

# STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM  
SCORESBY AND KNOXFIELD

*Wishing All Our Readers*

*a Happy Christmas & New Year.*

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EDITION 45

DECEMBER 2016/JANUARY 2017

- STUDFIELD WANTIRNA NEWS WINS AWARD
- EMMA BOOTH'S UPDATE ON RIO
- RECYCLING IN THE '60S
- 2016 WRITING COMPETITION WINNING ARTICLES

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## Editorial

Here we are at the other end of 2016 with our final edition for the year.

Our team has some exciting news to share with our readers in winning the Community Newspapers Association of Victoria (CNAV) award for Best Design and Layout for Studfield Wantirna News!

It is great to have some acknowledgement for our volunteers who put so much effort into our community newspaper.

We are looking forward to bringing you more news, stories and information throughout 2017 and I take this opportunity to thank all our regular contributors, advertisers and supporters. It is heartening to see how well our community comes together to share news of what we do and celebrate our achievements.

Best wishes to everyone involved in our community paper and especially our readers. Have a wonderful Christmas and a happy New Year.

*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.





## Our team at the CNAV Conference

Representatives from Studfield Wantirna News recently attended the 11th annual Community Newspapers of Victoria (CNAV) Conference held in Bendigo.

The CNAV conference provides a chance for volunteers from around Victoria to share their ideas and expertise, support one another and celebrate achievements.

Delegates bring along copies of their publications to share. It's a great way to pick up tips and tricks and ideas for developing and improving our newspapers.

At the 2016 CNAV conference delegates were inspired by the Keynote Speaker, Superintendent Matthew Ryan from Family Violence Command of Victoria Police who spoke on the essential work of the Victorian Police in addressing Family Violence. Superintendent Ryan spoke of the marked increase in the number of family incidents recorded by Victoria Police over the past five years 43,856 in 2011 to 74,385 in 2015 (Crime Statistics Agency, 2016) and the knowledge that recidivist perpetrators accounted for almost three-quarters of all incidents reported to police. It is important for police to understand this group of perpetrators in addressing the family violence. Supt. Ryan encouraged community newspapers to help raise awareness of family violence acknowledging we all have a part to play in changing the culture surrounding this issue.



*Delegates at the 2016 CNAV Conference*

In addition to this important message the conference held workshops on developing good headlines, expanding into social media and understanding the responsibilities of Copyright.

It is evident how communities from all over Victoria enjoy their local community newspapers. They are powerful vehicles for connecting, informing and sharing news across towns and regions. Community newspapers are produced in a variety of ways depending on the capacity and population of their town, but whether they are made weekly, monthly, bi-monthly or quarterly and whether they have circulations of 100 or 10,000 they are vital to local people who look forward to receiving them every edition.

## 2016 CNAV AWARDS

Best Design and Layout – Winner  
Studfield Wantirna News

This is a wonderful community newsletter: a pleasure to scan for articles and read. What is excellent about this newsletter is the choice of size, paper, colour and tone of heading typeface. It is a good mix of newspaper style and magazine. The paper choice is friendly. The headings and typeface choice are modern yet approachable. The delightful use of illustrations in the corners adds life and warmth to the pages. Overall it has the feel of a contemporary newsletter but remains friendly, accessible and down to earth.



*Janet Claringbold receiving the CNAV award*

**The team at SWCN would like to thank and congratulate Tamara Bouzo, who as a Uni student studying Communication Design, volunteered to design a new template for our paper in 2013, We are thrilled to have won the Best Design and Layout category for Edition 43.**

## Gwenda Meets Her Famous Cousin by Jarrod Potter

GWENDA Walker has followed the meteoric basketball career of her cousin Lauren Jackson ever since she first stepped on court.

But despite being one of her biggest fans, the Wantirna resident and her famous family member had never met... until Friday.

Gwenda's friends Keith and Jenny Slater had helped Gwenda sort through her belongings recently when they discovered boxes full of magazine and newspaper clippings, articles, recorded games and pictures of Lauren all throughout her career.

So as a special gift for the 91-year-old Lauren Jackson super-fan - Keith and Jenny, Melbourne Boomers, Basketball Victoria's inclusion department and Jackson herself arranged a secret morning tea last week at the State Basketball Centre.

After discovering the family link between Walker and Jackson, they helped set up the occasion and kept it hush-hush.

Thinking she was out to go shopping for the afternoon, Walker instead fulfilled a lifelong dream of meeting her illustrious family member at the State Basketball Centre.

"I'm not on earth yet – I'm still coming down," Walker said. "That was the biggest surprise – I was going down to shopping at Knox and they were taking me to morning tea.

"This was lovely – I stood beside her once at a big match, but she was being presented and I got down out of the stands and thought "I should get back out of here".



*Photo of Gwenda Walker and Lauren Jackson courtesy of Basketball Victoria*



"Being the only female relative left on the great-grandmother's side – Jenny, who was my mother's eldest sister – it's wonderful to finally meet her."

Gwenda's story is as extraordinary in her own right, as she's a retired Army captain having served throughout World War II in the Australian Women's Army Service in Bandiana then with the Women's Royal Australian Army Corps.

Jackson was amazed to meet Walker and relive a piece of her family's heritage she had not heard.

"It was lovely – it's always nice to meet people who are from your family and especially parts of it that some members have already passed away, so it was nice to hold that legacy and meet those members," Jackson said. "I think her story is pretty amazing as well – being in the army from right near where my house is.

"Her stories and her family and how they've connected to my direct family is lovely.

"She was also a basketball player when she was at school and that's so cool – it's fun learning the history and that's definitely where I got my genes from – that's for sure."

Gwenda and her friends were invited to Melbourne Boomers match on Sunday afternoon as special guests on Jackson's request to cap off the extraordinary week for a deserving and devoted fan.



## Student Leadership Program at the Snowy by Chloe Heale

### Part Two

My name is Chloe Heale and I attend Wantirna College, this is the story of my experience at the Snowy Leadership Camp in term 2.

A highlight for me was all the guest speakers we had come and talk to us. It has been very interesting to hear about people's lives and what has happened to them. My favourite was Beau Vernon. Beau became a paraplegic 3 years ago due to an accident when he was playing footy. He now can't move anything from the chest down and has no control of his fingers even though he can move his arms. His speech was quite inspirational and made me open my eyes and appreciate the things in life that I take for granted. Another guest speaker I loved was Barry Heard who served in the Vietnam War. He told us about his life, how he came to be in the war and how he was treated when he returned home. He is now a best-selling author of 3 books. His inspiring story described how he overcame some terrible things.

Living at Snowy in the community was actually better than I thought it would be. The classes were pretty good and interesting and the outdoor activities were awesome. A typical day at Snowy starts at 6:30am for breakfast but classes don't start until about

9:00am and then finish at about 3:30pm. We had a bit of free time before and after classes and after dinner. We then had an evening class at 7:30pm. which was normally a guest speaker or doing a couple of fun activities like community games. We had 5 meals a day and the food is really good. We got a roast on Sundays and chicken Parma's and for lunches we got sandwiches, wraps and pizzas. The food was one of the things I was worried about before I went to Snowy but it was way better than I thought and the cooks, Mrs. Pascall and Mrs. Wade, are really nice.

Passport is one of the things I did throughout the term while at Snowy River. We put together a learning document which involved answering questions about your goals before you came to Snowy River. I now have a whole document to show my progress from before I went there and after I left. Community Learning Project or CLP is something where we choose something that would benefit our local community.

Wantirna College's CLP is on making the transition for year 6's into year 7 easier. We are putting together a pack for them with things on where to go if you need to talk to someone or if you notice a friend needs help. We are focusing more on

the mental health side of things. We hope that by making these packs and going around talking to the year 6 kids around Wantirna that we can stop stress levels from rising. We want to try and reduce anxiety and let them know that they are not alone. Our name for this project is S.O.S, Support Over Secrecy.

I had the most amazing experience at Snowy River and I am glad I got the opportunity to do something like that. I have come out of it a better person with all new skills and experiences that I will never forget. If you ever get the opportunity to go to School for Student Leadership, I strongly advise you take the opportunity, as it will be an unforgettable experience.



## Celebrating 100 years of Cubbing Continues!

By Nicole Klep, District Leader Cub Scouts

On the 7-9th of October 70+ Cubs (aged 8-10 years) and leaders converged on Clifford Park Scout Activity Centre, in Wonga Park. We had gathered for an amazing 'Circus' themed Cub Pack Holiday. The leaders were all dressed as performers and other circus characters and the Cubs all dressed up as clowns.

The Cubs rotated through 6 activity bases over the weekend.



- Circus crafts: The Cubs created Juggling Sock Balls, Ribbon Sticks and Juggling Sticks. The Cubs had a great time not just making the items, but then learning to perform with them.
- Circus Orientation: The Cubs learned to read a compass and following an orienteering course. I believe no Cubs became completely lost and all learnt plenty about the surrounding area.
- Archery and Circus-themed Scavenger Hunt: Leaders and Cubs alike were seen scratching their heads, trying to work out the imaginative circus clues. The Cubs loved the archery and their skills improved dramatically during the time they had there.
- 'Side Show Alley:' Under a Big Top Cubs tried their hand at making stilts out of tin cans and also using wooden stilts. They threw dripping sponges at brave (or fool-hardy) Cubs who had poked their heads through target holes. They tried Sjoelen, a Dutch shuffleboard game, and used catapults to knock over tin cans. Lots of laughter and fun was had.
- Variety Trio: The Cubs started off playing volleyball, then tried out the hoola hoops and finished off having a ball with an enormous parachute. The parachute was the favoured activity for this base and the Cubs loved making the balls jump high in the air.
- "Challenge Valley": This challenge was personal – did you dare try Clifford Park's infamous commando-style course? This was the most popular event, showing that even if the results were very muddy indeed, Cubs love a challenge!

On the Saturday night 'Rick the Magician' performed a superb magic show. The leaders and Cubs were spell bound! I wish I knew how the various tricks were performed!

Our Cubs and Leaders, from nine of Knox District's Cub Packs, made and renewed many friendships. It was a camp that was not to be missed!

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

2nd Knoxfield, Heany Park and 1st Rowville 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 lots of fun is to be had by becoming a leader!





## Cool Heads Prevail for Hospital Fundraiser

Eastern Health is proud to partner with Bendigo **Community Bank**® branches in Melbourne's east to support women undergoing chemotherapy treatment for breast cancer.

During the months of October and November, the Coolheads fundraising campaign aims to raise \$145,000 to implement a scalp cooling service at Maroondah Hospital.

Scalp cooling technology helps prevent hair loss in patients receiving chemotherapy for breast cancer.

Eastern Health will be the first public health services in Victoria to offer this service free of charge.

Acting Director, Eastern Health Foundation Ms Carolyn Schuwalow thanked all participating Bendigo **Community Bank**® branches for their generous support of the Maroondah Hospital oncology department.

"Supporting the introduction of a scalp cooling service will mean women undergoing chemotherapy for breast cancer will have the opportunity to keep



their hair and therefore maintain dignity, privacy and some normality throughout their treatment process."

At Wantirna **Community Bank**® Branch we couldn't say no to joining this wonderful project and have

teamed up with 34 **Community Bank**® branches within metropolitan Victoria to support them.

Donations for the Coolheads campaign can be made in our branch or online at [www.communities.bendigobank.com.au/projects/coolheads](http://www.communities.bendigobank.com.au/projects/coolheads)

## Wantirna Community Bank® Branch Supporting The Local Community in 2016

Very soon we will have Christmas and the New Year upon us. I would like to acknowledge the terrific support we have received from the local Wantirna Community over the past year.

Wantirna residents are better understanding the benefits a Community owned Bank can have in supporting local initiatives, charities, and all worthwhile causes as far as our budget allows. This level of support is only possible from the profits we derive from customers banking with us as we strive to offer competitive banking solutions.

We are different to every other bank, as our focus truly is around supporting the local Community, and our success is felt throughout the area.

This year we've contributed to:

- Oz Child to help children in foster care have a happy Christmas
- Cool Heads, an initiative to help women with breast cancer to prevent losing their hair
- Over \$8,000 to local schools, kindergartens, sporting clubs and organisations with sponsorship

These are all great initiatives that support our local community. Our banking products are now more competitive than ever, so if you'd like to help support your Community, consider supporting the Wantirna **Community Bank**® by banking with us and help make Wantirna a great place to live.

Wishing a Merry Christmas and a Happy New Year to all!



## Community Bank® Company Director/Committee Member

Expressions of interest sought for volunteer Directors and committee members of the Wantirna Community Financial Services Limited.

The Wantirna Community Financial Services Ltd Board is seeking energetic, community minded and committed individuals to serve as voluntary Directors/committee members, and to make an important and positive contribution to the bank and the community.

Wantirna Community Financial Services Ltd operates the Wantirna **Community Bank**® Branch in Wantirna. It is a franchise of the Bendigo and Adelaide Bank Limited.

Working as part of a dedicated, professional and diverse team, the role calls for people willing to apply themselves to the full range of responsibilities and accountabilities of a Director/committee member. In return we offer a rich opportunity for professional and personal development in a stimulating and rewarding environment.

Successful candidates will possess some of the following attributes/skills:

- Business acumen
- Financial literacy
- Strategic thinking
- Willingness to learn, grow and develop
- Interpersonal communication and demonstrated team collaboration skills
- Community connections and a commitment to strengthening and engaging with community
- Previous banking, community organisation roles, human resources or marketing, especially social media experience would be an advantage.

Applicants are required to send a 1-2 page letter outlining your experience, what you would bring to the Board/committee, and addressing the above selection criteria.

Applications to Chairman, by 23 December 2016: Peter Sheehy, P.O. Box 6195, Wantirna VIC 3152 or emailed to [executive@wantirnacommunitybank.com.au](mailto:executive@wantirnacommunitybank.com.au)

For further queries, contact Peter Sheehy on 0411 526 073.



# WHAT'S COOL AT SCHOOL?

## Bursaries Provided for Students at Fairhills High from Russell Hicken

As the result of a joint venture between the Peace & Loyalty Masonic Lodge, the Freemasons Foundation and the Ferntree Gully Branch of the Bendigo Bank students of Fairhills High School will each receive a \$500 bursary providing financial assistance with their educational requirements next year.

Harold Boddy, a member of the Peace & Loyalty Masonic Lodge passed away and specified an amount of money was to be provided to the Lodge to distribute to a local charity and the Lodge decided to start a local school scholarship.

Last year these three organisations joined together for the first time and provided bursaries for six students from Fairhills School.

The initial venture was so successful that the amount provided for next year's students was increased to \$6,000, \$2000 from each of the contributors and bursaries of \$500 will this year be given to 12 students.

The Peace & Loyalty Masonic Lodge has been part of Ferntree Gully since 1920 and for some years had been keen to provide a bursary for students. Harold Boddy's generous bequest made this possible.

The Masonic Lodge approached the Ferntree Gully Branch of the Bendigo Bank who immediately matched the money provided by the Lodge. A further approach was made by the Lodge to the Freemasons Masonic Foundation who again agreed to match the amount provided by the Lodge.

Knox Community Financial Services, of which the Ferntree Gully Branch of the Bendigo Bank is part of has pledged \$2000 each year into the future for such a bursary.

## Wantirna College has a "Principal for a Day".



Local State Member for Ferntree Gully and Shadow Minister for Education, Nick Wakeling MP, recently visited Wantirna College where he was principal for a day. Principal for a Day is an annual event where community and business leaders get firsthand experience of life as a school principal.

As part of this year's event Nick shadowed Wantirna College Principal, Sue Bell, who shared her experience as a principal, and raised awareness about some of the challenges she faces in ensuring students at her school are happy, safe, and achieving their best.

Nick has used this opportunity to develop his insights into the everyday operation of his local schools, and further his understanding of the needs of students, parents, teachers, and principals, especially in his leadership in the education portfolio.

## Community Votes Make Wantirna Primary School a Grant Winner by Sue Fergus, Principal

On Thursday 27th of October, Wantirna Primary School conducted a special assembly. On this occasion we welcomed guests from CUA Eastland, including; Emmanuel Dravatsis (Regional Sales Manager), Laurel-Lee Roderick (External Media Manager CUA), Frank Paino (Local Area Manager Eastland) and Shelley Murcutt (Eastland Home Loan Specialist).

Our school accepted a cheque for \$5,000 which we were awarded for achieving the most votes in the Eastland area out of all the schools who participated in The CUA Community Care Grants Program. After our success with this grant we have renamed our project 'Recreation Corner' to 'Slam Dunk' to ensure the replacement of our basketball towers before the end of the school year.

We are very appreciative of one of our dedicated parents and School Council Treasurer, Leisa George for her initiative. Our school is also grateful for the enormous support we had from our parents and their families and friends as well as staff and their family and friends who voted for our school and enabled us to receive this grant.



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



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# 2016 WRITING COMPETITION



## Primary School Winner

### Into the Basement

By Nikita Brito Templeton Primary School

Grace is nervous and scared. Her hair is messy and her mum had picked out an outfit that was so old it smelled like rotten eggs and barely fitted her. She's been asked to do a job that she's dreaded since she was a little girl. Grace is sweating and shaking like a massage chair. There is a big gust of wind and she is nearly blown over, but she doesn't care because she's too busy preparing for what comes next....

Grace stares at the door not knowing who or what will be down there. She stands on her tiptoes and peers through the window on the door. All that Grace can see is a few steps and then everything goes pitch black. She was about to open the door when she thought she heard a young girls voice. Grace slowly opens the door and is shaking with fear. She takes the stairs one at a time like she is a puppy trying to walk for the first time. Grace is shaking so much she nearly falls down the stairs. She was nearly at the bottom of the stairs when she hears a man's voice. The man's voice was very deep and Grace could barely understand it. She knows one thing for sure. The man was very, very angry....

She waits on the stairs for a moment shaking like crazy. The only light she can see now is the light coming from behind her and from the window in front of her. Then all of a sudden she realises that the lock from the window was on the ground and the window was slightly ajar. She became more scared than she'd ever been before. Then Grace saw the box and was relieved when she saw it right in front of her but then she turned her head and saw that the box beside it had been opened and a rope was coming out of it. She finally got down to the bottom of the stairs and felt the wall for a light switch. She turned the light on and slowly and carefully walked towards the box that her mother had asked her to get. Grace grabbed the box and turned around to go back up the stairs and get out of the basement when she sees that the rope went around the corner.

She puts the box down and follows the rope, then she sees a girl that is about 7 years old tied to something that Grace could not see. The girl stretches out her hand and says in a very weak voice "Help me!"

To be continued in "Into the Basement 2"...

#### Judge's comment:

The child's reminiscence of a family nature walk was perfectly captured. The sense of achievement and of wonder as the child climbs the mountain is made extremely real. All the senses are engaged and described in a vivid use of language

Congratulations to both the authors on their short stories that were fresh and original in their composition.

Paul Burden  
Information Services Eastern Regional Library

## Secondary School Winner

### The Ascent

By Jacey Quah Wantirna Secondary college

I recall the earth, smothered in dry leaves and twigs, rustling and cracking beneath our uneven footsteps. The air was thick and humid, and sweat clung to our clothes, refusing to let go. We were enveloped in hues of green that stretched on forever, a blurred canvas of leafy sights. We were little explorers, curious and ready to conquer the world.

Along the steep trail we encountered thin stunted gum trees amongst tall stringybark, stark against the foliage littered across the forest floor. I reached towards the strips of dead bark in awe feeling the rough scratchy exterior against my skin. Another kid yelped and ran away convinced that the bark that crumbled in his hands were ants. We hiked onwards, the winding path beginning to narrow and squeeze us in. The occasional laugh of a kookaburra would shatter the silence rousing other forest critters to chatter along.

As we ducked under a low hanging branch that threatened to snag us, the soft sound of trickling water stirred our senses as we glanced at each other in thrill. A waterfall! We ran noisily, dust exploding under every step. The lush bracken lined the sandy track tickling our legs as we ran past, gasping for breath. When we reached the source of the sound our faces fell and we groaned in disappointment. We had discovered a small low cave and there was a shallow creek inside complete with jagged stepping stones. It sat in the crook of a cliff ledge that overlooked the bush trail we were on but its intimidating height did not frighten us at all.

We began to climb the lopsided rock, the coarse grain grazing our hands and knees as we scrambled up clumsily and with haste. When I had finally pushed myself on top I rolled over and gazed at the unblemished sky, a weary smile gracing my features. A cool breeze brushed past us and we all sighed in relief. It was cooler up here and there was no whine of mosquitoes to be heard.

Suddenly, a hand pulls me up and I am greeted by a sight that renders me speechless. Below us is the thick canopy of trees that has sheltered us all day and, from this elevation, the rays of sunlight light up the leaves in radiant streaks. Beyond the towering trees a faint outline of the city continues past the horizon, a mist of dreary grey against a clear sky.

I let it all soak in; the sticky sweat, the rustling of leaves above us, the murmurs of forest critters and the long droopy arms of ferns tickling my ankles as I watch the dying brilliance of the sun. Even years later it still feels like I have conquered the world surrounded by nature where my heart truly belongs.

#### Judge's comment:

I read this with a mounting sense of unease and dread. The author's use of metaphor and imagery was excellent. It has all the hallmarks of a classic haunted house horror story.



## Scholarships now open for 2018

Check our website for all details



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## Shining the Spotlight on Identity Crime & Deception Offences in Victoria!!!

Latest statistics released by Crime Statistics highlight deception offences that have occurred across Victoria in the past five years. Common methods involve credit card, false documents & ATM/EFTPOS facilities.

In the year ending 6/2016 Bayside reported 4991, Cardinia 7712, Casey 22,786, Frankston 16,117, Kingston 11,220, Knox 10,821, Whitehorse 8,285, Yarra Ranges 8,803 offence counts.

Identity crime in Australia is costing the country up to \$1.6 Billion each year!!

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 months of Oct/Nov we had a strong response from the public and safely destroyed documents at our facility; and extend our open days in December.

We again encourage householders to responsibly destroy their paperwork and take the opportunity to bring it down to our facility on...

**Saturday 3rd & 10th December 9am-1pm.**

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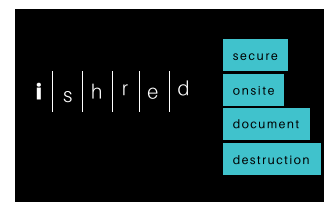
We are a local Australian owned business & support local business and the Community.

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## Needing to have your Private Information securely destroyed?

Old Bank and Credit Card Statement, Receipt, Paperwork that shouldn't fall into the wrong hands. During the Month of December, collect those papers and come to



On the days during December **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	3rd Dec 2016
Saturday	10th Dec 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**





## Knox Environment Society by Zoe Peltakis

**Pterostylis Rescue Missions**

K.E.S. Volunteer Colin Turner, retired Horticulturalist and Landscape Gardener, has for over 3 years, been the committed champion in leading a dedicated team of K.E.S. Volunteers in responding to "Pterostylis rescue missions".

Pterostylis is a genus of about 120 species of plants in the orchid family, Orchidaceae. Commonly called greenhood orchids, they are terrestrial, deciduous, perennial, tuberous, herbs found in Australia, New Zealand, New Guinea, New Caledonia and one Indonesian island.

With the increasing development and destruction of habitat essential for healthy and harmonious flora and fauna regeneration, we are also seeing the decline of many indigenous plants as well as our wild native orchids such as the Pterostylis species. Once common in the eastern regions of Melbourne, but now in declining numbers scattered in bush land and reserves within our Municipality

Without the support of the Garden Club from Knox's Bunning's Store in the building of a new K.E.S. Orchid House, K.E.S. would not have

had the capacity to nurture and grow indigenous Pterostylis. When combined with Colin's passion and skills in the development and propagation of native Pterostylis species, it is reassuring to know that some of our endangered native orchid, to the now extinct Pterostylis curta, have been given the opportunity to regenerate and grow in the safety and security of K.E.S.'s new dedicated Orchid House.

Colin and the K.E.S. rescue team, when informed of the location of threatened native orchids (areas being developed, fallen trees), visit the area and attempt to save the Pterostylis plants, documenting the original location found. Several species of Pterostylis have been successfully grown to maturity and to 'flowering stage'. Great effort has been made in the hope they can be grown in adequate numbers and re-established in their true habitat battling the clock against extinction.

K.E.S. Plant of The Month: Pomaderis racemosa, a great (native) screening plant.

More information on indigenous native plants and Pterostylis, Volunteering requirements and events conducted by K.E.S. is at: [info@kes.org.au](mailto:info@kes.org.au) or visit



Native Orchids - Pterostylis curta (extinct in Knox Shire) and Pterostylis nutas grown in K.E.S.'s Orchid House.

the nursery located in the parkland opposite the Ferntree Gully Library, entry off Burwood Highway, Melway reference 74 A5. The Nursery is open on Thursdays, 10am to 4pm and Saturdays and Sundays 10.00 a.m. to 1.00 p.m.



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

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

**Speakers****October Speaker – Graham Patterson**

"Western Port Bay"

Graham spoke on the plants and animals of Western Port Bay noting the way geology influences coastal landforms and the history of each stretch of the coast. An author of two coastal books, these can be found on [www.coastalguidebooks.net.au](http://www.coastalguidebooks.net.au)

**November Speaker – Jason Caruso**

"Rays of the Bay"

Jason gave an interesting presentation on What is a Ray? He also told us how to identify these when snorkelling or diving in the bay. An informative talk, which most of those present knew little about.

**Excursions****October Excursion - Leader Jack Airey.**

Rock pooling at Royal Beach, Mornington/Orchid hunting at Langwarrin.

Our planned rock pooling excursion was cut short by the howling westerly wind that changed our low tide into quite something else. A minimal amount of wading in rock pools was done. A decision was made to head to the Langwarrin Flora Reserve instead to search for seasonal orchids. These we found in plenty with 3 different sun orchids (spotty blue, salmon and yellow), 2 diuris orchids (purple and yellow), duck orchids and onion



Orchids by Alison Rogers

orchids.

**October weekend away: Leaders Alison and Peter Rogers at Portland.**

Petrified Forest by Alison Rogers

This weekend away with 22 of our members was based at Narrawong which is close to Portland. A full program was organised, featuring many Tourist/ Natural attractions. The first stop was at the Nelson Lighthouse, which provided not only the History of the area, but also a view of the elusive Rufous Bristle Bird. We moved on along the Coast to the Petrified Forest and The Blow holes which provided a good geological visit. Lunch at Lake Bridgewater with a short walk afterwards to look for and find the Leafy Greenhood Pterostylis cucullata.

The afternoon was spent in the Bat Ridge Wildlife Reserve, where Koalas were present. We then headed to Point Danger for a guided trip to the Gannet colony by a local bird expert.

Sunday we were guests of the Portland Field Naturalist Club, who showcased their area, taking us as far as the town of Nelson on the Glenelg river. We travelled through many areas seeing fresh water lakes, beach areas, 'moving' sand dunes, and lastly the Cobboboonee

Australian Gannets National Park which is mainly forest with some heath lands.



Gannets by Peter Rogers

**November Excursion: Leader Judith Cooke Lake Mountain**

Members arrived at Lake Mountain to find a sea of thick fog accompanied by a bitter wind. Temp was 4C but felt a lot cooler. Judith took us up the trail to walk to Echo Flat. Pockets of snow were at the base of the Alpine eucalypts which are now starting to recover from the 2009 fires. Alpine flowers were sparse but showing signs of a late spring. With the sun eventually appearing through the clouds, we saw some pretty red local Grevilleas and yellow Phebaliums showing through the undergrowth brightening the landscape.

**Next month our Presentation will be:****December meeting****Speakers- Hazel & Alan Veevers**

"On safari, Cairns to Iron Range"

This will be an illustrated talk about a recent trip in tropical North Queensland. Featuring birds and animals, many of which can only be seen in the wild in this unique environment

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.

**MERRY CHRISTMAS TO ALL**



## Wish you had a second chance to get your VCE?

As the holiday period draws closer, many people start planning for the year ahead. You may be one of the many Victorians who left school before completing year 12. There are many reasons people may find themselves disengaged from education. Sometimes life gets in the way, family problems, learning difficulties, conflict with friends, bullying, illness or mental health issues.

The good news is you are not alone, and fortunately there are pathways back to education that can get you back on track and open up a whole new world of opportunities.

What many people don't know is that there are opportunities to complete the VCE and get that sense of achievement that comes with reaching your goals. For students who did not achieve their VCE while at school, they have opportunities to return to learning and go on to complete their VCE outside a school setting.

Adult VCE is available to anyone who is over 18 and has been out of full-time school for at least one year. They only have to complete 4 subjects (8 units) at year 12 level with two being English at any level. Adult VCE is also a great way for adults to expand their general knowledge and experience the vitality that comes with a lifelong learning mindset. There are a range of stimulating and engaging subjects that will feed the mind and expand horizons beyond the routine of day to day life.

One such student is Patricia Mayer from Ferntree Gully. Patricia has faced many personal challenges and barriers to education. Patricia left school when she was 16 and felt disconnected from her peers and education Patricia stated "It was almost robotic, just going through the motions and nobody really cared whether I passes or failed". Like many others she felt disillusioned and left school at year 10.

Patricia made contact with Mountain District Learning Centre in Ferntree Gully, to re-connect with education in a local setting. "I didn't think I could do it, but the staff at MDLC believed in me, they gave me a shot, it has been through the support of my family and my amazing teacher that I know I can do it. I hadn't been to school since 2004 so everything had to be re-taught to me. Because the classes are small, the teachers are able to take the time to listen, and take the time with stuff I actually need help with. I am especially grateful to my English Teacher, who helped improve my grammar and my confidence in writing essays."

Doing the VCE has given Patricia greater confidence in her ability to learn. "I have more maturity to focus on what needs to be done to achieve my VCE. I feel like I can accomplish things if I set my mind to it. I used to think I couldn't succeed in learning because I left school at just 16."

MDLC is currently taking enrolments for VCE in 2017 and is not only offering subjects for young people striving for their VCE, but aiming to tempt adults who have a love of learning. They are offering a range of VCE subjects. Adult students only need to sit exams if they are looking to go to university within 2 years of completing. More information can be found at [www.mdlc.com.au](http://www.mdlc.com.au) or telephone 9758 7859

# EDUCATION NEWS

Looking to improve  
your career options?

**YOU CAN GET  
YOUR VCE!**

ENROL  
NOW FOR  
2017



**The VCE is a pathway to tertiary study and provides opportunities for new career directions or personal enrichment.**

- ✓ Year 11 and Year 12 subjects available
- ✓ Single subject enrolments welcome
- ✓ Flexible mix and match options
- ✓ Friendly and supportive environment
- ✓ Reduced study load for adults returning to study\*. \*If eligibility requirements are met.

Adult learners are welcome to enrol in a VCE subject for personal knowledge and enrichment.

*Reconnect with your future at Mountain District Learning Centre*

*Training is delivered with Victorian and Commonwealth Government funding.*



**Mountain District Learning Centre**  
13 - 15 The Avenue, Ferntree Gully  
9758 7859 | [www.mdlc.com.au](http://www.mdlc.com.au) | RTO: 3969

# KIOSC

innovation. opportunity. sustainability.



On November 16th. KIOSC hosted the Melbourne Regional finals for the First Lego League.

The competition judged 3 important elements: Robot, Project and Core Values.

Robot Teams designed built and programmed LEGO robots to complete a series of challenges, aiming to complete as many tasks as possible in 2 minutes and thirty seconds.

Project Students are required to research a theme and develop solutions to problems they identify in society. The theme this year was Animal Allies – what might be possible when we learn to work together with animals to help each other?

Core Values Teams are judged on their demonstration of good qualities such as teamwork, co-operation, and professionalism. First Lego League seeks to help students to become better citizens, problem-solvers and engineers, in a spirit of friendly competition.

20 Teams, including 2 teams from the KIOSC

after-school robotics club, competed in the multi-part competition (and 40 more teams competed at Swinburne Hawthorn on Sunday 20th)

Students interested in joining the after-school robotics club at KIOSC (for 2017) should contact us at [kiosc@swin.edu.au](mailto:kiosc@swin.edu.au), or phone Kate Kent Evans on 92101285





WE DELIVER... **Biggin & Scott**  
KNOX  
*lifestyle*

*Wishing You a  
Merry Christmas and a  
Happy New Year!*

*From our team,  
Bridgitte, Geraint,  
Neo & David*



We would like to thank all our local residents for their support throughout the year.

*Happy Festive Season  
from Team Gardner*

**Geraint Gardner  
Sales Manager & Auctioneer  
0450 923 437**

Now covering the City of Knox with 4 Offices:

**Bayswater, Boronia, Wantirna South and Rowville**

Visit our Wantirna South office at Suite 8/426 Burwood Hwy, Wantirna South Vic 3152





# Community Pharmacy

*We care for you, not for profit*

*Carmen and staff wish all their valued customers Compliments of the Festive season and a Happy and safe 2017*

## Ho Ho Ho.....

The Christmas season is upon us: shopping, eating, celebrating with family and friends, work place functions - the list is endless.

It is important not to get too caught up in the rush of things to do, and quite often we leave ourselves to the very last to look after.

Many of us will overindulge unintentionally, and this can have an effect on our skin. The result of too much sugar being ingested is a process called glycosylation.

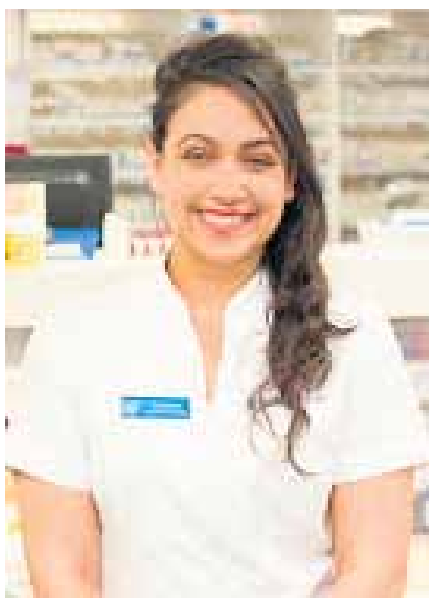
Glycosylation stems from having too much glucose in the body. Glucose comes from sugar that we get from sugary foods such as soft drinks, cakes, biscuits, white bread and sugar itself.

In terms of the skin, changes in colour may occur and the skin dries out. Collagen in the skin and connective tissues are affected by glycosylation. This makes the skin lose its plumpness and elasticity. This leads to fine lines and wrinkles appearing, often diagnosed as premature ageing. Skin can also become dehydrated from too much alcohol, caffeine, or just being too busy to stop and drink water.

The good thing about this time of year is that it does not last for ever, and getting back into routine is important for skin health.

Sunblock is absolutely necessary at all times, and especially in the hotter months. Most sunscreens are now SPF50+, offering water resistant protection for up to 4 hours. Make sure that you re-apply sunscreen after swimming and sweating. There are a range of dry touch sunscreens, making them easier to use if you are an oily skin type or want to use them on your décolleté and back of neck areas.

Makeup at this time of year can be a little lighter as full coverage in very hot weather can be too much if you are outside a lot or on holidays. BB creams have a light tint coverage and contain a sunblock. Remember to always remove sunblock with an appropriate cleanser, as water does not remove all traces of sunblock. This can lead to clogging and congestion. Exfoliate your skin on a weekly basis as this keeps the skin looking fresh and bright.



## Wantirna Community Pharmacy

Shop 3-4  
Wantirna Mall  
348 Mountain Hwy  
Wantirna  
(03) 9720 2872

*Thank you*



 **Community Pharmacy**  
*We care for you, not for profit*

*On behalf of Community Pharmacy, we would like to thank and congratulate you on renewing your Community Pharmacy Membership. We are thrilled to have you with us!*

As a Member you will enjoy the following benefits:

- Exclusive Member only promotions and special offers
- Invitations to exclusive Member only Health & Beauty events
- 10% off all health clinics
- Up to 15% off everyday pharmacy needs\*
- 15% off private prescriptions
- 5% off all catalogue lines
- Bonus vouchers to spend in store
- Exclusive birthday gift!

As a valued member we would like to show our appreciation by offering this gift voucher from us toward your next purchase.

We look forward to seeing you in-store,  
The team at Community Pharmacy

 **Community Pharmacy**  
*We care for you, not for profit*

# \$5.00 Gift Voucher\*

\*Voucher must be presented at checkout. Cannot be redeemed for cash. Cannot be used in conjunction with any other offer. Must be used in one transaction excluding prescriptions. All discounts exclude NHS subsidised prescriptions, already discounted lines, infant formula, nappies and Community Pharmacy "Everyday Value Lines."  
Only valid until 31st December 2016.



90000534577

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



## Allergic Skin Disease

by Dr Christina Anderton BVSc (Hons) MANZCVS

As we head into spring and the weather warms up we start to see more dogs with itchy skin. They may be scratching or licking themselves, shaking their heads or scratching ears, or have pink inflamed or smelly skin, feet or ears. Skin allergies are a very common cause of itching in dogs, and some of the most common causes of allergies include flea allergies, contact allergies (for example to a plant or grass that the pet comes in contact with), atopy or airborne allergies (for example to pollens and dust mites) and food allergies. Other causes of itchy skin can include mites and skin infections amongst others.

The skin reaction can often look quite similar regardless of the cause of the itch and therefore a thorough physical examination by a vet should be performed, which may also include specific tests of the skin to check for the presence of mites or infection. If an allergy is suspected, a process of elimination is often needed to try to determine the type of allergy, which may include flea treatment trials, food trials, blood tests or intradermal skin testing.

Several treatment options may be recommended depending on the individual case and may include flea controls, shampoos, special diets, antibiotics, antifungals, antihistamines or medications to help reduce the itchiness.



Photo by Kim Hester via Pixabay

## Welcome to Jackson Taylor, new Councillor for Collier Ward

SWCN would like to congratulate Jackson Taylor on his election as Knox Councillor for Collier Ward. Jackson is interested in fighting for:

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

We look forward to Jackson taking up the challenge of local council and wish him well in reaching these worthwhile goals.

Following the Council elections on October 15, Knox Council CEO, Tony Doyle said “I’d like to congratulate all of our Councillors-elect. Being elected a Councillor is a great honour as well as responsibility, and I’m sure all our Councillors-elect will embrace this responsibility with a strong commitment to our community.

“Council staff look forward to working in partnership with all our new Councillors over the next four years in delivering on the services and projects that matter to members of our local community.”

Mr Doyle took the opportunity to thank all the candidates for Council for taking part in the democratic process.



Joe Cossari, former Councillor for Collier Ward was a late withdrawal from the Knox election deciding to run for Maroondah Council, but was not elected on this occasion.

The team at SWCN would like to wish Joe the best for the future and take this opportunity to thank him for the time he contributed to the Wantirna Community in representing Collier Ward.

## Enjoy Christmas with Quality Fresh Meats



Christmas is just around the corner! This year we will be stocking home-made gluten free hams, on the bone and boneless, fresh turkeys and turkey buffs, cooked turkey half breast, turkey supreme and don't forget the Christmas pudding! Too hot to cook inside? Why not try a spit roast! Come in store and we can assist you on size and even chuck it on the rod so it's ready to go!

**Wishing everyone a happy and safe Christmas from the market fresh team.**

Catering For  
All Occasions

Toby Huang  
PH: 97298784

Shop 21 The Mall,  
Wantirna

**KING Bean** ☎ 9738 1550  
Licensed Cafe

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

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



## Volunteers Needed at Bridges!

**Do you have a morning or an afternoon free?**

We are looking for volunteers who would like to support elderly frail aged people, and people with a disability, who reside in the Knox or South West Yarra Ranges. Our aim is to promote independence and socialisation which has a positive impact on health and wellbeing.

Bridges are seeking Volunteers in the following positions:

- Transport Drivers
- Social Support Group Assistants
  - Kitchen hands
  - Administration
  - Pet Walkers

**Choose your own hours**

**Monday to Friday between 9 am- 5 pm**

**Make new friends**

**Volunteer drivers reimbursed for petrol expenses.**



For more information....

**Bridges Connecting Communities**

**6 Griffith St, Knoxfield**

**Contact: Lyn Maestri  
on 9763 9700**

**or email**

**lynm@bridgescc.com.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 18TH 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 FAIR WHILE PEOPLE SHOP, EAT, CHAT AND RELAX. ALL SET IN THE BEAUTIFUL SURROUNDINGS 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.

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

**The next market will be on December 18.**

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 speciality traders.

**caribbeangardens.com.au**

**I Love My Market.**



## A Message from Cr. Nicole Seymour

Before I lead into my regular column this month I would firstly like to thank those who live in the Tirhatuan Ward (Scoresby & Rowville) for your vote of confidence in re-electing me in the recent Council elections. I am absolutely thrilled at the show of support and see this as acknowledgement of the work I have been doing at grass roots community level over the past four years. There are many layers to local government particularly at a statutory level around the requirements of the Local Government Act and Planning. However, to me the most important aspect of Local Government representation is the championing of community interest from municipal level down to each individual resident. There is a saying that "it takes a village to raise a child." It is my view that "it takes a community to foster well connected livable neighbourhoods and working together for the common good helps us all to live happier, healthier lives." I look forward to being of continued service for the next four years. I will continue to work closely with the many Community Groups, Churches, Service Clubs and Sporting Clubs for the betterment of Knox. So too will I endeavor to represent the residents of Tirhatuan, indeed all of Knox with honesty, integrity and common sense. Thank you again for your support.

Kind regards,  
Cr Nicole Seymour, Tirhatuan Ward

## No Ordinary Life – Positive Ageing in Knox

### Share the joy with some Christmas kindness

With Christmas, just weeks away I thought it important to share some thought for Seniors (indeed many in our community) who find this time of year particularly difficult.

Regardless of whether Christmas is a religious or more of a cultural celebration for you, the fact is that for many this celebration is steeped in decades of tradition and expectation.

This is particularly so for our older generations where it was the highlight of the year when immediate and extended families came together to enjoy a hearty meal and forget about every day worries. The "magic" of Christmas was in the familial connection not in the materialistic focus of gifts often experienced today.

It is therefore quite confronting and emotionally draining for some Elders who in their hearts yearn for the Christmas they grew up with, where they felt like they belonged and were valued by others. Instead many may be faced with a time of loneliness and isolation due to loved ones and close friends having died and/or extended families no longer prioritising the getting together on Christmas Day. Competing demands, being time poor and changing values amongst the younger generations are often used to explain this absence but it doesn't make the heartache go away.

Whilst there is no easy solution and the circumstances will be different for each individual, I do believe that as a civilized and educated society we can do better and should be more appreciative of our Elders. Simple gestures of Christmas kindness would be a positive start to showing this gratitude. A phone call, a card, a homemade gift is often all it takes to bring a little joy to someone who just wants to know that they matter. This Christmas think about any Elders you may know, family, friends, neighbours or even residents at a local aged care facility and extend some kindness their way.

Wishing you and your loved ones a safe festive season, Cr Nicole Seymour

# SCORESBY NEWS

## HOLIDAY TENNIS CLINIC

January 2017

### SCORESBY WANTIRNA SOUTH TENNIS CLUB

752 Stud Rd Scoresby  
(Near corner Ferntree Gully Rd & Stud Rd. Melway 72H7)

**Monday 16th to Thursday 19th January 2017**  
**Ages 7-16 years**

- 1/2 day 10am to 12.30pm or 1pm to 3.30pm \$30
- 1 day 10am to 3.30pm + lunch 12.30pm \$55
- 4 x half day \$100
- 4 full days \$190
- 4 day clinic discounts
- \$20 off for each member of the same family enrolled
- \$20 off if you bring a friend (for you and friend)

**\$20 off if registered & payment made by Monday 9th Jan.**  
**YOU CAN SELECT ONLY ONE of the above discounts**

BYO Tennis racquet, lunch, drinks and snacks.  
Spare racquets available on request

- Tennis technique • Trophies
- Tournaments • Radar gun • Points play
- Prizes • Ball machine

**Registration required by Saturday 14th January 2017**  
**See SWSTC website at [swstennis.org.au](http://swstennis.org.au)**  
**for an Enrolment Form**

Jonathan Herrmann  
HeadCoach/Junior Development Tennis Coach  
Mobile: 0402 159 165  
Email: [jon.herrmann@hotmail.com](mailto:jon.herrmann@hotmail.com)

Greg Duns - Principal Coach  
TCAV Level 3 Dip T Master Coach (High Performance)  
Mobile: 0410 574 482

## Cr Nicole SEYMOUR

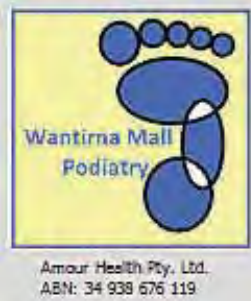
Tirhatuan Ward Councillor  
Knox City Council

0427 245 834  
[nicole.seymour@knox.vic.gov.au](mailto:nicole.seymour@knox.vic.gov.au)  
f Cr Nicole Seymour

*Thank you for your support.  
I am honoured to represent you  
for the next four years.*







### 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

### Getting your feet ready for summer

There are several foot health concerns that can occur more readily in the summer months due to our hot, dry climate. One of the most common summer foot problems is cracked, dry heels known as heel fissures.

Heel fissures occur on the bottom of the foot mainly the outer edge of the heel. Occasionally these heel fissures can become very deep and bleed causing pain and becoming infected. Open and bleeding heel fissures can be especially risky for people with diabetes or compromised immune systems.

Dry heels and heel fissures can be treated by gently using a pumice stone to decrease the thick, dry layer of skin and regular application of moisturiser containing Urea. Moisturisers with Urea have been found to penetrate the

skin further than other general creams. Also the avoidance of walking barefoot or wearing open-backed footwear will help to prevent the skin on feet from drying out.

If the cracks and dry, hard skin become unmanageable to clear your own our Podiatrists' at Wantirna Mall Podiatry can remove the heel fissures for you and help clear up any cracks by sharp debridement and using a sanding disc. The treatment is simple as sharp callus debridement involves only removing the hard, dry skin on the surface of the foot, there is no cutting. The sanding disc then polishes any leftover dry parts leaving the skin on the heel relatively smooth. Any deep, open cracks are cleaned and treated to prevent infections. Please visit us on our website for more handy tips.

### WANTIRNA DENTURE CLINIC

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

### Chris Brownlie

Dental Prosthetist

Telephone: 9720 1555

487 Boronia Road, Wantirna  
Cnr Stud Rd, opposite Knox Club



## Centre of Wellbeing

Massage + Chiropractic + Counselling + Naturopathy

### Family Chiropractor



Dr. Rogan Smith

Rogan is a keen cyclist and golfer who has been practicing chiropractic in Sydney for several years.

He has returned home to Melbourne and has joined The Centre of Wellbeing.

After suffering a shoulder injury at a young age Rogan was referred to a chiropractor and has never looked back.

Rogan is looking forward to working in the local community and assisting you where he can.

### 5 Stress Busting Tips For Mums

1. Acknowledging first that you are tired and overwhelmed. It is a big thing to admit this is how you are actually feeling outside of other people constantly telling you that you appear stressed and tired – then you can take steps to seek assistance and do something about it.

2. Take a high strength B- Complex vitamin supplement and also a magnesium supplement. Giving your nervous system the 'fuel' it runs on helps it to perform better and prevents you feeling 'frazzled' and irritated. Coping better during stressful times helps you to think clearer and be more resourceful under pressure.

3. Epsom Salt Baths – create a weekly ritual for yourself when you lock the bathroom door, light some candles and just let your tension melt away. Epsom salts are high in magnesium – 2 cups to one full bath of water is excellent for absorbing magnesium into your tissues and flushing away tension-causing calcium salts and toxic by products from over active stress hormones from your tired, tense muscles.

4. Exercise – Take the dog for a walk, have a rumble with the kids on the lawn, go for a run around the local park with a soccer ball, and plan other family-time activities around being physically active.

5. Regular remedial massage – did you know that one hour of massage produces the same brainwave patterns otherwise associated with deep REM sleep? Regular massage can help to create a space for you to wind down and feel regenerated and refreshed.

The full version of this article can be found at [www.centreofwellbeing.com.au/wp/](http://www.centreofwellbeing.com.au/wp/)

Rogan Smith a practicing family chiropractor at The Centre of Wellbeing. If you would like to know more about Rogan, please call 03 9763 0033 or visit our website.

To make an appointment, call us now or book online

77 Anne Road, Knoxfield

[www.centreofwellbeing.com.au](http://www.centreofwellbeing.com.au) + [www.roswilson.com.au](http://www.roswilson.com.au)

03 9763 0033



## Is Staying Healthy a Luxury? by Dr. Jason Stone of Wantirna Osteopathy

People spend a great deal more time and money damaging their bodies than they do caring for it!

For some reason we have decided that it is more important to spend our money on alcohol, processed foods, cigarettes and other substances that are damaging our body, whilst eating healthy, going to the gym or getting a massage are potentially deemed as luxurious.

If we treated our cars like we do our bodies they wouldn't last a week.

As an osteopath I am commonly seeing the accumulative result of lack of attention to our bodies. Generally, when people have no pain they take their health for granted but when pain arises it is hugely inconvenient and needs to be fixed immediately. Furthermore, once people feel better they generally go back to their old ways and continue to abuse their bodies again. This may sound very cynical and negative but unfortunately it is quite true and most of you will relate to what I'm saying.

So what's the solution?

You only have one body so look after it!!

Nutrition wise - take the burden off your liver, lungs and digestive system occasionally and make some healthier choices. Eat fresh natural foods and drink more water.

Mentally - Our lives are so hectic and fast paced so 'stop and smell the roses' occasionally and try to become less reliant on alcohol, food and medications to make you feel happy.

Physically - get up from the computer or out of the car, put down the iPhone or iPad and take time to do some exercise, stretch and consider getting a massage or seeing an osteopath on a more regular basis.

Don't wait until the years pass you by and you can use age as an excuse (which its not anyway!) start some better habits now.

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If you have children, educate them about their bodies. How healthy eating and exercise will make them strong, smart and healthy whilst sugar and electronic games will make them lazy, naughty, overweight and sick.

Next time you open your wallet at a restaurant or bottle shop think about the effect on your body, likewise, when you get home after an exhausting day consider how tight your muscles are and give them a stretch.

Keeping yourself healthy is not a luxury it is a necessity.



Photo via Pixabay

## Laughter in the Car by Lynette Mitchell

Caughter is a silly, suggested new word that stands for Car Laughter. Holiday time is approaching for many of us, which means that we will be driving to a destination which is quite a distance away. Currently many of us resort to organising our children with games to play in the back of the car.

My suggestion is to take some time to make it fun, to return to old time games requiring interaction between people and bring laughter into the mix. I wonder how many still play 'I spy with my little eye' with their young ones. Being a Laughter Yoga Leader I have written an article about how you can embrace Laughter Yoga in the car. I am happy to email it upon request. Laughing together on your journey will help pass the time in a more peaceful and joyful manner and if it will be a healthy habit to do, as so often we forget to laugh!

Here are some brief guidelines and suggestions. Endeavour to do 20 minutes laughter in one sitting, laughing for 30-40 seconds, followed by deep breathing for 20 seconds. You can laugh as follows. (1) Laugh at other cars' features, such as number plates, colour, design etc. (2) Laugh at anything that appears or disappears in your view. (3) Laugh at yourself with something you have done that strikes you as funny. (4) Sing a nursery rhyme using ha ha instead of words, such as: Ba ba black sheep, Polly put the kettle on, London Bridge is Falling Down.

Lynette Mitchell runs the free community Ferntree Gully Laughter Club which meets at 10.30am on the 2nd, 4th and 5th Sunday (except December and January) behind the Ferntree Gully Library.

Telephone: 9763 5475 or 0425 799 258

Email: [lynette@laughterforliving.com.au](mailto:lynette@laughterforliving.com.au)

Website: [www.laughterforliving.com.au](http://www.laughterforliving.com.au)

Disclaimer: Information is my personal understanding and experience. Advice given is general and as I am not a medical doctor, take no responsibility for how it is received, my intention is that articles will be supportive and assist in living a fuller, holistic living life.

## Hands on Myotherapy - Headaches, Migraines and Pain



Do you suffer from headaches/ migraines? Neck or shoulder pain? A Myotherapy/ Remedial Massage treatment may be just what you need.

We all lead very busy and stressful lives and that, along with poor posture and lack of movement, is the perfect combination for acute and chronic pain.

At Hands On Myotherapy we focus on reversing bad habits and correcting your posture to alleviate these aches and pains.

One of the most common problems we find in our clients is hunching, this leads to a shortening in the length of the pectoral muscles, which then leads to the shoulders being pulled forward. This posture, over an extended period of time, starts to cause a number of different problems, including headaches, migraine, neck and shoulder pain and restriction in movement. If left untreated it can be very painful and debilitating but can also lead to more serious injuries.

Myotherapy/ Remedial Massage is a great way to get to the root of the trouble and along with treatment, we also prescribe exercises, stretches and helpful tips to achieve correct posture.

Start looking after your body today, call us or book online to make appointment.

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- Golfer/ Tennis Elbow
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Saturday 8am to 1.00pm

[www.handsonmyotherapy.com.au](http://www.handsonmyotherapy.com.au)  
[enquire@handsonmyotherapy.com](mailto:enquire@handsonmyotherapy.com)



## U3A Knox Hosts Another Great Art Show *by John E. Ford*

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

Saturday 8th October – a superb spring day - saw the opening of the 20th Annual Art & Craft Show, run by the Knox U3A. This year the organisers made the decision to separate the Craft show to a date in April 2017. It has long been felt that the craft exhibitors have been hampered by the shortage of space in our building, and so, to enable the entries to be better shown, this show concentrated entirely on graphic arts. Submissions were of an exceptionally high standard, making the judges' task all the more difficult. (Shirley Dougan of The Hut Gallery was judge of fine arts, and Barbara Oehring for Photography).



*Part of the display*

President Stephen Damm welcomed the Mayor, Cr. Tony Holland, who opened the show, and presented the Mayor's prize to Alison Clark for her work Morning Rest for Two Siblings. Alan Tudge, Nick Wakeling, Heidi Victoria and Kim Wells all attended, and were called upon to make presentations to prize winners. Stephen then paid tribute to the organising committee and volunteers who have maintained the high standard of this event for yet another year..

A number of valuable prizes were on offer, in each of the categories, made possible through the continuing generosity of the sponsors of the Art Show. Additionally, a number of entries were deemed desirable enough by patrons to be purchased.

Some of the principal prize-winners were -:

- Ferntree Gully Toyota prize for Best In Show - Anglesea, Victoria by Draga Gelt.
- Bendigo Bank Ltd, Rowville for Runner-Up. Best in Show - Rural Afternoon by Julie Lundgren-Coulter.
- Knox Environment Society for Best Landscape - Russell Halden, East Coast, Tasmania.
- Best Pastel, Robert Diss, Our Time presented by Nick Wakeling MP.
- Best Oils – Zhong Hua Fan Life in the Blue - presented by Cr. Peter Lockwood.
- Best Water Colour – Ian Sinclair Maligne Lake presented by Alan Tudge MP.

*Winning entry of Best in Exhibition. "Anglesea, Victoria" by Draga Gelt.*



- Best Other Media – Alison Clarke Vigilance in the Winter Forest – presented by Kim Wells MP.
- Best in Photography – Mark Dent Outside Looking In – presented by Heidi Victoria MP.
- Helloworld Travel presented an Encouragement Award to Elizabeth Cole for Looking Out, the Kath & Don Brown Appreciation Award went to Lesley Moore for Night Time Story and the People's Choice Award, voted on by patrons of the show, went to Julie Doig for her study, Kookaburra.



*President Steve Damm presents Julie Doig with the People's Choice award for her study, "Kookaburra"*

Local radio station, 98.1 Eastern FM was on hand again, with their mobile studio, adding to the mood of the event interviewing members of U3A, artists, visiting dignitaries and patrons, as well as providing an eclectic mix of music for everyone's enjoyment. A number of stalls, all manned by U3A volunteers, contributed to the enjoyment of the day.

We at U3A cannot stress enough, our gratitude for the generosity of sponsors, and the hard work that is put in every year by volunteers, all of whom have ensured the success of the Knox U3A Annual Art Show. We look forward to similar success at the Craft Show, to be held in early April 2017.

For more information about Knox U3A and its activities, telephone 9752 2737, or visit our website at [www.u3aknox.org.au](http://www.u3aknox.org.au).



*Ian Sinclair poses proudly beside his winning watercolour, "Maligne Lake".*

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# THE ARTS IN KNOX

## News from the Australian Jazz Museum

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

### What is Jazz?

by Ken Simpson-Bull

The great Louis Armstrong once said, "Man, if you have to ask what jazz is you'll never know". Another prominent musician described jazz as, "Music made for people who have chosen to feel good in spite of conditions". One dictionary definition states that jazz is "a kind of music in syncopated time originated by negro bands in the USA in the early 20th century".

The two main ingredients are syncopation and improvisation. That said, much swing music and "big band jazz" is not improvised but carefully notated and arranged. Jazz therefore is many things to different people. Primarily, jazz makes you want to tap your feet.

When it comes to the music, the Australian Jazz Museum does not discriminate on the type of jazz it collects. Labels such as "New Orleans", "Dixieland", "Trad Jazz", "Chicago Style", "Rebop", "Modern Jazz", and "Contemporary Jazz" are all represented in our extensive collection. And, jazz doesn't have to be in 2/4 or 4/4 time, "The Jitterbug Waltz" and

"Waltz for Debbie" are both jazz standards in waltz time.

Most jazz performances are based on popular songs. At what point an arrangement changes from a standard to a jazz interpretation is often determined by our own evaluation—the Museum's collection covers all possibilities. Jazz may be said to be a cultural expression of much of the popular music of the last 100 years. It is worth noting that the Museum not only collects Australian jazz recordings and compositions but has an extensive international collection as well.

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)



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A typical jazz band – Ross Anderson's New Melbourne J.B.



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**Trading Hours:**

Mon to Fri 9am - 5.30pm

Sat 9am - 5pm | Sun 10am - 4pm

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





## Newspaper and beer bottle collecting in the 1960s

In the 1960s Charity Grants from the local Council or Government were non-existent and money had to be raised for community groups by other means.

There were many ways to raise money and the small communities of Bayswater and Wantirna always helped when asked. From my own experience as a volunteer

I remember raising money for my local Scout Group and this was by collecting newspapers. We would meet with other parents at the Scout Hall, roll up the papers, weigh them on bathroom scales to reach the appropriate weight then tie-up with string. The Age newspaper was a bonus, especially the Saturday Age that had many pages. The newspapers were purchased by different organisations and were treated ready for insulation or shredded and used for packing.

Another group I have written about in my history stories also collected newspapers and they were so organised, volunteers typed up their own flyers and delivered them to their neighbours requesting newspapers. Their collection of string was achieved by using hay bind from a friend's farm. When the acquired amount of papers was met, one of the volunteers loaded her car and drove all the way to the paper mill in Fairfield. The down side to this was her car was so small she had to make three trips each delivery.

Fortunately this Group raised enough funds to organise a carrier and he would collect the papers for the mill.

by Evelyn Hodgkin, bayswaterhistory FB

As their collection of newspapers reached breaking point and storage in someone's wood shed was no longer feasible, the papers had to be stored elsewhere. A garage offered to them had a narrow driveway making it impossible for the carrier to gain access. This was overcome by the volunteers transferring the papers to the truck by wheelbarrow.

A close bond was formed within this Group and an Honour Board was made recording the names of these wonderful people who didn't mind getting their hands covered in ink.

I also remember as children we would roll up our own newspapers and take them to the butcher. Bayswater didn't have a fish and chip shop until the mid 1950s but the papers were welcomed by this business at the time as well. It was good pocket money.

# LOCAL HISTORY



Another means of fundraising was the collection of empty beer bottles. A Scout Group in Bayswater organised an area on their property for the public to dispose of their bottles. These bottles were sold by the dozen and were a good profit making venture. There was also a well known storage area on Mountain Highway, opposite Dunlops and local residents could stack their empties there for collection and back to the brewer. Later aluminium cans came on the market and these also provided another source of income for struggling community groups. With Councils bringing in the recycling program, all these methods of fund raising were no longer profitable.

### Veteran's Opportunity Shop

Erica Avenue, Boronia

Phone 9761 0468

The shop is closing for the Christmas break on the 22nd December and during that period we are re-locating to the Boronia Mall. We plan to open there in mid January providing we can get enough volunteers to help with the move.

We would like to take this opportunity to wish all our donors and customers a Merry Christmas and a happy New Year and thank them for their support in 2016. We look forward to seeing you all in our new premises in 2017.

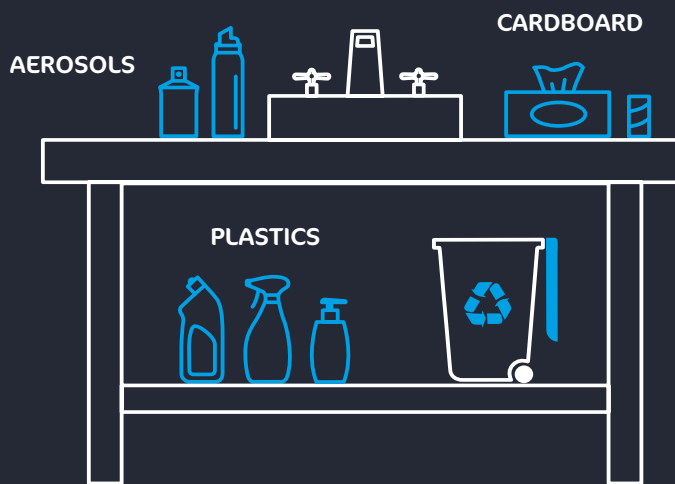
Fiona Quinn Manager

### What is happening at



[www.shop8.info](http://www.shop8.info)

Bathroom items can be **recycled** too.  
See what's possible for you.



Aerosol cans, bathroom plastics, cardboard boxes and toilet rolls can all be recycled. So let's take Knox's recycling efforts further than the kitchen. Start bathroom recycling today, and put your rubbish to work.

Find out what to recycle at [knox.vic.gov.au/waste](http://knox.vic.gov.au/waste)





# News & Events at Your Library



# LIBRARY NEWS

## Top Reads & Newest DVDs

If you're a big reader or perhaps a movie buff, your library has a fresh collection of books and movies to keep you entertained throughout summer! Find these titles on shelf at your local branch or place free reservations online at [yourlibrary.com.au](http://yourlibrary.com.au).

### Top Reads:

- Cold Earth - Ann Cleeves
- The Good People - Hannah Kent
- Christmas Cookbook - Jamie Oliver
- Born to Run - Bruce Springsteen
- Pushing up Daisies - M C Beaton
- Small Great Things - Jodi Picoult
- Precious and Grace - Alexander McCall Smith
- Pharoah - Wilbur Smith
- This Was a Man - Jeffrey Archer
- A Distant Journey - Di Morrissey

### New DVDs:

- Agatha Christie's Miss Marple: 1, 2, 3 & 4
- Bad Neighbours 2 (2016)
- Dad's Army (2016)
- How To Be Single (2016)
- Offspring Seasons 1, 2, 3, 4, 5 & 6
- Supergirl Season 1
- The Flash Seasons 1 & 2
- Wiggles - Emma's Bowtiful Day!

We're adding new titles each week so be sure to visit your local branch or browse the growing collection online. They're free to borrow!

**Gardening @ Rowville Library - 10:30 am on Tuesday 12 December**

If you have a bit of a green thumb perhaps you'd like to join the gardening enthusiasts at Rowville Library on the second Tuesday of the month. This friendly group shares knowledge, experiences and plants throughout the year! If you'd like to learn more about gardening or chat with likeminded people, visit Rowville Library at 10:30 am on Tuesday 12 December. Bookings on 9800 6443 or at [www.yourlibrary.com.au/calendar](http://www.yourlibrary.com.au/calendar).



## Knox Outreach Vehicle at Knoxfield Shopping Centre

Have you seen the Knox Outreach Vehicle out and about? It's the mobile library that travels throughout the area visiting schools, community centres, retirement villages and other community hubs. If you're looking for free Wi-Fi and access to over 2,000 books, DVDs and CDs, be sure to jump aboard when it visits Knoxfield Shopping Centre every Friday from 2:30 pm until 5:30 pm. Grab a printed copy of the Knox Outreach Vehicle's full schedule from your nearest branch or visit [www.yourlibrary.com.au](http://www.yourlibrary.com.au) to download one.

## 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. There are almost 50,000 books now available for your tablet, with more added every day. Borrow up to 20 at once and read them when you're on the go. Plus, once it's all set up on your device, you can borrow from anywhere with an internet connection. 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.

## Get Started Selling on eBay - Knox Library at 2:00 pm on Friday 9 December

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 9 December. Bookings: 9800 6470

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

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Funded from Parliament's Electorate Office and Communications Budget.

**Nick  
Wakeling** MP

**STATE MEMBER FOR FERNTREE GULLY**





# COMMUNITY NEWS

## Lions Christmas Cakes and Puddings On Sale Now!

City of Knox, November 2016 - The famous Lions Christmas Cakes and Puddings are on sale and available to purchase through a variety of retail outlets within the city of Knox. These businesses are selling the cakes and puddings on behalf of the Lions Club of Wantirna.

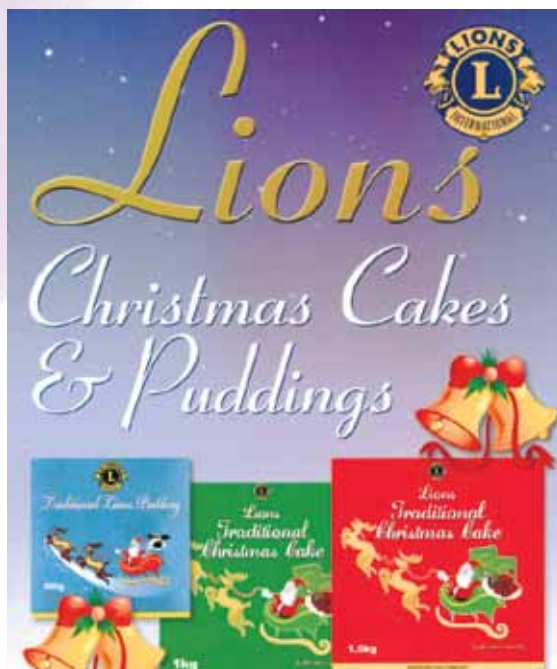
Buying a Christmas cake or pudding from the Lions Club is a great way to support your local community service group and get into the Christmas spirit. All profits from sales are used for local community service programs.

Make your Christmas complete with one of these cakes or puddings. Prices are as follows; 1.5kg Cake \$16 1kg Cake \$12, and Puddings \$12.

If you would like to purchase a Lions Christmas Cake or Pudding please call Diane on 0425716079 at the Lions Club of Wantirna to find out where and how you can purchase them. Corporate orders are also

welcome and a Tax invoice will be provided to enable your business to claim deductions.

Look out for the following flyer in the window of your local retailer:



## The Deafness Foundation

Deafness Foundation is a locally based organization supporting the deaf and hard of hearing through Awareness programs, Education Encouragement Awards, Access Grants for organisations and Research into deafness and loss of hearing.

Some great news to announce:

We have opened our "Tiny Book Store" at our office at Suite 3, 653 Mountain Highway, Bayswater – which has a wonderful range of second hand books for all the avid readers in our community. The Tiny Book Store is opening initially from Tuesday to Friday from 10am to 5pm. We have Children's Books, Novels, Biographies, Business, Personal Development, Fishing, Gardening, Cooking and much much more!

Further information can be obtained from Deafness Foundation at 9738 2909 or by email to: [admin@deafness.org.au](mailto:admin@deafness.org.au).

Deafness Foundation aims to improve well-being and promote equality for people who are deaf and hard of hearing by focusing on Access, Awareness, Diagnosis, Treatment and Prevention.

## Feeding little bellies – removing a barrier to learning by Christine Smith

Early this year, Rowville Community Kitchen approached local primary schools in Knox with the offer of prepared sandwiches and fresh fruit for students who may have skipped breakfast or not have enough to eat. Growing kids need an endless supply of sustenance. So far seven schools have taken up the offer of sandwiches, fresh fruit and precooked meals for families who want to make their budget stretch a bit further.

Research shows that hunger is a major barrier to learning. An empty belly affects concentration, energy levels, attentiveness and the emotional well-being of students.

Prolonged lack of food ultimately results in students

working below the age related expectations of our education system.

With the assistance of RCK, schools now have a positive intervention that will improve students memory, improve behaviour and in time improve grades.

One school now also receives fresh veggies and bread for families to access at no cost.

This initiative strengthens the commitment of RCK to not only provide nutritious and wholesome food to the local community but also reduce the amount of edible food that is destined for landfill.



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## Balmoral Village Men's Shed *By Coral Carew*

At Balmoral Retirement Village there is a very active Men's Shed consisting of 10 to 11 members.

The membership fees are a good cup of tea or coffee with the added extra that, if it is your birthday, you supply the cake! Pretty good bargain don't you think?

The men have been making strong serviceable wooden toys for over 19 years which are then sold or distributed to needy families.



Just recently the members were interviewed on Channel 9 News but not much recognition was given to the Retirement Village, however, the interview did highlight the inspiring work that they do for the Cerebral Palsy Education Centre in Glen Waverley

Check out their website "cpec.org.au".

Most of the families travel great distances to attend



the centre. These children need special care because they require support to sit, write, paint, use scissors as well as their everyday activities which we take for granted

So just imagine the work that the "Boys" of the shed do. They make small adjustable chairs suitable



for each individual child. Some of these chairs have a "V" formation as the back rest to ensure the back is fully supported. Small well designed pencil, paint brush and scissor holders also enable the children to be independent.

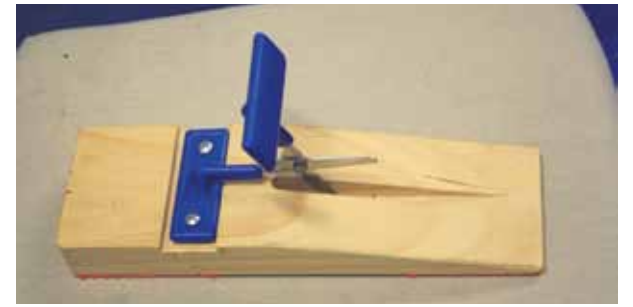


Over the years the men have prepared above 700 special orders for the centre and their manual register of stock control would leave many companies to shame.

Many of their supplies are donated by companies such as Cabot Paints of Dandenong, Richmond Casters and many more but there is never enough so if you or your business could donate anything such as building materials or paint the "boys" aged from 80 years to 92 years who give freely of their time would be most grateful.

Please contact Balmoral Village on 9800 1333

Well done "Boys"!



## Life Activities Club Knox Inc.

Bored with walking or running the same old block? Tired of trudging on the treadmill? Looking for a new way to give your brain and body a boost? Searching for an outdoor activity and want to see new places and meet new faces? Why not give Street Orienteering a go?

### What is Street Orienteering?

Street Orienteering is a variation of the competitive sport of Orienteering. You are given a specially prepared orienteering map. The map shows streets, parks and pathways and the location of a number of clues. Each clue is worth different points. You have to navigate your way around finding the answers to the clues and writing them on your map sheet. Your aim is to maximise your score and be back at the Start / Finish Location within one hour.

Street Orienteering Walkers is one of the most popular LAC Knox activity groups. It provides the perfect combination of mental and physical exercise and social interaction. You do not need a compass or any special map reading ability; however it will test your thinking. You may walk as fast or slow as you like and enjoy a great walk in a friendly, safe, outdoor environment – and we always finish with a coffee and a chat at a nearby café or sometimes a picnic in a park!



### Knox Seniors Festival event

12 people participated in the October Knox Seniors Festival Street Orienteering Walk organised by LAC Knox. About half of the regular walkers were away on holiday and others may have been put off by the forecast of rain. The 4 teams set-off to find answers to the clues along the streets and paths in the vicinity of Glen Park and Bayswater Park in Bayswater. They enjoyed a cuppa and chat in the fabulous Glen Park Community Centre Café afterwards. The rain did not appear until they were all well on their way home.

One walker commented on the Festival feedback form: "I enjoyed the company of others, the sense of achievement and the refreshments afterwards. I'll definitely be coming along next month".

**For more information about the popular Street Orienteering Walkers group, contact David on 0419 337 311 or [knox.sow@life.org.au](mailto:knox.sow@life.org.au) or visit the LAC Knox website: [www.life.org.au/knox](http://www.life.org.au/knox). They walk every month. New walkers are always welcome.**





## Knox & District Over 50s

MERRY CHRISTMAS to one and all. It's hard to comprehend that soon we will be hanging up our stockings and tucking into Turkey and Christmas pudding. If you find time between buying presents and dodging the crowds at the shopping centres then why not sit down with a cuppa or glass of wine, whatever takes your fancy and then, when, you feel relaxed, consider joining the Knox Over Fifties in the New Year.

There are various activities the Club has planned for the next few months. In December we are having a Christmas party at Marybrooke function centre and a visit to the theatre to see the Joy of Christmas. In January we are getting together at Madeline's in Jells Park, and the following month a bus tour. The club also holds 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.

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

Our monthly newsletter Knox Natters Matter (which is

e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. There is no meeting in December 2016 so that our next meeting is on Tuesday 24 January 2017. Meetings start at 10.30am so come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

## Aston Awards 2017

Congratulations to Wantirna Lions Club and Chris Ellis for nomination in two different categories at the Aston Awards hosted by Hon Alan Tudge MP.

Wantirna resident Graeme Fernandes was nominated in the senior volunteer category and the individual volunteer award was won by Shirley Teh from the Chinese Association of Victoria.

## National Seniors' News

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 25th January, 2017. 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 September was a very amusing man Titch from Flemings Nursery. Titch spoke and demonstrated pruning bare rooted plants and fruit trees. He also spoke about his adventure at the Chelsea Flower Show. They could ship over pavers, settings etc. but could not ship over the actual Australian Plants. The Australian Plants were actually supplied by a gentlemen in Spain. After his talk Titch very kindly left behind quite a few plants to be auctioned off for the benefit of the club.

In December we will be having our Christmas Dinner at the Knox Club.

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
iShred Secure Onsite Document Destruction	Sat.3rd Dec 9 am – 1.pm Sat.12th Dec 9 am--1.pm	5/7 Samantha Court Knoxfield	1300 763 688
Ringwood Field Naturalists Club	2nd Wednesday each month 7.30 pm	Room 4 Maroondah Fed. Estate Greenwood Ave., Ringwood	Alison or Peter on 9801 6946
Pop up Markets at Caribbean Park Food & Drink Theme Music Theme	Sunday 18th December 9.00 a.m. to 1.00 p.m. Sunday 16th January 9.00 a.m to 1.00 p.m	Ferntree Gully Road Scoresby	Caribbean gardens.com.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00 p.m.	Lions Club room, Bayswater Community Centre. 739 Mountain Hw, Bayswater	Paul 0400 823 441
National Seniors	4th Wednesday of each month.	The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna	John on 9778 6784
LACK Street Orienteering Walkers group	Monthly	Various locations	David on 0419 337 311
Deafness Foundation "Tiny Book Store"	Tuesday to Friday from 10am to 5pm.	Suite 3, 653 Mountain Highway, Bayswater	Deafness Foundation at 9738 2909 or email admin@deafness.org.au.
Knox Over 50s	Tuesday 24 January 2017. Meetings start at 10.30am	Boronia Progress Hall, Boronia	Jill on 9801 4363
Get Started Selling on eBay	2:00 pm on Friday 9 December	Knox Library	9800 6443 or at www.yourlibrary.com.au/calendar.
Gardening @ Rowville Library	10:30 am on Tuesday 12 December	Rowville Library	9800 6443 or at www.yourlibrary.com.au/calendar.
Knox Library Outreach Vehicle	Every Friday from 2:30 pm until 5:30 pm	Knoxfield Shopping Centre	Visit www.yourlibrary.com.au to download the schedule



## Paralympian Emma Booth Reports from Rio

I left Melbourne on the 9th August and flew to Holland where I underwent a three week training camp prior to Rio.

Although the flight was long and a big task for the horses, they all travelled well and arrived safely. The training camp was very successful, with a completely accessible facility in which there was accommodation for the whole team at the Equestrian Centre.

My coach (Lone Joergensen) arrived in the second week of camp and we continued training, with the aim of keeping everything the same and Zidane and myself performing at our best. The whole team flew to Rio on the 3rd September and I had ten days in Rio prior to my first day of competition. After another long flight and huge change in temperature, these days in Rio were useful in allowing us to adjust to our new environment.

Day one of competition didn't exactly go to plan, with Zidane becoming slightly overwhelmed with the large stadium and intimidating crowd. This led to a rather tense test and a score well below our average which was a very disappointing outcome.

However, we put day one behind us, literally 'got back on the horse' and had another try for day two. I was more prepared for Zidane's reaction this time

and was able to adjust a few small things to keep him more calm and relaxed. Putting in a competitive performance (yet still not our best), Zidane and I came away in 5th position, missing out on a bronze medal by only 0.8%.

The competition was tough and scores reflected that in being so close but I was extremely happy with the improvement shown and how competitive we were. I now realise the importance of both horse and rider having experience in the International competition arena.

I have plans of campaigning Zidane from Europe prior to the World Equestrian Games in 2018, in order to give us the best shot at putting in our finest performance and coming away with a medal. Rio was an incredible place and everything was extremely well organised. The village was an amazing place to be and had such a positive and buzzing vibe.



Overall, I absolutely loved experiencing my first Paralympics and look forward to trying for a spot on the team for Tokyo, 2020.



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## Scoresby Wantirna South Tennis Club

by Jon Herrmann

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### Tennis Coaching Program Includes:

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Scoresby Tennis Centre. Exner Reserve

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

### Contact Coaches

**Greg Duns**

**0410 574 482**

**or Jonathan Herrmann**

**0402 159 165**

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# SPORT NEWS



News from

**Knox Basketball**

by Toni Rennie

Knox Basketball has been a cornerstone of the Knox community, providing youth, adults and families with a sporting and social infrastructure to develop personal, team and social skills in a basketball environment for over 50 years.

Boasting over 10,000 members, Knox is proud to be one of the country's largest basketball associations.

Knox Basketball run a number of Junior and Senior competitions with the Domestic Junior Domestic Competition arguably the largest of its kind in the Southern Hemisphere. Sixteen clubs make up the Junior Domestic Competition, with around 740 teams competing each weekend.

Players are selected to play in Knox Raider teams which represent Knox in elite competitions such as the Victorian Junior Basketball League (VJBL), Big V Victorian Youth Championship and the Big V State Championship.

In addition to the ongoing team competitions, Knox also conduct a number of introductory and developmental basketball programs for children of all abilities and ages, school holiday camps and a schools program that visits over 80 schools within the local community.

The Knox Basketball Stadium (Boronia) and the State Basketball Centre (Wantirna South) provide opportunities for meetings, functions, social events as well as elite competitions with over 750,000 people attending events at these two stadiums throughout the year.

## All Nations Cup 2016

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

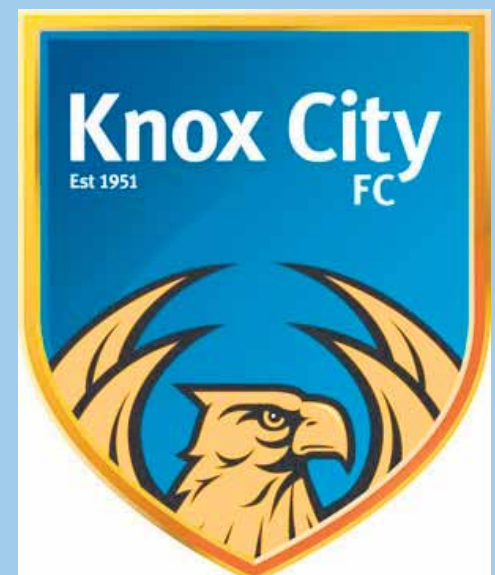
The story of the cup is not just one about soccer but also how the City of Knox and the wider Melbourne community embrace cultural diversity and celebrate multiculturalism through the World Game.

Teams from all over Melbourne that represent 20 different countries will compete to take the crown from last year's winners, Serbia. In 2016, participating teams are Albania, Australia, Chile, England, France, Gibraltar, Greece, Iraq, Italy, Macedonia, Mauritius, Nigeria, Romania, Scotland, Serbia, Seychelles, Somalia, South Africa, South Sudan and Turkey.

The tournament started on Saturday 5 November progressing to quarter-finals and semi-finals before the Cup final on Saturday 10 December 2016.

If you want to come along to Egan Lee Reserve, Wallace Road in Knoxfield to cheer on your favourite team, the cost is only \$6 at the gate for adults, \$4 for pensioners, and free for under 15s and Knox City FC members who are wearing their Knox City kit. Parents also get in for free if accompanying a child in a Knox City kit.

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





## Templeton Tennis Club News by Don McCracken , President

Welcome to the Christmas edition of our club news, another year has all but passed us by.

The summer season is progressing well, although at the time of writing we are only a short way into the season. However, by the time you will be reading this it will be half way through and we are sure that we will be experiencing further successes.

All being well we will , with the financial support from Knox Council and the Federal Government be able to install LED lighting on courts 7 and 8 which will be spectacular and improve immensely the standard of lighting on these 2 courts.

Keep your eyes peeled for the Festival of Tennis late January 2017 being conducted, by all clubs within the Knox area, under the banner of Tennis Knox with the support of Tennis Victoria and Knox Council.

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

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

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

# SPORT NEWS



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

Merry Christmas and a Happy New Year to all!

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)

## Wantirna Tennis Club News by Alison Rogers

### Volunteering is appreciated.

At the recent 2016 Aston Community Awards, many volunteers were recognised for their contributions to the community. A huge number of residents were nominated for their wonderful work which included many different fields.

Too numerous to mention, volunteers came from Scout groups, Churches, Sporting Groups, Hospital Auxiliaries' and many more organisations.

The Hon Alan Tudge MP Federal Member for Aston presented each finalist with a framed certificate.

Our photo is of Graeme Fernandes from Wantirna Tennis Club being congratulated by Hon Alan Tudge MP for being a finalist in The Senior Volunteer Achievement Award. Graeme has volunteered in Wantirna for 30+ years, having earlier moved from Country Victoria. His past and ongoing work for the Wantirna Tennis Club is much appreciated. Well done Graeme.

There is a lot happening at Wantirna. Currently a new bbq area is being installed for the members of the Club to use. This will be finished soon and with summer approaching I am sure it will get a lot of use.

### Coaching

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

For the Adults, the Coaches can guide them into Comp by starting with Cardio tennis, group coaching or 'one on one' coaching. The new 'Fast Tennis' for those that are 'time poor' is an exciting venture in the Tennis World.

Juniors are our future in tennis. There is more tennis being played at school now and I'm sure if you asked your children, they would say they would like to have a go.

Contact or visit us, we have excellent facilities and 9 tennis courts in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis

and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

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



## Merry Christmas To All



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

Wantirna Tennis Club Inc  
Melway Ref: 63C8 Wantirna Reserve, Cnr  
Mountain Hwy and Burwood Hwys Wantirna  
PO Box 5295 Studfield 3152  
Web: [www.tennis.com.au/wantirnatc/](http://www.tennis.com.au/wantirnatc/)  
WTC Face book: [www.facebook.com/.../Wantirna-Tennis-Club](http://www.facebook.com/.../Wantirna-Tennis-Club)  
Club 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)  
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