

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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EDITION 41

APRIL/MAY 2016

- THE TOUR DOWN UNDER
- CARIBBEAN GARDENS CELEBRATES 50 YEARS
- NEWS FROM KIOSC
- 100 YEARS OF CUBBING
- EMMA'S RAPID ROAD TO RIO CONTINUES

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Editorial

Welcome to SWCN edition 41.

It finally feels like the seasons are turning and we can welcome the cooler days of Autumn.

This edition we say farewell to Marita Reynolds from Wantirna Wellness and her partner Peter Reynolds, who regularly wrote for us on permaculture. We are grateful to them for their contributions over the years, especially from Marita who has supported us from our very first edition. We wish them the best of luck in all future endeavours.

Thank you to one of our regular contributors Chris Ellis for sending in her SWCN travel photo from Tasmania. It makes a great photo for our front cover!

Don't forget to send in your travel pictures featuring your local community newspaper. Remember that we will be taking a vote on the best picture and the winner will receive a prize!

Janet on behalf of the team

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



The Tour Down Under by Peter Coluccio

The Tour Down Under, held in Adelaide every January, is the biggest road cycling race in the southern hemisphere. In 2008 it became the first race outside of Europe to be granted entry to the World Tour by the Union Cycliste Internationale (UCI) and thus became the first major cycling race of the calendar year. Such classification ensures the attendance of all the UCI World Teams, these being the top level road cycling teams.

I had never attended, but a bunch of my riding mates go every year with the aim of riding a lot of kilometres, conquering a few climbs and of course attending the race and taking in the action and the atmosphere first hand. In between all that there's time to visit the odd winery and sample some fine South Australian cuisine. In late 2015 I decided that in 2016 I would join them for the first time.



Just about ready to set off on our first ride from our base in Glenelg.

On arrival Adelaide greeted us with its well known hot weather which was to continue for the length of our stay. The day of the first stage of the race had a forecast temperature of 40°C and we departed from our accommodation in Glenelg and rode out to the King of the Mountains (KOM) point in Lower Hermitage. Having negotiated our first climb we realised that we had taken a wrong turn and had to back track a bit to the KOM spot. While waiting for the riders to come by I checked the temperature



Getting our pre-ride caffeine levels right.

to find it was 39°C in the shade. It was definitely time to get serious about hydration and make sure enough fluids and electrolytes were consumed. Conveniently, we were to find, there was always at least one enterprising person there happy to sell you as much coffee, water, energy drinks and food as you could consume. Before long the leading riders in the breakaway flashed by, followed a few minutes later by the peloton and its entourage of support vehicles and escorting police. As soon as the road was reopened it was time to mount up and take the scenic rather than the direct route back to Glenelg. Thankfully it was generally all downhill!



Post ride refuelling!

OUT AND ABOUT

And this was to set the pattern for the week. Get up, fuel up, ride out to some point on the race route, which always involved climbing some hills, watch the race go by, often ride to a second or third location and see the race pass by again, refuel as needed and then ride home and hit the showers, followed by a hearty dinner, a good sleep and repeat!

All up, in six days, we rode about 450 kms, climbed about 4300 vertical metres, consumed copious quantities of fluids and abundant amounts of food and sweated litres of perspiration, as we sweltered in the South Australian heat. We took in the battle for victory as it unfolded over the six stages and were present, along with huge numbers of fellow cycling fans on Old Willunga Hill, for the penultimate stage, to witness the stage win by Ritchie Porte with Simon Gerrans finishing 8th at 17 seconds to maintain his hold on the lead of the general classification. On the following day the final stage was won by yet another Aussie rider in Caleb Ewan with Gerrans finishing with the same time to take out the overall race victory.



The whole crew having just finished lunch in one of Adelaide's fine wineries.

And then it was over. Time to load up the bikes and all our gear into the cars and hit the highway. It was great fun. I can't wait to do it all again next year.

Nominate your local volunteer hero for an Aston Community Award

Do you know an individual or community group that does something special in our local community that may go unnoticed?

You may wish to consider nominating that person or group for a 2016 Aston Community Award.

The Aston Community Awards celebrate local volunteers and community groups who give their time, skill and energy to helping others and making the Knox community a better place to live.

We have some outstanding volunteers in our community and the Aston Community Awards are a chance to recognise them. It is important that we properly thank these individuals for all of their work.

The Aston Community Awards will recognise local volunteers in four categories:

- Youth Volunteer Achievement Award;
- Individual Volunteer Achievement Award;
- Community Group Achievement Award; and
- Senior Volunteer Achievement Award.

The Aston Community Awards ceremony will be held on Friday, 10 June at 6.30pm at the Knox Italian Club in Rowville. All are welcome, but RSVPs are essential.

Nominating is a simple, two minute process and self-nominations are welcome. Nominations are now open and will close 5pm on 22 May.



Nomination forms can be completed on my website at www.alantudge.com.au or by contacting my office on 9887 3890.

Alan Tudge MP, Federal Member for Aston



Alan TUDGE MP
FEDERAL MEMBER FOR ASTON

Real Action For Knox



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

Garden RELEAF 2016 at Banksia Nursery



Visit your participating Independent Garden Centre during garden RELEAF and support *beyondblue* at the same time

April 9 & 10, 2016

Don't forget to pop in to Banksia Nursery to support their Beyond Blue fundraiser on the 9th and 10th April. There is a gold coin donation to participate in each activity.

Get gardening, have fun and show your support for beyondblue at Banksia Nurseries on the weekend of April 9th & 10th

It's time for some garden RELEAF!

garden RELEAF 2016 will be held on the weekend of 9th-10th April and your local independent Garden Centre, Banksia Nurseries will be running fun events to get everyone into their gardens to support their health, have fun and also help to raise funds for beyondblue (www.beyondblue.org.au)

It's not only our environment that gets a boost when we're gardening. Research shows there are many benefits to both our physical and mental health when we regularly work in our gardens, be they big or small. You can read about it here: <http://tiny.cc/dwxu9x>

There are fun and informative activities planned for all ages. "Something Blue" will be the theme and there will be a wide range of blue plants available in store, including blueberries and kale, both known for their health-giving properties.

Everyone can find a way to enjoy the numerous benefits of gardening.

It can be as simple as growing a few herbs on your kitchen windowsill, or succulents in your garden or anywhere in your home.

To find out more about garden RELEAF at your local garden centre, go to www.gardenreleaf.com.au.

AROUND KNOX

What a Weekend! Knox Festival 2016

Great weather, great crowds made a great Knox Festival on the weekend of March 5 and 6.

Friday evening kicked off with 'Hell Ain't A Bad Place To Be—The Story of Bon Scott'.

Traditional festivities included community group stalls, roving performers, entertainment and a smorgasbord of food on offer.

Families engaged with more than 60 free interactive activities; from the cardboard warrior creations of 'Box Wars', sand sculpting and Hawaiian Lei making, to cheerleading, dance, Brazilian martial arts workshops and a fireworks finale.

The visual highlight was the 'Knox Beach', while an interactive Alien Crime Scene and youth stage entertained those attending.

The first Knox Gift was held with more than 200 competitors and the first-ever Knox Factor.

On Saturday more than \$1,600 was raised to help UnitingCare Harrisons as The Big Sleepover. More than 150 people slept under the stars at Wally Tew reserve following a Twilight Cinema event.



The SWCN team at the Knox Festival

CRAFT & CAR BOOT SALE

3rd Saturday every month 8am – 1pm

INDOOR & OUTDOOR

2016 DATES

Feb 20th
Mar 19th
April 16th
May 21st
Jun 18th
Jul 16th
Aug 20th
Sep 17th
Oct 15th
Nov 19th



\$10
OUTDOOR SPACE

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is available online at
www.studfieldwantiranews.org



BENDIGO BANK NEWS

from Wantirna Community Bank® Branch

5



Wantirna
Community Bank® Branch
Bendigo Bank

"With every product or service Wantirna Community Bank® Branch offers, money goes back into the community to support local projects and initiatives. More than \$161,000 has been reinvested in the local community over the past 9 years. This means you as a customer not only benefit from competitive products and great services but you know our banking is contributing to the local community. And what could be bigger than that?"

Paul Jerram, Branch Manager

Thrills a-plenty at the ESRA Grand Prix

The Eastern Suburbs Racquetball Association (ESRA) Grand Prix, supported by Wantirna Community Bank® Branch, was held at the Knox Squash and Racquetball Centre on 20/21 February. It was the season opener for the National and Victorian Racquetball Tournament Circuits which attracted 136 entrants from Victoria, South Australia, New South Wales and Tasmania, for two days of enthralling singles and doubles matches.

Eleven year old Gabi Baines from Albury, displayed outstanding potential, by not only winning the Girl's section, but defeating the Boy's section winner as well.

Director Colin Fletcher with the Women's Open Winner Sarah Fitz-Gerald



Seven times Australian open racquetball title holder Sarah Fitz-Gerald won the Women's Open title, in the final defeating Bairnsdale's Judy Wright 21/10, 21/6.

Perennial finalist Geelong's Garry Pedersen was in outstanding form, cutting a swathe through the bottom half of the draw, and in the final blowing away the tournament's giant killer, Mornington's Chris England, 21/8, 21/6.

We are proud to continue our support of the ESRA Junior Development Program. Wantirna Community Bank® Branch sponsorship of \$350 is used to fund equipment and prize money to the junior winners and runners up competing in the tournament.

Pink Stumps Day

Wantirna South Cricket Club hosted a Pink Stumps day on Saturday the 20th Feb 2016, which included a ladies luncheon. The day raised \$4,059 for the McGrath foundation, to place breast care nurses in communities right across Australia as well as increasing breast awareness in young Australian women.

Wantirna Community Bank® Branch is proud to be



Liz, Libby, Margarida, Kay, Vicky, Wendy

associated as a sponsor of the Pink Stumps day and as a major sponsor of the club. A BIG thank you to the generous support of local businesses who donated more than 60 gifts to raffle on the day. We hope that the proceeds of the day contribute to providing greater support and more direct, immediate and targeted care for women living with breast cancer, and families dealing with loss.

Regency Park Primary School Rewards

Congratulations Regency Park Primary School on receiving \$500 via our Sponsorship Rewards Program!



Director, Col Fletcher and Regency Park PS Principal Carolyn Drinkwater

The Sponsorship Rewards Program is designed to support the groups that provide new business to our branch.

New business enables us to increase the income stream which enables more funds to be distributed back to our local community.

Contact Branch Manager Paul Jerram to discuss how your banking may benefit your club/group, phone 9720 4122 or email paul.jerram@bendigoadelaide.com.au



Director Viv Prasad with Gabby Baines (L) & Jack Ringland (R)

Runner-Up in the girl's section was Mt. Waverley's Hanna Ritlewski, with Boronia's Jack Ringland, taking out the Boy's title from Dromana's Nelson Howard and Corio's Jackson Lander-Mitchell, who tied for second place.

Community Bank® Director

Expressions of interest sought for volunteer directors of the Wantirna **Community Bank®** board.

The Wantirna Community Financial Services Ltd board is seeking energetic, community minded and committed individuals to serve as voluntary directors, and to make an important and positive contribution to the bank and the community.

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

Working as part of a dedicated, professional and diverse team, the role calls for people willing to apply themselves to the full range of responsibilities and accountabilities of

a director. In return we offer a rich opportunity for professional and personal development in a stimulating and rewarding environment.

Successful candidates will possess some of the following criteria:

- Business acumen
- Financial literacy
- Strategic thinking
- Willingness to learn, grow and develop
- Interpersonal communication and demonstrated team collaboration skills
- Formal or informal leadership skills
- Community connections and a commitment to strengthening and engaging with community
- Previous banking, board or demonstrated experience in community organisation roles would be an advantage

Wantirna
Community Bank® Branch
Bendigo Bank

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

Applications to Chairman, by 29 April 2016:
Merv Ericson, P.O. Box 6195, Wantirna VIC 3152
or emailed to
executive@wantirnacommunitybank.com.au

For further queries, contact Merv Ericson on
0408 303 294

WHAT'S COOL AT SCHOOL?

Congratulations to the 2016 Student Leaders

from Nick Wakeling MP

With the start of each school year brings a new group of student leaders at our local Knox schools. Being selected as a Student Leader is a great honour and an important role and I congratulate those who have been chosen to lead their school in various capacities throughout 2016.

I am very privileged to be afforded the task of presenting many of the student leaders with certificates and badges confirming their roles for the year ahead and have recently attended the following schools:

Waverley Christian College; Mountain Gate Primary School; Wantirna South Primary School; St Andrews Christian College; Wantirna Primary School; Wattleview Primary School; Regency Park Primary School; Templeton Primary School and The Knox School.



Nick with Student Leaders & Principal of Waverley Christian College

Leadership Camp by James Keam, Wantirna College reporter

In term 2, several Wantirna College Year 9 students will be undertaking an intriguing course for the entirety of Term 2, enhancing their leadership skills to put to good use in the wider community. Six students are attending this prestigious camp which is to take place in a Snowy River campus.



Entry to this camp was specific - an application and further interview process was required, so the students selected are a unique group. This process would also have occurred at many other Secondary Schools around Victoria, with pupils from around the state attending as well. The camp specifically goes for 10 weeks - almost an entire school term - and focuses on building up students community mindedness and uses special activities to accomplish this. To illustrate: students at the prestigious campus will complete a Community Learning Project, which focuses on creating a project that will benefit the local area they come from. Our students have decided to create mental support packs for students transitioning from Primary to

Secondary School, helping these students prepare mentally for the big change ahead.

Along with this project, Wantirna College students attending will be taught to use their own initiative and independence, with pupils unable to make phone calls and the cleaning of their own rooms and washing mandatory. Students will hike, cycle, surf, build rafts, gain First-Aid and Safe Food Handling certificates and complete the standard Victorian curriculum on site.

In what is sure to be an amazing experience for these aspiring youngsters, we sure hope they gain valuable expertise whilst they are away, and that they use it to help our broader community in their bright futures.



Photos courtesy of: <http://www.snowyriver.vic.edu.au/>

Wantirna College Production Report by James Keam, Wantirna College reporter

Wantirna College is glad to announce its 2016 Production is 'Alice in Wonderland'! Auditions have just ended and rehearsals have begun. Excitement within the Production team and the College community is bubbling up!

'Alice in Wonderland' has been known to many viewers as a Disney or a Johnny Depp movie, to readers as a famous literature piece, and to some as a modern day musical known as 'Wonderland'.

However, Wantirna College are adding a special twist to their performance, mixing aspects of the numerous takes on the story and creating their own unique version of the classical piece.

Anticipation is growing ahead of the three day Production Camp, where Production cast and crew will be able to practice and run through the parts, numbers and whatever else is thrown their way.

All Production members are excited - aren't you? Information on the College website will be refreshed with new information as the dates to the August performances - the 10th until the 20th - come ever nearer. We hope to see you there - through the looking glass!



The Knox School
CO-EDUCATIONAL | PRE PREP TO VCE

SCHOOL TOURS

School Tour Wednesday April 20 9.00am

Prep/ELC open morning Friday April 29 9.00am



WHAT'S COOL AT SCHOOL?

News from Scoresby Primary School by Matthew Coney, Principal

The Scoresby Primary School community is very excited to announce that the major building works have been completed and it looks AMAZING!

We are thrilled with our new 'Outdoor Learning Area' that links up the three main buildings of our school. This canopy is also a great learning hub for the students as there is permanent outdoor seating that has been placed strategically to ensure grades can work there during class time. The seats provide a great area for groups of students to sit and just 'have a chat' during recess and lunchtime. The canopy area has a multi-tiered outdoor stage that is used for assemblies, Christmas concerts, musical

performances and as an outdoor theatre area for our Performing Arts program. This area has been extremely popular right from the start of the year! This canopy area also provides a great shaded area during the warmer months as well as shelter from the rain.



We have had synthetic grass laid over the two sports courts. This provides a fantastic surface for active games such as: basketball, netball, bat tennis, volleyball and is used for fitness testing of students. This area is also used for passive games such as: chess and hopscotch. The students love these new facilities!

To arrange a school tour to enable you to have a closer look at our wonderful new facilities and receive information pack and enrolment forms for 2017 please contact the school office on 9763 7484.

Student Leadership at Scoresby PS

We are currently taking enrolments for 2017

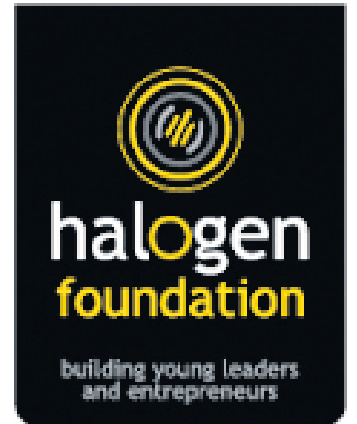
This year all student leaders at Scoresby PS will be attending the Halogen National Young Leaders Day.

This annual event was created in 1997 by the Halogen Foundation to develop strong leadership values amongst young Australians.

The student leaders at Scoresby PS all attend this wonderful event and hear from inspirational speakers who teach the children about the importance of leadership and how we can all make a difference.

All of the students who attend this conference come back with the skills, ideas and drive to make a difference in the local and wider community.

Congratulations to all student leaders who were elected into these important positions for 2016.



Scoresby Secondary College Leading the Way in Student Leadership

Student voice brings students and teachers together to explore ways to enhance student wellbeing and engagement with the curriculum through improvements to the school environment. Scoresby Secondary College student leaders have been leading the program, which has recently been launched on the VicSRC Website <http://teachtheteacher.org.au/>

The program offers another perspective to the classroom, and enables students, to be involved in important discussions about learning and teaching. By providing the space to create positive change in school communities, students and teachers are engaged in conversations and can work together towards solutions.

Gail Major the Principal recognises that students are at the centre of education. The appointment of a Principals Student Advisory Team for 2016 and student representation on College Council is not



only seen as an opportunity for authentic student voice, it is also seen as imperative for their future employment in a globally competitive workforce.

The introduction of the Teach the Teacher Program, highlights that Scoresby recognises that students have a unique perspective. They are the ones



sitting in the classroom every day and have ideas about what works and ways to improve teaching and learning, to make education even better.

The program which was introduced last year has supported the development of stronger and more effective student-teacher relationships and is leading to high quality practice evidenced by the improvements in teaching and learning processes. This is accompanied by improved student outcomes.



The Knox School
CO-EDUCATIONAL | PRE PREP TO VCE

SCHOOL TOURS

School Tour Wednesday April 20 9.00am

Prep/ELC open morning Friday April 29 9.00am





The Knox Festival 2016

Last month Ferntree Gully Library played host to the Knox Festival which, in case you missed it, was fun for the whole family! Attractions included market stalls, international food, workshops, activities and fairground rides. Inside the library over 300 boxes were placed in endless variations of castles, tunnels, archways, windows and caves as families created environments to explore.

A team of volunteers made hundreds of dragon hats for kids, as well as swords, flying dragons and more. Two fantasy authors joined in the spirit and there were tables of adult and junior colouring, lantern making and a display of dragon sculptures.

Families enjoyed 'The Big Sleepover' which including pre-show family entertainment, cinema and fireworks. The Knox Festival takes place each year and keeps getting better and better!

What's On: Summer & Autumn

If you're hunting for featured events happening at your local library then look no further than What's On: Summer & Autumn. This 30 page booklet is packed with entertaining events including author talks, technology workshops, crafts, cooking, gaming, wellness and poetry. Most events are free and there's something for the entire family!

Grab a printed copy at your nearest branch or visit www.yourlibrary.com.au to download one.

Upcoming Events at Your Library

Explore The Google Cloud Services – Rowville Library at 2:00 pm on Thursday 7 April

Visit Rowville Library for an informative session where you'll discover the impressive range of cloud services available from Google. The team will demonstrate how these services can add features to your device, many of which appear sent from the future! The Google services displayed are available for free on most iPads, iPhones and Android devices. A member of the ERL IT Team will host the event which will include the latest tips and loads of extra information.

Session inclusions:

- What You Need to Get Started
- Synchronising Bookmarks with Google Chrome
- Using Google Drive to Store Photos, Documents & More

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

Boronia Grows: Preserving Your Autumn Harvest at 1:00 pm on Friday 8 April

Make the most of your garden's harvest by turning your excess fruit & veg into delicious jams, chutneys and relishes. This fun, free and practical demonstration by the Boronia CWA will inspire you to get those jam pots out and start preserving!

This event is part of a series of regular gardening events taking place at Boronia Library, they're called Boronia Grows. Preserving Your Autumn Harvest takes place at 1:00 pm on Friday 8 April. Book your place online or by calling: 9800 6488

'What Should My Child Or Teen Read Next?' – Rowville Library at 7:00 pm on Friday 15 April

Join Children's Librarian, Inger, as she introduces the best literature for differing ages to encourage young readers and to foster their love of the medium. Inger's vast literary knowledge is at your disposal on this evening where you can explain your child's interests, and be provided some amazing reads for your child.

This free event is taking place at Rowville Library on Friday 15 April at 7:00 pm. Book your place online or by calling: 9800 6443

Internet Safety & PayPal – Knox Library at 2:00 pm on Friday 29 April

Visit Knox 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 6470. Bring along your questions and devices!

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

What Should My Child or Teen Read Next?

Rowville Library
7:00pm Friday 15 April

Embrace reading in your home by exploring new titles that your child will love. Join Inger as she shares her love and knowledge of children's literature to help guide your child's reading. This is particularly relevant for the parents of primary and secondary school children.

FREE EVENT
Bookings Essential

9800 6443

WHAT'S ON at EASTERN REGIONAL LIBRARIES

KNOX FESTIVAL
TWILIGHT IN THE PARK
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CRAFTERS SENSATIONAL SOCIAL
EVENTS POETRY IN THE HILLS LEGO
ANIMATION RAW FOOD FEVER WHEN
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SUMMER - AUTUMN 2016

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Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



Knox Innovation, Opportunity and Sustainability Centre by Leanne Caira, KIOSC

The Knox Innovation, Opportunity and Sustainability Centre (KIOSC) aims to inspire and empower today's students to develop the skills, knowledge and behaviours which will equip them for their future careers. We have had such an exciting start to 2016, with many of our consortium schools experiencing a diverse range of STEM (Science, Technology, Engineering and Mathematics) programs. Our consortium schools, in Knox, consist of Bayswater Secondary, Boronia K-12 College, Wantirna College, Rowville Secondary College, Fairhills High School and Scoresby Secondary College. Students from our schools visit twice a year to undertake STEM programs, however we also cater for other secondary colleges in Victoria who come to discover our diverse range of programs. Programs include: Water, Waste, Chemistry Carousel, Biology Bites, Forensics and other various STEM programs.



Year 12 Psychology students explored alternative states of conscious. The Epworth Sleep Lab demonstrated reasons for sleep and what the brain and the body does in order to get to sleep and maintain a sleep state. Using a student volunteer, we were able to monitor their brain wavelengths and

actually see the moment, on the computer readout, when the student fell asleep. Students then used data loggers to record the body in a meditative state and via the use of Virtual Reality headset, were immersed in theme park ride. Other VCE programs are offered at KIOSC in Chemistry, Physics, Environmental Science and Biology. Contact KIOSC for more information on 9210 1285.

Year 9 students have enjoyed a Chemistry Carousel, completing experiments in consumer chemistry: measuring sweetness, testing toothpastes, and making soap. They discovered the different chemical properties in the consumable products that we use every day.

Coding and Robotics Afterschool Clubs

At KIOSC we have two afterschool activities clubs where students have the opportunity to learn Coding (Tuesday) and Robotics (Thursday). Students develop a range of programming and problem solving skills using Scratch software and Lego Robots. The students are aged from Grade 3 to Year 8 and enjoy the fun and achievement in getting their programs to dance or their robots to navigate obstacles. For more information and inquires, contact KIOSC on 9210 1182/9210 1285 or kiosc@swin.edu.au



Neural Knitwork

A focus this year for National Science Week (August 15th to 19th) is a collaborative project about the mind, brain health and an opportunity to learn more about neuroscience. Yarn crafts provide mental challenge, social connection and mindfulness to keep brains and minds sharp, engaged and healthy. KIOSC invites the community to knit, crochet or knot neurons which will be assembled into a huge connected network. Completed neurons can be delivered to KIOSC – Swinburne University, 369 Stud Rd, Wantirna. Check out the National Science Week Website for more information including patterns on how to create a neuron. <http://www.scienceweek.net.au/neural-knitworks/>

Holiday Programs at KIOSC – PrimeSCI! 4th -8th April 2016

Attention young scientists!!!!!! Get ready for another fun-filled week of hands-on holiday science for curious kids from Kindergarten to Year 7. At KIOSC, budding young scientists enjoy the range of programs, over the school holidays. Be a junior detective, program robots or explore the beach at Wantirna!!! For full details of the programs check out the website <http://primesci.monash.edu>

Japanese Exchange Student Visit

Recently KIOSC hosted 25 Japanese Exchange Students from Fairhills High School. Students began the day designing objects for printing on the 3D printer and in the afternoon programed the Lego Robots. Students printed a keychain with their school design and programed the Robots to activate a wind turbine, place a solar panel on a house, close a dam and deploy a smoke stack. These activities engaged students in STEM and developed problem solving skills, enquiry based learning and conceptual thinking. A great day was had by all!



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

February - Life Member Bruce Fuhrer spoke to us on "Thallose Liverworts"

As usual Bruce gave an interesting talk and with his own brand of humour kept everyone entertained on a very unknown topic. Liverworts are small leafless green plants with leaf-like stems or lobed leaves which occur in moist habitats. The presentation was illustrated with superb macro photography.

March - Dr Stuart Mills spoke to us on "Wildlife and Geology - Adventures of a Mineralogist in Africa and Europe". This very interesting presentation was on a recent trip to South Africa, mainly covering the areas Kruger National Park and Namibia. He illustrated his talk with images of birds and animals as well as rocks and minerals found on the trip. He then moved on to the Shetland Islands where he showed images of the 'birdlife' there, including Puffins and Gannets.



Phlebopus marginatus photo by Alan Veevers

February excursion

A morning excursion led by Hazel and Alan was held to Hawkestone Park, South Morang. This spot which is popular for bush walking and Birding is in the Plenty Gorge along the Plenty River. Although it was an extremely hot day several birds and some very large fungi were seen. In the afternoon we moved on to the Morang

Wetlands and had a walk around the lake. A large mob of over 50 kangaroos were seen at very close range. A highlight was a huge wedgetail eagles nest and some members were lucky to see a Latham's snipe.

A part of our meetings is the showing of member's images. These can be of something a member has seen through the month either locally or whilst on holidays or just on a day out. We



Nudibranch by Jack Airey

have a growing interest group who are fascinated in underwater sea critters. This month Jack showed images from under the Blairgowrie Pier. This photo is of a nudibranch which is a member of a group of soft-bodied, marine gastropod molluscs (snails and slugs) which shed their shells after their larval stage. Red-handed Shrimp are arthropods and are common in seaweed, rock-pools and under piers

Over the next months our Presentations will be:

April - Tamara Camilleri on "Mid-Palaeozoic Ostracoda of Victoria"

April excursion - Greens Bush, Cape Schanck

May - Zac Lewis from Australian Wildlife Conservancy. His topic 'Back from the brink' is related to animals and plants that are bordering on extinction.

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. Check out our Website <http://www.rfnc.org.au> there is so much more to see and find out.

Wantirna Community Pharmacy

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

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

Community Pharmacy's 100 year Celebration



Community Pharmacy is pleased to announce the opening of a Naturopathic clinic at the Wantirna store.

The clinic will run every Tuesday between 10am and 4pm by our Naturopath and Pharmacist Filip Dostal who has been a registered pharmacist for over a decade and has a strong interest in complementary and alternative medicine. Filip completed a Naturopathy degree in late 2015.

Filip holds natural medicines in very high regard and attempts to strike a healthy balance between orthodox and traditional healing systems.

What is Naturopathy?

Naturopathy is a holistic form of complementary and alternative medicine which uses various natural methods of treatment.

These include herbal and nutritional medicine as well as other lifestyle and energetic-based approaches. Consultations are thorough and enough time is given to explore the complex web of factors that contribute to your state of health. Naturopathy is suitable for both adults and children alike.

To make an appointment please contact the Wantirna store on (03) 9720 2872, as drop-in visits on the day will not guarantee you a spot. See reverse for information about consultation types.

Beauty Therapy

Hello, my name is Glenda and I am a qualified beauty therapist working in store.

I graduated from Ella Bache College in 2004, and prior to that, I worked in the pharmacy at Myer Melbourne on the Estee Lauder counter.

In the years that I have been working with skin and makeup, many changes in skin care routines have taken place with fads coming and going.

Some fundamental things remain, these being Cleanse, Exfoliate, Moisturise and protect the skin from sun damage, as this is one the quickest way's the skin shows the sign of ageing.

UVA/UVB rays are extremely damaging to the underlying fibres that support the skin's network.

UVA rays penetrate the skin's surface causing sagging, fine lines and wrinkles. UVB rays burn the surface of the skin resulting in redness that may not disappear, broken capillaries, pigmentation and sensitivity. Badly sun damaged skin can look very shiny and have the appearance and texture of orange peel, a look to be avoided.

Sun sensitive skin can be soothed with Avene products; Natio offer moisturisers with SPF in them and Nude by Nature have a mineral makeup that has a natural sun filter in it. All these products and more options are available in store. Come in and have a consult for the right products to suit your skin.

"Let the beauty of what you love, be what you do".

Such a great Mantra, as I get to do what I love each day at the Community Pharmacy!

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

CONTACT DETAILS

Shop 3-4 Wantirna Mall

**348 Mountain Hwy
Wantirna Vic 3152**

Ph: (03) 9720 2872

communitypharmacy.com.au

Holidaying with Pets!!

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

With pets being such an integral part of the family and the school holidays upon us, there's a high likelihood that many of them will be coming with us on our road trips!

As fun as getaways with your furry companion can be, here are 10 steps we should take as responsible owners to keep them safe and comfortable the whole time:

1. Chat to your veterinarian if you have any doubts about how well your pet will travel in the car, particularly if they have concurrent illnesses, are old or suffer from anxiety/travel sickness.
2. Ensure that your pet's ID tags and their microchip registration information are completely up to date
3. Ensure that they are fully vaccinated and up to date with their preventative health care
4. Contact the accommodation at your holiday destination to ensure that they're pet friendly
5. Restrain dogs in the car with an appropriately fitted harness and cats in a carrier
6. Prevent your dog from riding with their head outside the window, as this increases the risks of them sustaining injuries from roadside debris
7. A light meal 2-3 hours prior to travel is ideal. Thereafter, ensure that you have adequate food and water for the entire journey
8. Don't forget their favourite toys and blankets
9. Prepare a list of veterinary clinics and emergency centres along the way to your destination
10. Bring along a copy of their medical history, any medications and a recent colour photo

At the end of the day, remember that car travel is not for all pets.

If your pet isn't great with car travel, consider a reliable pet sitter or a kennel/ cattery to ensure that they still get the required level of care while you're away. Enjoy the holiday season!



Photo Reference: http://vetmed.illinois.edu/pet_column/stress-free-travel-with-pets/

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News from Bridges

Bridges has settled in well to their new premises and the transition was a smooth one without any staff or computer downtime. This was essential to ensure Bridges programs and service delivery was not impacted by the move.

In February, Bridges partnered with EACH Knox Social & Community Health through EACH Healthy Ageing Project to establish and implement Bridges Carer Support Group.

We thank Libby Strahan & Catherine D'Arcy from EACH and Bridges staff; Jen, Lyn and Robyn our Student Placement, for their expertise in helping us hold a forum for our Carers; which provided valuable information on how to mould and direct our Support Group in order to provide effective resources for our Carers.

A session was held for the Carers on Who's Looking after the Carer to empower the Carer and to acknowledge that their health and wellbeing is just as important as their loved ones and doing things for yourself should not involve any guilt. A number of themes filtered through from the session, high on the list of needs were:

- to support the carers in their caring role and it was expressed that the main purpose of a

support group was being able to share with others in the same situation.

- a "safe" place in which to share.
- a desire to help one another and to learn from each other. The group considered this and the social interaction and making new friends as the main reason they wanted to form a support group.
- time out was seen as important and
- to have fun together with the occasional speaker to provide information. Craft, games and cinema were suggested, along with massage and pampering sessions.

Bridges is now proud to have a Carer Support Group on their yearly Calendar it is scheduled for every third Tuesday of each month.

Bridges runs programs for elderly frail aged people and people

with a disability to enable them to be independent members of our community and we are now pleased to offer our Carers a Support Group.

If you would like more information on our programs or you know someone who would benefit being involved with Bridges please contact us on 9763 9700.



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No Ordinary Life – Positive Ageing in Knox

By Cr Nicole Seymour, Tirhatuan Ward

Contrary to popular belief - It's not just about money!

This month Council's Active Ageing Advisory Committee turned its thoughts to the topic of Knox's ageing workforce and the benefits of fostering age friendly workplaces. Whilst there are social norms founded in bygone days of workers retiring in their 60's, the fact is these days many people choose to continue to work for as long as possible, which for some is into their 70's or later. For some the decision to keep working is financially driven but for many it is also about a sense of purpose and connection to a network of colleagues that over time have become friends in this busy world we live in.

For those that are "old school", having a regular job (especially one you enjoy doing) contributes greatly to one's sense of self-worth. It comes with values such as having a strong work ethic and holding respect amongst one's family and peers. For these individuals, working can be so intrinsically rewarding that to contemplate not working is like giving up on active living.

While many want to keep working, the tension is we live in a society that is technology-oriented and evolving rapidly. Some traditional skills are becoming less and less relied on and there is no question that computer literacy is a must have even in blue and pink collar jobs. As a result, there is an inherent

need to keep reskilling and adapting to the changing demands of the workplace.

Also for the many Knox workers who are tradespeople or who work in manufacturing jobs that require significant physical labour, there will come a time that the body just refuses to keep going regardless of job knowledge, experience or desire to keep working.

So the challenge put to the Advisory Committee was - what needs to be done to create age-friendly workplaces and career paths—workplaces/career paths that acknowledge and respect the years of experience and intellectual property that Senior workers accumulate in their lifetime, workplaces that recognise and reward Senior workers equitably to younger peers, workplaces that invest in training and development of Senior workers to assist in up-skilling / re-skilling, workplaces / career paths that offer flexible work practices such as flexitime, part time hours and job sharing. There was also discussion around how to recognise and promote Volunteering. Retirees have a wealth of knowledge and skill that our community needs and values, so how do we create a culture that prizes transitioning from paid employment to volunteering post retirement?

Here at Knox Council, we really want to understand and help advocate in this area. There is much research available that shows there is significant benefit to a person's health and wellbeing by having the financial

security and purpose derived from working (paid &/ or voluntary). If you have any thoughts on this topic, we would love to hear from you. Please email me at Nicole.seymour@knox.vic.gov.au or send me a letter – Cr Nicole Seymour, Tirhatuan Ward, Knox City Council, 511 Burwood Highway, Wantirna South. 3152

Wishing you another wonderful month ahead.



Pictured is the lovely Rosemary, one of the many valued mature-aged workers in our local community. In her late 60's Rosemary has no intention of retiring anytime soon as she loves her work, particularly because of the independence it gives her and the many friends she has made both at work and with customers over the years.

Get Your Pool ready for Winter

with the team at the One Stop Pool Shop

With summer coming to an end it is time to think about closing your pool down for the winter months.

Good water balance is just as important over winter as it is during the summer months and by spending some time now you will save yourself time and money in the long run.

Before closing down your pool for winter we recommend you have your water tested and balanced. Good chemical balance will allow you to turn down your filtration time, but filtration needs to be maintained to prevent

the pool turning green. A preventative algicide will also assist in controlling algae blooms.

Check your equipment, empty baskets, backwash or clean cartridge filters and brush walls and vacuum before having the water tested.

We will be holding our free "Pool School" evenings again in September.

Bookings and expressions of interest taken anytime by either ringing the store on 97533929 or emailing us at info@onestoppoolshop.net.au

These evenings are informative and we encourage new and old pool owners to come along and learn how to maintain their pool and equipment.

www.facebook.com/onestoppoolshopscoresby



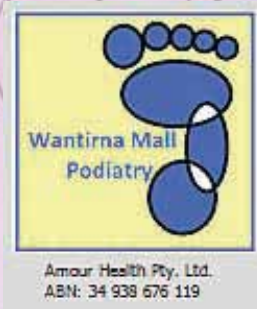
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Open: Tues – Fri 9am to 6pm
Sat: 9am to 1pm
www.wantiramallpodiatry.com



Melina Linardatos

What are flat feet?

At Wantirna Mall Podiatry we see many feet with all different shapes and sizes, “what are flat feet” is a common question at the Podiatry clinic and can be complicated to answer.

Flat feet or Pes Planus is a general term used to describe the lowering of the inner arch of the foot. Flat feet can be developmental or acquired meaning after a period time for various reasons the feet have become flat.

The flat feet are structural, the shapes of the foot bones and joints influence the shape of the foot but also functional meaning the ligaments and muscles within the foot are not working well to hold the position of the foot together.

The joints maybe able to move too much, hypermobile or not able to move at all, limited. When

walking the position of the foot also influences the position of other joints including the knees, hips and back.

When the feet are flat the position of the foot is not ideal for walking and can cause pain and deformity within the foot and other areas. Treatment of flat foot maybe required if the flat position of the foot is new, progressive, painful or associated with another pathology like arthritis. In order to determine the type of flat foot you have, the influence on other areas of the body and what can be done to help our Podiatrists conduct a Biomechanical Assessment. If required, non- surgical treatments are prescribed to help any pain or abnormality including stretching and strengthening exercises, footwear and corrective or accommodative foot orthotics.

Please visit us on our website for more information and handy tips.

Introducing Catherine Dennehy

Catherine Dennehy is available for bookings at Wantirna Mall Podiatry every Wednesday.

Catherine graduated with a combined Bachelor of Health Sciences and Masters of Podiatric Practice from La Trobe University. With a previous degree in public health and experience in health promotion, Catherine has worked across both the public and private health sectors. Catherine has a particular interest in diabetic foot care, footwear and management of musculoskeletal injuries as well as a passion for health and fitness.

Outside of podiatry, Catherine works in advocacy, counselling and support services for younger people with dementia, their carers and families and recently completed a Graduate Certificate in Policy and Social Research.



Catherine Dennehy

Cycling Knee Pain: Causes & Solutions

The knee is the single most frequently injured joint in the sport of cycling. As a sports specialist dealing with cyclists I have found a host of overuse conditions generally start off as low-grade pain that develop into debilitating pain.

So the question is WHY do we get knee pain when cycling is regarded as ‘low impact’? The answer can be explained by postural adaptations and the repetitive nature of the sport. A research article titled ‘On the biomechanics of cycling’ stipulates the increased workload on your vastus medialis and vastus lateralis muscles is significant when dealing with a structurally weak knee, as a majority of force is distributed on the outside of the thigh. Besides strength and flexibility imbalances, there are also structural imbalances that contribute to overuse injuries.

Three tips on preventing knee injuries:

1. Make sure you have been fitted for your bike. The danger of making changes too quickly is real, but many cyclists haphazardly change the seat, the angle of the seat, the pedals and other factors without much thought about what might happen.
2. Training needs to be gradual and varied.
3. Get a thorough assessment by a sports spine specialist to address individual anatomic factors as well as postural imbalance common in the sport.

At the centre of wellbeing a lot of our work is initially focused on postural correction and core-stability, whilst ensuring we maintain good spinal mobility, particularly through the thorax (chest, spine, ribs & diaphragm) to ensure efficient oxygen exchange. Most athletes are often surprised to see the improvement in their vital lung capacity with some simple treatment using the same methodology as applied to our asthma clients.

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U3A Knox Off To A Flying Start by John Ford

Knox U3A is now well into its first term activities for 2016. As previously reported, we enjoyed probably our best ever enrolment for the start of the year, with close to 1200 signing on, and of the 143 weekly courses and activities on offer, only a very small number – five or six – have had to be deferred through lack of enrolment. Approximately 60 of the courses and activities were filled at the commencement of the Term.

First term, (a short one this year) commenced with a "Film and Pizza" night, where vast quantities of pizza were consumed, following viewing of an old, but enjoyable movie, where the actors were the stars, not the special effects technicians. This was followed by a "Meet and Greet" informal gathering, where new members could meet with staff and tutors.

Our cycling groups enjoyed a tour around Philip Island and Churchill Island.



*Marie Louise Zeugen contemplates her next shot, while Barry Manning looks in apparent disbelief at the result of his.
(Knox U3A Billiards and Snooker group)*

U3A Knox has also secured a permanent slot at Bunnings, Scoresby, for a sausage sizzle, on the third Wednesday, or Thursday in each month, so drop by, and have a chat to the volunteers who will be manning the tent. Oh, and buy a snag!

A program of activities running during the term break has been set, and there are some new, and resurrected courses on offer for Term 2, all of which can be viewed on our website www.u3aknox.com.au.

Knox U3A is the largest, and arguably most successful volunteer organisation in the municipality, so come and join us. Membership fees represent great value, and there is a wealth of enjoyable activities at your disposal.

For more information about Knox U3A and its activities, telephone 9752 2737, or visit our website at www.u3aknox.org.au.

NEW-LOOK RAV4 IS HERE AT FERNTREE GULLY TOYOTA



toyota.com.au/RAV4

Metallic paint featured is an optional extra at additional cost. RAV4 Cruiser shown with optional accessories purchased at additional cost.

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Kinderlea 3 Year Old Preschool Family Fun Day and Kids and Baby Market

On Saturday 30th April Kinderlea 3 Year Old Preschool will open its doors to the public for its Annual Family Fun Day with a Kids and Baby Market Fundraiser.

Kicking off at 11am to 3pm the highlight of the day will be the FREE Reptile show at 1pm. The event will also include a host of family fun activities including:

- Live Jazz Band
- Craft Activities
- Jumping Castle
- Sausage Sizzle & Cake Stall
- Silent Auctions
- Face Painting, Crazy Coloured Hair Spray & Tattoos

Kinderlea 3 Year Old Preschool has conducted major redevelopments to this previously disused site and would like

to welcome the community to its Grand Opening reveal.

Donations are welcome for the Kids and Baby's market and can be dropped off to the centre on Mondays, Wednesdays and Thursdays prior to 28th April.

Kinderlea 3 Year Old Preschool, 3 Coleman Road, Wantirna South (entrance Tate Avenue)
www.kinderleapreschool.com.au
Telephone: 9298 9300
Email: kinderleapreschool@gmail.com

Kinderlea program enquiries can be made on 9800 3794 on Mondays and Wednesdays.

Enrolment enquiries can be made to 0433 381 110

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Caribbean Gardens and Market is Turning 50

History of Caribbean Park

Caribbean Park is home to an iconic community market in the eastern suburbs of Melbourne. Since 1966 locals and visitors have been exploring the gardens and market stalls that have created childhood memories across generations.



In 1945 the Spooner family acquired around 300 acres of parkland in Scoresby, now home to Caribbean Park. In the 1950s the family, mainly Arch Spooner, established the Caribbean Boat Factory – a successful business to this day – building a variety of boats from 18 to 50ft now run by Barry, Archie's son. His other son, Rod, was to take on the challenge of building Lake Caribbean in order to test the boats, and then in

1966 opened the much-loved Caribbean Gardens the community enjoys today.

In the 1980s, the next generation of the Spooner family began developing a technology and office park that blended into the surrounding environment. Currently, the business park with over 40 buildings is now home to 85 commercial tenants such as Wesfarmers, Target, AGFA, Hallmark, Russell Athletic, Random House, and Thermo Fisher.

At the turn of the 21st century, Rod and his son Ben developed the commercial office space even further with substantial landscaping and its own Eastlink on/off ramps, paving the way for an innovative and well-planned office precinct. In 2015, the Family added over 16,000 m² of A-grade office space that is currently occupied by multinational tenants.

Today, Caribbean Park is a truly visionary destination unlike any other. With vast open parkland, an 80 acre lake, beautifully landscaped gardens, a fresh produce market and cafes that attract over 10,000 visitors each week as well as the best roller skating venue in the state; the Caribbean Park is an outstanding place to work for some 3000 people, and all easily accessible by multiple forms of transport.



Historic Timeline

1943 Purchased by A.W. Spooner, the Spooner family acquired around 25 acres of land in Scoresby now home to Caribbean Park.

1958 The family established the Caribbean Boat Factory and started to build boats – a successful business to this day.

1963 Caribbean Lake was purpose-built by the Spooner family to test new boats.

1966 Caribbean Gardens was opened on Sundays.

1966 The Gardens were expanded to make way for Caribbean water ski show which was a regular family entertainment on Sunday.



1970 The lake was then further expanded when land was purchased towards Stud Road and a second entrance to the park was created.

1976 The open air market begins and due to popular demand, the Caribbean pavilion was built so it could withstand winters and operate 12 months of the year. The undercover market grew to accommodate more and more stalls in an ever-increasing patronage over an 8-year period.



1979 A further parcel of land was purchased for the construction of a roller-skating venue which became Rollerama. And a further 127 acres was purchased to the south.

1981 The Caribbean Rollerama was opened.

1985 The Caribbean Business Park commences master planning and speculatively develops the first office/warehouse building of around 4,000m².

1986 Caribbean Park leases its first specially-built facility to a company called Knockner Moeller which cements the area as a successfully business park concept.



1988 Caribbean Park continues planning and building further offices and warehouse facilities over the next 20 years including, planning, constructing and leasing mainly to large multinationals. Some notable multinationals including Panasonic, Cummins, Gillette, Ansett, Myer Grace Bros & Hallmark.

2005 Caribbean Park starts planning its Commercial Office Precinct and applies for rezoning.

2007 Caribbean Park continues to plant hundreds of trees and shrubs making the park into a beautiful landscaped destination.

2012 Caribbean Park negotiates and receives approval for the construction of the first on/off ramp into private property from Eastlink.

2013 The Eastlink ramps together with the BP service centre are built and opened into the property.

2013 The Caribbean Park brand was created, encompassing the business park, market, Rollerama and gardens.

2013 Construction begins on two 8000 square meter A-Grade office buildings with a 5-star green star rating.

2015 The first 2 of 40 office buildings are completed with leases from Newell Rubermaid and Miele settled prior to completion.

2016 Caribbean Gardens and Market celebrates 50 years.

To celebrate the 50th night markets are launched by way of special events (with entertainment) and named Twilight at Caribbean.

Caribbean Park currently comprises over 200,000sqm+ of buildings, including a large variety market, which attracts over 10,000 people each week.

A much-loved market since 1966, Caribbean Gardens and Market is a place of leisure and entertainment. It continues to provide a space where you take yourself on a sensory adventure while you explore, shop and discover treasures within the beautiful surrounds of the iconic gardens. The contribution of and connection to the local community has always played a big role in what has been described as the 'people's market' with its distinctive family-friendly atmosphere. Caribbean Gardens and Market plays a significant role within the community; providing a fabulous open air venue that delivers fresh food and a great market with over 1000 stalls on a weekly basis.

caribbeangardens.com.au

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

The Museum's New Patron

by Ken Simpson-Bull

The Australian Jazz Museum has a new patron. He is none other than world famous jazz musician and all-round entertainer James Morrison. James, best known for his trumpet playing but also competent on several other instruments, has been appearing since the age of 16 at various music festivals like Monterey, Montreux, Nice and Bern. He has performed with jazz legends Dizzy Gillespie, Cab Calloway, Ray Charles, Winton Marsalis, Quincy Jones, Frank Sinatra and others.

His interests are diverse. For instance he is associated with renowned composer and conductor, Lalo Schifrin of "Mission Impossible" fame and composed and played the opening fanfare of the Olympic Games in Sydney in 2000. James has had the honour of performing before Queen Elizabeth and U.S. presidents Bush, Clinton and Obama.



He recently established the James Morrison Academy of Music in Mount Gambier which provides a Bachelor Degree in Music, and he is associated with the acclaimed Sydney Recording Studio which bears his name. Over the years he has been an active recording artist and is a member of "The Order of Australia".

The Australian Jazz Museum is honoured by his prestigious patronage.

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



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**April
Specials**

**April
Specials**





Life Activities Club Knox Inc.

We can be found in Heathmont this month. Street Orienteering walkers will be combing the H.E. PARKER RESERVE with maps and lists in hand. Then Helen has organised a walk around "HISTORICAL HEATHMONT" (this sounds interesting).



The Social Outing for April will take us to Black Rock House; this historic house was built in 1865. Then in May the Social Outing will see us boarding the train to Melbourne for the Classic Car Collection. This includes more than 50 prestige cars collected over a 30 year period by Lindsay Fox.

For those who enjoy Live Theatre, book in with Lyn for a matinee showing of "SLEUTH" at the Basin Theatre. And if you simply would like to have lunch with our friendly group, meet with us on the third Wednesday every month. Lunches are mainly senior's priced meals.

The garden outings are also a lovely way to spend a day. Get ideas or just enjoy other gardeners' work.

Quarterly meeting May 23rd. all welcome and after club business a "SILENT AUCTION" will follow. For more information about our friendly club please ring for our newsletter. Call Margaret on 9762 4332 or Pat 9720 1037. Have you tried our web address www.life.org.au/knox

Life Activities Club Knox Incorporated No. A0052438Z: ABN 85 104 164 408 and is a member of the Life Activities Clubs Victoria Incorporated (Certificate of Incorporation Reg. No. A00 307 09U: A.B.N. 748

COMMUNITY NEWS

News from Wantirna Heights Probus Club

Seventeen of the club recently enjoyed a beautiful morning's walk at Birdsland Reserve followed by lunch/BBQ in the sun or the shade of the trees. It was perfect weather, as happens to be the case on most of our walking days.



Wantirna Heights Probus Club members at Birdsland

Birdsland is a 75ha bushland reserve located in Belgrave South, Victoria. The reserve is home to many native animals and birds, including platypus. Birdsland is a great spot for a picnic or bush walk, with its walking tracks, BBQ's and 28ha retarding basin. There is also an environmental education centre on site where an Environment team share important information about conservation and sustainable living with local school children.

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

What's On?

Event	Date & Time	Location	More Information
Inventi Ensemble Tea and Classic Concert Series	10.30 am 12th April 10.30 am 10th May	Knox Community Arts Bayswater	MORE INFORMATION \$15 per person info@inventiensemble.com Book online or at the door
Beyond Blue Fundraiser	9th & 10th April	Banksia Nursery Burwood Highway Wantirna South	Gold coin donation to participate in each activity
Ringwood Field Naturalists Club	2nd Wednesday each month 7.30 pm	Room 4 Maroondah Fed. Estate Greenwood Ave., Ringwood	Alison or Peter on 9801 6946
Scoresby 55+ Social Circle	Every Thurs 10am-12pm	Scoresby Football Club 752 Stud Road Scoresby	Gold coin donation 9764 1166
Aston Community Awards ceremony	Friday 10th June at 6.30 pm	Knox Italian Club, Rowville	All welcome. RSVPs essential Phone 9887 3890
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00 p.m.	Lions Club room, Bayswater Community Centre. 739 Mountain Hw., Bayswater	Paul 0400 823 441
KIOSC Holiday programs Young Scientists Hands on Program Kindergarten to Year 7 students	4th to 8th April	KIOSC Stud Road. Wantirna South Beside the Swinburne campus	See details in article on page 9
KIOSC Coding and Robotics after school activities Clubs for students from Grade 3 to Year 8	Tuesdays for Coding Thursdays for Robotics	KIOSC Stud Road Wantirna South Beside the Swinburne campus	See details in article on page 9
Eastern Regional Libraries What's on Autumn and Summer			www.yourlibrary.com.au
Penguin Club	2nd and 4th Tuesday of each month at 8.00 pm	Glenn Frost Room at the Croydon Library Civic Square	Phone Sandra on 9720 2512

ANZAC Crete Veteran turns 103!!

The Pancretan Association of Melbourne and the Battle of Crete & Greece Commemorative Council friends an array of traditional dances from the Island of Crete.

are hosting an Honorary Luncheon for one of its Life Members and in particular the 103 Year old ANZAC Veteran of the Battle of Crete Campaign Mr. Leslie Manning. The Event will take place on Sunday 24th April at 2.00pm at the Members Pavilion of the Cretan Village situated at 90 Cathies Lane Wantirna South.

Throughout the afternoon the Associations Junior Dance Group and Music Schools students will be performing for our guest and his family and the Associations Members and



Les will have the opportunity to cut his birthday cake and mingle and spend time with his Cretan friends and yes of course enjoy his Greek coffee that he so looks forward to.

The Pancretan Association of Melbourne and the Battle of Crete & Greece Commemorative Council are both celebrating the 75th Anniversary since the campaign in 1941, where over 841 Australian men and women made the sacrifice but paid the price and never returned home.

In the eyes of 103 Year Old Les Manning we salute all our ANZAC Veterans of the Battle of Crete.

COMMUNITY NEWS



Knox & District Over 50s

Well, summer is just about over and I wonder if you like so many other seniors have spent their leisure time gardening or just keeping the house in order? Perhaps you have not had the opportunity to give some special time to yourself. It's so important, after all we have given so much time to our families and careers, now it's our time to enjoy our social life. Not sure how or where to do this? Then I have the answer, it's the Knox Over Fifties Club. We are a very popular club with a growing membership of both married and single members. You will find the club offers a wide range of activities, nothing too strenuous like climbing the Thousand Steps at dawn. Instead we focus of the pleasures of good company and fine dining at senior's prices. If this sounds like your cup of tea, then pop into our next meeting we would love to meet you.

There are various activities planned for the next few months including a holiday to Warnambool in October, harness racing at Yarra Valley, a trip to the Vic Market and the Casino, and theatre outings to Mary Poppins and the Sound of Music. We are planning morning melodies to see Mirusia: Andre Rieu's Angel of Australia at Hamer Hall. Not forgetting regular events which include, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melodies and our monthly meeting with a speaker.

Subscriptions for 2016 remain at \$15.00 for the year. You can visit us three times before deciding to join. Our monthly newsletter Knox Natters Matter will keep you up to date on all that's happening. Meetings are held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month at 10.30am, with the next on 26 April. We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Kay McLoughlin



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www.orananh.org.au

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Stamford Park Men's

Shed at Orana

New Members Welcome!

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10am-3pm with a break from noon
until 1pm. If you are interested in
woodwork or gardening pop in for a
cuppa and chat. To find out more
please contact

Alan Billham 0418677898



Attention all Artists!

From beginners to
professional

Are you interested in learning how
to get your work exhibited?
To register your interest in attending
an evening workshop,
please phone 9801 1895



The Basin 3 Year Old Group Inc.

385 Forest Road, The Basin 3154
Telephone: 9762 1854

VACANCIES AVAILABLE

The Basin 3 Year Old Group is a not-for-profit community-based children's centre renowned for high standards. We offer a 3- year-old pre-school program with exceptional staff.

The program consists of two 2.5 hour sessions per week on Tuesday and Thursday afternoons from 2.00pm to 4.30pm.

**Contact the Enrolments Officer at
thebasin3yogroup@gmail.com**



100 years of Cubbing!

By Nicole Klep, District Leader Cub Scouts

This year marks the 100 year celebration of Cub Scouts and what a year Scouts Victoria and the City of Knox have planned!

On the 21st of February the Cubs and Scouts headed to Lillydale Lake to celebrate Founder's Day, the first of many celebrations this year. Founder's Day was actually a double celebration as we were celebrating the birthday of our founder, Lord Robert Baden Powell, and 100 years of Cubbing.

We ran a round robin afternoon of activities. Cubs were involved in a sand castle competition, digging for treasure to reveal a hidden

message, a 'capturing the flag' game and canoeing with the Scouts. Canoeing was by far the favourite activity by the Cubs.

The weather was perfect and the Cubs had an absolute ball. We all got to enjoy a CUBcake that was decorated with '100.' If you look closely you will see them in the '100' Cub pic!

If you are interested in trying Scouting and celebrating 100 years of Cubbing go to: <http://www.vicscouts.com.au/join-us.html>

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



Lions Club News

The Lions Club of Wantirna supported Clean Up Australia Day recently with a tidy up of Collier Reserve, Wantirna. They were supported by local members of the community.

Come and enjoy a sausage at the Studfield shops on the 3rd Saturday of each month.

Please contact Paul Garvey Secretary on 0400823441 regarding membership and details of the club's current projects.



Wantirna Lions Club members at the clean up



Need funding for a project?

Apply for a grant from Knox Council's Community Development Fund, a program that provides grants of up to \$20,000 to help not-for-profit groups carry out projects to benefit the Knox community.

Groups interested in applying for a grant are encouraged to attend one of the 'Grant Programs @ Knox' information sessions being held in March, May and June.

Grant applications open Monday 2 May 2016.

More information is available at www.knox.vic.gov.au/cdf or from Council's Customer Service Centres.

Grant submissions close 5pm, Monday 13 June 2016

To book into an information session or for further information contact the Community Strengthening Team on 9298 8000 or email cdf@knox.vic.gov.au.

BAYSWATER BOWLS CLUB
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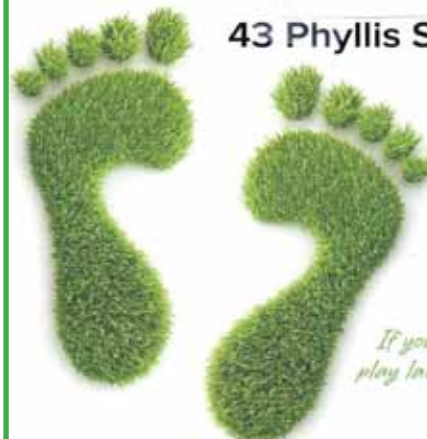
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www.bayswaterbowlsclub.com

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Taking Good "Legal Care" of Yourself

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

Renting and Hoarding - Are you living in a rental property so cluttered with your belongings that it's hard to move around or keep it clean? Has your landlord told you to clean up or move out? Are you scared about becoming homeless but you don't know what to do? ... Help is available.

Hoarding is described as a disorder if someone collects too many things, has difficulty throwing out things that they don't need or want, and struggles to organise their home in a way that helps them to live a normal life. People who hoard can have difficulty moving around their home due to the amount of things they have inside or even around the outside of their home. This can create a situation where the person can no longer keep their home clean. Hoarding can also cause a person to shop excessively which can cause financial difficulties. Even though someone who hoards may be aware that they have too many things, the thought of throwing anything away or giving things away is too difficult for them. (Anxiety Recovery Centre of Victoria <https://www.arcvic.org.au/hoarding>).

For someone with this disorder who is renting their home, this behaviour may prevent them from meeting their responsibilities as a tenant under the Residential Tenancies Act 1997, by:

- not keeping the property in a reasonably clean condition;
- affecting the neighbours if rats and mice are

attracted to the area, or the clutter is a fire hazard;

- not allowing the landlord to enter the house for routine inspections; or
- falling behind in rent.

This may eventually result in the landlord giving the tenant an eviction notice, and claiming compensation for any cleaning and repairs required to the property.

George's Story

George is a 75 year old widower who has lived alone in his unit for 10 years. His son lives interstate. George needs some repairs done in his unit – his oven isn't working and he hasn't had hot water for some time. He knows he should call his landlord but he doesn't want anyone to come to his home. George lives a private life, surrounded by his possessions which he has been collecting for many years – he never throws a newspaper out and has piles of them lining his walls. They are now blocking access to his lounge room. George believes that everything has a use – one person's trash is another person's treasure – and his home is filled with bits and pieces that he insists will one day become useful. His possessions are now spilling out into his small back garden.



George received a 'Notice to Vacate' from his landlord. He was very worried about becoming homeless and rang Knox Infolink who referred him to ECLC. With George's permission, the tenant

advocate rang the landlord who said they were concerned about 'hoarding' which they observed when they last inspected the property 9 months ago. They had asked George to clean up because of fire risk and mice infestation and had been trying to arrange a follow-up inspection but George was resisting this. The landlord said they didn't really want to evict George as he was a good tenant and had been paying his rent regularly, but they were very worried about safety and hygiene risks to George and also his neighbours.

The advocate explained this to George and did a home-visit to assess the situation and see what help was needed. With George's permission, the advocate contacted a community organisation that helped him declutter his home, and linked him to a home support agency for ongoing cleaning and social support. George also agreed to go on a waiting list for counselling as he knew he had let his collecting overwhelm him. After George had worked with the services to declutter and clean his home, the advocate arranged for the landlord to do an inspection. They were pleased with the property and agreed to withdraw the Notice to Vacate. The advocate also told the landlord about the repairs that were needed, which they agreed to do immediately. George has been able to stay in his home.

Help is Available - Call ECLC on 9762 6235 ECLC's tenant advocate can help if you are renting your home and have problems with hoarding. The advocate is able to assist private tenants and residents of rooming houses, caravan parks and retirement villages (where there is a rental agreement). If your situation is different, and you don't know who to speak to about your housing problem, please call ECLC and we'll refer you to the right service.

Other Information & Support - If you, or someone you know, has problems with hoarding, please call the Anxiety Recovery Centre of Victoria helpline on 9830 0533 or 1300 269 438 for information and referral.

Ferntree Gully View Club News

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

Luncheon Date - Monday 18th April, 2016

Speaker: Guest from 'Shine for Kids'

Monday 23rd May, 2016 (our Clubs 20th Birthday)

Speaker: Cliff Hardy on his 'Life Experiences During War'

Monday 27th June, 2016 (our clubs 21st Birthday)

Entertainment: Bridget Rolfe Singing Group

Monday 25th July, 2016

Speaker: Guest from the 'Mercy Ships' organization

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

Time - 11.00am for an 11.30am start

Where - The Knox Club, corner Stud & Boronia Roads, Wantirna South. To book ring our President, Pam Turner on 9725 4135

News from National Seniors

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 27th April, 2016 doors open at 10.15am for a 10.30 Start. Our meetings are held on the 4th Wednesday of each month at The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna.

Our guest speaker for February was Chris Hodson, Actor Playwright who spoke about his years in the Theatre and how it goes from the writing right through to the opening night. Very informative and everyone enjoyed his tales

Our trip to the Desalination Plant was a great success. We ended up with 36 people attending. On the way we stopped off at the Tooradin Sports club for morning tea. They put on a superb array of cakes for us to devour. The Tour and Talk from the Ranger at the Desal Plant was very interesting and gave us a good insight on how the whole process happens. We then went onto lunch at the Wonthaggi Club... They are doing renovations at the moment but still gave us a very warm welcome. Many thanks to our two drivers for the day Darryl and Barry.

In April we are arranging a Sunday out at the Royal Hotel in Ferntree Gully. We will have a nice lunch and laze the day away listening to some great Jazz. The New Melbourne Jazz Band will be entertaining us for the afternoon so contact us and come along and enjoy. You can even get up and have a little dance.

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

Templeton Tennis Club News

by Don McCracken, President



SPORT NEWS

Welcome to TTC news for Easter 2016.

Our summer competitions recommenced over the weekend of the 30th January and have been completed over this past weekend 19th/20th March. We had 12 of our 23 junior teams and 5 of our 7 senior teams in finals. Eight of the junior teams played in Grand Finals with 6 victories and 2 runners up. Our only senior team was successful congratulations to them, 3 others missed by small margins, to make the grand final.

After the Sunday grand finals the counting for the Couper Award, best player for the juniors, was conducted after a BBQ lunch and followed by a tournament which included an adult with a junior and played using the Fast Four scoring system. A great afternoon was enjoyed by 60 mums, dads and children and our thanks go to Pam, Kelly, Pauline and a band of helpers in making the day a success. Congratulations to the award winner Lakshay Nahar on a fantastic year and an award well earned. (see picture)



The average ladder position, on which the WDTA Premier Club award is calculated, was 3.92 which placed us 10th out of all the WDTA entered teams. This was a wonderful effort from all players, coaches and support personnel.

The next Saturday season (winter) will be upon us very shortly, commencing 30th April. We have entered 16 junior teams over Saturday/Sunday and 7 senior teams for the ensuing season.

We have 3 ladies teams in Wednesday Ferntree Gully competition and the new season has just started again after the Xmas break. Our Tuesday ladies have just finished the current season and whilst not as successful as past years they have had an enjoyable season in the higher grade.

As most people are aware our clubs all survive on volunteers. One of our long standing members, Rod Jones, has announced his retirement from our committee after some 20 years of continuous involvement. Rod has been a player, a night convenor and most recently our maintenance man. We thank him most sincerely for his time and effort in making our club what it is today and wish him well in his "retirement". We welcome Peter Pitman as our replacement maintenance man.

Night competitions; Monday, Tuesday and Wednesday nights are back in full swing and are 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.

On the 30th January we held our Open Day from 12noon – 3pm as part of our involvement in the Festival of Tennis held in Knox during the 2 weeks 30/1 – 7/2. We were very pleased with the attendance from non members (where we aimed our day) and have gained an additional coaching children and new adult members. Welcome to Templeton.

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

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.

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melways Ref. 63 G9

Membership: Leanne 9887 1957

We are delivering Serves & Volleys @ Knox City Tennis Club

by Gary Leech

It's an exciting time for tennis and people in the Knox community at the Knox City Tennis Club (KCTC). We are proud of the growth of our membership, new junior competition players, record night tennis teams and social programs we have been delivering over the last 6 months. The new clubs committee are dedicated to providing new opportunities, services and programs for existing and future club members. KCTC participated in the "Tennis Knox" festival of tennis in January. The engagement in this community wide tennis promotion as helped build on the clubs past success as a leading tennis club and community sports facility in Knox. The club held its annual open day, kicked off the new Monday Morning Mums and bubs 10am social tennis, grew its Wednesday night social "Come-N-Hit" and provided support for a local junior tennis Australia Day "Groove Train" tennis tournament.

The Monday Morning Mums and Bubs has been a huge success, with ladies having a social hit while the kids play with the fitness/sport toys, enjoy the new sandpit and play ground facilities. All new mums and bubs welcome. Team/Coffee and Cake provided at the end of each session. Contact Jo Magnik on 0417 771 146, visit the clubs Facebook page and/or web site for further details.

Our Thursday morning senior social program has grown to over 12 players every Thursday morning. All standards, members or non members are welcome to join this social activity. No bookings required, Just come and see Rex and have some fun.

The clubs night competition has hit an all time record with 27 night competition teams competing in the current season. Jeff Connan, is doing a great job managing all these teams and players each week. Some older junior players have now joined these teams and the clubs junior to senior "J2S" transition program is achieving great results.

Saturday Junior and Senior weekend competition finals were held in March and the club had 5 teams compete in grand finals. The club has submitted an additional 3 new junior teams for this coming Winter season. The club now once again supports Sunday morning competition and also runs beginner ANZ Hot Shots Leagues on Monday and Friday afternoons as well as Sunday mornings.

Every Sunday at 10am, the club provides FREE Social Tennis for Families in the local community to play Hot Shots Tennis. This Community program is run by the club committee and club coaches. Everyone is welcome, just come along, find a spare court, balls, nets and racquets are supplied.

The Velocity Tennis Coaching group have had one of their busiest summer seasons ever. Lucky students were selected and participated in the Australian Open and Davis Cup "Hot Shots Kids on Court", where registered Hot Shots kids got to play tennis before the professionals graced the Melbourne Park and Kooyong courts as the spectators arrived. Gary Leech, Club Professional Coach continued to train next years Ballkids during February and conducted the level 1 Ballkids trials in March. Ballkid coaching is a service offered by Gary at the club every Sunday afternoon. A new Fast4 tennis

competition will commence on Monday evenings in April. The coaching program participation numbers grew to its biggest ever in 13 years at the club. 5 new advanced junior players have joined private and squad programs run by Gary this summer. Assistant coaches Jenine, Bianca, Emma and Jack have done a great job developing junior Hot Shots kids into weekend competition players. Contact Gary on 0438018820 for further coaching program inquires.

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



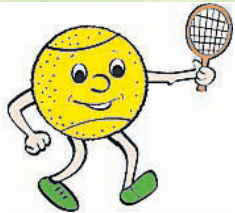


Have a Hot Shot at Tennis This Year

by Alison Rogers

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 fun ways to get them ready for Competition Tennis.

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



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

Schools Tournaments:

For the past month we have been hosting Secondary School's tournaments. It is great to see Juniors from all over the Eastern suburbs out there playing tennis at our Club. This will continue on for the next month until all year levels have been completed.

Contact or visit us, we have excellent facilities and nine tennis courts in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. There is safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching. At Wantirna you can always see what is happening by checking out our website or face book page.

Wantirna Tennis Club Inc

Melway Ref: 63C8

Wantirna Reserve, Cnr Mountain Hwy and

Burwood Hwys Wantirna

PO Box 5295 Studfield 3152

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

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

Club Secretary: Alison 0408576025 or email

wantirnatenis@gmail.com

Club coaching team: Troy & Mike 0424693005 or

email enquires@troyandmiketennis.com

Coaching Face book: www.facebook.com/

troyandmiketennis.com

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



Champions of the State

by James Keam, Wantirna College reporter

An elite program starring some of the best baseball players in, primarily, Knox, as well as in South-Eastern Suburbs have clinched the prestigious State Under 14 Baseball Championships during January at the Geelong Baseball Centre. They played extremely well and, with due credit to the other teams from around Victoria, they brought their A-Game more consistently during the three day tournament than their opponents.

The Eastern Athletics, a newly formed Charter Academy, played teams from Geelong, the Country and the Northern and Southern Suburbs, and beat out Geelong's team by a whopping 18-3 for the Gold Medal, with a formidable and fantastic mix of batting, pitching and fielding clinching the victory. Players, coaching staff and parents/supporters alike celebrated the well-deserved victory.

Training again for this elite squad

will begin soon, as they eagerly prepare for the National Championships in Adelaide during May, playing against teams from every other state in Australia. The ultimate prize for the deserving Nationals winner? A trip to America to play against the world's best in the Junior League World Series, the obvious goal for this team. This team has the talent, and we will be eagerly eyeing out the results for this team of youngsters!



Rapid Road to Rio Continues

Emma Booth is a Grade II Para Equestrian rider having become a paraplegic in 2013. She has recently been announced as part of the Australian National High Performance Para Dressage Squad and is currently campaigning for her first Paralympic Games, which is to be held in Rio De Janeiro from the 7th September 2016.

Glenn Carter arrived home safely to Wantirna last June after cycling for 68 days straight around Australia raising \$114,000 for Emma which has since been an enormous contribution to funding Emma's training, her new horse Zidane and continue to help assist Emma and her family on the road to Rio.

Emma, and her new horse Zidane, performed exceptionally well in their first selection event in January scoring 74% and 75% in their two qualifying tests followed by an incredible record breaking 79% in their freelance test. Hopes are held high with just one final selection event to go in April, the Australian Para Dressage Team heading to Rio will finally be announced in late May.

You can become part of Team Booth and support Emma every step of the way by following her progress on her website and social media.

Website: www.ridewithnolimits.com

Twitter: @ridewithnolimit

Facebook: Emma Para Equestrian Rider

Contact details: Steph Jones, PR/ Athlete Manager

E: shjones208@gmail.com M:0481 566 386



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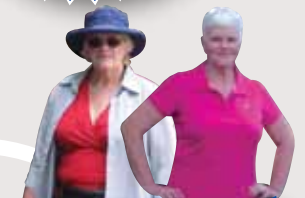
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