vic.gov/cdf)

**Grant submissions close 5pm, Monday 10 July 2017**



## Homeshare in Melbourne's East

Ask anyone over 65 what they fear most and the answer is often the idea of leaving their home.

The Homeshare program at lifeAssist helps people to live longer in their homes and maintain their independence by matching them with a homesharer. Instead of paying rent, the homesharer provides 10 hours of practical assistance, such as cooking, housework, shopping, gardening and transport. Homesharers provide their own food and contribute toward utility bills.

Homesharers undergo a thorough assessment process, including referee and police checks. The arrangement is monitored and supported by lifeASSIST staff.

"Even though the practical assistance is important," says Homeshare Coordinator Jeremy Picknell "householders are choosing Homeshare as a lifestyle choice. They enjoy the companionship and security."

This Government funded program is free and based on an established international model which has been running for decades in Australia.

Contact lifeAssist on 9239 2500 or visit [www.lifeassist.org.au/homeshare](http://www.lifeassist.org.au/homeshare)



## What's On?

Event	Date & Time	Location	More Information
OM:NI Old Men : New Ideas	2nd and 4th Fridays each month	Orana Neighbourhood House 62 Coleman Road, Wantirna South	1300 13 50 90 or COTA web site
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 <a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>
Soup and Singing	Thursday 6th July	Our Saviour's Lutheran Church 646 Burwood Highway Knoxfield	9778 9460
JUNE EXHIBITION YOUNG @ ART	Saturdays and Sundays 4th to 25th June 11-4	The Hut Gallery 157 Underwood Road FTG	<a href="http://thehutgallery.wordpress.com">http://thehutgallery.wordpress.com</a> .
JULY EXHIBITION Hiltrud Barfus Drawing Award and John Frawley Print prize	Saturdays and Sundays 2nd to 30th July 11-4 pm	The Hut Gallery 157 Underwood Road FTG	<a href="http://thehutgallery.wordpress.com">http://thehutgallery.wordpress.com</a> .
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00 p.m.	Lions Club room, Bayswater Community Centre. 739 Mountain Hw, Bayswater	Paul 0400 823 441
Heart Health Check up at Wantirna Community Pharmacy	Weekdays during June & July between 9am and 5pm	Shop 3-4 Wantirna Mall 348 Mountain Hwy, Wantirna	Special Members price \$15! (Normally \$25) Bookings required on 9720 2872
iShred	Sat. 24th June & 29th July	5/7 Samantha Court Knoxfield	1300 763 688 <a href="http://www.ishred.com.au">www.ishred.com.au</a>
Knox Environment Society Nursery	Thursdays, 10am to 4pm and Saturdays and Sundays 10.00 a.m. to 1.00 p.m.	Parkland opposite the Ferntree Gully Library, entry off Burwood Highway, Melway reference 74 A5.	<a href="mailto:info@kes.org.au">info@kes.org.au</a>
Wantirna Evening View Club	1st Wednesday of the month 7 pm for a 7.30 pm start	The Quality Inn, 137 Mountain Highway, Wantirna	Judy on 9729 7327.
Ferntree Gully View Club	11.30am for a 12.00 noon start	The Knox Club, corner Stud & Boronia Roads, Wantirna South	Pam Turner on 9725 4135





## Knox & District Over 50s

The last few months have been very busy for the club. In February the club elected a new President Chris Towers. Chris is an ideal choice for the role as he has a wealth of experience in the business world along with serving on many committees. A perfect cocktail that will ensure a long and happy future for the club. If you are reading this for the first time then let me invite you to our next club meeting. I can promise you a very warm welcome along with a host of social events to join in with.

There are various activities the Club has planned for the next few months. We are going to My Fair Lady and the Morning Melodies Ballet. June sees the club attending Hollywood Movie Musicals at Hamer Hall. We are also going to Nigh Life fashion exhibition of 1920\30 clothes. In the middle of July we have a coach trip planned to Daylesford. The club also hosts monthly events with cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions for 2017 are due in January 2017 and remain at the same level as for 2016 –that is \$15.00 for the year. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. Our next meeting is Tuesday 27th June 2017. Meetings start at 10.30am so come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

By Kay McLoughlin

## Ferntree Gully VIEW Club

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

Monday 26th June, 2017 - Entertainer - Don Jones.

Monday 24 July, 2017 - Speaker from RACV - 'Road Safety for Seniors'.

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

Time - 11.30am for a 12.00 noon start

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

To book ring our President, Pam Turner on 9725 4135

## Wantirna Evening VIEW Club

Wantirna Evening View meet on the 1st Wednesday of the month at The Quality Inn, 137 Mountain Highway, Wantirna 3152, 7 pm for a 7.30 pm start.

We enjoy a delicious 2 course meal plus tea and coffee for \$30.00 and each meeting we have an interesting and varied guest speaker.

We welcome guests and new members with friendly smiles and open hearts. We are all there to enjoy a social environment whilst knowing we are raising valuable funds for The Smith Family Learning For Life Program.

Guest speaker for June is from The Embroiders Guild Vic

Guest speaker for July is from Days for Girls

To book please call our President - Judy on 9729 7327.

## Knox Historical Society's Family Fun Day a Success

Recently, over two hundred people visited Ferntree Gully's 'Ambleside' historic homestead and museum as the Knox Historical Society held its second biennial Family Fun Day. Visitors wandered through the gardens, browsed market stalls and craft displays and picnicked to the tune of classic folk music played by the Brumbies Bush Band. Children played period games such as hookey, enjoyed a Story Time reading and were delighted by a visiting fire engine from the Ferntree Gully Fire Brigade.

The event drew visitors from across Melbourne, but the Society was particularly pleased with the support from local residents and community groups. 'Ambleside deserves to be a showpiece for the community,' said event planner Mary Burns. 'It's great to see so many people enjoying the museum and gardens. It makes all the hard work by our wonderful volunteers worthwhile.' The Society plans to follow the successful event with a Teddy Bear's Picnic in 2018.

The 'Ambleside' homestead was originally built by pioneer Ephraim Hansen in the 1890s. In the 1970s it became the headquarters of the Knox Historical Society which operates the site as a museum and research centre. 'Ambleside' is open to the public on Thursdays, Fridays and Sundays from 1-4pm and caters to group tours.



## Wantirna Heights Probus Club

As has happened in previous years, the weather was absolutely perfect when a group of club members arrived at one of our family's beach abode at Point Leo on a summers day earlier in the year. After an appetising morning tea, most headed out on a walk. Some went to the beach, others along the coastal track, and all appreciated the beautiful beach and surrounds. Everyone enjoyed lunch, cooked perfectly by the men, under a cloudless sunny sky with ample shade to make the meal and the atmosphere even more appealing. At the end of the day, none wanted to leave this perfect setting.

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







Suite B, 6 Floriston Road (PO Box 747)  
Boronia VIC 3155  
Phone: (03) 9762 6235  
Email: [outereast@ecdc.org.au](mailto:outereast@ecdc.org.au)  
[www.ecdc.org.au](http://www.ecdc.org.au)  
Human Rights - Fairness - Justice

*'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.*

This edition focuses on Elder Abuse in support of World Elder Abuse Awareness Day on June 15.

## Elder Abuse

Elder abuse is any act or behaviour that results in harm to an older person, caused by someone they know and trust.

We often hear about elder abuse when shocking things happen to people in aged care. However, elder abuse is more likely to occur in an older person's own home, at the hands of a relative or loved one. In this context, elder abuse is considered a form of family violence.

This harmful behaviour can be deliberate or unintentional. In some cases, the people involved are unaware that the behaviour is considered abusive. Often, people experiencing elder abuse are unlikely to seek help due to shame or fear of family breakdown.

Like other types of family violence, the abuse may

be financial, verbal, emotional, physical or sexual, or it may relate to neglect. Some types of elder abuse are more serious than others. However, all forms of elder abuse are unacceptable.

The most common forms of elder abuse seen by ECLC are physical and financial abuse.

ECLC can help older people experiencing abuse by providing advice, referrals and support with legal issues like Guardianship, Powers of Attorney and obtaining an Intervention Order. If a person needs help with non-legal issues, such as housing, health and financial problems, ECLC can provide referrals to other local services.

If you or someone you know is experiencing elder abuse, please contact ECLC on 9762 6235 to speak with ECLC's Elder Abuse Prevention Coordinator.

World Elder Abuse Awareness Day, 15 June 2017 –

### How to Get Involved

- Contact your local community house or neighbourhood learning centre to see what activities are being held in your area.
- Contact ECLC if you would like to organise a presentation on elder abuse prevention for your local community group or organisation.

For more information on World Elder Abuse Awareness Day and activities in Victoria go to <http://elderabuseawarenessday.org.au/>

### Other Information & Support

- Call Victoria Police on 000 if you, or another person, is in immediate danger.
- Call Seniors Information Victoria on 1300 135 090 for information about older person's services in your area.



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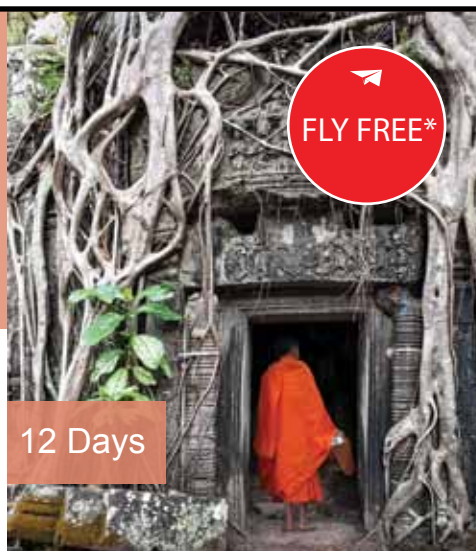


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12 Days

Our hosts, Maureen & Paul Lucas are well travelled cruise identities. They will be leading this group of mostly local residents.

Maureen is a garden columnist for the "The Senior Newspaper" and Paul is an award winning photographer with a special interest in photographic screen presentations.

They are experienced tour hosts with expertise in travel, photography, plants, handicrafts and history and they will enhance your experience on this Vietnam/Cambodia vacation.

## Boronia Rotary News

In 2015, to commemorate the ANZAC Centenary, the Boronia Rotary Club decided to hold an event involving the younger members of our community. A very successful day was held at the Tim Neville Arboretum with students from six of our local schools attending. The occasion was such a success with students, teachers and parents it was decided by Boronia Rotary Club to make this an annual event.

This year the ceremony was emceed by Mr. Leigh Elsey, Rotarian and held on the morning of the 21st April with approx 350 students from 7 schools attending. Students from St. Josephs Primary School sang and a band from St Josephs Regional College performed. The Last Post was played by one of their members.

A special guest speaker was Ralph Boyne from The Shrine of Remembrance and a wreath laying ceremony was carried out by the various schools and V.I.P.s.

It is heart warming to see the interest by the students in this commemoration of a period in our country's history.

Heather Anderson  
Rotarian



## The Quicker The Better at Bayswater Bowls Club

A new lawn bowling concept has swept across the bowling community of the Yarra and Eastern Ranges Region. Known as Quicker Bowls, this fast moving game is set to become a permanent fixture on the bowls calendar.

Bowls Victoria initially approached Bayswater Bowls Club and two different competition formats were trialled at Bayswater in September 2016, with 40 plus club members from across the Yarra and Eastern Ranges Regions in attendance.

The aim of the trials was to establish a new competition to immediately follow on after the pennant season had finished, thus prolonging competitive interest for current players and introducing social members into competitive bowls.

Feedback was provided from all participants and it was decided that a team of three triples would play a match of eight ends with players alternating between Lead, Second and Skip. Additionally, to speed up the game it was recommended that there be no rolling of jacks by Leads; that the Skipper would spot the jack and instruct the Lead on mat placement.

With the format now established further trials were conducted at three clubs, including Bayswater Bowls Club, in January 2017.

The competition was launched in April 2017 with two separate divisions competing – Eastern Ranges and Yarra. The Eastern Eagles Development Squad (Under 18's) was invited to participate in the Yarra Division.

The Eastern Eagles team (pictured below) comprise young lawn bowl aspirants, the youngest being a ten year old girl. After six weeks competition the Eagles hold pride of place atop their Division ladder which is a testament to their coach and their desire to be successful, and maybe, one day represent their country in this international sport.






# SPORT NEWS

Quicker Bowls has proven to be an extremely popular innovation and from encouraging reports this quicker form of the regular game is certainly here to stay.

In this article there are bowls terms and playing conditions that maybe unfamiliar to readers. Bayswater Bowls Club would welcome any interested parties to attend and participate in a free Sunday Barefoot Bowls Day to learn more about this marvelous game with the prospect of joining a progressive and social club. Contact the club on 9729 8312 to arrange a convenient day for a great family activity.

*Come join*


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 Address: 43 Phyllis Street, Bayswater  
[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)



## 2017 Special Olympics Victoria - State Summer Games

Special Olympics athletes came from all parts of Victoria to participate in this year's 2-day State Summer Games held on the 1st and 2nd April, 2017. SOA Summer Games' sports included Bocce, Athletics, Swimming, Tennis and Soft Ball; 12 clubs from all over Victoria came together to compete in the 2-day Games.

The 2-day Bocce tournament was held in the Veneto Club indoor Bocce dome in Bulleen. Fifty-five athletes came from as far away as Echuca and Ovens & Murray regions, as well as from the metropolitan Melbourne Clubs.

The Knox Italian Community Club has been a great supporter of the Special needs athletes from the Melbourne Eastern Ranges bocce group for over 15 years. They practice at the indoor Bocce Dome in Karoo Rd Rowville and are coached by volunteer, Michael Migliaccio.

This sport is part of a world organisation that gives the opportunity for the special needs athletes to enjoy physical recreation and competition at all levels.

The championships opening ceremony commenced with the athlete teams marching in to the Bocce Dome supported by volunteer members of Victoria Police, marching to the music of the Whitehorse Band and with the Law Enforcement Torch Run handing over the torch to Amanda Kozic from Victoria to light the Special Olympic flame and to declare the Summer Games open. Amanda was a bronze medallist representing Australia in the Alpine Skiing Slalom at the SOI World Winter Games in Austria, 2017.

Clubs like Melbourne Eastern Ranges provide sports training and coaching in Bocce, Aquatics, Basketball, Gymnastics, Skiing, Ten Pin Bowling, Tennis, Netball and more. Bocce practice is held every fortnight on Friday night at the Knox Italian Community Club, 99 Karoo Rd Rowville. Coach Michael Migliaccio can be contacted on 0419 330 977

For more information contact our Membership Officers in the Eastern area:  
 Helen Sullivan: ph: 9706 2584;  
 mob: 0404 100 924;  
 email: [hj.sullivan@bigpond.com](mailto:hj.sullivan@bigpond.com)



*The winning team*



## Templeton Tennis Club News

by Don McCracken , President

Hello again to our Winter edition of Club news.

All pretty quite on the tennis front over the past 2 months, with the end of one season, a break and commencement of the next.

Our WDTA winter season commenced on the 29th April and we have 16 junior teams over 2 days, Saturday (7) & Sunday (9) and 9 senior Saturday teams.

We have also entered a team into Pennant for the first time for many years and wish them well also.

Our midweek ladies are all part way through seasons and progressing well. Good luck to all those who represent our club.

By the time this article is printed we would expect to have had installed, new LED lighting on courts 7 and 8. This has been due to prudent financial management on the clubs behalf and excellent support from The Federal Department of Infrastructure (\$10,000) with the assistance of our

local member, Alan Tudge. This was supplemented by monies from Knox Councils' minor grants program (\$8,300). We thank them both most sincerely for their support of local sport, in particular our club.

We would also like to thank the Council for their replacement of our clubroom lighting with new LED lights, these are fantastic as well as efficient.

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

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

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

Upcoming events: AGM Tuesday 11th July 2017. 8pm at the clubhouse.

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

Templeton Tennis Club Inc.  
Templeton Reserve, Templeton St  
Wantirna 3152. Melway Ref. 63 G9  
Membership: Leanne 9887 1957  
Clubhouse: 9887 3505  
President: Don 9800 3316  
Coaching: Kelly 0414 874 482  
Website: [www.templetontennis.com.au](http://www.templetontennis.com.au)  
Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)

## Wantirna Tennis Club News

by Alison Rogers



There has been lots going on down at the Wantirna Tennis Club. We have, with help from our members, carried out work on our courts. Members could be seen recently using a mechanical roller on our courts to get them in great playing order. We have also had new lines put down on the courts. Much of this would not be possible without the support of Knox Council.

The courts are now in perfect order and, with recent rains settling the work on our courts, we would have to have some of the best courts in the City of Knox.

### Juniors Finals.

Congratulations to the 6 Junior teams who won their Grand finals last season. Now the new season has started and it is good to see that nearly all players from last season have fronted up again. We also welcome the new players to the Club and hope they enjoy the experience of playing competition tennis. Juniors are our future in tennis and although we like to see them have a win, it is just great to get them out there having a hit and having fun.

### Social tennis.

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down on a Tuesday morning and have a Social hit with some of the ladies at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground you can have a hit. Play starts at 9-30am and it is only \$2.

Men of course are welcome.



### Coaching.

At Wantirna, we cater for all age groups and standards. Our Coaches Mike and Troy's details are at the end of this article. Give them a call - all will be welcome.

For the Adults, the Coaches can guide them into Comp by starting with Cardio tennis, group coaching or 'one on one' coaching. The new 'Fast Tennis' for those that are 'time poor' is an exciting venture in the Tennis World. A new ladies 'in house' night is available with something similar to be organised for men on another night.

The Coaches now have group and private lessons and also squads. There is more tennis being played at school now and I'm sure if you asked your children, they would say they would like to have a go.

Contact or visit us, we have excellent facilities, including a new BBQ area and 9 tennis courts in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With 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.

At Wantirna you can always see what is happening by checking out our website or face book page.

Wantirna Tennis Club Inc Melway Ref: 63C8  
Wantirna Reserve, Cnr Mountain Hwy and  
Burwood Hwys Wantirna  
PO Box 5295 Studfield 3152  
Club Secretary: Alison 0408576025 or email  
[wantimatennis@gmail.com](mailto:wantimatennis@gmail.com)  
Web: [www.tennis.com.au/wantirnatc/](http://www.tennis.com.au/wantirnatc/)  
WTC Face book: [www.facebook.com/.../Wantirna-Tennis-Club](http://www.facebook.com/.../Wantirna-Tennis-Club)  
Club coaching team: Troy & Mike 0424693005 or  
email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)  
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**Jan G, Wantirna South**

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