

# STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM  
SCORESBY AND KNOXFIELD

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EDITION 44

OCTOBER/NOVEMBER 2016

- AUSSIE VETERAN'S OPPORTUNITY SHOP
- TWENTY YEARS FOR U3A CHORAL GROUP
- STUDENT LEADERSHIP PROGRAM AT THE SNOWY
- CAITLYN'S AMAZING CAMBONIAN ADVENTURE

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## Information

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 PO Box 6159, Wantirna Mall 3152  
[swnewspaper@gmail.com](mailto:swnewspaper@gmail.com) or  
[swnewspaper2@gmail.com](mailto:swnewspaper2@gmail.com)  
 Telephone: 9881 7145  
<http://www.studfieldwantiranews.org>

Volunteer newspaper production team:

|                           |                |
|---------------------------|----------------|
| Editor: Janet Claringbold | Peter Coluccio |
| Coral Carew               | Keith Slater   |
| Charles Carew             | Jenny Slater   |
| Kerrie Ilsley             | Fred Stadly    |
| Matthew Hjelm             | Carol Irwin    |
| Natasha Schapova          |                |

Photographers: Chris Ellis & Peter Coluccio  
 Additional Distribution: Murray Claringbold & Sheila Bingham.

Wantirna College Reporter: James Kearn

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## Content

|                                 |            |
|---------------------------------|------------|
| Out & About                     | Page 3     |
| Knox Youth News                 | Page 4     |
| News from The Bendigo Bank      | Page 5     |
| What's Cool at School?          | Pages 6-7  |
| Environmental News              | Page 9     |
| Local Heroes                    | Page 10    |
| Around Knox                     | Page 11    |
| Community Pharmacy              | Page 12    |
| Wantirna News                   | Page 13    |
| Knoxfield & Scoresby News       | Page 14-15 |
| News in Good Health & Wellbeing | Page 16,17 |
| U3A News                        | Page 18    |
| Arts in Knox                    | Page 19    |
| Local History                   | Page 20    |
| Library News                    | Page 22    |
| Community News                  | Page 23-25 |
| Sport News                      | Page 26-27 |

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## Editorial

Over 2016 the team at Studfield Wantirna Community News have endeavoured to scale back our production to 24 pages and 18,000 copies in order to keep our costs under control and manage the workload of our volunteer team. Well I have to say that for this edition we have failed!!!

Our October/November edition is a bumper edition with 28 pages. There is just so much good news and interesting people doing amazing things in our community that we didn't want to leave anything out.

We thank everyone for making our paper so interesting for our readers. It's a reflection of our community's passion for the good things in life that they want to share their stories. We are so glad that they feel that way!

What a wonderful community we belong to. I hope you enjoy reading our paper. This one is a beauty!!

*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.



## The Veteran Opportunity Shop

The Veteran Opportunity Shop operates under the auspices of The Australian Peace Keepers and Peace Makers Veterans Association.

The shop was gifted by the Royal Australian Service Corps Association Vietnam Veterans. The aim was to pass on the ability to fund and provide welfare and advocacy services to the veteran community into the future. The next generation.



As an organisation we have done exactly that. We have grown the shop and staff and have the next generation of veterans working with the remaining Vietnam Veterans for the betterment of all veterans.

What is so impressive about this shop it is that it is made up of over 40 volunteers with no paid staff. The shop has assisted homeless veterans into houses, assisted many on financial hardship, assisted with access to services provided by the Department of Veteran Affairs (DVA) and advocated through the review system up to the Administrative Appeals Tribunal to ensure veterans entitlements.



The volunteers in the shop are very passionate, not only about looking after the veteran community but also providing goods to the community at affordable prices. In doing this members of the community also benefit. The volunteers have created an atmosphere that not only engages those that shop or frequent the café it is also satisfying to see the veterans we are helping with numerous issues being engaged by the staff to help gain furnishings for the accommodation which is seeing them out of homelessness. All those, including myself, get

something back while we pass it forward. A social drink on a Friday night engages many of the staff in a friendly atmosphere at the end week. Our shop has created its own comradeship among the volunteers.

The shop staff picks up, drops off, electrically tests and, if it can be sold, we sell it, everything from a washing machine, stereo, chainsaw and clothing to the most novel of nick nack.

Many groups are assisting veterans within the community with differing projects. The Story Writing and Arts Competition (SWAC) is one such activity, which is run from the Repatriation Hospital in Heidelberg. We provide sponsorship, along with prize money in one of the prize categories. The SWAC has fostered the therapies provided by art, and gives recognition for excellence and encourages inclusion.



Other activities which the Association sponsor include the Angel Squad and Bowder House. The Angel Squad brings veterans who have beaten addiction together and have planned activities for them like building cars. The Vietnam Veterans Federation run Bowder House in Geelong which accommodates homeless veterans..

The direct work done by our advocates and welfare officers is very multifaceted. An example of this is when an advocate starts assisting a veteran with psychiatric issues. The process starts with getting the Veteran treatment needed. Non-liability health care is then applied for from the Department of Veteran Affairs and Psychiatric treatment is started. Psychiatric problems such as Post Traumatic Stress Disorder are regularly



associated with substance abuse, marriage break down, homelessness and legal problems. Our welfare officers work with the veteran to stabilise their circumstances with resources from the shop and other philanthropic organisations. It can take years to process a veteran through the Department of Veterans Affairs to obtain acceptance of liability, and gain compensation to enable the Veteran to move on with their life. This of course means that the Welfare officer and the Advocate have an involvement with the veteran that is very long and time consuming but an involvement that has an aim of a successful outcome by stabilising the veterans circumstances whilst obtaining their entitlements so they can move on with their lives. This process from start to finish is very manpower intensive and is carried out by volunteers who remain committed through the whole process.

Advocacy services engage with primary application for acceptance of liability of the service caused injury and disease. Veterans Affairs is an adversarial system and veterans regularly find themselves in the appeal process. Our advocates represent the Veterans at the Veterans Review Board and the Administrative Appeals Tribunal to obtain their entitlements. The appeal process is a long and arduous system which can have the veteran questioning their own self worth, attempt suicide, self harm and in some cases they just give up and disappear.



All of this happens from our "Aussie Veteran Op Shop". It is a small shop front which is the entrance to a complex community. This community makes a difference to our Veterans, who have served our country and now need help.

Address: 5 Erica Ave, Boronia Telephone: 9761 0468

## Student Leadership Program at the Snowy

by Chloe Heale

### Part One

My name is Chloe Heale and I attend Wantirna College.

During Term 2 I had the opportunity to attend The School for Student Leadership, Snowy River Campus located in Marlo in the South Gippsland region of Victoria. I went because I thought it would be an amazing opportunity and a great way to learn how to be the best I can be. I wanted to learn how to become a better leader and learn how to deal with different situations.

Snowy River is one of 3 campuses of the School for Student Leadership or SSL. I was living with 43 people from 10 different Secondary Schools across Victoria that I had never met before and we had to learn how to live with each other and learn how to deal with community issues that might come up. At the school it is a structured 6 day class program with one rest day being a Saturday. We did a lot of working in team's activities and I got to know my group really well. We also did a lot of outdoor activities like surfing, canoeing, bike riding and 3 day expos. Expos are where we go out walking for 3 days and camp overnight in the bush somewhere. The activities were really fun and I got to do them a few times throughout the term so I got to know how to do it and learn to get better at it.

My favorite outdoor activities for the term were probably both first and second Expo and Beach Olympics. The first 3 day expo was quite challenging for me but it was really nice weather and we walked along the beach for most of it. We walked over 30 kilometers. I was really proud of

myself when we reached the Yeerung Bridge, our destination. I knew that I was pushing my limits. It was also really good because I got to know all the girls that were on the expo with me and we had a great time. The second expo was so different from the first because we canoed most of it. It was also great to hang out with my group, 1A which was made up of 12 students from Wantirna College and Wonthaggi Secondary College and have lots of fun. I also loved Beach Olympics because it was the last activity day the community had together. It was also a good opportunity for the whole community to have a last day of fun before we left.

My favorite indoor classes were Thinking and Learning and First Aid. I really enjoyed Thinking and Learning and finding out which quadrant of my brain is the strongest. It was interesting to discover how I think and use it to help me learn better. I enjoyed First Aid, CPR and learning how to look after someone if they are injured. We also got to have a lot of fun in this class when we did scenarios such as dressing up in fake blood and responding to the injured person thereby putting in to practice what we had learned. This is also a skill which will help me in my life after Snowy.

**To be continued next edition.**



## Celebrating 100 years of Cubbing Continues!

By Nicole Klep, District Leader Cub Scouts

On the 20th of August approximately 140 Cubs (aged 8-10 years) and leaders converged on Melbourne Australia Temple, Wantirna. "Why were so many Cubs in the one place?" I hear you wonder. Well, they were all there for the City of Knox District's fantastic 'Jaunt in the Jungle'!

The event started with the 'Jungle' grand howl opening rather than the traditional grand howl that Cubs do each Cub night. Baloo, a leader from 1st Rowville Cub Pack, led the opening (and closing) ceremony cloaked in his wolf cloak. The Cubs were very impressed.

During the afternoon, the Cubs rotated around four bases all themed around Rudyard Kipling's 'The Jungle Book'. The bases included:

- Cooking: making jungle animals out of choc ball mixture and decorating jungle animal faces.



- Craft: making 'Chil' the kite, which really flies through the air when you run with it, a 'Baloo' cup and ball game and a spiral 'Kaa' the snake.
  - Drama: Cubs practised two short plays called 'The hunger dance of Kaa' and 'The One Law'. They then performed them for fellow Cubs.
  - Games: some of the games played were Guard the Cave, Bagheera's Bones, Red Dogs, The Jungle Book and Shere Khan Hunting.
- Leaders from each Cub Pack ran the different

bases. All the Cubs learned plenty about 'The Jungle Book' and participated in The Jungle trivia quiz. By the end of the day we had many tired, but extremely happy, Cubs and leaders.

At the 'Jungle' grand howl closing a special presentation took place. Jan Fisher, District Leader of Cub Scouts (DLCS) and I were presented with our second 'Wood Beads.' These represent the completion of our advanced training as Leaders of Adults. It was a great honour to be presented with our awards in front of all our Cubs and fellow Cub Leaders. It was also very

special to get a Cub Scout 'WOOF' from all present. If you are interested in trying Scouting go to: <http://www.vicscouts.com.au/join-us.html>

1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 2nd Knoxfield are the local Scout Groups.

You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 6 to 26 years and after 26 there is lots of fun to be had by becoming a leader!

## Ozchild Wishing Tree

### Xmas Gift Appeal 2016

Christmas is usually a time of excitement and joy for children.

But every year hundreds of local children face a Christmas about as far from what you'd want for your own child as you can possibly imagine. They've been removed from their parents to protect them from family violence, abuse or neglect. They've had their world turned upside down – but you can help change this and give them the joy every child deserves this Christmas.

Leading up to Christmas Wantirna **Community Bank®** Branch will be collecting gifts for all the children and young people OzChild supports.

Wishing tree tags will be available at the Branch the last week in October through November to collect. All gifts will be collected by OzChild on 5th of December. See information at right for further details. [www.ozchild.org.au](http://www.ozchild.org.au)



**GIVE THE GIFT OF JOY TO VULNERABLE CHILDREN BY BUYING A PRESENT FOR THE OZCHILD CHRISTMAS WISHING TREE**

1. Visit Wantirna **Community Bank®** Branch at Wantirna Mall
2. Choose a tag from the Ozchild Wishing Tree
3. Purchase a gift for the child described on your tag.
4. Leave the gift, unwrapped, name tag attached, under the tree at the Branch.
5. Know you've just made a child's Christmas morning!

**PLEASE DELIVER BY MONDAY, 5 DECEMBER**

Ozchild: 9695 2200 [www.ozchild.org.au](http://www.ozchild.org.au)

## Wantirna Community Bank® St Andrews Cricket Club

by Ben Morris

St Andrews Cricket Club is a strong and proud club in the Knox area (Selkirk Ave, off Wantirna Rd), where last season we fielded 8 senior and 8 junior teams in the Ringwood and District Cricket Association (RDCA). We create an enjoyable environment for all our players and have strong emphasis on sportsmanship, equal participation, skill development and also developing life skills such as teamwork, leadership and communication.



To see the junior kids starting out at Milo Cricket many years ago to now see them developing into confident young men is at the forefront of what we are proud of and it's been heart-warming to now see Wantirna **Community Bank®** assist some of these young men in their journey into "real life" through discussions about their finances.

We are very lucky to have developed a strong relationship with Wantirna **Community Bank®** which provides a wonderful and trustworthy service for the local community and allows us to confidently speak to our membership about a bank that is community driven and has a positive community presence and enviable core values. Despite continually expanding as a club, we are driven to maintain our membership fees low (including free fees for all new players) and such partnerships with respected community members like Wantirna **Community Bank®** assist us to achieve this goal.

Last season Wantirna **Community Bank®** was able to fund the purchase of training equipment for our under 10s which almost doubled in participation numbers compared to last season. This contribution was vital to ensure that new players to cricket are provided with the best opportunity to succeed as they try something new while meeting new friends.

Should your child wish to join St Andrews Cricket Club it is free for new players to join our junior program. Please contact:

St Andrews Junior Program (9 to 16yrs) – Matthew Harvey (0408 309 371 / [standrewscc.jnr@gmail.com](mailto:standrewscc.jnr@gmail.com)). Play Friday nights or Saturday mornings from 7th October 2016

In2Cricket Program (5 to 8yrs) – Shane Mayoh (0416 296 720 / [standrewscc.milo@gmail.com](mailto:standrewscc.milo@gmail.com)). Play Wednesday nights from 2nd November 2016


Wantirna **Community Bank®** Branch

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# WHAT'S COOL AT SCHOOL?

## Celebration at Saint Luke Church and School

Saint Luke's Catholic Church and school have been serving the Wantirna community for 36 years. Situated on Stokes Road Wantirna this community has grown from a vacant block of land into a primary school of diverse pupils, a before and after school program and a church.

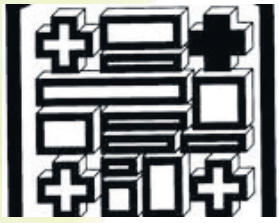
In 2015 the community of Saint Luke celebrated 35 years of service. The climax was the blessing and dedication of a new altar by the Catholic Archbishop of Melbourne, the Most Rev. Denis Hart DD.

Each year the community of Saint Luke celebrates the feast of the parish patron. Biblical Scholars tell us that Luke was a physician living in Antioch in Syria. He was a companion of the Apostle Paul.

This year Saint Luke's community is inviting all of the Wantirna community in this celebration on Sunday 16 October, 2016 from 11.00am to 3.00pm.

There will be rides of many types, competitions of basketball, netball and handball... For those who wish just to take things in there will be an art show, a karate demonstration, dance and calisthenics. If you are in need of some nourishment these are well provided for with baked potatoes, sandwiches, curries, drinks and a BBQ. Provision has been made for the seeker of bargains in a plant stall and pre-loved clothes or you can get your face painted or your hands hennaed.

The community of Saint Luke welcomes all to see us on the October 16.



## 2016 Knox Primary School Leaders

The future of our state is in good hands. Nick Wakeling MP State Member for Ferntree Gully recently welcomed over 30 student leaders from Knox Primary Schools to lunch where they celebrated together, their years as leaders in our local schools. Students spoke about the good and the more difficult sides of being Leaders, their experiences and their future ambitions.



The students spoke confidently in front of their peers and it was clear that they are all well prepared for the next phase of their secondary education.

Nick wished each student the very best for their remaining time in year six and for their future endeavours, whatever that may hold. Nick said "he was certain he would see some of their names in the public arena in the future".

Schools in attendance: Fairhills Primary, Ferntree Gully North Primary, Holy Trinity Primary, St Mary's College for the Hearing Impaired, Kent Park Primary, Knox Gardens Primary, Knox Park Primary, Mountain Gate Primary, St Andrews Christian College, St John the Baptist Primary, The Knox School, Wantirna Primary, Wantirna South Primary and Wattleview Primary Schools.

## A Famous Principal For A Day by Eve John

Thursday 8th September saw Knox Central Primary School have a very special 'Principal For A Day' Susan Alberti AC. The Principal For A Day® program is a Department of Education and Training program aimed at increasing and strengthening partnerships between schools and the community. It links business and community leaders with first hand and current experiences of schools.

Susan took time to speak with the girls football team, do a question and answer session with the Year 5/6 students, take a tour of the school and spend time discussing future opportunities with the Knox Central staff.

Susan is best known as one of the country's pre-eminent philanthropists and chair of the Susan Alberti Medical Research Fund (SAMRF). Through her fundraising organisation, she has helped support research into juvenile diabetes and cancer amongst many health areas. Susan has long supported health care for the disadvantaged, has an active interest in supporting education and is the Vice President of the Western Bulldogs Football Club. In addition, Susan has played a leading role in the development of the Women's AFL.

Knox Central Primary School has been a leading participant and driver of the girls' football competition at District level, so having Susan attend was a wonderful fit for the school.

To mark the auspicious occasion and to honour Susan, students were invited to attend school in "Red, White & Blue" (Bulldog colours) and to bring a gold coin donation that they could contribute towards the SAMR.

Principal Charles Spicers shares "It was a privilege and an honour to meet Susan Alberti AC. To be able to spend time with her, listen to her philosophies on life and take in tips to achieve success was a wonderful opportunity for not only our students, but the staff as

well. Added to this was her pioneering support for women's football, which directly links to Knox Central's efforts to develop girls' footy across Knox and the broader region. I know our girls' football team got a real thrill from talking footy with Susan and took away the fact that sport can help them realise their potential in education and life in general."



## Congratulations to Years 3, 5, 7 & 9 Outstanding 2016 Naplan Results



The Knox School

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www.knox.vic.edu.au



# WHAT'S COOL AT SCHOOL?

## Waverley Christian College Community Service Program

Every few months for almost 10 years, students and staff from Waverley Christian College have been involved in serving people in our local community.

St Paul's Boronia runs a weekly 'Community Meal' that serves to feed, encourage and connect with locals who may be struggling in various areas. The Community Meal is a great opportunity for people to enjoy a two course meal and meet new friends in a safe and caring environment.

Some of the older guests enjoy a chat, and it is great to see students engaging with them showing they're caring, mature and hospitable.

Students prepare, serve and get to know those attending the meal, and enjoy volunteering their time after hours engaging with others. Here are some reflections from our students and staff:

Here are a few comments from students:

"The Community Dinner is a great experience to connect with other people and also bond with friends. It is a very rewarding experience."

"Community Dinner is a really wonderful experience to be involved in. Talking to guests provided us with an external outlook on life and an understanding of others in the community."



## Mini Olympics at Wantirna Primary School by Sue Fergus, Principal

Wantirna Primary School is very excited to be the successful recipient of a CUA Community Care Grant.

This Grant of \$5,000 was a result of our commitment to the organisation of a healthy fundraising event a 'Mini-Olympics' which was held on Thursday 11th of August.

In conjunction with our school event, our project title 'Recreation Corner' was submitted to the CUA Community Care Grant Program. We achieved over 5000 votes from our immediate school community and our extended family and friends.

Wantirna Primary School intends to use the funds to invigorate or replace existing playground equipment for the ongoing use of our amazing school community.



Check our Website for all results  
and to **book a tour**



The Knox School

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Ph: 8805 3800

[www.knox.vic.edu.au](http://www.knox.vic.edu.au)



## POP UP MARKET THEMES & DATES

- FLOWER & PLANT THEME - SUNDAY 16TH OCTOBER 2016
- CRAFT/HOMEMADE THEME - SUNDAY 20TH NOVEMBER 2016
- FOOD & DRINKS THEME - SUNDAY 18TH DECEMBER 2016
- MUSIC THEME - SUNDAY 15TH JANUARY 2017
- COLLECTORS THEME - SUNDAY 19TH FEBRUARY 2017
- FASHION THEME - SUNDAY 19TH MARCH 2017
- BABES TO KIDS THEME - SUNDAY 16TH APRIL 2017
- MAN CAVE THEME - SUNDAY 21ST MAY 2017

CELEBRATING 50 YEARS: THE CARIBBEAN GARDENS AND MARKET IS WHERE HOME-GROWN TALENT COOK, BAKE, GROW AND SEW THEIR INDIVIDUAL WARES AND FARE WHILE PEOPLE SHOP, EAT, CHAT AND RELAX. ALL SET IN THE BEAUTIFUL SURROUNDS OF CARIBBEAN PARK IN THE HEART OF SCORESBY, ON THE OUTSKIRTS OF MELBOURNE.



## Pop Up Markets at Caribbean Park

Melbourne's best-loved community market is set to become a Pop Up Market destination for stallholders and shoppers alike following the introduction of a pop-up style market each and every month.

From October onwards Caribbean Gardens and Market will host casual stallholders who are talented local artists, crafters and online speciality retailers every third Sunday of the month.

Each Pop Up Market day will celebrate a theme giving shoppers the chance to find unique and special treasures within a specific shopping category.

The Pop Up themed market days will help overcome the barriers many small retailers or start-ups experience with reaching new customers and it will give online storeowners the opportunity to take their business from an exclusively digital environment to one that can take you on a sensory adventure.

Caribbean Park General Manager Ben Spooner says that the new format market days will ignite new customers for traders and give shoppers the chance to shop at Caribbean Gardens and Market like never before.

"We want to support speciality traders and small retailers by giving them a low cost option to have their own space while at the same time allow us to continually progress and invigorate the Market for the community," said Mr Spooner.

"More and more people are choosing to shop online but we're also seeing people show an increased loyalty to shopping locally in their own community. Taking a drive with easy parking options in a fun, family friendly atmosphere makes it a win, win for stall owners and shoppers alike," he added.

The regular community based lifestyle market will continue three days a week with the pop up market days taking place monthly alongside them. Visit the Pop Up Market at Caribbean Gardens and expect to find a showcase of beautiful and unique lifestyle items from beautiful boutique stores and specialty traders.

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

*I Love My Market.*

## Easy Shredding with iShred

### Identity Crime is Costing Australia \$1.6 billion every year !!!

A recent Attorney General's report – "according to a report by the Federal Attorney Generals Department, identity crime in Australia is costing the country up to \$1.6 Billion each year. This affects approx. 900,000 Australians." "Credit card fraud was the highest classification and fraudulent transactions were made by using only the credit card details and not the physical card."

To protect your personal and confidential identity/information iShred recommend you destroy it.

iShred provides a 100% guaranteed Onsite Document Destruction Service utilising the latest North American technology whereby any confidential documents are completely shredded into unrecognisable material; which is then recycled reducing landfill.

Over the past months we have received many enquiries within the Community regarding safe destruction of documents. We encourage householders to responsibly destroy their paperwork and take the opportunity to bring it down to our facility on the dates specified in our advertisement.

iShred also caters for small to large businesses with Regular Secure Bin cycles, Bulk Destruction and much more....

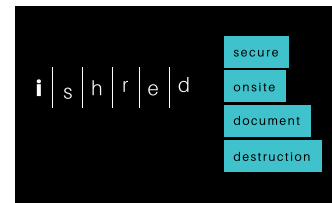
We are a local Australian owned business and support local business and the Community.

Telephone - 1300 763 688

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

## Needing to have your Private Information securely destroyed?

Old Bank and Credit Card Statements, Receipts, Paperwork that shouldn't fall into the wrong hands. During the Months of Oct/Nov, collect those papers and come to



On the days during Oct/Nov iShred Secure Onsite Document Destruction will destroy those sensitive documents from as little as \$10.00\* per bag On Site with the latest technology from North America.

On every purchase you will receive: A Certificate of Destruction.

### Dates and Times of On Site Shredding

|          | 9.00am - 1.00pm |
|----------|-----------------|
| Saturday | 15th Oct 2016   |
| Saturday | 22nd Oct 2016   |
| Saturday | 12th Nov 2016   |
| Saturday | 26th Nov 2016   |

Contact us on 1300 763 688

\*Prices indicated are for typical domestic shopping bags or small boxes, larger quantities are acceptable at additional charges.



**How to find us:**  
5/7 Samantha Crt, Knoxfield  
For further details, go to the following website:  
[www.ishred.com.au](http://www.ishred.com.au)





## Knox Environment Society by Zoe Peltakis

Health benefits of gardening are broad and diverse. (U.K. research 'The Kings Fund' 2015/2016).

Studies have shown significant reductions in depression and anxiety, improved social functioning, including opportunities for vocational development.

Our relationship with gardens and gardening changes, as we get older. Surveys suggest that working in a garden becomes much more important to us as a source of physical activity, but also in terms of our identity and independence, and in ameliorating loneliness. Furthermore, gardening and gardens, seem to become more important as we age in terms of 'who we are', as we become more dependent on health services and social care.

Volunteering for Knox Environment Society draws all who are like minded, united in activities that recognise the need to support and care for our environment and the flora that sustains native fauna, unique to the area. Gardens may help to keep us physically and socially active, may help

to prevent falls and may form a key component of dementia care. Emerging evidence that gardening may also be important in falls prevention (helping to maintain good gait and balance) and in dementia prevention and cognitive decline. So come along and get active with K.E.S.

KES is offering another unique presentation on, "Flora of Knox" at the Nursery on 22nd and 23rd of October at 11 a.m. In October, KES' is also celebrating, "Wonderful Wattles", with the opportunity to buy a \$1:00 tube plant. So get planting for \$1! Just a minor 'dig' on the down side to gardening, the study above notes the possible outcome of joint, in particular knee and back pain. Unfortunately that is unavoidable, as it is part and parcel of the physical aspects of gardening. But I do not mind, I'll keep gardening on, in my garden and as a Volunteer with K.E.S.

Contact information, volunteering requirements and events conducted by K.E.S. is at: [info@kes.org.au](mailto:info@kes.org.au)



Members of the K.E.S. 'Seedy Ladies Team', identifying, sorting and labelling native seeds for KES's Native Seed Bank. One of the long term, environmentally significant K.E.S. Projects.



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

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

### Sunday July 31st: Tree Planting Day

Once again our Club members helped out with planting and continuing maintenance in Warrandyte with the Friends of the Osborne Peninsula Landcare Group. It is always good to catch up with this very organised group who are revegetating the river banks in the Warrandyte area. Even though they have a big problem with rabbits and deer, they are making a headway with improving this area.

### Speakers

August - Dean Ingwersen" Conserving Regent Honeyeaters in a changing world"



Regent Honeyeater photo Dean Ingwersen

Dean is well known for his recovery work with the Regent Honeyeater. He works for Birdlife Australia where he encourages volunteers to help out with the protection of this critically endangered bird. He spoke about the captive breeding program, which has successes and failures. The program

recognises that there are probably only around 500 birds nationally and far less, around 50 in Victoria. The presentation was enhanced by his beautiful photography, which gave all present a look at this very elusive bird.

September - President Peter Rogers "Mulga, Wattle Scrub and Spinifex in WA"



Leschenaultia macrantha Wreath Leschenaultia  
Photo Alison Rogers

After a quick Annual General meeting, our current President Peter gave a talk on part of a 9 week trip he had travelled on last year in the Eastern Goldfields area of Western Australia. His presentation included colourful images of scenery and varieties of wildflowers found throughout the area including masses of daisies. One highlight was seeing hundreds of the beautiful Wreath Leschenaultia.

### Excursions

July excursion: The Ada Tree:

Graeme and Ray were the leaders on a freezing cold morning, taking our members who braved the

cold to visit the 'Ada Tree'. Stopping first at Starling Gap where a quick walk into the bush saw members looking at the 'old winch and boiler'. Some fungi was found in this area and enjoyed by those with a camera in their hand. Moving on to the Ada Tree picnic area, members enjoyed a walk through the giant mountain ash forest to see this magnificent tree. Around 270 years old, it has reached 76 metres tall with a circumference of 15 metres. Well worth the walk in.

August excursion: Mt Worth State Park. to look at ferns and fungi

Peter and Alison led an excursion just past Warragul to this lovely area 1 1/2hrs from Melbourne. After a quick morning tea in the Moonlight Creek picnic area, we headed off for a walk through the forest. High lights were sightings of lyrebirds, the many fern and tree fern varieties and wattles which 'lit the bush' up with their golden blooms.

October Presentation and Excursion will be:  
Speaker – Graham Patterson "Western Port Bay"  
Excursion: Rock pooling at Royal Beach, Mornington

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.

## Caitlyn's Amazing Cambodian Adventure by Caitlyn Alger

My name is Caitlyn Alger, I am 24 years old. I was born with a disability called Cerebral Palsy which is a physical disability.

I get around using mobility aids such as walking sticks, a walking frame and a wheelchair. I work part-time as a barista at McDonald's in Clayton. Some of my tasks include serving customers, making coffees and cleaning. My boss, manager and co-workers are very helpful and supportive. In my early school days I attended Regency Park Primary School which is a mainstream school for about four years and I had a 'helper' to assist me with my school tasks. I then moved to Glenallen Special School until I graduated. In my last few years of school at Glenallen I was on the student representative council and I was also school Captain. I represented my school in some competitions such as swimming and sporting competitions. My hobbies and interests include playing wheelchair basketball, cooking and watching television. I love most shows but my favourite would have to be Home and Away. I love to go to weekly sport and barrack for my favourite AFL team, Collingwood and I can now add hand cycling to the list.



I would like to tell you about my experience on a trip I did this year called CyclePower. CyclePower is a Disability Sport and Recreation international community development fundraising cycling initiative where people with and without disabilities have an opportunity to participate in cycling long distances while raising money to assist people here in Victoria and overseas.

My adventure started at an information night I attended with my Mum at the end of 2015 to hear about a CyclePower in August 2016 to Cambodia and Vietnam. The information and the itinerary looked amazing. I couldn't wait to get started. I was keeping positive that it was all going to go as planned and it did! I had to hire a hand cycle from Disability Sport and Recreation to train for CyclePower and I trained riding around the area where I live and I also rode with a friend to Jells Park, me on my hand cycle and my friend on the bike. The CyclePower group met once a week to attend a 'spin class' to help with our training whether it was hand cycling or cycling on a 'spin trainer'. Between family, friends and the CyclePower group they helped me to prepare for the cycling trip and learn how to use the gears!

Our final group training ride was at Albert Park Lake before we headed to Cambodia and Vietnam for the CyclePower 524km challenge!

During the training I had a few bumps along the way with a shoulder injury. The specialist discovered I had a fracture and two torn tendons in my right shoulder

but nothing was going to stop me from going. I was going to go no matter what. I had to stop work, sport and hand cycling for about three months to give it the time to heal. Even the shoulder specialist advised me not to do physio in that time.

When my shoulder started to heal I visited the physio again and was eventually able to resume training on my hand cycle few times each week for the months leading up to the trip.

I knew some people who participated in the previous trips for CyclePower, some were friends and I made many more friends. We encouraged and supported each other on the trip by talking and listening to each other. We all went as a group and stayed as a group.

I have a lot of memories from the experience. This was my first time overseas and would also be the longest plane ride I have been on to date. Luckily they had movies to watch on the plane. Everything was awesome about the trip. I loved it all. Not one bit stood out. Everything was amazing. I loved how people, including children, would shout hello, waved and gave us high fives as we cycled along. It made me feel good and encouraged me to keep going. We were doing something amazing by getting out there and helping the community.

CyclePower has been held since 2011 and still going. Each year CyclePower travels to different countries. Those countries are Vietnam in 2011, Cambodia in 2012, Fiji in 2013, Thailand in 2014 and Laos in 2015. This year I participated and we travelled back to Cambodia and Vietnam, a 12 night 13 day trip. There were 18 people involved this year 9 with disabilities and 9 without. 10 rode two-wheeler bikes and 8 rode hand cycles. Guides assisted us during the ride in Cambodia and Vietnam. The guides were really nice, friendly and helpful. They organised our food, water, helped us to climb the steep hills and repaired or changed tyres as required. Cambodia and Vietnam roads were mostly flat surfaces but can be very busy and hilly at times. Ho Chi Minh City to my mind was the busiest with lots of traffic, the busiest I have ever seen. Even when we all were on the bus the traffic was crazy in both countries. The food in both Cambodia and Vietnam was in my words amazingly delicious.

I loved trying all the different types of foods they had to offer. I love trying new experiences. I would like the opportunity to thank all the dedicated guides in Cambodia and Vietnam who kept us safe and helped us each day willingly. Without the guides it would have been very hard. The participants and guides encouraged each other as we cycled the 524 km distance over 8 days in 80 km stretches a time. The roads were mainly flat with some hills and a few potholes here and there.

The other days were rest days when we had to opportunity to go in the pool, sleep or have massages. We also visited temples where we learned about their history, museums and a mass. There was a short visit to the site of the Battle of Long Tan on its 50th year anniversary where we laid down a flower to remember the people in the war.

Back in 2012 CyclePower helped the Battambang Women's Wheelchair Basketball team in Cambodia by donating sports wheelchairs for the women. There are 20 women in the team and this year we went back to see the women and to help out even more. Before we went on the trip participants collected a wide range of things for the women such as jewellery, make up

# LOCAL HEROES



and hand bags. The women were very friendly and welcoming. To see the smiles on their faces made us happy.

Lots of photos were taken on this trip to remember all of the experiences we shared. Some people in our group played wheelchair basketball with the women and we all went out for dinner where we had a hot pot. Some of the cycle power participants went to a local nightclub for dancing and karaoke with the team.

Before the cycling trip I hosted a dinner at a Cambodian restaurant to help raise money for CyclePower and the Cambodian Women's Wheelchair Basketball team. Lots of my family and friends came to help support the fundraiser and I raised a total of \$6534.32. My aunt and uncle supported us by providing their business logo to wear on the jersey. All participants helped to raise money to help CyclePower and the Battambang Women's Wheelchair Basketball team.

Later this year I will be involved in a future leaders mentoring program camp. This program is where you practice your leadership skills, learn about self awareness, self discovery and also learn how to bring out the best in others. I will be building skills to help me be confident, find my strengths and explore my potential to become a leader. I will be joining other people on this camp. I am looking forward to what lies ahead and what comes out of it. After the camp we will all be assigned a mentor who will help us with our leadership goals over the next 12 months.

*This was written about me by  
Disability Sport and Recreation:*

*Each year CyclePower seems to find a participant who takes on the challenge despite all the odds and succeeds wildly, proving the power of sport and physical activity to truly change lives. This year's star has been Caitlyn who previously had never hand-cycled, never been away from her parents for an extended time and had never been overseas. When a shoulder injury struck in the middle of training for the 500km challenge, it seemed impossible for Caitlyn to even get to the start line. However, with the support of the CyclePower team, Caitlyn rose to the challenge and pushed on and she has now reached the finish line by riding most of the way in a magnificent achievement of the human spirit over the roads of Cambodia and Vietnam. What a changed person she has become - strong, fit, confident, skilled and determined to succeed at anything she sets her sights on. Well done Caitlyn, you're a star! #cyclepower2016 #sportforall #handcycling #vietnam #cambodiaes to concerts and movies, and plays wheelchair basketball. But she has never travelled overseas.*

## Kinderlea: A Growing Success

The children of Kinderlea 3 Year Old Preschool were excited to recently plant out the Edible Garden Beds in the final stage implementation of the Knox City Council CDF Grant. They are loving watering and nurturing their patch as well as learning about food production and sustainability.

But it's not just the Gardens that are growing at Kinderlea 3 Year Old Preschool! Enrolments for the redeveloped centre have soared since the success of the Family Fun Day held in April and the preschool is already full for 2017.

Kinderlea, which offers programs on 2.5 days per week has had to increase its session offering to cope with the demand for the service. From 2017 the centre will be running sessions 4 days per week and has 70 spots on offer. These spots are essentially full and there is already a wait list.

"The success of the centre is our ability to listen to the needs of the community" said President Marcia Timmers-Leitch. "Families told us what they wanted and we have delivered"

Kinderlea 3 Year Old Preschool is now taking applications for 2018.

**For more information:**  
[www.kinderleapreschool.com.au](http://www.kinderleapreschool.com.au) or  
 0403 177 347.



## Last day of school for Jill

It was a sad day for the children of Regency Park Primary School and nearby schools as their school crossing supervisor retired on Friday 12th August.

Jill Angus has lived in the Wantirna area for 40 years and has seen two generations of children safely across her crossing.

Her own three children went to Regency Park Primary School and she has also done many hours of voluntary work at the school.

Jill enjoyed her work so much she supervised the same crossing for 29 years. She could tell many humorous stories from over the years that have happened at her crossing.

Jill loves to cook and sew in her spare time and will continue developing her photography hobby in the future.

After many years looking out for local children, Jill is looking forward to spending more time with her own grandchildren.



Election Material

A great morning of messy FUN

**Knox Toy Library**  
**MESSY PLAY DAY**

Fun Sensory Play - Pre Loved Toy Sale  
 Raffle Prizes - Coffee Van

BYO Smock/Change of Clothes  
 It's going to be messy and fun!

Saturday 22 October 10am - 12 pm  
 11-13 Gerda Street, Scoresby

**ONLY \$5 PER CHILD!**

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# Marcia TIMMERS-LEITCH

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[www.facebook.com/VoteTimmersLeitch](http://www.facebook.com/VoteTimmersLeitch)

# Wantirna Community Pharmacy

Wantirna Community Pharmacy has proudly served the local community for 35 years. As a 'not for profit' member based organisation our priority is the needs of our valued members. We would love for you to come in and meet our professional team who are dedicated to customer care and wellbeing. Together they have over 150 years' experience in the industry.

**Shop 3-4  
Wantirna Mall  
348 Mountain Hwy  
Wantirna Vic 3152  
Ph: (03) 9720 2872  
communitypharmacy.com.au**

**Extended  
opening hours  
Weekdays  
8am - 9pm  
Weekends  
9am - 5pm**

**WHAT'S ON  
AT YOUR PHARMACY?  
Naturopath Clinic each Tuesday  
10am-4pm (bookings required)  
Weekly weigh in Fridays 10am-  
4pm (booking required)**

## Braving the Hay Fever Season

After the long slumber of winter, many of us cherish the arrival of spring. The flowering of the cherry blossoms and magnolias herald the promise of warmer weather and happier moods to come. For many, however, spring is not as pleasant as it ought to be, with the re-emergence of sneezing as well as irritated and watering eyes an unwelcome disruption to the day.

Hay fever, or seasonal allergic rhinitis as it is called medically, has been shown to affect almost 1 in 7 Australians, and in Victoria this is even higher at almost 1 in 5. Hay fever is caused by an increased reactivity of the body's immune system to various pollens drifting in the air; these pollens are wide-ranging whose source may be from flowering plants, grasses, weeds or trees, with springtime being a particularly bad period for most. The resulting immune reaction to these pollens causes an inflammation to the tissues covering the eyes and nasal passages, but the ears, throat and palate can also be affected.

For many, the symptoms are just an annoyance, but for others the hay fever season can also mean the advent of sinus infections, and asthma or eczema flare-ups, with lost days of work not uncommon. For severe cases, allergies of this nature can be investigated via skin-prick or patch testing to identify the exact allergens/pollens that are responsible for this immune hyper-reactivity. Afterwards, allergen immunotherapies which are allergen desensitization protocols carried out over many years can be trialled in an attempt to "cure" allergy sufferers permanently.

From a naturopathic perspective hay fever can also be part and parcel of a much broader immune dysregulation and more generalised allergic hypersensitivities. From this perspective, food intolerances as well as general gut health form additional factors that are considered in such patients. This is because a major portion of the immune system operates within and is influenced by the environment within the gastro-intestinal tract, and as such dietary allergens as well as the mix of commensal microflora play an important role. If food sensitivities are suspected, a doctor or naturopath

can order specific blood tests looking at antibody levels to a panel of various foods.

For others with a more mild to moderate presentation of hay fever who would like to trial non-pharmaceutical approaches in the management of symptoms, various lifestyle factors, herbs and supplements are available.

Hay fever sufferers need to be very careful in keeping their households as free of dust (and dust-mites) as possible. Regular cleaning and vacuuming with a good quality air filtering vacuum cleaner is important. There are also high quality HEPA filters that can be purchased to further reduce the levels of allergy-inducing particles in the air.

Saline washes can be purchased from the pharmacy and come in various forms. These include neti-pots and squirter style bottles that aim to flush away allergens and mucus from the nasal cavity. Used as a daily hygiene practice, this may reduce the overall tissue reactivity especially in the nasal cavity area.

Then there are various herbal and nutraceutical supplements that a naturopath can prepare or supply. These include herbs such as Baical Skullcap, Albizia, Eyebright and Horseradish, which can either be blended as liquid tinctures, or can be found in some of the better quality herbal supplement products.

Antioxidants also have an important role to play, and these include nutrients such as vitamin C, zinc and vitamin A/ carotenoids to name but a few. Such nutrients work by either regulating the immune system, reducing histamine release or assisting with tissue repair in the eyes or nasal passages. Additional beneficial nutrients include the bioflavonoid quercetin, which is akin to a herbal anti-histamine, as well as proteolytic enzymes such as bromelain. When taken on an empty stomach, bromelain is thought to assist in the breakdown of protein

allergens at the tissue sites, as well as curbing tissue inflammation and mucus production.

If you are interested in non-pharmaceutical strategies for your hay fever management, speak to your naturopath who can help guide you with the best combination of herbs and nutrients suitable for you, as well as their respective doses.

Filip Dostal is the naturopath and pharmacist who runs the Naturopathy Clinic at the Wantirna Community Pharmacy. The clinic runs every Tuesday between 10am and 4pm, and appointments are highly recommended as drop-ins won't guarantee you a consultation. To make an appointment or to find out any other information on these very affordable consultations, please phone (03) 9720 2872 or come in and visit us in store. For patients with private health insurance that have natural therapies cover and want to make a claim, Filip can provide receipts on the day of the consultation.



## Flea Spring Cleaning!

With the warmer weather making a comeback, this is often the time when our furry companions adopt fleas from their playmates! After months of dormancy in the environment, in response to warmth, humidity and vibration experienced during the spring/summer months, fleas emerge and start to cause irritation to our pets. Fleas are often transmitted from flea ridden animals at the doggy park, from strays entering the home environment/ neighbour's pets, visitor's pets or even from an infested environment. Frightening fact: fleas can jump up to 18cm vertically and 33cm horizontally!



Once they are on our pets, the female fleas take a blood meal and within 24 hours, start to lay eggs, thus commencing the flea life cycle. Up to 50 eggs a day can be laid and even though these generally start off on your pet, many of them then fall off into their environment e.g. their bedding, the garden or even in the house! 5% of fleas live on your pet, 95% live in the environment! After 2 days to 2 weeks, the eggs hatch into larvae, which feed on organic debris in the environment. Thereafter, the larvae transform into pupae within silken cocoons and eventually emerge as adult fleas. Female fleas can lay 5000 or more eggs over life, allowing for rapid multiplication!

When feeding, fleas inject saliva into our pets, which causes intense itching due to allergic skin reactions, otherwise known as Flea Allergy Dermatitis. Other signs to look for include hair loss, scabs and broken skin on your pets, particularly over the hindquarters and tail base region. Flea prevention generally comes in the form of oral tablets or spot on treatments, administered all year round, generally monthly. When treating, it's also vital to remember to treat all pets in the house at the same time. Prevention is always better than cure, and given that infestations can be incredibly difficult to eliminate, it's important that we do our best to protect our furry companions from them! For any flea related questions, please don't hesitate to call the Wantirna Vet Clinic on 9729 9908!

**Wantirna Vet Clinic**  
KIND HEARTS... GENTLE HANDS

6 The Mall, Wantirna  
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www.wantirnavetclinic.com

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

Evenings for private dinners/functions  
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www.kingbean.com.au

*Election Material*

## Cr. Joe Cossari, Putting Our Community First

Place 1 next to Joe Cossari when voting, Thanks



43 years a resident of Knox

### My future program is as follows:

- Build female changeroom facilities at sporting venues
- Promote female sport including soccer, hockey, football & cricket
- Engage frequently with the broader community
- Direct moderate density living to commercial areas
- Maintain the current streetscape
- Promote and support The Arts and Culture (eg 1812 theatre)
- Outdoor play areas • Bike paths
- Multicultural activities including sport
- Promote environmental activities
- Local road safety • Public transport - the tram
- Community hubs (pre-school)

*Authorised by Joe Cossari 20 Chartwell Drive Wantirna*



**Voting will be on 22nd October**

Catering For  
All Occasions

Toby Huang  
PH:97298784

Shop 21 The Mall,  
Wantirna

Quality Market Fresh  
**MEATS**

Quality Market Fresh Meats are excited to welcome new owners, Sarah Huang and son, Toby Huang, to the team at Wantirna Mall.

Sarah and Toby come from a background of Butchering in the South of China, where the family is well-known for their Chinese Sausages and Sausage-casings.

The family decided to make the big move to Australia following an inspiring holiday in Melbourne in 2012. They have now settled comfortably into Melbourne life and are looking forward to meeting all the smiling customers at Wantirna Mall.

Whilst Louie and Daniella have pursued other career paths in painting and maintenance, the Huang family, with familiar face Andrew still leading the charge, will continue to uphold the high standards and quality services that Louie and Daniella provided in their six years of service.

This includes providing advice on cooking, amount and preparation of special orders such as spit roasts and bulk orders.

The team at Quality Market Fresh Meats would like to thank all the loyal customers at Wantirna Mall who continue to support the shop during this time of change. We look forward to seeing you all in store soon.

## Celebrating 40 years of Volunteering at Bridges!

The month of October is The Knox Seniors Festival and Bridges will be having an event "Celebrating 40 years of Volunteering".

This is a free event to the Community that will be held Monday 17th October at the Ferntree Gully Bowling club at 10am.

There will be entertainment and a Devonshire tea and cake as well.

This celebration event will be advertised in the Senior's Festival booklet and we hope to see some new and old faces to celebrate this important milestone. Look out for the event in the seniors book or ring us to book, places limited.

Telephone 9763 9700

### Positions available

We are currently looking for volunteers to fill several positions within Bridges.

Social Support Group Assistants  
Tuesdays - assist Coordinator at various cafes and restaurants.

Thursday or Friday - assist in the kitchen making sandwiches and serving clients lunch.

Any day - assist the coordinator setting up and working in a Social Support Group.

**Please contact Lyn for more information on these positions on 9763 9700 or [lynm@bridgescc.com.au](mailto:lynm@bridgescc.com.au)**



# KNOXFIELD NEWS



## STRINGYBARK FESTIVAL 2016

15-16  
OCTOBER  
ROWVILLE  
COMMUNITY  
CENTRE



[knox.vic.gov.au/stringybark](http://knox.vic.gov.au/stringybark)



## Knox Active Ageing Advisory Committee Calling for Nominations

### Committee Objectives

The Knox Active Ageing Advisory Committee provides advice to Council on services, programs and issues which support active ageing, targeting persons 55+ years. Knox City Council is calling for nominations for a further two year term of the Advisory Committee, commencing March 2017.

The Advisory Committee comprises nine members of the community and five industry members. Council is currently seeking six members for the Advisory Committee.

The commitment expected from members is active participation at a bimonthly meeting and optional voluntary involvement in community consultations and events.

### We are seeking nominations from people who are:

- Passionate about creating a community which supports active ageing and creates an age friendly environment
- Interested in providing advice to Council on issues affecting older people within the Knox community.

### Further information

Detailed information on the Knox Active Ageing Advisory Committee including application forms, are available at:

**W** Council's website: [knox.vic.gov.au/healthyageing](http://knox.vic.gov.au/healthyageing)

**@** Email: [teresa.donegan@knox.vic.gov.au](mailto:teresa.donegan@knox.vic.gov.au) or [rachel.phillips@knox.vic.gov.au](mailto:rachel.phillips@knox.vic.gov.au)

**☎** Call: Teresa Donegan or Rachel Phillips on 9298 8000

**🏠** Knox City Council, Civic Centre, 511 Burwood Highway, Wantirna South

## Home Help with Technology

Need assistance with set-up or operation of new Technology? Having problems with slow Computers, Camera set-up and operation, Phone set-up or TV recorder operation and tuning?

Call for home help services including:

### Computers

- Clean and speed up slow computers.
- Connect to and solve internet problems.
- Assist with Windows & Office operation.
- Back-up and secure existing data.

### Cameras

- Set-up and Settings to take better photos.
- Tips for taking photos under various conditions.
- Back-up systems for Digital photos.

### Phones

- Operation and set-up training.
- Storage and back-up of photos & messages.
- Transfer of information from old to new phones.
- Update to new firmware versions.

### Television

- TV tuning & set-up for best picture quality.
- Recorder connection & operation.
- Foxtel set-up and options to send to other rooms.
- Connect computers, games & Apple to the TV.

**Call John Dancocks on 9720 1827  
or 0400 518 568**

**to book a home help visit today.**



Active Ageing & Disability Services

Applications close 5pm,  
Friday 4 November 2016

## No Ordinary Life – Positive Ageing in Knox

by Cr Nicole Seymour (Knox City Council - Tirhatuan ward)

### If you love it, find a way to do it. Modify, Adapt & Enjoy.

This month I am inspired to write about the ability for the Seniors of Knox to defy ageism in sport and to encourage continued active participation in sports or recreational pursuits that you enjoyed in your youth and/or early adulthood regardless of how old you are. What got me thinking about this is a new "Walking Basketball" program currently being offered by Basketball Victoria at the State Basketball Centre just off High Street Road in Wantirna South. In conjunction with Council's Active Ageing and Disability Services Social Support and Planned Activity Groups, a group of seniors are having great fun learning basic basketball skills and enjoying friendly walking games of basketball under the qualified and skilled guidance of Basketball Victoria staff. Many of the participants are aged in their 80s and one of our 92 year old participants gave the program a go – active ageing at its best!

The Walking Basketball program is a fantastic example of how to breakdown ageism in sport. I'm sure a few eyebrows were raised when the 92yo gent told his family and friends he was playing basketball, a sport typically associated with high fitness levels and agility. But as this program has demonstrated, age is no barrier if the game is modified and adapted to suit the ability of the people wanting to participate. Bouncing the ball, throwing the ball and walking around the court is a great way to exercise the body and mind at the same time creating opportunities for laughter and fun.

Thinking about those that are currently participating made me wonder "what are all the 70 plus year old men and women in Knox, who as youth or young adults actively participated in sport, maybe played for the local footy or netball team, what are they doing now? Is there an age where you transition from active participant to passive spectator? Do you try new sports? Is this how older people end up choosing to play bowls or bocce?"

Here in Knox we have terrific sporting facilities and strong community Clubs. It would be great to see other sporting codes follow the lead of basketball and be more age inclusive by actively promoting adapted opportunities for seniors to physically participate. Why can't there be a Seniors Auskick or Milo Cricket? How wonderful would it be if a granddad and grandchild could do this together to strengthen intergenerational bonds!

# SCORESBY NEWS



Cr Nicole Seymour and two participants of the Walking Basketball program Bill Bourke and Audrey Homan.

I am aware that a couple of our local tennis clubs have started to explore how tennis can be adapted to enable older people to continue to play in the later years of life. Using modified "Hot Shots" balls that are bigger and have a slower bounce and lighter racquets is suggested.

If you loved playing a particular sport as a kid, teen or young adult and the passion is still there to have a go, listen to your heart and find a way. This is what will inspire you to get up of a morning, will put a spring in your step. You are never too old, you just need to adapt. If you would like more information about Social Support Groups or the Walking Basketball program you can contact Knox City Council Active Ageing and Disability Services on 9298 8000.

Best wishes for the month ahead,  
Cr Nicole Seymour. Tirhatuan Ward

Election Material

**Vote 1 Cr Nicole SEYMOUR**

Re-elect your Tirhatuan Ward Councillor  
Knox Council Election: 22nd October 2016

0423 809 509

tirhatuan2016@gmail.com

 Cr Nicole Seymour



Authorised by D.Wood 2 Stevens Place, Rowville



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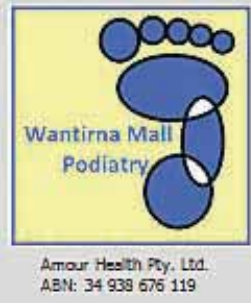
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**5 Darryl Street  
Scoresby 3179**

fx:(03) 9753 3091



### Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)  
4/322 Mountain Hwy  
Wantirna VIC 3152  
Ph: 9720 1235  
Open: Tues – Fri 9am to 6pm  
Sat: 9am to 1pm  
[www.wantiramallpodiatry.com](http://www.wantiramallpodiatry.com)



Melina Linardatos

## Diabetes and Feet

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

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

With nerve damage some people may also develop a neurogenic arthropathy that affects the joints in the foot called Charcot Foot. In Charcot foot, pain perception and the ability to sense the position of

the joints in the foot is severely impaired and muscles lose their ability to support the joints properly. This inability can result in traumas such as sprains and stress fractures that can go undetected leading to joint damage and deformity of the foot.

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

Podiatrists can detect any changes to the feet early before they become a problem with a Diabetes Foot Assessment, will also look for



general foot conditions that may lead to future problems and show you how to monitor your own feet in between consultations.

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

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## Basketball – Common Injuries, Prevention & Management Part II by Meg Withers, Osteopath

### Wrist and Hand Injuries

In Australia, the wrist and hand are the second most commonly injured area in basketball. Majority of these injuries are fractures, followed by dislocations and sprains.

Sprained fingers or thumbs can seem like an insignificant injury, however they can be quite painful and difficult to recover from if not treated adequately. These injuries generally occur after getting a finger or thumb bent back on another player's body or singlet, or often direct contact with the ball. This causes the finger/thumb to be bent beyond its normal range of movement (usually backwards) causing damage to the surrounding supportive ligaments and muscles.

#### Management:

- Icing for the first 2-3days will help to elevate pain and swelling
- Avoid heat or massage for at least the first 48hours or until bruising or swelling has settled
- It is important to get the finger/thumb joint moving through its range of motion as soon as possible. It may be uncomfortable as the joint will feel stiff and sore, however it shouldn't be forced or overly painful
- Depending on the severity of the injury, amount of swelling, bruising and movement available, an XRay may be needed to rule out a fracture
- Taping will help to keep the joint supported and protect it from any knocks or pulling on the joint
- For minor sprains, with range or movement exercises and taping, the player may be able to return to sport in a week. However for more serious sprains it can sometimes take up to 4-6 weeks to gain full range of motion.



Your osteopath will be able to assess the extent of the injury and the specific management and exercises needed for your particular sprain. The hand consists of approximately 29 bones and over 120 ligaments so although it may seem like a small injury they can definitely be debilitating. Many of the structures in the hand connect to the wrist, elbow and continue on to the shoulder so your osteopath will be able to treat the site of the injury plus any compensations you may develop by using a range of soft tissue, mobilization and manipulation techniques.

Once movement in the finger/thumb has improved you can progress exercises to help strengthen the joint and surrounding muscles:

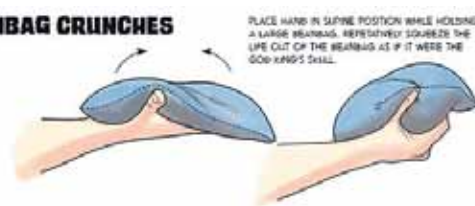
Start by improving your grip

- Squeezing a stress ball
- Wheat bag squeezes

#### Taping for support

Taping techniques vary depending on the exact injury at the joint. For finger injuries, the joint itself can be taped to help limit movement and are often strapped to a neighboring finger for support. Thumbs can also be taped to prevent the thumb from being pulled back, however it is important to tape it in a neutral position to prevent contact with the ball.

#### 1 BEANBAG CRUNCHES



#### 2 RUBBERBAND STRETCHES

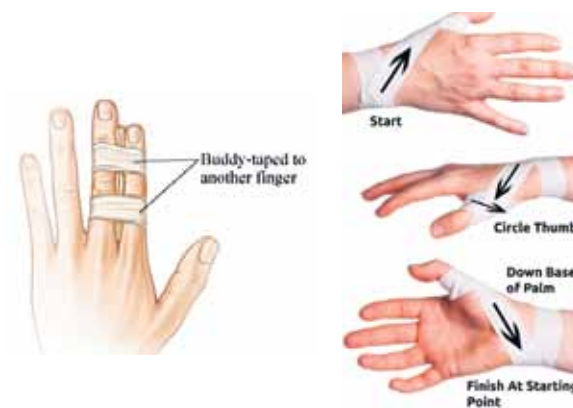
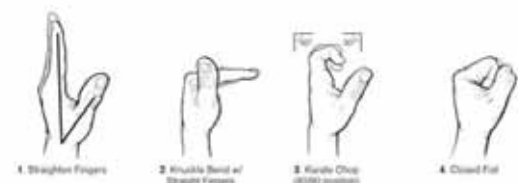


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## Hands on Myotherapy - A few words on Boot Camp by Dee, Personal Trainer & Remedial Massage Therapist



Boot camps have become increasingly popular, but there's always risk of injury or soreness. To avoid problems, it is vital to utilize an effective prevention and healing strategy.

A Remedial Massage Therapist will provide massage treatment to identify any beginnings of dysfunction; thereby decreasing the likelihood of injury. They can guide you with effective warm up/cool down sequences and treatment to help stimulate blood flow, flush the

system, and reduce resistance.

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Your therapist will support you in prescription exercises and specific stretches not only to help prevent injury, but also to restore balance and allow your muscles to free up and function in the way they are supposed to.

Before long you will notice results such as....

- Increased joint mobility
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- Boosted immune system
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## Twenty Year Celebrations for U3A Stalwarts *by John Ford*

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Arguably one of Knox U3A's longest continually running activity groups, the Singing for Joy Choral Group recently celebrated their twentieth year with a short concert and luncheon. A good number of past and present singers were in attendance and were treated to a repertoire of five numbers, each different in their own right, but each handled tunefully, and pleasantly, by a choir of some thirty singers. Harmonies were crisp and tight, and it was, in all, a very commendable performance, enjoyed by all present. Items ranged from bouncy little numbers, through their own version of the almost classical Dona Nobis Pacem to finish on a medley of songs from Phantom of the Opera. Each was enthusiastically received by the audience.

In 1996, founder, Joy Wills – a piano and music teacher – was talked into forming this group, expressing at the time, some trepidation (“I’m a music teacher, not a chorister!”), but she rose to the occasion, and approximately thirty people expressed an interest in the idea. Indeed, throughout its history, numbers have rarely fallen below thirty, and at one stage got to forty. Early in

the piece, Joy decided that they were not going to be a formal “choir” but simply sing for the pleasure of it – hence “Singing for Joy”. (Joy was quick to point out that the fact that the group’s name, and her own are identical is pure coincidence).

After a number of years, Joy sought some assistance, and was joined by Gwennie Smith, who assisted Joy until her retirement, then took over the group for many years. The group was joined by accompanist, Linda Neate, and, when Gwennie retired, Linda took on both roles, a position she still holds today.

The story of their accompanying instruments is also an indication of the resilience of this group. Starting out with an extremely ordinary portable organ, they eventually procured a better, but still unsatisfactory electric piano. After some fund-raising on their own part, helped by a donation from the U3A Committee, they were eventually able to procure the upright piano that sits today in Room P1. The addition of a quality instrument has greatly enhanced the excellence of the group.



*The Singing for Joy group in full voice at its recent 20th anniversary celebration.*

### 20th Annual Art Exhibition & Sale

Saturday October 8  
& Sunday October 9  
10.00am - 4.00pm

at U3A Knox

1a Park Boulevard, Ferntree Gully

See the work of local artists from Knox  
and surrounding districts

Many of the artworks are for sale.

Also our Garden Stall, 2nd Hand Book stall  
and Craft stalls will have plenty of items  
for sale.

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morning or afternoon tea.

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catalogue.**

Through the years, Singing for Joy has performed at many venues – care facilities, schools, senior citizens clubs and the like, and its members continue to enjoy the comradeship, and the pleasure that goes with making good music in the company of good friends.

Knox U3A runs a number of “music appreciation” groups, although none with the longevity and resilience of Singing for Joy. In Term 3 this year, in the fields of music practice, we offer Chimes, Folk Music, Ukulele, Recorder, and “Vocal Chords” (choir). In the area of music appreciation, there is Classical Music and Jazz, Swing and Blues. The Folk Music group also engage in the theoretical and historic side of folk music. For greater detail of these courses, please refer to our website [www.u3aknox.com.au](http://www.u3aknox.com.au) or telephone 9752 2737.

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# THE ARTS IN KNOX

## News from the Australian Jazz Museum

**Proactively Collecting, Archiving and Disseminating Australian Jazz.**

### The Museum's 20th Birthday *by Ken Simpson-Bull*

The 18th August marked 20 years since the inception of the Victorian Jazz Archive which recently became the Australian Jazz Museum. A small festive party for the Museum's volunteers and their partners was held on Sunday 20th August to celebrate the occasion.

The idea for an archive preserving Australia's extensive jazz heritage was first mooted as early as 1972 but it took quite some time, with much behind-the-scenes activity, before a concrete result was affected. This was at a meeting in the Whitehorse Hotel in Hawthorn where a committee voted to form the Victorian Jazz Archive.

The next important step was to find a venue in which to house an increasing collection of memorabilia and other artefacts. After much searching, a "Parks Victoria Rangers Office and Motor Vehicle Garage" was found in Wantirna and a long-term lease arranged.



While many people freely devoted their time and effort to establish the Archive/Museum, two in particular must be mentioned—John Kennedy OAM and Ray Marginson AM. Also, most importantly, were the establishing monetary grants received from the Victorian Government, Dame Elisabeth Murdoch, the Myer Foundation, The Potter Foundation and Richard Pratt.

The original, very basic Wantirna motor garage has since become the secure, attractive and comfortable premises which are today's Australian Jazz Museum

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)



The Shed that became the Jazz Archive/Museum (21st February 1998).

### Knox Community Arts Centre *by Carol Irwin*

Located on the corner of Mountain Highway & Scoresby Road Bayswater the centre has been entertaining people for over 40 years with a diverse range of performances for the young and not so young. Many amateur theatre groups and volunteers host performances throughout the year.

The Arts Centre is also hosting events in Seniors Week such as a Classical Chamber Music performance of Inveni Ensemble followed by a meet and greet and morning tea for just \$15 per head. Ever popular Melbourne group The Seekers old favourite songs can be enjoyed on November 12 and A Tribute to Bob Dylan Show is happening on November 26.

The Centre also invites emerging Artists to showcase their work with hope of becoming well know to the locals.

The Knox Arts Centre is also available for hire for various function, dance meetings, exhibitions, seminars, theatre productions etc.

If you think the Centre is suitable for your next function why not give them a call on 9729 7287 and make enquiries.



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

## Bayswater Railway Station Stationeers *Written by Evelyn Hodgkin*

Very few railway commuters departing or arriving at Bayswater Railway Station would know this location and surrounding carpark has had their own volunteer Group known as Stationeers.

Registered under the banner of Keep Australia Beautiful, Stationeer Groups in Victoria are many and Bayswater has been lucky to have such a Group. In December, 2015 we packed up for the last time after seventeen years. Over all those years we have functioned with the approval of Hillside Trains, Connex and lately Metro.

The Victorian Government's decision to place the railway crossings at Mountain Highway and Scoresby Road underground in the coming months is perfect timing for our aging Group.

We advertised in 1999 for anyone interested in forming Bayswater's Stationeers and soon had up to fifteen gardeners all willing to help. There were already five planter boxes on the platform but they had been unattended for many years.

Keep Australia Beautiful supplied us with hats, aprons and vests and the volunteers supplied the gardening implements.

Our gardening day was the last Sunday morning in the month as this was a time when the carpark had the least number of cars.

We knew we would have problems keeping plants watered as the platform did not have access to water. For many years we planted different types of hardy plants but they all died.

We even organized watering by hand with empty plastic milk containers filled with water from the toilets but the plants didn't have ideal conditions. The soil in the planter boxes is only 18 inches deep before reaching the hard asphalt of the platform so the roots had nowhere to form.

The plants currently on the platform have triumphantly survived the test of time and are a testament to our Group's perseverance.

Some of the volunteers felt pride in adopting their own section of the Railway Station and would arrive each month to enhance this area's appearance. The many gum trees in the carpark made good mulch with their leaves and these were raked up and spread around the shrubs.

The pink roses at the entrance to the carpark were all grown from cuttings and have endured many hot, long summers. They were regularly pruned in a professional manner by our volunteers.

The only plants we could get to grow in such horrendous conditions were agapanthus and gazanias and these regularly brighten a dreary carpark.

Commuters will have seen the many raven birds at the station and these birds delighted in pulling out any new planting. We tried for many years to have the rubbish bins enclosed in containers like the ones in the shopping centre without any luck. The birds rummaging through the bins and spreading all

the rubbish has been another drawback for us.

In 2001 Bayswater Railway Station was upgraded to premium status meaning it was to be manned from first to last train seven days a week. Improved lighting was welcomed by our Stationeers.

Also in 2001 we participated in the City of Knox Pride Environment Awards and were presented with the Community Pride Award for that year. We were acknowledged as the Railway Beautification Project.

The fact that people were noticing the difference to the area, particularly the platform, inspired us to press on. We planted many, many bulbs given to us by the public but we still struggled to get anything to grow.

Under the guidance of Hillside Trains and after a high cyclone fence was installed along the edge of the footpath, the gardeners were issued with safety jackets to wear if and when gardening behind the fence. Hillside also supplied a flagman to alert the train driver of our presence.

It was due to our constant pressure that we had two clothing collection bins removed from the entrance to the carpark and this enabled us to plant our lovely pink roses.

At the end of each session of gardening two of us would provide thermos flasks of hot water and tea/coffee for our get together. We would have been a rare sight for onlookers from passing trains and bike riders.

Working bees of this type were prevalent in Bayswater in the early days but not in the 2000s. How many people would be interested in picking up broken glass, paper, needles, coffee cups etc. these days without payment.

Compared to some of the other stations on the Belgrave line, Bayswater platform always presented itself in a colourful manner. We were never successful in getting a mural painted in the tunnel as this often deters the graffiti but Metro do a good job keeping it well dressed.

The current five planter boxes on the platform are rotting and wasting away but the hardy shrubs are holding their own. At the time we are writing this story work has begun on the Bayswater Railway Station and carpark so many changes have already taken place.

We wish other Stationeer programs in Victoria as much success and self satisfaction with what they are doing as our group did for so long.



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# News & Events at Your Library



# LIBRARY NEWS

## Winter + Sprint Events Guide

Spring is certainly upon us and if you're looking for exciting events, look no further than your local library! The team have prepared a selection of fantastic options covering all library branches and packed them into our latest What's On: Winter + Spring events book. Explore events including the Ageing Well Expo, International Games Day, coding workshops, the Seniors Festival, technology tutorials, language learning, kids' activities and author talks.

Grab your copy and discover them all from your local branch or view it online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au). Lots of great entertainment is only a click away!

**Boronia Grows October: Springtime Plant, Seed, Produce & Recipe Swap!** – Boronia Library at 1:00 pm on Friday 14 October

Gardeners and cooks are a generous, sharing and caring bunch and we are celebrating this at our annual Boronia Grows Spring Swap Meet! Bring along anything from a posie of flowers/herbs and plants to some saved seeds, cuttings, divided perennials, excess produce or your family's heirloom chutney/passata/kimchi recipe (we will photocopy for you!)

Go home with some lovely garden goodies, a tummy full of afternoon tea and a smile on your face!

These free events are part of a series of regular gardening events taking place at Boronia Library, they're called Boronia Grows. Book your place for these free sessions online or by calling: 9800 6488.

**Featured Technology Workshops** – Rowville Library at 2:00 pm on Select Thursdays

Visit Rowville Library for a series of informative, hands-on technology sessions focusing on unlocking the potential of your mobile device. The library team will explore a selection of the most interesting topics including Google's cloud services, Facebook, eBay, Podcasts and more.

- 20 October: Buying on eBay
- 27 October: Useful apps...there's an app for everything!
- 3 November: Using Podcasts & Pandora Radio
- 10 November: TV But Better: Welcome to YouTube
- 17 November: Intro to Instagram & Twitter
- 24 November: Getting Started with Pinterest

All sessions are completely free however spaces are limited. Bookings on 9800 6443 or online at [yourlibrary.com.au/calendar](http://yourlibrary.com.au/calendar). Don't forget to bring your device!



## Telstra Digital Ambassadors

Knox Library at 1:30 pm on Tuesdays in October

Join the team from the Telstra Store at Knox Library for the opportunity to bring along your digital device and have its features explained by an expert. These free sessions will take place every Tuesday in October from 1:30 pm until 3:30 pm. Get help with your mobile phone, tablet or laptop in a safe community space with the knowledgeable Telstra team.

Book your place online or by calling 9800 6470.

**Get Started Selling on eBay** - Knox Library at 2:00 pm on Friday 14 October

eBay is the world's largest marketplace and it's waiting for you to start selling the things you no longer need! Join the Knox Library team for an informative introduction to this popular website. Discover the best ways to create a listing for your item, manage payments and postage, as well as tips to provide great service to buyers. Selling on eBay uses the same account as one uses to buy, so be sure to have a practise buying so you're familiar with the website.

This free event begins at 2:00 pm on Friday 14 October. Bookings: 9800 6470

## eBooks and Audiobooks on your Device

Have you got an iPad, Android Tablet or eReader? Your local library has been hard at work managing a growing range of digital content to keep you entertained when you can't get to your branch.

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Great for holidays away from home! Your local libraries are offering free one-to-one learning sessions to explain how it all works on your device. Visit online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au) or call 1300 737 277 to find out more.

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- 21 JUL Introduction to Facebook
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- 4 AUG Managing Your Photos Online
- 11 AUG Download Your Favourite Magazines
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## Taking Good "Legal Care" of Yourself

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

### Legal Health Check for Older People

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

We're all familiar with 'An apple a day, keeps the doctor away'. Well, here at ECLC, we've come up

with another saying that we'd like you to think about ... 'A legal health check today, keeps the worries away'

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

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

If you have answered 'yes' to any of the above questions, or you are unsure about one or more of these problems, please call us on (03) 9762 6235 to find out what help is available.

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

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

Remember, act early and brush those worries away!



Election Material

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Authorised by D.Wood 2 Stevens Place, Rowville



## Life Activities Club Knox Inc.

### Bocce! Bocce! Bocce!

The Life Activities Club Knox is always seeking new activities for the senior residents of Knox so when Committee member, David, met Michael from the Knox Bocce Club at a Council Seniors Festival meeting in April, we just had to give it a go!

Helen is our Social Outings Convenor and she organised an outing to the Bocce Club on 31st August. The Bocce Club is located in the Knox Italian Community Club in Karoo Road, Rowville.

What fun we had! The steel balls were easy to use. You either roll them or lob them within your designated court area aiming to get close to the jack or pallino. We now know all about frames, pallinos, baci, foul lines and back boards. We were invited for a coffee and Italian marble cake afterwards. One player commented, "I didn't know we had such a good facility in our neighbourhood."

Most players were interested in playing again, so we may be starting new Bocce Activity Group. Contact us if you would like to join-in.

Life Activities Club Knox is managed and organised by volunteer members. We provide over 20 different activities each month for people to enjoy. A full activity list and calendar are on our website.

Contact us: 0481 831 788 [knox.enquiries@life.org.au](mailto:knox.enquiries@life.org.au)  
[www.life.org.au/knox](http://www.life.org.au/knox) #lifeactivitiesclubknox

Knox Bocce Club is in Rowville. Contact Michael on 0419 330 977 [migliaccio@netspace.net.au](mailto:migliaccio@netspace.net.au)



## Knox & District Over 50s

Spring has arrived, and there is no excuse for staying indoors by the fire. It's time to dash outdoors, get your quota of vitamin D, and then when you feel the energy surging through you shout, "I'm a senior and proud of it and nothing is going to stop me from revamping my lifestyle. Now if you find that you can't find your lifestyle then don't panic, the answer is so simple join the Knox over 50's Club. We are experts at revamping just take a look at what we offer in the way of social events. Our aim is to provide a social outlet for anyone over the magical age of 50.

There are various activities the Club has planned for the next few months. A holiday to Warrnambool in October, two theatre outings to see Any Thing Goes and Wicked, a visit to the Werribee Zoo, Melbourne Aquarium and celebrating the Melbourne Cup with a bit of a get together. Later in the year we will have a BBQ, Christmas celebration at the Marybrooke and the Joy of Christmas at the Whitehorse Centre. The club also hosts monthly events with cinema outings, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. Our next meeting is on Tuesday 25 October 2016 at 10.30am We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

## National Seniors' News

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 26th October 2016. Doors open at 10.15am for a 10.30 start. Our meetings are held on the 4th Wednesday of each month at The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna.

Our guest speaker for August was Maria Matser. Maria is a former Myer Lift Operator. As she started her talk we all thought we were actually in her lift. We saw a bit of a slide show showing how the lifts and the buildings have changed over the years. She also talked about the different events and the many different people she met.

We have some very interesting speakers coming up.

October: Kathy Smalley from Rowville Library about Genealogy. We might find out about some black sheep in our families. The dine out will be at Mountain Thai in Boronia, we are getting very adventurous with our palets.

November will be a big month. After such a successful trip last year we will be going back to Mornington for a "Day at the Races" so dust off your hats ladies and gentlemen. We will also be off to the Mooroolbark Theatre to see "Out of Order". Then to top things off a lunch out at the end of the month at Tosaria Restaurant in Rowville.

National seniors are a fun loving group of people aged from 50 plus and new members are warmly welcomed. Please contact the President John on 9778 6784 for any further information or just turn up. Our walking group now meets every 2nd Thursday. If you require any further information, please contact Darryl on 9878 1045

## What's On?

| Event   | Date & Time   | Location  | More Information   |
|---|---|---|--|
| U3A Art Exhibition & Sale   | October 8 and 9<br>10.00am to 4.00pm  | U3A Knox, 1a Park Boulevard FTG   | \$2.00 entry fee.  |
| Ringwood Field Naturalists Club   | 2nd Wednesday each month<br>7.30 pm   | Room 4 Maroondah Fed. Estate<br>Greenwood Ave., Ringwood                                | Alison or Peter on 9801 6946   |
| Pop up Market at Caribbean<br>Park Flower & Plant Theme<br>Craft/Homemade Theme   | Sunday 15th October<br>9.00 a.m. to 1.00 p.m.<br>Sunday 20th November<br>9.00 a.m to 1.00 p.m                             | Ferntree Gully Road<br>Scoresby   | Caribbean gardens.com.au   |
| Lions Club of Wantirna  | 1st & 3rd Wednesday each<br>month at 7.00 p.m.  | Lions Club room, Bayswater Community Centre.<br>739 Mountain Hw, Bayswater              | Paul 0400 823 441  |
| Stringybark Festival  | Saturday 15th October<br>Sunday 16th October  | Rowville Community Centre,<br>Fulham Road, Rowville<br>Melway Ref: 81 K1                | <a href="http://knox.vic.gov.au/stringybark">knox.vic.gov.au/stringybark</a> |
| Toy Library Messy Play Day  | Saturday, October 22<br>10.00am to 12.00noon  | 11-13 Gerda Street, Scoresby  | \$5.00 entry per child<br>BYO smock/change of clothes                        |
| Bridges Celebrating 40 years of<br>Volunteering at Ferntree Gully<br>Bowling Club | Monday 17th October<br>10.00 am   | Glenfern Road<br>Ferntree gully   | Phone 9763 9700  |
| National Seniors  | 4th Wednesday of each<br>month.   | The Knox Club which is situated at the<br>corner of Stud and Boronia Roads,<br>Wantirna | John on 9778 6784  |
| St Lukes' Celebration   | Sunday, October 16<br>11.00am to 3.00pm   | Saint Lukes Church and School<br>Stokes Road, Wantirna                                  | All welcome! Phone Sandra on 9720 2512                                       |
| iShred Secure Onsite Document<br>Destruction                                      | 15th October 9.00-1.00 p.m.<br>22nd October 9.00-1.00 p.m.<br>12th November 9.00-1.00 p.m.<br>26th November 9.00-1.00 p.m | 5/7 Samantha Court<br>Knoxfield   | 1300 763 688   |
| Model Engineers Exhibition  | Sat. 15th Oct. 10 am - 5.00 pm<br>Sun. 16th Oct. 10 am - 4. pm  | Rowville Secondary College<br>Humphreys Way, Rowville                                   | Telephone: 9758 3514   |



## Introducing View Clubs of Knox by Carol Irwin

If you are a self-motivated positive woman looking for fun and wish to play a part in supporting education of young Australians then joining and volunteering at a View Club could be the place for you.

There are two clubs in the area – Wantirna Evening View, who meets at the Quality Inn Conference and Function Centre, 137 Mountain Highway, Wantirna, on the first Wednesday of every month and Ferntree Gully View Club that meet at the Knox Club on the Corner of Stud and Boronia Roads Wantirna on the fourth Monday of every month.

The Wantirna Club was formed in 1990 and Ferntree Gully in 1995.

View clubs of Australia is essentially a women's volunteer and support group that meet monthly. This volunteer group was formed as a voice to be heard about significant issues concerning the community. "View" stands for Voice, Interests and Education of Women. It is a non-religious, non-political organisation of volunteers that raise funds to help those less fortunate. View supports disadvantaged Australians through their work with The Smith Family. They offer support through education and leadership of young children at school giving a lasting impression on their future life, and making them more worthy members of our community. Women of any age with a wide variety of backgrounds and interests are members. They

have been involved in organising many social, community and fund-raising activities to benefit charities for more than 50 years.

Funds are raised by way of raffles, a Trading Table at meetings, Annual Auction, lunches in members homes, craft days, garage sales etc. View is active in Christmas wrapping at shopping centres, catering at Anzac Day functions etc, marshalling at community events, fashions parades and many other activities etc.

VIEW Club members are some of the most active volunteers for The Smith Family. They volunteer at after school Learning Clubs, mentor students and assist in many Smith Family offices around the country.

Some of the fundraising events are lots of fun examples of which are weekends away, bus trips to musicals, theatre etc or just a nice dinner out with friends. It is a chance to meet new people and at the same time it is a rewarding experience by way of raising much needed funds for The Smith Family.

If you would like to become a member of a View Club please contact Judy Smith, President, Wantirna Evening Club on 9729 7327 or Maureen Rose, Secretary, Wantirna Evening View Club on 9720 6324 or the Pam Turner President of View Club Ferntree Gully Club on 9725 4135.

# COMMUNITY NEWS

## Knox Remembrance Day Commemoration

At 11.00am on 11 November 1918, the guns on the Western Front fell silent after more than four years' continuous warfare.

November 11 is universally associated with the remembrance of those who had died in the First World War. This conflict had mobilized over 70 million people and left between 9 and 13 million dead and as many as one third of these with no grave. The Allied nations chose this day and time for the commemoration of their war dead.

The Knox Remembrance Day Committee, with assistance from Knox City Council, conducts a ceremony on the Sunday prior to the 11th November each year at the Knox War Memorial in Dorset Road, Boronia. This year it will be held on Sunday 6th November.

The ceremony commences at 10:50 am.

Hurtle Lupton OAM JP, the Chairman of the Knox Remembrance Day Committee said,

"It is a special day when families come together to remember their relatives who served and in many cases, made the supreme sacrifice for their country." Everyone is welcome to attend and refreshments will be served at the Boronia RSL at the conclusion of the event.

## Fred's Adventure by Fred Stadly

As we age, we all have unfulfilled items on our bucket list.

On a recent driving holiday in far North Queensland, I, a mature aged (77 to be exact) male, crossed three items off my list.

These being:

### HOT AIR BALLOONING (TAME)

We took the hot air balloon at 6am in Mareeba, 65 kms from Cairns. It was a most enjoyable experience, even though the landing was a bit rough, by over shooting our landing spot and landing in a field of Bamboo!

### WHITE WATER RAFTING (THRILLING)

White water rafting on the Barron River in Cairns was thrilling although I found the paddling very hard work.

### SKY DIVING (HEART PUMPING)

The Tandem Sky Dive was on offer in Cairns, but I chickened out, much to my own disgust.

However, I had a second chance when we arrived at Rainbow Beach the opportunity became available once more.

I went to 14,000 feet and took the plunge.

The feeling was great as the parachute opened, (thankfully), and, as I opened my eyes, before me was the most magnificent view.



### Election Material



## VOTE JACKSON TAYLOR

My name is Jackson Taylor and I'm a current and serving Victorian Police Officer, a local and someone who truly believes in community values.

I'll fight for:

- better local services, including those for at risk youth and mental health programs
- a safer community
- greater support for our elderly residents
- improved sporting facilities in our community
- keeping downward pressure on rates
- a strong, fair and sustainable future for locals

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Contact Jackson on 0477 915 943

Email: [jacksontaylorforcollier@gmail.com](mailto:jacksontaylorforcollier@gmail.com)

Facebook: Jackson Taylor for Collier Ward

Authorised by D High, 162 Forest Road, Ferntree Gully

## Walking Basketball by Jarrod Potter

Knox City Council's Planned Activity Group (PAG) has taken the internet by storm.

Joining up with Basketball Victoria Inclusion's Walking Basketball program, the players have captivated the world... in less than two minutes.

Over 600,000 people have been reached with the 1.34 minute video and it's been watched 200,000 times with almost 4000 shares from Basketball Victoria Facebook post.

Spain, Indonesia, New Zealand, the United Kingdom... as well as all other points across the globe have clicked on the video, but many of the players were unaware of their burgeoning social media popularity.

The Knox City Council PAG only found out their social media success when they returned to the courts on Monday and watched the video joyfully, before being joined by a special guest coach for the morning session at the State Basketball Centre.

Australian head coach and Melbourne Tigers legend Lindsay Gaze was on hand to guide the walking basketballers through their paces and show them a few drills and basketball tactics along the way.

Gaze, who at 80 joked that he's close to joining the walking basketballers himself, thought it was a brilliant initiative to get the residents active and hoped in time it would become commonplace across the state.



"I'm just looking forward to getting many more participants, growing it bigger and seeing more people having fun," Gaze said. "It's a tribute to the council here to show the initiative and support a program like this. If we can get expanded numbers then these sorts of programs will be taken for granted rather than being something special, and, if we can get it taken for granted and people understand they go on and 'graduate' to these programs it will be terrific."

Keeping active, having a light-hearted basketball match each Monday and enjoying a morning out at the State Basketball Centre, the program has simple aims but is delivering amazing results for its participants.

# SPORT NEWS

PAG member Johanna Busher, said she felt "fortunate and lucky" to get out and about and be part of the program and it's good to keep her energy flowing with a bit of basketball.

"This is fun. It was amazing (to have Lindsay here)" Busher said. "It's good. I enjoyed it."

Basketball Victoria's Head of Inclusion Karen Pearce has been in awe with the program's popularity, both watching the views and shares rapidly increase on the Walking Basketball video and especially seeing the joy it gives the participants each week.

"It's been an absolute joy to see the smiles and hear the laughter on the court and especially how much they enjoy their post-game cuppa,"

Pearce said. "Not only that, but the video has made so many people aware of this new initiative and done it while putting a smile on their faces too. The program itself provides participants not only with health benefits of physical activity but also the mental health benefits of being socially active whilst learning basketball."

Pearce encouraged anyone who wants to be part of a Walking Basketball program or get their parents or grandparents involved to contact their local council.

For more information on Walking Basketball, contact Albert Osei-Tutu via email [albert.oseitutu@basketballvictoria.com.au](mailto:albert.oseitutu@basketballvictoria.com.au) or phone 9837 8000.

Picture supplied by Basketball Victoria

## Bayswater Bowls Club Unfurls Divisional Pennant

About 70 bowlers, family and friends were at the Bayswater Bowling Club to witness the unfurling of the club's 2015 Divisional Pennant.

The club was extremely privileged to have the Hon Heidi Victoria MLA for Bayswater District who generously provided her time to perform the unfurling ceremony.

Doug Clarke, Bowls President made a short speech before the Premiership team was introduced to Heidi. Heidi then addressed the congregation and congratulated the team on their success on winning the club's second Divisional Pennant, their first achieved in 1992.

Heidi then attempted to unfurl the flag. Initially, the flag failed to release and she quipped "never work with animals, children or flags", before the flag unfurled to the applause of those present. Before her departure Heidi was invited to show her prowess on the bowling green and for her efforts was presented with a club shirt and cap. Maybe, a promise of things to come.

Bowlers then played an Intra Club practice match and to cap off the day the club treated their bowling community to a sit down a two course roast dinner.

This year Bayswater will field five Saturday Pennant teams and three Mid Week Pennant teams and are confident of emulating their successful 2015 season.




Barefoot Bowls will recommence at the club in November. This is a fun Sunday activity where participants learn the fundamentals of this game for all ages. If you are interested, the BBC Website [www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com) will have details of the upcoming events, or you can contact the Club on 9729 8312 to arrange a booking.



Heidi Victoria shows her bowling style

*Come join*


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



## Templeton Tennis Club News by Don McCracken , President

Welcome to the Spring edition of our Clubs' newsletter.

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

The winter season is well finished and with mixed results. We had, over all sections of the Club 13 teams in finals resulting in 5 flags and 2 runners up. We are proud of all our players and the way they represent our club. Well done to all involved.

We ran in conjunction with all other Knox based tennis clubs an Open Day over the weekend of 10th and 11th September. We held our club championships this same weekend. With the following results:

A grade: Winner; Dilhan Jayawardena(winner for the 3rd year in a row), Runner Up: Nipuna Madanayake; B Grade: Winner Kushal Derashi, Runner's Up: Ben Vandenberg & Kristian Tesevic; C Grade: Winner Kris Pincic, Runner Up Tiana Pincic;



D Grade: Winner Tamara Tesevic, Runner Up: Ryan McCormick

Thank you to all involved with a special thanks to Nick Wakeling our local State Member for the Ferntree Gully electorate for making the presentations.

Summer season is fast approaching and begins early October. We again have good numbers representing our Club with 5 senior, 16 junior, 1 night men's and 3 midweek ladies teams nominated for the coming season. Good luck to them all.

We also thank Knox Council for their ongoing support. They have through their program of Minor Capital Grants provided \$8,700 towards the improved lighting on courts 7 and 8. This is to take place over the summer break. As always their support is much appreciated.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. Come and join us. If you are interested in

any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

## Wantirna Tennis Club News by Barry Cornell



Smashing Success at the Wantirna Tennis Club !!

Did you come along to our recent Spring into Tennis event, a Tennis Knox promotion? Well if you didn't you missed a great event. We had a great open and free promotional day at the Wantirna Tennis Club and the grounds and club house looked amazing. Our coaches did a fantastic job in running the events and providing all the tennis equipment for Hot Shots events. The club also had its own Vichealth active club tennis gear that all ages of players could use on the day. This gave the opportunity for everyone that came along to have some active family fun playing tennis.

I hope your footy team had success and you enjoyed the highlights from the US Open and you've survived the winter season. Our junior teams certainly did and had some terrific success in wrapping up the season finals. What a season the Saturday and Sunday junior teams had, but congratulations go to all our juniors for taking part and being great sports girls and boys. The following teams won flags, Saturday teams JOSD8, Open Rubbers 17 and Sunday Girls 2, runners up for Saturday JOSD5 and Boys8 and JDC2 made it to the semi-finals.

Roll on summer, we're all looking forward to it and don't forget to get tennis fit and ready for this coming summer of tennis. You can do it all at Wantirna Tennis

Club with Cardio tennis, group coaching or 'one on one' coaching and the new 'Fast Tennis' for those that are 'time poor'.

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.

Juniors are our future in tennis. Why not let your children have a go. There is more tennis being played at school now and I'm sure if you asked they would say they would like to have a go.

Contact or visit us. We have excellent facilities 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.

You can join online. Its easy and quick. Just use this link: <https://my.tennis.com.au/OnlineMembership/663907>

Wantirna Tennis Club Inc Melway Ref: 63C8 Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna 3152

PO Box 5295 Studfield 3152 Web: [www.tennis.com.au/wantirnatc/](http://www.tennis.com.au/wantirnatc/)

Face book: [www.facebook.com/Wantirna-Tennis-Club-Inc-247884471890930/](http://www.facebook.com/Wantirna-Tennis-Club-Inc-247884471890930/)

Club Secretary: Alison 0408576025 or email [wantirnatennis@gmail.com](mailto:wantirnatennis@gmail.com)

Club coaching team: Troy & Mike 0424693005 or email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)

Facebook: [www.facebook.com/troyandmiketennis.com](http://www.facebook.com/troyandmiketennis.com)

"Wantirna Community Bank® Branch of Bendigo Bank" is a proud sponsor of the Wantirna Tennis Club Inc.



# SPORT NEWS

## TEMPLETON tennis club

Our junior Club championships are to be held on Sunday the 4th October.

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

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

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

Templeton Tennis Club Inc.  
Templeton Reserve, Templeton St  
Wantirna 3152. Melways Ref. 63 G9  
Membership: 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)

## All Nations Cup 2016

Knox City Football Club is set to host the 31th Anniversary of its multicultural soccer festival, The All-Nations Cup. The World Cup style event has gone from strength to strength over the years and attracts teams representing countries from all over Melbourne.

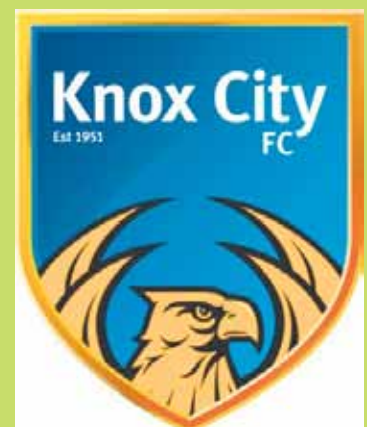
The story of the cup is not just one about soccer but also how the City of Knox and the wider Melbourne community embrace cultural diversity and celebrate multiculturalism through the World Game.

This year teams representing 20 different countries form will compete to take the crown from last years winners Scotland.

The tournament starts Saturday 5 November 2016 with the group phase, where four groups of five teams play in round robin matches. The top two teams in each group progress to quarter-finals and semi-finals before the Cup final on Saturday 10 December 2016.

Group games start at 10.00 am on both Saturday and Sunday, the fixtures are available at [knoxcityfc.com.au](http://knoxcityfc.com.au) and the clubs facebook page.

Knox City FC hope you can come along to support this wonderful festival of football and celebration of our cultural roots.



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or [rowville@aussie.com.au](mailto:rowville@aussie.com.au)



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