

# STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM  
SCORESBY AND KNOXFIELD

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EDITION 42

JUNE/JULY 2016

- FIONA'S WALK FOR TRISTAN
- BENDIGO BANK AWARDS YOUNG FILMMAKER
- ECLC RAISES AWARENESS OF ELDER ABUSE
- HOLY TRINITY SCHOOL EMBRACES WELLBEING AND HARMONY

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## Editorial

Winter is here and I hope you get an opportunity to find a nice warm place to settle down and enjoy reading this edition of Studfield Wantirna Community News.

This edition we have another great photo for our front cover. This time we have Jake Pratt enjoying SWCN in the snow at Silverstar Ski resort in Canada in February. We also have the tenacious Fiona Dowdell on page 3 taking a break from walking from Sydney. Thank you to the members of the community who have embraced our competition to send in photos of SWCN being enjoyed in exotic places. Keep sending your photos in. We will be awarding a prize for the best photo later in the year.

Once again I would like to thank our energetic production team and the support of Wantirna College in providing an office for our paper. SWCN is a real community effort!

*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.



## Great Job Fiona! by Carol Irwin

Fiona Dowdell's five year old grandson, Tristan has been diagnosed with Friedreich Ataxia - a disease that will unfortunately take his life before he is an adult. As a one year old Tristan struggled walking and with balance and was not growing at a normal rate. After numerous tests it was confirmed that Tristan had Friedreich Ataxia.

This rare neurological condition affects 1 in 30,000 people and to date there is no known cure. Other symptoms of the disease are slurred speech, difficulty walking and diabetes. It eventually affects eyesight and hearing leading to heart disease thus ending a person's life. Tristan at the age of five would be one of the youngest known to be effected by Friedreich Ataxia.

Fiona, with Graham and Chris Ellis and several others, decided that they wanted to raise awareness of this debilitating disease and raise much needed funds for research into finding a cure by walking from Sydney's Opera House to Melbourne's Federation Square.

The group left Sydney on the 14th of March and walked over 1100 kilometres following a route along the coastline and arrived to a warm reception in Melbourne on the 7th of May. Fiona averaged up to twenty kilometres per day as the group rattled tins

and walked the streets of country towns along the way to collect donations. Over \$800 alone was collected from the small fishing village of Mallacoota.

Day 55 - the final day of the walk saw the group walk from East Malvern Station to Melbourne's Federation Square. This walk of 15 kilometres along the bike track followed the Yarra River into the city along with a large group of supportive friends and family also taking part. The sun was out and it was an amazing end to a wonderful journey. Thank you to all who followed, supported and helped to raise the much needed funds for research to find a cure for FA.

You can help by donating online - [www.fatogo2016.com](http://www.fatogo2016.com) Fiona and her crew have raised \$25,000 towards the cause and one hundred per cent of funds raised from this journey go directly to the Friedreich Ataxia Research Association to find a cure.

Let's help this family raise the funds for this very worthy cause.

# OUT AND ABOUT



Fiona Dowdell enjoying a break with SWCN

## Introducing Paul Klisaris-Labor Candidate for Aston

A defining characteristic of Aston is its social and cultural diversity. Our community has always been proudly multicultural and diverse and I will always take every opportunity to celebrate this.

My own background also reflects the diversity of the municipality.

My parents migrated to Australia from Greece when I was two with very little money and no knowledge of the English language. They, like many new European arrivals, lived a somewhat nomadic existence for the first few years renting rooms in Greek homes throughout Oakleigh and Clayton. From 1970-1975 we lived in public housing in commission flats in North Melbourne.

Here is where my Labor values were born. In 1975 we settled in Brunswick, another Greek hot pocket of the 70's. My parents worked hard to contribute to the new country they now call home. I attended public schools in my primary years whilst my secondary education was in the Catholic system.

From 1986-1989 I attended La Trobe University graduating with a Degree in Social Sciences and a Diploma in Education. It was at University where, in 1990 I met Kathy my wife, and by 1997 we had our three children.

In the early 90's I taught English at various schools and after two years as a courier for DHL, Kathy and I opened our first childcare centre, an industry we've been in since.

Like all parents, I am passionate about ensuring our children and all young people have the best opportunities in life.

As a small business owner for the past 20 years and an experienced politician as well as mayor three times, I believe I have the experience required to be a strong voice for the community of Aston at the federal level.

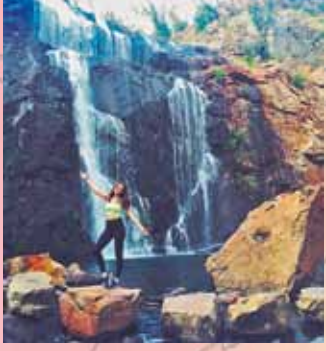
People like my parents continue to arrive in Aston, bringing their food, their dress, their language, their customs and their faith and with each enhancing the richness of our lives and community. Without a doubt Aston's vibrancy is born out of its diversity.

**Paul Klisaris**  
**Labor Candidate for Aston**  
**0412-516-026**



Labor Candidate for Aston Paul Klisaris and family

Hello fellow citizens of Knox City!



My name is Natasha Schapova and I have just recently joined the Studfield Wantirna Community Newspaper to assist the existing team with providing you with updates and information on the local area.

Not long ago, I moved to Knox City after fifteen or so years of rotating around different suburbs and states such as Tasmania, Northern Territory, rural Victoria and some outer suburbs of Melbourne. This led to me attending ten different schools.

I finally settled in year 10 at John Monash Science School, which I will be graduating from at the end of this year. I hope to pursue tertiary education to study a double degree in journalism and law while focusing on reporting on matters relating to politics or international relations.

I've been passionate about writing ever since I started reading, at three years old, as I always found it amazing how so many feelings were able to be triggered by a sequence of words. Literacy has always been something I've excelled at and of course, enjoyed. I personally believe that writing is an extremely important skill to utilize and appreciate it as it is a platform to build awareness amongst society.

Along with writing, I am also an ardent supporter of the environment and am determined to persuade people as to how important it is to preserve our world. We are rapidly annihilating our planet with our selfish mistreatment of it and the consequences are unlikely able to be reverted. I intend to better our globe by building an army of eco-activists to create a newfound understanding of the need to conserve our environment.

# AROUND KNOX

## The Spirit of Anzac is alive and well in Knox by Nick Wakeling MP

With the centenary of the Western Front and the battle of Long Tan being particularly remembered in 2016, I was honoured to attend many local memorial services to mark ANZAC DAY. The spirit of Anzac and the acknowledgment of the sacrifices made by so many grows each year with local crowds getting bigger and bigger.



Nick Wakeling and Anne Bailey

This year a carpet of 300,000 hand knitted red poppies, made by an amazing team of volunteers including Ferntree Gully stalwart Anne Bailey was draped on the steps of state parliament house. This special carpet is on its way to England to be displayed at the Chelsea Flower Show.

I thank the many local groups who continue to ensure this special day is marked with commemorative services. This year I again had the privilege to attend



Dawn Service at Boronia RSL: Ted Waring, Nick Wakeling MP & Billy Schroeder

the Boronia RSL Dawn Service, the Salford Park Retirement Village commemorative service and also the unveiling of a special commemorative plaque at Wally Tew Reserve in Ferntree Gully.



Plaque at Wally Tew Reserve

## New security cameras for Studfield shops by Alan Tudge MP, Federal Member for Aston

We live in a great community, but many residents remain concerned about crime and safety.

Recent figures back up these concerns, with overall offences in Knox increasing by 5% over the last year.

Over the last few years, I have been working with the traders at Studfield Shops to get security cameras for the shopping strip. This is something the traders have been wanting for some time, both to catch criminals as well as to be a deterrent.

I am pleased to report that federal funding has been secured and the cameras are now up and running. It took a bit longer than we thought to get these up, as the Studfield Traders Association had to be re-established first.

But they are now operational and will make a difference to local safety.

In addition, Knox Police have now been delivered new mobile security cameras, courtesy of federal funds. This allows our local police to monitor crime hot spots throughout Knox, helping to deter crime in the areas most at risk. Wantirna Mall had security cameras installed some time ago.

Security cameras won't solve all the problems, but they can make a difference in deterring crime and catching people in the act.

The experience in Boronia shows that cameras can make a real difference in making the community safer.



Alan Tudge with shoppers at Studfield shops



# Alan TUDGE MP

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

# BENDIGO BANK NEWS

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## Green Foot Flicks 2016

Wantirna **Community Bank®** proudly supported Knox City Council's Youth Film Festival - Green Foot Flicks on Wednesday 13 April at Village Cinemas Knox.

The 140 people audience made up of young film makers, actors, directors, editors, family and friends enjoyed 16 films selected from 32 submitted to this annual competition.

The event that was partially funded by a National Youth Week Grant from the State Government's Office of Youth was also supported by Wantirna **Community Bank®** Branch of Bendigo Bank which provided \$1150 in prize money.



Community Bank Choice Award presented to Sierra Laird with Director Peter Sheehy, WCFSL Chairman Merv Ericson and Youth Development Worker Kate Clark

This year, supported by headspace, an additional prize was awarded to the film that promoted a healthy headspace, highlighting that mental health is a significant factor in young people's lives.

Presentations were made by Wantirna **Community Bank®** Chairman Merv Ericson to the six winning entries, including Wantirna **Community Bank®** Choice Award, first and second place in Under 15 and Open section as well as a headspace award for a film that 'promoted a healthy headspace'.

For more info about Knox City Council Youth Services program please contact Kate Clark, Youth Development Worker 92988550.

## Wantirna Primary School Library Opening

On Friday 22 April the Wantirna **Community Bank®** was represented by Director Colin Fletcher at the Wantirna Primary School's morning assembly when School Captains Wendy and Ryan delivered a moving, well-presented ceremony to honour the ANZACS.

The presentation included an audio-visual show under the control of Elijah and concluded with the children laying flowers as a tribute and participating in a minute's silence to honour departed heroes.

Following the ANZAC ceremony, a Library Grand Opening ceremony was held to recognise the improvements that had been made to the school's library. The Wantirna **Community Bank®** donated

\$2,000 to the school for the purchase of new furniture and books for the library.

Colin Fletcher congratulated the children for their awesome presentation and spoke about the value of the partnership between the school and the Wantirna **Community Bank®** and the benefits that families could generate for the school and other community groups by supporting the Wantirna **Community Bank®** then declared the library 'open'.

A tour of the library and inspection of the new furniture then followed with the children enjoying their new facilities and demonstrating their reading skills. After the library tour a sumptuous morning tea was provided by Principal Sue Fergus. The Wantirna **Community Bank®** looks forward to future opportunities to partner with the Wantirna Primary School.



Colin Fletcher & students seated on the new furniture

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# WHAT'S COOL AT SCHOOL?

## World's Greatest Shave by James Kearn, Wantirna College reporter

Friday the 22nd of April was a great day for Wantirna College and for the Leukaemia Foundation. Hairspray was sprayed, money was donated and hair was lost. Yes, around the School, energy was buzzing when the shaving first took place.....

Firstly, alongside the Hairspray stand, Mr. Saccardo was the first victi.....volunteer, and had his hair completely shaved off! MC Scott Theakstone also attempted to shave off the teachers beard with a shaving blade, which was moderately successful, and which, at any rate, will take a while to fully grow back.

Up next to face the blade were Senior school students John Agcaoil and Tom Blandford. Not to be topped by their teacher, Aaron and Tom received

free haircuts, at some stages by friends and family, with their beloved mops of hair delicately shaved off in the name of cancer.

However, the highlight of the afternoon had to come from SRC Publicity Co-Leader and MC Scott Teakstone who, in a painful turn of events, decided to wax his legs. Not one would do - four waxing papers were placed on Scott's leg, and despite the searing pain, Scott pulled a straight face in the name of the Leukaemia Foundation. In all, the day raised in excess of \$450! Yes, we're sure the efforts the SRC put in to run the event and the guts the now shaved volunteers had will be appreciated by all those hard workers trying to prevent Leukaemia from harming the world.



## Family Fun Day a Fabulous Success

Kinderlea 3 Year Old Preschool was thrilled with the reception they received from the community at their recent Family Fun day held on 30th April. The centre which provides 3 Year Old Preschool services to 44 families were overwhelmed by the crowd of almost 400 people who came to visit and explore the new redevelopments implemented by the volunteer parent run committee.

Special guests, Knox City Council Mayor Tony Holland and Federal MP for Aston Alan Tudge were impressed with the implementation of the grant monies they had provided to assist the centre's redevelopment. Knox Council's Community Development Fund grant of \$18,000 was responsible for the playground redevelopment, whereas the Federal SCP Grant of \$5000 assisted in the installation of Café Blinds for the verandah space.

The highlight of the day was the free Reptile show which held the attention of all ages, but equally popular was the Face Painting, craft activities, jumping pillow, cake stall and kids and baby market.

Not only a wonderful showcase for the centre, the Family Fun Day raised over \$4000 profit which will be well spent to further develop the programs available. Enrolments for 2017 are already well above expectations and the committee are looking at options to increase sessions to cater for increased demand for 3 Year Old Preschool services.

For more information on Kinderlea 3 Year Old Preschool visit [www.kinderleapreschool.com.au](http://www.kinderleapreschool.com.au) or 9298 9300. The centre is open for tours on Thursdays from 12-12:30pm or by appointment.



## Legally Blonde The Musical at The Knox School by Matthew Hjelm

Omigod you guys what a performance! Every two years The Knox School puts on a show that current students from multiple year levels are able to participate in.



This year's show was Legally Blonde The Musical which is based on the novel and the blockbuster movie which starred Reese Witherspoon.

The show consisted of two acts that were separated by a twenty minute intermission. The two acts were extremely thought through and were absolutely fantastic. The reason behind this can be linked to the hard work of the cast as well as the production team that made this show an instant success. In addition the dedication of the students to convey the nature of their characters made the show great as you never wanted to look away from what was happening at any given point.

In the end I thank all the cast members and the production team for making this show thoroughly enjoyable and unforgettable.



# WHAT'S COOL AT SCHOOL?

*Holy Trinity School = Harmony & Wellbeing* by Elizabeth Whelan, Student Wellbeing Leader

Over the past few years, Holy Trinity School has strengthened the emphasis on wellbeing through a harmony focussed approach with the introduction of meditation and mindfulness. Meditation is timetabled three times a week with additional sessions for individual classes when needed. In promoting a sense of harmony and reflection the whole school community recently completed work on the creation of a Harmony garden. Designed by the students, this space is utilised for passive play and quiet reflection. The garden is filled with artworks created by the school community with plants and trees selected by the students based on their research into drought-resistant plants, plants

that attract birds and butterflies and those that will contribute to the sensory experience – colour, scent, and texture. Each year the graduating students in Year 6 create new works of art for the garden as their legacy to the school community.

In continuing this focus on harmony, during Term One all students at Holy Trinity inquired into the concept of well-being. During this inquiry students were able to focus on their physical, mental and spiritual well-being. Students discovered how they can look after themselves and be healthy and happy individuals.

Our focus on wellbeing extended across the whole school with many extra-curricula activities to involve students in physical and mental health activities. Throughout the term all students from Prep to Year 6 participated in Friday Fitness Fun with a broad variety of sports on offer including badminton, hockey, golf, gymnastics, bowling and circus tricks, just to name a few. A whole school picnic at Norton's Park involved the students in fun games and a healthy lunch prepared by the staff and parents. This was a great way for the whole school community to celebrate the end of the term and the learnings gained during the term.

On Friday 22nd April the students took part in "Holy Trinity and St Mary's Keep Calm and Live Well Expo." Our expo began with the



Year 1/2 students singing a song all about healthy eating, then the students were able to share their learning with students across the different levels. In the afternoon parents and family members were invited to share in their child's learning. The students in Prep were able to share three ways that they look after themselves. The Year 1/2 students created a poster showing how they would look after themselves and make healthy decisions. The Year 3/4 students shared their healthy suitcase which included information about how they can bounce back after a disappointment and what they do to keep themselves physically, mentally and spiritually healthy. The Year 5/6 students presented information about how they can maintain their well-being throughout the year and explained the benefits of exercise, healthy eating, and taking care of themselves.

**Holy Trinity Primary School**  
10 Riddell Rd, Wantirna South VIC 3152  
Phone: (03) 9801 8296



## Wantirna Primary School News

On Friday 18th of March, Wantirna, Knox Central and Boronia West Primary Schools came together for a Student Leadership Training Day.

Twenty-eight Year 5 and 6 students participated in a variety of activities designed to equip students with the skills and resources required to be exemplary role models and leaders in their school.

This event was a fun and energetic program that offers the ideal training ground for student leaders to develop their leadership potential.

The key learning areas of the program included; defining leadership, public speaking, conflict resolution, effective communication strategies, organising events and brainstorming and creativity.

This program was facilitated by Dave Mould from Second Strike, an organisation which was established in order to provide training for student leaders in schools.



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## What's On: Autumn & Winter

We're getting close to midyear which means your library team has prepared a whole new selection of featured events! Find them in our latest guide called What's On: Autumn & Winter. 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](http://www.yourlibrary.com.au) to download one.

## Upcoming Events at Your Library

### Which Social Network is Right for Me? – Knox Library at 2:00 pm on Friday 24 June

Join the Knox Library team for an introduction to Facebook, Twitter and Pinterest. We'll discover the differences between these social networks to help you decide which one is the right fit for you. There'll be a demonstration of what each website looks like, their features and why they're popular.

This free event will run for an hour and will include lots of time for questions. Bring along your device! Book your spot online or by calling 9800 6443.

### Boronia Grows: Sensational Salvias at 1:00 pm on Friday 24 June



Fill your garden with the many varieties of this delightful, bird & beneficial insect attracting group of plants and your garden will flower profusely all year long! Lyndi Garnett from the Salvia Study Group of Victoria will take you on a tour of the world of Salvias and give you tips on cultivation and propagation.

Bring your own Salvias for identification and take some pretty new ones home with you. There will be plants for sale on the day!

This free event is part of a series of regular gardening events taking place at Boronia Library, they're called Boronia Grows. Sensational Salvias

takes place at 1:00pm on Friday 24 June. Book your place online or by calling: 9800 6488

### More Colour and Colouring for Adults – Ferntree Gully Library at 2:30 pm on Thursday 23 June

Visit Ferntree Gully Library to learn more about the use of colour application and coloured designs. Adult colouring has never been more popular! Bring your own pencils if you have them, though some will be provided.

Enjoy relaxing with a cuppa and joining others in colouring more unique designs just waiting to be brought to life.

This free event is taking place at Ferntree Gully Library on Thursday 23 June at 2:30 pm. Book your place online or by calling: 9800 6455

### Spin Your Pet's Hair with Marion – Boronia Library at 6:00 pm on Wednesday 29 June

Keeping your pet with you all the time is not as difficult as you might think! Just ask Knox spinner Marion Wheatland. By request from so many people, Marion now turns pet fibre into yarn to knit, crochet or weave. Come to Boronia Library on Wednesday 29th June at 6pm and let her show you how you can have your pet fibre in ball form. And not all over the house!

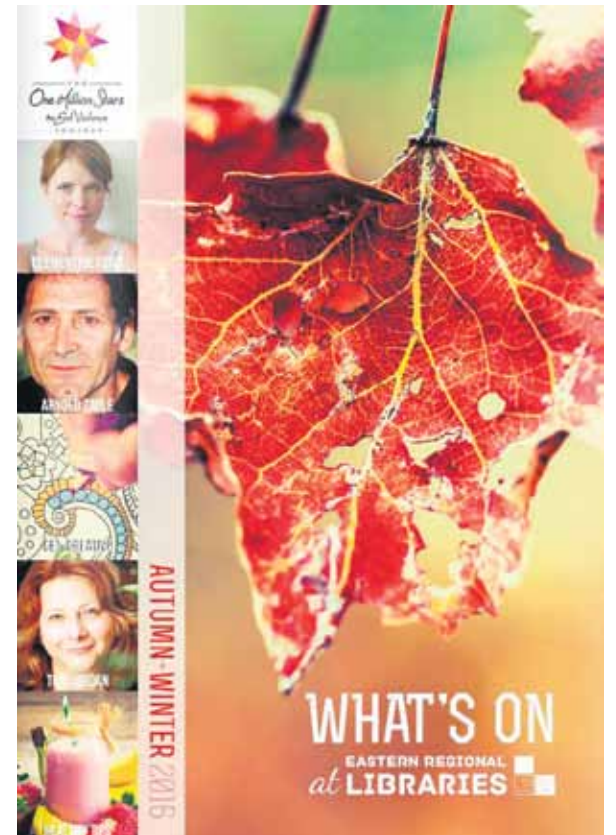
Book your place online or by calling: 9800 6488

### iPad Q&A – Boronia Library at 1:00 pm on Friday 17 June

Visit Boronia Library for an informative session focusing on unlocking the potential of your iPad device. This session will be hosted by the Basin Community House who will visit Boronia Library to assist individuals with the use of their device.

This is a free event but places are limited. Book your spot online or by calling 9800 6488. Bring along your questions and devices!

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



STUDFIELD WANTIRNA NEWS & EASTERN REGIONAL LIBRARIES

**2016 WRITING COMPETITION**  
Share your passion for creative writing with the people in your community!

Schools in Wantirna, Wantirna South, Knoxfield and Scoresby are invited to participate in the 3rd annual Writing Competition which opens on Monday, July 11 and closes on Wednesday, September 14 at 5.00pm.

Contact your school for further information and start writing your original piece today!!

Prizes will be awarded to winning entries as judged by ERL

**Working hard for  
our local community**

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

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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 Kate Kent-Evens, KIOSC

KIOSC was an exciting place to be in March, when it hosted the first Melbourne Mini Maker Faire for students! Friday March 18th was the Maker Faire education day, where students, teachers and principals came to learn more about inventing to learn, design-thinking, creativity, problem-solving, technology and “making”. Schools from all over Victoria, as far as Warrnambool, Geelong and Bendigo, travelled to KIOSC to showcase their work and learn from each other, and our local schools were inspired by the projects and activities they saw and “played” with. Student activities included, flying drones, programming robots, micro-computers, virtual reality, cardboard construction on a large scale, a “Moat Boat Paddle Battle”; racing 3D printed paddle boats which students had designed and printed.



Scienceworks brought a wind machine so that students could make and test flying objects, and KIOSC staff ran workshops on soldering and wearable technology.

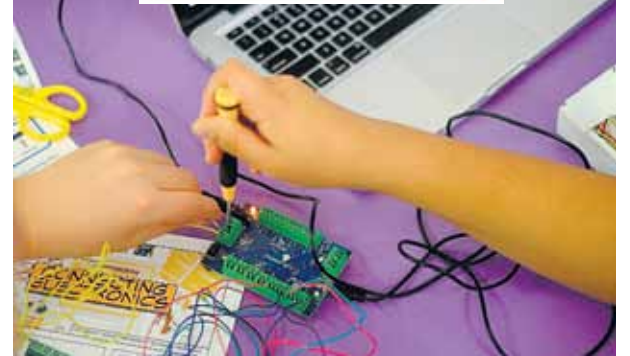


Education expert Professor Stephen Heppell addressed teachers and Principals, “Making the case for Making”. Making is a global movement combining science, technology, engineering, art and design, and maths to create rich learning experiences.

He presented many examples of how students can be inspired to learn by engaging in inventing, designing and constructing, and encouraged schools to get involved. KIOSC offers a range of programs which support making, such as workshops on 3D printing, robotics, coding, tinkering, electronics and wearable technology, and we encourage local schools to enquire about visiting KIOSC. Making is an excellent way to put STEM into action!

On Saturday March 19th, the community Maker Faire day saw more than 500 people of all ages attend – tech enthusiasts, crafters, educators, tinkerers, hobbyists, engineers, science clubs, authors, artists, craftspeople, gardeners, students and commercial exhibitors. Adults and children

### Melbourne Mini Maker Faire



alike had a wonderful time exploring exhibits and activities such as Girl Geek Academy, MESH Great gadgets, Augmented and virtual reality, Succulent garden in a teacup, creating flashing LED bracelets and many other creative ways to use new and old technologies!

“When is the next one?” was a frequent question!

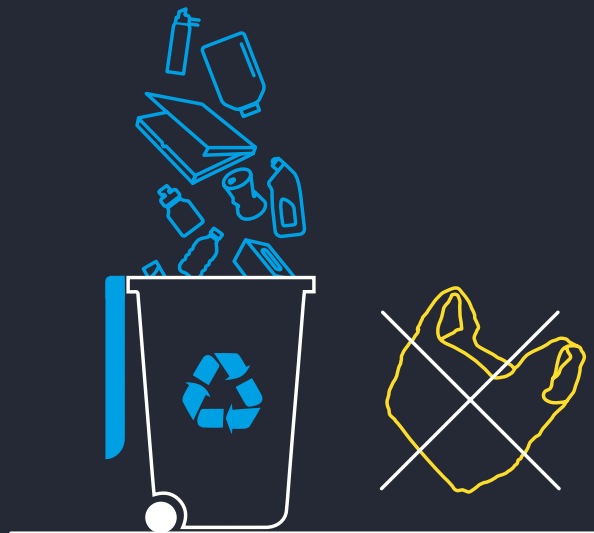
The Melbourne Mini Maker Faire was an initiative of the Victorian Department of Education and Training in association with KIOSC Knox Innovation Opportunity and Sustainability Centre and Swinburne University of Technology. We were delighted to receive sponsorship from INTEL and JAYCAR to run the event, and plans are underway for the 2017 mini Maker Faire at KIOSC (in May)–even bigger and better!

To find out more about programs and activities at KIOSC, email [kiosc@swin.edu.au](mailto:kiosc@swin.edu.au), or phone 92101285.

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# 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.

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9am - 5pm**



## Wantirna Community Pharmacy Naturopathy Clinic

Some of the readers may not yet be aware of the fact that in mid-March Wantirna Community Pharmacy unveiled their Naturopathy Clinic. This has been an idea which has come to fruition after a long period in the making.

Allow me to introduce myself. My name is Filip Dostal and I am the Naturopath that is running the Naturopathy clinic here at the Pharmacy. However, I am also a pharmacist, which I first started practicing after my registration in 2004. It seems like such a long time ago for me, but I still recall the excitement and anticipation in those days when I first started in my new career path. After working in Australia for a year and a half, the adventure of travelling to the UK and beyond beckoned. This resulted in a period of three years when I enjoyed a combination of working in a small pharmacy in England's Peak District, coupled with a couple of stints backpacking through the Middle East, Central and East Asia. This journey extended my horizons and opened my eyes to the big wide world out there.

Upon returning to Australia I had the urge to expand my professional career and so I decided to embark upon further studies in health. I settled upon Naturopathy, as complementary and alternative approaches had been an interest I had been cultivating already for quite some time. My journey of becoming a Naturopath lasted five and a half years, during which time I studied for my degree at the Southern School of Naturopathy while continuing to work as a pharmacist.

I hold natural and holistic approaches in very high regard and I attempt to strike a healthy balance between both orthodox and traditional medicine. I feel that my pharmacy background has given me an intimate understanding of the complexities of modern day medicine and a unique perspective.

The Naturopathy clinic at Wantirna Community Pharmacy runs every Tuesday from 10am to 4pm and It is best to call in advance to make an appointment. Otherwise, you can also come and visit me on Fridays, when I work in my pharmacist role, but can certainly answer any questions you may have about the clinic or more broadly on Naturopathic approaches.

## WHAT'S ON AT YOUR PHARMACY?

**TUESDAYS** between 10am and 4pm.  
Naturopathy clinic with our Naturopath and Pharmacist Filip Dostal

**FRIDAYS** - Weekly Weight loss weigh in.

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**TUESDAY 23rd JUNE** from 11am till 2pm  
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**JULY 13th --- 17th** Winter skin care for Summer radiance

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Consultation includes:

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**RETURN CONSULTATION**  
Duration: 20 mins

This length of consultation is ideally suited for return/follow-up visits, where a review of treatment is performed

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Duration: 20 mins

This consultation type may be useful for those who would like to sample what Naturopathy is all about, or for those who would like advice or to review their current vitamin, mineral or supplement intake.

## Osteoarthritis in Pets

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

Dogs and cats are commonly affected by arthritis, and not just in their older age. Dogs can start to show signs of osteoarthritis as early as one year of age in some cases, and by the age of eight 80% of dogs will show signs of osteoarthritis.

Certain breeds, overweight or older animals and pets that have joint issues or have had prior joint surgery are at greatest risk of developing arthritis.

If your pet is slowing down, reluctant to jump or climb stairs, not playing as often, stiff on rising, limping or has thickened joints they may be showing the effects of osteoarthritis.

A check up at your vet is recommended if you have noticed any of these signs and various tests including blood tests and x-rays may be recommended to rule out other diseases. If your pet is diagnosed with osteoarthritis there are many ways we can help to relieve their discomfort, including the use of nutraceutical supplements (such as glucosamine and chondroitin) and injections given under the skin to help improve the health of the cartilage and lubrication

in the joints. Special joint support diets and anti-inflammatory pain killer medications can be used if required too. Weight loss may also be recommended to help reduce the stress on the joints.

Your vet can also advise you on exercise and physiotherapy options, as well as possible alternative therapies such as acupuncture, Bowen therapy etc. In the colder weather keeping your pet warm and indoors with soft padded bedding can also be of great benefit, and products such as heated pet beds are now also readily available.



## Studfield Traders News

Security cameras are now operating and have already caught on camera three youths taking a car from behind the shops.

The new toilet block is now operating.

The Studfield Traders have formed a sub-committee to promote Studfield Shopping centre to the community.

The Traders are meeting with Knox Council to discuss the car park and cleaning of the footpaths at the shopping centre.

Please support your local traders who support your local community



The Studfield Traders with Alan Tudge MP

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**Studfield Wantirna Community News**  
is available online at  
[www.studfieldwantiranews.org](http://www.studfieldwantiranews.org)

community news

## News from Bridges

### Volunteer Drivers Needed!

Do you have a few hours to spare and enjoy driving?

Bridges Connecting Communities is seeking Volunteer Drivers to support their Community Transport program.

Bridges deliver programs to elderly frail aged people and people with a disability who live in their own homes and reside in the area of Knox or South West Yarra Ranges, who do not drive and cannot access public transport. The service supports independence, reduces the risk of isolation and gives residents opportunities to attend much needed social activities and health appointments to enhance their health and wellbeing.

Our Community Transport Volunteer Driver pool is reduced over winter due to migration north of our volunteer drivers to a warmer climate.

Volunteer drivers are needed to ensure this reduction doesn't impact on our service delivery. Volunteers must have a full driver's license, consent to undergo a National Police check, are reimbursed for out of pocket petrol expenses, can drive their own vehicle or one of our fleet vehicles and must have a heart for the vulnerable and disadvantaged in our community.

Volunteers have a choice of days and hours they commit to and the area they wish to travel to and from.

If you think this is a Volunteer position that you would like to try or would like more information for a resident who you think may benefit from our programs, please phone Lyn on 9763 9700 or email [lynm@bridgescc.com.au](mailto:lynm@bridgescc.com.au)

**Bridges Connecting Communities**  
6 Griffith Street, Knoxfield Vic 3180

Phone: 9763 9700 Email: [info@bridgescc.com.au](mailto:info@bridgescc.com.au)

# KNOXFIELD NEWS



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## No Ordinary Life – Positive Ageing in Knox

by Cr Nicole Seymour (Knox City Council - Tirhatuan ward)

### You are never too old!

A few weeks ago, the most fabulous holiday picture came up in my Facebook feed of a local gentleman named Eric who had recently been on a trip to New Zealand with his family. I could not help but smile and feel inspired as the photo was of 78-year-old Eric flying through the air like superman whilst strapped to a zip line in beautiful Queenstown. You could sense his feeling of exhilaration by the massive smile beaming from his face. He looked so happy and free and the photo really depicted just how age doesn't need to limit you from a little extreme adventure from time to time.

The photo got me thinking, how often do we self-talk ourselves out of doing something by saying the words "I'm too old". Or worse having others around us pass judgement around what should / should not be done at a particular age. My response to nay-sayers is "who says?" To that point who wrote the rule book on what is and isn't acceptable to do as you age? Ah..no-one, so why limit the possibilities? Out of curiosity I decided to research about NZ canopy tours a little more and found that age is definitely not a barrier. One company reports a great example of their eldest customer, a 93-year-



old man called Lewis and his 87-year-old sister zip lining through the native forest canopy in Rotorua. To this same Company, having a disability doesn't necessarily preclude you from having a go either. They had a great video of a person in a wheelchair participating which was also inspiring to see.

Sometimes in life it is worth getting out of one's comfort zone and doing something different to reignite the adrenaline pumping sensation of what it is to feel alive and joyful. After all, it's the things you don't do, that you wish you had done that end up being regrets.

So if George Bush Snr can skydive for his 75th, 80th and 90th Birthdays and Lewis at 93 or Eric at 78 can zip line, what is stopping you? Be your own super hero, live for the moment and be fearless... what have you got to lose?

If you or a family member have done something similar to the above, I would love to hear your story or see your photos. Please email me at [Nicole.seymour@knox.vic.gov.au](mailto: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,

## Twenty years on the job and still loving it!

by Cr Nicole Seymour

There is a familiar face regularly seen around the shopping strips, recreation reserves and community centres of Knox, always smiling rain, hail or shine. It is the face of Reay McKay, a member of Knox Council's litter crew who would have to be one of Knox's hardest working, most passionate and committed employees.

Reay has lived in Knoxfield for 40 years and as a single dad raised his family here on his own. Reay is super passionate about Knox and takes enormous pride in trying to keep the patch he is responsible for as clean and tidy as physically possible. Whether it be the Studfield shops, Wantirna Mall, Scoresby Village or Carrington Park just to mention a few, it is Reay there in the wee early hours of the morning bag and tongs in hand keeping our city clean.

The month of May presents two significant milestones for Reay, firstly he celebrates his seventieth birthday and secondly it marks 20 years of service in his role as Litter Crew member of Knox Council. Reay has no intention of retiring soon and

says he loves his job, his community and feels like he makes a difference even if it is in a small way.

When asked what changes he has seen over the years, Reay commented with dismay at the increase in illegal dumping of rubbish across the municipality. "People used to have pride in where they lived" he said "now there are a minority who don't care and feel they can just dump their rubbish wherever it suits them." "They don't think about the community and they certainly have no thought of everyday workers like me that have to go with bag and tongs and clean it up."

Cr Nicole Seymour says she has admiration for Reay. "He is so community minded" she said. "He goes over and above what is expected of him and has wonderful rapport with traders and residents in the areas he services." "He is a great grass roots ambassador for Knox Council, and I congratulate him on his 20 years of service. Well done!"



## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox City Council

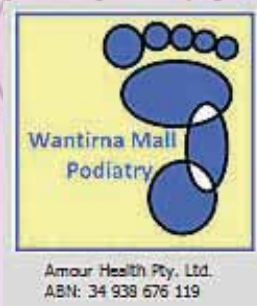
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[nicole.seymour@knox.vic.gov.au](mailto:nicole.seymour@knox.vic.gov.au)

 Cr Nicole Seymour



# NEWS IN GOOD HEALTH & WELLBEING



## Wantirna Mall Podiatry

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Melina Linardatos

### How to look after your feet in winter

Winter poses different problems that can occur in feet due to cold weather and Chilblains can be a common occurrence in feet during winter months. Chilblains are blotches of discoloured red, blue, or white, swollen and itchy skin that can be caused by cold weather and poor circulation. Extremities are prone to being affected but toes are particularly vulnerable with tight footwear possibly a contributing factor. Most chilblains don't cause any permanent damage but can result in ulceration if left untreated or in extreme cases. Not everyone exposed to cold temperatures will develop chilblains but those who have medical conditions, are older or sedentary may become sensitive to changes in weather and temperature and become more susceptible.

If you are susceptible to chilblains some prevention

tips maybe of help to you. Keeping your feet warm with closed, well fitted footwear and warm woollen socks. The avoidance of long periods of cold weather and quick changes in temperature between hot and cold environments. Keeping your whole body warm with layers of clothing, gentle daily exercise to improve circulation and drying feet well after bathing. Severe, ulcerating or recurring chilblains need professional attention and a Podiatrist can help you treat and offer further advice to prevent your chilblains. In addition, your GP maybe able to prescribe a preventive drug. It is important if you have a pre-existing condition like diabetes or heart problems a Podiatrist or GP should check your circulation in the feet to prevent any further complications.

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

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

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

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**03 9763 0033**

### Five Stress-Busting Tips for Mums

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

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

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

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

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

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

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



## How to Support Your Immune System This Winter

by Filip Dostal, Naturopath at Wantirna Community Pharmacy

The winter season is upon us again and for many it's a time of getting sick with missed days from work and school as well as days spent in bed recovering from that annoying cold or flu. However, there are things that you can do to better look after yourself to nurture your immune system and prevent yourself from getting ill.

Respiratory infections include both upper respiratory tract infections (URTIs) and lower respiratory tract infections (LRTIs). URTIs tend to localize in the head, nose and throat resulting in sneezing, blocked or runny noses and sore or scratchy throats. LRTIs are located in the lungs, and often follow an initial URTI. Symptoms here include a wet or dry cough, as well as shortness of breath, fatigue and fever. Then there is the Flu which often has similar symptoms to that of URTIs/LRTIs, but fever, sore muscles, headache and intense weakness are particularly present.

To prevent these types of infections there are a few nutrients, herbs and other considerations which may be useful:

- **Keep warm:** for many, cold and flus ride on the back of getting cold or wet.
- **Reduce stress levels:** sustained stress can raise certain hormones in the body which can dampen your immune system. To help with stress, relaxation exercises as well as herbal tonics are particularly effective, and a Naturopathic consultation can be of great benefit.
- **Monitor your alcohol intake:** alcohol is also an immune depressant, so it is best to stick to the national guidelines and have no more than 2 standard drinks of alcohol per day, as well as regular alcohol-free days.
- **Vitamin C:** this is an important nutrient found in many foods such as fruits (berries and citrus) and vegetables (cabbage, broccoli & capsicum). Making sure you have enough of this nutrient is a good starting point. This can also be supplemented (500mg-1000mg per day), but in times of infection, much higher doses may actually be necessary.
- **Zinc:** this mineral is another important immune enhancing nutrient. Decent amounts of zinc can be found in foods such as oysters, almonds, pumpkin seeds and sun-dried tomatoes. For those wishing to supplement, 25mg per day is a good dose useful in the medium-term.
- **Herbal Immune Tonics:** these are products that include herbs useful in the acute stages of an infection, or for those who get sick often and want to support their immune systems. They often include herbs such as Echinacea or Andrographis, and the pharmacist or naturopath can advise you if these are suitable for your condition.
- **Naturopathic Consultation:** for those who really want to get an in-depth look at what factors affect the state of their immune system, a consultation with the Naturopath can really be beneficial. Here we explore key areas from nutrition to stress which could be the major contributors to a weakened immune system. A broader range of treatments are available, including herbal tonics, herbal teas and nutritional advice customized to your particular needs.

Come in and visit the friendly team at the Wantirna Community pharmacy for health advice on how best to prevent or treat your cold or flu this winter. Of course it must be stressed, if you have significant shortness of breath, chest pain or very high fever, please visit your doctor or seek appropriate medical care.

Filip is able to provide references upon request

News from The Osteo with Dr. Jason Stone

### Heel and Arch Pain

Painful feet are very debilitating. Pain in the heel area is especially common and may be associated with a calcaneal spur, usually referred to as a heel spur.

Our feet are made up of a series of small bones, known as the tarsal bones. These tarsal bones, starting from the calcaneus (heel) form an arch, which is supported by a strong band of sinew (plantar fascia) stretching across the sole of the foot below the surface of the skin. With repeated activity on our feet, this fascia causes persistent traction (tugging) on the attachment point into the bone, and inflammation and pain may develop at this site. This painful condition is known as plantar fasciitis.

Sometimes a sharp 'spur' develops at the site of this traction on the bone and protrudes into the surrounding tissue. But the pain is usually due to the plantar fasciitis, rather than the heel spur itself.

Inadequate arch support from poor footwear is the most common cause of plantar fasciitis. As the arch is collapsing the plantar fascia is placed under great stress and often other muscles of the foot and lower leg are utilised to help stabilise. The result being marked joint restriction and muscular tension and pain in the foot and lower leg.

Our osteopaths will work on improving the mechanics of your foot and lower leg by increasing the range of motion in the associated joints and reducing the tension in the local muscles. They will also provide you with home exercises and information on footwear to help improve this chronically debilitating condition.

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### ADVERTISEMENT

## Gas Appliance Service Repairs and Installations

With winter around the corner, we need to ask ourselves "When was the last time our gas heater was serviced? This question should be asked regardless of whether you are a property owner, landlord or tenant. The office of Gas Safety recommends having your heater serviced at least every two years and a carbon monoxide test conducted. Carbon monoxide (CO) is an odourless, colourless gas that can be produced by faulty gas heaters. Causes can be a blocked flue, not enough ventilation, or when exhaust fans are used in kitchens or bathrooms that can draw these gases back into a room.

The symptoms of CO poisoning include tiredness shortness of breath, mild to severe headaches, nausea and vomiting, weakness and sleepiness. If poisoning is extreme, it may lead to confusion, loss of consciousness and death. Symptoms may occur when using, or immediately after using a gas appliance.

To protect your family get your gas heater inspected every two years by a registered or licenced gasfitter who must use a CO analyser to test your appliances. Also ensure there is adequate ventilation and regularly check the colour of the flame in the heater.

Look out for soot or discolouration around the gas appliance, yellow flame, heater going out after a short time for no apparent reason, debris falling down the flue or a missing or damaged cowl on top of the flue pipe as any of these conditions may indicate the existence of a problem.

As a licenced and registered gas fitting company Gaspipe Plumbing is offering readers of this publication a special winter offer for the month of June if you mention this article when booking. A Gas Heater Service which includes 30 minutes on site and CO test for \$110.00 (normally \$125.00, note parts and extra time will be charged in addition to service call)

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## Walking With Knox U3A by John Ford

There is a school of thought that considers that regular walking is the best form of exercise one can have, and, in keeping with our philosophy of catering to the health and well-being of our Members, Knox U3A has a number of very active walking groups. For the safety of the members, strict guidelines as to individual capabilities are in place, and are enforced, but there is something available for everyone.

The "Full-day" bushwalking group usually gathers on a Wednesday, and visits established walking venues in, and within 1.5 hours drive, of Melbourne. Walks are usually between 12 and 15 kilometres in length, and participants need to supply their own meals, and transport to and from the starting point. Areas in the Dandenong Ranges, Gembrook State Park and Philip Island have been among the venues for this group in the past.

The Monday and Wednesday walking groups follow the same format, and requirements, of the full-day gathers on a Tuesday morning, and undertakes interesting, leisurely walks of approximately two hours duration. The group recently had a walking tour of Nellie Melba's Coombe cottage and farm, and approximately 20 members enjoyed this outing.

For something completely different, there is the Dog Walkers and Coffee Group, meeting on a Thursday and, accompanied by their beloved pets, engage in one of the many walking opportunities in Knox, often encompassing a coffee at a dog-friendly café. However, this group is at full capacity at the time of writing, and those interested in joining would need to go on a waiting list.

Finally, a new activity for Term 2, is "Exploring Melbourne" – held fortnightly on Mondays – where many of the hidden treasures of our City are visited and explored.

So, if walking is your thing, find out more about these walking groups by telephoning 9752 2737, or visiting our website at [www.u3aknox.org.au](http://www.u3aknox.org.au)



*The Monday Morning bushwalkers along the George Bass Coastal Trail near San Remo.*

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*Oh what a feeling!*



# THE ARTS IN KNOX

## Welcome street art returns to Knox

### Wall to Wall mentoring program signs up for a sequel

A program which aims to curb illegal graffiti and transform ordinary local spaces into works of art has been funded for a second year.

The Wall to Wall mentoring program will return to Knox in the coming weeks—this time in Scoresby and Bayswater—with young people involved in the initiative set to be inspired to change their behaviour, perspective and understanding of street art in the community.

Research conducted by the NSW Department of Justice identified several reasons why young people engage in illegal tagging. Some young people are bored and need to let off steam. Others do it to express themselves emotionally, politically or creatively, and for some it's about territory or taking risk.

Unfortunately, the removal of illegal tagging and graffiti costs Knox ratepayers thousands of dollars per year.

Knox Mayor Tony Holland said Council developed the program last year to combat this destructive behaviour and that he was thrilled to welcome the Wall to Wall program again in 2016.

"The Wall to Wall mentoring program, funded by the Department of Justice, provides a great opportunity to partner with local businesses and community centres to tackle the tagging issue in Knox."

This year, the walls at the Bayswater Youth Centre and Pharmacy at Scoresby Village have been chosen as the ideal canvases.

The street artist mentors this year will be James Beattie aka DVATE and Carmen Davies. James and Carmen own and run their own company 'Graffix Creative' and have completed a number of commissions for prominent companies such as Sky TV, Adidas, Virgin as well as a number of local government organisations.

Last year's Wall to Wall mentor Andrew Bourke, a reformed illegal tagger and now international street artist, was impressed with the program and said it made a huge difference to the students he worked with.

"The project was a great opportunity for all the students involved to find a little self-belief. I think the majority of them will have found something to take away from it," Mr Bourke said. "It would be fantastic to see this program continue in the future."



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[www.caribbeangardens.com.au](http://www.caribbeangardens.com.au) Ph: (03) 9756 5000

## Ferntree Gully View Club News

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

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

Entertainment: Margaret Dennis - one of Melbourne's most entertaining performers.

Monday 25th July, 2016

Speaker: from the 'Mercy Ships' organization

Monday 22nd August, 2016

Speaker: Michelle Gates - 'Making Personal Items for Girls'

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

# CRAFT & CAR BOOT SALE

3<sup>rd</sup> Saturday every month 8am – 1pm

INDOOR & OUTDOOR

2016 DATES

\$10

OUTDOOR SPACE

\$15

INDOOR TABLE

Rowville

16-18 Kingsley Close  
Rowville 3178

ALL WELCOME

Snacks & Drinks  
Sausage Sizzle  
Shop for bargains  
& more

Feb 20<sup>th</sup>

Mar 19<sup>th</sup>

April 16<sup>th</sup>

May 21<sup>st</sup>

Jun 18<sup>th</sup>

Jul 16<sup>th</sup>

Aug 20<sup>th</sup>

Sep 17<sup>th</sup>

Oct 15<sup>th</sup>

Nov 19<sup>th</sup>

BOOKINGS: 0467 065 720 or 9753 2795

Find us on  
facebook

## What's On?

Event	Date & Time	Location	More Information
Inventi Ensemble Tea and Classic Concert Series	Tuesday 10.30 am 14th June Tuesday 10.30 am 12th July	Knox Community Arts Bayswater	MORE INFORMATION \$15 per person info@inventiensemble.com Book online or at the door
FTG View Club	4th Monday each month	The Knox Club, cnr Stud & Boronia Rds Wantirna South	Pam Turner 9725 4135 (see article above)
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
School Tours. School in Action	Wed 20th July 9.00 a.m.	The Knox School	See the web site
Year 7 in 2018 Opening Morning	Wed. 10th August 9.00 a.m.	The Knox School	See the web site
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	Contact KIOSC 92101285
Eastern Regional Libraries What's on Autumn Winter			www.yourlibrary.com.au 03 call 1300 737 277 or visit your local library
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
National Seniors	4th Wednesday of each month.	The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna	John on 9778 6784

## Celebrations at Clarendon Aged Care

On 11th April, there was great excitement at Clarendon Grange as on that day their first resident reached the grand age of 100 years!

The dining room was transformed into "Party Time" with colorful balloons, streamers and tinsel to celebrate the special day for Phyllis Dutton, who has been a resident for 6 years.

Phyllis was born in Manchester, England and in her early days was a sewing machinist. During the Second World War she worked as part of a team repairing RAF Hurricane aeroplanes.

After marrying Ted (Edmund) they decided to emigrate to Australia in 1960 and settled in Murrumbena before moving to Springvale.

For many years Phyllis worked for the Selleys organization, and it was only after her husband passed away that she decided to retire aged 64 and moved once again, this time to a unit in Frankston.

Aged 94, Phyllis decided it was time to move into care and when her niece visited Clarendon Grange she

immediately felt the homely atmosphere together with the dedicated and friendly staff would make it the perfect place for her Aunt. It didn't take very long for Phyllis to settle into her new home and there is no doubt that she is very happy, comfortable and looked after at Clarendon Grange.

The staff commented that Phyllis has a broad, slightly wicked sense of humor and that she was a very loving person, making it a joy for them and all the residents to celebrate with her such a special day.



## Communities that Care Knox



Communities that Care aims to reduce underage alcohol use in Knox

The Knox Community are standing up for the healthy social development of children and young people.

Research conducted by Deakin University over the last 5 to 7 years has indicated that alcohol consumption amongst young people (12-17) in Knox is higher than the national average. 1 in 3 Year 8 students reported drinking alcohol in the last 30 days and 1 in 6 Year 8 students reported binge drinking in the last two weeks (CTC youth survey Deakin, 2014).

There are real concerns for the health and wellbeing of children and young people in Knox when it comes to alcohol, especially in relation to the impact on the child's developing brain. The National guidelines recommend that the safest option for children and young people is not to use alcohol before they turn 18.

Supported by funding through Healthy Together Knox, Knox City Council and EACH are facilitating the Communities that Care Knox strategy. Communities That Care Knox (CTC Knox) is a community prevention strategy supported by 25

organisations in Knox working together to lead and plan for positive social development of children and young people by initially tackling the issue of underage alcohol consumption and binge drinking.

Our partners are very committed to working together to ensure that children and young people in Knox are growing up in a social environment that is supportive of children and young people – as a community it is important to ensure that children and young people have very good and clear understanding of standards of behaviour when it comes to drinking.

The Communities That Care research has shown that children and young people frequently get their alcohol from their parents, purchase alcohol from bottle shops or get someone to buy it for them and acquire it from friends or other parents at private parties. The Communities that Care research (2014) revealed that young people believe that their community thinks that this behavior is OK – the challenge is to switch these beliefs and perceptions towards young people thinking that the community values them and one way to show this is protect them from the harms related to alcohol consumption. To achieve this requires community

## Ice Forum 2.0 by Matthew Hjelm

The second community forum regarding the Ice epidemic was held on 21st March 2016 at the Knox Gardens Community Hall. This forum was set up by the Hon. Alan Tudge MP who was in attendance and was also attended by many community residents so they could hear about the progress of the Federal Governments new National Ice Plan.

The forum also featured three guest speakers, these guests included David Burt, CEO and founder of Sport and Life Training (SALT) as well as Acting Inspector Tracy Leitch who is a member of the Victorian Police and lastly John Ryan, CEO of the Pennington Institute. All three of these special guests made this forum great.

In regards to the plan set out by the Federal Government I thought it was very comprehensive and showed that the Federal Government was ready to tackle the epidemic to the best of their ability. However Knox residents believed that the plan was missing a couple of crucial elements. Some of the concerns raised for instance were that society currently views this problem as something they must accept however it should not be that way.

The proper view on this problem is that it should never be okay no matter what. Another resident stated that there should be advertisements about Ice addiction on different media platforms like the Quit Smoking and drink driving ones communicated by former addicts.

In the end I personally thought this discussion was very important as it gives residents a say on a plan that affects everyone that knows someone who's addicted to ice.

solidarity regarding reducing the supply and consumption of alcohol to young people especially those fifteen and under.

For more information or details contact Communities that Care Knox coordinator- Deborah Cocks  
Deborah.cocks@each.com.au or on 9757 6297

### Communities that Care Knox Partners

Organisations involved:

EACH

Knox City Council

Harrison Youth Services

Westfield Knox

Caribbean Business Park

Victoria Police ( Knox PSA)

Harrison Youth Services

Fairhills Primary School

Fairhills High School

Boronia K-12

Eastern Community Legal Service

Eastern Regional Libraries

YMCA – Knox Leisureworks

Eastern Football League

Mountain District Learning Centre

Outer East Local Learning and Employment Network



## Knox & District Over 50s

At the Knox Over 50's you are just a smile away from making new friends. We take pride in looking after our visitors and new members. 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, we like to focus on FRIENDSHIP and having fun.

There are various activities the Club has planned for the next few months. Holiday to Warnambool in October, trip to the Vic Market and the Casino, two theatre outings to see Mary Poppins and the Sound of Music and a visit to Rippon Lea Mansion to see The Dressmaker Costume Exhibition. We are also planning morning melodies to see Mirusia: Andre Rieu's Angel of Australia at Hammer Hall. Not forgetting the clubs regular events which include, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and meetings with a speaker.

Subscriptions for 2016 \$15.00 for the year. You can visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Our meetings are held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. The next meeting is on Tuesday 28 June 2016. Meetings start at 10.30am so come early to get a good seat. We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.  
Kay McLoughlin (Media Officer)



## Life Activities Club Knox Inc.

Life Activities Club Knox is one of the largest seniors clubs in Knox run by volunteers. We provide over 20 activities for people who want to make friends and enjoy the second half of their life!

Come Getaway with Us

Our Weekday Getaway Group goes on 2 or 3 midweek breaks per year. We usually stay in Caravan Parks within 3 hours of Melbourne. A few of our members have caravans but most stay in cabins.



*The Black Lighthouse*

In March we went to the Riverglen Holiday Park in Geelong. 23 people came along for an enjoyable 3-day break. We visited the huge Geelong Vintage Markets area, Balyang Sanctuary and Fort Queenscliff. The Markets were full of memorabilia and nostalgia. Some people had great fun dressing up and taking pictures. The Fort was a highlight with its retracting gun and black lighthouse. We had a BBQ by the pool one evening but no one went into the water. The Fyansford Hotel provided a free pick-up bus so we had dinner there twice!

Our next Getaway will be at the Stratford Tourist Park on the beautiful Avon River. This time it will be 4 nights, from Monday 5th to Friday 9th September. They have some new cabins facing the river. If you would like to join us, please contact Jane on 0416 362 175 or [knox.enquiries@life.org.au](mailto:knox.enquiries@life.org.au) New members are always welcome. Book now.

If you would like to find out about our activities and what fun we are having, phone 0481 831 788 or email [knox.enquiries@life.org.au](mailto:knox.enquiries@life.org.au) A full activity list is on our website [www.life.org.au/knox](http://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

The club's cycling group (called WHACOS - Wantirna Heights Actively Cycling Oldies) recently enjoyed another trip to Bright. Unfortunately, Friday was a washout, but some of the 24 who attended went for a walk in the rain – without umbrellas - while others sensibly went to the movies and two drove to Bendigo. Both Saturday and Sunday started rather fresh but developed into marvellous days. On Saturday, the cyclists rode a 12 km round trip from Bright to Wandiligong and in the evening everyone enjoyed dinner at The Alpine Hotel. Sunday saw some of the more conservative WHACOs ride, 17 km this time, from Porepunkah to Eurobin and back. A few travelled an extra 12 km to Porepunkah. In the evening the group enjoyed drinks, nibbles, sausage sizzle and takeaway pizza to cap off a great weekend.

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



**Wantirna Lions**  
is proud to present

**IT'S THE**  
**Bogan & Bingo**  
**SHOW!**

**HALF GAMESHOW, HALF PARTY**  
*and more Aussie than a Bali Prison*

**Where:** Fairhills Secondary College Hall  
330 Scoresby Road, Knoxfield

**When:** 30<sup>th</sup> July 2016 7.30 to 11.00pm  
(Eyes down at 8.00 p.m)

**Cost:** \$25.00 per head (+ \$0.80 booking fee)

**Bookings:** <https://trybooking.com/LEOA>  
or link via our website  
<http://wantirna.vic.lions.org.au>

**BYO Nibbles & Drinkies**

QR Code – Scan to  
Booking | Site



Please note as this is a fund raiser event there is no cash prize for the winner of each round. There will be a non cash prize for each round winner.  
Care – This show may contain occasional "Bogan Language" that could offend the faint of heart!



# COMMUNITY NEWS

## 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. This edition discusses Elder Abuse in support of June 15 - World Elder Abuse Awareness Day.

### Elder Abuse

Elder abuse is a form of family violence. It is any act that harms an older person that is carried out by someone they know or trust. This person can be a son, daughter, grandchild, husband or wife, other family member or friend. Like family violence, elder abuse can take many forms - financial, verbal, emotional, physical or sexual abuse, as well as neglect. Some types of elder abuse are more serious and have greater impact than others. However, all forms of elder abuse are unacceptable.

People experiencing elder abuse are unlikely to seek help because of shame or fear of family breakdown. However, financial abuse - due to the impact of not having enough money for everyday survival - is the type that will be more commonly raised with others. For the older person, financial abuse can look like:

- Having your credit card used without your permission;
- Being forced to change your Will or assign Powers of Attorney;
- Signing as a guarantor for another person's loan without being given independent advice about the implications to your financial security; and
- Having your property or assets sold without your permission.

Financial abuse, however, is often connected to other types of abuse that are equally destructive such as threatening or controlling behaviour. This can include hitting, swearing or yelling at someone, or not allowing someone to go out or have friends visit.

Elder abuse can happen regardless of gender, background or culture. This harmful behaviour can be deliberate or unintentional. Sometimes, there may be a co-dependent relationship where both the older person and the person who is harming them are dependent on each other.

Often the person doing the harm can have other issues impacting on their life and may need help themselves. They may have limited experience caring for older people and may be experiencing carer stress. Or they may be coping with poor mental health, financial difficulties or drug, alcohol or gambling issues. This person may not be aware they have a problem, or may not know where to go for help.

For service working in this area, often helping the older person experiencing elder abuse can also mean helping other family members too. Services recognise each family is different, and that understanding family dynamics and respecting the older person's wishes is very important.



Kaz Mackay, Elder Abuse Awareness Project Coordinator

### How ECLC Can Help

ECLC is working with other services as part of the Elder Abuse Awareness and Advocacy Project to increase awareness of this important community concern, and to promote the rights of older people.

When communities talk openly about the issue, it gives people permission to speak up if they or someone they know is experiencing abuse. Being able to identify the signs is also the first step in being able to seek support.

If you, or someone you know, is experiencing elder abuse and you are unsure what to do, please contact ECLC on 9762 6235 to speak with Kaz Mackay, Project Coordinator who can provide information, advocacy and/or referrals to the specialist services that can help. If appropriate, an appointment may also be made with you to speak with an ECLC community lawyer for advice on your legal options.

June 15 2016 World Elder Abuse Awareness Day - How to Get Involved

- Contact your local community house or neighbourhood learning centre to see what activities are being held in your area.
- Contact ECLC if you would like to organise a presentation on elder abuse prevention for your local community group or organisation.
- For more information on World Elder Abuse Awareness Day and activities in Victoria go to <http://elderabuseawarenessday.org.au/>
- Other Information & Support
- Call Vic Police on 000 if you, or another person, is in immediate danger.
- Call Seniors Information Victoria on 1300 135 090 for information about older person's services in your area.



## Celebrating 100 years of Cubbing!

By Nicole Klep, District Leader Cub Scouts

This year marks the 100 year celebration of Cub S

On 15th - 17th April, 23 ten year old Cub Scouts went camping under canvas at GWS Anderson Scout Camp, Officer. The weather was just lovely with the rain holding off and fun was had by Cubs and leaders alike.

On Saturday the Cub Scouts participated in trestle bridge making (see photo), bird watching, canoeing, cooking chocolate cake in oranges & making bush donuts. The screen printing on dilly bags with 'Celebrating 100 years of Cubbing 2016' was a big hit (see photo). The Cubs also enjoyed making leather woggles, marble painting and Kub Kar soap carving. The night culminated in a campfire sing-a-long. All the Cubs entered the campfire circle by going over the Cub-built trestle bridge in the dark: the Cubs thought it was absolutely marvellous!



On Sunday the Cubs enjoyed a Scouts Own in a beautiful bushy setting and meandered back to camp whilst doing a scavenger hunt. The final activity, much awaited by the Cubs, was the Kub Kar races. The Cubs had carved a car out of soap on the Saturday, which had to be within certain weight specification. They then raced it down a 2 metre race track against fellow Cubs. Peyton from 8th Knox took home the Kub Kar 'The Ashes' trophy. Well done to all the Cubs on the great designs! The



weekend finished on a high for everyone and the Cubs loved the blanket badge they all received.

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

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

## Templeton Tennis Club News

by Don McCracken, President



# SPORT NEWS

Hello again to our Winter edition of Club news.

All pretty quite on the tennis front over the past 2 months, with the end of one season, a break and commencement of the next.

Our winter season commenced on the 30th April and we have 16 junior teams over 2 days, Saturday (7) & Sunday (9) and 7 senior Saturday teams. Our midweek ladies are all part way through seasons and progressing well. Good luck to all those who represent our club.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. We could always do with more

participants, if you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

Our coach, Kelly Bisinella, runs a highly successful coaching program at the club for all levels. This encompasses Mums in Tennis, junior, squad and private sessions. Give her a call to discuss what might suit you. Straight Sets 0414 874 482.

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

Upcoming events: AGM Tuesday 5th July 2016. 8pm at the clubhouse

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

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

## Record Membership in 2016 @ Knox City Tennis Club by Gary Leech

Knox City Tennis Club have achieved a record number of tennis club members since the mid 90's with an increase of approximately 200 members since July 2015. In 2002, the club had only 5 members. Now the club has increased its membership to be one of the biggest in the Knox City district with 450. The club has introduced a Junior Hot Shots membership in 2016 to allow the kids under the age of 12 to play social tennis with their family 6 days a week. This new membership is for kids having Hot Shots Tennis lessons with Velocity Tennis Coaching at the club.

The club has 27 night tennis teams competing in the Blackburn and District and Waverley Night Tennis associations. The club is in the top club 5 clubs in the Blackburn District. With 8 courts under lights, every night there is plenty of action at the club. Approaching the end of the home and away season, we have several teams likely to be playing finals on Mon, Tues, Wed and Thursday nights.

Three summer junior teams competed in the grand finals in March, with one team winning their B Special boys section. The club is very happy with all players behaviour and efforts during the finals. Four additional junior teams have been registered this Winter Season. The club now has a Sunday Junior Competition program for local kids wanting to play weekend tennis. Our Friday afternoon Junior League is now growing to play against some local Wantirna and Bayswater clubs. If your child is interested in playing on Friday nights, please call Gary on 0438 018 820.

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.

Our Monday Morning Mums and Thursday Morning Senior Social programs are great programs to allow people in the community to come and play tennis, meet new people and get active in a social

fun environment. We like to thank our sponsors Mountain Timbers (Kilsyth) and Eastern Suburbs Garden Supplies (Wantirna) for your kind donations to help build our kids new sand pit.

The clubs 2 Tennis Victoria pennant teams, mens Grade 4 and womens grade 3 welcome four new clubs members who have joined the club. These players have joined the club as friends of current club players.

The Groove Train at Knox Ozone is the clubs Major Club Sponsor. Providing support for Junior Presentations, Competition Rewards and members maintenance rebates. We thank them for their tremendous support. Other sponsors include Rebel Sports, Boococks Meats, Brumby's Bakery, Ritchies IGA, Studfield Fish and Chips at the Studfield shops and Big Papas Pizza at Coleman and Lewis Road Shops.

Velocity Tennis Coaching, the clubs' professional tennis training organisation had a record number of new coaching inquiries and new students join the program in the last 3 months. Many new families have moved into the area and the staff at Velocity have done a wonderful job working in the local primary schools providing Hot Shots clinics. During the last 3 months, Gary our club coach has supervised the local Secondary College tennis competition days, managed the Rowville and



Bayswater Primary School district tennis trials and co ordinated the primary schools Regional trials in April.

Six Knox City club junior players have been selected into the 2017 Australian Open Ballkid Squad. Velocity Tennis have been training local kids from the eastern suburbs every Friday night for three months, to give these kids the best possible opportunity to be assessed and selected into the Tennis Australia Ballkid Squad. We wish them all the best.

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

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

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



## Midnight Basketball in Knox

Midnight Basketball is a national social inclusion program to help 'at risk' youth build skills and confidence, and identify and embrace positive opportunities in their lives and their community.

Midnight Basketball Australia supports communities nationally who run the local tournaments for 12-18 year old male and female 'at-risk' youth. It provides a positive, highly structured and life-changing activity filling a gap during the high risk periods of Friday or Saturday nights and is free for participants to attend.

The Knox season Midnight Basketball has been running at Boronia Stadium with the Grand Final to be held on June 4. Games start at 7:30pm. Each 8 week tournament night includes a hot, nutritious dinner, followed by a compulsory life skills workshop, then a minimum of three games of competition basketball. A bus takes all players home to their front door by Midnight. Run in local basketball stadiums, the nights provide a high energy, safe and motivating environment.

In keeping with the motto "No Workshop, No Jumpshot", players must attend the compulsory workshops in order to play basketball. These workshops enable relevant teen issues to be discussed from health and wellbeing, drugs and alcohol to important life skills like courtesy, respect, conflict resolution and financial literacy to a range of vital job readiness skills.

Midnight Basketball builds strong relationships, such as those with community leaders and other community mentors, on the premise that they can demonstrate leadership and become strong role models to players.

Over 41,000 individuals have volunteered nationally contributing an incredible 268,000 volunteer hours. We have served over 118,000 hot, nutritious dinners and run 4,750 life skill workshops.

Visit [www.midnightbasketball.org.au](http://www.midnightbasketball.org.au) for more information

## Bayswater Bowls Club Celebrates Divisional Win

The Bayswater Bowls Club has had their most successful Pennant Season in years. This season Bayswater entered four teams in Saturday Pennant and at season conclusion three were eligible to participate in the finals, and two of three Midweek teams competed in finals.

Bayswater's Division 2 Midweek team finished on top of the Section ladder and carried that form into the finals with exceptional wins over the MCC (73-39) and Bennetswood (80-40) to win their Section. In the Divisional finals this team defeated Lalor (63-44) in the Quarter Finals, but lost their Semi Final match against the eventual Divisional 2 winners Deer Park (55-59).

The Division 3 Midweek team also performed admirably losing to Vermont South (54-57) in a Semi Final match that was decided by the last bowl.

Saturday's Division 5 team was defeated by Lilydale (76-98) in their Sectional Semi Final. The Division 7 team had a convincing win against Mt Waverley (85-71) to win their Section Final and progressed to the Divisional Finals but was narrowly defeated by Toorak (80-76) at Ashburton.

But it was Bayswater's Division 4 team that excelled, winning their Section by defeating Heathmont (80-77) in a close fought contest to progress to the Divisional Finals. In the Round of 16, Bayswater defeated Preston-Reservoir (76-70) to advance to the Semi Finals. After easily accounting for Middle Park (80-58) in their Semi Final encounter, Bayswater were matched against Mordialloc in the Divisional Final played at Glen Waverley.

Supported by a strong contingent of Bayswater members and playing in dismal conditions the team with an average age of 45 and with 9 bowlers under 30 displayed their youthful exuberance to overcome a determined Mordialloc to win the Divisional Final (72-58) thus capping off our clubs most successful Pennant season since winning our last Divisional flag in 1992. Overall, Bayswater Bowls Club had a remarkable season achieving three Sectional promotions and a Divisional Title.

If you have ever considered taking up a sport why not make lawn bowls your choice. Bayswater Bowls Club seeks new members regardless of age. The club has 5 qualified coaches and offers expert tuition for novice bowlers.

So why not come and try Barefoot Bowls on Sundays and experience a sport that is attracting all age groups.

The ultimate aim is your participation in pennant bowls, however, social bowling at the club is a great pastime and a venue to make new friendships.

If you are interested in becoming a lawn bowler you should consider Bayswater Bowls Club. As an incentive to attract new bowlers the club waives membership fees for the first 12 months. More details about the club and its activities can be found on our website [www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com). or by phoning Bob on either (H) 9729 7151 or (M) 0429 116 593.







The Divisional Winning Team

(L to R) – Tim Murphy, Laura McNamara, Zac Woning, Greg Buxton, Jim Pumphrey, Karl Richert, Tyson McCamley, Ben Crawford, CJ Snary, Doug Clarke, Amanda McNamara, Peter Weber, Marge Brown, Adam Buxton, Roy Southward, Maria Sutherland, Brian Dodson, Alan Woning (Team Manager).

Come join


# BAYSWATER BOWLS CLUB

**We offer:**

- Year round bowls on 2 new synthetic greens
- Complimentary membership for the first year
- A growing, progressive and friendly club
- Personalised coaching
- A well-stocked bar at reasonable prices

Come and try bowls - a game for all ages.



Contact: Isabel 9720 1705  
 Mob: 0438 559 518  
 Email: [club@bayswaterbowlsclub.com](mailto:club@bayswaterbowlsclub.com)  
 Address: 43 Phyllis Street, Bayswater  
[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)

# THE POWER TO SHAPE, TONE AND HEAL

Power assisted exercise plus pilates is the perfect alternative to traditional gyms for women of all ages!

- Lose weight
- Improve fitness
- Firm & flatten the tummy
- Slim the waist, hips and legs
- Strengthen core muscles
- Reduce stiffness and pain
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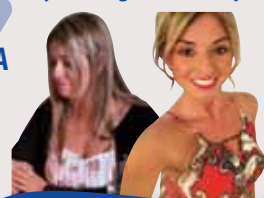
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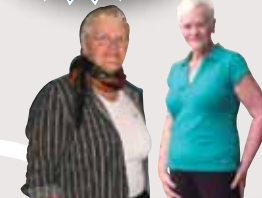
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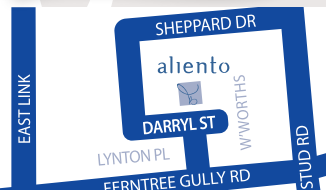
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