

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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FEBRUARY/MARCH 2017

- SONGWRITER AND MUSIC PRODUCER VISIT SCORESBY SECONDARY COLLEGE
- REGENCY PARK PRIMARY SCHOOL TO CELEBRATE 40 YEARS
- BENVENUTI FESTIVAL COMING IN MARCH
- JACKSON TAYLOR'S UPDATE FROM COLLIER WARD

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Ed. 49	August/Sept	Friday, 7 July 2017
Ed. 50	October/Nov	Friday, 8 September 2017
Ed. 51	December/Jan	Friday, 3 November 2017

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Editorial

Happy New Year! I hope you have a wonderful year in 2017.	Page 3
The beginning of a new year is often a time to reflect and renew. We often spend time thinking about events happening locally and around the world which influence our thoughts and attitudes.	Page 4-5
We all benefit from living in a community that is friendly, welcoming and supportive. Our pages are full of the actions of people who reach out to help one another and work towards a better community for everyone.	Page 7
This year our paper will be looking for a new name to better reflect our coverage beyond Studfield and Wantirna. Your suggestions are welcome, so feel free to email us.	Pages 8
We will also be announcing the winner of the competition of photos taken by readers in interesting locations, so look out for an announcement soon.	Page 10
<i>Janet on behalf of the team</i>	Page 11

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.



Bringing Joy at Christmas

Bringing joy to all over the Christmas season is an aim for the community at Wantirna South Primary School.

Feet were tapping, hands clapping and voices in chorus as residents, staff and students joined in the singing of Christmas favourites – Silent Night, Away in a Manger and Deck the Halls to name a few. It is a great pleasure for our choir each year to be given the opportunity to perform for the residents at Arcare.

Smiles beam across the faces of all as the students delight in the growing audience with each song and the residents find voice and engage with singing along. After the concert there is always time for a meet and greet with much discussion on how things are at school these days!

As students made their way back to school chatter reflected the emotions and delight of an opportunity to bring joy to people. At Christmas a little joy can go a long way and not cost a lot. Students from Wantirna South Primary School Choir know how to deliver.

As reflected upon by one student: “They really enjoyed the show, didn't they! We'll have to go back!”

“Yes, we will!”



OUT AND ABOUT

The Aston Shield 2016

At the end of each year, I have the pleasure of recognising some of our great young citizens in Knoxfield, Studfield, Wantirna and Wantirna South through the presentation of the Aston Shield.

In each school, the Shield is awarded to a student for good citizenship; i.e. someone who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

The Aston Shield is awarded in the spirit of Tilly Aston, who was a remarkable woman in Australian history who did so much for the welfare of blind people. The Federal Electorate of Aston (which covers most of Knox) is named after her.

Tilly was born in 1873 and was completely blind by the age of seven. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library. (Tilly herself had to drop out of university because there were no braille books). Finally, she set up Vision Australia – an organisation that still exists today and helps tens of thousands of people each year.

I am very proud of our young winners. If Tilly were alive today, I am sure that she would also be very proud.

Ethan Correa from Knox Gardens Primary School was recognised as such a student. Ethan is a natural-born leader, embodying the values of respect, responsibility, honesty and fairness in his interactions with fellow students and teachers at Knox Gardens Primary. The Aston Shields Winners from other local schools were equally impressive.

Local students to receive the 2016 Aston Shield were:

- Ruth Edward from St Jude's Primary School;
- Lucy Wallis from Holy Trinity Primary School;
- James Rotsikas from Carrington Primary School;
- Emma Cameron and William White from Knox Park Primary School;
- Abbey Watson-Wilson from Regency Park Primary School;
- Gabrielle Longden from St Andrews Christian College;
- Darcy Mullen from Scoresby Primary School;
- Madilyn Geer from Templeton Primary School;
- Sahana Sughesh from The Knox School;
- Andjela Radeta from Knox Central Primary School;
- Paris Hornibrook from Wantirna College;
- Wenyue Shan from Wantirna Primary School;
- Gabriella Steel from St Luke's Primary School;
- James Alldridge from Wantirna South Primary School;



Hon Alan Tudge with Ethan Correa from Knox Gardens Primary School

- Danielle Piccin from Waverley Christian College;
 - Tina Waldron from Scoresby Secondary College.
- Congratulations to our outstanding young citizens.

The Hon Alan Tudge, Federal Member for Aston.



ALAN TUDGE MP
Federal Member for Aston

f tudgeMP ✉ alan.tudge.mp@aph.gov.au
☎ 9887 3890 🌐 www.alantudge.com.au

Real Action For Knox



WHAT'S COOL AT SCHOOL?

Learning to give - a lesson in generosity at The Knox School

For almost 20 years, the students of The Knox School in Wantirna South have given back to the community by raising money to buy toys for those in the community who may not know the joy of Christmas.

Over the past years, over \$100,000 in toys has been presented to the Salvation Army as part of the School's Giving Tree appeal. This year, more than \$16,000 was raised by students from across the entire school conducting fairs, raffles, free dress days and competitions. This amount purchased enough toys, bikes and food hampers to put a smile on the faces of many for whom Christmas Day may otherwise be just another day.

On Friday, December 9, the Honourable Alan Tudge, MP, Federal Member for Aston and Minister for Human Services and representatives from the Salvation Army were present to receive the gifts.

A 6 tonne truck filled to capacity with the goodies made two trips to the Salvation Army distribution centres in Rowville, Ferntree Gully and Dandenong.

Heather Ablett, Head of The Knox School's junior school said students have been working since April planning for this huge event on the School's calendar. "Learning to give at an early age will change the way these young people look at life as they grow older. I am proud to be able to lead them in the right direction" Ms Ablett said.

At the handing over assembly, Lieutenant Colonel Ian Callender from the Salvation Army referred to The Knox School's values of Care and Empathy, Respect and

Responsibility and paid tribute to the students who take these values with them every day and actually "walk the talk". Lieutenant Angela Locke of the Ferntree Gully Salvation Army had a tear in her eye as she related stories of some of her clients who will benefit greatly from The Knox School's generosity.

In 2017, The Knox School will celebrate 35 years in the local community.



Scoresby Secondary College celebrates a year of achievements

Scoresby Secondary College has been transformed over the past two years with a new culture, curriculum and many new staff. It's been a year of achievement, including improved academic results and increased enrolments.

The school would like to congratulate the Dux, Andrew Wittmer, who achieved an ATAR of 97.8 (image attached). "I would like to thank my teachers and the college for the support which enabled me to achieve these results," said Andrew.

"Andrew's teachers extended Andrew to enable him to achieve excellent results. As parents we always thought he would do well, but he would not have done well without the support of his teachers and the College," said Phillip and Gayle Wittmer, Andrew's parents.

"I am so proud of the way our students apply themselves, nurture each other, and collaborate so positively in the classroom. We have a very caring community here at Scoresby. Our teachers put an enormous amount of time and commitment into their students and these results are testament to this. They are to be congratulated for their great work throughout 2016.

We also focus on developing the whole person and aim to foster every student's physical, social, emotional and academic potential. We want every

child to be a well-rounded person and a good contributor to our community," said Gail Major, Principal.

Some of the achievements of 2016 include:

Outstanding VCE performance

- Two scores of 50 in specialist maths and physics
- Scores above 40 in Legal Studies and Mathematics Methods (in the top 10% in the state)

Exciting NAPLAN results

- Recognised for one of the highest gains in literacy student outcomes in 2016 nationally

Scholarships and competitions

- Jessica Saunders Year 10 awarded the prestigious University of Melbourne Kwong Lee Dow Scholarship, an academic enrichment program for high-achieving students with a guaranteed place in a course after year 12
- Teacher Aaron Mackinnon won the Victorian winner of the Australian Council of Education Teacher Leadership Award

Student leadership

- Development of the Principal's Student Advisory Team and student representation on School Council to explore ways to improve our school together



Scoresby Secondary College dux Andrew Wittmer

- 35 students involved in student leadership positions
- Student leaders involved in the VicSRC Teach the Teacher program to improve school teaching and learning

Community service

- Development of successful programs with Arcare Aged Care Facility and local cultural groups.

WELL DONE! We congratulate our
graduating class of 2016



The Knox School

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



WHAT'S COOL AT SCHOOL?

Regency Park Primary School Celebrates 40 Years

This year Regency Park Primary will celebrate its 40th anniversary and the school will be holding a special community event on Friday March 17th, 2017. Since its early days the school has grown to have a current enrolment of 540 students. This annual occasion brings everyone together for a fun filled night with the highlight being performances from all of our students. We will also be showcasing historical displays of photos of past students and celebrations in our multipurpose room.

Regency Park has a strong reputation in the Wantirna area as a school that really focuses on the importance of building relationships with all members of the community and as such have had several generations of the same family return here to start their educational journey.

We would love to see as many past students and staff on this special night which starts at 5.30pm and concludes at 8.00pm Bring along a picnic dinner, buy some ice creams and rides for your children and enjoy the tradition of a wonderful school event.

Carolyn Drinkwater, Principal
Telephone: 9801 3614



2016 Ferntree Gully Endeavour Awards

During the final weeks of the 2016 school year I was honoured to attend graduation ceremonies at many of our local schools. I was very impressed to hear of the great achievements of so many students at both primary and secondary levels.

Every year I have the honour of recognising a worthy recipient from our local schools with the presentation of the Ferntree Gully Endeavour Award. This award is presented to a student who has shown significant endeavour throughout their school years. The recipient is someone who has strived to be their best in all aspects of their school life and has been helpful towards other students and staff. They have also demonstrated a wonderful and consistent 'give-it-a-go attitude' and have been a great representative for their school.

I would like to congratulate all 13 worthy recipients of the 2016 Ferntree Gully Endeavour Award and wish them continued success well into their future:

Elysha-Marie Quinney - Fairhills Primary School
Blake Eggert – Ferntree Gully North Primary School
Hayley Edgar – Holy Trinity & St Mary's Primary School
Lauchlan Shaw – Kent Park Primary School
Connor Cantwell – Knox Central Primary School
Laura Hutchens – Knox Gardens Primary School
Caitlin O'Donnell – Knox Park Primary School
Molly Giles – Mountain Gate Primary School
Alexia Chartertakis – Regency Park Primary School
Melanie Chin – St Andrews Christian College
Lana Pettinella – St John the Baptist Primary School

Nick Wakeling MP with Emma Wilcox, Templeton Primary School (left)

Nick Wakeling MP with Lauren Gilmour, Wantirna South Primary School (right)

Emma Wilcox – Templeton Primary School
Samantha Styles - Wantirna College
Ryan Twomey – Wantirna Primary School
Lauren Gilmour - Wantirna South Primary School
Jasmine Peck & Dylan Moore- Wattleview Primary School

Nick Wakeling MP Member for Ferntree Gully



11.5% of students in the top 5% of the state
20.5% of students in the top 10% of the state
32% of students in the top 20% of the state

Our Dux received an ATAR of 99.8
Our top International Student received an ATAR of 98.25



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► **Weekend Tours**

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Sunday 26 February
Sunday 19 March

► **School in Action: Celebrating International Women's Day**

9:00am - 11:00am
Wednesday 8 March

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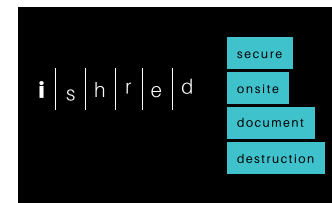
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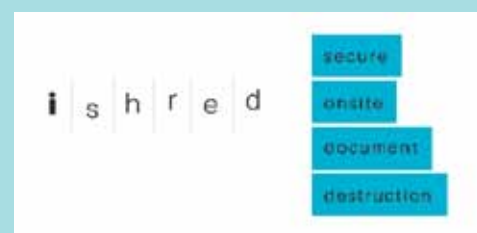
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Knox Environment Society by Zoe Peltakis

Sue and Vicky

K.E.S. volunteers are part of a unique team that is inclusive and welcoming of all who want to actively embrace their passion in caring for the environment. The nursery provides members of the community the hands on involvement by directly offering the opportunity to participate in growing and promoting indigenous native plants of Knox and surrounding areas, with some being on the endangered species list! Vicki and Sue are just 2 volunteer members of this extraordinary team.

Vicki was a volunteer with K.E.S. since its commencement, as well as working as a disability support worker. Sue was a young horticulturalist working with several organisations ordering and developing the 'plant areas'.

Disaster struck, said Sue, not long after she had her baby boy, when at the age of 32 with her new baby son only being months old, Sue had an aneurysm.

"I had to learn to walk and talk again", said Sue. "I couldn't change or feed my baby, I could not work!"

Sue's recovery after having had an aneurysm, and her ongoing rehabilitation has been enhanced with the caring insight of Vicki, a founding K.E.S. Volunteer.

Coming and volunteering at K.E.S., Sue has had the opportunity to continue her love of horticulture. "We come once a fortnight with Vicki" said Sue. Sue's love of gardening continues and, as her healing improves, she is able to seed new plants, prick out seedlings and enjoy the propagation part of plant care. Vicki's passion in promoting the care of the environment is infectious, evident when providing information to community members visiting K.E.S. in search of that special native plant to suit their garden.

Volunteering requirements and events conducted by K.E.S. is at: info@kes.org.au

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



K.E.S. Volunteers Sue, Vicky and Henry, (rescued dog by Sue)



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

December meeting - Speakers: Hazel & Alan Veevers spoke "On safari, Cairns to Iron Range" This was an illustrated talk about an amazing recent trip in tropical North Queensland, to an area known as "The Iron Range". The presentation featured birds and animals, many of which can only be seen in the wild in this unique environment. Many of those present were inspired to make this trip sometime in the near future.

January - Outdoor Meeting - Bellbird Picnic Area Yarra Bend:

Our first meeting of the year was an outdoor meeting held at Bellbird Picnic Area at Yarra Bend. We met firstly for a picnic tea, catching up with



Photo by Peter Rogers

each other after the Christmas break. A short general meeting was held in the picnic area to the sounds of the local birds and of course the flying foxes. With the conclusion of the meeting, members moved to the lookout area to get a good vantage point. We were able to overlook the colony of Grey headed flying foxes



Photo by Peter Rogers

in the trees on both sides of the river. As the sun set and the arrival of dusk the flying foxes started to become more active and we saw hundreds/thousands, leaving the colony and fly upstream. There are over 30,000 in this colony. The grey-headed flying fox is the largest bat in Australia. They have a dark-grey body with a light-grey head and a reddish-brown neck collar of fur..

Having lived in Wantirna for a long time we know that they fly out this far to find food, even travelling 50km each way in a night. You may have heard their screechy, squeaky voice outside in the fruit trees feeding and fluttering around. They also feed on the pollen and nectar in the flowering trees.

Excursions

January Excursion: Leaders - Eeva and David Hewitt. Our planned excursion of "Breakfast with the Birds" at Badger Weir had to be postponed as the Park was closed to severe wind damage in the area from last year. O'Donohue's picnic ground in the Dandenongs was substituted for breakfast and the walk afterwards. Lyrebirds were seen by many, along with other bush birds.

Next month our Presentation will be:

Speaker, Roger Needham, will give us 'A Taste of Newhaven'

Newhaven Sanctuary lies 363 kilometres north-west of Alice Springs at the junction of three distinct bioregions: the Great Sandy Desert, MacDonnell Ranges and Burt Plain in the Northern Territory of Australia.

Our Excursion will be:

Newport Lakes and Jawbones Reserve. A day looking at birds and hopefully some "waders".

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.

News & Events at Your Library

Top Reads & Newest DVDs

2017 has brought a brand new selection of books and DVDs to your local library. We're ready to keep you entertained all summer long! Find these titles on shelf at your local branch or place free reservations online at www.yourlibrary.com.au.

Top Reads:

- Scrapy Little Nobody - Anna Kendrick
- The Princess Diarist - Carrie Fisher
- Island Of Glass - Nora Roberts
- When All The Girls Have Gone - Jayne Ann Krentz
- Not Dead Yet - Phil Collins
- Christmas Days - Jeanette Winterson
- Sweet! Celebrations - Elise Strachan
- Songs Of A War Boy - Deng Thiak Adut
- The Hanging Tree - Ben Aaronovitch
- The Midnight Gang - David Walliams

New DVDs:

- Sully (2016)
- Ben-Hur (2016)
- Warcraft (2016)
- Ghostbusters (2016)
- The Wiggles: Dance Dance! (2016)
- Mike & Dave Need Wedding Dates (2016)
- Ice Age 5: Collision Course (2016)
- Girls: Complete Season 5
- Mr. Fuzzypants (2016)
- The Nice Guys (2016)
- Versailles: Season 1

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!

Smart Money – Free Introductory Sessions

Last year's popular Smart Money sessions are back in 2017! If you're feeling like you've lost your way dealing with your personal finances, make 2017 the year things get back on track.

Come to one of these free introductory sessions where you will learn some easy tips to get you on your way. These sessions are presented by Cire Services, part of the Learn Local collective of training providers.

Dates include:

- Yarra Junction Library: Tuesday 14th March at 11:30am
- Mooroolbark: Wednesday 15th March at 11:00am
- Croydon Library: Thursday 16th March at 11:00am
- Realm Library Ringwood: Thursday 16th March at 2:00pm

Book your place in these free sessions by calling 1300 737 277, or visit www.yourlibrary.com.au



LIBRARY NEWS



SMART MONEY FREE INTRO SESSIONS



Discover new ways to manage your personal finances!

Centrelink: Understanding Your Pension & Means Testing

For the last two years we've worked closely with Centrelink to provide to provide information sessions and workshops to the community. There are many more happening this year with four taking place in the near future. These sessions are designed to help people find out how their assets can influence their pension payments, as well as concession cards. Previous sessions have also included accessing the myGov online portal.



Australian Government
Department of Human Services



Social Security Asset Test Changes

Information Session

These sessions invite you to speak to a knowledgeable Centrelink Financial Information Service team member who will help address your concerns.

- Realm Library Ringwood: Wednesday 8th February at 11:00am
- Realm Library Ringwood: Wednesday 22nd February at 11:00am
- Bayswater Library: Friday 17th March at 2:00pm
- Boronia Library: Thursday 23rd March at 1:00pm

To book your place in these sessions please contact 1300 737 277.

From Weeds to Reeds with Jo Stone - Healesville Library at 10:30 am on Tuesday 7 March

Join the Healesville Library team for a hands-on session with basketmaker Jo Stone. Come and discover the fascinating ways common garden plants, even the weeds, can be used in creative basketry. Learn to identify, harvest, store and prepare the materials. See a variety of baskets and sculptural pieces constructed using nothing more than locally grown, free, plant materials.

Participate in a hands on experience constructing a simple lashed spiral to spin in the breeze by your back door, using sticks and reeds.

Jo Stone is a talented local artist and basketmaker who has received many awards for her artistic work. The materials supplied are supplied for this fantastic workshop.

Bookings are essential for this special event. Secure your space by calling 9800 6497. Cost \$5.00 per person.

Boronia Grows February: Gardeners' Film Afternoon – Boronia Library at 1:00 pm on Friday 24th February

Escape the heat of your garden and spend a cool afternoon at Boronia Library. We'll be sipping iced tea, eating popcorn and watching a hand-picked selection of films and programmes about our favourite topic - Gardening! Go home with some lovely garden goodies, a tummy full of afternoon tea and a smile on your face.

This free event is part of a series of regular gardening events taking place at Boronia Library, they're called Boronia Grows. Book your place online or by calling: 9800 6488.

Discover more news, events and fantastic reads at www.yourlibrary.com.au – or call 1300 737 277.

**Working hard for
our local community**

Unit 4, 91 Dorset Road, Ferntree Gully 3156 | P: 9758 6011



nick.wakeling@parliament.vic.gov.au



www.nickwakeling.com.au

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



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

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

Confused on what commission to pay your Agent?

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



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Community Pharmacy

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Welcome to the New Year, 2017

January is a new beginning both for a lot of us personally and professionally. Some of us will start new jobs, have a new career, plan for holidays, get married, or have a baby. Our life list is endless.

My focus is based around that, a new beginning, set goals and deliver on a promise to ourselves. This might be exercise more, lose weight, study, and look after our skin more. Our list is personal, but we need to set and achieve some realistic goals, to have that sense of yes I can.

If your focus on health and fitness and setting up your personal plan for the year ahead please come in and make an appointment with our pharmacist Carmen to plan your year.

She will personalise a health plan and solution for you, whether your goal is to lose weight, quit smoking or just get more familiar with your medications, how to take them and what their side effects may be and what you can do to combat them.

If your focus is on your skin and makeup I can help with that. Firstly set the goals and write them down and then act on them.

Maybe cleaning out your cosmetic drawer is a start. Look at all the products you have. Are they in date, do you really like that colour, have you worn it lately. Try not to keep the just in case or I can't throw that out it cost me money products. You will find that you only use a few things every day and repeat buy those items.

Make your skin care work for you. Buy items that you can multi task with, Micellar water doubles as eye makeup remover, and cleanser in most cases. Great for travel and weekends or late night cleansing.

Use one moisturiser for night and day, choose the most effective one for your skin type, try Dr. Lewins or Avene products.

For sensitive skins try Avene spray water, this product soothes, softens and calms skin. Used as a base on skin before other products are applied, as a hydrating spray during the day, and will help refresh your makeup during the day. Great for sunburn on all ages skin. A light spray anytime is all you need. Comes in a purse pack through to a 300ml size.

Cleansers with a pump action are useful in the shower and convenient as you get a measured dose, saves time and money.

Using a serum under moisturiser is a great way to delay the ageing process, they hydrate the skin under the surface and stimulate the skin with peptides which encourage the elastin production. Result is a more hydrated and plumped up skin.

For a quick pick up try Natio 10 Minute Brightening Mask. Apply to clean skin for 10 minutes and rinse off, use on the back of your hands as well. Skin looks fabulous, use weekly for best results.

While on the subject of hands, make it a promise to moisturise your hands this year and use a sunscreen on the backs of them as well. Hands are particularly prone to ageing so act now. Hydrate, Hydrate Hydrate and Protect.

We have the products at Community Pharmacy to suit your skin care needs and can tailor make them to suit your concerns, budget and lifestyle.

by Glenda



MANICURE TIPS

First impressions count with our hands they show us a lot about what we do or how we care for our hands. Diet plays a big role in the appearance of our nails, be they healthy or needing a bit of attention.

Vertical Ridges

Have you ever wondered what causes these ridges we sometimes get?

This may be due to an iron insufficiency. Foods that are a source of iron include whole grains and prunes

Breaking and splitting nails

Eating more protein can help with breaking. Foods that are a good source are cheese, meat or vegetarian meat products and beans.

Calcium and Zinc are for strengthening nails. Calcium quickens growth. Sources of this are milk, broccoli and cabbage.

White Dots on nails.

Can be caused by a lack of zinc. Try oysters, egg and parmesan cheese.

Try using Dr Lewins Revitanail range on your nails. Ridge Filler and Revitanail Strengthener can be used as a treatment or a base coat. This helps to prevent strong solid colour from penetrating nail bed. Always use a base, then 2 coats of colour and seal polish with a top coat. Allow at least 5-10mins between coats, they will take a couple of hours to harden up completely.

Use cuticle oil regularly. This will help prevent dry skin, hang nails and general roughness around cuticle. It also encourages blood flow the nail matrix so growth is encouraged. Follow with hand cream, use SPF 15 for day time if out and about. Apply last thing at night for maximum hydration.

by Glenda



**Wantirna
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348 Mountain Hwy, Wantirna**

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OPEN 7 DAYS

Collier Ward News with Cr. Jackson Taylor



For the very first time as your local Councillor for Collier Ward, I am delighted to be offered the opportunity by the wonderful team at the Studfield Wantirna News to be able to write this column. I hope to use this space to discuss key issues in Collier Ward, which includes Wantirna, parts of Wantirna South and a smidgeon of Bayswater. I also believe it is extremely important as your local representative on council to keep an open dialogue and provide transparency around what I do on Council.

As some of you may know, I was only just elected in October 2016, and it is a privilege and an honour

to be given the chance to be a part of your Knox Councillor team.

Top 5 Activities I have been up to...

- I have continued to advocate for a safety upgrade to the deadly Boronia Rd / Mountain Hwy Crossing
- Asked for a report into engagement with Youth Across Knox
- Led the charge for a statement of Knox Council standing against Family Violence
- Assisted in the opening of the new Bayswater Railway Station
- Announced 200k of funding at Schultz Reserve, Wantirna for an upgrade of the internal facilities that encourages greater female participation

What's coming up?

Council will be a hive of activity over the coming months as we prepare for the 2017-18 budget with lots of work, consideration and time being dedicated to getting the balance right for our community. As my first, I'm looking forward to learning plenty and fighting for great outcomes for our local community.

2017 is going to be a busy and exciting year.

As always, please always feel free to contact me with any questions / concerns you may have.
Email : Jackson.taylor@knox.vic.gov.au
Mobile : 0418 719 940

Thunderstorm Phobia By Dr. Gloria Dieu

Thunder phobias are one of the most common phobias affecting dogs, often as a result of the noises experienced during a storm such as the booming thunder and the lightning cracks. Using these 9 steps, which have been suggested by Sydney behaviourist Cameron Day, we can hopefully assist your pet in overcoming their phobia.

1) Predict the Problem

Thunderstorms can be highly predictable thanks to weather reports/forecasts. If you can anticipate a storm and take action prior to it hitting, this will reduce your dog's stress and anxiety.

2) Be at home with your dog

The fear associated with thunderstorms is infinitely worse when your dog is home alone, so please do stay home to reassure them.

3) Remove your dog from the garden

Your dog will experience all aspects of the storm if left outdoors, and will inevitably do their best to escape your yard or to attempt entry into your home. To protect your home and more importantly, your dog, keep them indoors during a storm.

4) Place your dog in a sound proof den

It's important that you provide a 'safe' place where they will be away from the sights, smells and sounds of the thunderstorm .e.g. a walk in wardrobe.

5) Use masking noise

Play some background noise, which aids in masking the active noises during a thunderstorm.

6) Use medication where needed

This may be necessary in the case of severe phobias, but it's important to test the medications prior to the thunderstorm in order to assess their effectiveness, duration and onset of action.

7) Use pheromones

Adaptil (Dog Appeasing Pheromone) is a synthetic pheromone which has been shown to calm noise phobic dogs in 70% of cases.

8) Practice calming strategies

Prior to any thunderstorm, practice using a calming word .e.g. "settle" and accompany that with some long slow body strokes or massages. This trains your dog to be calm on cue so that during the actual thunderstorm, their calm behaviour will be triggered. Compliment this by using a thunder shirt on your pet.

9) Teach your dog to tolerate thunder noise

Desensitization techniques are valuable for helping your dog to better tolerate concerning noises. CD's .e.g. 'Frightful noises' have been designed for this purpose.

For more advice on dealing with your dog's thunderstorm phobia, please don't hesitate to call us at the Wantirna Vet Clinic on 9729 9908.

Photo Ref: <http://bblighting.com/category/uncategorized/page/2/>



WANTIRNA NEWS

Blueberry Day at Banksia Nursery



Once again the nursery is proud to participate in a fundraiser for Beyond Blue.



This year it is to be Blueberry Day and baked goods and drinks containing blueberries will be available for purchase at a cost of \$3 per serve and, for a gold coin donation, there will be a lucky dip and gift wrapping.

Sunday 19th March 11am to 3pm

530 Burwood Hwy, Wantirna

Phone: 9801 1637

BANKSIA GARDEN CENTRE

530 Burwood Hwy
Wantirna South 3152

Phone: 9801 1637
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Knox Communities That Care by Deborah Cox

The Knox community are urged to encourage a "Smart Generation" by reducing the high rates of underage drinking.

Communities that Care Knox is a partnership of organizations and businesses planning and working together to reduce underage drinking.

CEO of Communities that Care Ltd and Chair of Health Psychology at Deakin University Professor John Toumbourou, said there were serious dangers in providing alcohol to underage youth. There is support for youth in Knox to become a "smart generation" by not damaging their brains with alcohol.

"Recent surveys found 56% per cent of young people in Knox were using alcohol at age 14. When asked where they obtain their alcohol they commonly reported getting it from home, but in some cases from bottle shops or they got someone to buy it for them," Professor John Toumbourou said.

"The national health guidelines clearly state that the safest option is for young people not to use alcohol before they turn 18. The earlier a young person starts using alcohol the more likely they are to experience injuries and harms, impaired brain development and alcohol problems later in their life."

"The evidence is very clear - in communities where underage youth find it difficult to obtain alcohol, there is less youth alcohol use and fewer alcohol related injuries, assaults and deaths. Communities

with less youth alcohol use have higher rates of school completion."

Professor Toumbourou urged all adults, including parents and those working in bottle shops, not to supply or sell alcohol to children under 18.

"People working in the alcohol industry should always ask for age identification before selling alcohol to young people, however we have found that this is not always the case in Knox," he said.

A team from Communities that Care Knox have been visiting bottle shops across the Knox region to check sales to customers that look underage. The check involved a legal-aged person of underage appearance attempting to buy alcohol, with an independent monitor present.

The team found a number of staff in the bottle shops sold alcohol without checking age identification even though the people making the purchase had been judged by an independent panel to clearly look under 18 years of age. Letters have been sent to the bottle shop managers alerting them to the sales practices of their staff as a way of helping the managers to control and reduce underage sales.

Professor Toumbourou said "a growing number of staff in the alcohol industry are obeying the law and refusing to sell alcohol to underage youth. The feedback from the managers is clear that staff selling alcohol to underage youth are failing to do their job and they are committed to addressing the issue of underage drinking"

Professor Toumbourou said an increasing number of parents are successfully preventing youth alcohol misuse by communicating clear rules not to buy or supply alcohol to underage youth. This may mean, for example, becoming stricter and not turning a blind eye when children wish to sip dad's beer.

"Parents sometimes have the fear that if they don't allow alcohol use at home their children may rebel and use alcohol behind their backs," he said.

"Research shows that in families where parents set a rule that children are not to use alcohol, rebellion tends to be limited to the children having a few drinks behind their parents back and there are much lower rates of underage alcohol use. However, in the families where the parents allow moderate alcohol use their children are more likely to rebel with heavy and harmful alcohol use."

The program coordinator, Deborah Cocks said that Communities that Care Knox in addition to monitoring supply of alcohol to young people are also working with schools in Knox to support the implementation Smart Generation school based program. Recently Year 6 students at Fairhills Primary School completed the program that includes key messages about delaying drinking for as long as possible and encouraging parents to set clear strong rules about drinking for their children. Year 9 students at St Josephs College presented the Smart Generation parent event in October highlighting the issues of early adolescents drinking and encouraging parents to support them in delaying drinking for as long as possible.



The Grand Finale Celebrating 100 Years of Cubbing

By Nicole Klep, District Leader Cub Scouts



On the 16th of December 50+ Cubs (aged 8-10 years) and leaders converged on 4th Knox Scout Hall, Ferntree Gully. We had come together to Jive in the Jungle, to celebrate 100 years of Cubbing. Throughout the year our Cubs have held numerous fun activities to celebrate this centenary, and the disco was our last, the cherry on the cake. Cubs and leaders alike were dressed in jungle vines and wild animal attire....Woof!

Everyone boogied the night away and had an awesome time catching up with friends from our 13 Cub Packs. Prizes were awarded throughout the night for funky dance moves and outrageous costumes, with all Cubs taking home a fantastic show bag of generously donated 'goodies.' What a way to finish the year! Here's to another 100 years of Cubbing!!

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

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



Top Australian songwriter and music producer make beautiful music with Scoresby Secondary College students by Nicola Mendleson

On December 12 and 13, acclaimed and highly successful singer songwriter Lior (www.lior.com.au) and music producer Anna Laverty (Nick Cave, Kate Miller-Heidke, Courtenay Barnett) visited Scoresby Secondary College to run a two day intensive program designed to mentor the next generation of Australian hit makers.

For two days, students were immersed in a hothouse collaborative environment and given unparalleled insight into the forces that drive today's contemporary music industry and the creative processes required to cut through.

Hands-on, challenging and rewarding, the program is designed to fast track student's understanding

of the opportunities into today's contemporary music world and set them up for success.

Here's what some of the students had to say about the program:

Bridget Caesar (Year 11): "The recording process has been amazing - just putting it all together and seeing it really become something - that's also been the biggest challenge."

Aaron Sutton (Year 11): "It's been so cool working with these industry guys. So knowledgeable, so professional, so... inspiring!"

Sam Berkery (Year 11): "It really gave us an insight into the industry. We got an appreciation, on a smaller scale, into just how much work goes into producing just one song!"

Here is what the producers and recording artists that worked with the students had to say:

Milan (producer/artist): "It's been great to be here at



Bridie Winder, Tully Green and Kendal Garland, Year 9, collaborate on a song.



Amy Pearson Year 11 recording a song.

Scoresby - really fantastic. So many talented kids!"

Lior (artist): "To think back to yesterday morning; we had no songs and a lot of inhibition and then to see, at the end of day 2, their tracks are so strong! To have this younger group, and to see the work ethic... I had to keep telling them to take breaks! So aside from the creative component, just to see that level of focus was so pleasing for us."

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

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 Cr Nicole Seymour



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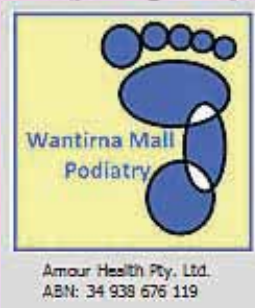
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Wantirna VIC 3152
Ph: 9720 1235
Open: Tues – Fri 9am to 6pm
Sat: 9am to 1pm
www.wantiramallpodiatry.com



Melina Linardatos

Getting children's feet ready for school

The foot is a complex structure of 26 bones and 35 joints, held together with many ligaments and muscles. Children begin to walk between 8 to 18 months and are usually flat-footed with inwards turning in feet. As bones and muscles strengthen and develop the posture of the foot and lower limb advances until the shape of the adult foot is reached at the age of 6 years old.

The easiest thing you can do to keep your children's feet healthy at school is having appropriate footwear fitted. When choosing shoes look at the elements of the shoe. The shoe should only bend at the sole where the foot bends, at the forefoot, they should not be too flexible. The shoe should have a firm heel counter and wide enough for the forefoot. The length is also important, a thumbs' width of space at the end of the longest toe when standing allows for enough room for toes. Shoes should

also have laces or a strap to hold the foot in place and stop clawing of the toes. It's important to match the shoes for the activity they are to be used for, the period of time, the required support and the ground surfaces.

Common walking issues should be assessed by a Podiatrist if they cause pain in the feet, tripping or limping. Excessive in-toeing may be caused by several different issues, such as hip joint problems. If the in-toeing is severe, seems to involve the leg and hip as well as the foot, or isn't improving by 1.5 to 2 years of age, see a Podiatrist for an assessment. Occasionally, some children walk with outward turned feet. In most cases this can self-resolve, but see your podiatrist if you are concerned.

Please visit us on our website for more handy tips.

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Ros Wilson Counselling

Short Courses and Workshops

Women in Transition

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08 Feb 17 7pm - 9pm

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08 Feb 17 7pm - 9pm

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A one day personal development workshop

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Journalling Workshop

18 Mar 17 10am - 4pm

Memory Training

05 Apr 17 10am - 12pm

ReNew You

Another one day personal development workshop

11 Jun 17 9am - 4pm

Get a better perspective!

Am I Toxic?

In just the last 2-4 generations, the number and concentration of toxins we are exposed to everyday has exploded exponentially, however, our inbuilt detoxification processes have hardly evolved at all in this same time period. When our bodies struggle to keep up with this increased load, we can be left feeling fatigued, anxious, and foggy. We may experience poor skin quality, hormone, thyroid or reproductive dysfunction, recurrent infections, food sensitivities, weight struggles and unexplained aches and pains or tingling sensations.

One of the big culprits is mercury toxicity due to fish consumption or old dental fillings. Mercury fillings release inorganic mercury in liquid and gas form, which is then inhaled and swallowed. Methyl mercury is a highly absorbable form obtained from eating fish and is easily diffused into the circulation. It can take up to 60 days for the mercury from 2 tins of tuna to get out of your blood. Hair, blood and urine testing can be performed, but these tests can become very expensive. However, free comprehensive questionnaires can also give you a very good indication of your general toxin exposure.

Rebecca Stevens is a fully qualified naturopath with a degree in Biological Sciences and can arrange toxic load questionnaire as well as formulate a tailor made naturopathic detoxification program. She operates from the Centre of Wellbeing in Knoxfield and the Wantirna Natural Health Clinic. For more information or to arrange an appointment go to www.balmnaturalhealth.com.au or call 0414 957 555.

Call us now or book online to make an appointment
77 Anne Road, Knoxfield, 3180
www.centreforwellbeing.com.au, www.roswilson.com.au

03 9763 0033

Other services...

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

Shockwave Therapy available NDW at Wantirna Osteopathy

by Dr. Jason Stone of Wantirna Osteopathy

If you're suffering Chronic Pain, Tendonitis, Bursitis or managing your pain with daily Anti-inflammatory medication, then Shockwave Therapy may be a great benefit to you.

What Is Shockwave Therapy?

Shockwave therapy involves using an applicator against your skin which generates high-pressured soundwaves to break down targeted tissue and stimulate tissue repair. The high energy soundwaves have been research proven to stimulate white blood cell production to promote healing, stimulate collagen production to aid tendon repair, break down soft tissue calcification and reduce substance P which is a major cause of chronic pain. In summary, acoustic waves used in Shockwave therapy interact with tissues causing overall medical effects of accelerated tissue repair and cell growth, analgesia (pain relief) and mobility restoration.

What can Shockwave Therapy Treat?

Shockwave therapy is a research proven treatment approach effective in treating many chronic musculoskeletal conditions such as:

- Plantar Fasciitis
- Achilles tendinopathy
- Impingement and Calcification of the shoulder
- Patella tendinopathy
- Tennis elbow (lateral epicondylitis)
- Hamstring tendinopathy
- Shin splints

What does treatment involve?

Shockwaves are applied via an applicator held against the skin. The initial phase of treatment may cause some deep pain which indicates correct targeting of the problem area and stimulation of the



For the treatment of:

- Sports injuries
- Headaches
- Back and neck pain
- Joint and muscle pain

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

required inflammatory process. As the treatment continues there will often be a feeling of numbness which may reduce the degree of discomfort. The applicator delivers 2000 pulses which can take between 3-10minutes depending on the condition being treated. Many patients get pain relief after the first treatment, however, research shows that 3-6 treatments are required for optimal results.

Wantirna osteopathy has recently invested in the latest EMS Swiss Dolorclast Smart Shockwave Machine to use in conjunction with osteopathy management of chronic musculoskeletal conditions.

Effective for a range of orthopaedic and soft tissue injuries the DolorClast machine is not only used by several AFL teams but is also the official shockwave treatment for the Olympic Games. DolorClast was the inventor of radial shockwave therapy and since inventing the technology have continually strived to improve the quality of shockwave treatment their machines deliver. The majority of research quoted and carried out on shockwave therapy has been conducted using DolorClast machines.

Our highly trained and experienced Osteopaths can help you decide whether Shockwave Therapy is appropriate for you.

Ferntree Gully Laughter Club

Would you like to re(learn) how to laugh?

Do you remember the last time that you had a really good laugh, the kind of unbridled, cry-laughing where you have to hold yourself in with your arms because you feel like you are going to burst?

We do this type of thing regularly at the Ferntree Gully Laughter Club and it's people friendly, open to all and sundry! Laughing may be your key to being happier, calmer and healthier. Studies show that it boosts your immune system and helps protect against heart disease, improve pain tolerance and foster a sense of well-being.

Starting out laughing in the laughter club may feel uncomfortable to begin with, but with regular practice it becomes easy and is very energising. People share that it releases pain in their body that has previously felt stuck, which is amazing - is it not?

So at laughter club we are a very light-hearted lot, singing, clapping, deep breathing, running, dancing, you name it, we probably do it. By the end of the laughter session we all feel great and ready for a cup of coffee, tea or my favourite is a Calippo.

So consider coming along. You have nothing to lose, except your self-consciousness. By the way, did I mention, it is free?

Love and Laughter, Lynette Mitchell

Lynette Mitchell runs the free community Ferntree Gully Laughter Club which meets for half an hour at 10.30am on the 2nd, 4th and 5th Sunday behind the Ferntree Gully Library.

Phone: 9763 5475 Mobile: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: 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 - Post Operative Recovery Following Joint Replacements



Joint Replacements such as Hip and Knee are becoming common place procedures. After having an operation, the next critical challenge for a patient is Recovery.

It is proven that Massage can assist in recovery from surgery and in reducing healing time.

Lymphatic Drainage techniques reduce swelling at the site of the surgery and massage encourages proper blood and oxygen flow to promote cellular and tissue repair.

This improved blood flow from massage enhances

nutrient delivery in the body, thus shortening surgical healing time.

A common post operative problem is Scar Tissue. Massage helps prevent scar tissue both internally (lowers incidence of adhesions) and externally (reduces/lightens unsightly scars).

In the recovery phase, it is important that the patient can regain mobility and stability as soon as possible, thus restoring confidence in the ability to return to daily routines and lifestyle; pain free.

Proper planned post operative treatment, where patients are proactive in seeking out a Myotherapist or Remedial Massage Therapist, can help in avoiding further complications and accelerating the recovery process.

We recommend that you work with your practitioner to discuss a treatment and rehabilitation program that suits you. Alison and Dee would be happy to help with your enquiries.



- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
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- Headaches
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U3A Knox Hosts Another Great Art Show *by John E. Ford*

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

In past articles for this paper I have highlighted the activities of Knox U3A that might be termed "commonplace" – the walking groups, cycling groups, the fishermen, golfers and the like. However, included within its curriculum, Knox U3A invariably offers activities that are unusual, esoteric – dare I say it? Off-beat. For Term 1 in 2017 we offer – as well as more than 140 better known activities – pastimes and crafts such as Rummikub, paper tole, kimekomi and tatting.

Now that I have your attention on at least one of these, let me explain.

Rummikub is a game, invented by a Rumanian gentleman in the mid-1930's, best described as a mixture of Gin Rummy and Mah-Jong. It is played with tiles, not cards, and is described as fast, exciting and, if played properly, demanding of a high level of skill and thought. The scoring method is complex.

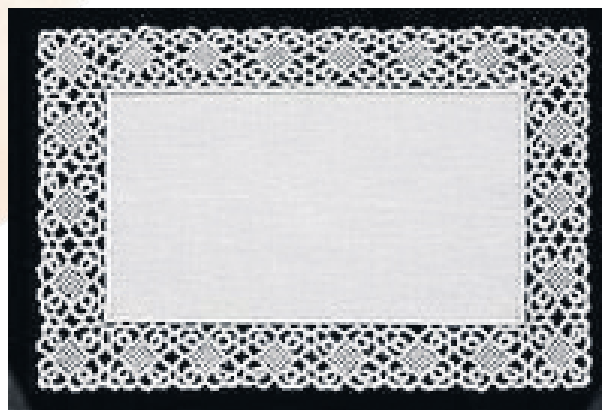
Paper tole is a craft whereby multiple copies of the same picture element are built up to ultimately create a three-dimensional art-work. Patience is probably the most demanding requirement, but the end results are often spectacularly beautiful, and well worth the effort.



A fine example of the three dimensional effect of paper tole.

We have probably all seen kimekomi without realising what it was. Kimekomi is the art of creating decorative baubles from simple white polystyrene balls. Designs can range from the simple to the highly complex, utilising materials such as decorative ribbon, sequins, pins and the like, and we surely would have all seen these on Christmas trees.

Tatting is the ancient art of lace-making. Using no more than a small ovoid shuttle (although sometimes a needle is also employed), intricate and highly decorative lace can be created adding a touch of class to doilies, table ware and the like.



A classic example of tatted lace affixed to a plain white napkin.

All of these are available at Knox U3A in Term 1 (although some do fill rapidly), and if you would like to try something completely different, contact our office on 9752 2737, email us on office@u3aknox.org.au or visit our website at www.u3aknox.org.au where a link to "Courses" will provide details of these, and all other courses on offer in Term 1. Membership is still only \$60 per annum, and there may be a small materials charge for some of the craft activities.

2017 QUILT & CRAFT EXHIBITION AND SALE

FAIRHILLS SECONDARY SCHOOL, PERFORMING ARTS CENTRE,

SCORESBY RD, SCORESBY

Saturday 8th April/Sunday 9th April 2017; 10.00am to 4.00pm

Entry \$5.00 (includes catalogue)

Six(6) categories -:

- Patchwork & quilting
- Knitting, Crochet, tatting
- Embroidery, cross-stitch, tapestry, hardanger.
- Card craft
- Paper Tole
- Creative craft – e.g pottery, floral art, woodcraft, doll-making.
- Cash prizes in all categories.

Prospective exhibitors should visit our website, www.u3aknox.org.au where an application form may be found, or call 9752 2737 for details.

Come along and see works by local craft people, and pick up a bargain gift at one of the several craft stalls. Light refreshments will be available

Prices that'll blow you away!



Hurry for great deals on wind-damaged Camry and Aurion!

Right now you can get a great deal on a slightly less than perfect Camry and Aurion - with all the reliability and features you expect! All models, excluding Camry Hybrid, available but stock is limited. Get in quick for a price that'll blow you away!

*Vehicles are sold with external damage consistent with wind storm damage (Damage). The Damage is excluded from the Toyota New Vehicle Warranty. For full terms and conditions see your Toyota Dealer or visit toyota.com.au/victoria/special-offers

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THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Victorian Jazz Workshops

by Ken Simpson-Bull

It may not be commonly known that one of the services provided by the Museum is the running of Jazz Improvisation Workshops. These twelve-week practical training courses are divided into under 25s and over 25s, and are available to any member who can play a musical instrument, read music, and who desires to develop the skill to be able to play improvised jazz.

The ability to play jazz involves the aptitude to extemporize on the melody and chord structure of any given piece of music. The capacity to develop this skill is the main aim of the workshop. But it also provides the budding musician with the opportunity to play with a group – as a band.

The main prerequisites are to be able to read music and have acquired a reasonable level of competence on one's own instrument. Vocalists are also catered for. The workshops are usually run on a Saturday afternoon and the instructors are professional jazz musicians. A special presentation at the end of the course with invited friends and family is a highlight. Further details may be obtained by contacting Marina Pollard on 0409 964 753.



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



A recent group of "Under 25s" Jazz Workshop with Course Co-ordinator Marina Pollard.



62 COLEMAN ROAD,
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MATTHEW'S USA EXPERIENCE

What a trip! I left Melbourne on November 6 not expecting too much from my first trip to the United States but boy was I wrong. It turned out to be one of the best trips I have ever been on and the fact that it was with my university made it a whole lot better.

I travelled to four main US cities which included Boston, New York City, Philadelphia and Washington D.C. It was a packed trip due to its duration of only two weeks but the things I saw and the places I went during the short stint was fantastic. In Boston I got to experience the Boston Freedom Trail which looked at the events of the American Revolution and even got a chance to have a campus tour of Harvard University.

Next was just the start of the tour in New York City where I went on a viewing tour of the United Nations Headquarters and was able to see the Security Council as well as the General Assembly however this was just the start of what would be an awesome couple of days in New York. Firstly, I got



to see Lady Liberty up close which was fantastic and then to the emotion provoking 9/11 memorial site in New York which was extremely sad considering all the innocent people that died that day. This however was not the only way I spent my time in New York. I got a chance to see Times Square up close as well as a brief stroll in Central Park which was amazing.

After my brief stint in New York City I went to Philadelphia where I got to see a range of historical sites that played a huge part in the first days of American independence from Britain.

Finally I left for the last stop on the trip which was Washington D.C and that was a major wow in itself. A couple of things I did while I was there was a visit to a couple of Smithsonian Museums where I learned about the long history of the United States and I even got up close to the White House.

One place I went to while I was in Washington DC that really made me take a step back and think about the service men and women both at home here in Australia and in the United States. This location was the Arlington National Cemetery which is home to over 300,000 armed services men and woman who put their life on the line for



the protection of their country and I even got a chance to see the place where John F Kennedy was laid to rest as well as his wife Jacqueline Kennedy better known as Jackie.

To conclude I am very thankful for the opportunity I was given to go experience a country I always wanted to visit and it would have not been possible without Deakin University offering this program in the first place and I thank them for it.

Matthew Hjelm



What's On?

Event	Date & Time	Location	More Information
Knox Festival	4th and 5th March	Wally Tew Reserve, Ferntree Gully	
Scoresby Steamfest	11th, 12th & 13th March 10.00 am to 5.00 pm	1200 Ferntree Gully Road Scoresby	Adults \$15, Children \$5, Family \$35 (CASH ONLY)
Benvenuti Festival	Sunday 12th March 2017 (Labour Day weekend)	The Killara Estate and Winery Sunnyside Road, Seville East	www.benvenuti.org.au or phone 0438 339 349 or 0473 595 694.
Regency Park Primary School 40th Anniversary	Friday 17th March 5.30 to 8.00 p.m.	50 Amesbury Avenue Wantirna	See article in this edition or 9801 3614
Blueberry Day Fundraiser for Beyond Blue	Sunday 19th March 11am to 3pm	Banksia Nursery 530 Burwood Hwy, Wantirna	Phone: 9801 1637
Knox Historical Society Family Fun Day	Sunday, 19 March 11 am – 3 pm	'Ambleside' historic homestead 3 Olivebank Road, Ferntree Gully	Details: ph. 9758 6722 or website: khs.relics.com
U3A 2017 Quilt & Craft Exhibition & sale	Saturday 8th April & Sunday 9th April 10 am to 4 pm	Fairhills Performing Arts Centre Scoresby Road	Entry \$5 www.u3aknox.org.au
Caribbean Market Pop Up Market	Sunday 19th Feb, 19th March	1280 Ferntree Gully Road, Scoresby	9756 5000
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
LACK Street Orienteering Walkers	10.30 – 11.30am, 3rd Friday of the month	Various Start/Finish locations in and around Knox	David on 0419 337 311, knox.sow@life.org.au
iShred	Saturday 18th Feb, 4th March, 18th March 9.00 am – 1.00 p.m.	5/7 Samantha Court Knoxfield	1300 763 688 www.ishred.com.au

Our Pioneers

by Evelyn Hodgkin, Bayswater History Facebook

Children's written impressions of how our pioneers in the City of Knox as well as similar parts of Australia is interesting to read. Comments by a group of primary school children whilst visiting Knox Historical Society, Ambleside Park, Olivebank Road, Ferntree Gully almost 25 years ago would probably be the same in 2017. The old homestead where the KHS is based is set up in a way displaying how life was since 1899. Rooms are furnished and many outdoor buildings depict the farm and orchard times. Some of the comments from the children after their visit include:

- I like the inside of the house. I am glad I didn't live 100 years ago. It would be awful to wash yourself only twice a week.
- The ceilings were higher than usual because back in the olden days there wasn't an air conditioner or a fan. It would be hard work 100 years ago because there were no good jobs with good pay and no stoves or electricity. Household jobs would have been done by hand.
- The workshed was full of old machines like mangles and scrubbing boards. They had lots of old irons on a shelf. There was a petrol iron you had to put on the fire and an electric one.
- Another shed had a kitchen with a Coolgardie safe that is a box with hessian around it. The workshed was interesting and we found out all the names of the tools used long ago and how

they were put to use. There was a saw three metres long and we saw a plough near the herb garden.

- My favourite part was the hand plough. To work it one person pulls a rope and the other person guides.
- There was a church vestry and it looked like a small house. Inside the homestead there was a

photo room with lots of school photos, a parlour and a bedroom.

Information from Knox Historian, Volume 4, No. 2.

If you are interested in the early days in this area, Ambleside Park Homestead is open Sunday, Thursday and Friday, 1 pm until 4 pm.

Other times by appointment. 9758 6722.



Edney Kleinert's Blacksmiths, Station Street, Bayswater, 1920. Photo supplied courtesy of KHS

FUN FOR ALL THE FAMILY Knox Historical Society Family Fun Day

at 'Ambleside' historic
homestead
3 Olivebank Road,
Ferntree Gully
(Melway Map 65 D12)

**Sunday, 19 March
11 am – 3 pm**



The leafy period gardens provide the perfect setting for a BYO picnic lunch on the lawns. For the kids, there will be indoor and outdoor old-style games and competitions. Children are invited to come along dressed up as their favorite character, either a princess or a fictional superhero, maybe a cartoon character, or a fireman. All children arriving in costume will be given a free sticker on the day.



Community clubs and groups, craft stalls and food vans will be in the grounds of the 1890s homestead built by pioneer settler Ephraim Hansen. A bush band will provide music for old style dancing, while craft demonstrations will be on display.

Entry is \$2 for adults / \$5 for families

Details: ph. 9758 6722.

Website: khs.relics.com

Looking for ex-pupils of Knox Secondary College (formerly Knox Technical School).

Have you been in touch with your former classmates lately? Do you know what Janine Keane, Year 8.1 of 1985 or Neville Holland, 3CD of 1970 are doing now? Knox Historical Society has the College's emergency bell and the banner.

Have you any souvenirs that the Society could photograph and include in its archives? Are there any Rhodes Scholars, parliamentarians or television personalities amongst KSC's alumni? Do you still have any of your school uniform? Wear it to the Knox Festival - just for laughs.

Who remembers Mr Ross or Mrs Morrison? MS-YAC of 1990 do! Join the Knox Historical Society at the **Knox Festival, March 4 - 5, 2017** and catch up with others from Knox Secondary College at our display. Bring along any photos or other memorabilia to share.

Visit the Knox Historical Facebook page <https://www.facebook.com/Knox-Historical-Society-428659587253361/> to view class photos.



COMMUNITY NEWS

Ferntree Gully VIEW Club

Our monthly luncheon meetings are held on the 4th Monday (except in December) of each month and includes a 2 course lunch, tea/coffee at a cost of \$25.

We have a meeting then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions.

We also support 5 students through the 'Learning for Life Program' with The Smith Family and a refuge for women and children escaping domestic violence.

Monday 27th February, 2017

Speaker: Annette Schlafrig - 'Insight on VIEW Clubs' - Our club's AGM

Monday 27th March, 2017

Speaker: Simon Purssey - 13 CABS

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

Time - 11.00am for an 11.30am start

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

To book ring our President - Pam Turner on 9725 4135

Veteran's Opportunity Shop

The Op shop has relocated to Shop 20C in the Boronia Mall and is now open for business. We would appreciate your continued patronage and welcome new supporters as well. Feel free to drop in and browse around our new shop and maybe pick up a bargain.

The loading dock is situated at the rear of the shop. Entry is via Chandler Road

Fiona Quinn Op Shop Manager



Knox & District Over 50s

If you are looking for something new to do this year then can I suggest you come along to the Knox Over 50's. I can promise you a very warm welcome.

In February there is a bus tour to the Abbotsford Convent followed by lunch. Later in the month the club has a trip to the city where we board the on-off bus. The club hosts monthly events with cinema outings, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions for 2017 are due in January 2017 and are \$15.00 for the year. You can visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere whilst enjoying 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.

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. Our next meeting is on Tuesday 28 February 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 talk from one of our guest speakers. Contact Jill on 9801 4363 for any further information.



Life Activities Club Knox Inc.

LAC Knox Activities and Dementia

Dementia, also known as senility, is a broad category of brain diseases that cause a long term and often gradual decrease in the ability to think and remember that is great enough to affect a person's daily functioning. Other common symptoms include emotional problems, problems with language and a decrease in motivation. It is a devastating condition that robs people of their very identity.

- Dementia is not a normal part of ageing.
- Dementia is the second leading cause of death in Australia.
- Over 350,000 Australians have dementia.
- There are over 100 causes of dementia.
- Dementia is the single greatest cause of disability in Australians over 65.
- About 10% of people over 65 have dementia.
- In about 70% of people with dementia, the cause is Alzheimer's Disease.

For a comprehensive resource on dementia, read or download "The Dementia Guide" on the Alzheimer's Australia website: www.fightdementia.org.au.

On the Your Brain Matters website (yourbrainmatters.org.au) there is a guide to brain health.

5 Steps to take for a healthier brain:

- Step 1: Look after your heart
- Step 2: Be physically active
- Step 3: Mentally challenge your brain
- Step 4: Follow a healthy diet
- Step 5: Enjoy social activity

LAC Knox is a community group managed by volunteer members. It provides over 20 activities for seniors in the City of Knox. It has rated each of its activities according to the 5 steps. Every activity satisfies Step 5, 11 activities provide exercise per Step 2 and 5 activities stimulate the brain per Step 3. They even have 1 activity that satisfies Steps 2, 3 & 5! Go to their website www.life.org.au/knox/knox-activities-dementia to find out which activity this is. It is one of their most popular.

Dementia is currently incurable but there are many drugs being trialled. One LAC Knox member is participating in The Florey Institute's 3 year 'A4 Study' trialling a drug that removes the toxic amyloid (the cause of Alzheimer's Disease) from the brain. In the meantime this community group continues to help us at least delay the onset of this crippling disease.

For more information about Life Activities Club Knox and all the community activities they provide, please contact Margaret on 0481 831 788 or knox.enquiries@life.org.au or visit the LAC Knox website: www.life.org.au/knox.



VOLUNTEERS NEEDED

Do you have time to share?

- ◆ Do you like driving?
- ◆ Do you like talking
- ◆ Can you make a coffee and sandwich?
 - ◆ Do you like walking dogs?
- ◆ Choose the activity that interests you
- ◆ Monday to Friday between 9 am - 5 pm
 - ◆ Make new friends
- ◆ Volunteer Drivers reimbursed for petrol expenses.

To discover how you can have a positive impact and make a difference in someone's life check out our

Youtube Videos -

Bridges Connecting Communities

6 Griffith Street, Knoxfield P: 9763 9700 E: info@bridgescc.com.au

Benvenuti Community Festival

On Sunday 12th March 2017 (Labour Day weekend) the second Benvenuti Festival will be held at one of the most beautiful locations in the Yarra Valley, The Killara Estate and Winery in Sunnyside Road, Seville East on the Warburton Highway.

This is a community event, FREE TO THE PUBLIC, with FREE Parking, and lots of family entertainment.

The Festival is the result of dedicated Festival committee members of the Yarra Valley Italian Cultural Group. True, the Festival has a strong Italian flavour, but it is not exclusively an Italian event.

Benvenuti is Italian for "welcome" and that is the spirit of this Festival, which showcases the diverse cultures and entertainers who call the Yarra Valley home.

The inaugural Benvenuti Festival in March 2016 had everything. This included Italian accordion music, Scottish bagpipes, Australian Bush Poetry, Swedish, and Celtic music, Spanish classical guitar, harmonica blues, and delightful folk dancing from the Burmese Chin Community.



Tony Caruso and Friends



Folk music and dance from the Chin Community (Burma)

Lindi Jane entranced the children with her remarkable ventriloquism and puppet characters.

TV personality Tonia Todman demonstrated her cooking skills alongside local members of the Italian Community.

There were also many displays of old farm machinery, vintage cars, CFA units and lots of fresh produce at bargain prices.

This year there will be even more: a ukulele band, a colourful Indian Folk dance Group, and young pyrographer, Joseph Galloway. Joseph has mastered the fascinating and ancient craft of burning pictures into timber.

As a highlight, there will be an exclusive performance by award winning singing star Kayla Dwyer who will launch her new album at the Benvenuti Festival. Kayla is a rising star and you will be able to see why. She is a CFA volunteer and will perform her own moving musical tribute to the CFA.

The Benvenuti Festival is a remarkable event which makes you proud to be Australian. The Festival committee gratefully acknowledges the support of the Wandin Seville Bendigo Bank, the Yarra Ranges Council, and Yarra Valley FM.

For more information visit www.benvenuti.org.au or phone 0438 339 349 or 0473 595 694.



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

Our Passion for Equality

Equality – theoretically, very easy to understand; practically, very hard to achieve. ECLC is passionate about empowering the community and works to advance and seek equality every day. This means facilitating and advocating for equal access to justice, to the justice system and to the information and knowledge people need to confidently manage legal issues.

ECLC provides free legal advice from its office in Boronia, at monthly outreach sessions in Rowville and through the Intervention Order Support Service at Ringwood Magistrates' Court (for people who are attending a Court hearing). ECLC has guidelines that dictate whether help can be provided beyond the advice appointment. Often, ECLC provides referrals to other community organisations and services that allows people to access the help they need – be it tenancy advice, financial counselling or other support and information. Similarly, ECLC accepts referrals from other community groups and organisations, and works with clients to engage equitably and fairly with the legal system.

Janet's Story

Janet had an Intervention Order (IVO) application brought on her behalf by the police (also known as a Family Violence Safety Notice). Janet was confused about the application and the options available to her. The police referred her to the ECLC Duty Lawyer Service at the Ringwood Magistrates' Court so that she could access independent legal advice. Janet met with the Duty Lawyer in the Court's 'Protected Persons Space', where she was also supported by the Court Applicant Worker. The Duty Lawyer provided Janet with information about her options.

After speaking with the Duty Lawyer, Janet had a better understanding of why the police had intervened in her matter. She also felt more confident about instructing the police and asking for the IVO respondent (perpetrator of family violence)



Belinda Lo and Marika Manioudakis at the Family Violence Team launch

to be removed from her home so that she and her children were protected. The Duty Lawyer also provided Janet with simple family law advice so that she was aware of the legal options available to her in relation to child contact issues.

Can we help you?

ECLC provides free legal advice and education on a range of issues, such as family law, family violence, fines and infringements, neighbour disputes, tenancy, debt, consumer issues and more.

If you're unsure if you need legal help, take a quick legal-health check now by answering the following questions:

- Are you due in Court?
- Is anyone chasing you for money?
- Do you have unpaid fines?
- Are you a tenant and do you have hassles with bond/rent arrears?
- Are you experiencing violent, threatening or controlling behaviour by someone you know and trust?

If you have answered 'yes' to any of the above questions, or you are unsure about one or more of these problems, please call ECLC on (03) 9762 6235 to find out what help is available. If ECLC cannot assist you, you will be referred to the right service for your particular need.

ECLC can also offer community legal education on various topics to local community groups and services about legal issues relevant to them. If you're interested in having someone come out to speak to your group, please contact ECLC and ask to speak to the community development worker.

Eastern Community Legal Centre
Suite B, 6 Floriston Road, Boronia
T: (03) 9762 6235 E: outereast@eclc.org.au
W: <http://eclc.org.au/>

Knox City Tennis Club News by Gary Leech

The club's Open Day will be held on Sunday 12th February, 10am to 2pm. Everyone is welcome to come and enjoy the entertainment, meet the club coaches, enjoy prizes, giveaways, free court hire and BBQ. Special club membership discounts will be provided for attendees.

The club held its annual Club Christmas party in December and a record number of 110 members attended the day which again was a huge success. Thank you to the club committee and junior parents who helped out with the setup, cooking, serving and clean up. We presented the 2016 Junior Competition Awards on the day and we would like to thank the Groove Train Knox Ozone for supplying the trophies for the year.

Our night competition season ended in November with 5 teams winning premierships. Our 3 top graded teams all won their respective premiership flags, A Res Monday Ladies Hammers, A Res Wednesday mixed Clovers and Thursday Sect 1 singles/doubles Slupnot Magos all had great wins. The Tuesday Rockets and Rising Stars teams were also winners of the big blue flags and premiership beer glasses. Congratulations to all the players in these 5 teams for ripper seasons.

During the Christmas break, we have had over 45 players competing on Tuesdays and Thursday nights in our in-house night competition. Jeff Connan, our club life member, with the assistance of Phil Mendue and Geoff Woodward organise this annually in between social and fun competition.

Our weekend morning juniors have 6 teams currently in the top 4 of their respective competition sections. There will be 4 more matches then finals commencing in February and we wish all players the best of luck for the remainder of the season. Our Saturday senior adult afternoon teams have 5 out of 7 all in the top four looking good for the finals.

The committee would like to thank Rex Thompson who has run our weekly Thursday morning super social senior program for the past 6 years. Rex has handed over the organising of this important program. Anyone in the community is welcome to come down and join these wonderful energetic players.

The Triples M's, "Monday Morning Mums" program started back again in February with a social group enjoying some fun and easy light-exercise hitting. Their kids enjoy fun play time with sporty toys now available at the club. Anyone in the community are welcome to join us at 10am each Monday morning. \$5 including morning tea. Contact Jo, president@knoxcitytennisclub.com.au or visit the clubs facebook page for details.

Our Tuesday mid week ladies team won their grand final after all sets and games were tied up after the end of the match. So a tiebreaker was played out with our girls winning under massive pressure.

The 1st Sunday of the month, the club provides FREE Social Tennis for Families through the Community Hot Shots program run by the club committee and club coaches. Everyone is welcome, just come

SPORT NEWS

along, find a spare court, balls, nets and racquets are supplied. Many new kids joined the Velocity Hot Shots Coaching and Competition program in 2016. Hot Shots is a growing sensation across Australia and more kids are playing tennis matches at an earlier age. Contact Gary 0438018820 for more details about the Community or Kids Hot Shot program.

Three Knox City club junior players (Elias, Isabella and Nathanael) along with another 12 from the region, were selected into the 2017 Australian Open Ballkid Squad.

Knox City has developed an All Abilities tennis and fitness program on Monday afternoon utilising the professional tennis coaching services of Tim Beare with a group of kids and adults from Interchange. Interchange is a not-for-profit member organisation which supports agencies who provide family respite and social opportunities for children and young people with a disability.

Play Social, enjoy the serenity at the Knox City Tennis Club.

Knox City Tennis Club Inc. Coleman Reserve
Neville St, Wantirna South
Web: knoxcitytennisclub.com.au
Facebook: facebook.com/knoxcity.tennisclub/
Membership: Jeff 0409 936 696
Court Hire: Emma 9801 5879 or email knoxcitytennisclub@gmail.com
Coaching: Gary 0438 018 820 or email velocitytennis@bigpond.com

The Media's Influence by James Keam

Earlier this month the tragic hospitalisation of Essendon legend James Hird from an alleged drug overdose turned heads immediately, and the media – in particular, the larger media outlets - were quick to write sympathetic articles explaining the events leading up to the incident and wrote that his mental health was unstable prior to the event. Whilst all of this is true, what they have neglected to include is what contributed to this mental instability. And I can almost guarantee that the media in general played a large part in this.

By this, I mean that the same media outlets who were offering sympathy a few weeks ago were painting the Brownlow winner as a cheat and a good-for-nothing coach who decided to buff up his team by overseeing the infamous Supplements Program that would find him in the Hot Seat for the rest of his coaching career. Nationwide front-page exposure, and blow-by-blow descriptions of each event as the saga unfolded brought unwanted and negative publicity and has damaged the Hird and Essendon names for many years to come. I can't mention that I barrack for Essendon without a 'druggo' sneer, and I am not willing to experiment as to what would transpire were I to mention that Hird was – and to a certain extent, still is - my favourite player. Because the saga dragged on people were bound to hear it eventually. But, in large part because of the media's attention, James' children and no doubt Hird himself will have difficulty walking down the street or doing anything else for that matter without receiving negative or crude comments. I have no doubt as to how debilitating this would be to Hird or anyone for that matter who would have to face this on a day-to-day basis.

The point of the article, however, is not a spiel on the public treatment of James Hird, or defending him on a biased view that he had done nothing wrong. Rather, it is important that people understand the effect of the media. These days, more so than in previous decades, we are ever so subtly exposed to the media on an everyday basis. Additionally, we live in a world where people don't seem to have enough time to check sources or to find both sides of a story, and we simply assume that whatever we've read must be correct. In the case of Hird, this would cost him a lot more than his reputation and career.



**KNOX
FESTIVAL
2017**

**4 & 5 MARCH
WALLY TEW RESERVE
FERNTREE GULLY**

 **KNOX.VIC.GOV.AU/KNOXFESTIVAL**

Templeton Tennis Club News by Don McCracken , President

Welcome back to TTC news for 2017.

Our summer competitions recommenced over the weekend of the 4th February. Accordingly, there aren't too many weeks left until this season is complete with finals in March. At the time of writing, (mid Jan) we have 8 of 14 junior teams and the seniors have 2 from 5 teams currently in the top 4. Let's hope the good form stays with us after the long Christmas break! Mid week ladies , Wednesdays, recommenced the week of the 31st January and Tuesdays are mid way through their current season and holding their own.

The next Saturday season (winter) will be upon us very shortly so if you are interested in playing competition commencing in April please make contact with one of our conveners'. Seniors, Andrew Wade, 0413 595 274 or Juniors, Pam Stewart 0402 080 054.

Night competitions; Monday, Tuesday and Wednesday nights are back in full swing as of the 5th February and progressing well. Come for a look and maybe 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 on 9800 3316.

Our annual Open Day (4th February) has also been conducted as part of the Festival of Tennis in the Knox area. We thank all involved in this day.

We will, as part of Councils energy audit (EAGA – Eastern Alliance for Greenhouse Action - 7 councils in the Eastern Region are involved in this program)) been fortunate in having all our club house lighting changed to LED.

We are also still progressing with the improvements to the switchboards in the clubhouse and replacing, with LED, the lights on courts 7 & 8. We have received assistance with this from the Department of Infrastructure and Regional Development, Stronger Communities Grants program and our local member, Alan Tudge , to the value of \$10,000 and Knox Council have also approved \$8,700 via their Local Community Minor Capital Grants program towards the cost of these works.

e thank both the Federal and Local government bodies for their ongoing support of local clubs, especially Templeton.

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.

SPORT NEWS



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

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

All the best for 2017.

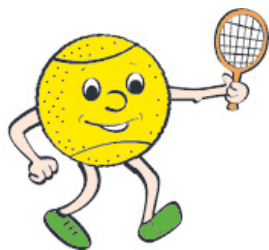
Templeton Tennis Club Inc.
Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 63 G9
Membership: Leanne 9887 1957
Clubhouse: 9887 3505
President: Don 9800 3316
Coaching: Kelly 0414 874 482
Website: www.templetontennis.com.au
Email: president@templetontennis.com.au

Wantirna Tennis Club News by Alison Rogers



The heat is on

Well the Australian Open has come and gone. As usual with the weather we had both extreme heat and a few showers thrown in. If you are like me you may have watched matches on a daily basis either on the TV or by visiting Melbourne Park. It was wonderful to see our up and coming Aussie Juniors experiencing the 'time of their lives' playing in the early rounds.



In round 16, we were excited to see one our Wantirna Juniors Chelsea S tossing the coin on the Margaret Court Arena. What an honour. This will be something she will remember for many years to come.

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



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, including a new BBQ area and 9 tennis courts in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for

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

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

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

PO Box 5295 Studfield 3152 Web: www.tennis.com.au/wantimatc/

WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club

Club Secretary: Alison 0408576025 or email wantimatennis@gmail.com

Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com

Coaching Face book: www.facebook.com/troyandmiketennis.com

Tennis Knox Festival of Tennis

On the tail of the Australian Open we had quite a few Clubs in Knox participate in the Festival of Tennis. This was the chance for Mums and Dads, children and friends to all come on down and have a try at playing tennis at our Club. With a free sausage thrown in, it was a great social occasion. If you missed this day, please contact one of the Coaches listed below and we can arrange a hit at a later date.

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.

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