

# STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM  
SCORESBY AND KNOXFIELD

19,000 COPIES DISTRIBUTED AROUND THE CITY OF KNOX



EDITION 39

DECEMBER 2015/JANUARY 2016

- CNAV CONFERENCE
- 2015 WRITING COMPETITION
- U3A KNOX ART SHOW
- THE PIERGROSSE FAMILY OF BAYSWATER

FREE

**We're part of the team.**  
**Why don't you join us?**

 **Bendigo Bank**  
Bigger than a bank.

Switch To Wantirna Community  
Bank® Proudly Supporting SWCN  
Phone 03 9720 4122

# FREE Hearing Aid Trial!

- *Acute Hearing Solutions is a family-run audiology practice, which has provided friendly, personalised service to the Community for over 25 years.*
- *Hearing services available for children, adults, pensioners, veterans, Work Safe clients and industry tests.*
- *Bulk billed hearing assessments available.*
- *Free hearing services for Pensioners and Veterans.*
- *Our specialised clinicians are trained to fit you with the latest hearing aid technology.*



**Don't miss out!**

**Call 9870 2899**  
for an appointment.

AcuteHearing  
Solutions



**Wantirna: Wantirna Mall Clinic, 621 Boronia Road**  
**Ringwood: Suite 6, 34-36 Bond Street**

## Information

Published by: Studfield Wantirna Community News Inc.  
ABN: 98259005633 RAN: A0054764G  
PO Box 6159, Wantirna Mall 3152  
**swnewspaper@gmail.com or**  
**swnewspaper2@gmail.com**  
**Telephone: 9881 7145**  
**http://www.studfieldwantiranews.org**  
Volunteer newspaper production team:

Editor: Janet Claringbold Peter Coluccio  
Coral Carew Keith Slater  
Charles Carew Jenny Slater  
Kerrie Ilsley Fred Stadly  
Matthew Hjelm

Photographers: Chris Ellis & Peter Coluccio

Additional Distribution: Murray Claringbold & Sheila Bingham.

Wantirna College Reporter: James Kearn

Front cover: Wantirna Heights Probus Club walkers.

Copies: 19,000 copies produced & delivered to houses in Studfield, Wantirna, Wantirna Sth, Knoxfield & Scoresby and through local distribution points including: Bayswater, Knox City Council & Libraries.

Affordable advertising rates with discounts for multiple bookings. Call Charles on 0409 255 991

### DEADLINE DATES FOR 2016

Ed. 40 Feb/March Friday, 15 January 2016  
Ed. 41 April/May Friday, 11 March 2016  
Ed. 42 June/July Friday, 13 May 2016  
Ed. 43 August/Sept Friday, 8 July 2016  
Ed. 44 October/Nov Friday, 9 September 2016  
Ed. 45 December/Jan Friday, 4 November 2016

Format design by Tamara Bouzo

Fonts sourced from: <http://www.jennasuedesign.com/>

<http://code.newtypography.co.uk/> - Vernon Adams

Printed by Newsprinters

## Content

Around Town	Page 3
Environmental News	Page 4
Knox Hospital News	Page 6
News from The Bendigo Bank	Pages 7
Library News	Page 8
Entertainment News	Page 9
Writing Competition	Page 10
What's Cool at School?	Page 11
Community Pharmacy	Page 12
Wantirna News	Page 13
Scoresby News	Page 15
News in Good Health & Wellbeing	Page 16-17
Knox Youth News	Page 18
Studfield News	Page 19
U3A News	Page 21
Bayswater News	Page 22-23
Community News	Page 24-25
Sport News	Page 26-27

**Disclaimer:** Views and comments expressed in this paper are not necessarily those of any member of Studfield-Wantirna Community News. Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, Studfield Wantirna Community News takes no responsibility for errors. **Copyright:** No reproduction, copy or transmission of this publication may be made without written permission or in accordance with the copyright act.

## Editorial

Wishing all our readers a happy Christmas and safe and enjoyable holiday season. We all deserve a break from time to time, as I have done recently!



*Photo from Wendy's Secret Garden in Lavender Bay, NSW.*

If you have a holiday snap of yourself reading SWCN, send it in to [swnewspaper@gmail.com](mailto:swnewspaper@gmail.com). The most unusual or astonishing photo will be eligible for a prize!

*Janet on behalf of the team*

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



## Lions say "thank you"

The Lions Club of Wantirna operate a Sausage Sizzle on the 3rd Saturday of each month between 8.30 and 12.30 outside Boococks Butchers. We would like to take this opportunity to acknowledge the generous donations of sausages from Boococks Butchers, bread from Brumby's and onions from Studfield Fruit Market. All proceeds are assigned to a worthy cause within our community.

Below is a photo of our club members and our friendly local butcher 'Stretch'.



## CNAV Conference 2015

Our team members attended the 10th Annual Conference of CNAV (Community Newspaper Association of Victoria) which was held locally at "The Foothills Conference Centre" Edinburgh Road, Mooroolbark. The Centre proved to be a very popular choice with the sixty or so members who travelled from all parts of the State.

We could recommend the Centre as not only is it beautifully concealed in a secluded spot at the foot of the Dandenongs, the standard of the accommodation and delicious food served by the attentive staff was excellent and equal to any high priced centre in the heart of the city.

The Conference is a coming together for members from all over Victoria to compare the highs and lows of putting a local community newspaper together. Some papers are printed weekly, fortnightly, monthly or bi-monthly and are often the life blood of small country towns. Many are produced by a very small volunteer committee who are committed to provide the very best local news coverage relevant to their community.

The highlight of the morning was guest speaker Peter Wearne. Peter has over 30 years experience in dealing with problems affecting young people, particularly those who are marginalized.

He is particularly interested in working with police to improve their response to young people who have alcohol, drug, and criminal behaviour issues, and as a result of this, has founded and managed St Kilda Youth Services.



SWCN's Charles Carew (Centre) and other community newspaper volunteers

Workshops are an important part of every conference with topics covered this year "Writing Tips", "Vibrant Ways to engage with your Community" and "Making Photos Happen". These helpful workshops this year were led by experienced members of CNAV who can impart their knowledge in an informal and engaging way.

Members gathered in the evening for a delicious dinner followed by the presentation of awards for nominated topics such as Best Newspaper, Best Community Content, Best History Story, Best News Feature, Best Design and Layout and Best article written by a contributor under the age of 18 years. As the criteria were of such a high standard our entries did not make the grade however we were pleased to congratulate our colleagues from the Rowville Lysterfield News and the Ferntree Gully News who were successful.

We will strive to join the high achievers in 2016!!!!

## NBN Coming To Knox Next Year

from Alan Tudge, Federal Member for Aston

As part of the accelerated rollout plan, the National Broadband Network (NBN) will commence in Knox from next year.

I have been pushing for this for a long time and am so pleased it will finally be delivered.

Ninety per cent of Knox homes and businesses will have access to the NBN within three years.

I held a Broadband Forum with the now Prime Minister Malcolm Turnbull where local residents discussed the problems that they have been facing with high speed internet connections in the area.

Many locals explained that their broadband access is just not good enough and currently can't even get basic ADSL, let alone speeds fast enough to study online or Skype.

That is why it is so exciting that construction will start next year in Rowville and Lysterfield where broadband is not accessible at all.

The rollout will be a mixture of existing and new hybrid fibre-coaxial (HFC) lines and fibre-to-the-node (FTTN) technology.

As a part of the rollout, the expansion of the HFC network will follow existing practices; it will be placed underground where that has been the case previously, and installed overhead if the aerial lines are already in the area.

Visit my website at [www.alantudge.com.au](http://www.alantudge.com.au) to find out when your area is scheduled to be upgraded to the NBN.



**Alan TUDGE MP**  
FEDERAL MEMBER FOR ASTON

Real Action For Knox



(03) 9887 3890  
[www.alantudge.com.au](http://www.alantudge.com.au)  
[alan.tudge.mp@aph.gov.au](mailto:alan.tudge.mp@aph.gov.au)  
alantudgemp add me on Facebook to stay in touch

## The Power of the Seeds?

Why you may ask, should we concern ourselves with saving the seeds of vegies/plants in the 21st century? Aren't the seeds and pips the bits we throw away? And can't we just buy more when we need them, if we feel like growing our own?

Don't be so quick to dismiss the humble seed. It is, after all, where the next generation will spring from. With all the talk about GMO and hybrids it is important to realise that seeds should be available to everyone to grow their own produce if they so desire.

An important group of seeds to consider are those from the Heirloom varieties. These are open-pollinated plants that successfully reproduce themselves through seed. The resulting offspring are basically the same as the parent plants; that is, they grow true to type. This is not the case with Hybrid plants which are cross bred and generally revert to one of the parent strains if we try to propagate them from seed.

### Benefits of using Heirloom varieties:

1. Renewability. An obvious benefit is that you can collect seeds from veggies that you like and re-use them next season. You only need to collect seeds from a few plants to provide you with hundreds of

seeds, which when stored in a cool, dry, dark place can remain viable for years. There is no cost involved in collecting and saving seeds.

2. Heritage. By collecting seeds and re-sowing heirloom varieties, you are tapping into the rich heritage of what generations of growers have done before you. You become part of that legacy. Propagating heirloom varieties helps maintain biodiversity. GMO modifications reduce biodiversity.

3. Flavour. Many people believe that the heirloom varieties have superior qualities and unique flavours, compared to GMOs and hybrid types. They are certainly more colourful.

4. Choice. Rather than allowing agricultural companies to choose which traits your crops will have, you get to select next year's crop yourself. By keeping seed from the most hardy and flavoursome plants, you have control over the likely outcome of next seasons' crop..

5. Reconnection with nature. By saving seeds and growing your own vegies, you will reconnect with nature. You will become more observant and notice how things grow and develop.

### How to Save Seeds:

To successfully save seeds you need to follow a few simple principles:

- Ensure the seeds are "ripe", or viable, and completely dried. Storing seeds that are not dried properly can cause fungal problems and spoilage. . If in doubt, leave them to dry longer.
- Seeds from fruit setting plants like tomatoes, pumpkins, peppers, zucchinis etc can be collected when the fruits are ripe and fully coloured, however they need to be washed and have the any moist jelly like pulp removed before setting aside for drying.
- Green, leafy vegetables such as lettuce, silver beet, rocket, spinach etc and legumes, such as peas and beans, will set seed pods after flowering. Let the pods dry on the plant, and then collect the seeds when the pods are fully dry and brown. Placing dried pods in a paper bag and shaking it will release the seeds.

When the seeds are thoroughly dry, store them in labelled envelopes or containers in a cool, dark, dry place. They will remain viable for many years and produce plenty of fresh produce too.



## Whats been happening at the Ringwood Field Naturalists Club Inc.? by Jack Airey

August to November is a wonderful time of year for Field Naturalists. We move from the cold, grey winter into spring, bringing warmer temperatures, longer days and unpredictable spring rains which we know all too well in Melbourne! A lot of fungi disappear from the forests making way for spring wildflowers, and the local fauna prepares for the main yearly breeding season. Birds in particular are more abundant and active with nest building, territorial calling and displays. Frogs also start to make themselves heard in waterholes and creeks.

### Speakers

Our August night was all about photography as the Club hosted Wendy Clark, a well-known photographer and speaker, giving members insight into using photography in nature. Wendy is an expert photographer and spoke about camera settings, different lenses, composition and how to get that perfect shot. She shared many of her own photos throughout the talk to illustrate the skills she has developed over the years. Given the number of photographers in the Club Wendy's talk was especially enjoyed by members.

September is our AGM and saw our President Jack Airey complete his two-year term, passing the baton on to Peter Rogers. As is the tradition, the outgoing President gives the presentation for the night. Jack spoke on a new interest of his - macro photography. He took us on a journey into the world of arthropods - insects and spiders - showing close-up photos of both groups. It was a very interesting talk showing the avid photographer what is possible with relatively simple camera gear.

*Mycena interrupta - Pixie's Parasol*



The Club was visited by Dr Pat Bingham for our October meeting. Pat is an expert birdwatcher and gave us a wonderful talk on the nature of feathers. Pat explained the different types of feathers, their roles for birds, and their evolution from dinosaurs. Pat's talk gave members a much deeper understanding about feathers and birds in general.

In November two long-time members Alan and Hazel gave us a talk about Phillip Island, highlighting the various aspects of natural history still available there. This talk was specifically timed as our spring camp-out two days later was to 'the island'. Alan and Hazel showed members around their favourite parts of the island over the week-end and we all enjoyed beach walks and rock-pooling, among other activities.

### Excursions

Our August excursion was to the Dandenong Ranges. Under overcast skies we hunted for fungi and ferns in the wet gullies at Olinda Falls. We found a few fungi species and saw the usual bush birds like Grey Shrike-Thrush, Eastern Yellow Robin and Superb Lyrebird. After lunch we went to Kawarra Native Plant Gardens in Kalorama, which have a beautiful botanic garden and also a native Australian plant nursery.

In September we headed to the RJ Chambers Flora & Fauna Reserve in Pakenham Upper. This is a forest reserve specifically managed by the council to preserve native plants and animals. We found around six species of native terrestrial orchid, including *Chiloglottis valida* - Common Bird Orchid. We saw approximately 30 bird species including Rufous Whistler, Eastern Whipbird



*Eastern Yellow Robin*

and Crested Shrike-tit, with the highlight being terrific views of a male Mistletoebird.

For our October excursion we travelled down to the Langwarrin Flora & Fauna Reserve. This reserve of relatively undisturbed natural bushland is maintained by Parks Victoria and an active Friends Group. It is recognised as an important area for the conservation of indigenous flora and fauna and it contains several vegetation communities, quite distinct from each other, including open woodland and sand dunes. We first walked out over the Dune Track and then after lunch we walked through the woodland section. Langwarrin is well known for its native orchids and it didn't disappoint. We found two species of Sun Orchid, *Thelymitra rubra* - Salmon Sun Orchid and *Thelymitra ixioides* - Spotted Sun Orchid. We also found *Caleana major* - the Large Duck Orchid and *Diuris punctata* - the Purple Donkey Orchid, which were all real treats.



*Diuris punctata - Purple Donkey Orchid*

Over the next couple of months our Presentations will be: January - our outdoor meeting preceded by a walk in a local reserve.

February - Life Member Bruce Fuhrer talking on Thallose Liverworts

Meetings are held on the second Wednesday of each month at 7-30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melways 49 H10).

All visitors are welcome.

For more details phone Alison or Peter on 9801-6946. Website [www.rfnc.org.au](http://www.rfnc.org.au)

Photos in this edition by Jack Airey



SCHROEDER & WALLIS  
PEOPLE • PASSION • PROPERTY

## DYNAMIC DUO 2.0

*Proudly Supporting The Community*



*We wish you the very best for the forthcoming festive season.*

*Thank you to everyone for your support throughout the year.*



Geraint Gardner 0450 923 437

Neo Chen 0433 854 778

235 Stud Road  
Wantirna South

9908 3344

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

# Knox Private Hospital Celebrates Expansion to Care for Our Community



Knox Private Hospital is excited to announce the opening of stage one and two of its most recent development. With two new wards opening on the 30<sup>th</sup> of November, Knox Private Hospital is growing to meet the demands of the growing Eastern region of Melbourne.

After commencing preliminary preparation works in July 2014, now fifteen months later, the hospital has a new kitchen, additional beds, a new admission and discharge area, additional parking and new entrance.

Over the years Knox Private Hospital has continued to grow its facility and at the end of November will see us grow to a 359 bed hospital, meeting the demand for the healthcare of the 40 thousand plus patients that come through our doors each and every year and positioning us for the health needs of a growing population.

Justin Greenwell (General Manager) says “Over the years we have seen a continual growth in the Eastern suburbs, with a demand for healthcare in the eastern region. November will see the opening of 60 more beds allowing us to continue the high quality of care we pride ourselves on allowing us to do this in a greater capacity. Over the past 15 months we have grown the hospital not only in structure but with technology and specialist staff. At Knox we will continue to grow to meet the demands of our community.”

It's been a very exciting 15 months for Knox Private Hospital, with the purchase of a da Vinci surgically assisted Robotic System and on the 3<sup>rd</sup> of November we reached 100 surgically assisted Robotic cases, with a plan to continue to grow our Robotics program at the hospital, offering the most up-to-date medical technology and facilities available to those in the Eastern suburbs of Melbourne.

Knox Private Hospital is responding to the needs of our patients, doctors, staff and visitors by delivering exceptional care and outcomes under a multitude of medical disciplines, whilst continuing being able to offer the most up-to-date medical technology and facilities.

Knox Private Hospital understands that it is vital to keep pace with the growing population and medical needs of our community.

## The expansion includes:

- 2 New wards with 60 new inpatient beds
- 10 new Medical Consulting Suites
- Additional car parking
- New hospital main entrance
- New café, pharmacy and retail outlets
- Extension to Medical Imaging
- New hospital kitchen, loading dock & support areas



262 Mountain Highway, Wantirna, VIC 3152  
Phone: 03 9210 7000 | Fax: 03 9210 7200  
[www.knoxprivatehospital.com.au](http://www.knoxprivatehospital.com.au)

# NEWS FROM THE BENDIGO BANK

## Wantirna Community Bank® Branch Business Breakfast

The Wantirna Community Bank® Branch held a business breakfast for local businesses on 22 September 2015 at the Knox Club. The event, starting at 7.15 am and concluding at 9.00am, was well supported with over 60 people attending.

Wantirna Community Bank® Branch Manager Paul Jerram was MC for the breakfast and introduced guest speaker David Robertson – Head of Financial Markets at Bendigo and Adelaide Bank Limited who spoke about the recent economic conditions, trends and financial indicators that affect not only the wider economy but also how they may affect local businesses.

As they left the breakfast the general comments made by the attendees was that they found David to be an excellent presenter and his presentation to be very enlightening and informative that had held their attention.

Special guests at the event were The Hon Heidi Victoria – State Member for Bayswater, The Hon Nick Wakeling – State Member for Ferntree Gully and Councillor Joe Cossari Knox Councillor for the Collier Ward. Local businesses supported the event by providing six door prizes to be given away in a 'business card draw'. The Wantirna Community Bank® Branch would like to thank Snap Fitness, Back in Motion, Good Life Party Catering and King Bean (all located in the Wantirna Mall), The Knox Club and Bendigo Bank for their kind donation of prizes for the draw.

The branch would also like to express our appreciation to the Knox Club for the use of their venue as the location for the breakfast and for their excellent breakfast catering. The Wantirna Community Bank® Branch's ongoing partnership with the Knox Club provides an excellent example of two community groups working together to their mutual benefit and the benefit of their clients.

Without the support of Neville Goldsmith from the Knox Photographic Society the photos you see in this article would not have eventuated. The bank is indebted to Neville and the Photographic Society for acting as official photographer for the breakfast at no cost to the bank and especially to Neville for contributing his time. The bank intends exploring other partnership opportunities with the Society and encourages anyone with an interest in photography to find out more about the Knox Photographic Society.

Due to the success of this first breakfast function the Wantirna Community Bank® Branch is planning to hold further business information functions on an ongoing, periodic basis with the next function tentatively scheduled for early next year. If you did not attend the recent breakfast but would like to be invited to the next or future functions please contact Branch Manager Paul Jerram on 9720 4122 to have your name and the name of any colleagues added to the invitation list.



Participants taking the opportunity to network with other attendees.



Heidi Victoria and Joe Cossari with guest speaker David Robertson, Branch Manager Paul Jerram and Gary Hunter, chairman of the breakfast organising committee (Nick Wakeling had to leave prior to the photo being taken).



Guest speaker David Robertson addresses the participants.

## Bendigo Home Loans.

A fresh start is the start of something bigger.

While you're having your cuppa, ask yourself; **"Can I do better with my home loan?"**

Bendigo Bank customers are paying off their home loans at a record rate<sup>^</sup>.

So, consider a home loan from Australia's most reputable bank.

**Drop into your nearest branch at Wantirna Mall, 348 Mountain Highway, Wantirna or phone 9720 4122 to find out more.**



**Bendigo Bank**  
Bigger than a bank.

Wantirna Community Bank® Branch

Terms, conditions, fees, charges and lending criteria apply. Full details available on application. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. <sup>^</sup>Based on excess repayment figures since 2012. \*As ranked by AMR Corporate Reputation Index 2015. The 60 companies included in the Reputation Index are sourced from the IBIS World Top 1000 Company list. The Reputation Index collates insight direct from consumers, and does not rely on any information provided by the companies being studied. S52650-12 (277475\_v1) (9/10/2015)





## Have You Visited Realm?

Part of the Eastland redevelopment, Realm integrates a library, learning centre, art space and Council service centre into one dazzling community hub located in the heart of Ringwood. Your current Eastern Regional Libraries membership card works at Realm, so you can borrow to your heart's content! Be sure to check out our new Hot Picks collection, as well as the café, business centre and meeting rooms.



*Realm at the Ringwood Town Square*

## Learn Apple iCloud at Knox Library

Join the Knox Library team for a special event introducing Apple iCloud for iPads & iPhones. Our knowledgeable host will detail the benefits of the iCloud service and how it can add features to your device. Learn about synchronising your files, emails, contacts and passwords between devices, and ask questions to help decide whether this service is right for you. This session is geared specifically towards Apple iPad & iPhone devices – bring yours along!

This free event begins at 2:00 pm on Friday 11 Dec. Bookings: 9800 6470.



*Expanded Non-Fiction Collection*

## Getting Started Selling on eBay at Knox Library

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

This free event begins at 2:00 pm on Friday 22 January. Bookings: 9800 6470.

# LIBRARY NEWS

## Discover Pinterest at Montrose Library

Pinterest is the social network for those who want more than just selfies and photos of people's breakfast! Join the team at Montrose Library for an exploration into Pinterest, a visual discovery tool that you can use to find ideas for all your projects and interests. It's not like Facebook or Twitter, it's more like a fascinating visual search engine that inspires creativity with every click.

This fun and free event begins at 10:15 am on Saturday 5 December. Bookings: 9800 6490.

iCloud, eBay & Pinterest are just a few of many great technology talks and workshops happening throughout Eastern Regional Libraries. If you're a keen learner, be sure to ask for our Technology Events Guide at your local library, and join our monthly eNewsletter at: [www.YourLibrary.com.au](http://www.YourLibrary.com.au)

## Montrose Library Halloween Spooktacular

The Montrose Library and Town Centre recently teamed up to host their Spooktacular Halloween event. Over 150 kids went trick or treating through the local business strip and ended the day with spine tingling stories from Matteo the storyteller. In addition to providing a fun and safe Halloween experience for kids, the program introduced families to many great shops and services in the area. Fun was had by all!



*The kids packed into the Montrose Town Centre for a scary story from Matteo*

## Christmas Library Opening Hours

The festive season is just around the corner and our libraries have altered opening hours. All branches are closed on the main public holidays with some experiencing modified hours on Christmas & New Year's Eve. Keep an eye on [www.YourLibrary.com.au](http://www.YourLibrary.com.au) for full details a little closer to the festivities.

On behalf of your library team, have a very Merry Christmas and Happy New Year!



*New Children's Entertainment Space at Realm*



# ENTERTAINMENT IN KNOX

## An Old Favourite is Coming Back!

Many of you may have already seen the building works for the new Knox Tavern are streaming along at an exciting pace and it is fast turning out to be the high quality venue that already showcases an atmosphere unrivalled anywhere in the local area.



It's looking like the opening date will now be late January and from the artist's impression, pictured below, the new venue will be well worth the wait.

The new Knox Tavern will have something for everyone to enjoy ...

- Big screens in the sports bar to watch all major sporting events;
- Café lounge to relax in for a coffee, light meal or a drink with friends;
- A new family friendly bistro with a kid's playground and kid's club to keep the whole troop entertained; plus
- All your old favourites.

The Knox Tavern website ([www.knoxtavern.com.au](http://www.knoxtavern.com.au) and Facebook page <https://www.facebook.com/knoxtavern>) will keep you updated on the progress.

The staff at Knox Tavern, wish you all the best for the Holiday Season and a Happy New Year.

See you in 2016!

## Striking Accord

### Knox Liquor Accord launched

Licensed venues will be better equipped to serve the community and some of the community's most integral authorities will benefit from a cohesive strategy to reduce alcohol related harm in Knox thanks to the launch of the Knox Liquor Accord today.

Knox Mayor Peter Lockwood launched the Knox Liquor Accord and called on venues across the community to join the Accord to help reduce anti-social behaviour.

"This Accord aims to consider the social impact of alcohol, the location of premises where it can be purchased and provides a forum for Council to consider the level of social impacts of licensed venues, particularly on vulnerable community members."

The Knox Liquor Accord has been informed by research undertaken by Council's Community Safety team and RMIT University's Dr Marg Liddell and Dr Diana Johns. This research studied the use of alcohol in Knox O-Zone for a period of four months to help inform the Accord.

The Knox Liquor Accord will be administered by the Knox Liquor Licensing Accord Steering Committee, which is led by Knox City Council and includes the Knox Police Licensing Inspector, all local Senior Sergeants, Knox Licensee representatives, Westfield management and the Victorian Commission for Gambling and Liquor Regulation.

"Membership of the Accord is voluntary and all venues, clubs and liquor outlets are encouraged to sign up.

"The Accord will be able to provide a platform for even more dialogue between Police, security staff, venue operators and Council. This greater understanding of each other's respective roles and responsibilities will result in more timely and cohesive conflict resolution inside venues, starting today and reaching well into the future."

# KNOX TAVERN

## EXCITING NEWS FOR EVERYONE

NEW  
CAFÉ

NEW LOYALTY REWARDS

GREAT PRIZE GIVE-AWAYS

FAMILY  
BISTRO

SPORTS  
BAR

BIG  
SCREEN

KIDS  
PLAY  
GROUND

2016

THE KNOX TAVERN WILL RE-OPEN 25<sup>TH</sup> JANUARY

with a spectacular Grand Opening Day on 20<sup>TH</sup> February

[www.knoxtavern.com.au](http://www.knoxtavern.com.au)      [www.facebook.com/knoxtavern](https://www.facebook.com/knoxtavern)

**Secondary School Winner****Afraid**

by Jacey Quah, Wantirna Secondary College

The city's heart is still, silent – the whisper of a forlorn breeze brushing past its cold peaks. Her hooded figure stood above it all, masked in darkness as she gazed forward with unblinking eyes.

She's distanced herself from the glass windows, but the view still confronted her, striking fear at her heart. The horrors were rooted deep within her, hidden and tucked away until the spark of a flame ignited them. One spark and the darkness was alight with fire... and alive once more.

Her eyes shut instinctively, her fragile body paralysed and numb with memory. Poison seeped into her bones, coursed through her veins and swallowed her sanity.

She craved freedom to be free from the bindings of these thoughts.

With a shaky breath she lifted her head and straightened her discouraged shoulders, clasp her trembling fingers into brave fists. Eyes like the endless stretch of midnight sky fluttered open, brimming with life. They blazed and flickered with the flame coursing through her body, quietly buzzing with fear and courage.

She faced the whispers with an unwavering stance, her steps heavy with doubt. Each step brought her lonely figure closer to the city's sights until the view completely engulfed her. Her erratic heartbeat echoed in her ears as shallow breaths began to plague her lungs. Ahead of her the faint outline of her features merged with the dull city; desolate eyes meeting those devoid of spirit.

A foot collided with glass, and that's when she froze.

There she stood on the periphery of conquering her fear.

**Primary School Winner****Freedom**

by Thirani Munasingre, Templeton Primary School

Thud. Thud. Thud. My heart beat rang out in my ears as I sprinted. I had been running for hours on end. I wanted to stop. I needed to stop. I couldn't. Not if I wanted to escape. No, I could never stop. Not yet.

My chest was burning and my bony ribs tapped away at my skin. My watery eyes, they were locked, locked on the small opening of dim light miles away. My arms swung to a rhythm of a marching band, quick and sharp. The long fingers were curled inwards, secured by the gnarly thumbs. My weary legs were practically flying, barely touching the slippery ground. My knees were starting to buckle, but I kept sprinting.

I saw the opening spot turn into a circle then a bigger blob. I had run enough for now. I could take a small rest. I collapsed onto the slimy ground. I dug into my pocket and pulled out an almost empty bottle of water. I scoured the other pocket and found three measly crumbs of bread. Well it would have to do.

Feasting on my scarce meal of a crumb of bread and two sips of water, I sat there in the dark thinking about the things that have happened in the past few days. Those words, why was she screaming them out? Get to the light, find it! It will bring you freedom! Why? Why were they the last words she chose as they dragged her off? So many questions, no answers.

"Why?" I shouted into the darkness. I was so frustrated. Why? Why? Why? My voice echoed through the tunnel. I shuddered. All alone in the dark, freezing to death, not knowing what to do. I'm only nine.

I started walking towards the opening. I held an arm out in front of me. I could make out the white armband on my wrist. The dark blue six-pointed star gleamed at me in the light.

Suddenly I heard a noise. Two pairs of clattering feet "Over here!" a gruff voice called. They were coming! I started to run but slipped on the hem of the blue and white striped pyjamas. I landed hard hitting my knee on a jagged rock. Pain erupted in my knee. I peered down and saw dark red blood oozing slowly down my leg.

I tried to stand up and hobble to the clearing but didn't have strength. The footsteps were getting louder and louder. My knee was throbbing with agony. I felt a hand grip my shoulder. Not a comforting one. This hand was rough, the fingers grinded into my shoulder. They jerked me upwards and towed me back, further away from the opening. I yanked and heaved but his grip was too strong.

My legs were aching and my knee was in pure anguish as they hauled me away. I had failed. Now to live a life of torture in the hands of what others call the Nazi...

**Writing Competition – Judge's report**

Once again a very strong field of young writers submitted their work to the competition.

The winner in the Secondary School section, "Afraid", is a haunting piece about an unknown protagonist facing and fighting the fears within and without. We feel her self-doubt and struggle with her willing her on to triumph over the void.... but does she? Terrific writing.

The winner in the Primary School section, "Freedom", is equally compelling. The fear of being chased by unknown assailants is palpable. Will they escape and find a way out of the darkness or will the creatures of Darkness succeed in their chase? Again the writing is concise, emotive and realistic.

Finally I would like to commend another entry from the Primary Schools – the poem "There's a Dinosaur Outside My Window" is just asking to be turned into a children's picture book. It perfectly captures the wonder of a child's imagination and how that sense of wonder unfortunately diminishes as we get older..... or it does, for some adults.

**Paul Burden - Information Services Manager Eastern Regional Libraries**

**Schools Page**  
**proudly supported by**

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

[nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) [www.nickwakeling.com.au](http://www.nickwakeling.com.au) [facebook.com/NickWakeling](https://www.facebook.com/NickWakeling) [Twitter.com/nickwakelingmp](https://twitter.com/nickwakelingmp)

**STATE MEMBER FOR FERNTREE GULLY**

**Nick**  
**Wakeling** MP



**Highly Recommended**  
**There's a Dinosaur**  
**Outside my Window**

by Niamh Gallagher, Templeton Primary School

There's a dinosaur outside my window,  
It comes from far away.  
When I stick my head outside,  
It comes again to play!

There's a dinosaur outside my window,  
Playing with my cat.  
If it doesn't look out  
The cat will soon be flat!

There's a dinosaur outside my window,  
Jumping all around.  
First it flies up through the air,  
Then thumps back on the ground!

There's a dinosaur outside my window,  
It's eating pasta sauce.

There's a tub of ice cream on the ground,  
For after its main course.

There's a dinosaur outside my window,  
Playing tic-tac-toe.

But it's Christmas time in England  
And the game board's lost beneath the snow!

There's a dinosaur outside my window,  
Hunting Easter eggs.  
When it doesn't find any,  
It comes to me and begs

There's a dinosaur outside my window,  
But it's coming less and less.  
I am getting older now,  
I can't hear what it says.

There's a dinosaur outside my window,  
But that was when I was young.  
Now I've gotten older,  
It simply doesn't come.....

# WHAT'S COOL AT SCHOOL?

## A Strong and Supportive Community at WPS



Wantirna Primary School is proud of its history of educating students for over 103 years. It was originally named S.S. Bayswater West and was officially opened on the 22nd January 1912 with five students on the first roll.

In 2015, Wantirna Primary School, 120 Mountain Highway in Wantirna caters for 115 students of culturally diverse backgrounds. The school has a particularly supportive and strong community and students delight in the students, staff and parents all knowing one another.



Our original school building hosts our Visual Arts classroom which along with Physical Education, Performing Arts and Spanish comprise the specialist subjects we offer.

Students from F-2 are located in our Junior Learning Unit and Levels 3-6 are in the

main building of the school. Wantirna Primary School is fortunate to have spacious grounds where all the children can engage in both active and passive play activities.

In the early years of the school, a concert was held in order to aid the Patriotic Fund during the time of WWI. The current day students of Wantirna Primary School enjoy

alternating years of a Whole School Production and a Gala Ball to celebrate their achievements in the Performing Arts curriculum.

We are very proud of our children's positive attitude to learning, participation in a range of sporting events and their confidence and leadership skills.

For families who are seeking small class sizes, personalised learning and great opportunities for your children, we invite you to visit Wantirna Primary School.

Please make an appointment to have a school tour with the new school principal Sue Fergeus on 9801 1938.



## Springfest - a student perspective

by James Keam, Year 8 - SWCN Reporter

It's that time of year again. The new crop of Year 12 students from around Victoria undergo the final tests in their 7 year long High School journey. Though, quite literally, their final TESTS. Yes, I am talking about the end of year exams. Their future, fate, destiny, whatever you want to call it, lies in what they do over the next few weeks.

But, hey, at Wantirna College the Year 12's had a reason to celebrate. On their final day of scheduled classes, Monday the 19th October, the Year 12's enjoyed themselves and also interacted with younger students, usually in a positive way.

In amongst all this excitement is what is known amongst students and the SRC body as 'Springfest'.

Springfest is a fun day celebrating our Year 12's achievements and a student body of volunteers worked extremely hard to make sure this event was well organised and that the day ran as smoothly and as great as it did. Such novelty attractions as a student run Fairy Floss Machine (which I was very proud to be a part of), a Tour-de-france-esque Bicycle powered juice maker, and perhaps the most amazing of all, a fire-eater, who interacted with the audience and, as the name suggests, actually ATE fire! He also performed other fire related entertainments like juggling flaming bowling pins and balancing flaming rods on his tongue!

He even involved Principal Sue Bell in his performance! Truly, for the Year 12's attending this event, it was a day to remember!

Perhaps the day was even sweeter for senior members of the Wantirna College SRC body, who worked closely with the College captains to secure the day's attractions, but then left the duty of running things on the day to the more junior

members. This provided invaluable experience to those students (myself included) and also allowed for these exceptional Year 12's to enjoy themselves, to have fun, and, most importantly, to forget about the short, but stressful road ahead. As you can see, events like these and many more fun and fantastic activities go on at Wantirna College. Perhaps next year, even greater things will occur. But one thing's for sure

I'm bringing a raincoat to protect myself from any water balloons that might fall from the skies next year!!

**Schools Page**  
**proudly supported by**

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

✉ [nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) [www.nickwakeling.com.au](http://www.nickwakeling.com.au) [facebook.com/NickWakeling](https://www.facebook.com/NickWakeling) [Twitter.com/nickwakelingmp](https://twitter.com/nickwakelingmp)

**STATE MEMBER FOR FERNTREE GULLY**

**Nick**  
**Wakeling** MP



## Wantirna Community Pharmacy where we care for you, not for profit

Wantirna Community Pharmacy has proudly served the local community for 35 years. As a 'not for profit' member based organisation our priority is the needs of our valued members.

We would love for you to come in and meet our professional team who are dedicated to customer care and wellbeing. Together they have over 150 years' experience in the industry.

### Healthy Community Clinics

Our busy lives often mean that our health takes a back seat to more pressing priorities. While it's common to wait until symptoms are advanced before seeing a doctor, early intervention can contribute to a faster recovery and avoidance of more serious complications down the track

Our health clinics offer advice, information and screening to help tackle our community's most pressing health concerns. Our monthly clinics include:

- **Cardiovascular** • **Healthy Lung** • **Weight Management** • **Naturopath** • **Hearing**

We also conduct MedsCheck's for customers, a review that entails a comprehensive checking of all your medications including prescription and non-prescription medicine and any complementary/herbal remedies that you may be using. The aim of this individualised consultation is for our pharmacists to assist you to improve effective use of your medicines, to identify and discuss any problems, such as, undesired side effects you may be experiencing and to provide you with helpful tips on how to best use/ store your medicines with the ultimate aim of helping you to gain optimal, cost effective health outcomes.

### Member Benefits

Becoming a Community Pharmacy Member is easy and there are genuine savings across all our stores. Our members enjoy access to exclusive member only promotions, special offers and events. Further discounts include:

- **5% discount on all catalogue promotions**
- **Up to 15% off everyday pharmacy needs**
- **15% off non-government subsidised prescriptions**
- **10% off all our Community Health Clinics**

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

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



## Events at your Community Pharmacy

### CHRISTMAS CATALOGUE

Come in for our first ever Weekend VIP, enjoy samples and giveaways.

Receive up to 20% off all Christmas Gifts.

Saturday 5th and Sunday 6th of December

### SUN SAFE SUMMER

Glenda our Beautician will recommend the best care for your skin, and she will also offer samples for you to try.

From 7th December to 11th December

### NATUROPATH in STORE

Come in for a private consultation with Andrea our Naturopath for your Natural Alternate Remedies.

Thursday 10th & 24th December between 10am and 4pm, both days

### BOXING DAY SALE

Hugh reductions on Christmas Gifts, Fragrances & Cosmetics

Saturday 26th December

### JANUARY 2016

DETOX and WEIGHT LOSS Month  
Come in for advice on "Getting back on Track" after the silly season.

**Extended opening hours**  
weekdays  
8am - 9pm  
weekends  
9am - 5pm

## CONTACT DETAILS

Shop 3-4 Wantirna Mall

348 Mountain Hwy

Wantirna Vic 3152

Ph: (03) 9720 2872

communitypharmacy.com.au

## What is Environmental Enrichment and Why Does Your Cat Need it? Part 2

Last time we talked about Environmental enrichment for your cat. There are sooooo many things you can do to enhance their quality of life and it really is a necessity and not a luxury.

It's time to increase the fun factor in your cat's life. Customize whatever you do to fit your cat's age, mobility and health factors. Some cats will obviously be more active than others but every cat can benefit from a more stimulating environment and appropriate enrichment.

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

So how do we provide the stimulation? Last time we highlighted puzzle feeding, playing, creating hidey holes and vertical spaces for our feline friends. This time we want to conclude with:-

1. Tunnels - you can purchase soft fabric tunnels or make your own using paper bags. If using paper bags cut the bottoms of the paper bags, fold a cuff around



that end and then tape bags together. Voila! Instant crackly, crunchy, entertaining tunnel!

2. Litter box – clean, the right size and put in a location that's appealing to the cat are key for

litter trays. Don't drop the ball when it comes to your responsibilities for litter box maintenance. You would not like to use a dirty bathroom, neither do they! Many cats present to us due to inappropriate urination. It might be as simple as a litter tray maintenance issue!

3. Scratching poles - Scratching is a natural behaviour. Being able to get a good scratch, stretch the muscles and displace anxiety by scratching is a vital part of cat life. Preferably not on the furniture! Buy or make a scratching pole. Look at the fancy poles some cats have on google!

4. Visual enrichment – cats like to watch! – outdoor bird feeders, DVD's with colour, sound and movement can be a great way to entertain your cat or jump-start a play session.

5. Companionship - Cats are social creatures, despite what you may have been led to believe. If you spend lots of time away from home your cat might benefit from a companion. After a gradual and positive introduction, having a buddy can make a huge difference when it comes to enriching a cat's life.

6. Training – clicker training is an enormously positive way of training cats and has some terrific bonding outcomes for the owners too – have a look at "Suki the agility cat at 22months" on YouTube – who says you can't train cats?

Hopefully this has given cat owners an idea of what you can achieve with cats and how to make their life as happy and content as possible – remember it is a privilege not a right to share your lives with a four footed friend.

# WANTIRNA NEWS

Catering Available.  
5% discount for seniors on Tuesdays!

**GOAT MEAT  
AVAILABLE**



Louie Provenzano  
PH: 9729 8784

Shop 21 The Mall,  
Wantirna 3152

**KING** Bean ☎9738 1550  
Licensed Cafe

#### Trading Hours

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

Evenings for private dinners/functions  
**'For Great Coffee, Food and Service'**

Shop 7 Wantirna Mall S.C., Wantirna 3152  
www.kingbean.com.au

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



6 The Mall, Wantirna  
**9729 9908**  
www.wantirnavetclinic.com

## Pellegrino's Fresh Fruits



Pellegrino's Fresh Fruits have recently celebrated their first birthday at their store situated at 1151 High Street Road, Wantirna South. Other stores operate at Olinda and the Upper Ferntree Gully Market every Saturday.

This community minded family business has forty years experience in retail, wholesale, hospitality, provedore and farming providing the best local Australian produce to all customers.

They aim to supply fresh fruit and vegetables at reasonable prices and their grocery and delicatessen products have to be seen to be believed.

Fresh grass fed beef, free range chicken, pork and lamb as well as various gourmet sausages to tempt the fussiest palate are also available. Orders to cater for four to six people or up to sixty can be placed.

They proudly state "No order is too large or too small". Their dedicated staff and family members are happy to assist with corporate catering and large function needs.

Give Pellegrino's Fresh Fruits a try. We can guarantee you won't be disappointed.

Footnote: Please support your local trader who supports this community newspaper.



**OPEN**  
WEDNESDAY  
FRIDAY &  
SUNDAY



LIKE OR  
FOLLOW US



One of Victoria's largest markets  
with plenty to see and do.  
Everything you need for Christmas  
and Holidays, all in the one place.  
Just down the road from you!

**1280 Ferntree Gully Road, Scoresby 3179**

**www.caribbeangardens.com.au      Ph: (03) 9756 5000**

# Home LahBliss

11 Edina Road (cnr Edina & Nairana Rd)  
Ferntree Gully 3156

Ph/Fax : 9753 5465      Mobile : 0407 510940

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

*Be inspired by the difference and great prices!!*



- HOMEWARES
- INTERIOR STYLING
- CARPET • TIMBER
- VINYL • RUGS



## No Ordinary Life – Positive Ageing in Knox

### Fun and Frivolity, the elixir for feeling alive.

The Knox Seniors Festival, held in October to coincide with the Victorian Seniors Festival is one of the ways Knox Council celebrates seniors in our community and the valued contribution each makes as a citizen of our wonderful municipality.

This year's theme was "It's your time – Celebrating Communities" and was really about encouraging our older community to try new things, meet new people and have fun.

Having now participated in three festivals, this year has been in my view the best. The month long festival



offered an extensive and diverse range of activities and outings. It really had something for everyone regardless of age and ability and either at no cost or low cost.

What I really liked about the festival and what it offered those 55 years and over, was intergenerational inclusiveness. I'll explain - Children's ages are defined by developmental life stage – babies, toddlers, preschoolers, primary, tweens, teenagers, adolescents, young adults etc.. But when we are talking about people aged 55+ there is one label "Seniors" and it typically covers a 35-40 year spectrum. Age in years becomes less important when in my view one's true age is reflected in attitude, zest for life and physical / mental ability – I know many people in their 70's and 80's who are active and spirited and are truly young of heart.

At the events I participated in, it was fabulous to see people from 55yo to 95yo enjoying the same events. There was plenty of dancing and clapping and audience participation. Everyone was smiling, conversation was flowing, new acquaintances were made and all left with a spark of happiness in their hearts. This is what I call intergenerational inclusiveness – ignoring age stereotypes and just being yourself regardless of how many years have clicked over since you were born. Kick those shoes off, sing loud and cheer with



excitement if you feel like it. Who says Seniors can't do the Nutbush? They certainly gave me a run for it and we had fun.

The Knox Seniors Festival really highlighted the vibrant and engaged community we have here in Knox and the opportunities offered to our Seniors for an active and fulfilling social life post retirement. If you would like a bit more fun in your life, and want to get out more the updated 2015 edition of the Knox Community Seniors Guide is now available. Call 92988000 or visit one of the Council Offices to grab a copy. Why are you waiting?

Wishing you and your loved ones a happy and safe festive season,

**Cr Nicole Seymour (Tirhatuan Ward)**

## News from Rowville Salvos

It's so hard to believe that we have reached December already and Christmas is just around the corner. This is such a busy time for everyone with many things to cram in and it becomes quiet a juggling act to fit everything in. As is usual we will be holding a short service on Christmas day to Celebrate the birth of Jesus. The service will be at 9 am for about half an hour and everyone is welcome to come and celebrate with us before heading of to family gatherings.

As we end 2015 there are some changes that will be happening and the biggest one is that our Car

## The Salvation Army Rowville Worship & Mission Centre



Boot Sale Manager is leaving us and so we are hoping that a volunteer from our community may like to take on this monthly commitment.

We enjoy having the car boot sale running out of our premises and see that it is a wonderful way to support our community. It would require 10-20 hours a month from February to November with the majority being the week of the sale.

We have a job description available and I would be very happy to discuss the requirements with anyone interested.

If we can not find a volunteer willing to help us run the car boot sale we will not be able to hold them until someone can be found so if you know anyone who may like to do this volunteering please ask them to call me. It is a lot of fun and there is great support from the Salvos and regular stall holders.

We wish many Blessings on you and your families and pray you will have a safe and merry Christmas.

**Captain Rosie Massey**  
0467 065 720



- | Pumps
- | Cleaners
- | Filters
- | Chlorinators
- | Heating
- | Chemicals
- | Spas
- | Toys
- | Accessories

Ph: 9753 3929

info@onestoppoolshop.net.au



facebook.com/onestoppoolshopscoresby

5 Darryl Street  
Scoresby 3179

fx: (03) 9753 3091

# NEWS IN GOOD HEALTH & WELLBEING

## What's your Approach to 2016 going to be? by Marita Reynolds

The end of the year is fast approaching and before you know it you will be celebrating the New Year and starting to make your New Year Resolutions for 2016. Now we know that these resolutions can be short lived and this is often because the 'busy-ness' of life takes over our best intentions.

Many of us don't have the time to sit with no distractions to rest, relax and meditate. If you can find the time and space to do this, of course you should embrace it. But, we don't want 'a lack of time' or a 'busy world' to be reasons not to pause and calm our minds – that's guaranteed to end in burn out.

In today's busy world we need practical solutions to help us de-stress – this can be found in the power of presence, mindfulness and conscious breathing.

Every minute, of everyday is an opportunity to be present. Often, rather than allowing ourselves to just be in the present moment we allow our minds to take over.

Most of the time it's not pleasant talk either – we can find our minds criticising others and ourselves, or encouraging us to make decisions out of guilt and fear rather than love and kindness. Sometimes it can feel like a continuous sound track going on and on in our minds. This 'soundtrack' of our minds is what takes us out of our present moment.

What we often fail to realise is that the here and now is all we truly have. The past is gone and the future hasn't happened yet - it's just the here and now.

We tend to do everything on 'autopilot' - so what if we

learnt to incorporate a little presence and 'conscious doing' into our life - just a little time (even 5 minutes a day) is all it takes to start.

So, approach 2016 with positivity and self-kindness - bring a little more presence and time to pause to your every day.

If you would like to learn more about mindful breathing techniques and how to bring mindfulness into your day-to-day, we welcome you to join our Meditation for Life Program in 2016 – details are below.

Term 1: 4th February to 24th March, 2016

Term 2: 5th May to 23rd June, 2016

Term 3: 28th July to 15th September, 2016

Term 4: 27th Oct to 15th December, 2016

Sessions run from 7.30pm to 8.30pm  
Thursday evening (8 week terms)

Andrew Foster, from Foster Wellbeing, is teaching the Meditation for Life program at Wantirna Wellness Centre – located at Studfield Shopping Centre in the Professional Suites (upstairs from the pedestrian crossing) Suite 9/ 249 Stud Rd, Wantirna. We would also welcome you to head to our website [www.wantirnowellnesscentre.com](http://www.wantirnowellnesscentre.com) or search 'Wantirna Wellness' online to join our community and get access to our free 'Get Connected' Meditation Guide.

Contact Lisa on 0403 559 536 or email [wantirnowellness@gmail.com](mailto:wantirnowellness@gmail.com) to enquire about booking into our Meditation for Life classes.

Please note that once the term has started no refunds are available. Please see advertisement on this page or head to the website [www.wantirnowellnesscentre.com](http://www.wantirnowellnesscentre.com) for more information and Early Bird Special dates.

Wantirna Wellness   
Allow yourself to 'Just be'

### Meditation for Life

By doing the Meditation for Life 8 week program you can:

+ Learn and implement simple techniques that you can use anytime, anywhere, to help calm yourself day to day

+ Take time out to practice self love & self compassion

+ Reduce stress and anxiety in your everyday lives to improve your general health & wellbeing

Where: Suite 9/249 Stud Rd  
Wantirna

When: Thursday evenings  
7.30pm-8.30pm

Investment: \$130

Early Bird Discount: Book & Pay  
for Term 1 by 24th Jan, 2016 &  
Save \$20 - only \$110

Call Lisa on 0403 559 536 or Email [wantirnowellness@gmail.com](mailto:wantirnowellness@gmail.com)  
Learn more at [www.wantirnowellnesscentre.com](http://www.wantirnowellnesscentre.com)

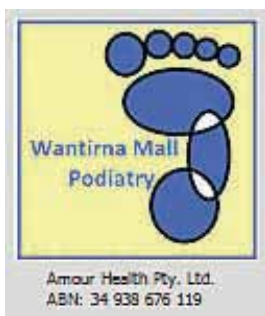
### 2016 Dates

Term 1: 4th Feb to 24th March

Term 2: 5th May to 23rd June

Term 3: 28th July to 15th Sept

Term 4: 27th Oct to 15th Dec



### Wantirna Mall Podiatry

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



### Getting your feet ready for summer

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

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

Dry heels and heel fissures can be treated by gently using a pumice stone to decrease the thick, dry layer of skin and regular application of moisturiser containing Urea. Moisturisers with Urea have been found to penetrate the skin further than other general creams. Also the avoidance of walking barefoot or wearing open-backed footwear will help to prevent the skin on feet from drying out.

If the cracks and dry, hard skin become unmanageable to clear your own our Podiatrists at Wantirna Mall Podiatry can remove the heel fissures for you and help clear up any cracks by sharp debridement and using a sanding disc.

The treatment is simple as sharp callus debridement involves only removing the hard, dry skin on the surface of the foot, there is no cutting. The sanding disc then polishes any leftover dry parts leaving the skin on the heel relatively smooth. Any deep, open cracks are cleaned and treated to prevent infections.

Please visit us on our website for more handy tips.



### WANTIRNA DENTURE CLINIC

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

### Chris Brownlie

Dental Prosthetist

Telephone: 9720 1555

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

### Studfield Wantirna

### Community News

is available online at

[www.studfieldwantiranews.org](http://www.studfieldwantiranews.org)





# NEWS IN GOOD HEALTH & WELLBEING



## News from The Osteo with Dr. Jason Stone The unfortunate truth about the Aussie 'thong'.

The sun is making a more regular appearance and the shorts and skirts are back in town. The time consuming action of pulling on socks and lacing up shoes is rapidly being replaced by slipping on 'thongs'!

Over recent years 'thongs' have evolved far beyond just a beach item or for showering in caravan parks. They are regularly seen worn with jeans at barbecues and beer gardens, exiting the footy clubs and gyms and doing the supermarket shopping.

Anyone who's walked into my osteopathy clinic wearing thongs/flip flops/Haviana's soon learns what I think about them. Unfortunately the iconic Aussie footwear is a cause of many musculoskeletal aches and pains. Those of you who've suffered plantar fasciitis, foot pain, heel pain, shin splints, calf pain, knee pain to mention a few, probably know exactly what I'm talking about.

Foot pronation (rolling inward of the feet) has long been a focus of podiatrists due to the increased workload on muscles in the arches, calf and shin, as well as the extra strain on the knees, hips and lowback. Many people have had orthotics (arch

supports) prescribed to help cater for the support most footwear fails to provide. Unless you're wearing Birkenstock's or other supportive thongs like Orthaheel, your thong is likely to cause foot pronation.

That's not the end of it!! As its alter ego 'flip-flop' suggests, the thong flips up and down with every step creating that summer sound of slapping against your heel as you stroll along the hot asphalt. This flick of the rubber sole demands a great deal more work from the calf muscles whilst the arch muscles help your toes to cling onto the strap of the thong. Not surprising you get those heavy legs, cramping calves or tired feet after you've run around Knox City doing the Christmas shopping!!

So what do we wear in the summer then? Brands like Birkenstock, Orthaheel, Reef, Keen and even Crocs have added arch support to reduce pronation and their straps reach further back on the foot to minimise the flip-flop action. Sandals with arch support would be preferable though. Overall, if you can find a summer shoe which has some form of arch support and fits you firm enough

wantirna  
**osteopathy**

For the treatment of:

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

[www.wantirnaosteopathy.com.au](http://www.wantirnaosteopathy.com.au)  
161 Stud Rd, Wantirna South (03) 9800 0388

to walk without a flip-flop action, you're on track.

If you do decide to persist with thongs, try to avoid walking too far in them and stretch your calves as often as possible.

From all of us at Wantirna Osteopathy, have a great Christmas and enjoy the Summer ahead.

**Wantirna Osteopathy**  
**161 Stud Road**  
**Wantirna South**  
**9800 0388**

## Centre of Wellbeing

Massage + Chiropractic + Counselling

## Family Chiropractic

For this and other services  
please visit our website.

**Gift Vouchers Available**



To make an appointment, call us now or book online  
77 Anne Road, Knoxfield  
[www.centreofwellbeing.com.au](http://www.centreofwellbeing.com.au) + [www.roswilson.com.au](http://www.roswilson.com.au)

**03 9763 0033**

## Know Your Health Numbers!

When was the last time you had blood tests done? Do you know what was tested and why? How much better is it to pick that up now and make small adjustments to guard against that illness developing. Naturopaths specialize in this grey zone of health and can guide you on the path back to optimal health.

When you see a naturopath, they will ask to see recent blood test results and will look at the results very carefully in light of all of the information they obtain during their hour long first consultation. A naturopath will also help engage you in your own health story by teaching you about what is happening in your body and empower you to take control of your own wellbeing.

Naturopaths generally have their own set of reference ranges according to the information obtained during their consultation, and can prescribe natural remedies, diet and lifestyle changes to help nudge your results back into the optimal health range for you.

I believe everyone should have yearly blood tests done and take an active interest in their health. Next time you get the all clear from your doctor yet feel something is not quite right, take your results to a Naturopath. Prevention is far better than cure!

Rebecca Stevens is a qualified naturopath with a degree in Biological Sciences, operating from the Centre of Wellbeing in Knoxfield on Fridays and the Wantirna Natural Health Clinic on Tuesdays and Wednesday evenings. She is passionate about maintaining good health naturally and restoring optimal energy and vitality. For more information or to arrange an appointment go to [www.balmnaturalhealth.com.au](http://www.balmnaturalhealth.com.au) or call 0414 957 555.



# KNOX YOUTH NEWS

## News from City of Knox District Cub Scouts

On the 23rd to the 25th of October, over 70 Cubs aged 8-10 years went on a 'Space Pirate' themed adventure camp. It was held at Mt Morton Camp and Conference Centre at Belgrave Heights, where we were welcomed, fed and watered in style by the Manager 'Captain' Shane and his team. All the volunteer Cub Leaders took on another identity, dressing the part in outstanding costumes. Imagine being met at camp by Captain Spock, Captain Hook, Princess Leia, Bluebeard or Flora Burn!



L to R – Flora Burn, Captain Kidd & Princess Leia

On the Saturday the Space Pirate Cubs participated in archery (where pirate images were the target), damper making, flying fox flights, riding the giant swing and an initiative course where they had to find the hidden pirate treasure.

The Space Pirate Cubs were also presented with this scenario: Whilst travelling through space exploring



The Space Aliens

The Space Pirate Cubs made some amazing space pods and all managed to survive the meteor shower...buckets of ice! Their creative approaches were inspiring – our future is in safe hands with Cubs like these!

The day concluded with a blazing campfire. The Space Pirate Cubs all performed skits and sang sea shanties and lots of other themed songs with great gusto.

distant galaxies, your space craft has crashed on an alien planet. The space craft has shattered into a million pieces and is unrepairable. This planet has signs of life, but by all reports they are aliens and very mean. A meteor shower is approaching in 30 minutes. Your task is to make a space pod to survive the meteor shower.



Space Pod

On the Sunday we all walked from Mt Morton to the picturesque Birdsland Reserve. There we played a variety of boisterous fun games like 'capture the pirate flag' and participated in a Scouts Own, a contemplative period during which we expressed gratitude for our many blessings.

William Davis, from 1st Wantirna South, won the badge designing competition with a colourful cloth badge depicting both a pirate ship and a spaceship for all the Cubs' campfire blankets.

Overall, the weekend was a blast and awesome fun was had by leaders and Cubs alike.

If you are interested in trying Scouting go to: <http://www.vicscouts.com.au/join-us.html> 1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 2nd Knoxfield are the local Scout Groups.

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



Ready to go home

By Nicole Klep,  
District Leader  
Cub Scouts

# DIVYA INDIAN GROCERIES

Specialising in

- \* Indian \* Nepalese \* Sri Lankan
- \* Fijian & Pakistani groceries

We stock many varieties of Curry powder, or if you choose to blend your own we can assist with spices such as Turmeric, Coriander, Cummin and many more.

Puru supplies 15 local Indian restaurants and is happy to home deliver your order.

**Divya Indian Groceries**  
104 Coleman Road, Wantirna South.

Phone: 8839 0168.

Mob: 0413 237 673.

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

Find us on: [facebook.com/divyaindiangroceries](https://www.facebook.com/divyaindiangroceries)

Business hours: 10.30am-7.30pm 7 days

Kitchen Queen Premium Basmati Rice 5kg \$14.99 Now \$11.99

Sunflower Oil 5 litre \$12.99 Now \$9.99

Roti Breads 30 pcs \$10.99 Now \$8.99

Grewal Chakki Atta 10kg \$9.99 Now \$8.99

Turmeric Powder 500g \$5.50 Now \$4.50



December  
Specials

December  
Specials

## Now Open at Studfield Shopping Strip - Bistro 1947

Narinder and Roopajeet, welcome all to their new Bistro, located at 239 Stud Road, Wantirna South.

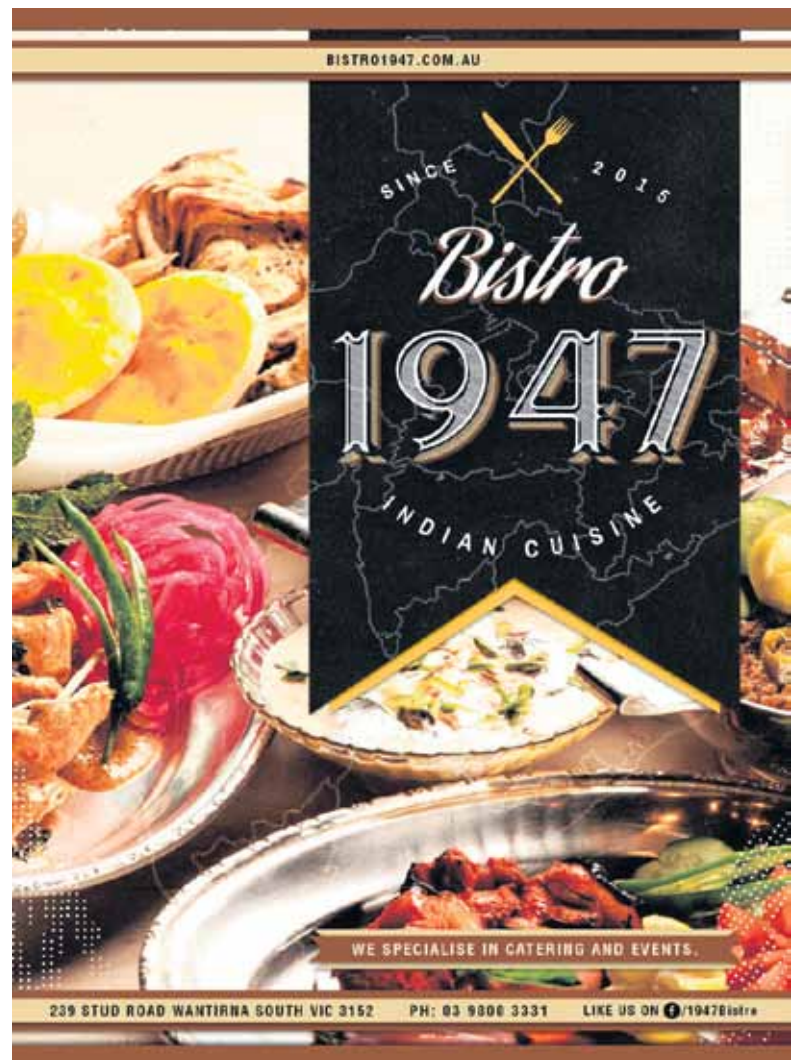
They serve authentic Indian Cuisine, and provide Dine in, Take away and a home delivery service. Catering is also available for Weddings, Corporate Functions, Seminar's or important Celebrations.

Narinder has over 10 years experience with in the hospitality industry, and also in fine dining Restaurants. Don't forget to book now for your Christmas and New Year Celebrations.

Telephone **Bistro1947** on **9800 3331**



**Bistro 1947 proudly supports PCYC, which is a crime prevention and youth development Program.**



## ORANA NEIGHBOURHOOD HOUSE INC.

# New Year, New You!

62 Coleman Rd,  
Wantirna Sth,  
Ph: 9801 1895

**Reinvent yourself at Orana in 2016  
Book now for classes beginning in February!**

### TERM 1 2016 CLASSES

- Beginner & Intermediate Computer Classes
- Return to Work Skills & MYOB
- English as A Second Language
- Yoga (Saturday Morning and Monday Nights)
- Meditation
- Tai Chi & Fitness for Over 40's
- Art Classes
- Bollywood Dancing
- Italian Language Classes
- Mosaics
- Cooking classes, Cheese Making and more!

Check out our new website for full details  
[www.orananh.org.au](http://www.orananh.org.au)  
'LIKE' our Facebook page to keep up to date  
[facebook.com/orananeighbourhoodhouse](https://facebook.com/orananeighbourhoodhouse)

### Stamford Park Men's Shed at Orana

#### New Members Welcome!

Open each Thursday from 10.00am until 3.00pm with a break from noon until 1.00pm. Anyone interested in popping in for a cuppa and chat to find out more please contact.

**Alan Billham 0418677898**

### VOLUNTEER

There are many different positions in which you can volunteer at Orana. Consider joining our Gardening Team, Front Reception or our Committee.

## Studdie News Flash

### Studfield Traders Association is reforming!!!!

Lillian Daff of Knox Travel held a meeting to encourage traders of the shopping strip to come together and reform the Traders Association which has been in recess for some time.

The interest shown was encouragement enough to get the ball rolling. Office bearers have been appointed and meetings will be held regularly.

Alan Tudge MP has a Grant allocated for security cameras which will be the first improvement to the strip and traders will then focus on other issues to improve the shopping experience.





8/249 Stud Road  
Wantirna South  
Vic 3152

**03 9887 0888**

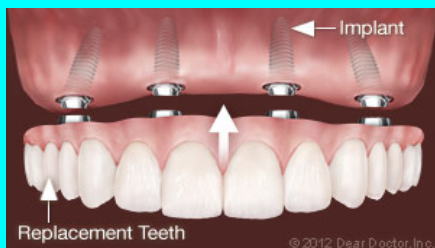
## IMPLANTS & TOTAL TEETH REPLACEMENT

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

### Single Implants



### Total Teeth Replacement



Single implants from only \$3500

Total Teeth Replacement (including All On 4) from \$21,000

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

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

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



## ORTHODONTICS

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

Our team led by **Dr Michael Kotsifakis, who has more than 25 years' experience**, provides all facets of orthodontics including conventional braces, ceramic braces, lingual braces, clear correct aligner therapy and more.



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



**Conventional Braces**

### Lingual Braces



### Orthodontic plates



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

## ClearCorrect



**Clear correct** is an affordable clear aligner system.

Upper and lower alignment from only \$6500

## EMERGENCIES WELCOME

### OPEN 7 DAYS

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

For more information please call our friendly staff on 98870888 to arrange an appointment or simply visit our website [www.sdgdental.com.au](http://www.sdgdental.com.au)



BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

## U3A Knox Hosts Another Great Art And Craft Show by John Ford

Saturday 10<sup>th</sup> October saw the opening of the 19<sup>th</sup> Annual Art & Craft Show, run by the Knox U3A. Entries, which are open to all artists, were slightly down on previous years, but, as the judges remarked, the standard of entries in all categories was pleasingly high, which made their task all the more difficult.

On opening the show, President Stephen Damm welcomed parliamentary representatives, Alan Tudge, Nick Wakeling and Kim Wells, and the Mayor of the City of Knox, Cr. Peter Lockwood, all of whom spoke highly, not only on the quality of the Art Show, but generally on the community benefit provided by the Knox U3A. Stephen then paid tribute to long-serving members of U3A in Kath and Don Brown, who have been the driving force behind this event since its inception.

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

Some of the principal prize-winners were:

Ferntree Gully Bendigo Bank Ltd for Best in Show: Zhong Hua Fan – *“Listening and Reading”*

Ferntree Gully Toyota for Best Craft entry : Noeline Reys – *“Lorna”*

Knox Environment Society for Best Landscape : John Kodric *“Point Lonsdale”*

Heritage Prize for Best Pastel: Julia Brown-Jeffree – *“The Rose”*

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

We at U3A cannot stress enough our gratitude for

the generosity of sponsors, and the hard work that is put in every year by volunteers, all of whom have ensured the success, once more, of the Knox U3A Annual Art & Craft Show.

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



*Jon Heap, Manager of Ferntree Gully Toyota hands over their cheque for \$1000 to Noeline Reys for the Best Craft Item award*

### THE NEW FORTUNER IS HERE AT FERNTREE GULLY TOYOTA



[toyota.com.au/all-new-fortuner](http://toyota.com.au/all-new-fortuner)



With its origins influenced and inspired by Toyota’s iconic SUV and unbreakable HiLux range, Fortuner already boasts a proud and proven 4WD heritage.

#### Ferntree Gully Toyota

1101 Burwood Highway,  
Ferntree Gully  
T 03 03 9452 0424  
LMCT 10793  
[ferntreegullytoyota.com.au](http://ferntreegullytoyota.com.au)



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

## BRIDGES Connecting the Community are crossing new Bridges

The Board of Directors of Bridges has announced the appointment of their new CEO. Applicants with a variety of different qualifications applied however the decision was made that the right person to lead Bridges in to the future is Rita Lang.

Rita has been with the organisation for over thirteen years, firstly as a volunteer driver and later becoming a staff member employed as Knox Transport Co-ordinator.

Rita says "Volunteering is close to my heart and the history of Bridges resonates with the Australian volunteering spirit". Bridges relies on their army of volunteers numbering close to 170.

Rita has accepted the role with great excitement and enthusiasm and will ensure that Bridges will strive to meet the community needs now and in the future.

This is not the only exciting news for in 2016 Bridges will move their headquarters to a much larger location thus making for a more efficient service for their clients. Watch this space!!!!



# BAYSWATER NEWS



Bridges runs programs for elderly frail aged people and for those people with a disability to promote independence, facilitate participation and socialisation to enhance and restore health and wellbeing and to reduce the risk of isolation; that has a negative impact on our health and wellbeing.



Come and join us!



Our Programs

- ★ Community Transport
- ★ Planned Activity Groups
- ★ Friendly Visiting
- ★ Pet Companion Program
- ★ Community Shopping Bus
- ★ Phone a friend support program
- ★ Outings & Morning Melodies

## What's On?

Event	Date & Time	Location	More Information
Inventi Ensemble Tea and Classic Concert Series	Watch out for 2016 dates in KCA program	Knox Community Arts Centre Bayswater	\$10 per person info@inventiensemble.com
Stamford Park men's Shed @ Orana Neighbourhood House	Every Thursday 10 am to 3pm	62 Coleman Road Wantirna South	Allan Billham 0418677898
Penguin Club	2nd and 4th Tuesday of each month at 8.00 p.m.	Glenn Frost room at the Croydon Library. Civic Square	Phone Sandra on 9720 2512
Ringwood Field Naturalists Club	2nd Wed. each month 7.30 pm	Room 4 Maroondah Fed. Estate Greenwood Avenue, Ringwood	Alison or Peter on 99801 6946
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00 p.m.	Lions Club Room, Bayswater Community Centre. 790 Mountain Hwy. Bayswater	Paul 0400 823 441
Harlequin Rounds Dance Class	Wednesday Mornings from 11am to 12.30 p.m.	Rowville Neighbourhood Learning Centre 40 Fulham Road, Rowville	Contact RNLC on 9764 1166 or inquiries@rowvilleenic.org.au to register www.rounddanceassociationvictoria.org.au
Scoresby 55+ Social Circle	Every Thurs. 10am-12pm	Scoresby Football Club 752 Stud Road, Scoresby	Gold coin donation – Bookings 9764 1166
Eastern Regional Libraries	Go to the ERL web site to check their activities	Your local library	www.erl.vic.gov.au
Knox Tavern Opening	25th January 2016	Knox Ozone	www.knoxtavern.com.au
Wantirna Community Pharmacy	VIP Weekend	Saturday, December 5 and Sunday, December 6	Telephone: 9720 2872

## Bayswater's Hidden Gem Written by Evelyn Hodgkin

Hidden away in Macauley Place, Bayswater (near Cole's escalator) is the Knox Opportunity Shop Bayswater Inc. fondly known as Bayswater's hidden gem!

An idea formed 38 years ago by local Councillor and three times Knox City Council Mayor, the late Marie Wallace, was to open an Opportunity Shop in Bayswater manned solely by volunteers.

The purpose and aim was to raise money to help residents in the City of Knox who needed financial aid.

Op Shops were rare in the Bayswater district all those years ago apart from a small store that operated in Station Street during the 1970s.

Maybe residents were suspicious and wary of Op Shops and what their function was!

We were so excited when Marie obtained a rental lease that was suitably located. We were now on our way to a long and lasting future.

Our story commences on a wet, cold winter's day in June, 1977 when the door opened on the no longer required office of the building formerly used by the Bayswater Police. The police had recently moved to a new site on the corner of King Street and Mountain Highway, Bayswater.

This small space located at 11 High Street, Bayswater had a residential section for the police plus their office. It was the office section we were using.

The volunteers (some are still with us today) soon had the shop set up and even offered the customers warmth from an exposed Vulcan heater situated in the middle of the room. These days this heater would be regarded as a safety issue. The heater had been part of the police station's assets.

A wooden receiving/desk that had been used by the police became our counter. Two sets of picture theatre seats were offered to us and we quickly snapped these up for our Meeting Room.

Marie organized three dress racks from her church and these racks are still in use. There was a room at the front of the office building suitable for sorting our donations and using as our lunchroom. The setting was ideal.

Our volunteers raided their own wardrobes for coathangers, clothing, books, toys, saucepans, etc. just to stock the shop for opening day.

Our Shop became well known in the area and a slogan was created as.....Cop shop becomes Op Shop!

The house and office was completely fenced and to gain entry to our part, customers had to come through a gate and on to the verandah.

Approximately twelve months after our opening, Knox Community Volunteers (now Bridges) took over the residential area and this was the beginning of their organization.

Behind the former Police Station was a lock-up cell, built of brick with a hinged, strong steel door with a peep hole.

This lock-up was perfect for storing our seasonal clothing; it could be very cold in the winter with the stone walls, but nice and cool in the summer.

The key to the cell door was about twelve inches long as the depth of the lock was as wide as the door. There was only one key and never to be lost!

When entering the cell, we all wondered what stories these walls could tell!

It didn't take long for anyone who was curious or just willing to support this venture realised that Op Shops were not just clothing. It was a place to find a good book, china, glassware, kitchenware, curtains etc..

In 1982 when the shop next door became vacant, the Op Shop decided to move and expand and relocate into something bigger.

It was shortly after we moved the police residence and office was demolished to make way for Bayswater Village Shopping Centre.

The volunteers were so pleased to at last have space for displaying the stock. Time for a window display, book shelves



*Current Op Shop, 29 Macauley Place, Bayswater*

and lots of hanging racks.

We even had a back door and this led into Macauley Place.

Over the next twenty four years, the Shop grew with loyal support from the public and happy volunteers ready to offer their time.

We were placed in an ideal position with the bus stop opposite and an Aldi store setting up across the road.

Changes to Bayswater were to happen in 2005 when we received word that the future Coles' development was going to need our shop and many others for demolition.

Bayswater at this time did not have many shops but at the same time there was not a lot of rental space.

For a short time, it looked like we had nowhere to go.

We didn't want to close as we had developed a friendly rapport with the public so settled on a small shop at 29 Macauley Place, Bayswater.

It was quite uncanny that this little shop was almost directly behind our first humble beginnings in the office of the former Bayswater Police Station.

We traded for almost two years whilst the Coles' development took place and, fortunately, our customers looked after us with encouragement. During this time, the only access to our shop was by foot.

Hopefully we have had our last move and look forward to another 38 years being valuable members in a voluntary capacity in Bayswater.

Our input to the welfare needs in the City of Knox has been an amazing feat! Our volunteers are comfortable with the fact their hard work benefits residents who reside in this Council area.

Thank you to our volunteers, customers and those wonderful people with their contributions of goods for us to sell.

**Op Shop can be contacted during business hours on 9729 9844.**



*Cop Shop Becomes Op Shop*

## Ferntree Gully VIEW Club

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

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

Monday 14th December, 2015

'The Skylarks' will be entertaining us at our Christmas lunch.

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



## Life Activities Club Knox Inc.

Best Wishes for a very enjoyable holiday break and may 2016 bring good health, happiness, safety and love.

So many members enjoy the Garden Outings, and whether one has a garden or not, it's a lovely way to spend the day, admiring other gardener's work. And as this is the Christmas outing, please bring Christmas style food.

For lunch we'll sit together on the beautiful wisteria covered deck, sharing our Christmas fare.

As January will probably be very warm, this outing will be spent at Jells Park, plenty of shade, toilets, coffee and maybe an ice-cream.

No recess for us as most of our activities will continue throughout the Christmas break. Please check with your convener. Cinema, walks, cards, etc.



Are we there yet?

Melva 9762 3764 or Margaret 9762 4332

Have you tried our web address [www.life.org.au/knox](http://www.life.org.au/knox)

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

## News from National Seniors Knox Branch

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 28th November, 2015. Doors open at 10.15 am for a 10.30 am start.

There will be NO Meeting In December as we have our Christmas Dinner at the Knox Club on

the 6th December then in the New Year the first meeting will be on the 27th January, 2016.

The Knox Club is situated at the corner of Stud and Boronia Roads, Wantirna.

Our guest speaker for November will be Auggie Nguyen from Knox Police giving us a talk about Community Safety.

At our October meeting Peter Maffrey had the group enthralled with his narrative about Gold Prospecting, even bringing some pieces of gold to show. He threatened to frisk the group if any pieces were missing.

Our day at the Mornington Races was a great success. Many of our group dressed up for the day including the wearing of our beautiful hats. We first enjoyed a lunch at "Steeple Restaurant" then our driver Darryl took us over to the racecourse. I don't think many made their fortunes but we did have a fantastic day.

On Sunday 8th November we had a great turn out for our lunch out at Tosaria's Restaurant. Around 20 people enjoyed good food, listened to some music and of course a lot of talking took place.

Our night out at the Mooroolbark Theatre on the 13th November was very well represented as well. They are presenting a production called "Cash on Delivery". I haven't laughed so much for a long time, very well presented and acted. Everyone, about 20 people had a great night.

National seniors are a fun loving group of people aged from 50 plus and new members are warmly welcomed.

Please contact the President John on 9778 6784 for any further information or just turn up. Our walking group now meets every 2nd Thursday. If you require any further information, please contact Darryl on 9878 1045

## Lions Christmas Cakes and Puddings

### On Sale NOW!

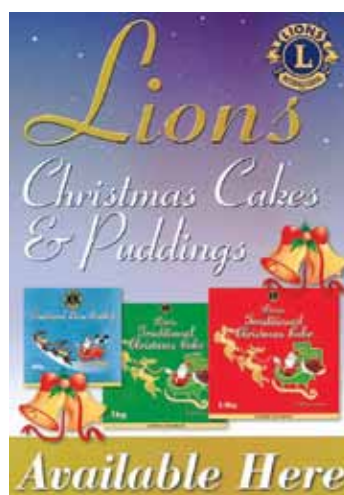
The famous Lions Christmas Cakes and Puddings are on sale and available to purchase through a variety of retail outlets within the city of Knox. These businesses are selling the cakes and puddings on behalf of the Lions Club of Wantirna.

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

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

If you would like to purchase a Lions Christmas Cake or Pudding please call Diane on 0425716079 at the Lions Club of Wantirna to find out where and how you can get hold of them. Corporate orders are also welcome and a Tax invoice will be provided to enable your business to claim deductions.

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



## Lions Christmas Tree Sale

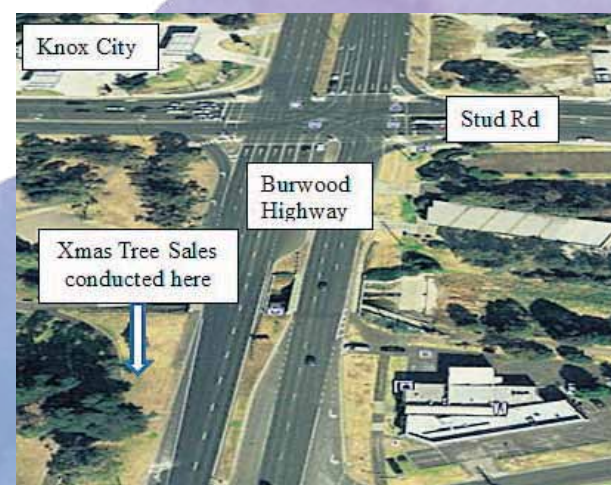
The Lions Club of Wantirna will be holding their Annual Christmas Tree sale again this year over two days - on Saturday 12th and Sunday 13th December at Collier Reserve near the corner of Burwood Highway and Stud Rd, Wantirna South.



We will have a range of quality Christmas Trees available for purchase including large, medium and small trees and you are invited to inspect before you buy so that you get the tree that best meets your needs.

Trees will be available from 8.30 am on both Saturday and Sunday.

Buying a tree from the Lions Club is a great way to support your local community and to begin to create a special Christmas spirit with your family. All profits from this sale go directly to supporting local community programs conducted by the Lions. Look for our signs on Burwood Highway







**eastern community legal centre**  
 Suite B, 6 Floriston Road (PO Box 747)  
 Boronia VIC 3155  
 Phone: (03) 9762 6235  
 Email: outereast@eclc.org.au  
 www.eclc.org.au  
 Human Rights - Fairness - Justice

## Taking Good "Legal Care" of Yourself

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

This month we are promoting the Scam Awareness Campaign by Consumer Affairs Victoria and Good Shepherd Australia New Zealand. The information below was provided by Consumer Affairs Victoria during their campaign launch. The campaign will run until March 2016.

The 'Scammers don't discriminate' campaign aims to raise awareness of:

- how anyone can fall for a scam;
- how to identify and avoid scams;



- the importance of reporting scams to warn others about their tactics; and
- the mental health support services available to assist anyone who may be experiencing anxiety or depression as a result of being scammed.

No one expects to be scammed, but anyone can fall for one, especially as scams become more sophisticated. If you've been scammed, you're not alone. According to the Australian Competition and Consumer Commission, over 19,000 Victorians reported a scam last year,

although the actual number of people who have been scammed is likely to be higher as many scams go unreported.

Visit the Consumer Affairs Victoria website for: tips on how to be scam savvy;

- a handy quiz to test whether you can spot a scam;
- videos of real stories from Victorians who have been scammed; and
- the opportunity to share your story to help others.

There are also educational videos about romance, lottery, online selling, investment, rebates, rental and business scams. Visit [www.consumer.vic.gov.au/scamsavvy](http://www.consumer.vic.gov.au/scamsavvy) for more information, or to share your story.

If you've been scammed, it can help to talk about how you're feeling with someone you trust. If you need professional support, help is available. The campaign is being supported by beyondblue, SANE Australia, headspace and the Victorian Men's Shed Association.

Helpful contacts:

- Consumer Affairs Victoria on 1300 55 81 81 to report a scam
- Eastern Community Legal Centre on 9762 6235 for information about your legal rights
- Moneyhelp on 1800 007 007 if you are suffering financial stress due to a scam
- Beyondblue on 1300 22 4636 if you are suffering depression and anxiety

## News from Wantirna Heights Probus Club

It was a very wet day for the club's walkers recently in Upper Ferntree Gully. Seventeen dedicated Probus walkers turned up with raincoats, brollies and much enthusiasm to walk from the car park in Upper Ferntree Gully to the library and back.

The rain was consistent, and the walkers were persistent. They jumped puddles, dodged droplets, ducked under umbrellas, laughed and enjoyed the shared bike/walk track through the Gully.

Rewards were waiting at the coffee shop. A crackling warm fire with warm drinks and a delicious chokky were very welcoming. Champions!.....absolutely.

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



EST. 1988 **Graphic Engraving (Vic) Pty Ltd**  
 Signage and Engraving Services

Our services include manufacturing a large range of small labels, tags, signs and full colour stickers. We can cut, machine and engrave various materials including acrylic, aluminium, stainless steel and timber.

Contact us: [sales@graphicengraving.com.au](mailto:sales@graphicengraving.com.au)  
 P: 9764 0144 Factory 1/9 Samantha Crt, Knoxfield

**Lt Opera Singer**  
 Teacher of Music  
**Performer**  
 - Weddings, Functions, Parties  
**Private Teacher**  
 - Technical Vocal Development  
 - Reading Music  
 - Recording  
 - Boronia  
**Veronika 0427 829 325**

**KUMON**  
 Tailored Learning. Endless Discoveries.  
 Kumon's maths and English programmes are tailored for each child to enjoy reading widely and learning new maths concepts giving them confidence in the classroom and in everyday life.  
 Contact your local Kumon Centre to find out more today.  
**KUMON WANTIRNA SOUTH EDUCATION CENTRE**  
 Instructor: Yvonne Lum  
 tel: 0413 217 885  
 Visit <http://au.kumonglobal.com>

Goodwill to all  
**KNOX CAROLS BY CANDLELIGHT**  
 Paulini · Luke Kennedy · Imogen Spendlove · the Australian Navy Band

**Saturday 5 December 2015**  
 at Wally Tew Reserve, Brenock Park Drive, Ferntree Gully.  
 For more information visit [knox.vic.gov.au/carols](http://knox.vic.gov.au/carols)

Principal sponsor: **Westfield KNOX** SHOP WESTFIELD.COM.AU  
 Knox City Council  
 Sponsors: **Light FM**, **Ray White**

# Templeton Tennis Club News by Don McCracken, President

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

Our major happening at club level since our October update was the conduct of our Junior Championships. A highly successful day with 20 entrants.

Congratulations to everyone who participated.

The winners were:

Club Champion – Dilhan Jayawardena;  
 Runner Up – Nipuna Madanayake  
 B Grade Winner – Archie Komninos;  
 Runner Up – Kiefer Lim  
 C Grade Winner – Khushal Derashri;  
 Runner up – Kristian Tesevic  
 D Grade Girls Winner – Ashleigh Papic;  
 D Grade Boys Winner – Tom Sinclair

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

During October we, with the financial support from

Knox Council and the use of sponsor's money, have re-carpeted the clubrooms. They are looking fantastic. A vast improvement on the "20 year old", old carpet.

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

The Festival will run from Saturday the 30th January through until Sunday the 7th February 2016.

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

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

Check out our website, [www.templetontennis.com.au](http://www.templetontennis.com.au) for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget

# SPORT NEWS



to mention that you are a Templeton Tennis Club member. Barry Plant Real Estate Wantirna, Integrity Cabinets and Bendigo Bank Wantirna Community Branch.

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

Merry Christmas and a Happy New Year to all!

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

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

Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)

## Wow! What a Day at Wantirna Tennis Club!! by Barry Cornell

Did you come along to our recent Spring into Tennis event, a Tennis Knox promotion? Well if you didn't, you missed the best open/promotional day the club has ever put on. The weather was fantastic, 25C for most of the day and the grounds and club house looked amazing. Our coaches Troy and Mike did a fantastic job in running the event and providing all the tennis equipment for hots shots. They also did a huge amount of work in getting such a terrific roll up of kids and their parents from St Luke's and Wantirna PS and also their Coaching people from Goodlife. The committee also made a big effort in advertising and having our family and friends come along, plus grand kids as well. Many thanks to those from the Committee, Life members, wives and members who helped out on the day and for cooking up such a successful sausage sizzle.

We had a surprise visitor to our event, our local Victorian Government MP Nick Wakeling, The State Member for Ferntree Gully, Shadow Minister for Education. It was terrific of him to take the time to come along. He was really impressed at the turn up and the organisation of our event.



L to R Barry Cornell ( President), Nick Wakeling ( MP), Mike Alder and Troy Murrell (Coaches), Daryl Barrett (Treasurer).

We had 99 people attend, with a number of full and social memberships signing up on the day. A really great day, one which shows what a great club we have and points the way for a successful future at the club.

There were all age groups at our Tennis Knox promotion day

The new summer season of junior tennis is running "HOT" with Friday evenings, Saturday mornings and Sunday mornings at Wantirna Tennis Club.

The Hot Shots internal league 'orange ball' is running early on Friday afternoons at the club over an 8 week period. It is being managed by our coaches Troy and Mike. The league is featuring 20 orange ball level players from the coaching program with them playing a Davis cup style format in teams of 2. This is a great stepping stone for our players heading towards representing the club in Saturday competition. Anyone wishing to come down on either a Friday afternoon or Saturday morning, you'll be sure to see some great tennis action!

Our new junior teams are having a terrific time in their first season of competitive tennis. Many of the kids are playing their first season for not only the club but also it is their first taste of competitive tennis. Well done to all those who are playing and a big welcome to those that have moved to our club. It's an exciting time to be a junior member!

Lots of tennis is being played Sunday mornings at the club with our own Sunday Girls 3 playing in Eastern Region Tennis (ERT), plus we have Eastern Region Tennis girls pennant teams playing through to the end of the year, all girls sections 12 & under Grade A, 14 & under grade b, 16 & under grade A.

A Big Welcome to the Wantirna Tennis Club's new sponsor.



Fantastic news -did you know that the "Wantirna Community Bank® Branch of Bendigo Bank" is now a proud sponsor of the Wantirna Tennis Club Inc. The Wantirna banks board has approved our application for sponsorship and we have now signed an agreement with the bank. We look forward to a strong working partnership with the bank over the 2015/2016 year.

See what's coming up or been happening @ Wantirna Tennis Club on our face book page or visit our web page to see the current newsletter. Contact or visit us, we have excellent facilities and 9 tennis courts in the terrific setting of Wantirna Reserve. We are offering both a range of competitive tennis or 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.

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/wantirnac/](http://www.tennis.com.au/wantirnac/)

WTC Facebook: [www.facebook.com/.../Wantirna-Tennis-Club](https://www.facebook.com/.../Wantirna-Tennis-Club)

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

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

Coaching Face book: [www.facebook.com/troyandmiketennis.com](https://www.facebook.com/troyandmiketennis.com)



# Happenings from the KNOX CITY TENNIS CLUB *by Gary Leech*



The club had its AGM in late August and a fresh group of passionate tennis people and members were elected into executive and general committee positions. The club welcomes Jeff Nickel as the President, Lesley Goh as the Secretary, Steve Rennick as Treasurer and Joanne Magnik as Vice President. Steve Tate, Gary Leech and Jeff Connan are the Junior, Senior and Night convenors respectively. Fiona Hogan, Clive Pontin (Maintenance), Sue Newton (Mid Week Ladies) and Jayne Hollier (Hall Hire) form the general committee responsibilities.

The club's first class facilities, friendly social after match environment, junior parent and adult coaching transition programs and superbly organised team management by Jeff Connan attracts huge numbers of players competing weekly. There has been a record number of casual court hirers and new members over the last 3 months with the Tennis Knox "Spring into Tennis" festival in September and easier access and more programs for the local community to enjoy social tennis. Go to the club's website <http://www.knoxcitytennisclub.com.au/membership/> to either renew your current membership or enrol as a new member.

The Junior Winter Competition saw four teams play in grand finals, with all teams coming runners up. The grade

6 men's pennant team made it through to the grand final, however lost in a close battle. Our ladies only Saturday team playing in the B grade mixed section won their grand final. The men's B grade lost their Waverley grand final.

The over 50's 9:30am Thursday morning program, run by Rex Thompson, continues to provide great exercise each week for people in the community. No bookings required, just roll up and join in the social games and a cup of tea and biscuits at the completion.

The club recently hosted the Bayswater District Hot Shots Primary School Tennis competition with over 100 grade 5 & 6 students participating. The Regional competition is planned for mid November at Knox. This NEW school competition now officially replaces Bat Tennis as a school sport and the club thanks Tennis Victoria for organising this new inter primary school sport activity.



Gary Leech and his 1st coach Norm Cahill at the Tennis Coaches Australia Victoria AGM in August. Norm has not missed the associations AGM for 40 years.

There are MORE junior ANZ Tennis Hots Leagues competitions on Mondays 5:15pm, Friday 4:30pm and 5:45pm and Sunday 11:30am. These Leagues are co-ordinated by our Velocity Tennis coaching program staff. Contact Gary 0438 018 820 for more details. \$70 for 6 weeks.

# SPORT NEWS

## Great Prizes to WIN!!! Knox City TC is looking for a club slogan.

To enter, LIKE our Tennis Club Facebook page, <https://www.facebook.com/knoxcity.tennisclub/> submit your suggestion into a post in this event and depending on the person with most amount of LIKES, wins.  
1st prize: 12 month free club membership,  
2nd prize: Wilson tennis racquet  
3rd prize: 60 minute private tennis lesson with club professional coach Gary Leech  
Entries Close 31st January 2016.

The Knox Mid Week ladies program run by Sue provides ladies in the community with competition tennis on Tuesdays, Wednesdays and Thursdays. Stay up to date by LIKING the club's Facebook page and Club Web page for the club's Free Monday morning Ladies social events planned for January & February 2016. 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](http://knoxcitytennisclub.com.au)  
Facebook: [facebook.com/knoxcity.tennisclub/](https://www.facebook.com/knoxcity.tennisclub/)  
Membership: Jeff 0409 936 696  
Court Hire: Lesley 9801 5879 or email [knoxcitytennisclub@gmail.com](mailto:knoxcitytennisclub@gmail.com)  
Coaching: Gary 0438 018 820 or email [velocitytennis@bigpond.com](mailto:velocitytennis@bigpond.com)

**BAYSWATER BOWLS CLUB**  
INVITES YOU TO COME ALONG AND ENJOY AN AFTERNOON OF

# BARE FOOT BOWLS

*a game for all ages*

**Free lessons (bowls supplied)**  
**Free sausage sizzle**  
**Meet the Club Members**

*A friendly environment to make some new friends*

# EVERYONE WELCOME

Every Sunday 2.00pm - 4.00pm

43 Phyllis Street, Bayswater

[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)

*If you have always wanted to learn how to play lawn bowls, make sure you come along!*

## WANTIRNA SOUTH JUNIOR FOOTBALL CLUB

### Become a Mighty Devil in 2016

Wantirna South Junior Football Club, based at Templeton Reserve, is a great family club offering Auskick plus teams ranging from Under 8's through to Under 17's. We invite all players (new and existing) and their families in these age groups to join our great community focused club in 2016.

**AUSKICK - Born 2011 onwards**  
 UNDER 8'S - Born 2008  
 UNDER 9'S - Born 2007  
 UNDER 10'S - Born 2006  
 UNDER 11'S - Born 2005  
 UNDER 12'S - Born 2004  
 UNDER 13'S - Born 2003  
 UNDER 14'S - Born 2002  
 UNDER 15'S - Born 2001  
 UNDER 17'S - Born 2000/1999

**2016 Fees**  
 U8'S \$110 - U9's/10'S \$140 - U11's-17'S \$170  
 2<sup>nd</sup> child \$20 off total  
 3<sup>rd</sup> child \$40 off total  
**All new players receive free shorts and socks**

For further info email [registrations@wsjfc.org.au](mailto:registrations@wsjfc.org.au) and follow us on Facebook.

# Hate Gyms? You'll love Aliento

Regardless of age, weight or current level of fitness, you can substantially improve your health and wellbeing without jumping, jolting or heavy lifting. **Work smarter, not harder!**

Combining Continuous Passive Motion(CPM), Isokinetics and Pilates techniques, Aliento's easy to use Shapemaster equipment:

- Improves fitness
- Firms & flattens the tummy
- Slims the waist, hips and legs
- Strengthens core muscles
- Reduces stiffness and pain
- Improves posture & circulation
- Aids in weight reduction
- Increases flexibility and mobility
- Alleviates stress and tension
- Improves sleep patterns



**UNDER 40**  
Before & After



**AGE 40-60**  
Before & After



**60 PLUS**  
Before & After

Call  
**9764 1110**  
or book online at  
[www.aliento.com.au](http://www.aliento.com.au)

*Amazing! Having attended Aliento for nearly six weeks, I find I am planning my days so I can get there because it makes my day! The girls who assist clients make it so comfortable--they are always helpful and SO friendly.....It amazes me that they all know everyone's names and are so ready to suggest new ways to use the equipment to best suit my needs. 23 cm GONE in 5 and a half weeks--I am thrilled to bits. Thank you Aliento team for making me feel so relaxed about "going to a gym"*

Jan G, Wantirna South

**Review over 130 other success stories at [www.aliento.com.au](http://www.aliento.com.au)**

**FREE**  
**Five Day Trial**

Ends Saturday January 30, 2016

Must present voucher - but you're welcome to bring a friend



**P: 9764 1110**  
7A Darryl Street, Scoresby, 3179  
**E: [info@aliento.com.au](mailto:info@aliento.com.au)**  
**W: [www.aliento.com.au](http://www.aliento.com.au)**



Nari Khera  
Franchisee

## Aussie Knox

Studfield Shopping Centre,  
249 Stud Road, Wantirna  
9887 4088 or 0409 786 121  
[aussie.com.au/knox](http://aussie.com.au/knox)  
or [knox@aussie.com.au](mailto:knox@aussie.com.au)

## Aussie Rowville

Stud Park Shopping Centre,  
Stud Road, Rowville  
8740 1818 or 0409 786 121  
[aussie.com.au/rowville](http://aussie.com.au/rowville)  
or [rowville@aussie.com.au](mailto:rowville@aussie.com.au)



**Aussie Knox & Rowville, mortgage broker Anu Dua wins Loan Writer of the Year VIC/TAS and placed in the top 3 Nationally at the biennial sales conference of Australia's largest mortgage broker, Aussie Home Loans.**



**It's Smart to Ask  
for a Second Opinion**



Aussie is a trade mark of AHL Investments Pty Ltd. Aussie is a partly-owned subsidiary of the Commonwealth Bank of Australia ABN 48 123 123 124 AFSL and Australian Credit Licence 234945. © 2014 AHL Investments Pty Ltd ABN 27 105 265861 Australian Credit Licence 246786. Australian Credit Licence Number 246786 AHL Investments Pty Ltd ABN 27 105 265 861