

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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EDITION 40

FEBRUARY/MARCH 2016

- STAMFORD PARK PLAN TO BECOME A REALITY
- WSPS 75 YEARS YOUNG
- STEAMFEST 2016
- SCORESBY VILLAGE UPGRADED

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Drop into your nearest branch at Wantirna Mall, 348 Mountain Highway, Wantirna or phone 9720 4122 to find out more about securing a home loan you can count on.

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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

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Editorial

Welcome to 2016! Time keeps rolling on and here we are in a brand new year...without even trying!!!

There is so much going on in our community and the indications are that some good things are coming our way.

I am always impressed by the many people who are involved in the great initiatives happening locally that build relationships, provide support and are avenues for friendship. These are our groups, our services and our people.

How lucky we are to find good people who are trying to make life better for us all, whether they are volunteers or whether their role is part of their working life, we don't have to look too far to find what we need in the place that we live.

I hope you all have a wonderful year ahead.

Janet on behalf of the team

NB: The story on the Piergrosse family has been delayed as we are waiting for permission from Knox Historical Society who had previously published the same article.

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.



SWCN OUT & ABOUT



Chris at the Tower of London



Dale in the Pacific Islands

Our readers and friends have been out and about enjoying themselves on holidays around the world.

Our paper is being enjoyed far and wide across the globe as well as closer to home.

Thank you to the people who sent in their snaps with their favourite community newspaper!!

We promised a prize for the best photo so send yours in for our next edition.



Chris at the Matterhorn



Lily as a Geisha in Japan, catching up on news from home



Moira in the Pacific Islands



Alan TUDGE MP
FEDERAL MEMBER FOR ASTON

Real Action For Knox



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

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



Knox Private Hospital Emergency Department

**Open 24 hours
7 days a week**



Knox Private Hospital Emergency Department has been serving the community for over 25 years and is one of the largest Private Hospital Emergency Departments in Melbourne, caring for approximately 20,000 patients each year. The service is staffed by a highly experienced team of doctors, nurses and clerical staff 24 hours a day, seven days a week who are dedicated to offering our patients the best in Emergency Care.

We provide 24 hour access to leading specialists with advanced qualifications via an on-call roster that covers an extensive range of medical specialities. The Emergency Department is particularly noted for its expertise in handling cardiac related emergencies, with some of the best response times in Victoria and 24 hour access to a Cardiac Catheter Laboratory for immediate intervention of cardiac ailments.

General Manager Justin Greenwell stated that “with an ever growing population it is important that our hospital is ready to provide the community with healthcare that is up-to-date

and easily accessible. Whether the medical care is planned or a patient finds themselves unexpectedly presenting at our Emergency Department, Knox Private Hospital is able to provide the care and medical intervention needed”.

Our Emergency Department has 24 hour access to operating theatres, a Cardiac Catheter Laboratory as well as access to both a Coronary Care Unit and Intensive Care Unit. With onsite radiology and pathology services, Knox Private Hospital’s Emergency Department is supported by a large, comprehensively equipped hospital, able to facilitate outstanding professional care.

Located at the entry of Knox Private Hospital the Emergency department is easily accessed from Mountain Highway, with drop off points conveniently located outside the doors. With our expert team and over 25 years of experience Knox Private Hospital Emergency Department is dedicated to the care and optimal outcomes for our patients.



Knox Private Hospital Emergency Department accepts and reviews almost any medical and surgical condition. To assist with this we have onsite access to:

- 24 hours access to leading and fully qualified Doctors and Surgeons
- On site Medical Imaging – CT, MRI and Ultrasound
- Specialist services, including Cardiac and Orthopaedic services
- 24 hour access to 11 High-tech operating theatres
- 24 hour access to our Cardiac Catheter Laboratory for immediate intervention of heart ailments – with an experienced team of Interventional Cardiologist and nurses
- Coronary Care Unit
- Intensive Care Unit



262 Mountain Highway, Wantirna, VIC 3152 | Phone: 03 9210 7000 | Fax: 03 9210 7200
www.knoxprivatehospital.com.au

BENDIGO BANK NEWS

The end of the 2015 calendar year was a busy time for the Wantirna **Community Bank®** with four partnership agreements signed with community groups.

Wantirna Primary School

The Wantirna **Community Bank®** is pleased to have continued a partnership with Wantirna Primary School to support the school's reading program by providing the school with \$2,000 to be spent on furniture for the library and new books.

Branch Manager Paul Jerram presented the cheque for \$2,000 to new Principal Sue Fergeus who was delighted to be faced with the challenging task of deciding the best way to spend the money on much-needed new furniture and a selection of new books to delight the children.



Wantirna Tennis Club

The Wantirna Tennis Club, located at Wantirna Reserve at the corner of Mountain and Burwood Highways in Wantirna is one of the pre-eminent tennis clubs within Knox. The club provides a wide variety of competitive tennis formats plus opportunities for the social player to enjoy a friendly hit of tennis.

The Wantirna **Community Bank®** board approved a grant of \$2000 to the club for the purchase and installation of 2 bolt-down steel park settings to replace existing wooden tables badly in need of repair and thus providing a safer and more comfortable arrangement for club members and visitors.



St Andrews Cricket Club

St Andrews Cricket Club, located at Manson Reserve in Selkirk Avenue Wantirna is affiliated with the Ringwood & District Cricket Association. The club is especially strong in providing cricket for juniors with 8 competitive teams plus an active Milo In2Cricket program in operation.

The Wantirna **Community Bank's®** support for the Club includes the provision of funds to purchase a new cricket kit worth \$1250 for use by the club's 3 under-10 teams. The funding for the kit is timely for the club and will ensure the 10-year-old cricketers have the best gear to use as they begin their chase for ultimately a place in the Australian Test team!!



Oz Child Wishing Tree Gift Appeal

The Wantirna **Community Bank®** partnered with OzChild who work with 6,000 children, young people and their families every year, making sure that every night more than 300 children have a safe roof over their heads.



On Tuesday 15 December OzChild CEO, Lisa Sturzenegger, visited the Wantirna **Community Bank®** Branch to receive the 130-plus gifts that were collected for OzChild's vulnerable children and young people. There's always a lot of work for OzChild, protecting kids, healing trauma and rebuilding families. Everything from dolls, to craft kits to soccer balls and giant Tonka trucks!

There is a lot still to do, today, tomorrow and every day after that. But one thing is for sure, the kids had a brighter Christmas thanks to you. The entire project has made this year a very special year for all of us involved, and we are certainly planning to continue to support the OzChild Wishing Tree Appeal in the future.

Wantirna South Cricket Club Pink Stumps Day

The Wantirna South Cricket Club was formed in 1950 and currently field 5 senior teams, 1 veteran team and 3 junior teams. The Wantirna **Community Bank's®** provided a grant of \$2,200 to the club to assist with the payment of costs incurred in the running of an annual charity event plus a contribution towards the cost of a training nets project.

This season Wantirna South CC will be directing its community efforts toward the McGrath Foundation. They will be holding a Pink Stumps day on Saturday the 20th Feb 2016, which will include hosting a ladies luncheon with entertainment, key note speakers, door prizes, raffles and a silent auction. All net proceeds from the day will go toward the McGrath foundation who raise money to place breast care nurses in communities' right across Australia.

During the day the 1st XI will be hosting Bayswater Park CC which assures to be a close encounter.

It promises to be a great day with some great entertainment, great company and great cricket whilst at the same time supporting this wonderful cause.

Any further enquires can be directed to Peter Crow, President of the Wantirna South Cricket club who can be contacted on 0408-597-479

We are hosting a

PINK STUMPS DAY

Play for a cause and fundraise for the McGrath Foundation

WANTIRNA SOUTH CRICKET CLUB
Saturday, 20th February 2016
12.00 - 1.00pm Ladies Function
1.00pm Wantirna Sth vs Bayswater Park
Contact: Fiona Carroll 0408 001 449
Donate now: search Wantirna Sth Cricket Club @ www.pinkstumpsday.com.au

Summer Gardening Tips by Peter Reynolds, BSc. Permaculture Design Cert. SCP1

Summer time, with the heat and drying winds, can be a particularly stressful time for us and our gardens. In this article I'll be sharing with you some summer gardening tips to make life a little easier for our plants and us, and hopefully prevent the loss of valuable trees, shrubs or veggies.

1. Water is particularly important over summer, when extremes of heat and drying winds can increase evaporation and cause stress to plants. Always use mulch over any bare soil as it keeps the soil and roots cooler, reduces evaporation and prevents water runoff when we do eventually get some rain.

Avoid watering during the heat of the day. Early morning or evenings are best. Apply water to the root zone, not the leaves, as this can cause leaf burn and promote mildew or fungal diseases. If going away on holidays, consider moving pot plants to a shaded area. Consider using wetting agents on the soil if you notice your pot plants drying out too quickly.

A friend or neighbour may be able to water your

prized plants while you're away and you can then return the favour. To reduce water usage on the lawns (assuming you do water your lawn over summer) consider keeping the grass longer by not mowing too short. This will provide some shade to keep the roots cooler and reduce evaporation.

2. Use shade cloth to protect heat sensitive trees and shrubs from extreme direct sun. A simple frame of garden stakes can be used to support the shade cloth and it can be fixed with cable ties. You may need to improvise a bit if the tree is large, but mature trees are generally better able to cope with the heat.

3. If you need to work in the garden during hot weather start early in the morning or late in the afternoon to avoid the midday heat. Wear sunscreen or protective clothing and a wide brimmed hat and don't forget to take regular breaks and keep yourself hydrated with plenty of water.

4. Avoid planting or transplanting over summer as this is a stressful time for plants. If you must do it,

aim for the cooler part of the day, water in well and provide some shade until the plant is established.

5. Feed your plants with slow release or organic fertilizers regularly over summer. Plants become stressed by extremes of heat and dry conditions and keeping nutrient levels up will assist your plants to survive the summer season.

6. Weeds tend to thrive over summer when other plants are struggling. Remain vigilant and deal with them before they seed, otherwise you will need to work much harder to eradicate them. Consider using "non-toxic" weed control methods. These are better for the soil and less likely to harm insects and bird life.

7. If possible, have a birdbath or shallow container of water in a shady area of the garden. The native birds and insects will appreciate a drink too!

Do your best to stay cool this summer and help out your environment where and when you can.



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

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

Speakers

December was our Christmas meeting. The President of the Ringwood Historical Society Russell Haines came along and gave us a Presentation on 'Eucalyptus Oil'. This interesting subject included much information on the local area, its Eucalyptus trees and the History behind the Eucalyptus Oil industry. Russ illustrated his talk with many historical photos including 'eucalyptus oil stills' and equipment.



Photo by Alison Rogers

January was our Outdoor meeting. This was to be a wander along the 'Dandenong Creek Trail'. Due to the severe heat conditions on this day, the walk was cancelled. A meeting and picnic tea was held in Wantirna.

Excursions

December - no excursion held in the month of December.

January

This month the members of the Club travelled up to the Alpine area of Mt Baw Baw. Historically the Club used to hold their Summer weekend away at the Baw Baw Chalet, spending time studying the Alpine Flora. In later years a day visit has been held. Although not a great area for birds at this time of year, the alpine flora, including orchids is always worth a visit. It is quite pleasant up on the Alpine meadows with temperatures many degrees lower than in Melbourne. Many of the Alpine daisies, trigger plants and Greenhood orchids were out in flower.

Over the next couple of months our Presentations will be:

February - Life Member Bruce Fuhrer speaking on "Thallose Liverworts"

March - Stuart Mills is speaking on "Wildlife and Geology - Adventures of a Mineralogist in Africa and Europe"

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

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

All visitors are welcome.

For more details phone Alison or Peter on 9801-6946.

Website <http://www.rfnc.org.au>



Photo by Alison Rogers



Beyond Blue fundraiser at Banksia Nursery

On the weekend of the 9th and 10th April Banksia Nursery will be holding a fundraiser to support Beyond Blue, a non-profit organisation which exists to raise awareness of anxiety and depression and provides resources for recovery, management and resilience.

The staff at the nursery will be holding potting, pottery and food tasting demonstrations. For a gold coin donation for each activity you can have a hands on experience with the potting and pottery with the materials provided by the nursery and a food tasting after the "Cooking with Herbs" demonstration..

Gold coin donations will also apply if you would like to have a lucky dip and/or gift wrapping.

Demonstration times are as follows:

SATURDAY AND SUNDAY POTTING AT 11.A.M.

SATURDAY AND SUNDAY POTTERY AT 1.00P.M.

SATURDAY AND SUNDAY "COOKING WITH HERBS" AT 2.30. P.M.

The Lucky Dips will be all day until there are no prizes left and gift wrapping is available any time both days.

Come along to Banksia Nursery and support this worthy cause.

There are a number of nurseries participating in this fundraising effort.

Go to the Beyond Blue Website to find out where to participate.



Hobby With A Difference

Ron has lived in the area since 1971 and for many years played football with Wattle Park Football Club, Wantirna South Football Club, Scoresby Football Club and Eastern Districts Football Club until he was 54 years old.

He is now currently playing lawn bowls with Heathmont Bowls Club and has been on numerous committees .

He is a keen Richmond Football supporter and has a collection of the Club's memorabilia.

But more importantly, Ron has been an avid collector of beer cans since 1966 and has over 8000 cans as well as bar tap tops, coasters, signs, flags, lights, beer trays, bar mats, stubby holders, bar mirrors and posters. He has been holding the December meeting for the Australian Beer Can Collectors (ABCCA) for the last 10 years which is held monthly at different member's homes.



The ABCCA was founded in 1979 and in addition to members in Australia, there are members in USA, NZ, the UK, Austria, Brazil, Sweden, Italy and South Africa.

In each state of Australia there is a division of the ABCCA, a locally established group of collectors who come together once a month to exchange beer cans and other brewery items.

It is a great social day out with other likeminded people.

Membership is open to anyone interested in starting or further developing their brewery collection.

In Victoria the secretary Russell Bennett, can be contacted at russell.bennett@edumail.vic.gov.au

A Registration form can be Downloaded from the website www.abcca.com.au



Returning to Study through the VCE can change your life

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

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

VCE is available at Mountain District Learning Centre in Ferntree Gully, a community learning centre that has been offering VCE (or HSC) for around 40 years.

Pursuing education is the single most important way to gain a new career, better job prospects or a new lease on life.

People return to study the VCE for a number of reasons including:

- pursuing a qualification that may lead to better job opportunities
- looking for a pathway to change career direction
- expanding general knowledge, interests and gaining a sense of achievement
- completing additional VCE subjects to improve an ATAR score for intake the following year.

You may have just completed year 12 at school and are disappointed with your results. You have the option of enrolling in a new subject or repeating a subject at MDLC and strive for a higher ATAR score.

If you didn't complete enough subjects to finish your VCE or get an ATAR you can enrol in VCE subjects at MDLC and join the other students who are looking to expand their horizons' and broaden further study or employment opportunities by completing their secondary studies.

The message is....don't give up! There are other pathways available to achieve your career goals.

Returning to study through the VCE is an option for adults as well. If you have been away from full-time schooling for a full year you only need to complete 8 units to achieve your VCE. Units must include 2 in English at any level and 3 sequences of units of 3 and 4 in other subjects.

If you are not interested in achieving the certificate you can do any VCE subject of your choice just to enjoy the experience of learning. You don't even need to sit an exam!

The other good news is that VCE studies are courses eligible for government funding, so it's an affordable option for most people.

If VCE is not your game, MDLC also offers VCAL as an alternative, equivalent secondary education qualification. For more information contact MDLC on 9758 7859 or visit Youth Central at <http://www.youthcentral.vic.gov.au/> or <http://www.vcaa.vic.edu.au>

Centrelink for Seniors

The year started off with a bang at Boronia Library where the team was joined by staff from the local Centrelink office who hosted a fantastic, educational event. It was titled Centrelink for Seniors and was the second of its kind in a pioneering new series designed to provide assistance to those using Centrelink's growing collection of online resources. These resources are designed to allow individuals to manage their accounts, apply for payments and upload documents, all from the comfort of their home. No more queuing up at a branch!

For the uninitiated the options, including myGov, can be overwhelming so the 25 attendees were delighted to have the options explained in detail. There was a short presentation explaining how assets and superannuation can change payments, and attendees received one-to-one assistance with their individual queries.

This fully booked session will be repeated again in the region, with dates to be confirmed. If you'd like to attend the next similar event, please be sure to join the monthly email newsletter from our website at www.yourlibrary.com.au, or pick up the latest Events Guide from your local library.

Upcoming Events at Your Library

Internet Safety & PayPal – Rowville Library at 2:00 pm on Thursday 11 February

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

Session inclusions:

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

This is a free event, but places are limited. Book your spot online or by calling 9800 6443. Bring along your questions and devices!

"Gardening with Soul" Film Afternoon – Boronia Library at 1:00 pm on Friday 26 February

Why wilt in your garden when you can relax in air conditioned comfort at the Boronia Library 'Cinema' with popcorn in hand? 'Gardening with Soul' is a funny, heartwarming & intimate portrait of Sister Loyola, the 90yr old head gardener at Wellington's Home Of Compassion. Themes of love, ageing and the importance of good compost are covered in this beautifully filmed documentary. Prepare to have your spirits uplifted at this free 'Boronia Grows' film event!

This free and entertaining film begins at 1:00 pm on Friday 26 February. Bookings: 9800 6488

'Wrong Way Round' with Author Lorna Hendry – Rowville Library at 6:30 pm on Thursday 18 February

Lorna Hendry was a graphic designer until she unplugged the computer and took off in a 4WD to travel around Australia with her family. That trip turned into a three-year adventure and along the

way Lorna discovered a passion for writing and a new career. Her travel memoir, Wrong Way Round, was published by Hardie Grant in 2015. Lorna is now a freelance writer, editor and teacher.

Discover Lorna's fascinating journey at Rowville Library. It's free! Book your place by calling: 9800 6443

The Art of Felt Making – Bayswater Library at 1:00 pm on Friday 26 February

With its origin steeped in legend, felt making has existed for thousands of years. It continues to be practiced and enjoyed, from the Nomadic peoples of Asia for their tents, rugs and clothes, to its popularity in today's fibre arts. Bernadette will talk about and demonstrate the versatility of this remarkable non-woven fabric, from delicate scarves to sturdy vessels.

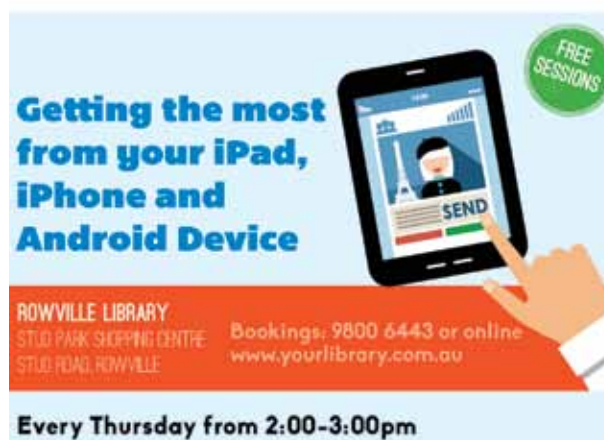
Book your place at this free event online or by calling 9800 6498.

Taking Notes on Your Device with Evernote – Rowville Library at 2:00 pm on Thursday of 10 March

Evernote is a free and reliable note keeping platform that works on all tablets, smartphones and computers. It allows you to keep important information accessible and organised no matter where you are. Join the Rowville Library team as we explore how to download and use this app - you'll never forget anything again!

This free event caters to both iPad & Android device owners and includes plenty of time to have all of your questions answered. It's also part of a series of 10 sessions covering many different technology topics. All are taking place between February and April. Bookings for this, or any other events in this series, can be made by calling: 9800 6443

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



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Bookings: 9800 6443 or online
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Every Thursday from 2:00-3:00pm

SCHOLARSHIPS NOW OPEN

GIVE YOUR CHILD A CHANCE TO REACH FOR THE STARS

Academic and General Excellence Scholarships are now open for entry into Years 7, 9 or 10 in 2017. This is a limited chance to receive a first-class education in a top independent school. These scholarships close soon so call our Registrar now.



ENTERTAINMENT IN KNOX

An All New Experience from an Old Favourite!

After a spectacular make over, the Knox Tavern has re-opened its doors on Monday 25th January, 2016.

The Knox Tavern invite you to come in and see a brand new venue, with promotions and prizes to be given away from the moment the doors open! There will be a Grand Opening Celebration on Saturday 20th February with lots of fun for all the family, huge prize giveaways and entertainment for the whole family. So save the date in your diary! Discover the family friendly bistro with a kid's playground, new kids 'Monkey' Club, a sports bar, private dining room, café/lounge and much more...

Experience the excitement of a brand new destination in the heart of the Knox Community for great food and entertainment.

The Knox Tavern website (www.knoxtavern.com.au and Facebook page <https://www.facebook.com/knoxtavern>).



KNOX TAVERN IS NOW OPEN

SAVE THE DATE

GRAND OPENING CELEBRATION!

Saturday 20th February from 10am

OVER \$75,000 OF PRIZES TO BE WON!

LOTS OF FUN FOR THE WHOLE FAMILY WITH BIG PRIZE DRAWS AND LOTS OF ENTERTAINMENT

DISCOVER OUR BISTRO, KIDS CLUB & KIDS PLAYGROUND, SPORTS BAR, TAB AND LOTS MORE...

Check out www.knoxtavern.com.au/Whats-On for more information and activities. For BOOKINGS call 03 9800 3011.

FREE DRINK VOUCHER*

Present this advert during February to receive a FREE Wine/Beer/Soft Drink (code SWCN010216) - *Conditions Apply

- TRIP TO LAS VEGAS*
- HAMILTON ISLAND ESCAPE*
- JEEP® CHEROKEE*
- SHARE OF \$10K CASH*
- DE BORTOLI DINNER*
- KIDS JEEP BIKES*

Sign up for our New Rewards Program



*Terms & Conditions Apply, see staff for details.



KNOX TAVERN

WHAT'S COOL AT SCHOOL?

The Aston Shield 2015

from **The Hon Alan Tudge,
Federal Member for Aston**

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

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

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

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

exists today and helps tens of thousands of people each year.

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

Olivia Thomas from St Judes Primary School was recognised as such a student. Olivia has shown her leadership and community spirit this year through her support and encouragement of younger students at St Judes. Leading by example, Olivia is heavily involved in the school community and always participated in school activities including the Red Day Celebrations. The Aston Shield winners from the other schools were equally impressive.

Local students to receive the 2015 Aston Shield were:

- Nataliya Edwards from Holy Trinity Primary School;
- Jordan Haag from Carrington Primary School;
- Lucas Kidd from Fairhills High School;
- Jai Stevenson and Bethany Anderson from Knox Park Primary School;
- Ebony Johnson from Regency Park Primary School;
- Sophie Wade from St Andrews Christian College;
- Mimi Chang from St Luke's Primary School;
- Brodie Mackenzie from Scoresby Primary School;

- Olivia Bedford from Templeton Primary School;
- Uyen Dien from The Knox School;
- Anna Barclay from Knox Central Primary School;
- Tyson Henry from Wantirna College;
- Rhys McLean from Wantirna Primary School;
- Katrina Bradley from Wantirna South Primary School;
- Ezra Holt from Waverley Christian College;
- Evan Henderson from Knox Gardens Primary School; and
- Cameron Prissman from Scoresby Secondary College.

Congratulations to our outstanding young citizens.



Lions Encourage Youth with Annual Awards

The Lions Club of Wantirna presents an award at Wantirna Primary School each year to encourage young people to fulfil their potential as individuals. The recipient is selected by the school's teaching and leadership team and is an award that recognises overall work effort and character rather than pure academic achievement.

The 2015 award was given to Matthew Cusworth as a member of the Senior Learning Unit at Wantirna Primary School over the last three years.

Matthew works tirelessly to improve his work in both literacy and numeracy. He readily accepts advice and acts on suggestions given in order to enhance the finished product. He has made great strides due to his persistence.

Matthew has played a key role in developing pride in the school community. Taking on the important role of flag monitor and attending working bees on many occasions he has modelled pride across the student body. His attitude to civics and citizenship is to be admired.



Paul Thomeycroft presenting the Lions Club of Wantirna Encouragement Award.

Paul Thomeycroft from the Lions Club of Wantirna presenting Brooke Elliott with The John Terrill Perpetual Encouragement Award.



John Terrill was a dedicated member of the Lions Organisation for over 25 years. The John Terrill award recognises John's commitment to developing and encouraging the youth in our community through his involvement with Fairhills Primary School.

The 2015 award went to Brooke Elliott who has shown herself to be a student who is a helpful and caring class member. Brooke has demonstrated herself to be an enthusiastic learner, willingly taking on challenges to extend her knowledge and social development, and as a student that shows respect to everyone and cheerfully volunteers to assist others when asked.

Brooke always displays a positive attitude even in difficult situations, is always on time and has a perfect attendance at school for the year. Additionally her commitment and determination to work hard in all areas has also been demonstrated in her school sporting events and extra-curricular activities. Brooke has been a library monitor, has represented the school in netball finals and has participated fully in the school production. Participation in Scouts and dancing also features in her community involvement. Even though Brooke is small of stature, her cheerful smile and friendly disposition is exemplary to all.

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Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



WHAT'S COOL AT SCHOOL?

Wantirna South Primary School - 75 Years Young



Wantirna South Primary School celebrated its 75th anniversary in November last year. The school began operating in 1940 as a result of community action to establish a school in Knox. For many years the school ran prep to year 8 classes to service the needs of the children of Knox. The school has a great reputation in Knox of being a country school in the middle of suburbia where the philosophy of the school is 'The better the relationship between all members of the school community then the better the outcomes for all children'.

For over 30 years a group of ex-students get together every 5 years to celebrate and remember the good times had by all at Wantirna South P.S.

This year the reunion was arranged around the school's biannual fete which was held on Saturday the 9th November. The fete was renamed "Ye olde orchard fair" to commemorate the 75th anniversary.

Over 30 ex-students along with their husbands and wives had a week end of celebrating, where many stories were exchanged about the fun days had by all at Wantirna South P.S. The former students spent the day at the school fair and then had a luncheon on the Sunday at the school. Standing in the original classroom which is now the school music room the former students talked for hours and how it only seemed like yesterday that we were all at Primary School.



Students at reunion. They attended Wantirna South P.S. in the 1940's



Les & Lois Simpson



Len & Betty Day

Four students, Les and Lois Simpson along with Len and Betty Day actually met at Wantirna South P.S. in the 1940's and eventually married (pictured)

Mrs. Cat Caulfield spoke to everyone about her experiences of growing up in Knox and attending Wantirna South P.S. Cat commented about the fact that in 1940 Wantirna South was a great community where everyone knew each other and supported one another in good times and in bad. After returning to the school and attending the school fair and experiencing the community atmosphere Cat said 'not a lot has changed' even though Knox is now a thriving metropolis Wantirna South P.S. is still a great community.

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STATE MEMBER FOR FERNTREE GULLY



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

FEBRUARY HEART HEALTH MONTH

Weekly "WEIGH IN"
Health Check conducted by
Pharmacy Manager, Carmen.
22nd to 26th February
Contact store for bookings

**CELEBRATING OUR
COMMUNITY PHARMACY
GROUP'S 100TH BIRTHDAY**
8th to 14th February
Morning Tea with Birthday Cake
**COMPLIMENTARY GIFTS DURING
CELEBRATION WEEK.**

MAKE OVERS
Colouring competition for the
children.

MARCH SKIN CANCER AWARENESS MONTH

Come in to discuss with
Glenda, tips on repairing skin
from sun damage.

SUN AWARENESS CLINIC
Skin Examinations will be
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Contact store for details

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CONTACT DETAILS
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Wantirna Vic 3152
Ph: (03) 9720 2872
communitypharmacy.com.au

Feline Immunodeficiency Virus

by Dr. Alison Brown BVSc (Hons), MAVSc, MRCVSc

Our feline companions are out and about for longer hours during the warmer summer months, and we need to be aware that feline aids or Feline Immunodeficiency Virus (FIV for short), is prevalent. FIV affects approximately 26% of the feline population in Victoria. The virus is transmitted from cat to cat via their saliva, usually through bite wounds during fights and territorial disputes. The cats most at risk are those that roam free and especially undesexed male cats. In a small percentage of cases, an FIV infected mother may pass the disease to her unborn kittens. The sharing of food bowls, litter trays and social grooming has NOT been shown to be a mode of transmission.

FIV positive cats have a compromised immune system, just like HIV infected humans and both are extremely susceptible to infections and even death in some cases. Symptoms may not be apparent until years after the initial infection has occurred. These patients can live healthily as life-long carriers and transmitters of the disease. Others may fluctuate between great and poor health over time.

Symptoms to look for in a cat with FIV include :

- Fever
- Weight loss
- Poor appetite
- Lethargy
- Dishevelled coat
- Diarrhoea
- Conjunctivitis (inflammation of the eye)
- Dental disease and inflammation within/around the mouth
- Non healing wounds
- Sneezing
- Enlarged glands
- Chronic infections

There is no prevention or cure for FIV, however, unlike man we can prevent our feline companions from being infected!

Firstly, keeping them as indoor kitties, we can avoid this issue



Image Ref: <http://www.catsadvices.com/cat-fight-dealing-two-cats-fighting/>

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

altogether as they won't be engaging in battles with the neighbourhood cats.

Secondly, did you know there is a vaccine for our cats? (Wish there was one for humans too). A negative blood test (if they might have been bitten, not required for kittens for the most part) is followed by a course of three injections and a yearly booster to maintain optimal levels of protection.

Why not vaccinate when we have this great option? It's a no brainer!

For questions about feline aids, please feel free to ask at Wantirna Veterinary Clinic on 9729 9908.

Final thought...don't forget to get your cat vaccinated against FIV!

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Louie Provenzano

PH: 9729 8784

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Overheard a conversation between a customer and staff!

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Cooking advice and choice of meat was freely given and the outstanding part was:

"If you can bring the rod in we will marinate the meat for you and load it on ready for you to cook".

You may wonder who deserves the Gold Star. For the butchers and staff at Quality Fresh Meats nothing is too much trouble.

As a reward their advertisement for this edition is free of charge compliments of the newspaper team.

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Behold, Knox's Jewel in the Crown set to become a reality!

It has only taken 27 years but finally the wait has been worth it. Back in 1988 the City of Knox purchased Stamford Park in Rowville, consisting of an historic homestead that was in a state of severe disrepair and 45 hectares of land that once belonged to Edward Row whom Rowville was named. In the mid 90's Council undertook some restoration works but still the entire Stamford Park remained a white elephant, pretty much underutilised and inaccessible to the general community.

There was always a vision of what the property could be. It has significant heritage value to our local area not to mention outstanding sweeping views of the Corhanwarrabul Creek wetlands. The sunset views from the homestead veranda are like nowhere else in Knox, simply stunning and timeless.

Three time Mayor and long serving Councillor Karin Orpen has been a consistent advocate for this project. In fact, it is Councillor Orpen who first described Stamford Park as the "Jewel in Knox's Crown". Likewise, Cr Nicole Seymour who represents the Ward in which Stamford Park is located has also been championing this project. Cr Seymour has been chairperson of the Stamford Park Steering Committee and Stamford Park Community Reference Group for the past 3 years. "Stamford Park has been one of Council's major community development projects and is like nothing Council has undertaken before" said Cr Seymour. "It will be

a tremendous cultural and recreational precinct not only for the people of Rowville but is sure to draw visitors from well beyond our municipality when complete."

The Stamford Park project has been a complex one, hence why it has taken so long from when the property was first acquired. It has involved land acquisition, development of a comprehensive masterplan, planning scheme amendment and most recently the sale by tender of a 6.3-hectare residential pad.

It is the latest milestone, the sale of the residential pad to Stockland which heralds the reality about to unfold. The implementation of the Stamford Park masterplan is premised on it being completely self-funding from the sale of the residential pad. With the tender being awarded to Stockland in December and settlement occurring in March 2016, Council can commence development of the public realm including restoring the homestead as a fully operational restaurant, creating magnificent parklands, wetlands, recreational lake with boardwalk, shared path network and adventure playground.

The future of the housing pad is also to be celebrated. Council had a clear vision of creating a residential area like nothing seen before in Knox or surrounding areas. It was to be cutting edge



going beyond conventional suburban development in terms of sustainable design and liveability. Council envisaged a community of high quality designed housing that flawlessly integrated with the surrounding natural environment and historic precinct. Having extensive experience in urban development and well recognised track record for delivering sustainable communities, it was no surprise that Stockland participated in the tender process and ultimately were the preferred tenderer.

- Key features of the residential area will be –
- 180 premium sustainable design dwellings
- Minimum 5 Star Green Star estate
- Built in solar generation to all homes
- Electric vehicle recharge to all garages
- Solar lighting throughout the estate
- Community permaculture garden to grow food locally

It is anticipated that construction will commence in 2017, with first residents moving in the following year.

It's a Grand Slam for the Scoresby Tennis Centre!

Who would have thought 12 months ago that Knox's premier destination for recreational and competition tennis would be located in Scoresby?

Well the Committee of the newly amalgamated Scoresby Wantirna South Tennis Club certainly did! The Committee knew they were onto a winner with 8 quality courts, superior club room and amenities as well as high profile location on Stud Road. All that was needed was vision for the opportunity that existed and determination to inject life back into the facility and make it the best tennis centre in Knox.



Working closely with local Tirhatuan Ward Councillor Nicole Seymour, the SWSTC Committee fleshed out a plan, and commenced efforts in applying for grant funding for refurbishment works. On a mission

and full of purpose, the Club has been successful in obtaining over \$10,000 in grant funds including \$7500 Stronger Communities Programme Grant through Alan Tudge, Federal Member for the Aston Electorate as well as \$2150 from the Knox Council Leisure Minor Capital Works Grants.

These grant funds complimented with the Club's own fundraising initiatives and support by Knox Council's facilities team have enabled significant improvements to be undertaken over the summer break. WOW, what a difference!! The interior of the pavilion has been freshly painted making the social area light and inviting. There is also new flooring throughout complimenting the contemporary welcoming feel. Continuing the theme of modernisation, the old inefficient wall heaters are gone and now the Clubroom is serviced by a large reverse cycle air conditioner / heating unit. Players are sure to enjoy toasty warm social space in winter and refreshingly cool space in summer – definitely the place to be when you're not on the courts playing. Adding to the overall refurb has been upgrading of the internal chairs, installation of audio visual equipment and WIFI for members' use.

And if that isn't enough, the outdoor social area has been given a face lift too with landscaping, trendy outdoor market umbrellas for shade and a cool drinking fountain installed.

To enquire about recreational, social, competition opportunities or tennis lessons at the Scoresby Tennis Centre, contact Club President Craig Douglas via email enquiries@swstennis.org.au or visit the Club's webpage www.swstennis.org.au. You can also follow us on Facebook www.facebook.com/swstennis The Pavilion is also available to community groups and/or local businesses for casual or regular hire at very reasonable rates.





No Ordinary Life – Positive Ageing in Knox

After a refreshing and much needed break it is with enthusiasm that I pen (well type) this first article for 2016.

I am committed to continuing the focus on topics that celebrate ageing and that hopefully enrich the lives of Seniors in our community.

Firstly, however I would like to wish all readers a happy New Year. I hope you have avoided the trappings of the silly season and instead found time to enjoy the company of family and friends or do whatever it is that brings you heartfelt joy. May the year ahead be blessed with good health and abundant happiness.

Generation Why?

Sitting on the beach, listening to the waves lapping the sand and knowing the deadline for this article was fast approaching I found myself reflecting on things people had said to me over the last 6 weeks that highlighted a generational disconnect that perhaps could be bridged with thought and open discussion.

One such topic that is still timely to discuss is that of the ritual of gift giving, specifically Christmas presents. Most will agree that the tradition of “gifting” at Christmas is largely about the kids, however for some this tradition has spiralled beyond reason with children / grandchildren receiving an over the top number of presents and having an inordinate amount of money spent on them. To generations that survived the great depression or those that lived in times before “consumerism” took over it seems absurd to spoil children to this extent, after all the number of gifts given or the amount spent is not a measure of one’s love.. right?

I don’t have an answer to this. This year my family simplified every part of our Christmas celebrations and got back to basics, spending quality time together. It was wonderful.

Where I do think I can offer some guidance in bridging the generational divide is this – don’t sweat the small stuff, issues that at the end of the day are meaningless and only annoy you. If you are a grandparent and you feel your grandchildren have been spoilt at Christmas (or their Birthday for that matter) don’t bother making a big deal about it or making negative comparisons to your childhood. You’ll only upset the parents who for whatever reason feel compelled to be overly generous and create tension that could have been avoided. Furthermore, the children will probably just perceive you as grumpy. It is a no win debate to be had so best avoided. Instead use gift giving time as an opportunity to connect lovingly with your grandchildren. Ask to see their gifts. Play together. Share stories of your favourite toy growing up. I have said it before, children cherish moments or experiences not things. When you are dead you would like your grandchildren to have fond memories of you and from my own experience it won’t be “hey my Pop gave me the best nerf gun for Christmas”, but more so “my Nan was awesome at hide and seek” or “my Pop and I used to go fishing at the pier, he taught me how to bait a hook.”

Another tip is to turn the conversation from your concern re the excessive gifts to positive praise – “my you must have been a good girl/boy, remind me again of all your fantastic achievements this year..eg: school report, swimming, sport..Wow yes it has been a great year, I’m so proud of you.” Your view matters and helps strengthen your grandchild’s self-esteem.

Hopefully this helps. It takes a little bit of extra effort but the rewards are far greater when you turn an issue that niggles you into a positive talking point upon which to build greater connection.

Have a great month, keep well.

Cr Nicole Seymour, Tirhatuan Ward

Scoresby Village & Recreation Reserve Masterplan given the thumbs up.

After 12 months of significant community consultation and planning, the draft masterplan for Scoresby Village and the Scoresby Recreation Reserve was submitted to Council at its December 2015 meeting. The Councillors unanimously agreed to support the plan with Cr Nicole Seymour, Ward Councillor for Tirhatuan speaking passionately about the proposed masterplan and community benefit that would be derived from its adoption and implementation.

Now that the Masterplan is approved the first phase of works are on track to be started in mid-late January 2016. Phase one will see improvements to traffic flow in the Village as the central carpark is upgraded. Traders and community members will also be pleased with the installation of new LED lighting in the central carpark and adjoining public spaces, addressing concerns that these areas are too dark and don’t currently feel safe in the evenings.

Works are also planned to commence in the Recreation Reserve early in 2016. Whilst implementation of the full masterplan will be phased in over the coming months, priorities identified by the community such as sealed walking paths and carpark improvements will be delivered in 2016.



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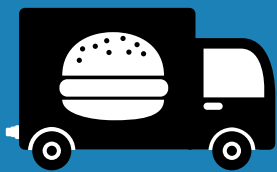
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Steamfest 2016 March 12th, 13th & 14th

SCORESBY NEWS

Melbourne Steam Traction Engine Club's annual Steamfest is on again at their National Steam Centre 1200 Ferntree Gully Road Scoresby over the Labour Day long weekend.

There will be an intriguing array of vintage machinery to entertain and enjoy but this year features something you would never expect to see in our suburbs. A demonstration of steam ploughing is planned. A rare and magnificent pair of gigantic, 95 year old, steam ploughing engines have been resident at the National Steam Centre for several years now but until last year the club was unable to get their hands on one of the special double ended "balance" ploughs necessary to demonstrate their unique ploughing method. For the first time in 90 years it is planned to have the pair back in action together. Ploughing engines sit up to 450 meters apart using winch ropes to haul the balance plough to and fro between them communicating by whistle signals. It should be a spectacle to see and hear. To contrast with the steam ploughing other methods will also be on display. The magnificent Clydesdale horses of the Victorian Working Draught Horse



Roadmaking machinery at the 2015 Steamfest-horse drawn and the diesel versions

Assoc. will be turning sods with towed ploughs and Fergy tractors will get in on the act as well. There will probably be a spade or two for those who would like to try manual methods.



Taking up the opportunity for a close up look at the dragline

As special as the ploughing is expected to be it is only a small part of the event. Up in the back paddock alongside the ploughing the Morris family's very comprehensive collection of vintage earthmoving gear will be busy all weekend long with diggers digging, bulldozers dozing, draglines loaders and tip trucks rearranging the dirt piles while heavy motor scrapers and graders show how our roads were built.

The engine compounds in the centre of the site will be bustling with activity with antique farm engines baling hay, sawing wood and pumping water. This year on the arena a big turn out of steam trucks is expected with at least one coming from as far away as NSW. The amazing walking dragline will be in action – yes it really does walk along on big feet. Military vehicles, vintage cars and even a steam

boat on the lake will round out the outdoor activities. The miniature railway and tractor rides are fun and provide an easy way to get around the site.

All this can be seen without even venturing into the museum sheds where some of the most impressive displays are to be found. The engines will be turning in the stationary steam and diesel engine museum bays. The display of the machinery from the engine room of the Lyttelton II tug tells a great tale of the life of the ship. There are fascinating collections of model engines. Little kids adore controlling the engines in the Thomas model railway layout. In the blacksmith shop the steam hammer will be thumping away in a revival of old time skills. Woodworking, hand tools, vintage radio, and other reminders of days gone by will be presented by hobbyists only too eager to share their enthusiasm.



Everything turning under steam power in the Stationary steam museum

The gates are open 10am – 4pm 12th 13th & 14th March. Admission is \$15 for adults, \$5 for children and family tickets \$35 (cash only). Proceeds help with the maintenance and development of the museum.

Full details www.melbournsteam.com.au



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Wantirna South
Harcrest Boulevard

Studfield
191-195 Stud Rd

How the locals like it™ 

Find Peace in Stillness by Andrew Foster, Meditation for Life Teacher & Counsellor

The time after Christmas, when we look into the coming year is often a time when we have overindulged in food, alcohol and spending. Often the waistline has expanded, the head and liver are intoxicated and the credit card has been maxed out to the limit. We might see this as a time to take stock, to sit back, let things settle down and simply be content to be who we are, as we are.

But for many of us, this proves to be extremely difficult. Our culture is a culture not of sitting and becoming still, allowing things to settle, but a culture of 'busyness', which is the essential driver of 'business' and the economy. So at this time of year, rather than taking stock and coming to see the extent of our indulgence, instead we are driven on to further spend and strive for that perfection that we just can't seem to reach.

For men, women and children alike, there are numerous cultural narratives that scream at us to get spending and to strive for the vision of perfection our culture sets for us.

Women alone are subject to somewhere in the region of 3000 messages each day, through the various forms of media, that they aren't good enough as they are. For many, there is a constant duress to become slimmer, younger, fitter, blonder, happier and prettier. The outcome of this narrative in this instance is for many women to see themselves as 'too fat, too old, too unfit, too grey, too miserable, too plain.'

For men, similar messages encourage them to be stronger, fitter, younger looking, less hairy, more sexy to a potential partner. The list goes on. And so the endless struggle for perfection and the endless drive to spend and to buy continues.

But what if we could let go of the narrative? What if we could switch off the voice? Perhaps just for a

short while? Let ourselves see who we really are? Let ourselves experience what is really important for ourselves, beyond the external voices we've mentioned?

Well in an age where we are hearing more about the practice of 'Mindfulness,' it might not come as such a big surprise to you, to read that we can. Mindfulness has various useful definitions. One, which is quite simple to understand, is that purely and simply, 'Mindfulness is bringing our attention to the present moment, on purpose, in the absence of judgement.' This definition from John Kabatt-Zinn, an American physician and Mindfulness expert, sets the scene for how we can get closer to finding a sense of acceptance of who and what each of us really is, and how we can begin to find a sense of peace and calm from within us, that can help us to let the 'busyness' of our hectic lives become a deliberate act of stillness.

Why not use Mindfulness as a way to allow yourself to simply be, as you are?

At Wantirna Wellness Centre, you can join us on a Thursday evening to spend some time with an accredited and skilled teacher and with other students, to learn how to make the most of your inner stillness. To become much more aware of the present moment and to awaken to the beauty that is already around us and within us, in each and every moment.

We run an 8-week guided sitting meditation program called 'Meditation

For Life.' Come along on a Thursday night and allow yourself to be with a sense of peace and calm. Allow yourself to be comfortable as you are. Our group of students is increasing rapidly. Why not come along and join us?

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 October to 15th December, 2016

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

Contact Lisa on 0403 559 536 or email wantirnawellness@gmail.com to enquire.

Please note that once the term has started no refunds are available. For more information please see our advert or head to www.wantirnawellnesscentre.com.



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

Where: Suite 9/249 Stud Rd
Wantirna

2016 Dates

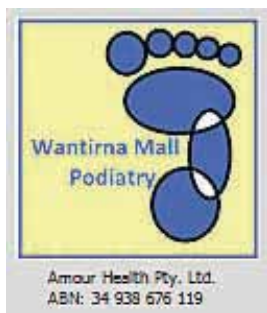
When: Thursday evenings
7.30pm-8.30pm

Investment: \$130

Term 1: 4th Feb to 24th March
Term 2: 5th May to 23rd June
Term 3: 28th July to 15th Sept
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Check our website each term.

Call Lisa on 0403 559 536 or Email wantirnawellness@gmail.com
Learn more at www.wantirnawellnesscentre.com



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



Getting children's feet ready for school

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

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

period of time, the required support and the ground surfaces.

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

Please visit us on our website for more handy tips.



NEWS IN GOOD HEALTH & WELLBEING



News from The Osteo with Dr. Jason Stone

Osteopathy and Jaw Pain

The Temporomandibular Joint (TMJ) is the anatomical name for the Jaw joint.

Pain arising from the TMJ can be very distressing and present in many ways. Commonly, TMJ pain is a result of clenching/grinding teeth but can also arise from trauma such as having teeth removed or sporting collisions.

Patients can often present with referred pain into their teeth, which only after Dentists have ruled out tooth pathology they realise the TMJ is the cause of pain.

Often patients will be aware that they clench or grind and may wear a mouthguard (splint) to protect their teeth at night. Whilst the guard may be successful in protecting the teeth it is often not enough to relieve the TMJ pain.

Osteopaths have a range of techniques and exercises to reduce the muscular tension of TMJ disorders but importantly also look at the underlying reasons, which may be causing them. Neck stiffness and tension, usually associated with 'hunching' over desks, increases the strain on the base of the skull, which closely relates to the TMJ. It is therefore a major focus of osteopaths to address any neck issues in conjunction with treatment of the TMJ. Looking at your desk posture and changing position regularly is not only important for your back and neck but will also benefit potential TMJ issues.

Clenching and grinding is usually a result of emotional stress hence looking into relaxation activities or undertaking some exercise is also beneficial in the treatment process.

The final tip to improve TMJ pain is to not let your teeth come in contact with each other throughout the day. This relaxes the muscles, which clench your Jaw.

wantirna
osteopathy

For the treatment of:

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

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

TMJ pain can present as:

- Local pain in front or inside the ear
- Pain in the cheek or down the side of your face
- Headache in the region of the 'temples'
- Local tooth pain

Wantirna Osteopathy
161 Stud Road
Wantirna South
9800 0388

Self Prescribing from the internet – What could go wrong?

from the
Centre of Wellbeing

There is so much information available on the internet right now, as well as plenty of opportunities to purchase "miracle cures". Many people self prescribe according to "Dr Google" but this can be very dangerous. For example:

Desiccated thyroid extract purchased from international sites for hypothyroidism can lead to side effects such as crippling anxiety, paranoia and mood swings, not to mention hair loss, excessive sweating and insomnia.

Self administration of iron if you are not truly deficient can directly damage the liver and nerves and increase the risk of heart attack.

Some magic bullets for depression and mood disorders can throw out your balance of neurotransmitters leading to anxiety, aggression or phobias.

Even seemingly innocent vitamin supplements can be dangerous. For example vitamin A in excess of 700mcg retinol equivalents per day may lead to birth defects in pregnant women and excessive amounts of the trace mineral selenium can be toxic.

Cheap, bulk purchase fish oils usually are partially oxidized and usually high in contaminants such as mercury.

Many herbal preparations don't contain the correct species of herb or have used cheaper, ineffective parts of the plant.

Supplements bought on the internet are often not approved by the TGA (Therapeutic Goods Administration) which is a department set up by the Australian Government to ensure that health products manufactured and sold in Australia are registered, regulated and meet safety standards.

When you see a qualified naturopath, you can be sure you are being correctly prescribed TGA approved, practitioner quality brands of herbs and supplements that have passed potentially hundreds of quality control steps. They will know what herbs/drugs/nutrients may interact and should not be taken together and what supplements not to take in pregnancy, with high blood

Centre of Wellbeing

Massage + Chiropractic + Counselling

New Family Chiropractor



Dr. Rogan Smith

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

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

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

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

To make an appointment, call us now or book online

77 Anne Road, Knoxfield

www.centreofwellbeing.com.au + www.roswilson.com.au

03 9763 0033

pressure or any other conditions where you should be aware of possible interactions.

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 or call 0414 957 555.

Hell Ain't a Bad Place to Be – The Story of Bon Scott

Rocking Knox - 4th March 2016

Knox is set to rock on Friday 4th March when HELL AIN'T A BAD PLACE TO BE – THE STORY OF BON SCOTT takes centre stage on Wally Tew Reserve, Ferntree Gully. This show tells the story of Bon Scott's life – his childhood, his family, his secrets, the bands that came before his rise to fame with AC/DC, and his rock n roll dreams. It's narrated and sung by Australian music legend Nick Barker with an incredible four-piece rock line-up including Ash Naylor from the Rockwiz Orchestra.

Award-winning producer Andrew Barker was inspired to explore and write Bon's story after co-creating THE MAN IN BLACK: THE JOHNNY CASH STORY. "It's always struck me that Bon Scott was a working class hero and underdog and like Cash he had a unique story separate to the band, as fascinating as it was moving and intriguing."

The production follows Bon's journey from Scotland to Australia, through his hell-raising teenage years and the bands that came before AC/DC - the Spektors, the Valentines and Fraternity. By the 1970s AC/DC were riding high, singing the story of life on the road, of dreams and broken promises and the long way to the top. In the centre of the band stood Bon Scott with bagpipes and a wicked grin ready to be a superstar. This is a quintessential rock and roll story that ended far too soon.

Having never staged the production as an outdoor performance Andrew Barker said, "Wally Tew Reserve is the perfect location to present this narrative concert and I also felt it was a unique way to celebrate the 40th Anniversary of the 1976 release of AC/DC's iconic film clip It's a Long way to the Top."

Nick Barker who has performed the lead role since 2011 said, "AC/DC played in a lot of pubs in Melbourne's outer eastern suburbs that don't exist anymore, so I am very excited to be performing the show back in the heartland of Oz Rock in the 70's. Many locals will remember the band's legendary gigs at the Ferntree Gully Hotel."

"HELL AIN'T A BAD PLACE TO BE is part narrative, part rock concert and the outdoor setting is the perfect environment to listen to the story of Bon's life and discover an array of things never known about him. It's going to be fantastic to crank up the sound and play the songs that also tell the story of his life."

HELL AIN'T A BAD PLACE TO BE – THE STORY OF BON SCOTT is presented by Knox City Council and Wander Productions on Friday 4th March, Wally Tew Reserve (entry via Glenfern Road). Entry from 6.00pm, show at 7.30pm, tickets \$28.50 to \$35 at www.knox.vic.gov.au/theatretix. As a special bonus all ticket holders will receive free entry to Knox Festival on 5th and 6th March.

This performance is not recommended for children under the age of 15 years due to the occasional use of coarse language and alcohol and drug references.

*The Band in rehearsals for their Knox performance.
From left to right; Ash Naylor, Nick Barker, Venom,
Tony Johannsen, and Justin Garner*



News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Disseminating Australian Jazz *by Ken Simpson-Bull*

One of the corporate aims of the Australian Jazz Museum is the disseminating of Australian Jazz. This is no better illustrated than by the production of its "Rare Jazz" CDs. One typical example is "The Unissued Bill Miller Recordings".

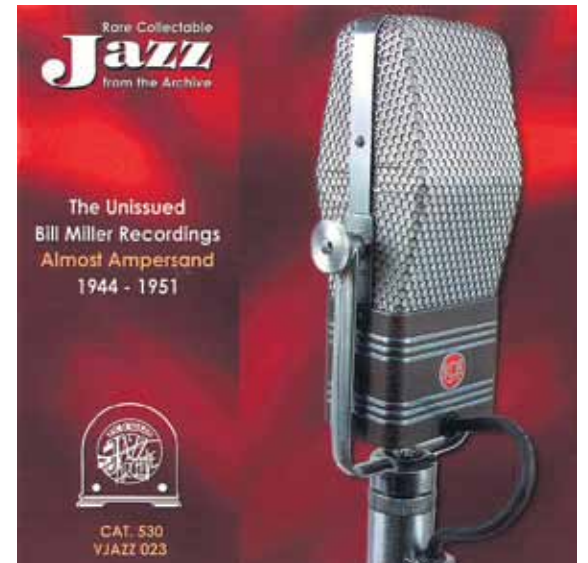
The late Bill Miller was a seminal jazz authority who, after returning to Australia in 1938 after studying Law in England, began scripting a weekly jazz program on radio station 3UZ based on the huge collection of records he had brought back, most of them unavailable in Australia.

Beginning in 1943 he started recording local jazz bands (Graeme Bell's was the first) which he released on his "Ampersand" record label. At the time, the large international record companies which dominated the Australian market were not interested in local jazz.



However, many of his recordings were, for one reason or another, never issued. The Jazz Museum possesses all of Bill's original acetate recordings and, from the never-before-released ones, has restored and issued 40 tracks on a double CD. These performances are an important record of Australian jazz musicians of the late forties to the early fifties. More than 40 musicians are represented, many almost forgotten today and some never before heard on a commercial recording. This and many other of the Museum's rare jazz CDs are available from its retail shop or on-line.

The Australian Jazz Museum (a nationally accredited museum), 15 Mountain Highway, Wantirna (Melway Reference 63, C8) is open free to the public on Tuesdays and Fridays from 10am to 3pm. For group visits, which include refreshments and a live band performance, please ring (03) 9800 5535 or visit the web site at www.ajm.org.au



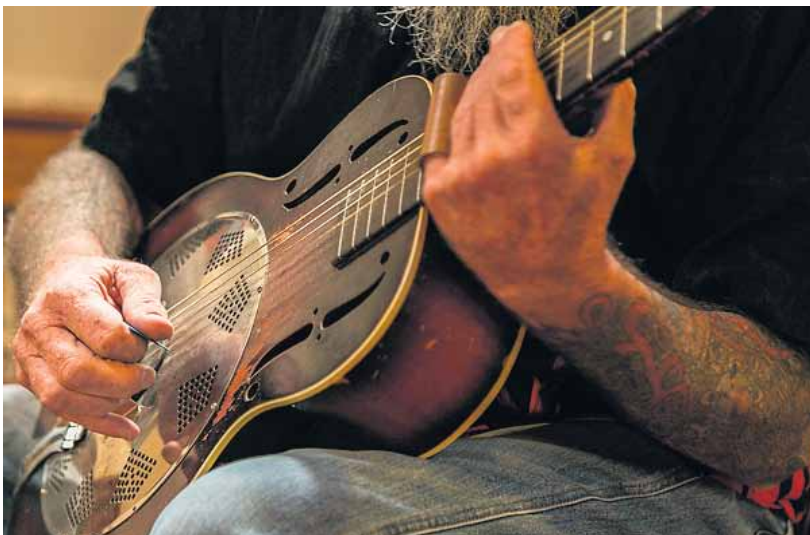
The Basin Music Festival returns in its twelfth year, 18-20 March 2016.

This annual non-profit community-based music festival, organised and run entirely by volunteers, provides a musical and cultural focus for musicians and community in Melbourne's east.

The festival features over one hundred artists bringing a wide range of musical styles into seven venues large and small, all with a warm community vibe. Highlights include The Basin Pavilion, the newly-built outdoor stage, and a wonderful selection of food and market stalls in a woodland park with a large new playground. Surrounding the park on two sides is a fine collection of shops, including five local restaurants, taverns and cafés hosting performances.

It's a perfect opportunity for families gathering for a picnic in the park, meeting friends for coffee in a café, for an ale in a tavern, or a meal in a restaurant, all accompanied by great live music. A reasonably priced ticket will gain entry to the taverns, while the other music venues have free-admission.

Located at the foot of the Dandenongs, where Forest Road meets Mountain Highway, in The Basin (Melway 65 G7). For more details, including tickets, parking info, schedule of performances, and how you can be involved with the festival, visit: www.TheBasinMusicFestival.org.au



Bridges Connecting Communities is Moving

Bridges is moving at the end of January to 6 Griffith Street, Knoxfield, and will be operational as of Monday, 1 February.

Our administration office will operate from Knoxfield and will also house our eight fleet vehicles. Five of our Planned Activity Groups will go off base to Rowville and Ferntree Gully for an interim period which will allow us time to build a purpose built Planned Activity Room.

Bridges is supported by a team of 12 staff and around 170 volunteer staff who assist with the programs each week. Without these dedicated volunteers Bridges would not be able to run such a treasured service to our community.

Bridges has resided at 658 Mountain Highway, Bayswater for 30 years and we thank the Knox Council for their support during this time. It will be mixed emotions when we leave but we know Bridges has evolved over its 40 years and this is another stage of our progression as we transform to meet the every changing community needs.

Bridges is proud to position itself in the heart of Knox where it will continue to support our ageing population and people with a disability to ensure they feel engaged and connected with their community and encourage them to be participating and valuable members, to reduce the risk of isolation and to focus on improving their health and wellbeing.

If you would like more information on our services or would like to become a Bridges Volunteer please contact us on 9729 9499.



What's On?

Event	Date & Time	Location	More Information
Inventi Ensemble Tea and Classic Concert Series	10.30 am 8th March 10.30 am 12th April	Knox Community Arts Centre Bayswater	\$10 per person info@inventiensemble.com
The Basin Music Festival	Evening - March 18th Day 11.00am until late March 19th and 20th	The Basin Melway 65 G8	www.thebasinmusicfestival.com.au
Beyond Blue Fundraiser	9th and 10th April	Banksia Nursery, Burwood Highway Wantirna South	See article this edition
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
The Story of Bon Scott Knox Festival	Friday 4th March 6.00pm for a 7.30pm start. Saturday and Sunday 5th and 6th March	Walley Tew Reserve Ferntree Gully	Knox Council web site
Scoresby 55+ Social Circle	Every Thurs. 10am-12pm	Scoresby Football Club 752 Stud Road, Scoresby	Gold coin donation – Bookings 9764 1166
Melbourne Steam Traction Engine Club's annual Steamfest	12th, 13th & 14th March 10.00am to 4.00pm	1200 Ferntree Gully Road Scoresby	www.melbournesteam.com.au
Pink Stumps Day	Saturday, 20th February Ladies function at 12.00noon Match from 1.00pm	Wantirna South Cricket Club	Enquiries to Peter Crow 0408 597 479 or to Fiona Carroll 0408 001 449
National Seniors	4th Wednesday of each month at 10.15am	The Knox Club, cnr Stud Rd and Boronia Rds Wantirna	President John on 9778 6784
Knox U3A	First term begins 1st February	Park Boulevard, Ferntree Gully	www.U3AKnox.org.au 9752 2737

KNOX U3A GEARS UP FOR 2016 *by John Ford*

Knox University of the Third Age (U3A) is preparing for, hopefully, another successful year of activities, classes and pastimes, with the program kicking off on February 1st. A number of new offerings are introduced in 1st term, with some completely new subjects, and some resurrected from past years. A total of 143 programs are offered for 1st term, 60 of which have already filled. Full details of the programs on offer for first term, together with the opportunity to enrol, will be found on U3A Knox website at www.U3AKnox.org.au. The Office phone number is 9752 2737 and an answering service will operate if no-one is in the office.

There is still plenty of time for new enrolments, so if you are 55 years of age, or over, and have a spare \$60, (that's right; \$60 is our annual membership fee, which gives access to all courses, all year, provided they have not been filled. There is no limit to the number of courses one may enrol for, and it must be agreed, this represents incredibly good value. A few of the Courses do carry an additional small fee to help towards equipment/room hire and the like.)



So, if you have a liking for literature, history, writing, computer skills, exercise, health and well-being, socialising, crafts, hobbies, cards, check out the listing, and become a part of this great organisation, which currently has a membership in excess of 1100 people. Additionally, there is always a number of social events and outings each year, further promoting the social aspect of the U3A community.

One thing that must be mentioned, is the U3A is run entirely by volunteers. The Executive, administration and course conveners all give their services voluntarily.

It is a great organisation, a great experience, and a great way to keep the mind and body active in our later years. We do look forward to seeing you at Knox U3A.



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We did.

All new Hilux is now even more unbreakable. Apart from looking better than ever, we've packed it with even more safety features and more off-road technology. With a choice of petrol or turbo diesel models, Hilux truly sets the benchmark for hard work and play. Take a new look at all-new Hilux at Ferntree Gully Toyota. You won't believe your eyes.



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News from National Seniors Knox Branch

The meetings of the Knox Branch of National Seniors are held at The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna. Meetings commence at 10.15am for a 10.30 Start. Our meetings are held on the 4th Wednesday of each month.

Our guest speaker for November was Auggie Nguyen from Knox Police, giving us a talk about Community Safety. He related his tales of getting to Australia and then about what he does in the community. Very good and humorous.

On Sunday the 6th December we had our Christmas Party at the Knox Club. Terry Hogan our singer kept us entertained all night. Everyone was very happy with the hampers and prizes and a good night was had by all. Good food with good company.

On the 26th February we will be setting off for Wonthaggi again. This time to go on a Tour of the Desalination Plant and stopping off for morning tea, then eventually lunch.

Our lunch out for February will be on the 3rd and will be at the newly renovated Ringwood RSL.

Seniors meals available.

On March the 3rd we will be going to the 1812 Theatre Night in Ferntree Gully. The production is "Allo Allo" based on the classic BBC TV Comedy series. Should be a goodnight. Early Dinner at the Royal hotel in Ferntree Gully for those who wish to dine.

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.



Life Activities Club Knox Inc.

Welcome to 2016, and may it bring new interests, new friends, good health, and safety. This month some of us will enjoy a tour of Melbourne's underground. It's the "Lost Melbourne Tour".

Then the Garden group's February outing will take them to Pakenham. In March the outing goes to Warburton, Projekt 3488, and an amazing eclectic assortment of "things". Sounds intriguing.

Melva 9762 3764 Margaret 9762 4332

Have you tried our web address 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)



A visit to the farm.

World Elder Abuse Conference

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

Hosted by Seniors Rights Victoria, the National Elder Abuse Conference will take place from 23-25 February 2016 at the Pullman on the Park, Melbourne, Australia.

The Conference will focus on the rights of older people to live life free from ageism and elder abuse. From preventative programs, to early interventions and later responses, speakers will share stories about the ways we can observe the rights of older people. See <http://elderabuseconference.org.au/>

Get ready for World Elder Abuse Awareness Day on June 15 with Seniors Rights Victoria's new WEAAD 2016 Toolkit! Everyone can get involved.

Older Victorians experiencing elder abuse can get help now by calling Seniors Rights Victoria on 1300 368 821 Monday to Friday, from 10 am to 5 pm. Services include a Helpline, specialist legal services, short-term support and advocacy for individuals and community and professional education. See www.seniorsrights.org.au.



Laughing through 2016 by Lynette Mitchell

Welcome to 2016 and how are you going with your goals and resolutions so far this year? Most would agree that it takes a great deal of effort to create new habits and it is easier to let ourselves down than to let another down when we make a pact or promise. This has been called personal integrity, and if we wish to plan a more productive year, most likely we have to address our own resistance to making this happen. In fact many give up making New Year's Resolutions, knowing they will not be kept. I find it helpful to do affirmations in the morning which sets up a pattern of positivity in my demeanour. This does weaken my inner critic, the little voice that is limiting and creates self-doubt.

The reason that I mention goals, resolutions and new habits and how our personal integrity needs attention, is to lead into the suggestion of establishing a new habit and doing something fun and beneficial, such as attending our fun and friendly laughter club. You are very welcome and if you have heard about the benefits of laughter, there

is no time like the present to get over your fears and resistance, make a decision and stick to it.

Naturally this sharing of understanding of how we are more concerned about letting others down than we are about letting ourselves down, is written as a reminder for whatever resonates within you. Laughter Yoga, which is what we do at laughter clubs, is a suggestion and example of applying yourself diligently if you want different results. When people come along they can find it a little confronting, to laugh for 'no reason', that is, without the use of telling jokes or funny stories. New people frequently share they have been meaning to come for a while and have heard that it is very good for you to laugh. This is true and as adults many less chirpy people lose the good habit of regular laughter and simply forget how easy it is to laugh. Laughter is energising and lightens the load we carry in life. This is where the free Community Laughter Clubs play a role in our society today and assist in adding meaning to one's life. When we

laugh together we take the spirit of laughter with us each day and see life in a more upbeat manner. It is highly recommended to laugh more often, as it strengthens our immune system, amongst many other benefits and adds meaning to our life. I hope to see you sometime soon.

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

Contact details: Lynette Mitchell

Phone: 9763 5475

Mobile: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

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

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 to encourage people to seek legal advice early. ECLC is a not-for-profit community service that provides free legal advice to Melbourne's eastern communities, including the Knox suburbs of Studfield and Wantirna.

Who we are and what we do

ECLC maintains an active presence in the City of Knox through the permanent location of ECLC's outer east office in Boronia, its monthly outreach in Rowville for family law matters, and representation on several networks, including the Knox Infolink Committee of Management, the Knox Youth Network and PLEDGE Knox (previously called the Knox Accord). PLEDGE stands for People Linking to Embrace and Develop Gender Equality.

ECLC offers free and confidential legal advice with a Community Lawyer by appointment only. The Boronia office is open Monday to Thursday 9am-5pm. A night service is also available on Tuesday evenings. The Community Lawyer can provide advice in the following areas:

- Family Law
- Family Violence and Intervention Orders
- Elder Abuse
- Victims of Crime



Denise Budge, Manager ECLC Boronia, Charles and Coral Carew, members of the Studfield and Wantirna Community News Volunteer Team, and Jacqui D'Sylva, Community Development Coordinator, ECLC Boronia at the ECLC Annual General Meeting in November 2015

- Fines and Infringements
- Minor Criminal Matters
- Car Accidents
- Neighbour Disputes
- Tenancy
- Debt
- Consumer Issues

Free legal advice is also available through the Intervention Order Support Service at Ringwood Magistrates' Court for people who are attending a Court hearing. ECLC has guidelines for when they can provide further help beyond the advice appointment. Ongoing casework may be offered, but this will depend on a number of factors including

a client's particular circumstances, the area of law required, and the availability of other affordable legal assistance.

Can we help you?

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

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

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

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

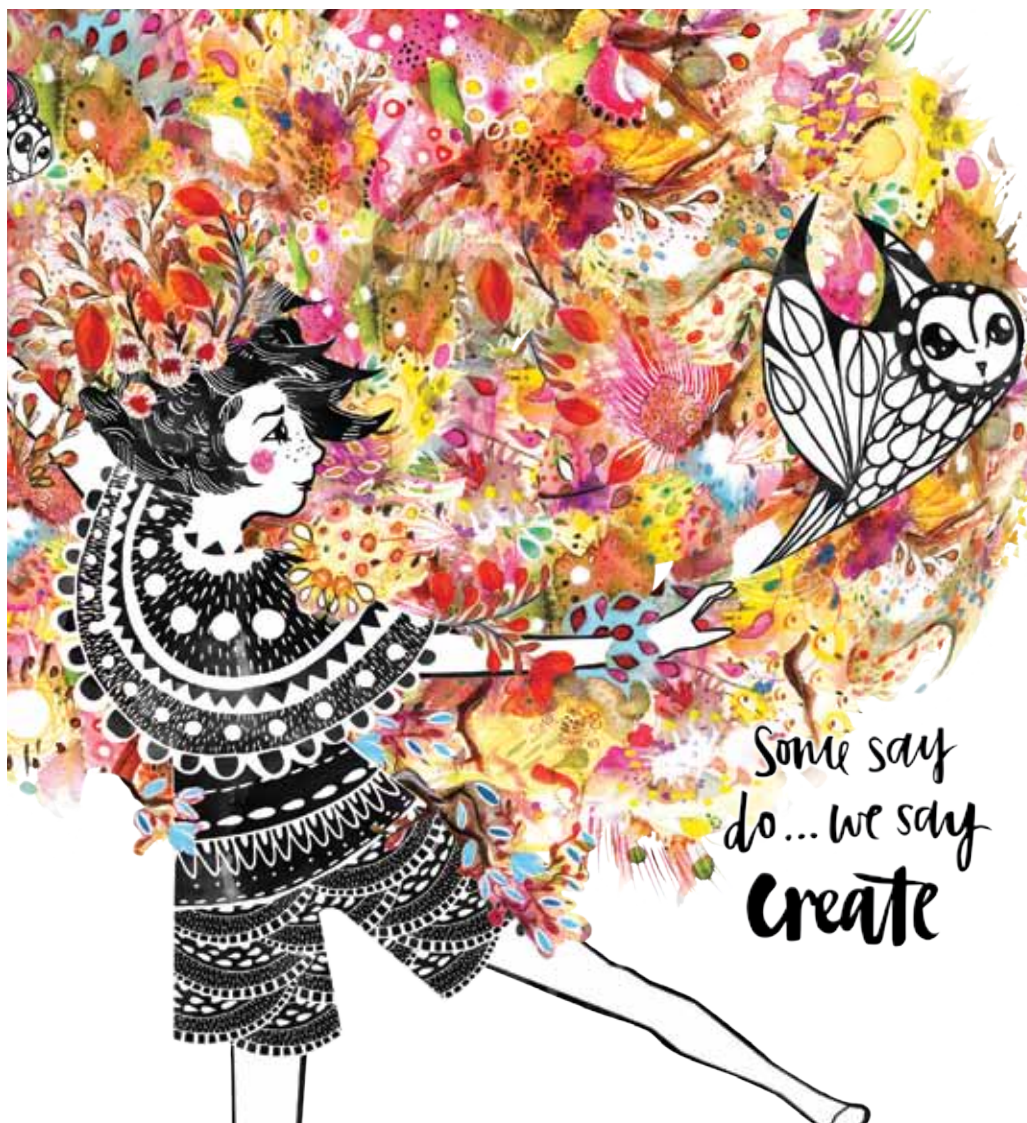
Contact us:

Address: Suite B, 6 Floriston Road, Boronia

Phone: (03) 9762 6235

Email: outereast@eclc.org.au

Website: <http://eclc.org.au/>



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7:00 - 8:00pm
Thursday 18 February

▶ **Personal Tours**
Contact 9754 6611 or
mcc@materchristi.edu.au

▶ **Open Morning**
10:00 - 11:00am
Sunday 21 February
Sunday 20 March

▶ **School in Action: Celebrating International Women's Day**
9:00am - 2:30pm
Tuesday 8 March

Templeton Tennis Club News *by Don McCracken, President*

Welcome back to TTC news for 2016.

Our summer competitions recommenced over the weekend of the 30th January. Accordingly, there aren't too many weeks left until this season is complete with finals in March. At the time of writing, (mid Jan) we have 13 of 23 junior teams and the seniors have 4 from 7 teams currently in the top 4. Let's hope the good form stays with us after the long Christmas break!

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

Night competitions; Monday, Tuesday and Wednesday nights are back in full swing as of the 2nd February and progressing well. Come for a look and maybe join us. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call on 9800 3316.



We Serve Aces@Knox City Tennis Club *by Gary Leech*

Knox City TC has been very busy during the November to January period with around 20 new members joining. The "Spring Into Tennis" promotion co-ordinated by Tennis Knox has been a great success with new members and players across Knox.

In November, in conjunction with Tennis Heritage Australia, the club ran a special Tennis Memorabilia afternoon. A huge Rod Laver equipment display including racquets, books, posters, mostly autographed by the great man was the highlight of the event. Visit <http://tennishistory.com.au/> for more information.

The club's Facebook page now has 309 likes. Each week the social media committee update activities, events and performances. Go to facebook.com/knoxcity.tennisclub and LIKE the page to keep updated with the clubs activities. You can renew your current membership or enrol as a new member at <http://www.knoxcitytennisclub.com.au/membership>.

Last season the club won 3 night tennis premierships and 2 teams were runners-up. 27 teams are registered for next Autumn season, which commences in early February.

During the recent season break, the clubs ran a social in-house program which was enjoyed by around 60 members and their friends. Thanks to Jeff Connan for organising this fun event at the club. Everyone looks forward to it each year.

On the 13th December, the club ran its annual Junior Christmas breakup party in conjunction with the Velocity Tennis Coaching family program. Over 100 people attended this social event which was the largest turn out since the club was reinvented back in 2002. Thank you to many of the committee members especially Jo (Vice President) and her husband Aiden Magnik and parents who helped out on the day. Santa and his sack of lollies was a hit,

We have since our last newsletter re-carpeted our clubrooms and replaced our main drinks fridge. We thank sincerely both the Council and also our sponsors for their contributions to make both possible.

Our annual Open Day (31st January) has also been conducted as part of the Festival of Tennis in the Knox area. We thank all involved in this day.

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

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

All the best for 2016.

arriving on a Ride On Lawn mower!

The Velocity Tennis Coaching Program has kicked off the season with increased enrolments for term 1. Velocity runs lessons Monday to Friday from 3:30pm to 8pm with 3 coaches. Lessons are also held on Saturday and Sunday mornings. They also run sessions at The Knox School as well as indoors at Knox Central Primary School.

Hot Shots Competition Leagues are run on Mondays, Fridays and Sundays. If you would like your child to participate, contact Gary for further details.



Pic, Santa, Steve Tate (Junior Convenor) and his son Kyle.

SPORT NEWS



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

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

Knox also holds FREE Hot Shots Community family fun Sunday morning sessions every 2 weeks. Kids, parents, friends and family members can all come to the club from 10am to 12pm and play free tennis with each other. Racquets, Balls and BBQ is provided. Meet the coaches, committee and enjoy the facilities which the club has to offer everyone in the Knox community.

Over the hot summer break, a huge amount of work has been done by Clive Pontin the clubs' maintenance officer. Regular checks of water hoses, court playing surface by Clive is critical for member enjoyment. Keeping the courts playable during the dry dusty days is a challenge. Wind gusts can blow away hundreds of dollars of en-tout-cas toppings in minutes. So regular watering and sprinkler checks is important.

Velocity Tennis Coaching has trained 18 local kids to form part of the Australian Open 2016 Ballkid Squad. There is a strict and lengthy process for kids to achieve selection into the AO squad. Last year, 5 out of the 12 Ballkids in the men's final were trained by Gary. Training for the 2017 squad will commence in mid February. If you or your child are interested in becoming a Ballkid at the greatest sporting event in Australia, contact Gary on 0438 018 820. Or go to the Velocity Tennis Facebook and Web Sites for further details.

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

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

Tennis is the Sport for 2016 at Wantirna Tennis Club!! by Alison Rogers

By the time you get this edition the Australian Open will have finished. This is a wonderful occasion for all tennis lovers and the general public to see the best players in the world playing in our State. We are so lucky to be able to attend this event or watch a full coverage from the comfort of our own homes.

Many people contact the club after the Aussie Open as they feel they would like to have a hit or come back to tennis after having played as a child. We also find children associate with their favourite player and want to join their local club and learn this wonderful game.

There is so much more to tennis these days with ANZ Hotshots for the kids and coaches who understand that to keep the young ones interested there needs to be more ways to get them ready for competition tennis.

For the adults, the coaches can guide them into competition by starting with cardio tennis, group coaching or 'one on one' coaching. The new 'Fast Tennis' for those that are 'time poor' is an exciting venture in the tennis world.

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

Knox festival of Tennis

Once again Tennis Knox has 16 clubs throughout Knox opening their courts to promote tennis. All clubs are having a special event at their club with free tennis available to all.

When: Sunday 7th February – Social tennis, hot shots, cardio tennis – all free

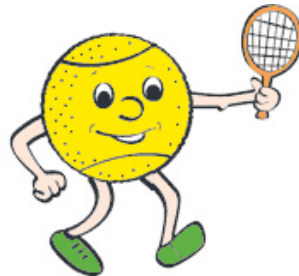
Lots of prizes and give-aways.

Free sausage sizzle on the day.

Time: Open Day starting 12 noon- 3.00 p.m.

Where: Wantirna Tennis Club, Cnr. Mountain Highway and Burwood Highway Wantirna

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



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



Wantirna Tennis Club Inc

Melway Ref: 63C8

Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna

PO Box 5295 Studfield 3152

Web: www.tennis.com.au/wantirnac/

WTC Facebook: www.facebook.com/.../Wantirna-Tennis-Club

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

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

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



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a game for all ages

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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

2nd child \$20 off total

3rd child \$40 off total

All new players receive free shorts and socks

For further info email registrations@wsjfc.org.au and follow us on Facebook.



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or book online at 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"-- because you are all so helpful and enthusiastic about looking after everyone. Best thing I have done in a very long while.

Jan G, Wantirna South

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AGE 40-60
Before & After



60 PLUS
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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**



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