

COMMUNITY NEWS

FROM STUDFIELD, WANTIRNA, WANTIRNA SOUTH,
SCORESBY, KNOXFIELD & BAYSWATER

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



EDITION 51
DECEMBER 2017/JANUARY 2018

- IMMERSE YOURSELF IN ART AROUND KNOX
- SMILES FOR MILES AT TEMPLETON PRE-SCHOOL
- KNOX GARDEN PRIMARY SCHOOL GETS OUT IN THE GARDEN
- A BAYSWATER CHRISTMAS IN THE 1920S
- LIONS CLUB CHRISTMAS CAKES AND TREES ON SALE



WISHING ALL OUR READERS,
CONTRIBUTORS AND FRIENDS A
MERRY CHRISTMAS AND HAPPY
HOLIDAY SEASON

FREE



Your Hearing and Audiology Specialists in Melbourne

Our Services:

- Hearing tests for adults (Bulk Billed)
- Government accredited for FREE services for pensioners and veterans
- Children's hearing services (5 years plus Bulk Billed)
- Tinnitus management
- Worksafe services
- Latest in hearing aid technology
- Ear wax removal
- Nursing home visits and home visits available



(03) 9870 2899

Wantirna Mall Clinic, 621 Boronia Road, Wantirna

Email: hearing@acutehearing.com.au
www.acutehearing.com.au

Information

Published by: Studfield Wantirna Community News Inc.
 ABN: 98259005633 RAN: A0054764G
 PO Box 6159, Wantirna Mall 3152
swnewspaper@gmail.com or
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

Photographers: Chris Ellis & Peter Coluccio
 Additional Distribution: Murray Claringbold & Sheila Bingham.
 Wantirna College Reporter: James Keam
 Front cover: Christmas Display at Studfield Florist (2010)
 Copies: 20,000 copies produced & delivered to houses in Wantirna, Wantirna Sth, Knoxfield & Scoresby and through local distribution points including libraries and various locations in Bayswater .

Affordable advertising rates with discounts for multiple bookings. Call Charles on **0407 797 666 (new number!)**

DEADLINE DATES FOR 2018

NOTE: ADVERTISING COPY DUE ON THE **WEDNESDAY** PRIOR TO THE DEADLINE

Ed. 52 February/March Friday, 12 January 2018
 Ed. 53 April/May Friday, 9 March 2018
 Ed. 54 June/July Friday, 11 May 2018
 Ed. 55 August/September Friday, 6 July 2018
 Ed. 56 October/November Friday, 2 November 2018

Format design by Tamara Bouzo.

Fonts sourced from: <http://www.jennasuedesign.com/>

<http://code.newtypography.co.uk/> - Vernon Adams

Printed by Newsprinters Distributed by Independent Letterbox Distributors

Content

Out and About	Page 3
What's Cool at School?	Page 4-5
Bayswater News	Pages 6-7
Around Knox	Page 8
Community Pharmacy	Page 10
Wantirna News	Page 11-12
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

Editorial

Hello Community News readers,
 Well here we are at the end of the year!
 It is a great pleasure for our team to bring you our Community Newspaper. We are proud of the job we do and we try our best to include every item sent to us. Of course the challenge is to keep up the advertising and sponsorships to cover our printing and distribution costs!
 We are grateful to the clubs and community groups who have given us donations this year and for the contributions from our local members of parliament who consistently support our paper.
 Our readers can also help by supporting the businesses who advertise with us - and remember to tell them you saw their advertisement in the Community News!
 We hope you enjoy your Christmas and New Year and that you have a wonderful holiday season.
 See you in 2018!!

Janet Claringbold, Editor

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.

Disclaimer: Views and comments expressed in this paper are not necessarily those of any member of Studfield-Wantirna Community News. Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, Studfield Wantirna Community News takes no responsibility for errors. **Copyright:** No reproduction, copy or transmission of this publication may be made without written permission or in accordance with the copyright act.



Immerse Yourself in Art around Knox from Knox City Council

30 exhibitions, 30 venues, 30 days (continues until December 11)

The Immerse Arts Exhibition Program headlines some thought-provoking pieces of artwork from some fantastically talented artists.

Immerse is a unique exhibition program attracting national acclaim and is running for its third year running across 30 different locations in Knox.

The Immerse exhibition program has brought together works from 30 artists exhibiting at 30 venues across Knox over 30 days ending 11 December.

Knox Council Mayor, Cr John Mortimore, said Immerse is all about connecting art with the community.

"There's simply nothing like this unique exhibition program," the Mayor said. "Bringing together artists

across so many venues for 30 days is something we've been doing now for three years, and the community simply love it.

"The artists this year cover a wide range of talents and styles—everything from photography to sculpture and various forms of visual art.

"All great societies have been established on a foundation of communal expression through art, and Knox intends to build on this rich and enduring legacy."

Immerse makes art more accessible by putting it on display right where people live, work and play.

"We're putting artworks in places such as shopping centres, galleries, and places where the community meet," the Mayor explained.

A full list of venues, artists, and prizes is available from Council's website: knox.vic.gov.au/immerse.

Arts awards

Artists exhibiting in the 2017 Immerse Exhibition are vying for the following arts awards:

- Emerging Artist Award: \$1,000
- People's Choice Award: \$1,000
- Young Artist Award: \$1,000
- Best Overall Exhibition Award: \$2,000

People's Choice

The People's Choice Award will be an opportunity for visitors to the exhibition to vote for their favourite artist for the chance to win \$1,000. To enter, residents are encouraged to visit the Immerse venues, and visit knox.vic.gov.au/immerse, go to the Artists page and click on the heart next to the artwork that captures their imagination the most. The artist with the most votes wins the prestigious award and will be announced on the Knox City Council website. Voting closes 11 December.

Surreality Photography Exhibition

'Surreality' by Rachel Phillips is a series of photographs developed around dream sequences with a dark haunted twist. Artist Rachel Phillips has been selected for the second time to exhibit her stunning photos as part of Immerse 2017, at Gallery 369, Swinburne University of Technology.

Rachel may not seem your typical emerging portrait photographer. She is 54, married with two teenage daughters and lives in The Basin. Rachel has a

Diploma in Professional Photography and many of her images are taken around the city of Knox.

Rachel's passion is conceptual storytelling. She captures emotion by creating a detailed storyboard for each image which includes searching for the perfect setting, the ideal light, the correct props and costumes, and direct the model's expression whether facial or whole body. This exhibition is a statement on cultivating creativity amongst us; questioning, thinking, analysing. "Our increasing dependence on the digital world is inevitable but concerning. The images I capture are surreal, exploring the complex way the brain processes information at night."

"These images are dream-related and are for you to question, to ask why, to build a story from just one moment in time. Each image tells its own story, in fact many stories, depending on your perception. Go along to the exhibition and ask yourself "What do I see?"

**Venue: Gallery 369
Swinburne University of Technology, 369 Stud
Road, Wantirna
Until 11 December 2017
Mon – Sat, 10.00am – 5.00pm**



Left: Egghead
Top: The Ride

Right: Out of Order



ALAN TUDGE MP

Federal Member for Aston

[f tudgeMP](https://www.facebook.com/tudgeMP) alan.tudge.mp@aph.gov.au
[9887 3890](tel:98873890) www.alantudge.com.au



Real Action For Knox

WHAT'S COOL AT SCHOOL?

Gymnastics at Knox Central Primary School by Rick Scott - Acting Principal

Students at Knox Central Primary School have been very active in recent weeks as they have participated in a gymnastics program. The five week program was provided by a specialist company that employs trained gymnastics instructors to develop and run in-school programs. "Although Knox Central has a Phys Ed program running from Foundation to Year 6 there are a few problems associated with providing a school-run gymnastics program," said Principal Rick Scott when asked why the program was introduced. "Most teachers lack the skills and confidence to work with students on gymnastics skills. Student safety is paramount; we don't want

to run the risk of having spinal injuries. Schools also don't usually have the equipment on hand to run a comprehensive gymnastics program", said Mr. Scott.

The Program at Knox Central was run by a company named "Gymnastics 4 Hire" and they provided a varied and challenging range of activities that utilised a wide range of equipment – all of extremely high quality and in excellent condition. The instructor was friendly, encouraging and obviously knew her stuff. "I would recommend this outfit to anyone", said Rick.



Springfest at Wantirna College by James Keam, Year 10 Wantirna College



For what seems to be ages, students go through school learning skills and preparing themselves for what is the pinnacle point of school – Year 12 – and the exams that follow it, after every SAC and assessment task, seems like a huge challenge to mount. For the Year 12's at Wantirna College that time arrived in November, but before they prepared to brace for their final Secondary school exams they were first able to celebrate the years they've spent working at the College's annual Springfest.

Throughout the day of celebration, a fire-twirler provided much of the entertainment in amongst the music, Year 12 festivities and Fairy Floss stalls, all of which proved to be a major success. Lines and crowds for each were packed, coming together to create what was truly a great atmosphere for the seniors' final day of scheduled classes.

Indeed, we all wished our Year 12's the very best as they headed into perhaps the most stressful tasks of their current lives and hope that they facilitate them into whatever walk of life they hope to undertake in the future. However, we also hope that the very fond memories they have of Year 12 and the fun they've had at secondary school.

Photos courtesy of www.wantirnacollege.vic.edu.au



WHAT'S COOL AT SCHOOL?

News from Knox Gardens Primary School

by Deanna Boyle, Environmental Leader

At Knox Gardens Primary School we love to get out in the garden!

Our Garden Club Program commenced in 2012 when we received a grant from the Knox Council to purchase tools, plants and equipment. The Club is led by six Year 5 and 6 students and made up of 40 children from Foundation to Year 6. Six Garden Club sessions are held throughout Terms 2 and 3 and we receive adult assistance from our school and local community. The children are split into

groups each week and enjoy planting, weeding, watering, mulching, pruning and picking up rubbish and big sticks. All of the Garden Club students and helpers then enjoy a delicious morning tea after all of their hard work!

We elect an Environmental Monitor in each class from Year 2 – 6. The Environmental Monitors enjoy being part of the Garden Club and are also responsible for emptying their class compost bin on a daily basis and their paper bin each week.

Every Tuesday students are encouraged to come along at lunchtime and help in the vegetable garden or with any gardening jobs that we have around the school. We love to plant different things in our vegetable garden and we bundle up different veggies to sell in our school office. All of the profits from selling the vegetables go back into buying more seeds and plants for our vegetable gardens.

We were very excited to receive a grant from Knox Council in April this year to develop a new Sensory Garden. Our Parents and Friends Association also contributed to this project and we were able to employ a landscaping company, Eco Landcraft, to create the basis of the garden. It is a fantastic garden, with a dry creek bed and two bridges that students love to walk and climb on. On Wednesday 25th October our Garden Club students were excited to work in the Sensory Garden. We planted over 100 native plants, including tubestock and some more mature plants. Our Garden Club students have been responsible for watering and looking after these plants, as well as watering the big area of turf that has been laid in the new garden. Over the years we will add to this garden with things

such as wind chimes, rubber statues to climb on, mosaics, plants you can taste and plants that smell beautiful! We are very grateful to have received this grant and we are so excited about adding to our beautiful Sensory Garden.

Our grounds at Knox Gardens are very important to our staff and students and we take pride in keeping them looking wonderful for everyone in our school and local community to enjoy!



Knox Primary School Leaders Luncheon

from Nick Wakeling MP, Member for Ferntree Gully

The future of our state is in good hands! I recently hosted a lunch for Knox primary school leaders where they talked about, and celebrated their time as leaders within their schools.

The students spoke of their experiences including, the informal, the enjoyable and the more difficult challenges they might face as leaders.

They spoke confidently in front of their peers and it was evident that they are all well prepared for the next phase of their education in secondary school.

I wish each of them all the very best for the remaining weeks of their primary school year and for their future whatever that may hold.

I'm certain we will see some of their names in the public domain in the future.



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
to organise a walk through of the Centre.



PRESERVE YOUR MEMORIES

CONVERT YOUR OLD MOVIES, PHOTOS, VHS & CAMERA TAPES TO DIGITAL FORMAT

- > OLD HOME MOVIES
- > TAPES
- > SLIDES > PHOTOS
- > 8MM & 16MM FILM REELS

715 Mountain Hwy
Bayswater
www.codeart.tv

1300 249 843

ALL MEDIA TO
DVD OR USB
30% OFF

CODEART PRODUCTIONS

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 ◆ (03) 9720 5097

EST.
1988

Graphic Engraving (Vic) Pty Ltd

Signage and Engraving Services

Our services include manufacturing a large range of small labels, tags, signs and full colour stickers. We can cut, machine and engrave various materials including acrylic, aluminium, stainless steel and timber.

Contact us: sales@graphicengraving.com.au

P: 9764 0144 **Factory 1/9 Samantha Crt, Knoxfield**

Heidi Victoria MP



Member for Bayswater District

A Message from Heidi

Road safety is important throughout the year, but especially over the holiday season. Locally, we've recently seen the upgrade of the pedestrian crossing at the fiveways intersection of Boronia Rd, Mountain Hwy and Wantirna Rd – a crossing with a terrible history. Please email me (Heidi.Victoria@parliament.vic.gov.au) your thoughts about the upgrade and other local road safety initiatives.

As we head into the gift buying season, I would urge everyone to support all our local traders. The traders in Bayswater have had a particularly hard time with the ongoing level crossing removal works. They could really use your support, especially over Christmas.

On that note, I would like to wish readers a healthy, safe and merry Christmas.

Heidi

Handed from Parliament's Electoral Office and Communications Budget



A Bayswater Christmas in the 1920s

Excerpt from a story written by Vicki Court, Courtesy Knox Historical Society, Ferntree Gully.

In the early 1920s Frost's Paddock (where Bayswater Park is now) was the location of the Boxing Day Carnival attended by families from the surrounding districts. There was a spinning wheel with boxes of chocolates for prizes. Races and games, including the egg and spoon race, three legged races and tunnel ball were also held.

Families brought their own food to the picnic but there were bottles of soft drink for sale. Hot water was also available for making tea. Trenches were dug in the ground and lined with bricks so that fires could be lit to heat the water in two or three coppers. Each family brought a billy in which to carry the hot water to make the billy tea.

Christmas is a time of tradition and a continuing tradition in Bayswater pioneer Marjory Brown's family was the Ferndale Christmas pudding. Ferndale was a beautiful home located in The Basin and owned by James Griffiths of Griffiths Tea Merchants of Melbourne. Marjorie Brown's mother, Miss Mary Silk, (later Mrs. Hughes) was Mrs. Griffith's personal maid at Ferndale and she also prepared the meals when the cook was ill. After Mary's marriage, the recipe for the Ferndale Christmas pudding was used each year by the

by Evelyn Hodgkin,
Bayswaterhistory
Facebook

Hughes family. The ingredients for the pudding were prepared on Christmas Eve and the pudding was made first thing on Christmas morning.

A holly tree was grown in the garden so that a sprig of holly could be placed on top of the pudding. Small coins were also placed in the pudding and the pudding was served with a sauce. As Mrs. Hughes ran a small poultry farm, roast chicken was not considered a special treat but roast duck was. The main course for Christmas dinner consisted of roast duck with roast potatoes, pumpkin and parsnip, accompanied by peas. Cherry trees grew wild in Frost's Paddock so a small tree, either in a pot on the kitchen table or in a pot on the floor would be used as a Christmas tree. The tree was decorated with cut out shapes, including stars. Christmas was a very special occasion.



News from Bayswater Senior Citizens Club

by Evelyn Hodgkin

Located on Mountain Highway, Bayswater next door to the Bayswater Hotel, our Club's activities will take a break during holiday time.

Please mark in your diary that we will be opening our Club for a year of fun, socialising and friendship on the following dates.

To start the year, Bingo will resume on Thursday, 11th January, 2018 starting at 12.30pm. Arrive by 12.10 pm. giving time to purchase your tickets. Bingo books cost \$2 and our under cover game costs one dollar. Prizes are \$10, \$30 and up to \$50 and are there to be won.

We need to increase our attendance at Bingo and invite you to join us for an afternoon of fun and prizes. The \$2 admission includes tea/coffee/biscuits. You will be made most welcome so think about this over the holidays.

Friday is Carpet Bowls and we also need members enabling us to use two mats. This will resume on Friday, 12th January, 2018. Arrive at 12.30 pm. ready for a 1 pm. start, Cost \$2.00 includes tea/coffee/ biscuits.

Card Playing including Canasta and 500 will resume on Tuesday, 16th January, 2018. Please arrive for a 12.30 pm. start. Cost is \$2.00.

Movie Mornings with a DVD of everyone's choice is held on the first Tuesday of every month commencing at 10 am. Please phone Club to confirm dates. Bookings are necessary for this day. Cost \$5.00 includes morning tea.

TAKE NOTE:

Zest4Life, Monday, 26th March for a "Sing Along." Starting at 11 am. This will include a light lunch and costs \$10. More on this next time.

Christmas greetings to everyone.

For more information phone Dot 0422 107 124



Photo courtesy of Knox Historical Society

BAYSWATER RSL

SUB-BRANCH Inc.
of the RETURNED &
SERVICES LEAGUE of
AUSTRALIA
(Victorian Branch) Inc.

9720 4638
bayswater-rsl@bigpond.com

Opening hours:

- Mon, Tues, Thurs & Fri - 2.00pm
- Wed, Sat & Sun - 12.00noon

626 Mountain Highway Bayswater



Smiles 4 Miles at Templeton Pre-School

The Children at Templeton Orchards preschool got to enjoy their very own Fruit & Veg store this term.

Templeton Orchard Preschool has been working hard promoting the three key messages of Drink Well, Eat Well and Clean Well, as part of their commitment to the Smiles 4 Miles program.

Smiles 4 Miles is an initiative of Dental Health Services Victoria and is implemented locally by EACH. The aim of the program is to improve the oral health of The City of Knox preschool aged children and their families by encouraging healthy eating, healthy drinking and good oral hygiene.

Whilst focusing on the Eat well component of the program, educators at the centre set up their own Fruit and Veg shop further enhancing the Eat well message. The children were encouraged to select from a wide range of healthy and nutritious fruits and vegetables.

The Fruit and Veg Shop was another great incentive which further consolidated the importance of good diet, healthy eating and good oral hygiene.

Diana Brown Smiles 4 Miles Coordinator for EACH



was invited to attend the Fruit and Veg store and experience first-hand the children's delight as they carefully made their selections and then paid for their purchases.

"We know that good oral health is essential to your overall health and wellbeing, and we also know that good habits are learned early in life, that is why we are encouraging good oral health habits with our youngest members of our community and their families," Diana said.



Smiles 4 Miles is an award program which recognises early childhood services for implementing healthy eating and oral health policies, engaging with families about the importance of oral health, and educating children through a variety of fun learning experiences based on the Smiles 4 Miles key messages – Drink well, Eat well and Clean well.

For more information contact Diana Brown

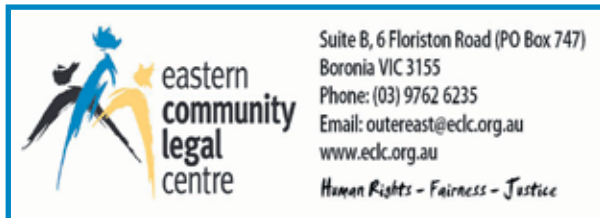
Smiles 4 Miles Coordinator, EACH

Tel: 97576209

Email: diana.brown@each.com.au



News from Eastern Community Legal Centre



ECLC Funded for Elder Abuse Prevention Work

ECLC has been funded by the Department of Health and Human Services to expand its vital elder abuse prevention work through the recent Elder Abuse Prevention Network funding round.

ECLC has been leading the highly successful Eastern Elder Abuse Network since 2008 (with limited resources in partnership with Seniors Rights Victoria) and the new funding directly recognises the importance and value of such networks, as recognised by the Royal Commission into Family Violence.

Although ECLC has been granted the funding, CEO Michael Smith emphasised the crucial importance of a partnership approach.

"The many health, community, government and other agencies in the East have been working together for many years now to elder abuse in the community through the EEAN. Regrettably the disgraceful and insidious abuse of seniors remains a major issue and the partners also collaborate very closely in responding to those in need." he said.

"ECLC particularly appreciates the active support of many partners in the application for this



Eastern Elder Abuse Network Meeting

funding, emphasising the strong and multi-layered partnerships we share."

ECLC looks forward to implementing the activities under this funding over the next year.

Family Violence Forum: Sharing Knowledge and Ideas in the East

The Migration Information Centre (MIC) held a Family Violence Forum for services in the Eastern Metropolitan Region on September 19, in partnership with the Victorian Government, Communities Council on Ethnic Issues and Eastern Community Legal Centre.

The session was jam-packed with speakers and information about exciting projects undertaken to achieve equality and respect in the local community.

Speakers covered a broad range of topics and showcased the vital work. Victorian Government

representatives spoke about the Royal Commission into Family Violence and the resulting increase in funding for services to address the issue including for work undertaken with Culturally and Linguistically Diverse (CaLD) communities.

Khuang Mang spoke about gender inequity in his community. Khuang has driven projects in partnership with MIC to raise awareness of these problems and demonstrate gender equity.

The MIC highlighted their work with young refugees, which focuses on gender equity and addressing the connections between inequality and use of social media, gaming and music. Randika, a youth worker, described some of the attitudes held by newly arrived young people and the work he has been doing to address problems that may arise.

ECLC looks forward to hosting and supporting similar events in future, where services can share knowledge, ideas and models for promoting equity and respect in the community.



Family Violence Forum



OBrien Real Estate

We introduce to you OBrien Real Estate Wantirna which is led by local and experienced agents.

The managers of the office consist of:

Geraint Gardner – An experienced agent within the City of Knox for many years now, he brings the skills of a Licensed Estate Agent and Auctioneer. He is always doing his best to represent his clients and has always had a long term ambition to eventually own his own office.

Nicole Gardner – An Award winning agent within the OBrien network for two years in a row. Nicole is a Senior Property Manager and handles our rental department. Nicole has been with OBrien Real Estate for over five years and believes in the OBrien family values.

Neo Chen – A familiar face within the City of Knox who has developed a relationship not only with our local Asian market but also with our foreign investors. As a skilled multilingual speaking agent Neo brings not only experience but an ability to negotiate at a better level to get top dollar when selling your home.

Our team has grown in such a short space of time and we look forward to the year 2018.



Thinking of Selling or Leasing your home in the new year?
We'd love to have a chat with you.

03 8820 8338

(207 Stud Road, Wantirna South)



Christmas Greetings

Merry Christmas lovely readers!

I cannot believe it is that time of year already, it feels like just yesterday we were gearing up for Christmas and here it is again! How time has flown!

I wanted to start my article this month by thanking you all...Thank you for reading, thank you for supporting us here at Community Pharmacy and getting involved in the different health focuses we have had throughout the year.

As the countdown to Christmas begins, for most of you, this hopefully means lots of good food and maybe a few too many drinks enjoyed with close friends and family. It's that time of year where things can be taken to the excess to ensure the holiday season is lived to its fullest.

Your community pharmacy, as always, is here to help!

Here are my top tips for getting you through the silly season reasonably unscathed!

1. Lemon Juice

Start the day with a glass of warm water with lemon squeezed into it. This age-old remedy which helps to reduce fluid retention, but more importantly can help cleanse the liver and other body tissues. At this time of year, our livers can be under more pressure than normal, so every little support helps!

2. Eat a Healthy Breakfast

This time of year can be hectic for some, running for last minute Christmas gifts or just running from party to party. We can often find ourselves making poor food choices when time is of the essence or forgetting to eat at all. Taking time each day to have a healthy breakfast fuels the body for a busy day ahead and can set the standard for other food choices throughout the day.

3. Stay Hydrated

When you feel dehydrated, symptoms can include: feeling tired and sleepy, dry skin, dizziness, headache or dry mouth. None of these sound very pleasant! Making sure to drink plenty of water throughout the day is a must, but for anyone who has overdone it a little too much rehydration powders are available from the pharmacy which contain electrolytes to rehydrate you a lot quicker than plain water. If you take any medications just check with the pharmacist before using them.

4. Swap Out Sugar

Given the copious amounts of good food and treats we can often consume during the festive season, this can sometimes play havoc on blood sugar levels. If you are making treats yourself try swapping the sugar in the recipe for a natural sweetener like stevia. The food will have the same sweet taste without the nasties of sugar.

5. Use of Good Supplements

Even though a lot of us are on holiday this time of year, with offices closing down for Christmas (not we pharmacists though, spare a thought for us!) It can still be a frantic and stressful time of year. Smart supplementation can help give you a much needed boost.

- **B Vitamins:** This group of vitamins are important for maintaining good energy levels and also for supporting the body's nervous system. They also reduce anxiety and stress. So if you are looking for a quick pick me up, this would be my supplement of choice.
- **Vitamin D:** This is an extremely important vitamin to support many functions in the body. Vitamin D helps to improve mood, it helps to strengthen bone and improves the immune system. At this time of year, sunlight is your best source of vitamin D, supplements are also available for anyone who may be cautioned to stay out the sun.
- **Probiotics:** Our bodies are made up of masses of different types of bacteria. This good bacteria is so important for the body as it helps anything from good digestion, to the immune system to influencing a number of different skin conditions such as eczema. Many things can upset the balance of good and bad bacteria in our bodies, two big culprits are alcohol and poor food choices. Thus during the silly season, taking a probiotic supplement everyday can help maintain this essential and delicate balance of bacteria.

Just remember to always consult your pharmacist before starting any supplements as certain medications or medical conditions mean they may not be appropriate.

So what do we at community pharmacy have to offer you all to help this silly season? Plenty.... of course!

I hope to see you at some point during the month!
Carmen Tisseverasinghe B. Pharm MPS

FANTASTIC CHRISTMAS GIFTS

The girls here have been super busy over the last few months sourcing all sorts of brilliant gifts, well priced and thus perfect as stocking stuffers, teacher's end of year presents or gifts for the grandkids.



HEALTH PLANS

It's that time of year where we start thinking about our new year's resolutions and what we might want to achieve for the months ahead. Pop in store and see one of our pharmacists who can create a personalised health care plan for you.

WEIGHT LOSS



If losing weight is top of your 'to do' list, we are so excited to introduce you to our newest weight loss program. It's called IMPROMY, a CSIRO designed diet and lifestyle change. Has been clinically proven to have a positive effect on medical conditions such as high blood pressure, high cholesterol or diabetes. Since we started with this, our staff have all tried it and some of the results are amazing!

So please pop in and wish us a merry Christmas! I hope you all have a fantastic and safe holiday season and look forward to writing for you all again in the new year!

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

www.communitypharmacy.com.au



It has been just over a year since you, the community elected me to represent you in Knox and I've never taken it for granted. When elected, I spoke about Community Safety and Youth as being core issues of mine among others.

Recently I was excited to launch our new tool to fight graffiti and further assist Police in catching taggers. It's called Vandaltrak and you can download it on your smartphone or use it online to report graffiti

Beware of Christmas Toxins

Christmas is a time for celebrations and spending time with friends and family. Sitting at the vet clinic on Christmas is not everyone's idea of festive celebrations. During the Christmas period there is an increase in fruit mince pies, roast dinners, nuts, chocolate, lollies and presents.

While these can be harmless to us they can be quite harmful to our pets. Some common things that can be harmful to pets during the Christmas period for pets include the following;

1. Grapes, currents, sultanas, raisins

Even just one or two grapes, currants, sultanas or raisins can have a toxic effect on your pet. You may see vomiting, diarrhoea, lethargy, changes in urination, seizures and even kidney failure.

2. Onions, garlic, leeks, shallots and chives

These vegetables contain a toxic ingredient called thiosulphate which when consumed by dogs or cats leads to a condition called haemolytic anaemia. This means that the pet's red blood cells burst apart inside their blood vessels which can lead to breathlessness, lethargy, vomiting, diarrhoea, and even fainting.

3. Chocolate

Chocolate contains theobromine and the darker the chocolate the more theobromine it contains;

instantly and send critical data to Police which will help them catch the crooks.

I was also saddened by the tragic loss of resident's pet dogs which had been killed by foxes in the Wantirna area and I have called for a report to look at a regional cross-organisational response to ensure this doesn't keep happening. I will fight to see \$\$ in our next budget to ensure we protect our pets.

On a lighter note, it was with great pleasure, and after lots of hard work that we launched the NEW Youth Advisories Committee which will empower young people in our community and I was proud to see this come to fruition to grow young leaders. This also comes at the same time as my report into engaging with Youth coming back which will hopefully see a new Web-Based Youth Hub online, I hope to bring this to you in the future.

I also want to take this opportunity to wish you all a merry and safe Christmas and as always, please

By Emma Corbett, Veterinary Nurse Cert IV
Wantirna Vet Clinic

cooking chocolate contains 7 times more than milk chocolate making it the most toxic to pets needing as little as 50mg to be harmful or potentially fatal. Chocolate toxicity can lead to excitability, increase in drinking and urinating, tremors, vomiting, diarrhoea, seizures and even death.

4. Small parts of toys

Small parts of toys when ingested can cause a blockage in the stomach or intestines. This can lead to vomiting, reduced appetite, pain, and it can be fatal if not treated. Not only are small parts dangerous but also batteries. They do not cause a blockage but they can cause nasty burns in the stomach and intestines. This is a true medical emergency. Please contact a veterinarian immediately as early treatment is the key.

Initial treatment is to get the toxin out, which includes inducing vomiting (if within a time frame of 4 hours) and supportive treatment such as medications, IV fluids and possibly hospitalisation and surgery may be required to remove the foreign bodies.

Please remember this Christmas to keep the toxic foods away from our pets and small toys should be used under supervision and kept away from pets when they are not in use. From all of us at Wantirna Vet Clinic, we wish you a Merry Christmas and a Happy New Year.

WANTIRNA NEWS

feel free to contact me to discuss anything you like. Also follow me on my below Facebook to stay informed about what's going on in Knox.

E – jackson.taylor@knox.vic.gov.au

M – 0418 719 940

FB – Jackson Taylor – Councillor for Collier Ward

KING Bean ☎9738 1550
Licensed Cafe

Trading Hours

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

Evenings for private dinners/functions
'For Great Coffee, Food and Service'
Shop 7 Wantirna Mall S.C., Wantirna 3152
www.kingbean.com.au

Enjoy Christmas with Quality Fresh Meats



Christmas is just around the corner! This year we will be stocking home-made gluten free hams, on the bone and boneless, fresh turkeys and turkey buffs, cooked turkey half breast, turkey supreme and don't forget the Christmas pudding! Too hot to cook inside? Why not try a spit roast! Come in store and we can assist you on size and even chuck it on the rod so it's ready to go!

Wishing everyone a happy and safe Christmas from the market fresh team.

Catering For
All Occasions

Toby Huang
PH:97298784

Shop 21 The Mall,
Wantirna



Wantirna Vet Clinic
KIND HEARTS... GENTLE HANDS



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

News from Wantirna Heights Probus Club

The club recently visited the Fire Services Museum in East Melbourne. The first thing to strike the group was the beautiful mosaic on the outside wall of the Museum's gracious old building on the corner of Gisborne St and Victoria Pde. One of the experienced retired fireman was the guide and gave a wonderfully enthusiastic and detailed commentary about the development of fire services, uniforms, equipment and procedures throughout the years.

Originally each company in Melbourne had their own individual fire insurance. If your building caught on fire and the wrong fire engine arrived, they would not put out the fire because you were not insured with them. You had to wait for your company's engine to arrive. This all changed when the variety of fire-fighting companies amalgamated into the MFB. The group was treated to examples of records that were kept, photographs, paintings and tributes and yes there was a fireman's pole. Upstairs in what originally was the hay loft, the pre-computer communication equipment was on display.

This enjoyable and informative visit was rounded out with a look at the new fire station next door.

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



Fire Services Visit



Guide Dog

Do you love a cute puppy? Well if you do, then a visit to Guide Dogs Australia is just the thing for you. 16 from our club went on this outing to Kew.

We had a lady presenter who has been a volunteer at GDA for many years and has a deep knowledge of all that is involved for the dogs in their reproduction, training in a home, speciality training on the site and selection of a suitable candidate for assistance. She was open to questions about the property, the programme, the failures, the successes and the costs involved. We were able to see the puppies being trained.

These are very valuable dogs - it costs \$50,000 to train a guide dog, so they are very well cared for. Many of the dogs go to those who are vision impaired, but some are used for the disabled, for customs, for the police, and one will soon go to an ex serviceman with PTSD.

Demand for a guide dog is high and numbers are being increased depending on resources available. GDA has a number of buildings on an extensive property which is owned by the State government and on which they have a long term lease. However after 60 years significant work is needed to upgrade the buildings and extend them to meet current needs and funds are being sought for this.

After the visit we enjoyed lunch at Fountains Restaurant in Box Hill, a training restaurant for the hospitality students at Box Hill TAFE.



ST LUKE'S
CATHOLIC CHURCH
1 Speech Ct, Wantirna 3152

St Luke's Parish Mass Times

Weekend:

Saturday Vigil: 6:30pm

Sunday Mass: 8:30am & 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

News from Sustainability Victoria

Reduce your summer energy bills

Staying cool and comfortable in summer doesn't need to be expensive. There are many simple ways to stay cool while reducing your energy costs.

1. Shade your windows

- Stop the sun from passing through your windows and keep the heat out in summer.
- Close your curtains during the day
- Use external shading to keep the sun off the windows
- Cover skylights
- Shade windows for summer

2. Choose your cooler wisely

There are two main types of cooling systems.

- Evaporative coolers are cheaper to buy and run and are most suited to hot dry climates.
- Refrigerative air conditioners are effective in most climates, and are available with a reverse cycle option.
- If you are buying a new cooling system, compare running costs over the lifetime of the product with our Energy Rating Calculator available on our website.

3. Insulate to stay cool

- Over 40% of Victorian homes have inadequate ceiling insulation, allowing unwanted heat inside in summer.
- Adding wall insulation offers further energy savings of at least 15.5 per cent and adds the equivalent of nearly one star to the overall energy rating.

- Bulk insulation is one of the smartest ways to save money on energy bills.

Ceiling fans and portable fans are cheap to run

- Fans are quiet and effective and can reduce the need to use other types of cooling.

Open your windows and doors

- As soon as the temperature outside is cooler than inside open your doors and windows to cool down your home in summer.

Consider external and internal shading

- The best way to shade your windows depends on which way they face.

Set your thermostat

- Set your air conditioner thermostat at 24-26 degrees Every degree lower will increase cooling costs by 10%.

Draught proof your home

- Draughts account for around 12% of summer heat gains through hot air coming in during the day. If using an air conditioner, make sure you close your doors and windows and seal up gaps and cracks.

Avoid running your air conditioner all night

- Use your cooling systems efficiently, by turning it off at night, when you're out, and when you're away on holiday.

TAKE2 climate change pledge

TAKE2 is Victoria's collective climate change pledge initiative to reach net zero emissions by 2050, and keep the global temperature rise to under 2 degrees. Sign up to be part of Victoria's action on climate change.

Visit <http://www.sustainability.vic.gov.au>



Don Mitrevski
Managing Director



PROPERTY
GROUP

Real Estate
Ph: 9729 5288



Linda Mitrevski
Head of Property Management

SALES RENTALS AUCTIONS COMMERCIALS

www.surrealpg.com.au E: info@surrealpg.com.au

A FAMILIAR FORCE IN LOCAL REAL ESTATE



Allan Mitrevski
Business Broker/Commercial
Sales Consultant
ENJOYS: Being Mr. Fix it



Robert Funston
Senior Property Consultant
ENJOYS: Analysing
whatever



Keith Hamill
Senior Property Consultant
ENJOYS: Being naughty
but nice



Peter Wal
Senior Property Consultant
ENJOYS: Sharing knowledge



Jacob Soudah
Property Consultant
ENJOYS: Being part of
the family



Hasan Ibrahim
Property Consultant
ENJOYS: Marketing & Sales Guru



Marci McKenny
Property Manager
ENJOYS: Sharp shooter



Coady Mitrevski
Administration
ENJOYS: Being a chip
off the old block



Bonica Hawker
Administration
ENJOYS: Being super
organised



Justin Mitrevski
Administration
ENJOYS: Knocking the
chip off the old block

EXCITING NEWS

Husband & wife real estate team Don & Linda Mitrevski known for their honesty and integrity are delighted to advise they are now an independent Real Estate agency called "Surreal Property Group". Being no longer part of any chain group enables them to service the entire Eastern Suburbs which is a far wider area than previously, from their offices in Bayswater and now in Vermont.

We have been listening, to our clients' needs and expectations.....

- Understanding: We understand our customers need to feel the message they are sending is being correctly received and interpreted.
- Welcoming: We know our clients like to feel that we are happy to see or hear from them
- Reliable: We do what we say reliably, accurately and consistently
- Assurance: Our staff are competent, knowledgeable, respectful, credible, reliable, honest and will always respect your confidentiality.
- Empathy - We treat you as an individual and understand your needs
- Clear appropriate and timely information, individualised attention
- Responsiveness - We are flexible and will help you, resolve your problems promptly and affectively.

Call one of
our offices
and experience
the Surreal
difference.

Call now or
call later but
JUST call us...
You will not be
disappointed.

BAYSWATER 2/732 Mountain Highway. PH: 9729 5288

VERMONT 8A Boronia Road. PH: 9729 5288

KNOXFIELD & SCORESBY NEWS

Guest Principal at Scoresby Secondary College by Nicola Mendleson

Peter Hitchener is Principal for the day

On September 6th Channel 9 newsreader Peter Hitchener was Principal at Scoresby Secondary College. The students enjoyed hearing his words of advice and were encouraged by his passion for reading and writing. He discussed his experiences in the media, encouraging the students to be persistent in following what they want to do, stating that he always wanted to go into broadcasting and pursued his dream until it became a reality.

"I had a wonderful day, it's a great school. I was particularly impressed by the broad range of topics the students were learning and the respect they showed each other," said Peter.

"Peter is passionate about working with students and encouraging reading and writing. It was great to have him at the school for the day and he gave our students lots of encouragement as well as tips and hints about getting a career in the media," said Gail Major, Principal.



Seniors Event: BBQ & Singing

On Wednesday 4th October 80 people gathered to celebrate 2017 Senior's Event at Our Saviour's – what a wonderful, joyful day everyone experienced.

One of our attendants wrote:

It was a very enjoyable occasion as around 80 people gathered for a Seniors Luncheon at Our Saviours Knoxfield on 4 October. I participated as both a volunteer setting up the day before and as someone who was fortunate to enjoy a delicious meal of barbecued chicken, sausages and salad followed by cake and fruit. Patricia Kolec, who does such a wonderful job of organising these luncheons, seemed to know many people personally and showed her usual attention to detail. The tables looked very festive and there was lots of cheerful chatter.

Rhys Lett from the Eastern Suburbs Music School

was thrilled to be asked back to entertain us and gave his time voluntarily. He related well to the guests and played many songs that were well known. Two couples even spontaneously got up to dance.

It struck me that there are many lonely people in the community who just long for occasions like this where they can connect with others. There were people who are adapting to retirement, a lady with Down syndrome and her Carer, and others who are coping with the challenge of dementia. Our Saviours provides a welcoming space and it is so good to see the church open its doors so that the community can benefit. As participation was by voluntary donation, this event was accessible to anyone who wished to attend.

The volunteers were cheerful and attentive to the needs of the guests present and all together I feel it was a very happy and successful event on the Knox Seniors Festival Calendar.

Margaret Gibson (Ferntree Gully)



Knoxfield 55 Plus Club Inc.

Knoxfield 55 Plus Club has activities suitable to people 55 and over. These activities include:

Living Longer Living Stronger

Exercise sessions, led by a qualified trainer. Dumbbells and ankle weights are supplied. Mondays and Thursdays 9 am to 10 am and 10:10 am to 11:10 am. (9 am to 10 am presently have a waiting list)

Carpet Bowls

Mondays and Wednesdays 1:15 pm to 4 pm.

Ballroom Dancing (sequence dancing)

Fridays, 11 am to 2:30 pm — on what is considered by many people to be the best dance floor in Knox. There is a 30-minute lunch break, so bring some lunch. Tea and coffee are provided.

Bingo or Entertainment

Thursdays 1:00 pm to 3:30 pm. Mainly Bingo, but occasionally there is an Entertainment afternoon performed by a noted entertainer or entertainers.

Other Activities include bus trips to the various highlights in Victoria or the surrounding states. Some of the trips include overnight stays. Usually a stop-over at a Pokies venue is included.

Knoxfield 55 Plus Club Inc.

Carrington Park Activity Centre

20 O'Connor Road, Knoxfield

Phone: 9763 7944

Scoresby Over 55s

Scoresby 55+ Social Circle meets every Thursday morning at the Scoresby Football and Cricket club behind the Scoresby shopping centre at 752 Stud Rd Scoresby.

The group is purely a coffee and chat social group and provides a weekly friendship group for local residents to have a relaxed and friendly morning with other like minded people.

Our group is a mixed male and female group over the age of 55 years and of approximate equal numbers. All we ask is a \$3 door entry and you are provided to a sumptuous morning tea with bottomless Tea or Coffee

Members all become a part of the Rowville Neighbourhood Learning Centre for a very low yearly membership fee and are entitled through this membership to also take part in other programmes run by the RNLC.

From time to time we have outings to various venues and are organising monthly speakers on a wide variety of subjects. On the 4th Thursday of the month, we generally order in a simple lunch such as fish n chips and extend the meeting for another hour.

To find out a bit more please contact Priscilla at the Rowville Learning Centre for more details on 9764 1166.

KNOXFIELD & SCORESBY NEWS

No Ordinary Life – Positive Ageing in Knox

Privileges of a modern world forged from the hardship of generations past.

Since becoming a Knox Councillor, I have had the privilege of meeting so many wonderful and inspiring people. With every encounter I learn something about our world, our community and even about myself and I am a better person for it. Personally, I take that knowledge and try and pass it forward with the intention of making a positive difference to how we all live.

One of the most rewarding and enlightening experiences as a Councillor is the work I do with Seniors across Knox. With every interaction, I feel nothing but admiration and respect and come away even more thankful for the quality of life we all now enjoy.

Life is and has been hard for many older people, something I don't think my generation and younger fully appreciate. In recent months I have met several women in their 80's and 90's who have experienced adversity unimaginable. Some told of fathers returning from WW2 with mental health issues and alcoholism brought about by what now would be recognised as PTSD. I spoke with one amazing lady, who escaped from Eastern Europe by walking backwards for miles through fields with two young children. She walked backwards so that if the Germans saw her they would not think she was trying to escape.

I share this as an example because what I have come to appreciate in recent times is that the generations born pre- 1950 are incredibly resilient, practical and self-sacrificing. Whilst these are admirable traits to have, it also means they are often the most vulnerable in our modern self-centred world. These are the members of our community who struggle through winter with no heating because they can't afford the electricity, these are men and women who eat one basic meal a day. This week I met an 87-year-old lady who cuts up pieces of fabric to make herself makeshift continence pads because she can't afford the modern disposable types. Whilst there are likely people of all ages who experience similar hardships, it is the fact that this older generation are accepting of their plight and resourceful in trying to manage through, often not asking for help that sets them apart.

There are just over 5458 70+ year olds living in the catchment of the Studfield Wantirna News of which 1/3 are over 80. As a community I believe we all share responsibility for them, regardless of whether they are family or not. You can make a big difference to an older person simply by caring and showing that they matter. Patience, compassion and empathy is all that is needed to brighten someone else's day. Be thankful to the elders in our community as I do not believe we would have the



privileges we enjoy today had it not been for the sacrifices of generations past.

On that note and with the festive season a few weeks away, why not spread some holiday cheer by showing kindness to any elderly neighbours or seniors in the community who find Christmas one of the loneliest times of the year.

Cr Nicole Seymour – Tirhatuan Ward
E:nicole.seymour@knox.vic.gov.au
M:0427 245 834

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour



Authorised by D.Wood 2 Stevens Place, Rowville



- ! Pumps
- ! Cleaners
- ! Filters
- ! Chlorinators
- ! Heating
- ! Chemicals
- ! Spas
- ! Toys
- ! Accessories

Ph:9753 3929

info@onestoppoolshop.net.au



facebook.com/onestoppoolshopscoresby

5 Darryl Street
Scoresby 3179

fx:(03) 9753 3091

NEWS IN GOOD HEALTH & WELLBEING

Hands on Myotherapy



Health and Well-Being in Summer

Daylight saving and warmer weather sees us enjoying more outdoor activities. Whether it be in the garden, outdoor sports or simply socializing, we need to take care of our health and well-being. With this in mind, our team can not only provide

treatment of existing pain problems but will help with ideas on how you can approach and enjoy this season with optimum health

The sunshine entices us to get out into our garden, weeding, digging, and lifting. Can you identify with this? "Loved working in the garden but I could hardly walk next day!" Our practitioners can suggest exercises and things to watch out for that will help you avoid this scenario.

Taking time to stretch and warm up, remembering the correct way to lift heavier objects, taking regular rest breaks and drinking more water are some simple tips to make our time outdoors enjoyable.

Feeling overwhelmed, stressed and emotional can be heightened at this time of the year. Myotherapy and Remedial Treatments can lower blood pressure and improve blood and lymph circulation. Treatments also release the 'feel good' hormone, Serotonin, which reduces anxiety and stress and improves our mood and sleep patterns.

Complimenting treatments with self-care will aid in achieving optimal health and well-being.



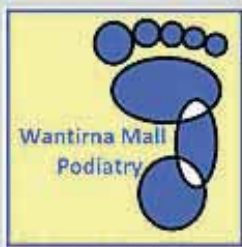
- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

8740 3991

Unit 10/603 Boronia Road
Wantirna VIC 3152

Monday - Friday 9am to 7.30pm
Saturday 8am to 1.00pm

www.handsonmyotherapy.com.au
enquire@handsonmyotherapy.com



Amour Health Pty. Ltd.
ABN: 34 938 676 119

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.wantiramallpodiatry.com



WANTIRNA DENTURE CLINIC

- Full & Partial Dentures
- Mouthguards
- Relines
- Veteran Affairs
- Repairs
- Vic Denture Scheme

Chris Brownlie

Dental Prosthetist

Telephone: 9720 1555

487 Boronia Road, Wantirna
Cnr Stud Rd, opposite Knox Club

Getting Your Feet Ready For Summer

There are several foot health concerns that can occur more readily in the summer months due to our hot, dry climate. One of the most common summer foot problems is cracked, dry heels known as heel fissures.

Heel fissures occur on the bottom of the foot mainly the outer edge of the heel. Occasionally these heel fissures can become very deep and bleed causing pain and becoming infected. Open and bleeding heel fissures can be especially risky for people with diabetes or compromised immune systems.

Dry heels and heel fissures can be treated by gently using a pumice stone to decrease the thick, dry layer of skin and regular application of moisturiser containing Urea. Moisturisers with Urea have been found to penetrate the skin further than other general creams. Also the avoidance of walking barefoot or wearing open-backed footwear will help to prevent the skin on feet from drying out.

If the cracks and dry, hard skin become unmanageable to clear on your own, our

Podiatrists' at Wantirna Mall Podiatry can remove the heel fissures for you and help clear up any cracks by sharp debridement and using a sanding disc. The treatment is simple as sharp callus debridement involves only removing the hard, dry skin on the surface of the foot, there is no cutting. The sanding disc then polishes any leftover dry parts leaving the skin on the heel relatively smooth. Any deep, open cracks are cleaned and treated to prevent infections.

Please visit us on our website for more handy tips.



Mountain District Learning Centre is pleased to announce basic computer classes at Mish Mash Café in Boronia.

Classes are held on Wednesdays from 12:30pm- 2:30pm at the rear of the shop.

The tutor brings the laptops and everything else that is needed for a successful class.

These classes are free!

You just need to fill out an enrolment form and show your green medicare card.

Come along and learn how to use "Computers with Confidence" Wednesday's 12:30pm to 2:30pm



News from Wantirna Osteopathy by Dr. Jason Stone

Osteopathy for Tennis Elbow

Tennis Elbow (Lateral Epicondylitis) is inflammation of the tendon and bony attachment of the forearm extensor muscles. The muscles that straighten our fingers and pull our wrist backwards all join into one common tendon which attaches to a bony bump (lateral epicondyle) on the outside of our elbow.

When we form a grip or just simply bend our fingers, these extensor muscles work constantly to stabilise our wrist. Over many hours of writing, typing, using a mouse, gripping a hammer or power tool these muscles become tighter and more fatigued. Eventually, if we don't stretch these muscles, they put so much tension on the tendon and its bony attachment that they become inflamed. Whilst ice and anti-inflammatory medication can relieve the pain, the underlying cause of tight and tired forearm muscles will most likely maintain the condition.

What's Tennis got to do with it? As mentioned before, when we make a grip the forearm extensor muscles work hard to stabilise the wrist (keep it stiff), hence the stronger the grip the harder these muscles have to work. Many years ago tennis racquets were quite heavy and poorly weighted which meant greater wrist strength was required



to control the racquet. No doubt this created a common injury in people playing tennis.

Today we all use a computer, tablet or mobile phone constantly, which is the major cause of tennis elbow due to the repetitive use of the fingers. A common cause of tennis elbow is the combination of using a computer all day and then lifting weights in a gym at night time requiring an excessive use of these forearm extensor muscles.

As it is an inflammatory condition, rest and medication will often help but to control the condition long term it is essential to have your wrist/elbow

wantirna
osteopathy

For the treatment of:

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

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

mobility and forearm muscular flexibility assessed and treated.

At Wantirna Osteopathy, we have been seeing great research proven results from Shockwave Therapy which is why we invested in a machine 12 months ago. The pain reduction for Lateral Epicondylitis has been outstanding and without the need for anti-inflammatory medication.

Finally, addressing the aggravating factors is imperative to manage this:

- Regular breaks from the keyboard, mouse, power tool, hammer etc.
- Stabilising the wrists with straps or taping when using excessive grip strength.
- Regular stretching of the forearm muscles.

CARIBBEAN Market

INTRODUCING GOURMET

FOOD TRUCKS & STREET FOOD

Every Sunday in November - December
1280 Ferntree Gully Road, Scoresby Vic 3179
Normal Market Hours

For More Information Visit
www.caribbeangardens.com.au

#CaribbeanMarket



ENTRANCE



Another Winner in U3A Knox Art Show by John E. Ford

Once again the weather gods smiled favourably upon that one weekend in October when Knox U3A holds its annual Art Show. This particular weekend, October 8 & 9, represented the 21st such running of our major annual event. However, there was one essential difference in this year's show, in that for the first time there was no craft or quilt component. We had taken the step to separate out this feature, and held a separate show for those genres back in April, to wide acclaim.

The effect of this decision was immediately noticeable, as more space was made available for the better placement of exhibits, and greater freedom of movement afforded to patrons.



Alan Tudge presents Robert Diss with Toyota "Best in Show" Award.

Approximately 250 entries were received, and the standard was, once more, first class. Judges Shirley Dougan (Fine Arts) and Barbara Oehring (Photography) had a difficult task in selecting winners from the five categories. A full listing of winners will



Local members of Parliament, Nick Wakeling and Kim Wells with Best Oils "Shades of Night" by Dianne Morris

appear, in due course, on our website (www.u3aknox.org.au), but for our purposes, the major prize-winners were as follows -:

- Best in Show - \$1000 prize donated by Ferntree Gully Toyota – Alpine Creek by Robert Diss.
- Best Landscape - \$500 prize The Bill Batt Memorial from Knox Environment Society – Flame Trees by Charlotte Kandelaars.
- Best Portrait – Untamed by Gaye Ronald
- Mayor's Prize – Lagoon at Chiltern by Susan Garrett.
- People's Choice – Lulu, the Governess
- 1st in Oils – Shades of Night by Diana Morris
- 1st in Watercolours – Shades of Grapes by Cynthia Fox
- 1st in Pastels – Calm Waters by Linda Diane Finch
- 1st in Acrylics – Dainty Lady by Brendan Blanchard
- 1st Other Media – Mountain Ash by Glynis Kirby
- 1st Photography – Bamboo Forest by Paul Lucas

Members of Parliament Alan Tudge (Federal), Nick Wakeling and Kim Wells (State) and Councillors Darren Pearce (Mayor) and Peter Lockwood were all on hand to facilitate the opening and to present prizes.

BROUGHT TO YOU BY FERTREE GULLY TOYOTA

Thanks must be extended to Bruce Boswell, Alison and Lawrie Gaylard for their efforts as the principal organizers of the event, and to the small army of volunteers who carried the two days of the event so efficiently. Stalls were run and light refreshments served, all provided by the volunteers of Knox U3A.



Best Landscape and winner of the Bill Batt Memorial - "Flame Trees", an oil by Charlotte Kandelaar

Our thanks must go to Ferntree Gully Toyota, who donated the major prize for the show and to Knox Environment Society, Knox City Council and many others who provided financial backing for the event.

Radio Eastern 98.1 was on-site with their mobile studio to provide entertainment and promotion for the Art Show.

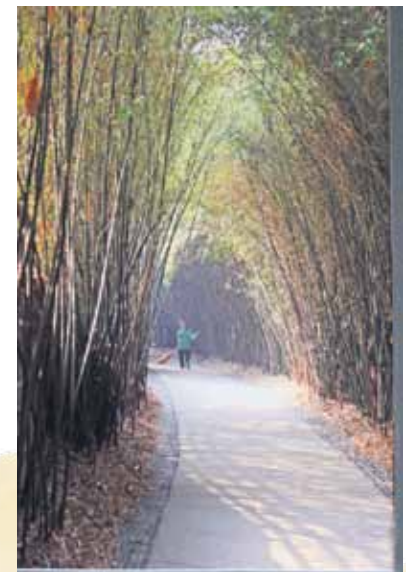
We appreciate the on-going support of these organisations who help make the Art Show a success.



Robert Diss' Best in Show – a pastel entitled "Alpine Creek"



"Lulu- The Governess" by Dennise Wanless.



First in Photography "Bamboo Forest" by Paul Lucas

Corolla Ascent Sport Hatch CVT

3.9% comparison rate

\$80 per week with Toyota Access* | \$23,990 driveaway*

toyota.com.au/victas-special-offers

Ferntree Gully Toyota
1101 Burwood Highway, Ferntree Gully
T 03 9758 8222
ferntreegullytoyota.com.au LMC1 10793

CELEBRATE COROLLA

Plus with 4 years Roadside Assistance across the entire Corolla Range**

TOYOTA

*Recommended driveaway pricing is applicable for Private, Bronze and Silver fleet customers, and primary producers only at participating dealers. Excludes Metallic Paint. Offer available on vehicles produced August 2017 to December 2017 and purchased by 31/12/2017 unless offer extended. > \$80 per week is available on a Toyota Access Consumer Loan to approved personal applicants of Toyota Finance to finance the purchase of a Corolla Ascent Sport CVT. Offer excludes business, government, fleet and rental buyers. Driveaway price of \$23,990 (includes 12 months registration, 12 months compulsory third party insurance, dealer delivery and stamp duty and no metallic paint), less a deposit of \$900 with 47 monthly payments in arrears not exceeding \$344.36 and a balloon final payment (equal to the GFV) of \$9,504. Additional interest charges accrue whenever a balloon final payment option is selected. Based on an annual percentage rate of 2.89%. Terms, conditions, fees and charges apply. Offer valid until 31/12/2017. Toyota Finance reserves the right to change, extend or withdraw an offer at any time. Comparison Rate of 3.90% is based on a 5 year secured consumer fixed rate loan of \$30,000. WARNING: This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Toyota Finance is a division of Toyota Finance Australia Limited ABN 48 002 435 181, AFSL and Australian Credit Licence 392536. The Guaranteed Future Value (GFV) is the minimum value of your new Toyota at the end of your finance contract, as determined by Toyota Finance, subject to fair wear and tear conditions and agreed kilometres being met. Please speak with your Dealer for more information. [E1] Terms and conditions apply. Roadside assist expires 4 years from the vehicle purchase date. Valid on new Corolla models purchased between 01/10/2017 and 31/12/2017, and vehicles delivered by 31/01/2018. Toyota Finance reserves the right to change, extend or withdraw the offer at any time. Toyota Extra Care is administered by Toyota Finance.

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.



The ABC Swing Show from 1948 *by Ken Simpson-Bull*

Melbourne born Alan Saunders, who began a musical career in the early 1930s, had the distinction of having been the longest continuous player in the ABC's once iconic Dance Band—from 1936 till 1969. (The ABC band was discontinued as an austerity measure in 1981.) In addition to playing saxophone and violin, Alan also ran a weekly half-hour ABC jazz program for several years in the 1940s called "The Swing Show" which was broadcast live to air.

The Jazz Museum has recently found in its vaults an actual recording of one of these programs from 1948. Since the show was never officially recorded, this may be the only such program in existence and thus would not have been heard in seventy years. It features the Graeme Bell band who had just returned from their first overseas trip. Unfortunately, parts of the fragile acetate disc were so badly damaged that some of the recording had to be edited out and other parts were too worn to be satisfactorily restored.



Nevertheless, the Museum has made a copy of the semi-restored program available on-line. Simply go to the Museum's web page at www.ajm.org.au, scroll down to the lower left of the home page and click the "play" button.

Incidentally, after leaving the band, Alan Saunders became the ABC's Light Entertainment Department librarian before retiring. He died some years ago.

The ABC Melbourne Dance Band with McDuff Williams in 1948. Alan Saunders is on violin at the lower left. The vocalist is Geoff Brooke.

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

THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery

157 Underwood Road, Ferntree Gully

Christmas Arts and Crafts Sale

Jewellery Pottery, Paintings and more
11.00am - 4.00pm until the 10th of December,
Wednesday to Sunday 11.00am - 4.00pm.

**You may find that Special gift for that Special person
at a very reasonable price.**

Come along. Free entry. All Welcome.

"After-school young Artists Exhibition"

Exhibition hours 11.00am - 4.00pm
Open until Sunday the 10th December.
Opening hours - Wednesday to Sunday 11.00am - 4.00pm

"The Immerse Exhibition" featuring 4 Artists:

Jan Neil, Diana Ingleton, Amanda Sgourakis
and Matthew Alford.

Opening hours 11.00am - 4.00pm Wednesday to Sunday
A must come see!
All Welcome. Free Entry.

The Hut Gallery's first Exhibition for 2018

"Anything Goes" Jan the 14th-28th

12.00noon - 4.00 pm

knox your city
by Carols
Candlelight



Saturday 2 December

Wally Tew Reserve, Ferntree Gully
4pm - 10pm (main show from 8pm)

Smoke & alcohol free event

For more information visit knox.vic.gov.au/carols

Principal sponsor

Bendigo Bank

Major sponsors Ray White.

Access Ability Australia





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

Speakers

October Meeting - Speaker Ian Grant "Backyard Astronomy"

Ian has had an interest in astronomy from when he was a small boy and still has a keen interest now. In his presentation he provided information about what are stars and galaxies. He also showed images of star constellations including the Southern Cross, Orion, the Scorpion, the Gemini, Leo and Cancer, also Pegasus, Canis Major and Minor. He encouraged those present to use their binoculars to study our planets, although a telescope would collect more light if available. Jupiter and its moons can be seen with binoculars. He also spoke of other planets including eclipses of the Sun and Moon, the Aurora and satellites.

Excursions

In September the Club usually holds two excursions as this is a great time to be in the bush.

September excursions

On our first excursion, Hazel and Alan took us on a full day excursion to Pound Bend & Tindals Reserve. We visited Pound Bend in the morning and after lunch moved on to Tindals Reserve.

At Pound Bend we had a walk along the River Trail which runs beside the edge of the Yarra River and through the Warrandyte State Park. Although there was not



Diuris pardina
Photo: Jack Airey

many flowers, there was an abundance of birds, with many different cuckoos calling, along with a variety of honeyeaters. Some bushes of *Myrsine variabilis* - Muttonwood were covered in purple berries and were of interest to the group. After lunch we had a quick look at the Pound Bend Tunnel which has much history regarding the early days in Warrandyte.

In the afternoon we moved on to Tindals Reserve. Here we were treated to the sight of many different bush orchids, including greenhoods, spider orchids and leopard orchids. The area was very colourful with many wildflowers in flower through the bush.

Our second excursion for the month was to Labertouche.

Inta and Roger led us on a full day excursion to Labertouche where we were pleased to be joined by The Peninsula Field Naturalist Club. On a gorgeous day with blue sky and sunshine we were given a treat with the bush coming alive with colourful Spring Flowers. Although the flowers were just coming out, they were attracting the local birds. Tawny crowned Honeyeaters (which we don't get in Melbourne) were good to see, along with many others.

Club and SEANA weekend away, Little Desert Nature Lodge, Nhill

In October our Club hosted a weekend away with 135 people from other Field Naturalist Clubs from South Eastern Australia. The area we chose this time was to 'show case' the Little Desert, 16 kms from Nhill in the Wimmera. Over the weekend we provided many excursions to areas including, Kiata Reserve, Snapes Reserve, Mt Arapilies, Glenlee Flora and Fauna Reserve and many walks around

the Little Desert Nature Lodge area. After dinner on the 3 nights we had speakers, Ben Holmes talking on "Rewilding the Desert", Ian Morgan talking on Victorian Birds, and Michael Stewart "Indigenous plants as a source of food". These were enjoyed by all. The weekend covered peoples interests in Flora, Orchids, Fauna, Birds, Geology and much more. Some were even lucky enough to see the elusive Mallee Fowl.



Daviesia brevifolia
Photo: Alison Rogers

Many expressions of thanks came to our Club which had spent many months organising this weekend.

Our next month's Presentations will be:

December - Speaker - Warwick Dille "Stuck in the Web".

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

Spring Planting..... is on!

Resilience endurance and survival. This is what native indigenous plants are genetically equipped with, to survive, grow and multiply. When the survival and needs of 'homosapiens', that is us, comes first, it is usually at the priority of market, economic and political driven forces. Factoring these as being of a global priority, there is limited opportunity for any indigenous flora and fauna to survive if there is no soil, no land, and no water?

The issues of species survival, land clearance and land degradation, salinity patterns, and the effect of crop sizes, and grazing has been researched, mapped and documented. (Declining Biodiversity and Unsustainable Agricultural Production-Common Cause, Common Solution? Wendy Stevens, Consultant Science, Technology, Environment and Resources Group 21 August 2001). You can even list with the Australian Government, Department of the Environment and Energy, "Threatened Species Scientific Committee". Listed threatened species are considered as being "matters of national environmental significance", under the EPBC Act's,

assessment and approval provisions"). <http://www.environment.gov.au/biodiversity/threatened/species>.

But this process is slow and time consuming. Listing is one thing, acting is another. Too little is being done for the survival of our dwindling native flora and fauna populations as the numbers slowly decline. Research is drawn out, time consuming slow to catch up with what is the reality of what is happening in our community in our city, and with relevant recommendations being too late to follow. We tend to live with this reality, aware that it ultimately can lead to reduced numbers of struggling populations of plants and animals, to sadly..... extinction! Is there any solutions, any opportunity to increase the number of indigenous plants and animals, from the microscopic to the macroscopic levels in our own local environment? Yes there is!

Planting indigenous native plants in your garden can definitely increase the resilience and the population numbers of our local flora and fauna. Suitable low cost indigenous plants are available at K.E.S. as well as the free wisdom from knowledgeable volunteers, committed and working towards a range of projects aimed at the survival of our indigenous native flora and fauna. The "Gardens For Wildlife" is one project that focuses on creating habitat that is all about balance - plants, insects, birds and animals living in sync with the available soil, nutrients, rainfall,

sun and site. If you want more native plants in your garden then come along to 'The Spring Planting Festival' that is on at K.E.S. and get planting! You can select to add to your garden a native indigenous plant that will have an impact due to its uniqueness of being an indigenous species with some listed on the endangered species list but available at K.E.S..

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. 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 10.00 a.m. to 1.00 p.m.



News & Events at Your Library

by Jasminder Ghotra



LIBRARY NEWS

Top Reads & our Newest DVDs

This month's collection of Top Reads and New DVDs have become available at your local library. To place free reservations on any of these titles go to our website at www.yourlibrary.com.au.

Check out this month's latest titles:

Top Reads:

- Jane Harper - Force of Nature
- Judy Nunn - Sanctuary
- Michelle De Kretser - The Life to Come
- Richard Flanagan - First Person
- Dan Brown - Origin
- Minette Walters - Last Hours
- Sulari Gentill - A Dangerous Language
- Robert Harris - Munich
- Harlan Coben- Don't Let Go
- Graeme Simson & Anne Buist - Two Steps Forward

New DVDs:

- Wentworth - Season 5 (2017)
- The 100 – Season 4 (2017)
- House of Cards – Season 5 (2017)
- American Horror Story – Roanoke- Season 6 (2016)
- The Big Bang Theory – Season 10 (2017)
- Walking the Americas (2017)
- Snatched (2017)
- Churchill (2017)
- Don't Tell (2017)
- Hounds of Love (2016)

Instagram @yourlibraryerl

Eastern Regional Libraries has recently joined Instagram, another social media platform!

Follow us @yourlibraryerl for great photos, event information, staff picks and much more.

Christmas and Holiday Hours

We're nearing the end of the year which means that your library service will have some different opening hours over the holiday break in December.

To find out more we will announce these hours on our website at www.yourlibrary.com.au and there will be promotional material available at your closest library.



Family and Local History Newsletter

Are you interested in family or local history? Make sure you subscribe to our new family and local history newsletter to receive updates!

You can subscribe through our website at www.yourlibrary.com.au/family-history/ for the latest news, information and new books in our collection. Events at Your Library

We're hosting a huge range of events in your local library over the coming months. Here's a snapshot of what's available:



Knox Immerse

Ferntree Gully and Rowville Library will be exhibiting some of the fantastic artworks from Knox Immerse, the celebrated arts exhibition is back for 2017. Developed and coordinated by Knox City Council, the program aims to make the arts more accessible by engaging with people as part of their everyday lives, outside of the traditional gallery space.

To know more visit the website <http://www.knox.vic.gov.au/immerse>



RoboCamps with IC Robotics

Knox Library Sat 2/12/2017 9AM-2:45PM

Learn how to design, program and build your own Lego robots with IC Robotics! Robo Camps are a unique and innovative way to engage children aged 8-16 in STEM (Science, Technology, Engineering and Mathematics).

Cost: \$90 - Book on <http://www.versiontree.com/icrobotics/robocamps>

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

Working hard for our local community

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

nick.wakeling@parliament.vic.gov.au www.nickwakeling.com.au

Funded from Parliament's Electorate Office and Communications Budget.

Nick Wakeling MP

STATE MEMBER FOR FERNTREE GULLY



News from National Seniors Australia Knox Branch Inc

At our September meeting, Fred Sanstrom gave a very interesting talk on succulents – basic gardening techniques and educational facts. Did you know that Sansevieria, Mother-in-law's tongue, is an ideal indoor plant that has excellent capabilities of absorbing 107 known air pollutants? This is according to a 25 year research undertaken by NASA. Sansevieria is a very tough, durable and easy to grow plant with high tolerance of low light, rare watering and poor soil conditions, that make it ideal for busy people or anyone who tends to kill plants.

Here is Fred with one of his favourite succulents – Gasteria "Little Warty".

Have you checked out our website that contains lots of information about meetings and events www.knoxnationalseniors.org.au. Meetings are held on the 4th Wednesday of the month at Knox Club, corner of Stud and Boronia road. 10.15am. Come for a visit as our guest.

Contact John Giles 9778 6784.



Fred Sanstrom

Senior drivers – Are you a responsible driver?

Alison Wright from RACV gave a very educational presentation at the National Seniors Australia Knox Branch Inc. general meeting on 25th October.

This was part of a Lifestyle series the RACV have developed in collaboration with VicRoads; TAC; and the SES.

We were provided with the latest "Victorian Older Driver's Handbook" which contains up to date information about road rules and road safety. As Alison said "Once you have a driver's licence it is your responsibility to maintain currency. Ignorance is not an excuse!"



News from Knox Scouts

by Nicole Klep, District Leader Cub Scouts

'Cuboree Mayhem at its best'

3,625 Cub Scouts + 5 days under canvas = the adventure of a lifetime! Cuboree is held every 3 years at Gilwell Park, Gembrook. It is the second biggest camp under canvas held in Australia, the first being Jamboree. This was the 9th Cuboree (the biggest yet) held on the 2nd to the 6th of October, each has a theme. For this Cuboree it was 1001 Nights. The Cubs had lots of fun and let their imaginations run wild.

The majority of the scouting members were from Victoria, but we had 25 from Tassie, 5 from Queensland and 26 from N.S.W. The City of Knox had 150 Cubs and 80 adults, which included Venturers, leaders and parents. Cubs came from all of our 13 Cub Packs which was fantastic and we had the most Cubs attend ever. Overall Cuboree had 941 leaders, 33 Scouts, 187 Venturers, 91 Rovers and 451 adult helpers supporting our huge number of Cub Scouts!

A Cuboree Pack is made up of 42 Cubs, 6 Line Leaders (Cub Leaders), 1 Pack Akela (L.I.C) and 3 Pack catering staff (usually parents). They camp, eat and do all the activities together. The campsites all have a magnificent gateway which relates to the Cuboree theme and our 4 Cuboree packs did an amazing job! Our 4 Cuboree Packs had themed hats for our Cubs, worn all through Cuboree, which helped identify them from the other 90 odd other Cuboree Packs and 3,000+ Cubs!

Some interesting statistics from the catering side of Cuboree 14,382 litres of milk, 1,173 litres of custard, 110,653 slices of bread, 21,960 apples, 723 watermelons, 321 jars of jams, 945 kg of cereal, 1.7 km of sausages, 5,737 kg of meat, 3,748 litres of juice, 10,980 bananas and mandarins. That is a lot of food!

The activities bases included: Cherry Lane, Back To Gilwell, To Scouts and Beyond, 1001 Senses, A Cautionary Tale, Three Wishes, Arabian Nights, Bazza's Dreamin' and CFA Fire Safety. To give you a taste of an activity the Arabian Nights is described as follows "Come to a land, from a faraway place, where the caravan camels roam. Where it's flat and immense, and the heat is intense. It's barbaric, but hey, it's home! Come on down, stop on by. Hop on a carpet and fly. To another ... Arabian Night." Sounds exciting doesn't it? The Cubs were kept entertained and excited. They went through mazes,

slid down water slides into mud, rode billy carts, went on Puffing Billy, learnt how to belly dance, wore blind folds whilst engaged in activities, and so much more.

All the Cubs had an absolutely amazing time and went home elated, exhausted and filthy, with some fabulous stories to tell! They loved the blanket badges they collected and the Cuboree t-shirt and scarf. I am not so sure that their families loved the mud they brought home!

If you are interested in trying Scouting go to: <https://scoutsvictoria.com.au/locations/all-groups/>

1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 2nd Knoxfield are the local Scout Groups. You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 6 to 26 years and after 26 lots of fun is to be had by becoming a leader!



Lions Wantirna Christmas Cake and Tree Sales

To support the Lions Club Wantirna's numerous community projects it will again be selling Christmas Cakes and Christmas Trees in your local community in December. It would be great if you can support the Lions Club by purchasing a cake, pudding or a Christmas tree.



Christmas Cakes and Puddings: Selling at Banksia Nursery, Studfield Pharmacy, Stud Road and at Wantirna Mall at the Bendigo Bank, the Newsagency and at the Community Pharmacy

Christmas Tree Sales: Weekend of 9th & 10th December

Location: Collier Reserve Burwood Highway Wantirna Sth (Near Cnr of Burwood Highway and Stud Rd).



If you have any enquiries regarding Christmas Cakes, Christmas Trees or would like to know more about the Lions Wantirna projects and activities see www.wantirna.vic.lions.org.au or contact Paul Garvey Secretary on 0400823441

COMMUNITY NEWS



Knox & District Over 50s

If you are new to the area or recently retired then can I suggest that you visit the Knox Over 50s 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 many social outings.

There are various activities planned for the next few months: a five day trip to the Grampians, a Christmas BBQ, and our annual Christmas party at Marybrooke. Monthly events include 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 for 2018 are due in January and remain at the same level as for 2017 –that is \$15.00 for the year. You may visit us three times before deciding to join.

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 with the exception of December. The next meeting is Tuesday 23rd January 2018. Meetings start at 10.30am so come early to get a good seat. Make a note to attend 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.

News from Knox Historical Society

Teddy Bears' Picnic at the Ambleside Homestead & Museum

To celebrate the opening of our new exhibition 'Child's Play' on Sunday 21st January 2018, the Knox Historical Society is holding a Teddy Bears' Picnic at the Ambleside Park Homestead & Museum, 3 Olivebank Road, Ferntree Gully.

The museum will be open to visitors, and, in the gardens there will be story time, arts and craft activities, olden day games, a fairy glade, a bear hunt and more.

Bring a picnic lunch and enjoy an afternoon of fun at Ambleside. Children are encouraged to come in dress up and to bring their teddy bears.

Entry: \$5.00

Children under 12 (accompanied by an adult) free.

Event 11.00am to 3.00pm.



FIRST CLASS ACCOUNTS BORONIA

(Boronia, Bayswater, Kilysth and Mount Dandenong)

Nader Gayed brings more than 30 years' experience in finance and accounting related positions.

Backed by the extensive network of First Class Accounts, Australia's largest bookkeeping franchise, Nader offers a full range of bookkeeping and accounting services that will exceed expectations.

Nader's extensive experience in finance and accounting allows him a very in-depth understanding of business sustainability, and he is perfectly positioned to offer insights that business owners may overlook. Nader's outgoing personality affords him the opportunity to fully integrate himself into the teams and businesses that he works with, and his professionalism and attention to detail is unsurpassed.

To find out how Nader can help your business thrive, contact him now for a free, no obligation assessment on 0472 623 095

Read more at <http://www.firstclassaccounts.com/boronia>

Face Book : First Class Accounts Boronia

Wantirna Evening VIEW Club

Wantirna Evening View club is made up of a group of friendly women all there to enjoy a social environment whilst knowing we are raising valuable funds for The Smith Family Learning For Life Program

We meet on the 1st Wednesday of the month at The Wantirna Club, 350 Stud Road, Wantirna 3152 (opposite Villa Maria) - 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 to meet and chat with us before you need to decide if our friendship is what is missing from your life!

For our December meeting we will enjoy songs to get us ready for the Christmas spirit.

There is no meeting in January.

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

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 and a refuge for women and children escaping domestic violence.

Monday 18th December, 2017 - An inspirational speaker - a former 'Learning for Life' student through The Smith Family.

Monday 26th February, 2018 - Our AGM

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 will be meeting on Friday 22nd December 2017 at 11.30am for our Christmas meeting and lunch. There will be entertainment, Christmas goodies and the "Big Christmas Hamper" raffle will be drawn.

Come along and join in the fun.

Boronia VIEW Club is a happy, vibrant and friendly Club and we would make you most welcome.

Boronia VIEW Club meet at the Eastwood Golf Club Kilsyth. Cost \$25.00 for a two course meal.

Details Margaret 9762979 or Roz 97626785



everyone's family
Logo from Smith Family website

What's On?

Event	Date & Time	Location	More Information
OM:NI Old Men : New Ideas	2nd and 4th Fridays each month	Orana Neighbourhood House 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.	Phone Pricilla on 9764 1166
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 http://www.rfnc.org.au
Ferntree Gully View Club	Monday December 18 Monday February 26	The Knox Club, Cnr Stud & Boronia Rds Wantirna South	Pam Turner 9725 4135
Ferntree Gully Art Society	December & January exhibitions	The Hut Gallery 157 Underwood Road FTG	See article on page 19 http://thehutgallery.wordpress.com .
Wantirna Evening View Club	1st Wednesday each month at 7.00pm (No meeting in January)	The Wantirna Club, 350 Stud Rd, Wantirna	Judy on 9729 7327
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
Lions Club Christmas Tree Sales	Sat & Sun 9th and 10th Dec	Collier Reserve, Burwood Hwy Wantirna South	Paul 0400 823 441
iShred	Call for next community shredding dates.	5/7 Samantha Court Knoxfield	1300 763 688 www.ishred.com.au
Knoxfield 55+ Club Inc	See page 14 of this issue	Carrington Park Activity Centre 20 O'Connor Road, Knoxfield	Phone: 9763 7944
Teddy Bears' Picnic	Sunday, January 21 11.00am to 3.00pm	Knox Historical Society 3 Olivebank Road, Ferntree Gully	\$5.00 entry fee. (Free for accompanied children under 12 years)
Immerse Exhibition	Until December 11	Various locations around Knox	knox.vic.gov.au/immerse

News from Villa Maria

Senior volunteer a rare find

Is Aubrey Foster the only person in the world who loves ironing?

Each Tuesday, this 77-year-old volunteer can be found ironing clothes at the Villa Maria Catholic Homes (VMCH) Op Shop Warehouse in Wantirna South.

The clothes, destined for sale at VMCH op shops in Bayswater, Heathmont, Ferntree Gully and Wantirna, help raise funds for the not-for-profit organisation's various support programs.

Aubrey's been the chief ironer for a while now – and it's a title he relishes.

"I love it. I do all the ironing at home as well. It's just calming... you can stop and think, work things out in your head."

Aubrey is a long-time volunteer. He began as a driver for VMCH 15 years ago, transporting seniors to and from the Wellbeing Centre.

He admits it's a little unusual for a man to enjoy such a tedious task as ironing. "But I keep reminding people, the best tailors and designers in the world are male!"

Aubrey is buoyed by that fact that his work helps VMCH continue to grow and sustain its services.

"What we do here effects a lot of other people. I am always selling the idea of volunteering because it gives you a good feeling, makes you feel life is worthwhile. The camaraderie and the company is terrific."

VMCH is looking for volunteers to help staff its Bayswater, Ferntree Gully and Heathmont op shops (Mon to Sat) and Wantirna op shop (Sat mornings). All sale profits go towards supporting older people, children and adults with disabilities, their families and carers. No experience necessary and training provided.

For more information please call
1800 036 377
or email volunteers@vmch.com.au

About Villa Maria Catholic Homes

Villa Maria Catholic Homes is committed to working in partnership with people of all ages and abilities to help them achieve their individual goals and dreams, remain connected to their communities and enjoy their independence.

As an agency of the Catholic Archdiocese of Melbourne, our values including respect, compassion and inclusion guide us to deliver the highest quality services to individuals of all faiths and backgrounds.

We are a Catholic, not-for-profit organisation providing residential aged care, affordable housing options, retirement living, senior support, disability,



carer and education services to more than 6,500 people across Victoria and southern New South Wales.

Volunteering is a rewarding & meaningful experience

ask our mascot Shya who thinks she can drive for us!



Volunteers have been the backbone of our organisation with an ongoing team of committed volunteers. We have been able to deliver services to the elderly frail aged and people with a disability living in the area of Knox and South West Yarra Ranges for 40 years.



Volunteer Positions available:

- Volunteer Drivers
- Dog Walkers
- Planned Activity Group Assistants
- One on One shopping assistance
- Friendly visiting
- Administration



For more information ring Lyn 9763 9700 or email lynm@bridgescc.com.au

Search Bridges Connecting Communities on YouTube to see how rewarding volunteering can be!

Takin' it to the Hoop from Knox City Council

Council progresses basketball vision for Knox

Council's vision for the future of basketball in Knox has progressed with Councillors voting to support a review of relevant masterplans at the Knox Regional Sports Park and to provide funding to this effect.

Councillors also noted a report detailing a structural assessment of the Boronia Basketball Stadium and the associated costs to renew it over the medium term.

Cr Darren Pearce, said while it was unlikely that there would be any substantive change to the playing of basketball at Boronia over the next 3-5 years, the sport needed a new home within Knox.

"The Boronia Basketball Stadium has served our community well over the last forty years, however it's an ageing facility that is unable to accommodate the rapid growth that basketball is experiencing in Knox," the Mayor said.

"A structural assessment of the stadium has identified a number of issues that will require extensive and

ongoing maintenance and management. Indeed, cost estimates for the maintenance and renewal of the stadium over the next ten years are estimated at \$6.2 million.

"This is not a sustainable situation over the long-term and, with the development of the Knox Regional Sports Park in Wantirna, we have the perfect opportunity to secure a long term home for basketball as well as other sports.

"Council has agreed to support a review of the Stadium Schematic Masterplan and Site Masterplan at the Knox Regional Sports Park, to consider incorporating 10 courts, gymnastics, administration and the future possible inclusion of a show court/stadium and associated infrastructure.

"With this goal in mind, Council has approved funding from the Open Space Reserve 2017-18 to commence the review work."

The Mayor said the Boronia Basketball Stadium is located at a key site for the ongoing management of stormwater in Boronia, and that the de-

commissioning of the stadium over the long-term, would potentially facilitate an extension to the existing retarding basin.

"This site is a key location for stormwater management in Boronia and with that in mind, an extension of the existing retarding basin across part of the site, is potentially more likely.

"Helping safeguard the Boronia community from potential future flood events is a priority for Council, and will inform our decision-making accordingly."

The Mayor said Council was also committed to ensuring that the future of the Boronia Library will be taken into account when considering future uses for this site.

"With the Boronia Library adjoining the stadium, Council is keenly aware of the need to secure a new, long-term location for this facility. This will be a key consideration for Council as part of the Boronia Renewal Project," the Mayor said.

For more information, please visit knox.vic.gov.au/knoxbasketball

Bayswater Well on Track

The Saturday Pennant Season is now underway and with four rounds complete Bayswater Bowls Club is experiencing mixed results.

Our top side (Division 2) is well on track to achieve the Club's goal of progressing into Division 1 and currently is in first place on the ladder with 3 wins and 1 narrow loss. The recruitment of experienced bowlers has strengthened the squad and together with the vast improvement from our newer bowlers the Division 2 team is well placed for success this season.

Similarly, the Division 3 team also has a 3-1 win/loss record and currently is in 4th place on the ladder. The long road trip to Healesville last week may have contributed to their only loss.

Although it is early in the season, the Division 4 and 6 teams will need to improve dramatically to feature in the finals. Currently sitting in 7th and 10th ladder position respectively, both teams have not yet performed to the club's expectations.

The three Mid Week Pennant teams are also outside the top four in their respective Divisions each with two wins from six matches.

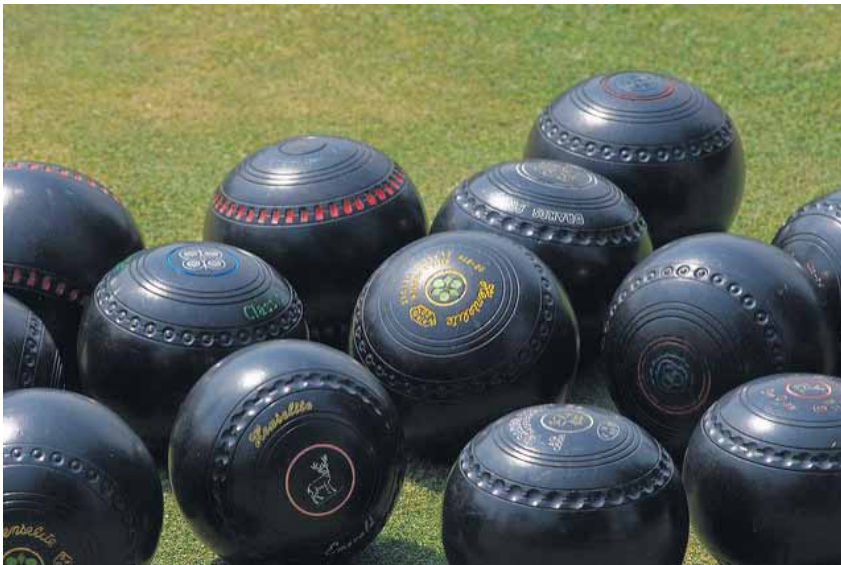



Photo by Henry Lam via Flickr

SPORT NEWS




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

Templeton Tennis Club News

by Don McCracken, President

Welcome to the Christmas edition of our club news, another year has all but passed us by.

The summer season is progressing well, although at the time of writing we are only a short way into the season. However, by the time you will be reading this it will be half way through and we are sure that we will be experiencing further successes.

We have since our last edition had the 3 (very old) gas heaters in the clubrooms replaced with sparkling, efficient new ones. We would like to again thank Knox Council, through their Leisure Minor Capital Grants facility, for the financial assistance provided to help us keep our "home" in good condition and a nice place to be.

Keep your eyes peeled for the Festival of Tennis late January 2018 being conducted, by all clubs within the Knox area, under the banner of Tennis

Knox with the support of Tennis Victoria and Knox Council.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. Come and join us. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

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

Check out our website, www.templetontennis.com.au for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member. Barry Plant Real Estate Wantirna and Integrity Cabinets.

Wantirna Tennis Club News

by Alison Rogers



Merry Christmas and Happy Holidays to all of the Studfield Community News readers.

Juniors

Many of our Juniors play tennis on the weekend, have Coaching through the week and also find time to play tournaments. We are very proud of their achievements whether they win or lose. Participation and having fun is the main thing.

Huge congratulations to 10 yr old Sam Long

This month one of our Juniors, Sam Long was selected as one of the 2017 ANZ Hot Shot Player of the Year nominees! Just for being nominated, he has won a VIP package to the 2018 Australian Open including a behind-the-scenes tour and he gets to play tennis on Rod Laver Arena during the Open. Wow! Tennis Australia select 2 children per school term across 2017 (8 children in total) from all across Australia and so far, he is the only nominee from Victoria. The overall 2017 ANZ Hot Shot Player of the Year will win \$5000 cash, 12 months free coaching and visit to their club from Alicia Molik! (Hope he wins this, it would be fun for the Club) The national winner will be announced during the first week of the Australian Open. Best of luck Sam.

On Monday 30th October at Wantirna Tennis Club, Sam was presented with an ANZ Hot Shots prize pack by local ANZ managers Maria Antoniou (ANZ Knox Branch Manager) and Faiyaz Aslam (ANZ District Manager). Representatives from Tennis Australia were also at our club and interviewed Sam about his nomination. Sam was very excited to receive his own tennis net, racquets and balls. He has since taken these to his school, St Luke's Primary School, so he can play tennis with his mates at lunch time.

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 9-30am and it is only \$2. Men of course are welcome.

Ladies Christmas function

If you are playing or have played at Wantirna Tennis Club, please come along to our Ladies Christmas Function. Thursday 7th December. Meet up with players and friends from the Club. Give us a call to book in and find out more details. 0408 576 025.

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 and men's 'in house' night is available with something similar to be organised for men on another night.

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, with a recently installed shade cloth sail. We have 9 tennis courts and a Coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors

SPORT NEWS



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

Merry Christmas and a Happy New Year to all!

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

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.

Club coaching team: Troy & Mike 0424693005

or email enquires@troyandmiketennis.com

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

Wantirna Tennis Club Inc Melway Ref: 63C8

Wantirna Reserve, Cnr Mountain Hwy and

Burwood Hwys Wantirna

PO Box 5295 Studfield 3152

Club Secretary: Alison 0408576025 or email

wantirnatennis@gmail.com

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

WTC Face book: www.facebook.com/.../

Wantirna-Tennis-Club



L-R Faiyaz Aslam, Troy Murrell, (Club Coach) Sam Long and Maria Antoniou

Banksia Garden Centre

530 Burwood Hwy
Wantirna South
9801 1637



Banksia Garden Centre – the place for Christmas gifts and for garden lovers. They have a huge range of statues and ornaments to suit all gardens – large and small as well as a wide array of plants. These photos show just a small part of the range.



Compliments of the Festive Season

Finding the right home loan starts with finding the right people.



AUSSIE ROWVILLE
Shop 35A, Stud Park Shopping Centre, Rowville VIC 3178
03 8740 1818 or 0409 786 121
aussie.com.au/rowville
rowville @aussie.com.au

AUSSIE KNOX
Shop 1057
(L1, next to Flight Centre)
Westfield Knox Shopping Centre
425 Burwood Highway
Wantirna 3152
9887 4088 OR 0409 786 121
knox@aussie.com.au



Nari Khera
Franchisee