

# COMMUNITY NEWS

FROM WANTIRNA, WANTIRNA SOUTH,  
SCORESBY, KNOXFIELD & BAYSWATER

20,000 COPIES DISTRIBUTED AROUND THE NORTH & WEST OF KNOX



EDITION 49  
AUGUST/SEPTEMBER 2017

- 2017 VICTORIA DAY AWARDS
- CREATION INNOVATION AT WANTIRNA PRIMARY SCHOOL
- KNOX OP SHOP CELEBRATES 40 YEARS
- TEMPLETON TENNIS CLUB TURN ON THE (LED) LIGHTS

WANTIRNA COLLEGE VCAL STUDENTS MAKE MURAL  
MAGIC AT STUDFIELD SHOPPING CENTRE

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## Information

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 PO Box 6159, Wantirna Mall 3152  
[swnewspaper@gmail.com](mailto:swnewspaper@gmail.com) or  
[swnewspaper2@gmail.com](mailto:swnewspaper2@gmail.com)  
 Telephone: 9881 7145  
<http://www.studfieldwantiranews.org>

Volunteer newspaper production team:

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

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 Wantirna College Reporter: James Keam  
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## Content

|                                 |            |
|---------------------------------|------------|
| Out & About                     | Page 3     |
| What's Cool at School?          | Page 4-5   |
| Bayswater News                  | Pages 6-8  |
| Community Pharmacy              | Page 10    |
| Wantirna News                   | Page 11-12 |
| Local History                   | Page 13    |
| Knoxfield & Scoresby News       | Page 14-15 |
| News in Good Health & Wellbeing | Page 16-17 |
| U3A News                        | Page 18    |
| Arts in Knox                    | Page 19    |
| Environmental News              | Page 20    |
| Library News                    | Page 21    |
| Community News and What's On?   | Page 22-25 |
| Sport News                      | Page 26-27 |

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## Editorial

Hello Community News readers,  
 We are now in the second half of the year and time continues to march on!

It was a great pleasure to be nominated by the SWCN team for a Victoria Day award and to be acknowledged at the ceremony held last month along with many people who volunteer for the community.

Our paper takes many people to bring it to our readers every two months. I am just one member of a team of dedicated people who work to put the paper together.

In addition to our amazing production team, we receive valued support from our contributors who are often holding voluntary roles in their clubs and organisations.

It was a privilege to hear about the wonderful work of the many Victoria Day award winners. They are all great assets to our community.

*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.



## 2017 Victoria Day Awards

by Nick Wakeling MP, State Member for Ferntree Gully

On 1 July 1851, Victoria was declared a separate colony to New South Wales. To celebrate the anniversary of Victoria Day, I along with Kim Wells, State Member for Rowville, held an annual awards night to recognise volunteers in our local community who have made a significant contribution in Knox.

The awards ceremony was attended by two hundred local community members representing the great number of sporting, cultural, educational, health, environmental, emergency, charitable, elderly and veterans volunteer groups and organisations within our community.

Thank you to all those who helped make the evening such a success, especially the Polish Senior Citizens Club who hosted the event, and the event sponsors Ferntree Gully and Rowville Community Bank Branches (Bendigo Bank) and Good Life Party Food Shop.



The team wish to send their warmest Congratulations to our amazing Editor, Janet Claringbold, for the award well deserved

*The Victoria Day Award Winners*

# OUT AND ABOUT

Congratulations to this year's Victoria Day Award Winners, which include:

- Janet Claringbold - Studfield Wantrina Community News
- Helen Dunlop - Knox Churches Soccer Club
- Helen Fernandes - Wantrina Tennis Club Inc.
- Etelka Juhasz - Victorian Hungarian Council
- Geza Juhasz - Victorian Hungarian Council
- David Kearsley - Knox Little Athletics Centre
- Irene Ling - Southern Cross Kids
- Gwen Neylon - St John Ambulance
- Colin Tozer - U3A Knox Inc.
- Kevin Van Grondelle - Templeton Primary School
- Olga Veto - Hungarian Community Centre
- Tibor Veto - Hungarian Community Centre

## Nominate Your Local Volunteer Hero for an Aston Community Award

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

You may wish to consider nominating that person or group for a 2017 Aston Community Award.

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

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

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

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

The Aston Community Awards ceremony will be held on Friday, 15 September at 6.30pm at the Knox Italian Club in Rowville. All are welcome, but RSVPs are essential.

Nominating is a simple, two minute process and self-nominations are welcome. Nominations are now open and will close 5pm on 24 August, 2017.

Nomination forms can be completed on my website at [www.alantudge.com.au](http://www.alantudge.com.au) or by contacting my office on 9887 3890.

Alan Tudge MP, Federal Member for Aston



**ALAN TUDGE MP**  
Federal Member for Aston

f tudgeMP   e alan.tudge.mp@aph.gov.au  
t 9887 3890   w www.alantudge.com.au

*Real Action For Knox*



# WHAT'S COOL AT SCHOOL?

## Wantirna Primary School Creation Innovation

by Sue Fergeus, Principal

Wantirna Primary School is very pleased to share a unique initiative with the Knox Community. We are the only school in Wantirna to offer a 'Think It, Build It, Shed For Kids'.

Our shed is filled with clean recyclable materials sourced from Resource Rescue in Bayswater. The students use these items to engage in imaginative play during their lunchtimes. This project was devised in conjunction with a grant from Knox City Council and in partnership with the Wantirna Adventist Church.

The purpose behind this project is to promote:

- An increase in creative play.
- Children engaging in more physical activity.
- Learning taking place through open ended play
- Equity – loose parts play enables all children to join in.
- A reduction in playground incidents and children's complaints: less boredom leads to less disagreements
- Social inclusion: small or large mixed-age and mixed gender groups form around the 'Shed For Kids'
- Risk: the project encourages children to assess and manage risk for themselves.

**Wantirna Primary School**

**120 Mountain Hwy Wantirna 3152**

**Phone: 9801 1938**

**Email: [wantirnaps@edumail.vic.gov.au](mailto:wantirnaps@edumail.vic.gov.au)**

**Website: [www.wantirnprimary.vic.edu.au](http://www.wantirnprimary.vic.edu.au)**



## Finished with school? What's Next?

Mountain District Learning Centre and headspace Knox have joined forces to provide a program for young people who are struggling to make the transition from school to further education or employment.

The program "Beyond School" will be starting mid August and will support young people who have finished with school.

Many young people who have left school find choices confusing and may not know what options are out there. They may have had a plan in mind that didn't work out and they need to re-think and re-plan but don't know where to start.

Sometimes a lack of a clear path to the future can lead to disengagement not only from education and employment but also from friends and networks.

This scenario can lead to isolation and confidence can quickly fall away, sometimes leading to depression and anxiety, making it doubly hard to get started again.

The aim of the Beyond School program is to build confidence and provide information and activities to help the young person make informed decisions about the next stage of their life.

- ✓ Explore your interests
- ✓ Build self confidence
- ✓ Learn about your options
- ✓ Develop work & life skills
- ✓ Strengthen social skills
- ✓ Make new friends & have fun

**Call 9758 7859 to join the program!**  
**Visit [www.mdlic.com.au](http://www.mdlic.com.au) for more info.**

mountain district  
learning centre

headspace  
Knox

Learn  
Local

Some young people interested in Beyond School, particularly those who have not completed year 12, may also be eligible for Reconnect which provides support and pathways to vocational education.

Contact MDLC for further information

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# WHAT'S COOL AT SCHOOL?

## Wantirna College VCAL Students Make Mural Magic

By Anthony Cottton, VCAL Coordinator  
Wantirna College

Wantirna College VCAL Students create amazing street art mural at Studfield Shopping centre

Wantirna College Senior VCAL students have recently been a part of the exciting Wall-to- Wall program in collaboration with Knox Council.

The project culminated with the unveiling of the completed artwork at the IGA wall at the Studfield Shopping Centre in Wantirna.

The wall was chosen specifically in an attempt to brighten up the area and curb the effect of consistent unsightly tagging. The artwork has indeed provided a high visual impact to the area and will hopefully be a source of future pride and ownership for the students while adding some artistic flair to the Studfield shopping precinct.

The Wall-to- Wall program has delivered innovative and exciting artwork for the Knox community over the past couple of years and Wantirna College was extremely excited to participate in the program this year. The project provided a fantastic learning experience for the students involved whilst teaching them a number of important life skills.

Funded by The Department of Justice and coordinated by Knox Council, Wall-to-Wall was facilitated by artists James Beattie, Carmen Davies, and Matt Thompson, three world-renowned street artists.

The expertise of these artists further enhanced the experience for the VCAL students with their amazing artistic skills.

Students began the project as part of their Personal Development Skills subject and saw them complete a number of creative workshops with the artists during April-May.

During these workshops the students brainstormed designs for the wall and began trailing different artistic techniques. The students also met with the stakeholders involved in the project, including

members from Knox Council, Studfield Traders Association and the Victorian Department of Justice.

Once their design was unanimously accepted, the students, working under the guidance of the graffiti artists, went about creating the mural that includes reference to the local environment, our sporting culture, our vision of the future and all with a beautiful rainbow lorikeet overseeing the entire wall.



Year 7 in 2019 Open Morning, Wednesday 9 August 9.00am  
School in Action Tour, Wednesday 6 September, 9.00am



The Knox School

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Ph: 8805 3800  
[www.knox.vic.edu.au](http://www.knox.vic.edu.au)

# BAYSWATER NEWS

## IF THE MURRAY COULD SPEAK

I flow on as always, ancient red gums like soldiers stand guarding my flanks

Timeless trees that throughout the ages have always dropped limbs on my banks

I sustain many life forms from the great eagles that wheel and soar high in the air

To humble worms that live underground- they know that I've always been here

The fish that evolved in my currents and are truly unique on this earth

I am their world, their environment, what price can you put on my worth?

My tributaries etched across this great land- they wander so far and so wide

They all flow to me you'll understand when born west of the great Divide

I flow to the rhythm of nature, those close to me follow its call

Through crippling droughts and untameable floods I've been able to flow through it all.

Until new waves of people arrived, when my waters were pristine and pure

Some say now that I'm nearly dead, to be honest. I'm not really sure.

The indigenous tribes, they all loved me, and regarded me with great pride

When driven off by new settlers, concern for my fate simply died.

I'm merely a drain for their townships, and foul flow from their septic tanks

Like bloodsucking mozzies they still drain me dry with not even one word of thanks.

My flow is sometimes a trickle that often fills me with despair

As mighty redgums whose posture was proud now dangle their roots in the air.

You do not have to be academics to know a disaster now looms

When I'm poisoned by epidemics of toxic green algal blooms.

I know there are some with good hearts speaking out against selfish habits and greed

I wish I could shout I need action not words, and that is now my greatest need

So rise up, all you, and show that you do really and truly love me

By helping me flow unpolluted anew from the mountains and plains to the sea.

We can, and we must live together, underneath our great Southern Cross

I'm now in your hands, and you must understand you never will measure my loss.

Because I am more than one river, I'm billabongs and countless streams

All interconnected forever, and more ancient than man's oldest dreams

Your children must learn I'm worth saving, and I only ask that you try

Look round the world, learn from others' mistakes – you can't replace me when I die.

by Jim Brown,  
Secretary  
The C.J. Dennis Soc. (Inc)  
ph 0438 339 459  
www.thecjdennissociety.com

## Bayswater Senior Citizens Club by Evelyn Hodgkin

Our Club, celebrating 53 years, is now welcoming new members from the age of 50 years.

Located in Mountain Highway, Bayswater just over the new railway overpass you will find there is plenty of parking. A bus stop is located out the front of the Club and if you live in Bayswater we are in walking distance from the Post Office.

We are constantly finding ways to entertain our members and regularly introduce new programs.

The first Tuesday of the month at 10 am. we hold our Movie/Music mornings that includes morning tea for a small cost of \$5.00.

The third Tuesday of the month, also starting at 10 am. and a cost of \$5.00, is our Activities Morning. This is the time we play Board Games, Table Tennis, Darts, Quoits, Yahtzee, Jigsaws and even good old Snakes and Ladders. Who remembers these games? Fun times to catch up with other members.

Every Tuesday afternoon at 12.30 pm. we play cards including Canasta and 500. New players are welcome and the cost is \$2.00.

Thursday is Bingo Day at 12 noon until about 2.30 pm. We call this our brain stimulating time by keeping up with the caller. We like to give ourselves a challenge by purchasing more books leaving no time to drift off with your thoughts or you will miss

the numbers called. Tea/coffee with biscuits is served at half time with raffles drawn and there is time for a chat before resuming Bingo again.

Friday is Indoor Carpet Bowls starting at 1 pm. New players are welcome and even if you have never played before, there are plenty of coaches to help you learn.

Mondays are set aside for our bus trips to different venues. On a Wednesday we often catch the train to see the latest live shows in the city.

We welcome you to come along and see what this Club can offer you in the way of new friendships, fun and entertainment.


For more Information contact Dot 0422 107 124.



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- Wed, Sat & Sun - 12.00noon

626 Mountain Highway Bayswater



## Our Lady of Lourdes Early Childhood Centre Bayswater



Our Lady of Lourdes Early Childhood Centre is a small not for profit centre in Bayswater.



We cater to all families providing an educational program for children from 6 weeks to 6 years.

This includes a funded Kindergarten Program run by a qualified kindergarten teacher.

We are open from 6:30am until 6:00pm Monday to Friday



Children are provided with a nutritious breakfast, morning tea, lunch, and afternoon tea prepared by our qualified chef.

Our Educators have a strong commitment to offering a stimulating and fun environment for the children with the provision of high quality care and education.

For more information please contact our Centre Director, Kate, via:  
Phone: (03) 9720 3395

or  
Email: [our.lady.lourdes.cc@kindergarten.vic.gov.au](mailto:our.lady.lourdes.cc@kindergarten.vic.gov.au)  
to organise a walk through of the Centre.



# BAYSWATER NEWS

## A Message from Heidi...

It's great to be back in the Studfield Wantirna Bayswater Community News, as it expands further in to Bayswater. My electorate of Bayswater takes in the part of Wantirna north of Boronia Road, Bayswater, Bayswater North, Boronia, Heathmont and The Basin.

Our office has recently moved to Suite 2, Mountain High Centre, 7 High St, Bayswater. The phone numbers are 9729 1622 and 9738 0577. If we can help with any State Government matter, please contact us.

On the topic of Bayswater, the shopping area is re-establishing itself after the disruption of the level crossing removal works. Now, more than ever the local businesses need your support. Please come to visit Mountain Highway, High Street and Station Street.

As the temperature declines through winter, it's a time when sniffles, colds and the flu are on the rise. The flu continues to become increasingly severe with each year, and it is important, especially for vulnerable groups to consider taking up a flu immunisation shot.

The shot offers protection against the current strain. It is good insurance that takes a few minutes to have, that could save you weeks of illness, or worse.

I hope to see you in and around Bayswater. When you see me out and about, please come up and say hi.

## Café on the Park.

— Eat, Drink & Be Social at Glen Park —

Café on the Park is your local social enterprise located in Bayswater North.

Café on the Park operates Monday through to Friday, 9am to 3pm.

- ◆ Catering ◆ Fresh Meals ◆ Café Menu ◆
- Volunteer Opportunities Available

30 Glen Park Road, Bayswater North

[cafe@glenparkcc.com.au](mailto:cafe@glenparkcc.com.au) ◆ (03) 9720 5097



# Heidi Victoria MP



Member for Bayswater District

## Getting Results for OUR Community!

Suite 2, Mountain High Centre, 7 High St, Bayswater 3153

Ph. 9729 1622 - [HeidiVictoria.com.au](http://HeidiVictoria.com.au) - [Heidi.Victoria@parliament.vic.gov.au](mailto:Heidi.Victoria@parliament.vic.gov.au)

Representing the communities of Bayswater, Bayswater North, Boronia, Heathmont, Kilsyth South, The Basin and Wantirna (part)

**New Office Location**

## 40th Birthday Achievement at the Knox Op Shop

by Evelyn  
Hodgkin

On Thursday 1st June, 2017 the Knox Opportunity Shop, Macauley Place, Bayswater celebrated their 40th birthday.

The shop started under the inspiration of former City of Knox Councillor and three times Mayor, Marie Wallace.

The first location in 1977 was in the unused Bayswater Police Station office at 11 High Street, Bayswater prior to moving next door to larger premises.

The concept was to raise funds for the Knox City Council Welfare Trust Fund and during this time over one and a half million dollars has been raised. Many donations have also been made to other local charities.

The joint venture between Knox Council and the Shop funded important community programs

including the School Scholarship Program, Community Meals and the Knox Community Christmas Support Program. Interest Free Loans are also part of the Trust.

The shop has hard working volunteers and a wonderful public who donate goods for us to sell. We have our rent, insurance etc. so we have to pay these first. We are hidden away in Macauley Place, Bayswater but we rely on the public seeing us as they go up and down Bayswater Coles escalator.

Please look out for us and for any further information phone 9729 9844 during business hours.



Knox Op Shop celebrates 40 years. Photo supplied by Evelyn Hodgkin



Alan Hodgkin, Foundation member, Knox Op Shop Bayswater, Evelyn Hodgkin, Foundation member, Knox Op Shop Bayswater and Jean Stevenson, President, Knox Op Shop Bayswater. Photo provided courtesy of Knox Council.

## Seniors Enjoy Life at Home through TTHA

TTHA at Home creates opportunities for seniors to continue enjoying life at home.

Home Care Packages allows flexibility with a number of services depending on individual needs. TTHA works with each individual to understand care options, providing advice and support.

We will assign a personal Care Advisor to sit down and listen to needs and goals, and create an individualised and flexible care plan.

TTHA at Home provides flexible services that deliver care and support focused on unique needs and lifestyle.

To find out more, join us for a free light lunch and information session on Wednesday, 30th August from 10.30am at the Temple Society Chapel, 51 Elisabeth St, Bayswater. RSVP via [info@ttha.org.au](mailto:info@ttha.org.au) or call 8720 1338.



You are  
invited to a

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light lunch  
with TTHA

Find out how you can be supported to continue  
living independently at home at our information session

To book your **FREE** seat  
call: 8720 1338 or email: [info@ttha.org.au](mailto:info@ttha.org.au)

RSVP by no later than 20th August to guarantee your spot. Spaces are limited.

Location: Temple Society Chapel  
51 Elisabeth St, Bayswater

Date: Wednesday 30th August  
Time: 10.30am



Tabulam & Templer  
Homes for the Aged Inc.  
31-41 Elizabeth Street,  
Bayswater VIC 3153  
[ttha.org.au](http://ttha.org.au)  
[info@ttha.org.au](mailto:info@ttha.org.au)  
8720 1338



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**790 Mountain Highway, Bayswater**

**(Cnr Mountain Hwy and Scoresby Rd)**

**Tix: \$35 at [comedyforacause.net/Wantirna](http://comedyforacause.net/Wantirna)**

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## Do you suffer from Chronic Pain?

*How to treat your most painful problem*



## Chronic Pain Clinic



Alex Loveluck, B.Pharm MPS

Our focus this month at Community Pharmacy Wantirna is all about Pain. With the rescheduling of certain pain medications early next year, it means you will now need to see your doctor for simple pain killers that could previously be purchased over the counter. Therefore, we felt it was the perfect time to put a spotlight on pain and in particular look at natural therapies or lifestyle changes that could benefit those suffering from chronic pain, so that the alternatives to pain killers are in the forefront of your mind when the changes hit.

This one-on-one session with one of our pharmacists is aimed to tailor a specific pain plan for each individual. Our pharmacists will take you through the different types of pain, the impacts of chronic pain on your life, including on mental health and sleep, and explain the different natural therapies, dietary and lifestyle changes that are used to treat pain. They will then create a personal assessment of your current pain and work with you to tailor a plan for your chronic pain.



### Chronic Pain Clinic

Available throughout August from Monday to Friday 9am-4pm  
Presented by Carmen, Alex or Tony  
Cost \$5 - Bookings Required

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

## Managing Chronic Pain

Did you know?

- One in five Australians lives with chronic pain including adolescents and children. This prevalence rises to one in three people over the age of 65.
- One in five GP consultations involve a patient with chronic pain and almost five percent report severe, disabling chronic pain.
- The prevalence of chronic pain is projected to increase as Australia's population ages – from around 3.2 million in 2007 to 5 million by 2050.

Pain is scary stuff and for many individuals it can begin to take over their lives, preventing them from doing daily activities and enjoying life. There are two types of pain, acute and chronic.

Acute pain is pain that doesn't last long; it is considered a warning sign to the body and would usually be caused by an injury or surgery.

Chronic pain is pain that is present for longer than 3 months. Chronic pain can come in all shapes and sizes and can be caused by things such as: arthritis, bad backs or cancer.

Chronic pain can be hard to manage and can lead to other things such as insomnia, depression and weight gain.

Many people who suffer with chronic pain do not choose to see a doctor and instead will manage their pain through various over the counter pain medications. Most of the over the counter medications contain an ingredient known as codeine, which, although can work as an effective pain killer can have other long-term effects such as addiction and problems where the body can get used to its effects and then it either stops working or people require larger and larger doses to get the same effect.

Due to some of these issues arising more frequently, as of July 2018 the government have made changes to the scheduling of codeine which means that it will no longer be available over the counter, but instead you will need to see a doctor before it can be prescribed. This means that even common pain killers such as panadeine and mersyndol will now require a prescription.

However, your pharmacist can help! We have a wide range of knowledge of different lifestyle and dietary changes and natural medications which can help people to effectively manage chronic pain, without relying on codeine containing products.

I encourage you to come and see your pharmacist soon, before these changes hit to ensure you have an effective strategy to help cope with your pain, you may just discover a new lease on life in the process.

Carmen Tisseverasinghe

## Wantirna Community Pharmacy

**Shop 3-4 Wantirna Mall**  
**348 Mountain Hwy, Wantirna**  
**(03) 9720 2872**  
**OPEN 7 DAYS**

## Collier Ward News with Cr. Jackson Taylor



I know budgets aren't always exciting to talk about, but on the 26th of June I was proud to officially adopt the 2017-18 budget on behalf of the residents of Knox.

As part of this budget ....

- Rate increases were capped at 2%
- Over \$50 million will be spent on new and better community facilities
- Over \$28 million will keep our roads, footpaths, drains and buildings in great shape.
- And I am proud to say we are predicting an operating surplus of \$3.9 million.

We're also investing in major projects across Knox that will benefit residents for years to come :

- \$18 million for building the integrated Early Years Hubs in Bayswater and Wantirna
- \$7.6 million for the Stamford Park Development (which is funded by the sale of land)

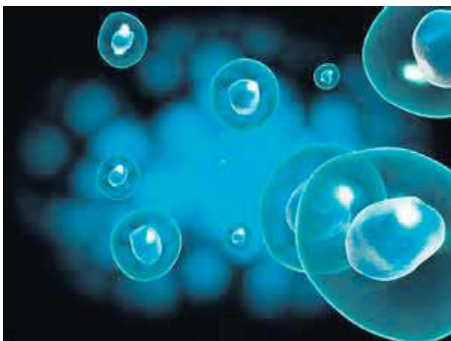
## Stem Cell Therapy in Arthritis Management

By Dr. Gloria Dieu,  
Wantirna Vet Clinic

Stem cells are becoming more widely used and discussed in human and veterinary medicine for a variety of uses, with osteoarthritis management topping the list in veterinary medicine. Osteoarthritis occurs when the cartilage coating the end of each bone wears away and breaks down, eventually leading to the painful rubbing of bone over bone, which we might notice as our senior pets limping or stiffening up in their joints during these cooler months of the year or having difficulty jumping up and down on their favourite couch. Stem cell therapy involves the use of adult stem cells derived from fat tissue.

These stem cells are able to differentiate into tendon, ligament, bone, cartilage, cardiac, nerve, muscle, fat, and liver tissue (essentially, depending on where they are placed, they become those cell types). The stem cells are usually administered as a one off, either intra- articularly (into the joint) or via the intravenous injection of cells.

Stem cells can either be allogeneic (high concentration pure stem cells cultured from cells sourced from specially selected donors) or autologous (obtained directly from the animal being treated). At the Wantirna Vet Clinic we use



allogeneic stem cells which tend to have a lower propensity towards the disease being treated as they are obtained from healthy young donor animals rather than from animals already diagnosed with osteoarthritis. The cultured stem cells can also

be provided in large numbers, thus increasing the success of the treatments and may be administered intra-venously when more than one joint is involved thereby avoiding the need for an anaesthetic .

To date, all of our patients who have received stem cell therapy for osteoarthritis have experienced a significant improvement in their quality of life. Without fail, following therapy, owners have noticed that their pets are much happier with an obvious increase in activity, reduced pain and a promising return to function. With this in mind, stem cell therapy is most certainly an important consideration in any osteoarthritis management regime, alongside nutraceutical supplements, arthritis injections and anti inflammatories as needed. For any further questions regarding stem cell therapy, please don't hesitate to contact our team on 9729 9908 for a chat with one of our friendly staff members.

- \$2.5 million to redevelop The Basin Neighbourhood House

In Collier we have some great local projects

- \$50,000 to develop a Masterplan for the future of Wantirna Reserve
- \$150,000 for Stage 1 of the Templeton Reserve Masterplan
- \$100,000 to install floodlights at Schultz Reserve which will benefit Knox Women's Footy
- \$20,000 to significantly upgrade the outdoor play space for children at Templeton Preschool
- \$100,000 for delivery of new internal facilities at Schultz Reserve
- Redevelop Tablik Court and Ainsdale Avenue Parks
- As well as a number of works to be undertaken around resealing of roads, upgrades of drainage and to building maintenance.

I hope I haven't bored you with talk of budgets but I have been building up to it now and I hope I haven't disappointed.

There is still a lot of work to do around Youth Issues and I have an exciting announcement to make around Mental Health soon as well. But for now, as always, please feel free to contact me to discuss as I can only get so much in 300 words!

Email : Jackson.taylor@knox.vic.gov.au

Mobile : 0418 719 940

FB : Jackson Taylor – Councillor for Collier Ward

# WANTIRNA NEWS

## Change at Quality Market Fresh Meats

There's been a change at Quality Market Fresh Meats!

We'd like to welcome Peter our new assistant manager.

He has experience in almost all facets of the meat industry and brings a lot of knowledge to the team. Along with Andrew, together we hope to bring you new and exciting products.

Come in and check it out!

**Shop 21  
The Mall  
Wantirna  
9729 8784**

## WANTIRNA DENTURE CLINIC

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- Mouthguards
- Relines
- Veteran Affairs
- Repairs
- Vic Denture Scheme

**Chris Brownlie**

Dental Prosthetist

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Cnr Stud Rd, opposite Knox Club

☎ 9738 1550

**Trading Hours**

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

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www.wantirnavetclinic.com

## End of an Era for Wantirna Heights Primary School

It is the end of an era with the recent demolition of Wantirna Heights Primary School in Kingloch Parade, Wantirna.

Throughout the 1970s and 80s Wantirna Heights was a vibrant and successful primary school catering for families in the north of Wantirna.

In the 1990s the Kennett Government made significant changes to the formula for funding government schools, which essentially remains today, where schools are funded according to enrolments. This method encourages competition amongst local schools with some principals participating in "empire building" strategies to build numbers and increase their budgets at the expense of smaller schools who became vulnerable. This was the fate of Wantirna Heights Primary. The Wantirna Heights community rallied and fought to retain the school, but failed. The whole process caused a deep fracturing of the local community which lasted for many years.

Primary schools are often the backbone of the community. They are more than a place of education, they become a focal point for families to connect, support each other and build lasting friendships that can survive across generations.

I hope the legacy of Wantirna Heights brings happiness to the people who are housed in the proposed new estate. It was a place where children were nurtured and supported and a place that generated happy memories for the families involved.



*Wantirna Heights Primary School under demolition*

# WANTIRNA NEWS



**ST LUKE'S**  
CATHOLIC CHURCH  
1 Ipswich Ct, Wantirna 3152

### St Luke's Parish Mass Times

#### Weekend:

Saturday Vigil: 6:30pm

Sunday Mass: 8:30am and 10:00am

#### Weekday Mass:

Monday & Tuesday – 9:00am

Wednesday – 7:30pm

Thursday & Friday – 9:00am

#### Reconciliation:

Wednesday - 7:00pm

Saturday - 9:30am & 6:00pm

#### Adoration:

Wednesday 7:30pm – 8:30pm

#### Divine Mercy Chaplet:

First Sunday of the month: 2:45pm

**9801 8411**

**Wantirna@cam.org.au**

**www.stlukeswantirna.net**

#### Office Hours:

**Monday to Friday - 9:30am – 3:30pm**



*eDentistry Wantirna is a new dental clinic servicing the city of Knox and surrounds*

eDentistry Wantirna is a new dental clinic that opened on Wednesday 31st of May, servicing the City of Knox and the surrounding areas. The founder of eDentistry Wantirna, Dr. Alex Loh, opened the clinic with the intention of servicing not only private dental patients, but also those disadvantaged people genuinely in need of dental care.

eDentistry Wantirna works closely with the National Dental Foundation, a charitable non-for-profit organisation, in order to provide pro bono dental treatment to those in the local area who cannot access timely dental care.

Dr. Alex Loh said that this could help to benefit Knox Council's less privileged members of the community. "When you are homeless, things are hard. When you are homeless and you have a debilitating dental condition, this makes things even

harder. Helping these people can really make a difference and help them to move forward with their lives."

"It is important to us that these less privileged members are treated with the same level of care and respect as all other private patients."



*Two patients and case manager from National Dental Foundation seen at eDentistry Wantirna*

eDentistry Wantirna boasts the latest advancement in dental technology. Special scanners are used in the mouth to instantly create perfect three-dimensional digital replicas of teeth and gums. The level of precision and accuracy provided by digitisation now means that the quality and efficiency of dental treatments like braces, dental implants and cosmetic dentistry are now at a level never seen before.

Dr. Alex Loh also places strong emphasis on having properly recognised qualifications for

any services provided. "It's important that when services are provided to patients, it is performed by a practitioner who has passed rigorous training courses by approved regulatory bodies, rather than by someone who just attended a weekend course. We all now know that dental health is so closely linked to general health - having poor quality dental treatment can result in poor general health."

The entire team at eDentistry Wantirna are extremely empathetic and compassionate to their patients as well. Dr. Alex Loh together with the two support staff, Janet Neal and Punkey Vang, know that sometimes people can feel anxious or even scared at the dentist, and try to create a nurturing and caring environment. "We understand how hard it can be for some people to visit the dentist. We take so much pride in listening to any concerns our patients might have, and taking the time to discuss these concerns in detail."

"We do understand there are some patients who are just genuinely unable to cope. In these cases, we can offer our patients sleep dentistry – they can opt to have any treatment carried out while they are asleep. Patients are always so happy to wake up and have all their dental problems already fixed."



# LOCAL HISTORY

with Knox Historical Society

## What's In A Name?

After a two-year flurry of activity 1912-1914 the newly named Wantirna settled down to its gentle rural lifestyle, slowly adapting to developments naturally occurring with the advance of the twentieth century – erection of the Coolstore (now McDonald's) a garage, churches, a Council Reserve and a tennis court (now within Koomba Park).

The 1950s saw an awakening but of change from a prosperous rural landscape to more densely populated residential locale.

The newly created Estates on the orchards of Wantirna and Wantirna South, subdivided for housing were named by the owners, developers or enthusiastic estate agents. Knox Council endorsed these, occasionally adding to, or rejecting the nomination. Streets within these estates were named by the owners frequently reflected family names; developers often responded to whims, brainstorming or long lunches – the results sometimes being unfortunate for example the poorly named Harcrest Estate (a corruption of harvesting produce whilst viewing the crest of One Tree Hill on the eastern horizon).

Often clusters of streets have a common theme such as the Ballet and Sportspeople streets off High Street Road but some of the choices must bemuse the casual street walker – so many athletes, cricketers, swimmers etc honoured in Knox Gardens, but Lew Hoad, Davis Cup teenage tennis prodigy provides a lone Court only metres from the Heathmont boundary.

Early settlers haven't inspired many namers. Templeton and Harold Streets may have been named after a local land holding family – or perhaps the property surveyor. Indeed, of the 15 "movers and shakers" mentioned in Helen Coulson's Story of the Dandenongs pages describing Wantirna, only 4 are recognized with street names – Scott, Pump,



Jenkins and Newman. Meanwhile, Ray Peace in his pamphlet "City of Knox Historical Street and Road Names" acknowledges Amesbury (of The Basin), Ashley (Ferntree Gully), Dinsdale (Ferntree Gully), Coleman (Ferntree Gully Shire employee) and Pach (Bayswater) as progenitors of 5 Wantirna carriageways.

Another bemusing phenomena is the plethora of elite descriptors – in addition to the commonplace Street, Road and Avenue Wantirna boasts Lanes (more usual to inner Melbourne) – Cathies, Pumps; The Mews (no horses around but there used to be a camel nearby); Gardens (we all have them but residents in Georgina Gardens obviously have 2);

Groves – Garrison, Merry; Squares – Castlefield, Kaisan; Ways-Croxeth, Dumphries; and a Rise-Richardson.

There exists a Permanent Committee on Placenames that co-ordinates naming activities across Australia and New Zealand. The Australian National Placenames Survey is one of a number of organisations with a role and interest in place naming on that committee – their newsletter would be of interest to anyone taken by Toponymy ([www.anps.org.au/contact.html](http://www.anps.org.au/contact.html))

At the end of the day, our naming process is the responsibility of Knox City Council.



### Photographs

Above: Aerial view of Wantirna looking towards the mountains. The photograph shows land surrounding the intersection of Stud Road and Burwood Highway. The site of Knox City Shopping Centre is in the centre of the photograph.

Left: Frank Pump (Pumps Lane) sitting on his spray pump outside the family house.



Over 100 years of local history  
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3 Olivebank Rd FTG Melways ref. 65 D12

# KNOXFIELD & SCORESBY NEWS

## Scoresby Secondary College Fosters Local Leaders

In May Scoresby Secondary College hosted a Primary School Leadership Day where Year 6 school leaders from three local primary schools, including Carrington, Scoresby and Mountain Gate Primary Schools attended. The aim of the days was to build their capacity to lead and foster a strong student voice at their schools. They learned what it means to be a leader and valuable skills to take back to their schools and use in their lives.

Nick Wakeling MP, Member for Ferntree Gully and Shadow Minister for Education, Kim Wells MP, State Member for Rowville attended at the end of the day to hear the students present on actions and activities they'd like to organise in their schools.

"Building leadership skills is critical to our community. The skills that the students learned will help them build stronger communities at their schools and are also valuable life skills. Plus our students learned a lot by passing on skills and training the leaders of the future," explained Principal Gail Major.



Students from Carrington, Scoresby and Mountain Gate Primary Schools attended a Primary School Leadership Day at Scoresby Secondary College where they presented their ideas to Nick Wakeling MP, Member for Ferntree Gully and Shadow Minister for Education, Kim Wells MP, State Member for Rowville. They are pictured with Scoresby Secondary College student leaders and Principal Gail Major.



## Bridges, supporting our senior and disability community!

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9763 9700  
lynm@bridgescc.com.au



# KNOXFIELD & SCORESBY NEWS

## No Ordinary Life – Positive Ageing in Knox

### Enduring Powers of Attorney – a most important decision.

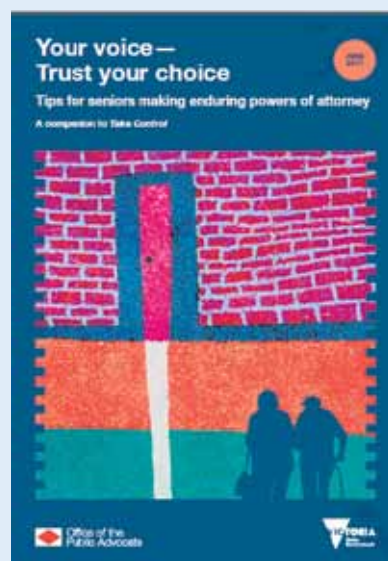
Old age itself does not diminish the rights of an individual to make everyday choices and decisions about their life and how they want to live it. However, as we age there may be health circumstances that limit our ability to make decisions on our own. It is in such circumstances that having an enduring power of attorney can be in an older person's best interests.

Recently the Commissioner for Senior Victorians, Mr Gerard Mansour launched a new publication *Your voice – Trust your choice- Tips for seniors making enduring powers of attorney*. The publication was produced in response to growing concern about elder abuse in the form of financial exploitation and misuse of powers of attorney for personal financial gain.

Personally I think the publication offers sound advice when it comes to choosing a Power of Attorney (POA). It suggests before choosing a POA, careful consideration should be given to the qualities that give you comfort in the choices someone is making on your behalf. Examples may include: trustworthiness, the ability to manage money well, the ability to stay calm in a crisis, the confidence to speak up on your behalf, availability, willingness to listen to and act on

your wishes and preferences rather than their own and the confidence to talk to professionals such as doctors and lawyers.

When it comes to choosing your preferred person, it is suggested that you consider all options not just the obvious. You don't have to appoint your adult children or spouse / life partner. You may have trusted friends, siblings, grandchildren, nieces and



nephews who have the qualities you want to act on your behalf. The booklet suggests caution about appointing someone experiencing their own difficulties, including financial problems or addiction or about appointing someone just to maintain harmony within the family now.

The booklet offers easy to understand guidance around the different types of power you can delegate to your POA – financial, medical and personal. It offers helpful tips and sample wording and outlines suggestions about circumstances when you might want the powers to start.

You can download a free copy from the Office of the Public Advocate (OPA) website <http://www.publicadvocate.vic.gov.au/power-of-attorney> or by calling 1300 309 337 and requesting a hard copy be mailed to you.

Finally, appointing a POA is your choice. Who, when and on what terms is your right to decide. Don't appoint someone if you are feeling pressured to do so. If you are feeling pressured or have already been pushed into a decision you are not comfortable with, or if you think someone is misusing their POA authority the Office of the Public Advocate, Seniors Rights Victoria or the Eastern Community Legal Centre can help.

By Cr Nicole Seymour – Tirhatuan Ward

## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox City Council

0427 245 834

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

 Cr Nicole Seymour



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## News from Wantirna Osteopathy by Dr. Jason Stone

### Osteopathy and Golf

Golf is often referred to as a frustrating game that involves smacking a little white ball through paddocks and trees and then attempting to get it into a small hole but if you are anything like me, you would hate missing a game through pain or injury.

Golf is one game that I rarely discourage people from playing as it has many physical health benefits.

Despite the obvious elements of frustration, getting out with friends and colleagues in the fresh air and walking 5km is a great form of relaxation and cardiovascular exercise.

However, golf can have its physical demands:

- Knee pain can be aggravated by hilly courses and the twisting action of a golf swing.
- Low back pain can be aggravated by hills, pulling a buggy, swinging a club and bending down to put a tee in the ground
- Shoulder pain can increase with the golf swing and pulling a cart.

For some, the idea of hiring an electric cart is 'not golf' but it's a great means of looking after your knees and hips, especially on hilly courses whilst still getting your social fix and improving your low back and shoulder mobility.

Pushing a buggy is a lot less strain on your back and shoulders than pulling it (there are some great three wheeler buggies available today, which greatly reduce strain and effort).

Golf requires joint mobility and muscular flexibility to achieve the right timing when connecting with a ball. If your low back or shoulders are stiff, it is very difficult to make good contact with the ball and control its accuracy. Furthermore, the less mobile you are the more likely your timing will decrease as the game progresses - affecting the consistency of your game.

You may commonly notice that a younger more flexible person can generate a longer shot on the course, whilst an older, less mobile player, will chip their way up the centre of the fairway - the more flexible player can create a much faster head speed due to a bigger, smoother swing. The more

inflexible player has a lot less joint mobility so has a very limited swing. This creates less speed but is usually more accurate as it has less movements of the body involved.

So when you're trying to improve your ball connection or consistency don't just hit the range, start stretching your back and shoulders and consider seeing an osteopath to identify areas you need to work on.

Golf has many health benefits so don't let your body prevent you from getting out there.

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**osteopathy**

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

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## Nature's Guidance Naturopathy

### What Is Naturopathy?

*Naturopathy is a modality of Natural Medicine which utilizes diet and lifestyle advice, herbal medicine and natural remedies to return balance and vitality to the individual. It is a therapy which helps unlock the innate ability of the body to heal itself and is particularly effective for a range of health conditions.*

Naturopathy is particularly effective for:

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**Naturopath: Nimisha Singh**  
0412 034 275  
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# NEWS IN GOOD HEALTH & WELLBEING

## The Human Naturopath

from The Centre of Wellbeing

What type of naturopath would you prefer to see? One who's just like you who has a few vices and enjoys their life (but knows when and what to rein it in to keep healthy)? Or one who is a purist and never relaxes their high level expectations, looking down at you from their conceitedly perfect existence? I'm sure a lot of people resist going to see a naturopath because of their perceived expectations.

The beauty of naturopathy is that it is tailored to the individual and where you are at on your health journey. It is in my best interest to create a treatment plan that will not only be effective for you, but also feels realistic and achievable for you. What is the use of a perfect treatment plan if it is just too hard to follow. A person who is completely daunted is more likely to do nothing at all whereas if instructions are achievable, they are more likely to follow them and will get far better results.

As a "human" naturopath, I come from a place of non-judgement and acceptance. How can I relate to my clients and their health struggles if I'm perfect! I promote enjoying the occasional glass of wine, chocolate bar or piece of birthday cake. Besides, it promotes relaxation, connection with family and friends and happiness and all that "good" far outweighs the occasional "bad".

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## Hands on Myotherapy - Could you be suffering from Arthritis?



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With over 3.85 million Australians being affected every year with Arthritis, more and more sufferers are turning to natural therapies, such as massage, for pain relief.

Arthritis related pain can be extremely debilitating. It frustrates us in our attempts to carry out many daily tasks such as preparing food, dressing, walking and driving a car. Although there is currently not a cure for Arthritis, there are ways to help manage the pain associated with it.

Studies have proven that regular massage leads to a reduction in pain and stiffness and improvement in range of motion, hand grip strength

and overall function of joints. Along with massage, our Therapists can provide you with stretches, exercises and advice on general management of arthritis. All advice is tailored, depending on your type of arthritis, fitness and ability.

To find out more about how Remedial Massage and Myotherapy can assist you with your Arthritis, call us, or book online to make an appointment.



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- Golfer/ Tennis Elbow
- Headaches
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## Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)

4/322 Mountain Hwy  
Wantirna VIC 3152  
9720 1235

Open: Tues – Fri 9am to 6pm  
Sat: 9am to 1pm

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



### Ingrown toe nails

At Wantirna Mall Podiatry we see many problems related to toe nails. One of the most common issues is ingrown toe nails. An ingrown toe nail occurs when a nail has pierced or is pressed against the adjacent skin of the toe causing pain and inflammation and sometimes infection. Ingrown toenails can occur due to trauma/pressure on the nail, poor nail cutting technique, an abnormal nail shape or poor footwear. The tendency for ingrowing nails may also be inherited.

When cutting your nails use a pair of strong clippers. Follow the nails' natural shape trimming them just below the edge of the toe while being mindful not to hurt the surrounding skin or leave a nail spike down the corners. After, file the nail with an emery board in a downwards fashion to smooth off the edge. Ensure that your footwear is long and wide enough for your toes to fit comfortably without squashing your toes.

If ingrowing nails are a continuous problem; such as the toenail is repeatedly infected, is continually painful, the sufferer is unable to wear shoes or the condition inhibits work, sporting or other activities a minor surgical procedure can be performed. This procedure can be organised at Wantirna Mall Podiatry if required.

Please visit us on our website for more handy tips.

## Knox U3A Half-Yearly Review *by John E. Ford*

Knox U3A is enjoying its mid-year break at the moment, although, as will be mentioned later, a selection of activities are made available during the break. As the writer is about to depart for the wilds of Queensland, early submission of our article is necessary, and takes the form of a "review", which is not my usual style. Apologies for that.

Knox U3A commenced the year with approximately 1270 members which has expanded to a touch under 1300, indicative of the fact that we continue to provide quality activities for our targeted age-group. Indeed, at the close of Term II 158 different weekly activities occupied the curriculum of Knox U3A, one quarter of which remain fully subscribed. Waiting lists are not something we desire, but we are restricted from expanding our more popular offerings through a lack of usable space.

In this regard, our Executive (who are all volunteers) remain in negotiation with a number of education facilities, and with Council, in an effort to secure more, and better space for our Tutors (who are all volunteers) to run their activities for members. We often forget just how impenetrable a wall of red-tape can be, but we remain confident of a positive outcome.

As well as our timetable of activities, Knox U3A has a very active social life, and engages in a number of fund-raising activities as well. You may have seen our volunteers selling sausages outside Bunnings from time to time, usually on a Thursday. Keep an eye out, and come and buy a snag off Brian and his friends, and stop for a chat.

Our end of term luncheon featured an "Antique Appraisal". We had one of these last year, and it proved to be immensely popular. However, there is no truth in the rumour that one of our members put her husband on the table, and asked for a valuation.

A bus trip to Mornington was recently held, giving members the opportunity to visit the galleries, cafes and sights of one of Victoria's principal bayside

communities. A Trivia Night, run by volunteers, was held in May, and thoroughly enjoyed, and on a more practical note, free hearing tests were arranged for members during the first term break.

Several of our more active groups have also been busy in the past four months. We run four golfing groups, and these combined recently to send a small contingent of golfers to Tatura for a weekend of golf and conviviality. Our cycling group also had an extended trip to Carrum. We cannot forget, of course, our inaugural Craft & Quilt show, which was reported upon in previous editions of this paper. Run entirely by volunteers it proved to be an outstanding success, and will be held again in the future.

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

Finally, although U3A is currently in recess, volunteer tutors, who either cannot stay away from the place, or perceive a need for members to have access to activities during the break, are running a curriculum of courses, details of which may be viewed on our website [www.u3aknox.org.au](http://www.u3aknox.org.au)

I don't know if you have picked up on the number of times I have used the word "volunteer"? Quite deliberate. There cannot be another organisation in this area that is so totally run by voluntary effort. It is something that we at Knox U3A are proud of, so why not come along and be a part of it?



## GENUINE UNBREAKABLE ADVENTURER



4x4 SR5 Double-Cab Pick-up Turbo-diesel shown accessorised with Alloy Bull Bar, 18" Alloy Wheels, Driving Lights, Bonnet Protector, Headlamp Covers, Weathershields, Snorkel, Roof Racks and Hard Tonneau Cover. All accessories sold separately.

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# THE ARTS IN KNOX

## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*

### A New AJM Double-CD

by Ken Simpson-Bull

Included in the charter of the Australian Jazz Museum is "the dissemination of Australian Jazz". What better way to illustrate this is in the release of a new AJM double-CD called "Jazz Masters of the 1940s" highlighting the talents of the jazz musicians of that era. The 1940s is a period that covers the swing era, the Dixieland revival, the introduction of Bebop and the recognition of mainstream jazz. Collecting records of any type during the first half of this decade was difficult due to the wartime priorities and shortages. Collecting issued jazz records by Australian musicians wasn't an option—the international record companies had no interest in recording local jazz at that time.

Most surviving performances from the early 1940s were private recordings by musicians and their fans who lacked both the facilities and the expertise of the major companies. The music was usually recorded onto fragile acetate coated aluminium discs most of which have not survived the ravages of time.

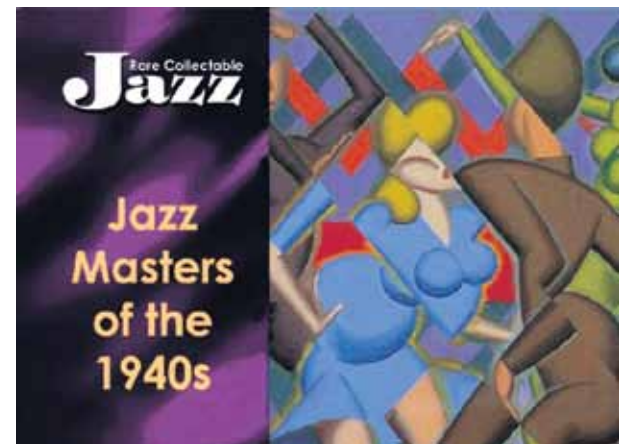


Fortunately, along with the few that still exist, are a few "Transcription Discs", made by radio stations of the period which were meant for a once-only airing of the performance.

The museum, with the help of Australian Jazz historian and discographer, Jack Mitchell, has collated some of these rare performances by such bands as Graeme Bell (with some never-before-released recordings), George Trevare, Frank Johnson, Ron Falson, and Jimmy Hogan. There are numerous other bands represented, many forgotten today, which provide a snapshot of some of the jazz-oriented music that was being played in Australia at the time.

The total playing time of this two-CD set (AJM 038) is a generous 150 minutes and it may be purchased from the Museum shop or on-line at [www.ajm.org.au](http://www.ajm.org.au).

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](http://www.ajm.org.au)



The Ferntree Gully ARTS SOCIETY Inc. presents

9th-24th September 2017

## STREET ART ON CANVAS

and skateboard display

FIRST PRIZE - \$300  
SECOND PRIZE - \$200  
THIRD PRIZE - \$100  
BEST SKATEBOARD \$200

Official Opening and Award Presentation  
Sunday 10th Sept @ 2pm  
Featuring Live band:  
One More Weekend

ARTWORK ENTRY INFO: [shirley.dougan@bigpond.com](mailto:shirley.dougan@bigpond.com)  
<https://thehutgallery.wordpress.com> ph: 0409 013 146

The Hut

One More Weekend perform courtesy of Polar Records

FERNTREE GULLY ARTS SOCIETY  
157 UNDERWOOD RD, FERNTREE GULLY

### AUGUST EXHIBITION

"FERNTREE GULLY FORGERIES"

Weekends 11-4pm from Sunday the 6th of August  
with The Official Opening at 2pm. Closing Sunday the 27th of August  
Many Great Copies of "The Masters"

**ALL WELCOME - FREE ENTRY**

ARTS and CRAFTS for sale in the Foyer.

### WEEKLY WORKSHOPS

for Members and Non Members.

**Printmaking, Drawing, Still Life, Life Drawing,  
and Portrait workshops.**

Children's after school program and many more activities.

Information <https://thehutgallery.wordpress.com>  
or Facebook The Hut Gallery Ferntree Gully Arts Society.

### SEPTEMBER EXHIBITION

"STREET ART ON CANVAS"

An exciting exhibition open to Street Artists of all ages.  
Weekends 11-4pm, from Sunday the 10th to the 24th of September.  
Official Opening and Awards at 2pm Sunday the 10th.

**Guest Band "One More Weekend"**

**A GREAT VARIETY OF ARTISTIC TALENT.  
ALL WELCOME - FREE ENTRY**



## What's been happening at the Ringwood Field Naturalists Club ?? *by Alison Rogers*

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

### Speakers

June Meeting: This was a member's night, featuring two short talks provided by two of our members.

Our first talk was titled: "A fruit salad of Birds and Botany over a few trips" by Shirley S

Our second talk was titled: "Intelligence in birds" by Jennifer G

Both members had gone to a lot of trouble to put together interesting presentations which was much appreciated by those present.

July Speaker - Professor Robert King (a foundation member of the Club, now living in Sydney) spoke on 'Seagrasses and seaweeds'. A regular speaker at our Club, Prof King, gave a detailed presentation on the differences between seagrasses and seaweeds. He mentioned that algae varieties were made up of greens, browns and reds and included details on the structure and makeup of these. His illustrated talk also showed specimens from across the world, but mainly from the South Eastern coast of Australia. A fascinating insight to a little known subject.



### May excursion - Upper Yarra Reservoir Park.

After our May Fungi talk, we were lucky to have Bruce Fuhrer (author of Field Guide to Australian Fungi) come along on our excursion which was led by Jack A. The idea was to find and identify fungi found in this area. A pleasing count of over 60 types were found on the day. The bush was beautiful after recent rains, with mosses, ferns and lichens also a treat to see. Not many birds were seen on the day, but a special sighting of a Satin Bower birds bower was worth a look with the male bird in attendance. Bower birds attract the females by making a bower and then decorating it with blue objects. These objects may be natural or man-made.



*Photos this edition by Alison Rogers*

### June excursion - Mt St Leonard

This excursion was led by David and Eeva Hewitt. They started by taking members on a walk up to the fire watch tower at Mt St Leonard, where you were able to look over the cloud covered Yarra Valley. Moving on, lunch was held at the Tanglefoot picnic area. An area much loved by the Club. It was sad to see a sign there noting the logging of this area. Those beautiful tall trees.

After lunch, members travelled on to The Kalatha Giant tree and then on to Wirra Willa Forest Walk. Much in the way of ferns, fungi, mosses and lichen were seen at all these places. The serenading of Lyrebirds reeling off their repertoire of other birds calls and sounds was a delight.

**In the next couple of months our Presentations will be:**  
August - Dr Kate Charlton Robb - "The Burranan Dolphin"

September - President's Address: Peter Rogers - "Fitzgerald River National Park", WA

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.

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

## Knox Environment Society

*by Zoe Peltakis*

### What does "Knox Environmental Society" do?

Volunteering with K.E.S. is your opportunity to unite with your community who are concerned about the environment where you and I live, breathe and work. You get to connect with the soil, the plants and your neighbour with the primary focus being the environment.

"Something within us loves the land. Such practices are essential for our sanity to tap us into wild currents of energy without which we would wither". (Chris Dodge, Reconnecting with Mother Earth May - June 2008). Our market driven economy is out of touch, disconnected with environmental priorities but excels in paving, damming, digging and cutting down everything in sight, and then learning too late, if at all, of the consequences.

Rivers run dry, forests are felled, and species die through human action. K.E.S attempts to counter some of the environmental terrors that face our own environment, the community we live in. David Thoreau's point, in his 1854 book, Walden, stated that: "I think, that we never truly know ourselves until we can experience ourselves as "co-inhabitants" in a world.

The more attuned we are to the vital connections that keep our system alive, the less likely we are to make bad decisions about using it. For me, as a

K.E.S. volunteer, it provides me with the opportunity to disconnect from the day to day work commitments and responsibilities and focus my primal side in connecting to my environment. I know that I am doing something good, something meaningful. That is why I volunteer for K.E.S. I give support to the place I live in, the place I call home.

My own garden has flourished with native indigenous plants from the K.E.S. nursery. Not long ago, whilst sitting on my deck I felt and heard the force of a small and colorful breeze glide across my face. The King Parrots were cutting through our deck again, using it as a flight path to the food source at the bottom of our garden that I only planted 2 years ago!

Walking through the former Boronia Heights SC site is like that, but its uniqueness is that it has significant, undisturbed native habitat. There are birds, animals and endangered native plants on the edge of survival living here. One way of preserving this rare and unique native area is to give it back to the community, preserving it for future generations. "Certain things should not be tampered with", said Hon Heidi Victoria, member for Bayswater District, speaking at the local community meeting of over 200 concerned citizens on site on the 3rd of June 2017.

The environmental and social uniqueness of this area can not be undermined nor negated by profit margins and balance sheets. A unified political direction needs to act and demonstrate concern by guiding planning towards the preservation of this unique and vulnerable piece of habitat, as we too



*"Something within us loves the land. Such practices are essential for our sanity, to tap us into wild currents of energy without which we would wither".*

*(Chris Dodge, Reconnecting with Mother Earth May - June 2008).*

*K.E.S. Volunteers 'in action'*

are 'co-inhabitants', connected and sharing the same environment.

More information on K.E.S., the plants available and current projects that you can be part of, is available at, [info@kes.org.au](mailto:info@kes.org.au). You can visit the nursery 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 am to 1 pm



### Your Library's New Online Home

Have you visited [www.yourlibrary.com.au](http://www.yourlibrary.com.au) lately? You might have noticed it's had a major upgrade! It had been almost 10 years since our last website upgrade and the library team is thrilled to produce a site that's faster, more secure and much easier to navigate. It also boasts many new features including a powerful new site search function, the ability to reset your own library card's PIN, and you can geolocate your nearest branch effortlessly.



The new website is available online, with more feature improvements coming in the future. Keep an eye out for a much more powerful events booking system, it's on the way!

### Top Reads & Newest DVDs

This month's collection of Top Reads and New DVDs have become available at your local branch. There's lots of entertainment available to help you through the cold winter! Place free reservations on any of these titles at [www.yourlibrary.com.au](http://www.yourlibrary.com.au).

Check out this month's latest titles:

#### Top Reads:

- Eliza Henry-Jones - Ache
- Karen Rose - Monster in the closet
- Naomi Klein - No is not enough
- John Grisham - Camino Island
- Nora Roberts - Come sundown
- Anna Jacobs - One quiet woman
- Mark Billingham - Love like blood
- Michael Mosley - Clever guts diet
- Dennis Lehane - Since we fell
- Peter James - Need you dead

#### New DVDs:

- Assassins Creed (2016)
- Collateral Beauty (2016)
- Passengers (2016)
- Red Dog- True Blue (2016)
- The Accountant (2016)
- Sugar Mountain (2017)
- Before I Wake (2017)
- Miss Sloane (2016)
- Christine (2016)
- Doctor Strange (2016)

Find these titles at your local branch or place free reservations online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au).

### Coding, Robots & Electronics – School Holiday Events

Throughout the July school holidays your library was home to a vast array of educational and entertaining children's events. The most popular new events included small robots that children learn to program using an iPad, computer, or even coloured textas! This was coupled with a fantastic new program called the Hour of Code which invited youngsters to spend an hour coding with their favourite characters in an online world. The Hour of Code can be done at home on most computers and tablets, it includes 50+ comprehensive coding games for kids aged 4+. Browse it online at [code.org/learn](http://code.org/learn).

Lastly, our newest school holiday program revolved around small electronic circuit boards known as Little Bits. These tiny devices snap together and can be used with craft supplies to construct motorised works of art! Kids learn all about engineering and product design in a fun, safe environment.

More of these programs will run in the next school holidays but in the meantime feel free to check out CoderDojo at Realm. There's also new programming starting in Belgrave Library's new Creative Space during Term 3.

**Boronia Grows: Backyard Beekeeping** – Boronia Library at 1:00 pm on Friday 25th August.

Boronia Library will be a-buzz with excitement as members of the Coonara Beekeeping club join us for this introduction to the world of bees and backyard beekeeping! With at least 40% of the food we eat reliant on bees for pollination, there's never been a more important time to educate ourselves about our generous, buzzy friends! Book your place online or call: 9800 6488.



### Adult Coding Sessions

– Realm Library Ringwood  
In addition to the array of coding sessions available for kids during the school holidays, the library is a great place for adults to get started. There are two coding sessions this month designed to help adults

get started building apps, websites or anything digital.

### Coding Fundamentals - Thursday 10th August at 10:00 AM

This information session is designed to introduce adults to the world of programming. It'll provide an overview of how programming works on a general level, as well as assisting individuals in choosing their first programming language and will provide direction as to where to go next.

### Get Started Coding with PHP - Friday 11th August at 9:30 AM

Would you like to learn the scripting language that Facebook was built on? PHP is high level language that's incredibly well documented with a great deal of support available online, which we'll utilise in this workshop.

This is a hands on session using PCs with very limited places.

Both of these sessions are completely free. Book your place on 9800 6430.

### Living in the Real World Events

Join the library team and professional instructors for a series of free workshops and events.

### Managing Money

Realm Library in Ringwood – Bookings: 9800 6430  
Part 1: 2:00 PM on Monday 7th August  
Part 2: 2:00 PM on Monday 14th August

### Australian Citizenship

- Rowville Library - Thursday 3rd August 2:00 PM – Bookings: 9800 6443
- Clayton Library – Tuesday 8th August 2:00 PM – Bookings: 9541 3120
- Glen Waverley Library – Wednesday 9th August 10:15 AM – Bookings: 9560 1655

### Avoiding Scams

- Oakleigh Library - Wednesday 9th August 10:30 AM – Bookings: 9563 4138
- Wheelers Hill Library – Wednesday 16th August 10:30 AM – Bookings: 9561 6211
- Mount Waverley Library – Monday 21st August 10:30 AM – Bookings: 9807 5022

### Renting & Your Rights

- Mulgrave Library – Wednesday 16th August 2:00 PM - Bookings: 9546 1253

These sessions are completely free! Later this year a new mobile app will become available that will include some of the content covered in these sessions.

Discover more news, events and fantastic reads at [www.yourlibrary.com.au](http://www.yourlibrary.com.au).

Working hard for  
our local community

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

[nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) [www.nickwakeling.com.au](http://www.nickwakeling.com.au)

Funded from Parliament's Electorate Office and Communications Budget.

Nick  
Wakeling MP

STATE MEMBER FOR FERNTREE GULLY





### Our First Centenarian

Arthur Smith has been a member of LAC Knox since February 1989. He turned 100 on 26th June. To help him celebrate, the Club held a special 100th Birthday Party on 2nd July in the function room at Boronia West Primary School. Over 70 members attended the party and the Mayor of Knox, Cr. Darren Pearce called in to congratulate Arthur.

Club President, Sandra O'Donnell, spoke about Arthur's history with the Club. He held many volunteer positions at the Club including Assistant Newsletter Editor (1993-94), Publicity Officer (1994-95), Weekend Getaways Activity Group Co-

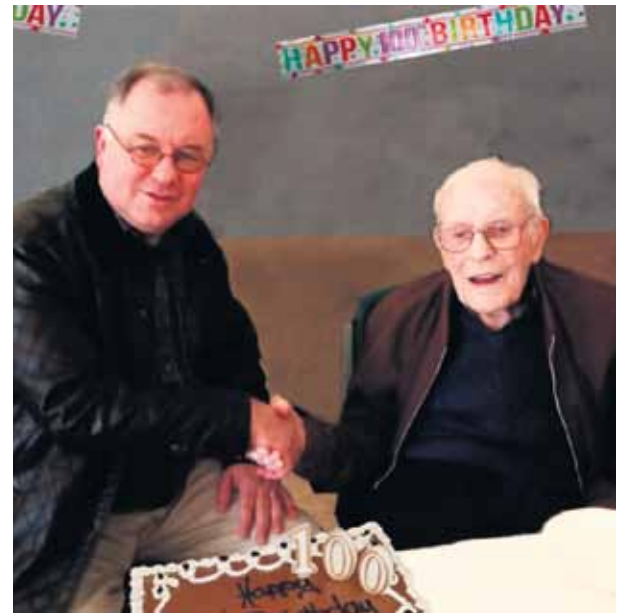
convenor (1997-2004), Dine Out Activity Group Co-Convenor (1996-97) and the Dominoes Activity Group Convenor (1996-2000). His favourite game is still dominoes and he continues to play it with the Social Games Activity Group.

A few members also spoke about some of the good times they had had with Arthur and he responded. The 3 candles were lit and everyone sang "Happy Birthday".

Arthur and his wife, Ethel, moved to Boronia in 1981. Ethel died in 1990. His son, Howard, and family travelled from England for this special occasion. Arthur has 3 grandchildren and 1 great grandchild.

More information and details on how you can join-in the fun with LAC Knox – and maybe also live to be 100 – can be found on their website [www.life.org.au/knox](http://www.life.org.au/knox) or by phoning 0481 831 788 or emailing [knox.enquiries@life.org.au](mailto:knox.enquiries@life.org.au)

Life Activities Club Knox is 30 years old this year.



Mayor of Knox, Cr. Darren Pearce, congratulating Arthur Smith



### News from Knox Scouts

by Haylea Abbott, Assistant Cub Scout Leader  
8th Knox Scout Group

#### Pack Holidays with the Cub Scouts!

Throughout the year, the City of Knox Cub Scout Groups will take their own packs away for a pack holiday either under canvas (in tents) or in cabin-type accommodation. It may be for one or two nights and occasionally longer.

Recently, the 8th Knox Cub Scouts went to Gilwell Park, Gembrook, for their pack holiday, which was under canvas for the weekend. We had to brave the cold and wet weather, even though we were only in May - it can get very cold and wet at Gilwell Park!

Each time we take our Cub packs on a camp we choose a theme. This year's theme for 8th Knox's Cub Scout camp was Myths and Legends.

Some of the activities for our myths and legends camp were finding dragon eggs and decorating them, finding the pot of gold at the end of the rainbow with a compass course and slaying the dragons at the archery range. We also had to cross a bridge that had a troll living underneath it!

We also did some team activities over the weekend, like working together to complete the low ropes course. One of the biggest highlights of the camp for most of the Cubs was the flying fox with lots of laughter and competitions on who could go the fastest and win the races.

On the Saturday night we dressed in mythical and

legendary costumes for dinner and the campfire. We enjoyed signing some songs around the fire and toasting marshmallows.

During the course of the weekend the food was even themed for camp. We gorged on unicorn poop cookies, fairy bread, Troll skin, dragon eggs and witch's brew.

It was a fantastic Pack Holiday, enjoyed by Cub Scouts and Leaders alike!

For more information go to <http://www.vicscouts.com.au/groups.html>



### Over 55s Get Active Outdoors at YmCA

YMCA's Mt Evelyn Recreation Camp is making it easier for people over 55 to get active and stay healthy through its Outdoor Adventure Program. The program is designed to provide a safe yet physically challenging environment in the great outdoors through a range of accessible and diverse activities such as bush walks, archery and the high ropes course.

Research from Sports and Recreation Victoria shows that those 65 years and older have the lowest participation in physical activity which can lead to serious health problems and a sense of disconnection from their community.

Trish Healy, YMCA Camp Manager says: "Our program aims to include anyone over 55 with any ability to come along and get active outdoors."

We find once people get involved they come back time and time again where they make great friendships that carry on well after the program is finished"

The YMCA believes everyone should be able to participate equally in society.. By adopting this philosophy, more people over 55 regardless of their ability or age can participate at the camps to become happier, healthier and more connected people.

The program runs from May through to November, if you would like to book please email Mt Evelyn Camp at [mtevelyn@ymca.org.au](mailto:mtevelyn@ymca.org.au) or call 9736 2228.

See the back page for more information.



## Australian Peacekeeper & Peacemaker Veterans Association Victoria

by John McNeill

### APPVA Car Raffle 2017

We are raffling off one of the last ever Holden SS's ever to be made on Australian soil. It's a SSV Redline edition with a retail value of \$67000. The car is on display at the Boronia mall if you would like to come down and see it in person.

The car was purchased through Ferntree Gully Holden who were fantastic to deal with and went out of their way to give us a good price on the car. We have 2 other prizes which were very generously donated by Hills Physiotherapy clinic who help assist Veterans manage their injuries. Ben Kewish and his team from Hills Physiotherapy have been working with us since 2010. Ben has donated 5 remedial massages or a Clinical Pilates package to the value of \$400 - valid for 12 months.

Our 3rd prize was donated by the Dandenong/Cranbourne RSL's which includes \$250 worth of meal vouchers to be used in either of their two venues.

Dandenong/Cranbourne RSL are very active working with Veterans and their families from all conflicts and are very focused on working with the new generation of Veterans, and assisting them in any way they can.



Tickets for \$30 each are on sale in the Boronia Mall. Only 6000 tickets will be sold and the draw will take place at the Mall at 11.00 am on the 11th September, 2017

As we are all volunteers all money raised through this raffle will go to Veteran Advocacy and Welfare support for veterans and their families. It will also be used to help with us with our plans to build a Veteran Centre that will contain a gym that Veterans which also includes emergency service veterans will be able to use free of charge. We will run health and wellness programs out of their as well as employment opportunities for our most injured veterans that can only work a few hours a week. We will also be offering

Veterans the chance to run their businesses out of the new facility free of any charge.

We also run a food bank that is open Monday, Wednesday and Friday which is open to anyone in need of a helping hand with some food.

*Photo of car from [www.rafflelink.com.au/appva](http://www.rafflelink.com.au/appva)*



## Knox & District Over 50s

If you are new to the area or recently retired then can I suggest that you visit the Knox Over Fifties where I can promise a very warm welcome. We are a group of seniors who love life and enjoy nothing better than going out on one of the clubs many social outings.

There are various activities planned for the next few months. Our next outing is to see the Mario Lanza Sings Again show at the Karralyka. Later in the year we are going to the Dior exhibition and we have also booked tickets to see 'Les Miserables' at the Whitehorse Centre. This year the holiday is to the Grampians for five days. We host monthly events with cinema outings, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions are only \$15.00 for the year. You can of course 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 monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. Our next meeting is Tuesday 22 August 2017 at 10.30am so come early.. Make a note to 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.

by Kay McLoughlin (Media Officer)



Suite B, 6 Floriston Road (PO Box 747)  
Boronia VIC 3155  
Phone: (03) 9762 6235  
Email: [outereast@eclc.org.au](mailto:outereast@eclc.org.au)  
[www.eclc.org.au](http://www.eclc.org.au)  
Human Rights - Fairness - Justice

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

## World Youth Skills Day

In July, members of the community celebrated World Youth Skills Day by showing their support of our young people. It's important to continue giving youth in our community the tools to empower themselves, whether that be through access to education, training or advocacy services.

For young adults, balancing the competing demands of work, personal and student life can be a tough gig. With factors like costs of living, employment, immigration and tenancy becoming constant fixtures in the mind of a student, maintaining a healthy balance can soon become a stress-inducing experience. It is not uncommon for students to run into legal issues and require assistance from legal

services. Reaching out early is key to easing that constant worry and weight off your shoulders.

At ECLC, our Sort It! Deakin Legal Service for Students can help Deakin students at the Burwood campus and on the cloud navigate legal problems by providing free legal advice and casework to student clients. ECLC's Sort It! lawyers work collaboratively with the Deakin University Student Association (DUSA) to assist students, with the additional benefits of student advocacy and welfare support.

### Annette's Story

Annette, an international student, received a 'show cause' notice from Deakin University regarding her academic performance. She was also faced with the upcoming expiry of her student visa (573) in a few weeks time. If an international student is excluded from their course, they are in breach of mandatory student visa condition 8202, which can result in their visa being cancelled by the Department of Immigration. Annette was concerned that the show cause notice would affect her ability to apply for a new student visa and was referred to the Sort It! Deakin Legal Service for Students by a DUSA advocate.

During her appointment, Annette confided that she had struggled throughout her degree for personal reasons. The Sort It! migration lawyer requested permission to speak with the DUSA advocate about Annette's case and support her together. As the show cause notice was ongoing and Annette's enrolment had not yet been suspended or cancelled,

a new Confirmation of Enrolment for semester 2 was automatically issued and Annette successfully applied for a new student visa.

With the support of her DUSA advocate, Annette responded to the show cause notice within the time allowed and was supported through Deakin University's appeals process. Annette was able to resume her studies and continues to receive assistance and support from her psychologist and the Deakin Disability Resource Centre.

The Sort It! team are on the Burwood campus from Monday through to Wednesday. If you would like more information about the Sort It! Deakin Legal Service for Students or are a Deakin student needing legal assistance, please contact our Box Hill office on (03) 9285 4822 and our dedicated staff can help you get on the right path.

### Can we help you?

Take ECLC's quick legal-health check now by answering the following questions:

- Have you signed a contract that you are uncertain about?
- Do you have unpaid fines?
- Are you experiencing threatening behaviour from someone you know and trust?
- Are you at risk of being evicted from your home?

If you answered 'yes' to any of these questions, call ECLC Boronia on (03) 9762 6235 to find out what help is available.

## Wantirna Evening VIEW Club

Wantirna Evening View Club meets on the 1st Wednesday of the month at The Quality Inn, 137 Mountain Highway, Wantirna 3152, 7 pm for a 7.30 pm start.

We enjoy a delicious 2 course meal plus tea and coffee for \$30.00 and each meeting we have an interesting and varied guest speaker.

We would love new members to join - so come along 3 times to meet and chat with us before you need to decide if our friendship is what is missing from your life!

We are all there to enjoy a social environment whilst knowing we are raising valuable funds for The Smith Family Learning For Life Program.

To book please call our President - Judy on 9729 7327.

Guest speaker for August is Beryl Jones from The Smith Family

Guest speaker for September is Wendy Hitchens - Beady Wendy - talking on Glass Blowing / Jewellery

## Ferntree Gully VIEW Club

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

Monday 28th August, 2017 Speaker - John Howell - author of 'The Only Woman at Gallipoli'.

Monday 25th September, 2017 Speaker - Eileen Irvine - 'Fashion Houses 1950's - Present'.

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

Time - 11.30am for a 12.00 noon start

Where - The Knox Club, corner Stud & Boronia Roads, Wantirna South

To book ring our President - Pam Turner on 9725 4135

## Boronia VIEW Club

Boronia VIEW Club is a vibrant, happy and friendly Club. The club proudly sponsors eight students through the Smith Families Learning for Life program.

The club holds several outings and activities and has smaller groups of ladies who meet monthly to play cards, meet for coffee or discuss books they have read.

The speaker for the August meeting is Beryl Jones from the Smith Family. Beryl will speak about the Smith Families Learning for Life program.

The next meeting will be held at Eastwood Golf Club Kilsyth on Friday the 21st of July '17 at 11.30am Cost is \$25.00 for a two course meal.

To book phone Margaret 9762 9791 or Roz 9762 6785



everyone's family

Logo from Smith Family website

## What's On?

| Event  | Date & Time  | Location   | More Information  |
|--|--|--|---|
| OM:NI<br>Old Men : New Ideas                       | 2nd and 4th Fridays each month   | Orana Neighbourhood House<br>62 Coleman Road, Wantirna South                                     | 1300 13 50 90 or COTA web site  |
| Scoresby 55+ Social Circle                         | Thursdays 10am-12.00noon   | Scoresby Football Club, Scoresby Recreation Reserve.   |   |
| Ringwood Field Naturalists Club                    | 2nd Wednesday each month at 7.30pm   | Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood                                     | Alison or Peter on 9801-6946<br><a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>   |
| Soup and Singing                                   | Thursday 6th July  | Our Saviour's Lutheran Church<br>646 Burwood Highway<br>Knoxfield                                | 9778 9460   |
| Ferntree Gully Art Society                         | August & Sept Exhibitions  | The Hut Gallery<br>157 Underwood Road FTG  | See article on page 19<br><a href="http://thehutgallery.wordpress.com">http://thehutgallery.wordpress.com</a> .                     |
| Eastern Regional Libraries                         | Coding workshops and "Living in the Real World" activities                     |  | See page 21<br>Discover more news, events and fantastic reads at <a href="http://www.yourlibrary.com.au">www.yourlibrary.com.au</a> |
| 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   |
| Chronic Pain Clinic at Wantirna Community Pharmacy | Weekdays during August between 9am and 5pm                                     | Shop 3-4 Wantirna Mall<br>348 Mountain Hwy, Wantirna   | Bookings required on 9720 2872  |
| iShred   | Sat. 12th and 16th August<br>Sat. 9th and 23rd Sept<br>9 am to 1 pm            | 5/7 Samantha Court<br>Knoxfield  | 1300 763 688<br><a href="http://www.ishred.com.au">www.ishred.com.au</a>  |
| Knox Environment Society Nursery                   | Thursdays, 10am to 4pm<br>and Saturdays and Sundays<br>10.00 a.m. to 1.00 p.m. | Parkland opposite the Ferntree Gully Library, entry off Burwood Highway, Melway reference 74 A5. | <a href="mailto:info@kes.org.au">info@kes.org.au</a>  |



## Wantirna Heights Probus Club

Eighteen cyclers and walkers from the club ventured north to Echuca for a weekend earlier in the year. They enjoyed glorious weather and were accommodated in comfortable cabins in the Echuca Holiday Park. They rode on the Saturday and Sunday mornings. The Saturday ride was over an extremely bumpy track that followed the river. One member even did the track 3 times whereas the rest did it twice which amounted to about 11Km. On Sunday they drove to Moama and found cycle paths that followed the main road for about 16m.

The weekend also included an interesting paddle steamer ride on the Murray as well as "happy hours" each day in the shade at the park. As the park was handy to the main shops, the group was able to walk into town and enjoy window shopping with some heading to the local Beechworth Bakery for coffee and baked delights. A photo of some of the group in their striking riding gear is provided.

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



Echuca Holiday Park cabins



## PROBUS CLUB OF WANTIRNA HEIGHTS INC

### GROUP ACTIVITIES INCLUDE

Walking  
Coffee  
Trips and Outings  
Gardening  
Cycling  
Theatre and others

Meets 10am 1st Wed of Month  
Schultz Reserve Wantirna  
No waiting list  
Kevin Doyle 0434116268



## 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.

43 Phyllis Street, Bayswater  
www.bayswaterbowlsclub.com  
Email: club@bayswaterbowlsclub.com

## Men's Shed Indoor Aviation Group (Boronia)

For some time now a group of seniors as members of the Men's Shed have been meeting twice a month at the Knox Basketball Boronia stadium to fly their miniature aircraft. The mornings consist mainly of being a social gathering of like-minded people to participate in their hobby of flying miniature planes and enjoy morning tea.



Members Barry, Geoff and Ron with their gear

A variety of models may be seen from the old style rubber powered free flighters weighing no more than several grams to the more modern 1 cell 3.7 Volt electric EPP foam types which are available as a complete package including radio transmitter from various hobby shop outlets at a reasonable price.

The Men's Shed indoor aviation group also conducts flying 3 times a month at the Waverley Basketball Centre in Chadstone. On becoming an IA Men's Shed member you have the opportunity to use the both facilities

For more information about our group please check out our website at: [www.indooraviation.com](http://www.indooraviation.com) or contact our Secretary Ian Jemmeson whose details are on the website

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## Bayswater are QUICKA on the Draw!

In the previous edition (June/July) of the Community News an article on the inception of a new lawn bowls format, Quicka Bowls was featured.

After eight rounds of competition 72 bowlers from across the Yarra and Eastern Ranges Region ascended on Mooroolbark Bowls Club on 27 May 2017 to represent their clubs in the finals of Quicka Bowls.

Mooroolbark Bowls Club presented their grass greens in immaculate condition for the contest. Bayswater Bowls Club was fortunate to have two teams compete against teams from Glen Waverley, Healesville, Upwey-Tecoma, Ferntree Gully, Richmond Union and the Eastern Eagles Under 18 Development Squad.

Bayswater 1 and Ferntree Gully won their Semi Final matches and progressed to the final which was played over 24 ends. The youngsters from the Eastern Eagles Under 18 Development Squad

made the semi finals and put up a commendable performance to lose narrowly to Bayswater 1.

In front of many supporters from both clubs the final between Bayswater 1 and Ferntree Gully was intensely fought. The result was in the balance to the final ends. Ferntree Gully won two of the three rinks, however, it was Bayswater's overall aggregate score that enabled their team to emerge victorious by four shots and take home the inaugural Quicka Bowls trophy.

The successful team was presented with winner's medallions by John Inglese, Quicka Bowls Coordinator, whose idea it was to introduce this popular and new form of lawn bowls.

Bayswater Bowls Club is gearing up for another successful Pennant Season and would welcome any new members, regardless of age, to join their progressive club. If you are interested please contact the club on 9729 8312 to find out more.



*Bayswater 1 team members proudly display their medallions and Quicka Bowls trophy. L-R : John Inglese, Quicka Bowls Coordinator, Barry Smith, Tim Murphy, Di Saugy, Doug Clarke, Jane Corn, Terry Hudson, Pam Pleydell, Ray Wheeler, John Corn and Lyn Baker, Bowls Victoria Director.*

## Knox City Tennis Club by Gary Leech

### Female Youth Multi Racquet Sports - School holiday program

Knox City is offering 32 young females between 12 and 17 an opportunity to participate in a 4 day multi racquet sport coaching program in December. Cost is only \$100 for the 4 days thanks to a \$5,000 Tennis Victoria grant.

Players will be coached in Tennis, Badminton, Squash and Beach Tennis. The program is designed to engage local girls in a fun, social and energetic environment. Contact Gary to register

### Jeff Connan – We say farewell

The club will farewell a great life member Jeff Connan in August as he moves out of the Wantirna district closer to the beach to support his grandchildren. Jeff has been one of the driving forces behind the resurgence of the club 15 years ago. Jeff has been instrumental in developing the night tennis, membership, management, financial and social programs at the club. Thanks Jeff for your tremendous support and we wish you a fun and healthy retirement.

### Winter Pennant – 5 teams in top 4

The club's junior to senior transition program and female participation initiatives have helped build solid teams with all in the top 4. The ladies grade 4 pennant team is undefeated coming into the finals.

### Hitting Wall – Practice improves performance

The club has completed a landscaping project with the installation of a Hitting Wall. A \$3,000 Knox Council Leisure Minor Capital works grant was secured by the club to assist. The hitting wall is an extension to the club's newest facility, a fitness studio; complete with treadmill, spin bikes, rowing machine, cable squat rack, free weights and other equipment.

### Junior Reunion – We like to party.

In October, the club will be holding a Junior Player Reunion Party. Over the last 15 years, more than 300

juniors have played competitive tennis at the club. A \$1,000 Knox Council Community Development grant will assist with this free social event.

### Youth Participation Social Match-play – Play people your age and any standard

The club has partnered with other clubs to run Youth Participation social match-play tennis each week in October on Friday nights. Youths 14 to 18 years who enjoy playing tennis, but not at district competitions, are invited to join the program to play against people their own age and ability. Contact Gary to register.

### Coach Scholarship – Bianca Jones

The club wishes to congratulate long time junior club member Bianca Jones who was recognised by Tennis Victoria to win the Coach Development Female scholarship award. Well done Bianca!

### Competition - Premiers

Congratulations to the club juniors Ryan, Ethan, Dylan and Jesse for winning their summer DSp 2 Grand Final this year. Congratulations to our Thursday B grade ladies who played an unbelievable final against Legend Park this week to win a premiership flag and some ripper towels for the clubs showers. Well done ladies!

The Rockets, Tuesday nights section 3 team upset the favourites to win another flag for the clubs growing night tennis competition.



### In-house Social Tennis – Tuesdays and Thursdays

The highly successful in-house social match-play program has been running from June to August each Tuesday and Thursday night. Thank you to Lee de Rooy who is the organiser of this important social program.

### Thursday Morning Social

The weekly 9am Thursday social program has grown over winter. Players of all ages come to enjoy 1½ hours of social match-play tennis and cuppa afterwards. \$2 for non members.

### Monday Mornings – Triples M's, Monday Morning Mums

This program will start back again in October with a social group enjoying some fun and easy hitting while their kids enjoy a fun play time with sporty toys and equipment now available at the club. Anyone in the community is welcome to join us at 10am each Monday morning. \$5 including morning tea. Contact Jo, [president@knoxcitytennisclub.com.au](mailto:president@knoxcitytennisclub.com.au) or visit the clubs facebook page for details.

### Hot Shots Coaching and Match-play programs.

More kids are playing tennis matches at an earlier age through the Hot Shots program. Match-Play games for 6 to 13 years olds are held every Friday afternoon and Sunday morning. Contact Gary for more information

### Velocity Ballkids – What's the excitement about?

The ballkid coaching program has been running since February. Every Friday night at 5:30pm, kids run through technical, fitness and match-play drills to help improve their skills and confidence to perform at the biggest sports event in Australia each year.

Play Social, enjoy the serenity at the KCTC Inc.

**Coleman Reserve, Neville St, Wantirna South**  
**Web:** [knoxcitytennisclub.com.au](http://knoxcitytennisclub.com.au)  
**Facebook:** [facebook.com/knoxcity.tennisclub/](https://www.facebook.com/knoxcity.tennisclub/)  
**Membership:** Lesley 0411 233 522  
**Court Hire:** Emma 9801 5879 or email [knoxcitytennisclub@gmail.com](mailto:knoxcitytennisclub@gmail.com)  
**Coaching and registrations:** Gary 0438 018 820 or email [velocitytennis@bigpond.com](mailto:velocitytennis@bigpond.com)

## 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 11th July with all incumbents re-elected.

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 one team in semi finals this past season. The new Wednesday season starts mid July. Our Tuesday team currently sit 2nd in their division. Our Tuesday night WDTA mens team were Premiers in their past season, well done.

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).

We have in this past 3 months had new LED lighting on courts 7 & 8. These we believe are the first for tennis clubs in Knox they look and work wonderfully well. We are most grateful for the financial assistance provided by the following: Federal Government Infrastructure group via our local member Alan Tudge; Knox and associated councils via the "Save it for the Game" program (an energy saving exercise) and

**TEMPLETON**  
tennis club

Knox council via the Leisure Minor Grants program. These 3 groups provided some \$22,500 towards the cost.

We thank most sincerely Luke Wilson and his people from Environmental Lighting Pty Ltd (ELA) who were responsible for the installation of these lights.



## Wantirna Tennis Club News

by Alison Rogers



Volunteers are always appreciated at Wantirna Tennis Club. We were pleased and proud to nominate one of our long time helpers for a Victoria Award. Helen Fernandes was presented with this award by Nick Wakeling at the Award ceremony late in June. Helen hasn't just helped out at the Club, but has been involved with both the Wantirna Primary School and also the Wantirna Secondary College. We thank her for her continuing help down at the Wantirna Tennis Club.



Nick Wakeling presenting the award to Helen Fernandes

### Juniors

With more than half the season finished, we find our Juniors doing rather well with seven teams currently in the four. Thanks to the Mums and Dads

who come every week to watch their children play. Also thanks to the Committee who come along and provide a sausage sizzle each week. The Juniors really enjoy this during the morning.

We hear that there were many Juniors staying up late and watching Wimbledon. Lucky it was school holidays. Although Australia didn't do very well this year, it was still good to see so many out playing. We wish we could all play like that.

### Social tennis

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down on a Tuesday morning and have a Social hit with some of the ladies at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground you can have a hit. Play starts at 9-00am - 9-30am and it is only \$2.

Men of course are welcome.

### Coaching

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.

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. A new ladies 'in house' night is available with something similar to be organised for men on another night.

# SPORT NEWS

We had a "turn on the lights" night prior to our night competition on Monday the 17th July to celebrate this milestone at which Alan Tudge officiated along with Knox Council representative, Daniel Clark.

Our coach, Kelly Cooper (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](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: 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](http://www.templetontennis.com.au)

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

The Coaches now have group and private lessons and also squads. There is more tennis being played at school now and I'm sure if you asked your children, they would say they would like to have a go.

Contact or visit us, we have excellent facilities, including a new BBQ area 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

Wantirna Reserve, Cnr Mountain Hwy and  
Burwood Hwys Wantirna

Melway Ref: 63C8

PO Box 5295 Studfield 3152

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

Web: [www.tennis.com.au/wantirnatc/](http://www.tennis.com.au/wantirnatc/)

WTC Face book: [www.facebook.com/.../](http://www.facebook.com/.../)

Wantirna-Tennis-Club

Club coaching team: Troy & Mike 0424693005

or email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)

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



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**FOR ANYONE OVER 55 WITH A SENSE OF ADVENTURE!**

### VENUE

Mt Evelyn Recreation Camp  
70 Tramway Road Mt Evelyn 3786

### TIME

Registration: 9.15am  
Finish: 12 noon



### COST

\$15 per person per session (includes senior's card discount). Morning tea will be provided and includes fresh fruit, baked treats and tea/coffee.



**BOOK TODAY!**

### CALENDAR OF EVENTS

**MONDAY 31 JULY**  
Wildlife Encounter and Archery

**MONDAY 28 AUGUST**  
Low Ropes and High Ropes

**MONDAY 25 SEPTEMBER**  
Bush Walk to Silvan

**MONDAY 30 OCTOBER**  
Initiatives and Giant Swing

**MONDAY 27 NOVEMBER**  
Bike Ride along the Warburton Trail - BYO Bike

[www.camps.ymca.org.au](http://www.camps.ymca.org.au)  
03 9736 2228  
mtevelyn@ymca.org.au



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