

STUDFIELD WANTIRNA NEWS

INCORPORATING COMMUNITY NEWS FROM
SCORESBY AND KNOXFIELD

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EDITION 43

AUGUST/SEPTEMBER 2016

- THE LAND BENEATH HARCREST ESTATE
- KNOX GARDENS PRIMARY SCHOOL TURNS 30!
- FERNTREE GULLY VICTORIA DAY AWARDS
- SCORESBY VILLAGE UPDATE

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Editorial

Welcome to another edition of Studfield Wantirna Community News!

2016 is already more than half way through, the days are getting longer and we begin to look forward to Spring.

We are pleased to have two new members of our team who have once again provided stories for our paper. These are Carol Irwin who has written a story on the Knox Woodworkers and Natasha Schapova who has written an article about the Harcrest estate. We also have another great article from James Keam, our Wantirna College Reporter, who is our man on the ground at the College.

We are very grateful to have these contributions from members of our community. It is the diversity and collective contributions of all the people involved that makes our paper so enjoyable.

I hope you enjoy our 43rd edition.

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.



Studfield Wantirna Community Newspaper, Proud to be part of "Team Booth"

by Coral Carew

Our connection with this courageous young woman, Emma Booth began back in our June/July edition in 2015.

Glenn Carter, one of the Booth family's neighbours, commenced his epic solo bicycle ride anti-clockwise around Australia with the aim of raising \$100,000 to encourage Emma to pursue her dream to gain entry in the Australian Paralympics Equestrian Team for Rio 2016.

We were privileged to be on the finishing line at the Knox Club when Glenn was welcomed home at the completion of his epic ride. Glenn and his support group raised more than expected which enabled Emma to purchase her new trusty horse Zidane which is a Danish Warmblood imported to Australia nearly three years ago.

Both Emma and Zidane have been through intensive training and many competitions to qualify for the final selection.

Emma is currently ranked as number one Australian Grade II rider and is part of a four person team, three of whom are making the Paralympics debut.

Emma and her family now live in Langwarrin and she trains in Somers with her coach Lone Joergensen.

Emma, her Mum Raelene, Zidane's groom Shahira Ameen and Zidane of course leave for Rio on the 9th August followed by "Team Booth" (family and friends) who will fly out on the 4th September to support Emma.

Please follow this exciting and extremely brave young woman through the games and whether there is medal or not, her achievement since her horrific accident shows her strong will to continue with her passion.



Ferntree Gully Electorate Victoria Day Awards

On 1 July 1851, Victoria was declared a separate colony to New South Wales. To celebrate the anniversary of Victoria Day, the Member for Ferntree Gully Nick Wakeling MP hosts an annual awards night which recognises volunteers in our community who have contributed to our local area.

The Ferntree Gully Electorate Victoria Day Award helps define, encourage and reinforce local aspirations, ideals and standards by identifying role models.

This year Nick joined Member for Rowville Kim Wells MP in recognising community and charitable groups from the electorates of Ferntree Gully and Rowville to acknowledge the contributions of community volunteers throughout Knox.

Award recipients included Barry Cornell, President of the Wantirna Tennis Club. Barry has been an active member in the community for over 40 years and has been an energetic supporter of the Wantirna Tennis Club for over the past 20 years. Barry was the club's President and spokesperson, as well as historian and photographer all while looking after 22 junior teams.

Alex and Ethel Sully from the Hungarian Community Co-operative Association were also recognised for their contributions to the local community. Alex and Ethel are a most dedicated and giving couple and



have participated in the Hungarian Community for over 40 years. Both were very much involved when the Hungarian Community Centre was being built, which is now regarded as the largest Hungarian Community complex in the western world.

The awards ceremony, held on 1st July each year, is an opportunity for community groups to recognise, celebrate and say 'thank you' to those who make a significant difference to our community, those who achieve their best and those who assist others.

Official invitations are posted to individual community groups located within the Ferntree Gully Electorate the month prior to the awards ceremony each year. Each group is able to select one member from within their organisation to receive a Victoria Day Award.

For 2016, Nick and Kim were honoured to award 33 very worthy recipients with a Ferntree Gully & Rowville Electorate Victoria Day Award.

Award recipients included Miriam Cormack – Knox BMX Club, Patricia Kolec – Our Saviour's Lutheran Church, William Rule – Knoxfield 55 plus Club, Barry Cornell – Wantirna Tennis Club, Alex & Ethel Sully – Hungarian Community Co-operative Association, Nina Wai – Chinese Elderly Citizens Club and Craig Douglas – Scoresby Wantirna South Tennis Club.



Nick Wakeling MP with Alex Sully and Kim Wells MP

AROUND KNOX

The Land Beneath Harcrest *by Natasha Schapova*

Wantirna South; a small but an inevitably valuable (and valued) section of the, previously labelled, Ferntree Gully Shire. Once considered a rural region, Wantirna South is now a thriving, popular outer suburb and part of the Knox City Council.

As urban sprawl continues in our state of Victoria, more land is being developed into residential areas, pushing urban land further out from the Melbourne CBD. An increasing population is changing Melbournians' perception of what they believe to be far from the city. Many areas previously considered as rural, are now named outer suburbs and prices are therefore increasing in most areas. This high demand for outer suburbs forces factories, formerly built in rural areas, to move out even further to vacate land for housing developments. This has been evident in our own city of Knox.

The history of the land on Stud rd, Wantirna South has varied miraculously throughout the years. In

1841, surrounding areas attracted European settlement. As Knox contains one of the highest populations of Indigenous Australians, one area was called Wantirna - the Aboriginal word for

'gurgling stream'. In the 1900s the land served for rural fruit farming and Wantirna South was later recognised as a locality in 1928. Approximately 50 years ago the Austral Bricks Quarry was established on that land. Rapid urbanisation occurred after the formation of the Knox Shire even though this

area was delayed in residential development in juxtaposition to its neighbouring areas.

The Austral Bricks Quarry, a clay extraction and brick manufacturing factory, on a 52.6 hectare block of land was sold to Mirvac in 2007 with a 100 million dollar deal after their successful 1 billion dollar development in Waverley Park, Mulgrave. Harcrest estate, Mirvac's development, opened in mid 2010 with 840 lots, with an average housing price of \$700,000. It is planned to contain a neighbourhood activity centre, residential housing and wetlands. The housing prices are significantly higher in the estate due to the land filling that occurred to produce flat ground. It was organised in affiliation with the Environmental Protection Authority (EPA) to ensure a sustainable approach to filling that land by using over one million cubic metres of site-derived waste (predominately soil and bricks) to fill the quarry pits. This therefore eliminated the cost of having to transport this waste. In late 2009 the project received the Victorian Department of Primary Industries 'Strzelecki Award', which

recognised 'overall excellence and innovation in sustainable earth resource development in a large resource development operation'.

So what is the future of Harcrest Estate? As it is still in its last stages of development it is yet to construct social housing. This was a requirement in the council documents as part of the Section

173 Agreement. Mirvac requires provision of social housing in the estate via contributions of land and/or dwellings to the Director of Housing.

And what are the future plans of Mirvac? They are currently working on a development on a 48 hectare golf course in Doncaster which is expected to fetch between 90-100 million dollars as a residential development site, with 20% of the land being dedicated to public open space. Residents are expected to settle in late 2016.

But is deforestation and destruction of open spaces and grasslands, for the purpose of vacating land for housing, the right thing to do? The desire of many Victorians is to live the Australian Dream

- to own a large block of land and a house to build a family in. Due to this, our city is building out rather than up; causing urban sprawl. But with an exponentially increasing population migrating from overseas, interstate and generally growing within Victoria, houses are becoming a more and more out of reach hope as a consequence of soaring prices. Has the time come to let go of the Australian Dream? Maybe it is no longer a goal, but instead, an unattainable fantasy.



Alan TUDGE MP
FEDERAL MEMBER FOR ASTON

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Wantirna Community Bank® Business Breakfast



Guest Speaker Tony
Pitman

Wantirna Community Bank®, which celebrates its 10 year anniversary in September, hosted a business breakfast for the local businesses, sporting clubs and community organizations at the Knox Club on 24 May.

Tony Pittman, a noted speaker and consultant to corporate Australia, shared his insight and thoughts in "Purposeful Leadership"

– becoming an employer of choice. The key take away for the participants was that trust is the centre piece of achieving true leadership.

Neil Excell, Area Manager Business Banking, Bendigo Bank, drew the participant's attention to the array of products the bank has on offer, noting that Bendigo Bank has been awarded the **Roy Morgan Business Banker of the Year for 4 years in a row!**

Wantirna Community Bank®, as part of the anniversary celebration, has a special offer in place for home loans, personal loans and credit



Bendigo Bank business breakfast held in May

cards - drop in or contact Paul, our friendly branch manager, on 9720 4122 for a chat.

We would like to acknowledge our partner Knox Club for their assistance in running this well attended event.

Wantirna Community Bank® Celebrates 10 Years Serving the Wantirna Community

The Wantirna Community Bank® commenced operation on Friday 15 September, 2006 when the then Chairman of the Board officially opened the branch. Since its' opening the branch has continued to provide banking and other financial services to the Wantirna community and has also financially supported many community schools, clubs and groups through the provision of sponsorships, donations and partnerships.

10th Anniversary celebrations are currently being planned with two activities currently being considered.

Friday 15 September 2016 will see a day of celebration at the branch. Activities under consideration for the day (but not yet confirmed) include the serving of coffee and cake, a children's colouring competition to be conducted throughout the day, special banking offers available on the day and give-aways.

Saturday 23 September 2016 will see a dinner for 60 people held at the Knox Club to formally recognise the 10th anniversary of the branch opening. The Board is proposing to extend invitations to a cross-section of people representing the bank's stakeholders including shareholders, past and current Board members, community partner groups, branch team members, community leaders, Bendigo Bank representatives and branch clients.

While the branch has faced some challenging times over the past 10 years (none more so than in the current low-interest rate financial climate) the current Board is keen to recognise and acknowledge those stakeholders who have played key roles in guiding the bank through its' 10 years of operation and those stakeholders who are working hard to ensure the branch achieves its current and future performance goals.

More information will be available in the branch as we close in on Friday 15 September.

It's our 10th Birthday and we're offering our lowest rates ever!

Whether you're looking for a new home, new car or refinancing, now is the time to visit Wantirna Community Bank® Branch.

For you, that could include up to 1.2% off the Standard Variable Rate and a \$600 saving on home loan fees*.

So, consider a home loan from Australia's most reputable bank and support your local community.

**Drop in and see the friendly team at Wantirna Mall,
348 Mountain Highway, Wantirna or phone 9720 4122
to find out more about securing a loan you can celebrate.**



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WHAT'S COOL AT SCHOOL?

A New Principal for St Jude's

With the retirement of current principal Mr Rod Peterson after 12 years of service, St Jude's community wishes to announce the appointment of Mr Tim McMullen as the new principal. Tim will begin his appointment at the start of Term 3.

Tim comes with many years' experience in a variety of roles within Catholic Education. His current position is Deputy Principal of Our Lady of the Assumption in Cheltenham, a school of some 18 grades and 450 plus students.

'I have had a variety of experiences that have placed me in a position where I feel I have much to offer the students, staff and parents of the St Jude's Community' commented Tim when appointed. 'The current leadership structure has built a strong reputation within the local community, and I look forward to building on this', said Mr McMullen.

Outgoing principal Rod Peterson welcomed Tim to the school at a recent assembly, and all present were very impressed with the new leader. Tim has some knowledge of St Jude's as his son was a student at the school for his primary schooling. As Tim said, 'Now I'll be driving down the road, and viewing the school from a different point of view'.



Rod Peterson (Right) Tim McMullen (Left)

The community wishes Mr Peterson well for the future and thanks him for his contributions. They have made Mr McMullen very welcome and everyone is looking forward to getting to know him over the coming months and years.



"Play is how children learn. Imagine extending that learning with an abundance of toys." The Knox Toy Library aims to provide constant fun for every family without the expense of new toys. We do this by offering a variety of toys for loan at an affordable rate, all aimed at children's learning and development.

Our Toys include:

- Switch adapted toys;
- Sensory toys;
- Colour, shape and sequencing activities;
- Fine and gross motor skill activities;
- Imagination and role play;
- Puzzles and construction;
- Special skills
- AND party packs available to hire and tailored to all ages!

Opening Hours

Fridays: 10am – 12pm

Saturdays: 10am – 12pm

11 - 13 Gerda Street Scoresby.

0424 265 790.

info@knoxtoylibrary.org.au

Fairhills High School Wellness Centre



I was pleased to recently open the new wellness centre at Fairhills High School. The Fairhills High School wellness centre will provide ongoing support to secondary students with mental health awareness, educational resources and student engagement. The establishment of this centre fulfils the funding commitment of the previous Napthine Government and will assist many students throughout their secondary school studies.

Ferntree Gully Electorate Youth Forum

The Ferntree Gully Electorate Youth Forum recently participated in a robust discussion with student leaders from local Knox secondary schools, representatives from Headspace Knox, local state member for Ferntree Gully Nick Wakeling MP and member for Rowville Kim Wells MP.

The students engaged in discussion on a range of topics and presented some in-depth insights into the important issues facing the youth of today, including mental health, social media, cyber bullying and drug & alcohol use.

Secondary schools participating in the forum included Fairhills High School, Rowville Secondary College, Scoresby Secondary College, St Andrews Christian College, St Josephs College, Wantirna College and Waverley Christian College.

Left: Nick with Principal Harvey Wood and students at Fairhills High School Wellness Centre



Right: Nick with Kim Wells MP and student leaders from local Knox secondary schools

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WHAT'S COOL AT SCHOOL?



Knox Gardens Primary School Turns 30! by Tracy Bancroft, Principal

This year Knox Gardens Primary School is celebrating its 30th Birthday. Prior to being built the school site was an orchard. It was purchased by the Ministry of Education in 1985.

The school has had many highlights over the last thirty years with wonderful student achievements in the sporting arena, bi-annual school productions, excellent academic results, the establishment of a Sister School Exchange Program in China, thriving Visual Arts and Performing Arts Programs and School Choir.

We are culminating our birthday celebrations with a Twilight Market on Friday 18th November, from 2.30 – 7.00pm. We would like to extend an invitation to all members of the local community and past students and staff to come and join in on the fun of the night! There will be entertainment for the whole family including live music (Jibba Jabba from 5pm), stalls, Jumping Castle, food and drinks, Art Show, Bubble Soccer, Dunking Machine and lots more!

Knox Gardens has achieved a great deal over its thirty year history and every year we just keep getting better and better. The school community is looking forward to a wonderful year of celebrations and we are all excited about what's in store for our school over the next thirty years!



KNOX GARDENS PRIMARY SCHOOL

Twilight MARKET

Friday 18th, November
2:30 - 7pm

Celebrating 30 years of Education
Knox Gardens Primary School

Live Music
Jibba Jabba
from 5pm

Bubble Soccer
Art Show
Dunking Machine
Lots more!

If you're interested in having a stall please contact the school

Stalls
Jumping Castle
Food and Drinks

Where: Knox Gardens Primary School
80 Argyle Way, Wantirna South
Website: www.kgps.vic.edu.au Phone: 9800 2320

KIOSC
innovation. opportunity. sustainability.

Happenings at KIOSC in July and August

KIOSC Consortium school students from Rowville Secondary College's Maths Science Academy are embarking on a week long project with industry to solve real-world problems. They will spend their time at the work place, working with professionals to learn a range of skills required to address a genuine problem brief. At the end of the week, they will present their proposed solutions to the host company. Three companies are involved, and KIOSC would like to thank them in advance for their efforts in designing this outstanding experience for our students.

At Hanson's quarry, students will plan for how the site will be used after quarrying is exhausted.

Students will present their project solutions to interested parents, teachers, and community at KIOSC on Monday August 15th (5pm – 7pm, tbc)



A third group of students will work at Engineers Australia with Enable.org, to design an assistive device for a person with a disability.

A_Space will guide students through the process of designing and costing an outdoor play and exercise area.



Year 7 in 2018 Open Morning, Wednesday 10 August, 9.00am

BOOKINGS ESSENTIAL



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LIBRARY NEWS

News & Events at Your Library

Knox Outreach Vehicle at Knoxfield Shopping Centre

Have you seen the Knox Outreach Vehicle out and about? It's the mobile library that travels throughout the area visiting schools, community centres, retirement villages and other community hubs. If you're looking for free Wi-Fi and access to over 2,000 books, DVDs and CDs, be sure to jump aboard when it visits Knoxfield Shopping Centre every Friday from 2:30 pm until 5:30 pm

Grab a printed copy of the Knox Outreach Vehicle's full schedule from your nearest branch or visit www.yourlibrary.com.au to download one.

Upcoming Events at Your Library

Boronia Grows August: Sauerkraut & Kimchi Workshop with the Boronia CWA – Boronia Library at 1:00 pm on Friday 26 August

Visit Boronia Library for an introduction to fermented foods this winter. With their massive health benefits and depth of flavour, these foods are at the current height of foodie fashion! Boronia's CWA President, Marjana, will discuss the fermentation process and demonstrate how to make these two popular and traditional fermented foods. You may even be able to take a jar home with you afterwards!

Boronia Grows September: Springtime Plant, Seed, Produce & Recipe Swap! – Boronia Library at 1:00 pm on Friday 30 September

Gardeners and cooks are a generous, sharing & caring bunch and we are celebrating this at our annual Boronia Grows Spring Swap Meet! Bring along anything from a posie of flowers/herbs and plants to some saved seeds, cuttings, divided perennials, excess produce or your family's heirloom chutney/passata/kimchi recipe (we will photocopy for you!)

Go home with some lovely garden goodies, a tummy full of afternoon tea and a smile on your face! Grows Spring Swap Meet on Friday 30 September.

These free events are part of a series of regular gardening events taking place at Boronia Library, they're called Boronia Grows. Every so often the focus shifts to food, August is one of those times! Book your place for these free session online or by calling: 9800 6488.

Featured Technology Workshops – Rowville Library at 2:00 pm on Select Thursdays

Visit Rowville Library for a series of informative, hands-on technology sessions focusing on unlocking the potential of your mobile device. The library team will explore a selection of the most interesting topics including Google's cloud services, Facebook, eBay, Podcasts and more.

- 4 August: Managing Your Photos Online
- 11 August: Download Your Favourite Magazines
- 18 August: Selling on eBay
- 15 September: VPNs, Encryption & Web Security
- 20 October: Buying on eBay
- 27 October: Useful apps...there's an app for everything!
- 3 November: Using Podcasts & Pandora Radio
- 10 November: TV But Better: Welcome to YouTube
- 17 November: Intro to Instagram & Twitter
- 24 November: Getting Started with Pinterest

All sessions are completely free however spaces are limited. Bookings on 9800 6443 or online at yourlibrary.com.au/calendar. Don't forget to bring your device!

Catch up TV & Radio on Your Device – Boronia Library at 1:00 pm on Friday 5 August

Join the Boronia Library team for a hands on session showcasing the various entertainment apps available for your iPad & Android tablet. Attendees are invited to bring along their device and download several free apps to explore their features. The session will be hosted by Micah who will outline how each app works and what they're best used for. He'll even help get the apps working on your device so you can enjoy their features from home.

This free event is taking place at Boronia Library on Friday 5 August at 2:30 pm. Book your place online or by calling: 9800 6488

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

UPCOMING TECH EVENTS

FREE SESSIONS

ROWVILLE LIBRARY
STUD PARK SHOPPING CENTRE
ROWVILLE

Bookings: 9800 6443 or online
www.yourlibrary.com.au/calendar

Select THURSDAYS from 2:00-3:00

- 14 JUL Explore Google's Cloud Services
- 21 JUL Introduction to Facebook
- 28 JUL Download eBooks & Audiobooks
- 4 AUG Managing Your Photos Online
- 11 AUG Download Your Favourite Magazines
- 18 AUG Selling on eBay
- 15 SEP VPNs, Encryption & Web Security
- 20 OCT Buying on eBay
- 27 OCT Useful apps... there's an app for everything!
- 3 NOV Using Podcasts & Pandora Radio
- 10 NOV TV But Better: Welcome to YouTube
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Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



Knox Environment Society

If caring for your community, being a gardener and preserving the environment and the local wildlife, is important to you, in particular plants indigenous to the Knox area, then K.E.S.'s objectives and the Volunteer run nursery is for you.

K.E.S provides and offers a not for profit volunteering program for all wanting to care for their environment. When you join this structured volunteer program of like minded environmentally dedicated volunteers you are given the opportunity to care, learn and contribute to the preservation of all indigenous flora of Knox and surrounding region.

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

By supporting KES when you obtain its plants or as a volunteer, you are helping the environment by

growing local indigenous plants in your garden. Local wildlife is given the security of a safe habitat and food for seasonal growth all through your contribution to its care. Plants available at KES are local and native, some even deemed close to extinction!

K.E.S. will provide specialist knowledge, insight and information in supporting you to nurture and grow your native garden. Volunteers can identify indigenous plants and recommend available suitable plants for planting. Overall K.E.S.'s primary aim is for the current and future care of our environment in our community.

Each issue will provide significant insight and information related to native plants and related environmental issues that effect the community we are part of.

Contact Information and Events conducted by K.E.S. at info@kes.org.au

Sales: "Plant of the Month", Limited numbers.

Workshops: Limited numbers contact nursery.

Gardens: Open to the Public.



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

May - Zac Lewis from Australian Wildlife Conservancy gave us a talk on what is happening with the Conservancy work throughout Australia. His presentation was enhanced by wonderful photos of these areas, with birds and animals that are becoming rare and elusive.

June - we held a show and tell member's meeting. Members were asked to bring along items to show and information about their item. What a great night. Members were very knowledgeable, showing us fungi, rocks, shells, bones, and even art work. Always an interesting night.

July - Louise Howe, a member of our Club, gave an informative presentation on 'Bunya Mountains'. Only a few members have been to this very interesting area. She provided the detailed history of the area. She talked about and showed photos of various stinging plants, strangler figs and the Bunya Pines. Her talk was further illustrated with images of birds, animals and frogs. Scenery with views from the mountains over the tall Bunya Pines were a delight to see.

Recent excursions

May excursion: A day excursion led by Life Member Bruce Fuhrer to Wirrawilla rainforest area in Toolangi was well attended by members. Although we went to look at Bryophytes and Liverworts, we saw a great display of fungi. Bruce, having written books on fungi, was full of information which he shared with those present.



Above: Lyrebird in Sherbrooke Forest.

Below: Fungi at Wirrawilla rainforest at Toolangi.
By Jack Airey



June excursion: Our excursion this month was to Sherbrooke Forest led by Eeva and David. Although cool and a little wet under foot, we had a great morning. Our plan was to see the sometimes elusive Lyrebirds in the area. We were lucky to see male and female lyrebirds scratching along the pathways. The calls mimicking many different birds were great to hear. What a great area and so close to Melbourne.

Upcoming presentations

Over the next couple of months our Presentations will be:

August: Dean Ingwersen "Conserving Regent Honeyeaters in a changing world"

September: President Peter Rogers "Mulga, Wattle Scrub and Spinifex in WA"

Upcoming excursions

August Excursion: Mt Worth State Park to look at ferns and fungi.

September Excursion: Boomers Reserve to look for native orchids

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

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

All visitors are welcome.

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

Shop 3-4
Wantirna Mall
348 Mountain Hwy
Wantirna Vic 3152
Ph: (03) 9720 2872
communitypharmacy.com.au

Extended opening hours
Weekdays
8am - 9pm
Weekends
9am - 5pm

Diabetes and Foot Care

Diabetes is a long term condition where the body is unable to convert the glucose in our blood into energy. Our pancreas produces insulin that is responsible for this happening.

As a result, this leaves too much glucose in our blood which can eventually affect nearly all our vital organs in our body.

Diabetes can either be due to our pancreas not producing any insulin at all, called Type 1 diabetes. Or the more common form of diabetes is Type 2, where our pancreas is unable to produce enough insulin and it does not work effectively. Over 80% of diabetics suffer from Type 2 diabetes

If our blood sugars are too high, it can cause damage to small and large blood vessels. This can result in:

- damage to the eyes causing loss of vision
- increased risk of cardiovascular disease such as increased blood pressure, heart problems, stroke, heart attacks
- damage to the kidneys
- damage to the feet – causing nerve damage and loss of blood vessel supply

People who suffer from diabetes really need to take care of many things that affect their blood sugar levels. These include weight control, having a healthy diet, regular exercise, taking medication properly, testing blood sugar levels, regular visits to GP and health professionals and finally, foot care to ensure that any damage can be prevented. Ask your local Community Pharmacist if you need any help with managing your diabetes.

Here is a 10 step foot care checklist for diabetics (and even non-diabetics!)

1. Check your feet daily if you can!
 - Look for cuts, sores, red spots, swelling and infected toe nails
 - Trim nails following the natural curve of the nail and not too short or long. Smooth corners and edges with an emery board.
2. Wash feet daily
 - Wash feet in warm water.
 - Dry your feet well, especially between toes to prevent tinea on the feet. Use drying powders if needed.
3. Keep skin soft and smooth
 - Put a thin layer of foot cream or foot balm on the tops and bottoms of feet before bed. Not between the toes as this can cause tinea
 - Wear cotton socks to prevent slippery feet
4. Get other feet conditions treated properly, consult a health professional first, such as your pharmacist, GP or podiatrist.

- Calluses (thick skin at the bottom of the foot) and Corns (thick or hard skin on toes).
 - Dry skin- treated with foot creams or balms. Reduces risk of skin tears
 - Bunions
 - Ingrown toe nails
 - Tinea- fungal skin condition that forms between toes, causing skin peeling, redness and itchiness. Caused by excess moisture in between toe nails.
 - Blisters - Do not burst it as it can cause infection. Protect blister with padding. If it does burst, do not remove skin tag, but keep it clean and check for infection.
5. Wear shoes and socks at all times.
 - Wear non-slip indoor slippers
 - Socks need to be soft, cotton and lightly padded. Not too tight.
 - Wear correct fitting footwear.
 - Check insides of shoes and socks before putting them on
 6. Protect feet from the hot and the cold
 - Wear shoes on hot pavement or at the beach
 - Put sunscreen on the tops of your feet
 - Do not put hot water bottles or heating pads on feet
 - Keep feet away from open fires or radiators
 - Wear socks at night, bed socks are good
 7. Be active and exercise
 - This helps foot circulation as well as helping with keeping muscle strength, reducing arthritis, keeping your heart healthy.
 - Walking, swimming, dancing are easy on the feet
 - Wear athletic shoes that fit well and provide support
 8. Keep the blood flowing to your feet
 - Put feet up when sitting
 - Wiggle your toes for 5 minutes, 2-3 times per day
 - Move ankles up and down & in and out
 - Do not smoke as it reduces blood circulation
 - Do not cross your legs for a long period of time
 9. Yearly foot check with your GP or podiatrist
 - Checks for nerve damage in the foot
 - Teaches you proper foot care techniques
 - Whether you need special shoes, orthotics or footcare aids
 - Write down the date of your last foot check
 10. Come into Community Pharmacy and talk to our friendly staff for more information on how you can take care of your feet and manage diabetes. Visit a health professional like a doctor, podiatrist or pharmacist if a cut, sore, bruise or blister doesn't begin to heal after a day; if you have pain, swelling, warmth or redness in legs or feet or a loss of feeling in the feet

WHAT'S ON AT YOUR PHARMACY?

Naturopath Clinic each Tuesday 10am-4pm (bookings required)

Weekly weigh in Fridays 10am-4pm (booking required)

Complimentary hand scrub and massage with Glenda, Tuesday 16th August 10am – 3pm (no booking required)

Medication safety clinic Friday 30th September 10am – 4pm (booking required)

This month we are informing you all about diabetes! An estimated 2.4 million people in Australia are affected by diabetes so it is definitely a hot topic.

Our talented team at community pharmacy is well equipped to handle any diabetic concerns.

Filip, our naturopath, will always be available on Tuesdays for anyone who would like to book in and have a more detailed consultation about their condition and learn about natural alternatives that could help lower blood glucose and will not affect any other medication they are already currently taking.

Carmen, our pharmacy manager is also a type one diabetic, she is always available and willing to consult with anyone who may have queries about diabetes and provide some more personalised advice having lived with diabetes for 10 years.

So please come in and take advantage of our wealth of knowledge and experience this month!

Have your say on planning scheme changes

Less red tape and clearer planning rules are the goals of an amendment being planned by Knox Council.

Amendment C150 to the Knox Planning Scheme has been prepared. The Amendment proposes to substantially restructure and update policy directions in the Knox Planning Scheme. The amendment will ensure content is relevant and contemporary, and reflects Council's current strategic direction for Knox.

The amendment proposes to replace the existing Municipal Strategic Statement (MSS) with a new MSS; introduce new local planning policies; revise and update other local policies, zone and overlay schedules; update some particular provisions; and make some map changes.

The amendment is on public exhibition from Monday 8 August until Monday 19 September 2016.

If you would like to make a formal submission to *Amendment C150*, then you must do this by the closing date and time of **5pm, Monday 19 September 2016**. You can find out more information about the amendment or making a formal submission by:

- 🌐 Council's website: www.knox.vic.gov.au/C150
- ✉ Email: psamendments@knox.vic.gov.au
- ☎ Call Council on 9298 8000
- 📍 Knox City Council, Civic Centre, 511 Burwood Highway, Wantirna South; or
- 📖 Knox local libraries.



WANTIRNA NEWS

Quality Market Fresh Meats

We wish our supporters, Daniela and Louie Provenzano of Quality Fresh Meats, our best wishes as they leave their business in Wantirna Mall to take time out to spend time with their lovely family.

They have been with us since our Community newspaper commenced and have always given the local community high quality produce with exceptional personal service.

The business will continue to operate under new ownership, with Andrew at the helm, but we wish Daniela, Louie and family a fond farewell.



Daniela, Louie and family

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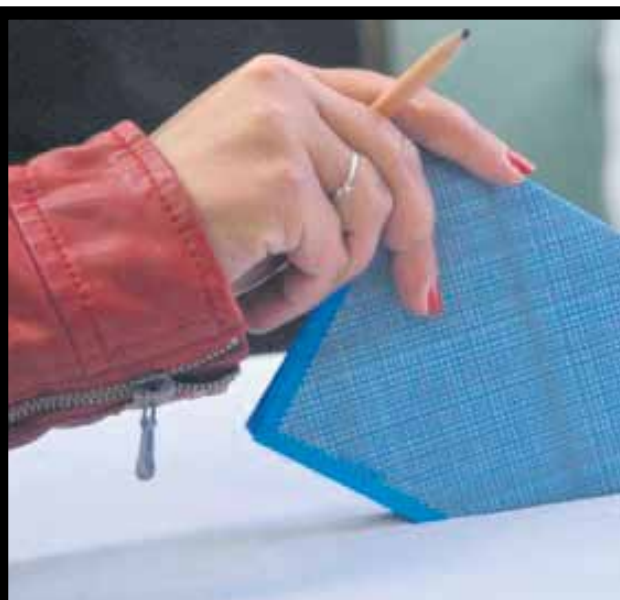
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Vote 1
for
Councillor
Joe Cossari
at the upcoming
Council elections

Joe Cossari, 988 Lygon Street, North Carlton



News from Bridges

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



Our Programs

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



Bridges has 230 Volunteers helping clients get to their appointments, getting out and involved in activities and socialising with others.

By volunteering you will be assisting local residents to reconnect with the community, maintain their independence and have rewarding social connections.

Volunteers are needed now

If you have any spare time willing to share with Bridges, please ring 9763 9700 or email lynm@bridgescc.com.au to register.

Pool School is Back in 2016

Whether you are a new pool/spa owner or had a pool/spa for a number of years, the changes in technologies and developments and improvements to chemicals and pool equipment has been incredible in the past few years. September is the time of year that we need to look at getting our pools and spas ready for the coming summer.



It is important for us as your local pool consultants, to keep you up to date with these developments and assist you in maintaining a sparkling pool or spa. Pool School offers you the opportunity to learn how to save time and money maintaining your pool or spa.

A representative from Omni pool chemicals will discuss water balance and the best way to effectively maintain your pool. Our service technician will explain the operation of your pool equipment and answer any questions you may have. Bring along a water sample on the night for a chemical assessment of your pool.

The evening will be run at the store at 5 Darryl St Scoresby

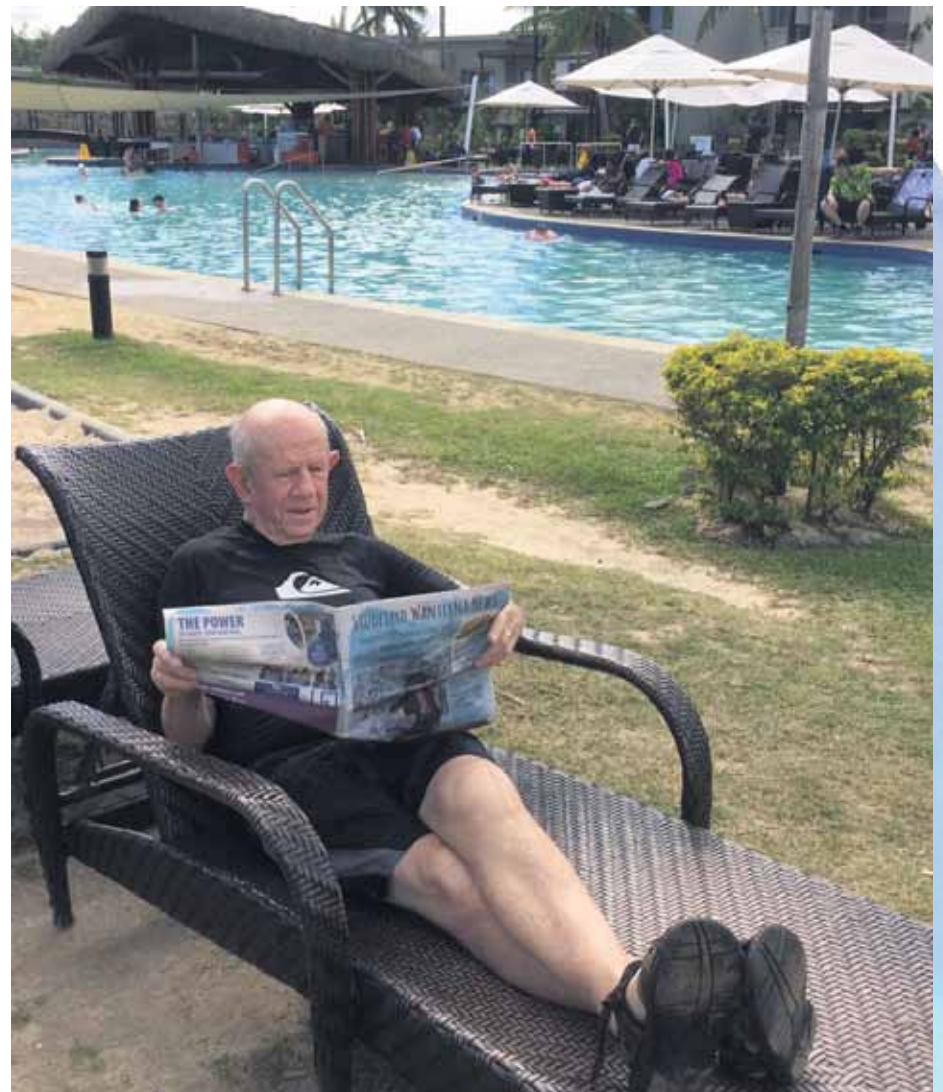
Contact One Stop Pool Shop for Dates and Times

(Light refreshments provided and 10% discount on all purchases on the night as well as a door prize on the night.)

We will contact you prior to the evening via email or text.

Lodge your expression of interest either at the store, by phone or via our email address: info@onestoppoolshop.net.au

**One Stop Pool Shop
5 Darryl St Scoresby
9753 3929**



Eric, at WorldMark Denarau Fiji, enjoying the article about his thrilling holiday in New Zealand as told by Cr. Nicole Seymour in our previous edition.

No Ordinary Life – Positive Ageing in Knox

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

You can lead a horse to water...

A couple of weeks ago I was out and about as usual, touching base with several seniors' groups across the municipality when I had a confronting conversation with a gentleman. Quite the protagonist and not particularly fond of Council, he questioned why I would be interested in Seniors and went on to say it must be election time. This saddened me. I did not take these comments personally but more as a reflection that there are some Seniors in Knox who don't feel represented and more worrying that feel that younger generations are not authentically interested in their health and wellbeing.

When I first joined Council, I knew little about the needs of Seniors in the community. My initial motivation was to be a voice for families, for Mum's and for children. What soon became apparent was the breadth and depth of health and wellbeing issues impacting not only Knox families but also Seniors as well as other vulnerable groups. Having a strong sense of social justice, I have felt compelled to champion the voice for the vulnerable and at risk. As the elected representative of this area, I am well positioned to

facilitate social inclusion and model acceptance.

So to this very sceptical man I replied, that my heart breaks when I hear of seniors in our community that go days without speaking to another human being, of seniors who lay in bed ill with no one to comfort them, and worse of seniors who die alone and whose passing goes unnoticed for days. This is not acceptable. I have written in this column many times that culturally we need to respect and cherish our older citizens and build stronger intergenerational connections.

To this the gent responded "yes but many older people don't want to participate, they choose to stay at home and not join groups." This is true for some. Generally, however humans are social beings that thrive if they have purpose and feel valued. It has been my observation over the last 3 1/2 years that what stops Seniors from reaching out is fear. Fear of not fitting in, fear of not knowing what to say, fear of judgement, fear at not having a lifelong partner by their side to help navigate social interactions.

There is a saying "You can lead a horse to water, but you can't make it drink".

To me that doesn't mean you don't have water available or accessible to the horse when it's ready.

The same goes for Seniors and social inclusion. By offering a wide choice of seniors groups and activities and by making them affordable and accessible, hopefully one day on their own terms and when they are ready, those Seniors that are currently lonely and isolated will find something to ignite a spark of interest.

Here in Knox we have many activities and Groups for Seniors. The U3A is a great example where Seniors can enjoy new hobbies / interests whilst making new friends. When I visited recently, I met many people who told me they had been going for more than 10 years and that the friendships that had been made had seen them through ups and downs in their life.

Life is precious and old age should be celebrated. Some get it and embrace the opportunities that exist and some have yet to discover the possibilities.

Best regards for the month ahead,

Scoresby Village News

by Cr Nicole Seymour

Since the last edition of the Studfield Wantirna news there has been quite a bit of action up and around Scoresby Village. During the month of June, Knox Council completed several significant capital works projects with the purpose of improving amenity and safety for local residents, traders and others who shop at the Village. Following feedback received through a lengthy community consultation process and further input from the Traders within Scoresby Village, two priority areas were identified – 1. The need for improved traffic flow and carparking in the Village and 2. Improved lighting to address safety concerns.

Referencing the Scoresby Village Masterplan as a guide and with the support of \$100,000 in Federal Grant Funding, Council set about planning and ultimately delivering on the much needed improvements. The central carpark was resurfaced and reconfigured to provide better traffic flow, more accessible disabled car parking and improved layout of car park spaces. Within days of completion, Traders reported a noticeable reduction in incidents of speeding and car park aggression.

The new carpark has given a lift to the look of the Village too, somehow making it feel more welcoming. The second part of the project was to install lighting. This too was completed in June. LED lighting has been installed in the centre car park as well as around the perimeter of the Village Green lighting up the adjacent carparks. It is now much more user friendly for



Pic. incl. Gail Hewitt (President Scoresby Traders Assoc), Cr Nicole Seymour, Allan Tudge MP & Mayor Tony Holland

those who use a bus and previously had to walk through a very dark area from the bus stop towards the residential streets.

Further to these safety improvements, Knox Council responded to the request from the Traders of Scoresby Village for security lighting in the back alley between the Darryl Street shops at Scoresby Recreation Reserve. Traders reported that this alley had been known as a haunt for antisocial behaviour and Traders felt unsafe parking at the rear of their shops. Local Councillor Nicole Seymour said she was pleased to advocate for additional funding to install solar lighting in the alley as part of the bigger Scoresby Village project. "Traders need to feel safe" she said. "They should be able to utilise the rear of their properties without fear." Installing the alley lights has been really well received by the Traders and local community. Key beneficiaries have been the Bakers who come to work in the early hours of the morning to bake bread for the day and the Newsagents who previously used to sort papers in near darkness. Local residents also report that the unsavoury activity previously happening in the alley has been non-existent since the lights went in. A great outcome all-round.

Scoresby Recreation Reserve Improvements

Works have also been happening in adjacent Scoresby Recreation Reserve. As part of Stage 1 of the Scoresby Recreation Reserve masterplan, Council



Cr Nicole Seymour with one of the new solar lights.

has installed an accessible footpath linking English avenue / Gretel court to Scoresby Village. Bollards have been installed at the northern end of the car park to prevent hooners who were using the gravel carpark and road around the oval as a drag strip from accessing this part of the reserve thereby no longer annoying adjacent residences. New park benches have been installed throughout the reserve for the benefit of walkers who enjoy the calm openness and greenery of this reserve.

Also of significance has been the installation of two new lighting poles for the main oval, benefiting Scoresby Football and Cricket Clubs. This project has been a long time coming, delayed by technical and financial hitches.

Council contributed \$5000 to the planning and scoping of the works and is grateful to local MP Alan Tudge and the Federal Government for the contribution of a further \$80,000 from the Community Development Funds programme to help make the lighting upgrade a reality. The new lights provide better quality of lighting for night training and are significantly more energy / cost efficient to run than the old lights.

"I am delighted by the improvements being made to Scoresby Recreation Reserve" said Cr Nicole Seymour. "The Masterplan for this community asset is exciting without being over the top". "It provides greater opportunity for the people who live or work in Scoresby to enjoy quality public open space, whether it be walking the dog, cycling or going for a light stroll." With the new budgetary year upon us, stage two works for the Scoresby Recreation Reserve masterplan will commence soon.

Cr Nicole SEYMOUR

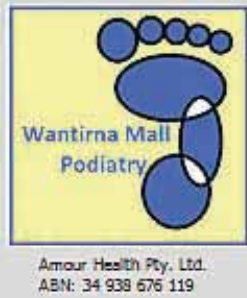
Tirhatuan Ward Councillor
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour





Wantirna Mall Podiatry

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Ph: 9720 1235
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Sat: 9am to 1pm
www.wantiramallpodiatry.com



Melina Linardatos

Fungal foot infections

There are different types of fungal infections of the skin and nails that occurs on feet and can be itchy, contagious and hard to clear. Fungal infections thrive in dark, moist, hot environments, these conditions make feet prone to fungal infections.

Fungal nail infections cause nails to become thick, discolour, have an odour and break easily. However, some nails may look fungal but are not as their appearance may have been caused by different mechanisms such as trauma or a systemic disease such as Psoriasis. If you are worried about your nails a Podiatrist can help diagnose the cause, recommend an appropriate course of treatment including anti-fungal treatments and professionally trim and thin the nail. Keeping fungal nails trim and thin can help facilitate anti-fungal treatments.

Fungal infections of the skin can occur on feet between the toes known as athletes foot or tinea pedis. Fungal infections of the skin can be apparent in three general forms: vesicular type tinea pedis where there are small vesicles on the feet with fluid inside, hyperkeratotic type tinea pedis where the tinea causes thickening and dryness of the skin and interdigital type tinea pedis where the skin become white, flaky with fissures between the toes. These infections also require an anti-fungal preparation for their cure and care must be taken to ensure that you don't reinfect yourself. Again however there are some skin conditions that resemble tinea pedis but are treated differently so proper a diagnosis and treatment regime is required.

Please visit us on our website for more handy tips.

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What the MTHRD!

The somewhat suggestive acronym MTHRD has been getting a lot of press lately. It is a gene mutation approximately 50% of the population has which effects the body's ability to utilize folic acid and to perform an extremely important process called methylation. Methylation takes place in the body over a billion times a second and is required to process and eliminate toxins, produce energy, create serotonin and dopamine, build and maintain DNA, cell membranes and myelin for nerve function and for immune function. Methylation also keeps our level of homocysteine in check which is protective against cardiovascular disease.

Poor functioning of MTHFR is associated with around 60 different health conditions, including diabetes, infertility, anxiety, depression, chronic fatigue, cancer, cardiovascular disease, insomnia, allergy, fibromyalgia, multiple sclerosis, Alzheimer's and dementia. Having this gene mutation can also impact pregnancy, meaning those with the mutation may run a greater risk of neural tube defects and miscarriage despite taking appropriate supplements.

The good news is there is a simple, inexpensive test you can take to see if you have this gene mutation, plus much you can do to lower its impact if you have it. Most importantly, eat your greens! They provide naturally occurring folates which are more easily utilized in the body than the cheaply produced, synthetic folic acid form found in many supplements. Your naturopath can arrange for you to be tested, and can also prescribe the correct forms of folate at the correct dose according to your needs and genetic make up. They can also directly reduce the expression of such detrimental gene mutations by naturally boosting detoxification, general health and vitality.

Rebecca Stevens is a fully qualified naturopath with a degree in Biological Sciences, operating from the Centre of Wellbeing in Knoxfield on Fridays and the Wantirna Natural Health Clinic on Tuesdays and Wednesday evenings as well as some Saturdays. For more information or to arrange an appointment go to www.balmnaturalhealth.com.au or call 0414 957 555.

Introducing Hands on Myotherapy

Alison Whitehead and Dee Wesley have been operating from new premises at 603 Boronia Rd in Wantirna since March 2016.

Alison, who has 8 years' experience working in the local area, holds an Advanced Diploma in Remedial Massage and Myotherapy and has been operating Hands On Myotherapy for 3 years.

Dee, with 5 years' experience in the Health and Fitness Industry has a Diploma in Remedial Massage Therapy.

Both are very interested in promoting and maintaining healthy life styles.

"We all have busy lifestyles and need to look after our bodies in order to enjoy life to the fullest. I'm privileged to be able to assist people to overcome and recover from pain and injury. I work with my clients to gain a positive outlook and control of their lives." says Alison.

"I believe in a holistic approach to ensure sustainability for the rest of your life. I am passionate

about helping my clients achieve a better balance of strength, flexibility and mobility to prevent injury and improve the quality of their everyday lives." Dee

The clinic is open Monday to Saturday with late appointments available. Privately insured patients can claim on their extras cover through onsite Hicaps.



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Basketball – Common Injuries, Prevention & Management

Basketball is a dynamic game of speed and agility. It is the second most popular sport in Australia and it's demand and physicality on the body can often result in injury.

The highest rate of basketball related injuries occur between the ages 15-24 years old. Common causes of injuries are falls, player contact, awkward landings, abrupt changes in direction. The most frequently injured body region is the ankle and knee, accounting for 37% of basketball injuries in Australia.

Ankle Injuries

The most common ankle injury is a lateral ankle sprain, also known as 'rolling the ankle'. Lateral ankle sprains occur frequently in athletic populations and the re-injury rate can be as high as 80%. They can be caused by overuse or high demand, underlying restrictions in the body and lower limb or often by standing on another player's foot. If the injury isn't addressed properly, this often leads to chronic ankle instability, decreased ankle movement and ankle pain.

There are many structures that can be injured surrounding the ankle joint including bone, ligaments, muscles, nerves, arteries and connective tissue. A thorough assessment as well as clinical testing will determine the most appropriate management.

General management

- Ice the ankle to help decrease swelling
- Keep the ankle compressed – There are many different types of compression bands available
- If able to, keep the ankle as mobile as possible. Your Osteopath will be able to grade your ankle sprain based on its severity and determine how much time you need to rest.
- Depending on symptoms, you may need imaging done to rule out a fracture
- The most recent research suggests that keeping a sprained ankle as mobile as possible initially is more effective than keeping it immobile or in a

restricted brace.

- Use Lectric Soda/Crystals to help draw out the swelling – These can be bought from the supermarket. Place them in an old sock or pillow case and place this over the swollen area over night. Make sure you cover your leg in a towel to absorb the fluid that is drained out of the ankle
- Arnica cream – This is great to help bring out bruising in the ankle
- Osteopathy will aid in returning function to the ankle joint, restore mobility and provide balance exercises to prevent further injury)

Prevention

- Dynamic, basketball specific warm-up prior to training and a game. Foam rolling following training and game.
- Recovery plays a huge component in injury prevention, especially with younger populations playing high level and frequency of sport each week
- Address any predisposing factors such as poor foot mechanics, any other knee or lower limb injuries or spinal restrictions – Your Osteopath will be able to help identify these
- Rehabilitation is imperative to improve balance and strength in the lower limb
- Good runners are really important; this will depend heavily on your foot type.

ANKLE MOBILITY EXERCISES - This will help to improve movement in the ankle joint and improve drainage from the area.

Write the alphabet with your foot, start with small letters, then get bigger (left, Use a towel and try to pull your toes towards you. This should be very gentle and shouldn't cause any pinching in the front of the ankle (right, (7))

There are many other mobility and balance exercises that are really important, based on your specific injury.

By Dr. Meg Withers (Osteopath)

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

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Dr Meg Withers is an Osteopath at Wantirna Osteopathy who has a keen interest in treating athletes. She is passionate about an individual's health and well being in general, particularly nutrition. Meg has a love for basketball, playing at a semi professional level for many years. Her love for the sport has given her vast insight into the biomechanics and rehabilitation required to return to such an agile and physical game.

U3A Knox Supports "Wellness"

by John Ford

We live in a time when buzzwords have become a part of our conversational lives. Words and phrases like "sea-change", "outside the box", "empowerment" and, of course, the ubiquitous "absolutely", when a simple "yes" would suffice, abound in our various forms of communication. One current buzzword is "wellness" – a state encompassing not only physical and medical well-being, but also bringing in mental and emotional aspects. Knox U3A, in its extensive program of activities, has a focus on wellness in a situation where strenuous physical exercise may no longer be appropriate, or even possible, for its Members.

Last issue we focussed on our various walking groups, and this time we are highlighting the various "gentle" exercise regime of the curriculum. Based upon our Term 2 classes, you can see that there is a wealth of opportunities offered in the area of "wellness". There are no fewer than five disciplines of Yoga offered, and five disciplines of Tai Chi, both of which are extremely popular. Two sessions of Aerobics were offered in Term 2, and one in the Qigong Shibashi exercise regime. There are two sessions per week of Water Exercises.



Members of Thursday's Strength and Balance Group commence their session.



Course Leader Barrie King takes his group through Tai Chi 24 exercises.

Easing down in the level of intensity, Knox U3A offers two sessions of Gentle Exercise, and two in Strength and Balance, while there is also a Meditation group, and a discussion group on Health Matters. Finally, there is Fostering Mental Health, and exercises in Short Term Memory Improvement, which may be done in the comfort of your own home.

Some of these activities are full, and prospective newcomers may have to be placed on a waiting list, but generally, these lists are short.

For full details of these, and any of our 143 activities, go to our website at www.u3aknox.org.au or telephone our office on 9752 2737.

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TOYOTA







News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

The Museum's Sound Room

by Ken Simpson-Bull

Much of the material donated or bequeathed to the Australian Jazz Museum is in the form of sound (and video) recordings. Many of these recordings are on reel-to-reel tape, cassette, or even old-fashioned home-cut discs called acetates which were made before the advent of magnetic recording tape in the 1940s. All of these recording media deteriorate with age so it is necessary to digitise the recorded music before this occurs. This is the work of the experienced volunteers in the Sound Room.

Recorded items are transferred to a computer, and a special gold "Archive" CD (one that will last 100 years) is produced and stored in a fire-proof vault. Usually less expensive "duplicate" and "access" CD copies are also made. Often the recordings we receive are not accompanied by identification so the names of the tunes and the bands must



be determined, if possible, for filing purposes. Fortunately we have knowledgeable staff who can usually achieve this.

The same process is done for video recordings although our former process of producing a DVD has now been replaced by storage on a large hard-disc-drive which itself is backed-up on another hard-disc. Thus our sound and vision records are preserved for a very long time indeed.

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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W: basketballvictoria.com.au/walking-basketball



Life Activities Club Knox Inc.

There are 23 not-for-profit Life Activities Clubs (LAC) in Victoria. Our members are retired people or those approaching retirement who wish to enjoy a happy, active second half of their life. The main aim of LAC is to provide a wide range of activities to encourage people to make new friends and banish the loneliness of isolation that can occur after leaving the work force.

LAC Knox is managed and organised by volunteer members and provides over 20 activities for people living in and around the City of Knox. Our activities are held outdoors, in people's homes, at commercial venues or at places that we hire.



LAC Knox Street Orienteering Walkers

We also have many day trips, holidays and getaways by bus or members carpool. The \$25 annual membership fee allows you to participate in any Activity Group and attend any function. It covers the cost of our Public Liability insurance and the quarterly Newsletter. We have a General Meeting four times a year in a local hall. We hold a Birthday lunch and Christmas lunch every year which most of our 200 members attend.

Details of each activity can be found on our website and in the on-line Knox Council Community Directory. Please contact our Membership Officer for more information and to find out how you can join in the fun.

Enquires: 0481 831 788 or knox.enquiries@life.org.au
Post: PO Box 19, BORONIA VIC 3155 www.life.org.au/knox

Knox and District Woodworkers Club Inc. by Carol Irwin

This club as its name suggests is for men and women who are interested in working with wood.

If you have a passion for timber and enjoy meeting other interested people with similar interests then this is the place for you. Anyone is welcome to come along on the first Wednesday of the month at 7.30pm to meet the members and join in the activities.

No experience is necessary although you must enjoy working with wood. Club members are only too happy to share their knowledge with you. You may have a particular project you may wish to tackle - someone is sure

to be able to help. You are welcome to bring your own tools although equipment is available for carving, wood-turning, furniture building, modelling, rocking horse making etc.

The clubrooms are open 6 days a week - details of the timetable are on the website: www.alchester.com.au/kdwc. More information about the club can be found on the Knox Woodworks Facebook page.

The Knox Woodworks Clubrooms are situated at 45 Glenfern Road Ferntree Gully, phone 9758 4849 or email the secretary at secretary@knoxwoodies.org.au.



Photo from google maps

What's On?

Event	Date & Time	Location	More Information
Year 7 in 2018 Opening Morning	Wed. 10th August 9.00 a.m.	The Knox School	See the web site
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
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
Eastern Regional Libraries Tech Events			www.yourlibrary.com.au 03 call 1300 737 277 or visit your local library
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
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
Knox Gardens Primary School 30th Birthday Twilight Market	Friday 18th November 2.30 to 7.00 pm	Argyle Road Wantirna South	See the school web site.
Wantirna Community Pharmacy Clinics	Tuesdays and Fridays	Community Pharmacy, Wantirna Mall	See page 10

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Getting better at reading, writing and numbers

Some Australians are moving through the Australian school system without achieving a level of reading, writing and maths skills necessary for full participation in life and work.

This is not a new problem. There is evidence that it's been happening since the education system was established in Australia in the 1850s. It is also an issue that is present in all demographics – wealthy or impoverished, old or young, male or female, etc. There are many contributing factors that impact on a person's literacy and numeracy skill levels and their continued engagement with words and numbers over time. The factors might be learning disorders, bullying at school, poor teaching practice, lack of encouragement from home, socio-economic status, lack of confidence, or a combination of these and other reasons.

UNESCO's definition of functional literacy is 'a level of skills sufficient to function in the particular community in which an individual lives.' In Knox, Maroondah and Yarra Ranges, of people who are over 17, we have around 37,000 people with low literacy, 56,000 with low numeracy, and 112,000 people with low computer literacy. In our community, this means things like getting a job promotion or changing jobs; reading a letter from Centrelink; or even understanding a bus timetable. For more information on levels and testing, see www.abs.gov.au

How do people cope?

Anecdotes include: 'I've forgotten my glasses. Can you read this for me?' Can I take this form home to fill it in? People don't apply for promotions at work or miss out on promotions because of their low literacy. They buy the same products at the supermarket, using the colours and shapes as a guide (what happens when marketers change packaging?). They always have \$10 notes in their wallet because they know that is how much they need to buy the same lunch at the same shop (not knowing if they are getting correct change). They don't try new things.

Mountain District Learning Centre often receives enquiries from people who would like to improve their literacy skills, and we have found that spending regular time with a 1:1 volunteer is a great strategy. We provide support, training and materials. If this sounds like something you'd be able to do, please call Jayne on 9758 7859 to discuss further, or come to our information day on Tuesday 2 August.



News from Wantirna Heights Probus Club

It was a wet and cold day when 14 members ventured out of their Wantirna comfort zone to battle the traffic to Altona

On arrival, they were kitted out with a Toyota jacket, a high visibility vest, a hair net, a hard hat and an earpiece to hear the commentary. They were the height of fashion—not.

Being carefully led by their friendly and knowledgeable guides on a 3km walk around the plant, they started in the metal pressing shop where they were fascinated by the pressing of bonnets and boot lids by the huge Jurassic like robots. Then they viewed the vehicles coming together with the precise spot welding of each body. In a short time Camrys and Aurions emerged from the assembly process ready for painting. The group was able to follow cars that had been born that day through to see them driven off the line.

On the day of our visit, each assembly process took no more than 127 secs. The plant has over 4000 staff and produces 407 cars per day. It is disappointing that Toyota will cease operation in Australia at the end of 2017. An extremely interesting and worthwhile outing.

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



Knox & District Over 50s

There is no better way of spending your free time than by joining the Knox Over Fifties. Various activities are planned for the next few months. A holiday to Warrnambool in October, two theatre outings to see Anything Goes and Wicked, a visit to the Johnson Collection, Mirusia; Andre Rieu's Angel of Australia at Hamer Hall and a visit to Werribee Zoo.

Regular events each month include a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

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 monthly meeting is held at the Boronia Progress Hall on the fourth Tuesday of the month. Our next meeting is on 23 August 2016 at 10.30am. Make a note and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

Contact Jill on 9801 4363 for any further information.

Kay McLoughlin (Media Officer)

Make a difference in someone's life

Become an adult literacy volunteer

Contact Jayne on 9758 7859 to have a chat to learn more.

Or come along to an information session

Tuesday 2 August, 2016

**at Realm (Ringwood library) at 10am
or Mountain District Learning Centre,
Ferntree Gully at 7.30pm
(13-15 The Avenue, Ferntree Gully)**

Volunteers spend up to two hours a week for 12 weeks with a person who is seeking to improve their reading, spelling and writing skills.

This time commitment includes preparation.

Volunteers will need to be enthusiastic; have good communication, organisational and listening skills; the ability to be sensitive, patient, understanding and respectful of the learner's situation, needs and goals; and be creative and flexible.

No previous teaching experience is necessary.

National Seniors' News

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

Our recent "Day at Geelong" was highly successful. Setting off at around 9.15am, stopping for a small break at Werribee for coffee, then on to lunch at the RSL. After lunch we met up with some local tour guides who took a few groups on a walking tour around Geelong. Those who went on the walk said the guides were very informative. Those who stayed on the buses were given a tour around Geelong by bus, taking in the beautiful bay and checking out the Alcoa Plant which sadly looks at though it is closing down. Our trip back was via Queenscliff then onto the ferry, which was a good way of ending.

A very tired lot of people arrived back at the Knox club at around 7.15 pm. I am sure a few people had a little nap on the way home on the freeway.

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



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 focuses on dealing with 'Fines'.

A FINE is also called an INFRINGEMENT NOTICE. You can receive a fine if you break a law. Breaking a law is referred to as 'committing a criminal offence'. The fine says you must pay money as a punishment for breaking the law. There may also be other punishments depending on what law you break.

You can get fines for:

- Driving offences
- Parking offences
- Public transport
- Public nuisance offences

When you get a fine, you have 4 choices:

- Pay it
- Ask for a Review
- Ask for a Payment Plan if you don't have the money to pay the fine
- Go to Court - You have a right to dispute your fine in open court.

It is very important that you do not ignore your fine:

- It will not go away.
- You will be charged extra costs if you do not pay your fine on time.

- If you continue to do nothing, a warrant may be issued against you.
- A warrant allows the Sheriff to cancel your car registration, suspend your license, take your possessions to pay the money you owe, and in serious cases, you can be arrested.

Lucien's Story

A few years ago Lucien received a fine for not wearing a bicycle helmet. Lucien was a new arrival to Australia. He did not understand the paperwork police gave him regarding the fine. He was also frightened by his interaction with the police. At the time, Lucien did not know where to go for help with translating the paperwork, or to find out what he should do next. He didn't understand that he had to pay the fine, and didn't do anything more about it.

Recently Lucien had been arrested by the police and placed on bail for this offence. He sought help from ECLC. The community lawyer explained Lucien's legal responsibilities regarding the fine, the legal process ahead of him, and helped him prepare for his Court hearing. The lawyer also organised interpreter assistance for Lucien at the hearing. After explaining his situation to the Court, Lucien's matter was found proven (in that he did break the law), but it was dismissed with no further penalty or conviction (based on Lucien's circumstances). This was an excellent result for Lucien, who now understands bike laws and what his responsibilities are should he be break them.

The law also says you may not have to pay your fines if you were experiencing a special

circumstance when you got the fine which caused you to break the law. At the time of publication, 'special circumstances' only include:

- a mental illness or intellectual disability;
- a serious addiction to drugs, or alcohol or a volatile substance; or
- homelessness.

The process for applying for special circumstances depends on how far your fine has progressed within the infringements system. Contact ECLC on 9762 6235 for more information on fines, or to arrange an appointment to talk to a lawyer about your situation. Remember, take action on your fines as they don't go away. Get free legal advice early.

Other Helpful Contacts

1300 00 3224 - Eastern Financial Counselling program (in partnership with Anglicare Victoria) offers information, options and advocacy to help people develop the skills, knowledge and confidence to take control of their own financial situation. This is a free service.



Celebrating 100 years of Cubbing Continues!

By Nicole Klep, District Leader Cub Scouts

On a cold and drizzly 4th of June the City of Knox Cub Scouts continued with our '100 year celebration of Cub Scouts'. We participated in a State-wide 'Hunting Shere Khan' scavenger hunt. Each area across Victoria organised a local version - ours was around the Boronia shopping precinct.

The Cubs started at staggered times throughout the day from Boronia library. They each received a compass and 'Jungle Animal' spotto sheet. An adult leader, with the course directions, accompanied each small group. The Cubs had to use a compass to set the direction according to the instruction sheet. They then had to either walk a certain number of metres or for a certain length of time. Over the next few hours the Cubs cemented their skill with the compass, setting and re-setting their course in many directions!

At regular intervals the Cubs searched for pictures

of characters from 'The Jungle Book.' They had to find the jungle animal's special name and record this on their 'spotto' sheet. They were then rewarded by their leader with a piece of a large puzzle. They assembled this at the end of their hunt. It was with great delight that the Cubs found that their mystery subject was Shere Khan, the conniving tiger in 'The Jungle Book.'



Despite the inclement weather all the Cubs had a ball, learnt some great compass skills and discovered many interesting things about the Boronia shopping precinct. The leaders all enjoyed the hunt too.

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 aged from 6 to 26 years and, after 26, lots of fun is to be had by becoming a leader!



**Special
Olympics
Australia**

Melbourne Eastern Ranges

SPORT NEWS

Bocce Team Aims for Special Olympics

I am delighted to have been asked and accepted a few months ago to be a volunteer and mentor at the Special Olympics Australia "Melbourne Eastern Ranges Bocce" and help this very special group of people.

Melbourne Eastern Ranges bocce group has been practicing fortnightly on Friday night at the Knox Italian Community club indoor Bocce dome in Rowville over the last 10 years or so, free of charge.



Their game and rules are a bit different to the traditional Bocce. They use coloured resin-plastic balls and with basic rules of closer to the Jack points it makes it a non-strenuous easy and quick to learn game, for special needs people with intellectual disabilities, with the aim to be a bit more socially active while enjoying the sport in a friendly environment.

We hope that more special needs people will look at joining this group and have some fun while being that bit more active, the Melbourne Eastern Ranges group also have other activities such as swimming, netball, ten pin bowling and more sports.

The Knox Italian Community Club has seen many groups come to play over the years and has always been supportive in every way possible. We are also looking for and welcome sponsors to help the team attend future Regional and State Championships in 2017, and to upgrade 2 of the Bocce lanes to the Special Olympics Australia guidelines and easy access to the courts at the Knox Italian Community Club, this will make their practice easier and learn to be more effective and competitive at their game. Please call Michael 0419 330 977 if you or your company would like to support in any way possible for this special group.



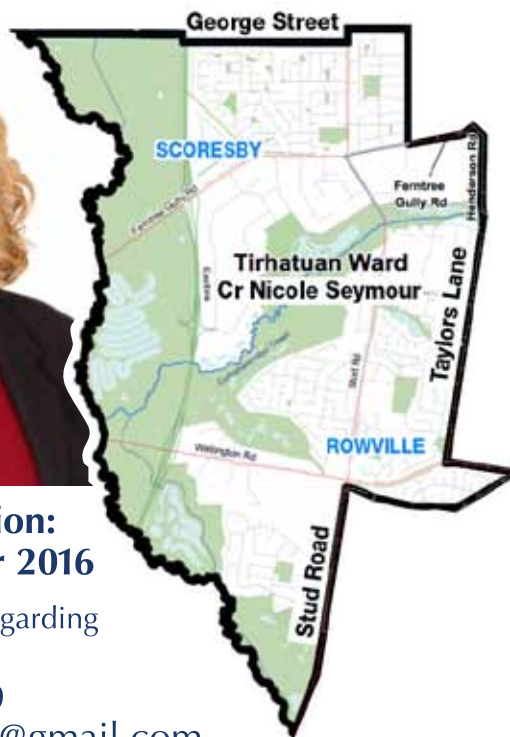
**Studfield Wantirna
Community News**
is available online at
www.studfieldwantiranews.org



Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

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22nd October 2016**

Contact details regarding
Election matters:

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Underdogs Claim Minor Victory At Baseball Champs By James Keam

Over the school holidays a team of baseball players from around Ringwood and Knox competed in the Under 16 State Winter Championships. These players first had to try-out for this team, before training only for a couple of weeks prior to the tournament which was held in Wangaratta on the 2nd and 3rd of July.

The team as a whole played extremely well. Whilst only 6 of their players had played in a Representative Competition like this, the team of 14 played well above their expectations. Weather did play a huge part in the tournament proceedings as

the Wangaratta grounds had been soaked in 16mm of water throughout the tournament! However, the tournament organisers, Baseball Victoria, made arrangements to play games at other grounds nearby, and throughout a hectic weekend, they must be thanked.

The team played 5 games - 2 on the Saturday, and 3 on the Sunday. Firstly, against Geelong, the team wasn't 'switched on' or prepared to play and they got pummelled by a score of 12-0. It was humbling, a defeat like that so early in the tournament, but it evidently spurred the team on, as they clenched

victory in all three of their remaining pool games - including a 3-1 defeat of arguably the Tournament favourite, Dandenong. This left our Ringwood stars to clench victory from a Diamond Valley team in their last two pool matches in order to make the Grand Final where they promptly played the tournament favourites, Dandenong, again.

However, the tournament had taken a toll on this team and it was no fairy-tale ending to be, as they lost their final game 6-0. Against a team, though, who had been training for at least 8 weeks prior to the tournament. Ringwood should be commended for their fantastic efforts during this tournament. It truly was an underdog story for the ages, one that these boys will remember for the rest of their lives.

Templeton Tennis Club News by Don McCracken, President

Hello and welcome to our Winter edition of Club news.

The club's AGM was held on the 5th July with all incumbents re-elected.

We welcome two new members to our committee, Ben Taylor and Brad King and wish them well it is good to see some interest from our younger members.

Our Saturday tennis teams both junior and senior are all progressing well again. It is good to see so many people out playing, albeit a little chilly from time to time, and representing our club in such a positive manner.

The mid week ladies are again performing well with two of the Wednesday teams playing in semi finals., excellent work!

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).

One of our juniors, Archie Komninos, attended a 3 day Future Leaders course conducted by Tennis Victoria at Kyneton. We are looking forward to his further input to the club by way of implementation of a project he was working on at the course.

Our coach, Kelly Bisinella conducts 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 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:

Junior Club Championships (date to be advised)

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St
Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

Wantirna Tennis Club News by Alison Rogers



Have a Smashing Time Volunteering!

We were pleased to have one of our own acknowledged for the work he had done at our Club. Volunteering comes easily to Barry Cornell who has been involved with Wantirna Tennis Club for many years. His time on the Committee has included stints as President, Junior Convenor and General Committee. He is the Historian for the Club and is always seen with a camera in hand, keeping a pictorial history as well. The Victoria Day Award was presented to Barry by Nick Wakeling and Kim Wells at the Award night on 1st July. Well done Barry.

Did you watch Wimbledon this year? There was many a bleary eye down at the Club with keen members watching the tennis till all hours of the morning. Wouldn't it be good if they did replays the next day, like in the 'good old days'.



There is a lot happening at Wantirna. 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.

Juniors are our future in tennis. Why not let your children have a go. There is more tennis being played at school now and I'm sure if you asked they would say they would like to have a go.

Contact or visit us, we have excellent facilities and 9 tennis courts in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex

and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

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

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

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

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

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

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

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

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

Jan G, Wantirna South

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