

COMMUNITY NEWS

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

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



EDITION 52

FEBRUARY/MARCH 2018

- FAREWELL TO SUE BELL
- THE STORY OF NEWSPRINTERS
- GARDEN AWARD FOR SCORESBY SECONDARY COLLEGE
- EARLY SCHOOL DAYS IN WANTIRNA & BAYSWATER
- TAKE THE PLASTIC FREE CHALLENGE

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Information

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 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 Stady
 Matthew Hjelm

Photographers: Chris Ellis & Peter Coluccio
 Additional Distribution: Murray Claringbold & Sheila Bingham.

Wantirna College Reporter: James Keam

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Editorial

Hello Community News readers,
 2018 is underway! I hope you have had a good start to the year and have a wonderful year ahead.
 A new year is a good time for new beginnings. Perhaps you have made a New Year's resolution to set some goals for yourself, to improve your health or to start something to make your life easier or more enjoyable.
 Sometimes it is good to review what we are doing and often it's possible to make small adjustments that can make a big difference to ourselves, our family, our community or the planet!
 This year I'm taking the "Plastic Free Challenge" (see page 21). I doubt I will ever manage to avoid single use plastic altogether but at least I can give it a go! If we all give it a go, it will start to make a difference. I hope you give it a go too.

Janet Claringbold, on behalf of the team.

The team at SWCN would like to thank Wantirna College for providing us with an office and home base. We also thank our contributors, advertisers, sponsors and readers. We are the grateful recipient of funding received through the Knox City Council Community Development Fund



Farewell to Sue Bell

A positive answer for the question "Do you have space for us to set up an office?" in 2012 resulted in the Studfield Wantirna Community News Inc. committee having a permanent office and meeting venue thanks to Principal Sue Bell. Since then the convenience of having an office to store records and paper work and having access to our PC and office equipment in one location has been invaluable to the efficiency and organisation related to producing the paper bi-monthly. It certainly is a great improvement from using the dining room table and storing records under the bed! Sadly it is now time to farewell Sue as she moves on to a new challenge in her working life and we wish her all the very best.

Jenny Slater on behalf of the team



Coral Carew, Keith Slater, Jenny Slater, Sue Bell, Kerrie Ilsley and Charles Carew

The story of Newsprinters by Coral Carew

SWCN has been a client of Newsprinters for 10 years and have always been provided with excellent service.

Recently, being in the area of Shepparton, we felt privileged to have a personal guided tour of the Newsprinters' premises by our contact Bob Scott who, up until then, had only been our contact by email or phone. It was great to have the opportunity to put a name to a pleasant face.

Bob explained how our newspaper is processed from the beginning; as a download by our editor, usually on Wednesday am, then printed overnight with the completed product of 20,000 copies received at our distribution point in Bayswater on Friday of the same week.

About Newsprinters

Newsprinters was borne in the late 1980s out of the need for the local Shepparton Newspaper business to provide a larger press printing high quality colour. Since then, in order to justify the high cost of the new printing presses, they have branched out and become a major provider for publishers outside of the local area and they now have a wide network across Victoria and Southern News South Wales with state of the art technology and the confidence and expertise that comes with many years of commercial printing and publishing experience.

The business is based on publishing and printing as an enterprise between client and printer with successful results based upon constant communication and co-operation. Printing daily, tri weekly, bi weekly, weekly, monthly and annual titles means they have a substantial knowledge and a keen awareness of the needs and requirements of their clients.

The Shepparton plant caters for up to 56 pages of process colour in one pass on medium to long run jobs using state of the art pre-press, press and finishing equipment.

The gross Community installation is located in the fifth largest trucking centre in Australia, enabling timely delivery to rural and city clients both local and interstate.

- Specialising in runs between 1,000 to 500,000 copies.
- Tabloid and broadsheet newspapers, supermarket leaflets and flyers in full colour from two to 56 pages in one pass.
- Catalogues
- Gloss and self-cover magazines of all sizes.
- Directories



Photo sourced from <http://www.newsprinters.com.au/>

Each week Newsprinters print more than 30 newspapers from two pages to 112 pages for a wide range of clients.

In addition Newsprinters produces a number of periodicals and local telephone directories of 700 pages or larger.

Among their clients are family-run newspapers, government departments, supermarkets and multi-national publishers from both city and rural areas.

Newsprinters is the largest independently owned newspaper printer in Victoria and they pride themselves on their quality and can-do service.

All material is taken electronically and finished products dispatched in a timely manner.



ALAN TUDGE MP
Federal Member for Aston

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

Real Action For Knox



WHAT'S COOL AT SCHOOL?

Endeavour Awards

from Nick Wakeling MP, Member for Ferntree Gully

Each year I have the great honour of presenting the Ferntree Gully Endeavour Award to local students across Knox. Each Government, Catholic and Independent school in the Ferntree Gully electorate nominates their annual Endeavour Award recipient in recognition of outstanding achievement throughout the year. I am pleased to visit each school to present a student with their award before their school peers, friends and families, in celebration of their commitment to excellence and effort.

Congratulations to the following Ferntree Gully Endeavour Award winners for 2017:

St Andrews Christian College
Wantirna College
Knox Park Primary School
Holy Trinity Primary School
Templeton Primary School
Knox Gardens Primary School
Regency Park Primary School
Wantirna Primary School
St Luke's Primary School
Wantirna South Primary School

Christina Tregenza
Mackenzie Le Fevre
Laeticia Ralston
Liam Slaney
Eric Lee
Ethan Correa
Sam McArdle
Emily Smith
Vienzae Siscar
Bailey Shelton



Nick with Laeticia Ralston from Knox Park PS



Nick with Ethan Correa from Knox Gardens PS

The Aston Shield

At the end of each year, I have the pleasure of recognising some of our great young citizens in Wantirna through the presentation of the Aston Shield.

In each school, the Shield is awarded to a student for good citizenship; someone who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

The Aston Shield is awarded in the spirit of Tilly Aston, who was a remarkable woman in Australian history who did so much for the welfare of blind people. The Federal Electorate of Aston (which covers most of Knox) is named after her.

Tilly was born in 1873 and was completely blind by the age of seven. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library. (Tilly herself had to drop out of university because there were no braille books). Finally, she set up Vision Australia – an organisation that still exists today and helps tens of thousands of people each year.

I am very proud of our young winners. If Tilly were alive today, I am sure that she would also be very proud.

Mind Srisoda and Ryan Davis from Bayswater South Primary School were recognised as winners of the Aston Shield in 2017. Mind and Ryan are house captains of Decastella house. This year the Aston Shield was awarded to the captains of the house with the most points. Students get points for a variety of reasons from finishing work, excellent work, good behaviour, helping others and winning classroom games. Decastella house finished on top with a sensational 94 points.

Other local students who received the Aston Shield in 2017 were:

- Indah Darmawan and Caleb Maclean from Bayswater West Primary School;
- Tayla Baxevanis-Lunn from Carrington Primary School;
- Alexandra Gunther from Holy Trinity Primary School;
- Ashton Woodward from Knox Gardens Primary School;
- Lucinda Poutet from Regency Park Primary School;
- Rihanna Guinan from Scoresby Primary School;
- Bryce Prissmann from Scoresby Secondary College;
- Ashton Devink from St Jude's Primary School;
- Elyse Harvie from St Luke's Primary School;

- Daniel Smith from Templeton Primary School;
 - Tahlia Umi from Wantirna College;
 - Charlee Dickinson from Wantirna Primary School;
 - Hannah Mc Knight from The Knox School;
 - Elijah Keam from Wantirna South Primary School and;
 - Madeline Aulia from Waverley Christian College.
- Congratulations to our outstanding young citizens.

The Hon Alan Tudge, Federal Member for Aston



Year 7 in 2019 Scholarships closing soon



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WHAT'S COOL AT SCHOOL?

Scoresby Secondary College Wins Victorian Schools Garden Awards

by Nicola Mendleson

Scoresby Secondary College is delighted to announce that its students won the Best School Garden Exhibiting Biodiversity award at the recent Victorian Schools Garden Awards.

The Victorian Schools Garden Awards recognise the importance and value of gardens and outdoor spaces in progressive modern education. Held annually, the awards program recognises new and existing gardens, and rewards the achievements of students and school communities in school gardening.

The School Garden Exhibiting Biodiversity award recognises gardens that encourage a variety of plant and animal life found within their specified geographic area.

"Our VCAL students selected sustainability as their team project focus for 2017. They



Students at the presentation ceremony with Paul Boland Nursery and Garden Industry Victoria President.

engaged with community agencies including Rotary Club of Knox, Bunnings, Smart Water Shop, Knox Environmental Society and Swinburne University to create gardens that would support biodiversity. They designed garden improvements, planted more than one hundred native seedlings, built bird nesting boxes that are attracting native birds back to the area and created a pond to recycle water with solar powered fountain. They filmed their journey which was shown to judges as part of their entry," commented Principal Gail Major.

"I am so proud of how the students undertook this complex task for their studies. Their work as a team to design, problem solve and create sustainable improvements for our College will benefit not only the college but the local community for many years to come," continued Gail.

Scoresby Secondary College student to compete in the 2018 Australian Science Olympiad

by Nicola Mendleson

Scoresby secondary College Year 11 student Jessica Saunders was selected to compete in the 2018 Australian Science Olympiads Summer School for Biology due to her outstanding performance in the competition to date.

The intensive, elite residential program was held at the Australian National University during the January school holidays and provides an opportunity for talented students to work with others who are passionate about science.

The top 17 students from summer school will be selected to represent Australia at the International Science Olympiads in biology, chemistry, Earth environmental science and physics.

Jessica achieved an outstanding performance in the competitive qualifying exam in August, in which over 6,000 students registered to take part. She will join a small group of Australia's highly capable science students at this intensive residential program, working hard to secure a spot in representing Australia at the 2018 International Science Olympiads.

Students live on the ANU campus from 5 to 21 January and have access to lecturers, tutors, laboratories and support staff to help hone their theoretical and practical science skills. During this rigorous program students learn the equivalent of a first-year university course in biology, chemistry, Earth and environmental science or physics.

"I am excited about the competition and grateful for the support of my teachers and Rotary," said Jessica.

"We are so proud of Jessica. Scoresby Secondary College has a strong Science, Technology, Engineering and Maths program and this is further proof of the success of our approach that challenges our students while supporting them in their learning journey. We would also like to thank Knox Rotary who are sponsoring Jessica to attend the Olympiad," commented Principal Gail Major.



Chinese Association of Victoria (CAV) Chinese Language School

If you or your child wants to learn Chinese language and experience Chinese traditions and culture, come and enrol at CAV Chinese Language School!

CAV Chinese Language School, established in 1982, is a non-profit ethnic school with its own beautiful campus at 8 Ashley Street, Wantirna.

We offer Chinese classes from Kinder to VCE Year 12 on Saturdays and Sundays from 9:30 am to 12:15 pm during school terms.

CAV Chinese School has:

- well qualified and experienced Principal and Teachers;
- air-conditioned and well-equipped classrooms;
- safe and beautiful environment;
- outstanding VCE results.



For more details contact:

Email: principal@cavinc.com.au

Mobile: 0401 002 882

New term starts on 3/4 February 2018.
Free trial lessons are available.

We congratulate our graduating class of 2017 on their excellent VCE results



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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.



BAYSWATER NEWS

This is your life.....

Many people feel the need to write the story of their life for a number of reasons ... they feel their family should know their heritage; they may see it as their gift or a message to the younger generation; they may think they have had the type of life that deserves to be put on record. Or it may be that their family wants them to do it.

But, as John Updike, a Pulitzer Prize winning author, said, "We're past the age of heroes and hero kings. ... Most of our lives are basically mundane and dull, and it's up to the writer to find ways to make them interesting."

That's when a professional writer, such as Bayswater's Alistair Smith, can step in and help.

"I got into this after reading a manuscript a friend of mine wrote while he was dying of cancer," he said. "I felt that his writings just didn't tell the real or full story of the man I knew. They didn't do him justice. His memory deserved more.

Alistair Smith has been a professional writer all his working life including time as a reporter with the Sun and the Herald and the publication of a novel, "The Eighth Day."

His method involves providing a person with a unique kit that enables them to gather together important information and to sort out their thoughts. Then, using that as a base, they develop the story in detail in a collaborative way through a series of recorded interviews. From these, Smith prepares a draft version that is then worked through together until everyone is happy with the end result.

Smith emphasises that this is not about genealogy, or tracing family history. "This is your life and that of those around you, as you lived it," he says. "The key is to turn into a good read that anyone should enjoy."

More information: Alistair Smith, 0417 118 155, or writeon@bigpond.net.au.



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- You haven't got around to it
- You don't know where to start
- You're finding it difficult
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Alistair Smith
0417 118 155

writeon@bigpond.net.au



Heidi Victoria MP



Member for Bayswater District

A Message from Heidi

Happy new year everybody! I wish you and those around you the best for 2018.

I wish you a year filled with good health, good friends, lots of laughter and opportunity. I hope it's your best year yet.

To all our amazing emergency service men and women, voluntary and paid, who often get called away from family to do the most difficult of jobs - THANK YOU. You are all amazing.

It will certainly be a busy year for me, and I look forward to working with the community to get more done.

From my family, to you and your family... HAPPY NEW YEAR EVERYONE!

Heidi

News from Bayswater Senior Citizens Club

by Evelyn Hodgkin

Welcome to another year and what better time than now to join our Club. Our yearly membership only costs \$10 per person.

We start off our years activities on Thursday, 11th January with our opening event for the year being our fabulous Bingo. Eyes down at 12.45 pm. but you need to arrive around 12 noon. This gives you time to buy your tickets, have a cuppa and eat your lunch. Most Members bring a cut lunch giving them more time to chat with other Members before Bingo starts. Entrance fee is \$2.00.

Friday 12th January will be the return of Carpet Bowls starting at 1 pm. with afternoon tea served in the break. This group of bowlers are always looking for new Members so come along and give it a try. You may be surprised how much fun you can have plus the added bonus of making new friends. Entrance fee is \$2.00 and includes your afternoon tea.

Our next weekly event will be Cards and this is played on a Tuesday afternoon, starting at 1 pm. Again you have Afternoon Tea supplied for the cost of \$2.00. Cards will resume on Tuesday, 16th January.

Mostly on the second Tuesday of the month members

enjoy a Movie Morning at the Club, starting time being 10 am. This consists of a Movie plus morning tea, cost is \$5.00 each person.

On the third Thursday of the month before Bingo starts we have our Light Lunch Days. This costs \$5.00 each person plus the \$2.00 entry fee.

No-one is obliged to buy the lunch but it is a good time to make new friends prior to playing Bingo.

Monday is set aside for any special events we may choose to hold. The first event this year will be on Monday 26th March under the guidelines of Knox City Council's Zest4Life. In the morning will be a Sing-a-Long followed by a light lunch. We will then be entertained by the "Skylark's Entertainers." Time is 11 am to 2 pm and the cost is \$10.00.

Wednesday is the day we travel to the city to see live shows when available or take a bus trip somewhere for Morning Melodies.

Our next Zest4Life will be in May with something special but more on this in the next issue. For further information on anything to do with our Club, please contact Dot on 0422 107 124 and she will be happy to help you.

TTHA Home Care

Are you wanting to stay in your own home but need some assistance?

There are many services that can help you live independently in your own home for longer and we are here to assist you.

TTHA at Home creates opportunities to continue enjoying your life at home no matter which background you come from or the journey you are on, we are here to assist you.

TTHA at Home has been a home care package provider for more than 10 years. We have and are consistently assisting clients with low to high care needs to remain at home with the support of either private or government funded services. The benefits of our services mean that a client is supported within their home having access to services of their own choice and remain as independent as possible.

Our services also provide peace of mind for close

family members/friends that are not able to be there as they would like. Services can be provided on a short-term basis or ongoing. We understand that each client is very individual and therefore may have different requirements which is documented in an individualised care plan that can always be adjusted.

Services that can be provided within the home maybe but are not restricted to; home help, shopping assistance, transport, socialisation, in home respite, personal care, gardening, allied health such as podiatry, physio, massage, nursing care, medication prompting, OT and continence assessment, equipment, home modifications, advocacy and case management.

You will be assigned one of our care advisors who will work with you and/or your family/friends to assist you with your care planning.

BAYSWATER RSL

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of the RETURNED &
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(Victorian Branch) Inc.



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- Volunteer Opportunities Available

30 Glen Park Road, Bayswater North
cafe@glenparkcc.com.au ◆ (03) 9720 5097

You maybe eligible for a government funded home care package. In order to become eligible, the first step is to contact My Aged Care on 1800 200 422 and undergo a phone assessment, they will then refer you onto the Aged Care Assessment Team who will contact you to arrange an in-home assessment. Once made eligible for a home care package (there are 4 levels – 1, 2, 3 and 4 – 4 being the highest level) you will then await a letter of assignment from My Aged Care. Once the letter has been received you will have 56 days to activate your home care package with the provider of your choice.

TTHA has assisted many of their clients through the initial referral pathways and we are happy to take your call if you have any questions or needing assistance.

For further information please contact our office on 8720 1338 Monday to Friday from 9 am to 5pm or visit our website www.ttha.org.au

Eva Simo

CEO



E. eva.simo@ttha.org.au

Ph. 8720 1333

W. ttha.org.au

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Street Orienteering Walkers

The Street Orienteering Walkers (SOW) group walks for one hour exploring places in and around Knox on the 3rd Friday of the month. Team registration is at 10.15am. We walk from 10.30 to 11.30am.

SOW ticks all the 'great activity' boxes

- Exercise your body
- Use your brain
- Challenge yourself
- Enjoy social interaction
- Have fun

We have maps and walk in teams of 2 to 5 people finding answers to 20 clues. Each type of clue has a different symbol and they are worth different points. Plan your route to maximise your score. Walk as slow or fast as you like. Enjoy the challenge and the scenery. This is followed by a cuppa in a nearby café or a picnic in a park. You may bring the grandkids if you like.

In December the group enjoyed walking around the gardens at the Springvale Botanical Cemetery (SBC). The weather was sunny and the roses were in bloom. Margaret commented, "This is such a beautiful place for a walk. I hope we can come



back again soon." One team of 3 walkers found the answers to all clues and achieved the maximum score of 70. Did you know that the first and last number on the large sundial arc near the corner of Third Drive and Second Avenue is 'VI'? The walk was followed by a delicious Christmas Lunch and a chat at the Highways Bistro across Dandenong Road.

The SOW Start/Finish Location is different each month. It is shown on the SOW website: www.life.org.au/events/event/sow.

For more information please contact David on 0419 337 311 or knox.sow@life.org.au. There is no walk in January. The February walk is in Rowville. The March walk is in Bayswater.

Street Orienteering Walkers began in June 2014 and is a listed LAC Knox and Knox Zest4Life activity. Scan these codes with your smartphone to go to the webpages.



SOW webpage



Knox Zest4Life webpage

AROUND KNOX



Call to Reduce Harm from Poker Machines in Knox

The Victorian Government's Gambling Regulation Amendment Bill has now passed the Victorian Parliament. While it gives plenty of certainty to the gambling industry, extending poker machine licences all the way out to 2042, it does little to reduce Victoria's alarming \$2.6 billion annual poker machine losses which help make Australia the world's largest gamblers per capita.

In Knox last year poker machine players lost over \$75 million to the City's 766 machines, at a rate of \$205,000 each day. Each machine made around \$98,000 on average.

Some people think that the machines are here now, so there is nothing we can do about it. This is not true. The modern electronic machines have built in addictive features, such as losses disguised as wins, and near misses which occur much more often than they would if the machines were random. The gambling regulator could get rid of these addictive features.

Or we could limit the maximum daily cashout from EFTPOS at poker machine venues to \$200. The Government's \$500 daily limit will not stop problem gamblers. What point is the ban on ATMs at poker machine venues if EFTPOS can be used to get around it?

The Productivity Commission recommended maximum \$1 bets per spin to replace the present \$5 limit per spin. This would help. It also said Victoria's opening hours were too long, and they are. They are

up to 20 hours, and we have Woolworths owned pubs closing at 5am and re-opening just 4 hours later. We should reduce the maximum opening hours.

The City of Knox should be congratulated on its leadership in becoming a partner Council of the Alliance for Gambling Reform, with Mayor John Mortimore displaying a deep commitment to reducing gambling harm.

The Alliance for Gambling Reform will continue to campaign for gambling to be treated as a public health issue, like tobacco and alcohol, and for measures which will reduce the present unacceptable levels of gambling harm, with all the misery, crime, family violence, homelessness and mental health problems to which it contributes.

The Hon. Kelvin Thomson, Campaign Organiser Alliance for Gambling Reform
kelvin@agr.org.au



**ALLIANCE FOR
GAMBLING REFORM**



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**



O'Brien Real Estate

WANTIRNA

We have some exciting news...



We are excited to announce our **MAJOR SPONSORSHIP** with Scoresby Football and Netball Club for the next 3 years!

If you'd like to be a part of this exciting time with us contact scoresby@efl.org.au to find out more and become a member today!

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- Access to ONE – Pre Game Coaches Address
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- AGM Voting Rights*
- MY PUNTER Membership
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* Must purchase before round 10

** 1 x drink, hot dog/bucket of chips or 3 x dim sims and a bag of lollies

"SWOOPER"

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- Entry to Home Games
- AGM Voting Rights*
- SFNC Stubbie Holder

"MINI MAGPIE SWOOPER"

(up to age 12)

\$65

- Personalised SFNC Playing Jumper
- 9 x Lunch Passes**
- Club Sticker

"MINI MAGPIE"

(up to age 12)

\$30

- 9 x Lunch Passes **
- Club Sticker



O'Brien Real Estate
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207 Stud Road Wantirna South (03) 8820 8338



Making a Health Pledge

Hello everyone!

Happy new year for 2018!

Hope you all had a wonderful Christmas with your family and friends.

Why not kick start this year with a Health pledge? It can be anything no matter how big or small! You could make walking part of your daily routine for you and your family, and become healthier!

Did you know that 10,000 steps per day is recommended for good health?

The benefits from walking are:

- Prevents type 2 diabetes
- Strengthens bones
- Improves balance and prevents falls,
- Helps to maintain a healthy weight
- Reduces risks of some cancers
- Helps for a healthier heart and reduces risk of stroke.

Community pharmacy will be focusing on Health pledges throughout this year.

For the month of February we would like you to join us twice a week on Tuesdays and Thursdays at 11am for a 15 minute walk with one of our friendly staff members.

We are asking for a gold coin donation for each time you walk. After your walk we would like you to join us for some fresh fruit with a cup of tea or coffee. Taste testing will be available for weight loss programs in store. Pharmacists will be available to discuss any health pledges you wish to have for this year. This may include quitting smoking, losing weight, or getting your blood pressure stabilized, or be available just for general advice.

We anticipate the walking group will be a fun way to get a little fitter and make new friends at the same time.

So here's to the new healthier you 2018! Come in and ask for our friendly staff to sign you up and track your progress as you go.

Kind regards from all the staff at Community Pharmacy Wantirna.



COMMUNITY WALKING CHALLENGE

Kick start your Year of Health - make walking part of the daily routine for you and your family, and take the first step towards a healthy year ahead!

- Join our Walking Challenge – ask our friendly staff to sign you up in store
- Aim for 10,000 steps per day. Every step counts!
- Log your steps and track your progress with us in store
- For walking safety tips check out betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health

WHY WALK?

Many Australians are not doing enough physical activity¹ - walking is an easy way to get more active. 10,000 steps per day is recommended for good health, and can be accumulated throughout the day.²

Prevents type 2 diabetes

Strengthens bones

Improves balance and prevents falls

Helps for healthier hearts and reduces risk of stroke

Help to maintain a health weight

Supports in the management of diabetes

Reduces risk of some cancers

Join the challenge and help us reach our community goal! We'll set you up so you can measure your step count and connect with the group. Simply report in the number of steps you've walked each week and we'll add it to our community progress map in store. Ask us to sign you up today!

¹www.health.gov.au/resources/publications/communities/physical-activity-2014-walkers.htm ²10000 Steps Australia www.10000stepsaustralia.com ³betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health

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

www.communitypharmacy.com.au

Collier Ward News with Cr. Jackson Taylor



Let me first say, Happy New Year!

After a short break I'm looking forward to what will be a busy year. As always, budget time hits hard in this period of the year, but also importantly the upcoming state election means we will be talking to state representatives about important and vital projects across Knox and in Wantirna.

Notably, a project which I will be advocating for is the Burwood Highway Shared Path. Currently there is no bicycle or pedestrian route across Burwood Highway between Knox and Whitehorse. This presents a significant safety issue along a busy route along the creek and one which Knox has long fought for. This project is also supported by

the Eastern Transport Coalition and I am hopeful we can make this common sense project happen in partnership with the State Government.

We will also be looking at significant upgrades at the Knox Regional Sports Park and I'll bring you more on that in the coming months.

Recently as well I met with a number of stakeholders regarding the Masterplan process at Wantirna Reserve. We're finally underway and planning for an exciting future at the reserve which will see it reach its true potential to be one of Knox's best.

Also, I wanted to take a moment to remind you all of the amazing groups across Knox you can get involved in this year, especially in the Collier area from theatre groups, to Tennis, Footy, Hockey and Cricket Clubs in the Wantirna/W South area, Senior Citizen Clubs, RSL's and even volunteering at this very paper, the list goes on.

To all those who take the time to read my column, I say thanks and implore you to get in touch regarding anything discussed or even not discussed, I'd love to hear from you.

E - jackson.taylor@knox.vic.gov.au

M - 0418 719 940

FB - Jackson Taylor - Councillor for Collier Ward

Caroline from King Bean Hands Over the Reins

Caroline has been one of our most consistent advertisers since the conception of the paper.

All of her clients will miss her familiar happy face, and the great food that she prepares.

Caroline and the King Bean Cafe featured in SWCN with a story on a wheelchair access ramp for the cafe and in the start of the Ride with No Limits the fundraising cycling feat of Glenn Carter for paralympian Emma Booth.

We truly thank her for the support that she has shown over the past years, and wish her well for the future.

Coral Carew and the SWCN team.



Emma Booth with Glenn Carter at the beginning of the Ride with No Limits at King Bean Cafe in May 2015

Summer Heat Can Be Deadly To Dogs

By Dr. Martina Saeid BVSc
Wantirna Vet Clinic

Hot weather is always a big challenge for dogs especially certain breeds or as we call it "Brachycephalic Breeds" such as: Bull dogs, Shih Tzu, Pugs, Frenchies, and Boston terriers.

Dogs cool themselves by panting, but because of their short skull shape and nose they usually have a reduced ability to breathe in air thus causing them to overheat more easily than other long-nosed breeds.

As a result, these short nosed dogs tend to become more vulnerable to heat-related problems like heat stroke which can be life-threatening.

Hot weather safety tips for your pet.

- Don't leave your pet locked in the car, not even for a minute: This can be deadly especially for Brachycephalic dogs, temperature inside a car can rise to dangerously high levels very quickly even when it is not overly hot outside.
- Provide lots of fresh, clean water to drink: Water bowls need to be shaded so the water stays cool and secured so it doesn't overturn. You can add ice blocks or even freeze the water and allow it to melt over the day.
- Keep your dog inside: You will need to keep your pet inside your house as temperature and humidity increase. Your short-faced dogs can quickly succumb to the harmful elements if left out in the open during hot weather.
- Use cooling mats, fans, or air-conditioning equipment.
- Provide a kiddie pool if you can, in a shaded area.
- Change exercise schedule: try exercising first thing in the morning or last thing in the evening when the temperature is cooler.

It's always better to be safe and consult your veterinarian if you are worried that your little one may be suffering from heat stress.



Photo sources from Pixabay

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Toby Huang
PH: 97298784

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Dental Prosthetist

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Cnr Stud Rd, opposite Knox Club

Wantirna
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KIND HEARTS... GENTLE HANDS

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

NEWS FROM KNOX HISTORICAL SOCIETY

Wedding in the Gardens of Ambleside Homestead

From the late 1800s the "hills" have been a popular place to visit by tourists and holiday makers. First they arrived by horse and cart, a little later the steam train brought tourists by the droves to holiday, picnic and to view the beautiful lush bush. Guest houses were constructed and the more well off people built "week-enders" for their own use or hired out.

Ferntree Gully, being at the base of the Dandenong hills became a popular place for honeymooners with its beautiful views, fern gullies and country air. Some of the local houses still existing today were known to be used by newlyweds.

Known today as "Ferntree Gully Village" signs of yesterday can be seen. One of these is Ambleside Homestead. The buildings and gardens of the Homestead along with the original cottage built in the 1890s are beautifully maintained and preserved in keeping with the heritage.

With the back drop of a pretty Chapel porch, the house with its sweeping veranda and picturesque gardens make an ideal setting for wedding ceremonies and photographs.



WE NEED VOLUNTEERS

*Preserving
our past
for future
generations*

Would you like to:

- Support a great cause?
- Share your talent and energy with the community?
- Experience a sense of pride in your accomplishments?
- Meet like-minded people?

The Knox Historical Society is recruiting volunteers. Whether you are passionate about history or just looking for a fun way to give back to the community, KHS has a lot to offer. Our Volunteers Induction Day is designed to give a taste of our many different roles.

Volunteer Induction Day Thursday 15th February 2018

Time: 10.00 am – 2.30 pm
Venue: Ambleside Museum
3 Olivebank Rd, Ferntree Gully

Day includes:
General Information
Overview of jobs
Defibrillator training
A light lunch will be provided

We need volunteers for a variety of tasks including:
Museum Curating • Artefact Cataloguing • Festival Staff
• School Visit Presenters • Creating Displays • Gardening

For more information contact us:
Ph: (03) 9758 6722 Email: khs@relics.com

Ambleside Homestead & Museum

available for CASUAL HIRE & WEDDINGS

The grounds of this beautiful heritage listed homestead are available for casual hire.

Located close to "Ferntree Gully Village" where the FTG Cemetery & other heritage listed buildings are located in the area, the buildings and gardens of this Homestead & Museum are beautifully maintained & preserved in keeping with the heritage.

With the back drop of a pretty Chapel porch, the house with its sweeping veranda and picturesque gardens make an ideal setting for Weddings, family get togethers, Club gatherings, ceremonies etc. Gazebos & chairs available for hire also.

*Please note: Ambleside Homestead do not hire to groups conducting 18th, 21st birthdays, gambling or nightclub parties.
Hire times are limited to day light hours.*



For Full Details & Application form please contact the Knox Historical Society Inc.

Phone: 9758 6722 or Email: khs@relics.com

The Museum is open Thursday, Friday & Sunday 1-4pm
No bookings required

**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



Early School Days in Wantirna and Bayswater

by Evelyn Hodgkin

Bayswater and Wantirna have many schools with an abundance of students attending. Bayswater Primary School, No. 2163 opened on its present site in 1879 with the roll stating there were 18 students. Prior to this school records show a number of students attended school in the Lutheran Church east of Stud Road so the actual beginning of Bayswater School could be 1873. Wantirna Primary School, No. 3709 opened in 1912 with five pupils on the roll. Wantirna soon increased with students transferring from Bayswater and nearby Vermont. Both schools had a shelter shed and the classrooms had their blackboards, lots of chalk and a roller map of the world. The toilets that were unplumbed were built some distance from the main building for obvious reasons.

Both schools had large acreage and still do giving the children plenty of room to play. In my day during the 1940s, most of the children rode their bikes to school travelling some distances. Unmade roads were used excepting for Mountain Highway that was formed and tarred. We always took our own lunch or else many of the children went home for lunch if you lived close by.

I had a leather school bag with buckles, a twelve inch ruler, black lead HB pencils, an eraser and a ruled book for writing. On the back of this writing book was printed the times table plus imperial measurements and miles. We could regularly refer to our times table as every child had to know their times table before you could attempt your sums. We used pastels for drawing and had a special book for this with tissue paper between each page to stop smudging. We also had crayons, a compass, a protractor and setsquare. Our teacher taught us to memorise poetry and would ask someone to start the poem and say a few lines before part of the poem reached you for your involvement. I guess this must have included homework to learn the poetry or else you would soon be found out.

I remember learning to knit and we had to knit a white baby's singlet. By the time I finished mine, it was not a very clean item. All the girls learned to knit.

Bayswater students, boys and girls were encouraged to take part in a program about learning to pack apples. This class was held at the Wantirna Cool Stores that was on the corner of Mountain Highway and Boronia Road, Wantirna. We rode our bikes and the distance was never a problem. I consider these days that this was a privilege even though learning such an activity would never continue in my life.

Children were very active with skipping ropes, footballs and a very hard ball called a medicine ball. This ball was used when we played a game called, Charlie over the Water and the ball was thrown into a group of children who had to avoid it. If you got hit by the ball you were out. On the ground we drew



Wantirna State School 1912

LOCAL HISTORY



Bayswater Primary School 1970

with chalk our Hopscotch pattern. This is still a popular game today but most schools have it permanently painted. Our skipping involved many songs that we sang as we skipped. The State Schools as they were known had classes to Grade Eight and children could leave aged fourteen. There was an opportunity to leave in Grade Six and continue your education. The closest schools to Bayswater were Box Hill Technical Schools for girls and boys and also Box Hill High School for boys. Upwey High was also available. This was a time to catch the train but they only ran on the hour. They were happy times attending school in the 1940s with most families having brothers and sisters and their parents involved in the school as well.

FRIDAY
MARCH 2

THE
HISTORY & MYSTERY
CEMETERY TOUR

Ferntree Gully



**Who moved his wife? and other stories,
told under cover of darkness**

**7.30pm: meet at The Hut Gallery, Underwood Rd
for sherry and canapes**

8.00pm: depart for cemetery 8.15pm: tour begins

9.30pm: tour concludes

BYO torch Cost \$20

Proceeds to be donated to Knox Historical Society

**Bookings required. Book at khs-relics.com or
call 9758 6722. Parking available at FTG station**

KNOXFIELD & SCORESBY NEWS

Knoxfield Ladies Probus Club

A new year with a new meeting day and a new list of speakers and outings, the Knoxfield Ladies Probus Club is looking forward to more of the "old" fun and friendship.

Our Christmas lunch at the Waverley Golf Club, which is also our meeting place every last Wednesday of each month, was most enjoyable with Santa overseeing the distribution of Kris Kringle gifts and lucky door prizes, two of which were donated by our local federal and state members of parliament, Mr. Alan Tudge and Mr. Kim Wells.

Our first outing for the year will be to the Blue Lotus Water Gardens in Warburton. Any lady who is retired or semi-retired is welcome to join our friendly Club. For details, please ring Val on 9763 6175 or Bev on 9753 3224



Knoxfield 55 Plus Club

Knoxfield 55 Plus Club Inc. 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 Victoria or the surrounding states have to offer. 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

Rowville Community Kitchen

Families doing it tough deserve a better deal

Every January when we come back to work and reopen our kitchen I question why we should still exist. This year is no different.

Looking back over 2017 our enterprise had our toughest year of the six years we have been in operation.

The biggest disappointments were the supporters who promised to "do" and ended up doing nothing. Beyond the broken promises comes the inability to provide the services so badly needed in our local area. But we rose above the disappointments, did the best we could continuing to feed primary school students fresh product every week, providing over 7500 meals for families in need and our community lunches on Thursdays.

We celebrated our ongoing relationships with Coles, SecondBite, Bunnings Scoresby, Aldi Rowville and Knoxfield Bakery hosting volunteer days and of course our annual end of year lunch. Our grateful thanks go to Stamford Park Men's Shed who bring laughter, bad "Dad" jokes and their trusty tools every week.

Some of our happiest times have been engaging with our local primary schools, cooking classes, handing out the Aussie of the month awards, student driven fund raisers and the many thanks from grateful teachers and families. And not forgetting the many hugs, smiles and food swaps from our lunchers. Scoresby Primary School nominated us for the Aston Community Awards.

In October we received recognition receiving 3rd place Moral Fairgrounds Ethical Enterprise

Awards. This award meant so much to our team as it recognised the depth and the way we do business. Our operations are aligned with six of the UN Sustainability Goals Fund. We are committed to and champion equality, reducing poverty, working towards zero hunger and responsible consumption and purchasing of food.

In November I received an international award as a female executive of a NFP.

Whilst we were the first enterprise in Knox to commit to reducing food waste cooking wholesome meals from surplus produce, I believed we could do better. In 2017 we became a hub for Farmgate Online, their easy ordering system gives everyone the opportunity to purchase fresh produce which can be picked up from us on Wednesdays. This week we commenced collecting up fresh herbs and

veg direct from the grower. Now we know where our produce comes from and it's picked just before we arrive.

We ended 2017 with commitments from Stephen Wong of Harcourt Real Estate Rowville and the Bendigo Bank Rowville to ensure we continue to be there for our local community.

We are an empowerment organisation not a soup kitchen: Food is a tool to learning and nourishment not an end. The benefits to mental health, self confidence and reducing social isolation from our business have a big impact and are immeasurable.

If you are a business who share our values or a local resident who wants to put some purpose back into life, please give Christine a call on 1300 363 723 or drop in and say hello.



Christine and the RCK team celebrate the achievements of 2017

KNOXFIELD & SCORESBY NEWS

News from Tirhatuan Ward with Nicole Seymour

No Ordinary Life – Positive Ageing in Knox

Time to prioritise your health

With the commencement of every new year comes the opportunity to revisit one's current health and wellbeing situation and put in place some strategies for improving one's all-round health throughout the ensuing year.

For Seniors, now is a good time to talk to your GP about your annual care plan so that you can put in place the subsidised community allied health services such as podiatry and physiotherapy you will need throughout 2018.

It is also a good time to request a Home Medicine Review with your GP and Pharmacist. Home Medicine Reviews are to make sure you are getting the most out of your medications and to avoid medicine related problems. Home Medicine Reviews are funded by the Australian Government to help people get the best from their medicines. The Home Medicines Review will be conducted by a specially trained pharmacist; this may be your usual pharmacist or another pharmacist.

There are many sound reasons for having a Home Medicines Review. Here are just a few -

1. You have started a new medicine and you want to better understand what the medicine is for, how it will help you, how it works with other medication you are taking and any special instructions you need to know for taking the medication.
2. You have lost track of when and why you are

taking various medications and it has become a little confusing. The pharmacist will go through all your medicines with you. They will give you an updated list of your medicines and advise on how to manage them. The pharmacist can also give you advice about what to do if you miss a dose and give you practical tips for how to use your medicines, such as how to use eye drops or inhalers.

3. You may have concerns that your medications are having side effects, for example memory loss, insomnia, balance issues, or other. Whilst some side effects are very common and usually go away with time, some can be more serious and may require a change to your medicine or a lower dose. During a Home Medicines Review you can talk through your concerns with the pharmacist and he/she can help identify which medications or combination of medicines is possibly causing the side effects. The pharmacist may also be able to recommend an alternate course of action.

4. Some medicines affect each other and shouldn't be taken together. This includes both prescription and non-prescription medicines, bought from a health food shop, supermarket or pharmacy. Certain foods or drinks (including alcohol) can also affect some medicines. Having a Home Medicines



Photo sourced from Pixabay

Review can help you find out if all your medicines are OK to take together.

These are just some of the reasons a Home Medicines Review is a good thing to do. Most importantly, prioritising your health and taking preventative action is the best formula for avoiding serious health complications as the year progresses.

For information regarding Aged Care Services in Knox, you may like a copy of a guide book produced by Council. To request a copy phone 9298 8000 or you can visit Council's webpage.

Warm regards

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



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Hands on Myotherapy



Shoulder Pain

Shoulder pain is a common complaint amongst our clients. It affects people who engage in both physical and sedentary work and activities. Some

of the main injuries and conditions that we see are strains or tears of the rotator cuff muscles, tendinopathy (inflammation of a tendon) and bursitis (inflammation of the bursa) of the shoulder. Pain, tenderness and restriction of movement in the shoulder are typical symptoms of these problems that often occur in combination.

These injuries result from poor posture, poor biomechanics or trauma to the shoulder. Myotherapy and Remedial Massage are a great way to alleviate pain and treat these complaints. Our Therapists can offer soft tissue manipulation, postural advice, exercises and a personalized treatment plan to not only treat the problem but also strengthen and rehabilitate the shoulder to prevent further injuries from occurring.

Call us today to make a booking with either Alison or Dee.

Special note...

Dee our Remedial Massage Therapist, will be graduating as a Myotherapist this April. Congratulations Dee!



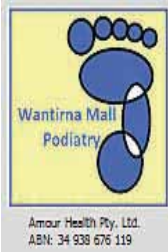
- Back and Neck Pain
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- Golfer/ Tennis Elbow
- Headaches
- Sciatica

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



Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)

4/322 Mountain Hwy, Wantirna
9720 1235

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

www.wantiramallpodiatry.com



Arthritis and Feet

Any joint within the foot and lower limb can be affected by different types of arthritis/ arthropathies that can cause joint pain, stiffness and impair your ability to walk, fit into footwear and care for your own feet. Pressure areas on the feet can cause corns, callousities and wounds to form.

Bunions otherwise known as hallux valgus are associated with arthritis. Bunions are a deformity of the big toe joint but can often involve other joints within the foot. The cause of bunions is not clear. In many cases there may be a genetic link or related to arthritis however the deformity could be painful and progressive causing walking problems and deformity with the lesser digits. Occasionally a fluid filled sac called a bursa or corns and callousities may also develop over the area.

Corns and callousities are additional layers of skin produced as a body defence to protect underlying tissues against friction and pressure. The presence of a centre suggests a corn has formed. If the cause of pressure is not relieved, calluses and corns can become painful and can even ulcerate. Common sites of corn and callus formation, include the ball of the foot, under the big toe, tips and tops of toes and between the toes. Sometimes 'soft' corns between toes can also form.



At Wantirna Mall Podiatry we can help with the symptoms associated with arthropathies by assessing the movement of the joints of the foot and lower limb and associated plantar pressure areas. With this information the Podiatrist can remove the associated corns and callousities and determine a treatment plan to help manage your symptoms. Offloading orthotics with exercises are sometimes prescribed to help off load arthritic problem pressure areas. These orthotics are designed after measurements and casting of the feet is taken. Extra- depth footwear and footwear with specific elements for arthritis such as flexible uppers are also prescribed. There is no cure for arthritis. Surgery through a Podiatry surgeon or Orthopaedic surgeon may be an option if pain is persistent.

Laughing Through 2018

Welcome to the New Year and how are you travelling this year? Did you make some resolutions that have already gone by the wayside? I feel it is worth talking about belonging and usefulness.

Belonging starts with feeling connected individually to our close family members, friends, the community, work, hobbies and groups of interest.

As far as usefulness goes, it is a wonderful thing if it comes from a loving unselfish motive. Admittedly it can be tainted with our need to be needed or to be seen and recognised. But deep down, there is the strong biological need to feel as if what we do matters, that we are claiming our place in our lives and what we do matters. This ties in with self-worth, it also relates to our goals, our direction and achievements.

If your belongingness needs strengthening, we at the laughter club welcome you into our midst, where you will have a very, very strong sense of belonging and being loved and appreciated for yourself. You will most likely also gain a sense of usefulness because attending laughter clubs is highly transformative in people's lives. I hope to see you to share some laughter, joy and comradery with you and bring a friend, spread the word, laughter is great. And remember, never, ever give up!

Cheerio for now. Love and Laughter, Lynette xo

Lynette Mitchell leads the free community Ferntree Gully Laughter Club

Phone: 0425 799 258

Website: www.laughterforliving.com.au



Disclaimer: Information shared here is from my personal understanding and experience. Advice given is general and as I am not a medical doctor, take no responsibility for how it is received, my intention is that articles will be supportive and assist in living a fuller, holistic life.

News from Wantirna Osteopathy by Dr. Jason Stone

Headaches and Migraines

It is highly likely that everyone has suffered from a headache or migraine. There are so many forms and so many causes but the one common denominator is that muscular tension and joint stiffness in the neck are usually present. Most pain we experience is from irritated nerve endings in inflamed and tight muscles so when we experience headache it is generally from muscles of the face, head, neck and shoulders.

Other factors such as high blood pressure, menstrual cycle, emotional stress, sinus congestion and dehydration can further increase the likelihood and intensity of headaches.

Osteopaths are able to reduce the muscular tension and joint stiffness in the neck, which can provide both immediate and long-term relief of headache.

Osteopaths will go a step further and search for the reasons behind the neck stiffness, which more often than not is a result of repetitive postures causing upper back and shoulder restriction ultimately increasing pressure on the neck.

Apart from seeing an osteopath for safe and effective treatment other tips to manage headaches are:

- Drink plenty of water
- Stretch regularly (particularly chest, shoulders and neck)

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

- Get advice on workstation ergonomics
- Change your position regularly (e.g. get out of chair frequently)
- Avoid poor postures outside work hours (e.g. laptop on lap, slouching on couch)

*Screenagers: Growing Up In The Digital Age***Is face to face conversation being overtaken by screen use in the modern household?**

EACH Health Promotion Team, Eastern Community Legal Centre and Maroondah City Council presented a public screening of award winning documentary: Screenagers: Growing up in a Digital Age at the Melba College Theatre in Croydon on November 29. The screening was followed by a panel for Q & A discussion.

Screenagers highlights how families can struggle over digital media use. In the film psychologists, academics and brain scientists offer a deeper understanding of both the issue and the solution. The film combines smart insights and practical tips for raising happy, healthy, technologically-empowered teens.

The panel, chaired by Zoe Francis, Senior Health Promotion Officer at EACH, was made up of four young people, a mental health professional, a parent and ECLC's Principal Lawyer, Belinda Lo.

Zoe Francis commented that it is not just young people who are allured to our digital devices and that we are all vulnerable to the emotional gratification that technology gives: "It is not an individual weakness. We are all neuro-chemically rewarded by the stimulation we get from our devices. Once we are aware of this fact, we are a step closer to making new choices."

Belinda Lo said "Teenagers are increasingly using screens to connect with their friends. Bullying and misuse of personal images are some of the problems that can arise and even lead to getting into trouble with the law. Talking to young people about respectful online behaviour and the boundaries of the law helps to prevent these issues from occurring". The panel agreed that using a

strengths-based approach when dealing with family struggles over screen use or screen time was the way to go.

An evaluation of the event showed:

85% of attendees said that despite the topic of healthy digital media use being a complex one, they had a better understanding of navigating the digital world and finding a healthy balance as a result of attending the session.

88% of attendees felt more confident to have a positive conversation with their family about healthy digital media use as a result of attending the session.

Comments included:

"Talk, talk, talk to your kids and let our kids talk to us. Parents need to listen."

"We are not the only family going through this" and "It all stems from a healthy child/parent relationship."

"It's not too late for boundaries - children need them & thrive within loving & consistent guidelines."

"Have open conversations with your children & develop rules for device use together."

"Modelling healthy digital behaviour as a parent is important."

**Parenting Tip Sheet:**

A strengths-based approach to parenting in a digital age

Be an open channel for communication

Be interested, curious, patient and non-judgemental about what the young person is doing online.

Allow young people to mentor you.

Ask young people to demonstrate what they are doing. Be respectful of it and take the opportunity to learn about their online world.

Share digital entertainment time with young person.

Sharing time with young people online allows you to connect with them. It can be a very good opportunity to develop mutual respect and even for fostering more respect for screen time limits later on.

Offer offline activities.

Ask the young person what they would like to do. Spend time doing what they might like to do, preferably outdoors.

Model positive online behaviour.

You can't have a conversation with your kids for crossing boundaries when you can't put your own devices down.

Be aware of your own use at night time in particular

Research shows that screen media in the 90 minutes before bed has an adverse effect on sleep patterns.

Hold honest conversations with kids about pitfalls and concerns.

If you are concerned about some aspects of the young person's technology use, have a conversation about it. Choose a good time to share your concerns, like on the way to school or at the dinner table. Remember that humans respond better to reward than punishment.

Use 'I' statements, rather than 'you'.

'I am concerned...' rather than 'You are playing...'

U3A Expands Into 2018 *by John E. Ford*

With Knox Council granting shared usage of the Carrington Park Leisure Centre in Knoxfield, Knox U3A is ready to expand its already impressive curriculum into 2018. With a steadily growing membership (1350 at the time of writing) the limitations of our Fairhills campus was beginning to be felt, so this acquisition is most timely. It has allowed us to plan additional activities and to expand some of our more popular programs.

A further 19 new programs are offered in Term 1 of 2018, making a total course list of 166 varied activities and courses. Traditionally, approximately one third of these fill very quickly, so prospective new members are encouraged to join sooner, rather than later.

Our ever popular language courses will be enhanced by the introduction of beginner's levels of Latin and Japanese. Another Yoga session will be introduced, bringing the total Yoga offerings to six, and various lifestyle issues, so important to our age-group, will be available, from short-term courses such as "Neurolinguistic Programming" to more extended items such as "Understanding Dementia".

Our sporting programs will be increased by the addition of another golfing group, and an Introduction to Lawn Bowls is planned, whilst musically a further ukulele group is proposed.

Interest and hobby groups will be served by a new

"Lunch and Social" group, a philatelic club and a travel club, whilst the popular role-playing game of the eighties, Dungeons & Dragons, will be trialed. Finally, our already impressive array of craft groups will be augmented by a new group, euphemistically called "Everything Yarny".

With the availability of Carrington Park so many new, and hitherto impossible activities may become reality. Ballroom Dancing and "Men's Shed" are two under consideration, so watch this space. Finally



One of our two Line Dancing groups strut their stuff at the recent Knox U3A Variety Concert.

KNOX U3A NEWS

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

if readers out there with specific skills or talents would be interested in volunteering their time to run courses, we would be so glad to hear from you.

Full details of these, and all other activities are readily available on our website at www.knoxu3a.org.au or contact our office on 9752 2737 between 9.30 and 3.30 and speak to our staff. New members are also able to join via the website and, at \$60 per annum membership I am sure you will agree that Knox U3A offers fantastic value for money.



At the same concert, a plethora of guitars, ukuleles and other instruments form the "Music Muster" Group. Many such instrumental "fun" groups exist within our curriculum.

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Oh what a feeling!

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Research *by Ken Simpson-Bull*

The Museum is often approached by people doing research on jazz related subjects or personalities. Requests for information or access to recordings, photographs, newspaper clippings or articles, books and other data come from as far afield as the USA and the UK.

As an illustration of the service that the Museum can provide, one particular example can be cited. Recently we were approached by Tasmanian writer Jan Kuplis who was writing a book on the well-known jazz musician from her own state, Ian Pearce. Ian, in his early years (the 1940s and '50s) played trumpet and trombone along with his life-long friend saxophone and clarinet player Tom Pickering. Together they formed the oft-recorded Barrelhouse Jazz Band. However, after some years in the UK playing with trumpeter Mick Mulligan, Ian began to concentrate on piano and became a fine jazz pianist indeed.

Ms Kuplis flew to Melbourne on at least three

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

occasions to delve into the Jazz Museum's holdings. The final outcome was a well-researched biography which was released with the title "Ian Pearce Pianoman – An account of the life and times of Tasmania's Gentleman of Jazz". It has become a favourably-reviewed international good seller. As a spin-off, many of the rare Ian Pearce piano solos that Ms Kuplis had managed to unearth were later able to be compiled into a double-CD which was issued by the Australian Jazz Museum.

australian
jazz
museum



Jan Kuplis, author, discusses her new book with John Kennedy, founding General Manager of the Australian Jazz Museum.

THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery 157 Underwood Road, Ferntree Gully

February Exhibitions

In the Foyer - Carol Griffith's exhibition

PRINTING AND VARIATION

In the Gallery - the members' exhibition

ANIMALS AND INSECTS

Weekends from Sunday, 4th to 25th February
11.00am - 4.00pm

Official opening 2pm Sunday, February 4th

Works for Sale. Free entry. All Welcome.

March Exhibitions

In the Foyer - an exhibition of artwork by

OLGA MEGELE'S AND HSIN LIN

In the Gallery - the members'

COLLAGE EXHIBITION

Weekends from Sunday, 4th to 25th March
11.00am - 4.00pm

Official opening 2pm on Sunday, March 11th

Works for Sale. Free entry. All Welcome.

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

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

Happy New Year to all.

Speakers

November Speaker - David Hewitt-" A glimpse of the Red Centre "

David entertained us with a talk on a recent trip he had taken to Central Australia with his wife Eeva.

They travelled for two weeks, studying many of the arid areas in the Centre. Flora, fauna and the Aboriginal cultural tours were all shown and explained throughout his presentation. Many members had memories brought back from previous trips with some expressing wishes to go back to the area again.



December speaker - Warwick Dilley, "Stuck in the Web"

Warwick was asked to give this talk when we were all out walking in the bush and someone said 'I wonder how many spinnerets a spider has?'. This question (between 2 and 5

spinnerets depending on spider species) was one of the many interesting facts we found out about spiders and their webs. Who would have thought spiders could be so interesting?

January we held our annual Outdoor Meeting, this year at Yarran Dheran Nature Reserve. This meeting was preceded by a walk along the Mullum Mullum Creek led by Roger and Inta. A picnic tea was held in the picnic area, which was then followed by a short meeting. A good catch up after the Christmas break.

Excursions

November excursion - Cribb Point

Our group along with The Peninsula Field Naturalist Group spent the day looking at orchids in the reserves around Cribb Point. A good selection of orchids were seen, although maybe an earlier excursion could have been better as some were past their



best. Sun orchids of various types and colours were found, along with tongue orchids and diuris.

No excursion was held in December

In the next months our Presentations will be:

February: Speaker - Ed McNabb "Who is calling?" (a presentation on owls).

March: Speaker - Kath Handersyde "The ecology and behaviour of two of Australia's most extraordinary mammals - the platypus and the echidna"

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.

Photos this edition: Garden Orb Weaver by Jack Airey and Thelymitra ixioides Spotted sun orchid by Peter Rogers.

Going to School - Sustainably



School is back! How can we go as sustainably as possible?

There's a lot you can do to make a difference, set a good example and teach your kids some good life skills at the same time.

Here are some tips.

1. Lunches: Get the kids to make their own lunch and use containers suited to nude food which eliminates the need for plastic or aluminium foil wrapping. If you do need to wrap, reusable beeswax wraps be used instead of plastic. Encourage students to use the school's compost bins or bring home their scraps for yours.
2. Make you own snacks: Despite what they say, many kids have plenty of time on their hands. Teach them to make their own muesli bars and other snacks. Be patient. It's a life skill.
3. Get more value: Use the Love Food Hate Waste website to get great recipes to use last night's leftovers in exciting ways for school (and work) lunches. <http://www.lovefoodhatewaste.vic.gov.au>
4. Stationery: Save money by digging out pens, pencils and other consumables from drawers, cupboards and bags rather than buying new ones. Many stationery makers have a range of notebooks made from recycled paper. Greencollect at Braybrook sells recycled stationery and other excess office supplies from businesses. <http://www.greencollect.org/shop>
5. Transport: Walking or riding to school is a great way to stay fit. It saves fuel, reduces vehicle pollution and traffic jams at the school gate. Otherwise park a short distance from the school and walk with the kids and use it as an opportunity to teach road rules. Catching the bus is often an option, too.
- 6 Get the school community involved: Ask your school to join the Resource Smart Schools program and Sustainability Victoria's TAKE2 program. TAKE2 is about individuals, groups and organisations joining forces to set their own objectives and act to preserve the planet. <http://www.sustainability.vic.gov.au/school>
<https://www.take2.vic.gov.au/>

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ELEGIBILITY:

- Young people aged 17-19 who are disengaged early school leavers who have not achieved Year 12 or equivalent. Individuals must not be enrolled at school
- Long term unemployed aged 20-64 without Year 12 or equivalent
- Located in Knox, Maroondah or Yarra Ranges

CONTACT:

K.Y.M. (Victoria) Inc.
Speak with Indi Mills to discuss your Reconnect options.
Phone: 0477 994 003
Email: imills@kym.com.au





Funding for the Skills First Reconnect grant program is being provided by the Victorian Government, through the Department of Education and Training.

THE PLASTIC FREE CHALLENGE

20 Tips To Reduce Plastic Use

Choosing to be plastic-free means you'll often be choosing the least convenient choice. But over time, these decisions will become a habit. You'll learn to become more prepared and planned, and you'll also consume a lot less and save some money.

Since the ABC series *War on Waste* aired in May, the collective conscience of Australians has increased around our waste. More people are drinking their morning coffee from a reusable cup, and Coles and Woolies announced they would phase out the use of single-use plastic bags in response to public pressure.

Plastic is bad for the environment on every level. Not only does it pollute waterways and create excess landfill, but plastic uses a ridiculous amount of resources in order to be manufactured. In fact, it takes about 12 million barrels of oil to manufacture the 102 billion plastic bags used in the United States alone.

Each year, the average Australian produces 1.5 tonnes of waste a year. Recycling is a fairly standard practice across households in Australia but there are still plastics that cannot be recycled due to their chemical composition. It's these types of plastics that we should all aim to avoid wherever possible. Generally, the most difficult plastics to recycle are the softest types, the ones that you can easily scrunch in your hand, such as food packaging (think pasta packets or individually wrapped portions of food). Polystyrene is another ubiquitous culprit that never gets recycled in the waste stream.

Start small, take your time and build on your good habits one-by-one.

1. **BYO bag** - Take your own shopping bags to the supermarket or shops. Recycle any soft plastics you do accumulate in the collection kiosks in Coles and/or Woolies.
2. **Use a thermos or a KeepCup** - If you regularly find yourself buying takeaway coffee, take your own reusable cup.
3. **Avoid individually wrapped products** - Don't buy food in pre-portioned packaging, buy in bulk instead! Instead of buying 15 mini packs of biscuits or chips for school lunch, buy a large single packet and portion it into containers.
4. **Don't buy fruit and veggies wrapped in plastic!** Like buying packaged food in bulk, avoid buying pre-packed or pre-weighed fruits and veggies, cling wrapped on foam trays – unnecessary and wasteful. Instead, choose from the loose section and put them straight in the fruit basket or fridge when you get home.
5. **Swap out the Gladwrap for beeswax wraps or containers** - Invest in some good, air tight storage containers that are both microwave and freezer safe. It's a good idea to have multiple containers in a range of sizes to accommodate for all the different types of food you'll be storing, as well as snack sized containers for lunch boxes and storing liquids, dressings, and so on. Try reusable wax-lined cloths that work the same way as glad wrap. See *Honey Bee Wraps* at <https://www.honeybeewrap.com.au/>
6. **Buy your meat or cheese from the deli and ask to use your own container.** Pre-packaged meat and cheese is usually sold in plastic or styrofoam trays, but if you buy direct from the deli butcher, you can bring your own container to transport your goodies.

7. **Have a bottle on hand** - Plastic water bottles are one of the most common items in the world. Don't help perpetuate the market for this ridiculously wasteful product; take your own drink bottle when you're on the go. Water comes out of the tap for free, so why on Earth would you pay for it?!

8. **Refuse the straw!** Use your lips - If you have to drink with a straw, try to reuse it over the course



of your night. Invest in a reusable straw, like the stainless steel or glass ones from *Dharma Straws* at <http://www.glassdharma.com/>.

9. **Ditch disposable plates** - If you're having a BBQ or party avoid using disposable cups, plates, and cutlery. If you must use disposable items, opt for biodegradable ones made from corn starch or paper, and compost them afterwards.

10. **Grow your own** - Fresh herbs and salad leaves almost always come wrapped in plastic at the supermarket. Try growing your own herbs and salad leaves at home to enjoy fresh greens when you want!

11. **Get to the farmers' markets or bulk food store** - Get along to a local farmers' market, where you'll find farm-fresh produce with no plastic packaging or try plastic-free grocery shopping at a bulk food store. There is one at Shop 2-3, 66-68 Maroondah Hwy, Croydon, or *Wholefoods Merchants* at 3/794 Burwood Hwy, Ferntree Gully. <https://www.thefullpantry.com.au/> <http://wholefoodmerchants.com/>

12. **Buy refills** - Rather than buying a new product each time, start buying refills for your cleaning supplies. If you use one spray bottle a month then that's 12 spray heads a year that you don't need. Reuse your spray head wherever possible!

13. **Swap your plastic toothbrush for a bamboo toothbrush.** Never heard of a bamboo toothbrush before? Visit <https://environmentaltoothbrush.com.au/> and <http://www.biome.com.au/66-natural-toothpaste-toothbrush>.

14. **Ladies, a menstrual cup is not as scary as it sounds.** It might seem daunting, but a cup is a great way to reduce your plastic waste (and save roughly \$4000 over a lifetime). Join the tribe of those who swear by the Juju cup. More information is available at <http://www.juju.com.au/>. Menstrual cups are also available at *Wholefoods Merchants* in Burwood Hwy, Ferntree Gully.

15. **Use an electric shaver** - The plastic in disposable razors isn't recyclable and doesn't biodegrade, so they're very difficult to dispose of. When you invest in a good electric razor, you'll actually save money in the long run from not having to buy shaving cream,

lotion, and replacement blades quite so often.

16. **Try natural scents** - if you're a big fan of the air freshener spray can, try out some non-aerosol versions, such as the one from *Orange Power* available at many supermarkets or via <http://awareenvironmental.com>. You could also try burning scented candles, incense, or use essential oils instead.

17. **Step away from the microbeads** - microplastics may be small, but they're causing big problems for our environment and our health. These tiny pieces of plastic used in personal care products go down the drain and into our lakes, rivers, and oceans — by the billions every day. They absorb toxins in the water, are eaten by marine life, and can make their way up the food chain all the way to our dinner plates. They also contribute to a lot of extra work at water treatment plants.

18. **Don't throw away phones** - Many post offices have a special bin for recycling all mobiles and their accessories. Look in the box of your new phone — there should be a special recycling postage bag included in which you can place your old phone. Or visit *MobileMuster* at <http://www.mobilemuster.com.au/> for more info.

19. **Avoid lighters** - if you really need a lighter, stop buying plastic lighters. Instead, purchase a packet of matches or a refillable lighter that can be reused again and again.

20. **Invest in cloth nappies** - 3.75 million disposable nappies are used each day in Australia and New Zealand. Up to 4% of landfill in Australia is full of nappies, which aren't likely to decompose in your child's lifetime — or even your grandchildren's lifetimes (about 150 years). Yes, you may have to use extra products for sanitising and washing, but there are nontoxic laundry powders, that come in cardboard boxes that have less impact on the planet than plastic nappies. Laundry services for cloth nappies are also available eg. <https://www.botanicbaby.com.au>. The *CHOICE* website <https://www.choice.com.au/babies-and-kids> has more information about nappies. Whilst we are on the subject baby wipes are also a growing hazard for the environment. A damp washcloth in a zip lock bag or slim tupperware container that can be taken home and washed may be better for your baby and the environment. If you must use baby wipes choose bio-degradeable ones.

Together we can make a better future!

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National Seniors Australia Knox Branch Inc

The next meeting of the Knox Branch of National Seniors will be held at the Knox Club on the 28th February, 2018. Doors open at 10.15 am for a 10.30 am Start. Our meetings are held on the 4th Wednesday of each month at The Knox Club which is situated at the corner of Stud and Boronia Roads, Wantirna.

As we welcome a New Year and on reflection the past year, the Seniors sure have had a very busy social time. To mention a few outings, a trip down to Port Nepean to the Quarantine Station, Christmas in July at Marybrook Manor, Warragul Music Museum with lunch at the Country Club, Mornington Race Day where we put on our hats and finery, and our fantastic Christmas dinner at the Knox Club with Terry keeping everyone happy with the background music. Not to mention all the lunch and dine outs each month. I think a lot of our girly figures took a bit of a beating.

In February, the speaker is Rob Dawson who will give us an insight into the history of "Puffing Billy" Railway.

We will be having a Morning Melodies morning/lunch at the Ferntree Gully Hotel (The Middle). We have had this venue before and it was highly successful. The entertainers are great and the buffet even better.

Coming up in March we will be combining with the Lilydale Seniors Branch for a trip down to Sorrento and then go aboard a cruise ship "Moonraker" for an hour and a half watching and feeding the dolphins and visiting a seal colony. Sounds like a great day.

It is shaping up to be another busy Year so there are no excuses to be sitting at home, come and join us.

National seniors are a fun loving group of people aged from 50 plus and new members are warmly welcomed.

Please contact the President John on 9778 6784 or Rhondda Cowen on 0407 1045 70 for any further information or just turn up.

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News from Knox Scouts

by Nicole Klep, District Leader Cub Scouts

Joey Scouts have a Hopping Great Time at the Melbourne Zoo

On Saturday the 18th of November, approximately 1200 Joeys from about 120 Joey Mobs across the state of Victoria descended on Melbourne Zoo for the annual 'Zoo Day.' The weather was brilliant and, whichever way you looked, you could spy a Joey!

Joeys travelled to the zoo with their families or as a Joey Mob. They had great fun exploring and discovering the wonders of the zoo.

At 12.30pm all the Joeys came together to form one very large Joey Hop. Joeys form a circle (in this case one very large circle), they put their hands up to form paws, take a 'hop' and say "Help Other People."

Zander, from 1st The Basin Scout Group, got invested (in a borrowed Joey top) as a Joey Scout at the zoo, which was very exciting for him.

The Joeys came home full of adventures, great memories and a blanket badge in hand!

Joey Scouts is for boys and girls aged 5 through to 7. It is the very first link in a path to adventure and fulfilment through Scouting. The Joey Scout motto is HOP - Help Other People. It's your Hop into Scouting!

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. After 26 lots of fun is to be had by becoming a leader! Go to: <https://scoutsvictoria.com.au/locations/all-groups/> to find your nearest Joey Mob!



Darcy and Zac from 4th Knox Joey Mob at the Zoo



1200 Joey's doing the Joey Hop with the 5 year olds in the centre forming a smaller Joey Hop.



Zander from 1st The Basin being invested as a Joey Scout with Joeys from 1st The Basin and 4th Knox Mobs in attendance.

Wantirna Heights Probus Club

Snowies Trip

Our country trains were a joy to travel on as we headed north on a lovely Friday. The staff from Tallangatta Motor Inn looked after us at the station and took us to our motel base. Over the following days there was a BBQ at Corowa, wine at Rutherglen and afternoon tea at Yackandandah, as well as visits to Tintalra, Tumut, Talbingo, Tumbarumba and including spectacular views at Thredbo. There were striking caves at Yarrongabilly, rain at Cabramurra and a drive over Dead Horse Gap through Geehi to Scammell's Lookout. What an enjoyable few days we had experiencing all the beautiful and diverse sites the Snowy area has to offer.

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



News from the Aussie Veterans Op Shop

The Aussie Veterans Opportunity Shop has now been open for one year in the Boronia Mall and we have gone from strength to strength. Looking back over the year I remember waiting for the results of the first months trade to view if the move was a success; yes it was. From that nervous first month we have stepped forward and achieved the following.

- Opened a second shop in the Boronia mall to sell furniture and white goods.
- Opened a food bank to provide free food to anyone in the community in need.
- Ruffled a Holden SS redline in the mall.
- Promoted and assisted the growth of Matilda Poppy.
- Grown our advocacy and welfare team to meet the growing need in the veteran community.

Our team of some 50 volunteers have stepped up to the mark as the business has grown. The volunteers have many differing roles which include; test and tag, minor repairs, front counter, sorting, pick ups, deliveries, food bank, welfare, advocacy, managing, business planning, book keeping, accounting, cleaning and much more. A special thanks to this whole team who are all passing it forward in such a generous manner.

It is always our aim to assist the veteran community whilst also giving benefit to the local community. We make sure the community that supports us also have access to high quality merchandise at a low prices. We also have assisted locals with the provision of food bank facilities and extra discounts to stop people going without.

It was sad to see the closing of C Neepie Fashion (women's clothing) this year. I would like to thank the owner, Ms Zili Zhou for her generous donation of stock to the Aussie Veteran Op Shop. Over the year we have had many generous donations from locals and businesses to keep our shop stocked with many quality items, thank you for all your support.

Our shop volunteers and all our supporters look forward to another very successful 2018.

COMMUNITY NEWS



Knox & District Over 50s

Hi Everyone.

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

There are various activities the Club has planned for the next few months. In March the club has organized a coach tour to Nagambie, which includes a cruise on the river. The club also hosts monthly events with cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions for 2018 are due in January 2018 and remain at the same level as for 2017 –that is \$15.00 for the year. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

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

Our monthly meeting is held at the Boronia Progress Hall (in Boronia!) on the fourth Tuesday of the month. Our next meeting is Tuesday 27 February 2018. Meetings start at 10.30am so come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

Contact Jill on 9801 4363 for any further information.



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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.

The Wantirna Club have a newly installed lift to the meeting room to make access easier.

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!

We have just had a month's break so now all our ladies are energised and eager to meet new members.

For our guest speaker for the February meeting we welcome Annette Schallfrig, National Vice President For our March meeting we will welcome Sheree from The Body Shop who will delight us with lotions and an informative talk.

For more information 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 6 students through the 'Learning for Life Program' with The Smith Family as well as a refuge for women and children escaping domestic violence.

Monday 26th February, 2018 - Our AGM. A speaker from Birdlife Melbourne Education. Topic 'Attracting birds to your garden'.

Monday 26th March, 2018 Speaker - June Rushton - topic 'Lighthouses'.

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



everyone's family
Logo from Smith Family website

As Australia's largest national education-oriented charity, The Smith Family support disadvantaged Australian children to participate fully in their education, giving them the best chance at breaking the cycle of disadvantage. The Smith Family learning support and mentoring programs help children in need to fit in at school, keep up with their peers, and build aspirations for a better future for themselves.

For one in seven Australian children and young people growing up in poverty, it can limit their choices, opportunities and outcomes in life. Investing in the education of a disadvantaged child delivers long-term positive benefits for them, their family and potentially generations to come.

The Smith Family delivers the Learning for Life programs across 94 Australian communities, often out of a local school.

The communities have been identified as having higher concentrations of families living in economic disadvantage and are across all Australian states and territories.

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 26th February & 26th March 11.30 am	The Knox Club, Cnr Stud & Boronia Rds Wantirna South	Pam Turner 9725 4135
Wantirna Evening View Club	1st Wednesday each month at 7.00pm	The Wantirna Club, 350 Stud Rd, Wantirna	Judy on 9729 7327
Knox Historical Society Volunteer Induction Day	Thursday, February 15 10.00am to 2.30pm	Ambleside Museum 3 Olivebank Rd, Ferntree Gully	Knox Historical Society Phone: 9758 6722 Email: khs@relics.com
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
History & Mystery Tour of Ferntree Gully Cemetery	Friday, March 2 7.30 pm	The Hut Gallery 157 Underwood Road FTG	Knox Historical Society - Bookings required. Book at khs-relics.com or call 9758 6722 Cost \$20
Street Orienteering Walkers	Third Friday of the month at 10.15am	157 Underwood Road FTG	David on 0419 337 311 knox.sow@life.org.au http://life.org.au/events/event/sow
Knoxfield 55+ Club Inc	See page 14 of this issue	Carrington Park Activity Centre 20 O'Connor Road, Knoxfield	Phone: 9763 7944
Ferntree Gully Art Society	February & March exhibitions (See Page 19 of this issue)	The Hut Gallery 157 Underwood Road FTG	See article on page 19 http://thehutgallery.wordpress.com .

Be a Devil in 2018

by Kevin Van Grondelle, WSJFC President

In 2017 the Wantirna South Junior Football Club (home of The Devils) was named the EFLs Best Conducted Junior Club. To achieve this award requires a team effort and its due to the efforts of; our committee, coaches and team officials who are committed to the right philosophy for junior sport, our parents who endorse and support our approach and are helping deliver the culture and our players who represented the club with pride and respect.

The Devils were established in 1983 at Templeton Reserve, Wantirna and has become a strong and vibrant part of the community. In 2018 we will be fielding teams from Under 8 through to Under 17 (boys) and U10-U16 (girls), helping children learn to play the great game of Australian Rules. In addition, we have our Wantirna South Auskick centre on Friday nights, where the love of playing football begins.

Our aim for the Auskick girls and boys run by the 2017 Eastern Region Coordinator of the Year, is to learn the skills whilst having fun and having the whole family down to the club to enjoy the atmosphere. We are committed

to ensuring the transition to the team and club environment is smooth for both the children and their families. At the other end of a junior career, we have a strong partnership with the Wantirna South Football Club. Both organisations understand the importance of developing a pathway for our young adults to move into senior football and be able to continue their love of the game and playing with the mates they have grown up with.



We are a club that measures success not on Grand Finals and Premierships, but on our ability to teach children to learn the skills of Australian Rules and in helping them understand the importance and value of playing in teams and displaying sportsmanship. As their junior career continues, our aim is to partner with them in developing their football ability and to give them in conjunction with their parents, the support they require both on and off field as they grow into

young adults. It is our view that any on field success will naturally follow from building individuals with character and confidence.

There is no better time to join us than in 2018:

Our oval has been resurfaced,

- We have a new electronic scoreboard and storage facility,
- The clubroom facilities have been upgraded
- Stage 1 of the Templeton Reserve Masterplan regeneration is underway
- Plus our value for money fees

Fees in 2018 are: (Auskick \$96, U8-U10's - \$155, U11 - U17's \$180 plus compulsory EFL insurance \$15 per player).

Our value for money fees include:

One pair of green shorts and socks for all new players and personalised training top and no extra team match day expenses.

To register for 2018 email registrations@wsjfc.org.au
If you would like to find out more about what it means to be a Devil, go to our website www.wsjfc.org.au or email us at enquiries@wsjfc.org.au or for Auskick Auskick_coordinator@wsjfc.org.au

We'd love to have you join the Best Conducted EFL Junior Club and join a community who are continuing to build a club everyone can call home.

Go Devils !



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PROBUS CLUB OF WANTIRNA SOUTH

A new Probus Club in your local area is looking for members.

To register your interest, please contact Robert Renshaw
Ph: 03 9802 1901 E: rren2422@bigpond.net.au

To find out more about Probus in your local community,
please call 1300 630 488 or visit www.probusouthpacific.org

Probus is a community service of Rotary Clubs



27 years in Wantirna, and still going strong.

Wantirna has changed over the years – but there's one thing that hasn't changed and that's our commitment to customer service. And when it comes to helping locals with their financial needs, there's no substitute to being well, local.

At our Studfield branch, we offer the full range of Commonwealth Bank Group products and services, including:

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- Life insurance and income protection

Our branch also has a range of multilingual specialists that are fluent in Chinese, Cantonese and Mandarin, who are available to help you with all your financial needs. Drop in and say hello to the friendly team today, you'll find us at **235-237 Stud Road, Wantirna South** or give us a call on **(03) 9130 3681**. We're open Monday to Thursday 9.30am – 4pm and Friday 9.30am – 5pm.



Things you should know: Applications for finance are subject to approval. Commonwealth Bank of Australia ABN 48 123 123 124. Australian Credit Licence Number 234945.

Knox Multicultural Cricket Carnival

from Knox City Council

Bathed in sunshine, splashed with colour, and teeming with fierce competition on the field, the inaugural Knox Multicultural Cricket Carnival was a resounding success on Sunday 10th of December at Exner Reserve, Scoresby.

Teams representing ISOMER Mosque, Shree Swaminarayan Temple, Sant Nirankari Mission, and Scoresby Cricket Club, each participated in the 8-a-side carnival which was jointly organised by Knox City Council and Scoresby Cricket Club. All costs associated with the carnival were funded via a Community Development Fund grant issued to Scoresby Cricket Club from Council.

Supported by Cricket Victoria, the carnival was well attended by members, family, and friends from the four groups, and in addition to the round-robin games being played, a variety of multicultural cuisines were available throughout the day free of charge. Music, flags, and banners promoting inclusion and peace were also on display adding to the festive and jovial vibe.

Scoresby Cricket Club won the tournament, defeating Shree Swaminarayan Temple in the final. Sant Nirankari Mission's young cricketer, Master Shobit Rana, was named Player of the Series for his 129 runs over three unbeaten innings across the day.



It is hoped that through the carnival, participants will engage with members of Scoresby Cricket Club and consider joining as playing members for future seasons.

For more information on the annual event, please contact Knox City Council on 9298 8000.

Bayswater Bowls Club Turns 30!

The New Year, 2018, marks the 30th anniversary of the official opening of Bayswater Bowls Club and the committee is in the process of planning a number of commemorative events this year to mark the occasion.

The idea of a bowls club in Bayswater was first mooted by the local Chamber of Commerce in 1981, and the proposed site was Bayswater Park. However, the local council would not approve the plan and offered instead a section of Guy Turner Reserve, in the midst of a residential area. The Chamber of Commerce's interest waned, but several people who had attended its public meeting kept the idea alive, called another public meeting and formed a steering committee on August 17, 1983.

Members started fundraising in the traditional ways of raffles, cake stalls, car treasure hunts, and so on while plans were being drawn up. However, once plans were submitted to council there were a number of orchestrated objections by nearby residents, and the project had eventually to go to the Planning Appeals Board before the club received permission to proceed.

The club received a financial boost by getting both a grant and an interest free loan from Knox Council, and formed a co-operative which was able to get a further loan.

Apart from extensive excavation work to the sloping site, and the brick walls and roof of the clubrooms, nearly all the work on the building, the greens and the surrounds was undertaken by members or their friends, mostly at weekends.



The Bayswater Bowls Club's story begins at Guy Turner Reserve in Bayswater




Then, on September 10, 1988, which to the consternation of the organisers was a very wet and soggy day, the clubhouse was officially opened by the Mayor of Knox and the local councillor, Marie Wallace. It was a standing room only event, followed in the evening by a \$17-a-head booked-out dinner dance.

Two grass greens maintained by members were converted to synthetic in 1995 and 1998. Floodlights were installed on one green in 2009.

Today, as envisaged by the foundation members, the club is something of a community facility, the premises being used regularly by a number of local organisations, while the club also plays an active role in community affairs.

Come join

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Come and try bowls - a game for all ages.

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



Templeton Tennis Club News

Welcome back to TTC news for 2018.

Our summer competitions recommenced over the weekend of the 3rd February. Accordingly, there aren't too many weeks left until this season is complete with finals in March.

At the time of writing, (mid Jan) we have 11 of 19 junior teams and the seniors have 1 from 5 teams currently in the top 4. Let's hope the good form stays with us after the long Christmas break! Mid week ladies, Wednesdays, recommenced the week of the 29th January and Tuesdays are mid way through their current season and performing well. We welcome back our Tuesday night team for the autumn season.

The next Saturday season (winter) will be upon us very shortly so if you are interested in playing competition commencing in April please make contact with one of our conveners'. Seniors, Andrew Wade, 0413 420 464 or Juniors, Pam Stewart 0402 080 054.

by Don McCracken , President

Night competitions; Monday, Tuesday and Wednesday nights are back in full swing as of the 5th February and progressing well. Come for a look and maybe join us. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call on 9800 3316.

You will have noticed that there are substantial works being carried out at the front of the pavilion which houses not only ourselves, but both the cricket and junior football clubs.

These works are part of the overall plan by Council to beautify and improve the reserve.

We have received approval and some financial assistance from council to replace the old slat type curtains in the clubrooms with new blinds. We again thank them for their ongoing support of our efforts to maintain the facility in a tip top condition.

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

SPORT NEWS



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

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

All the best for 2018.

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

Wantirna Tennis Club News

by Alison Rogers



Happy New Year to all of the Studfield Community News readers.

Have you enjoyed the Australian Open. I know I have. It is good to see the Aussies doing so well. At the time of writing we still have Barty in the Women's draw and Kyrgios is still in the Men's draw. I wonder how they will go? The heat this year has been quite a problem. This brings us to mention that when playing sport, not just tennis, we should be very aware of the risk of dehydration. It should be noted that all players should carry water onto the courts with them, wear a hat and use lots of sunscreen. In local competition there is a rule which covers heat outs. This should be adhered to on all hot days.

Wantirna Club Championships 2017

Recently our Club Championships were held down at the Club. This was a fabulous event which had matches played over the week and then a 'Huge' Day of Tennis was held on the Sunday. This included all finals events, but also a round robin event with many of the Club members taking part. A bbq and afternoon tea were provided for those attending - a fun time was had by all. Thanks goes to our coaches Mike Alder and Troy Murrell for their time and effort to make this event such a great one.



Men's Champion
Troy Murrell

New Shade Sail for our Picnic Area

Our BBQ area has now had a face lift with our new shade sail being installed. This area is being continually improved with the cover providing a great shade area for our members and families. This is being used both to watch matches and also to give shade to parents and younger siblings. With the two new 'park style' bbq's it has become a much used area. What a great addition to the Club.



Juniors

I wonder if you have seen any of our Junior players in their nice new sports tops. It is great to see them being so proud to wear our Club colours. This is with thanks to a grant from Knox Council and with the help of Cr J Taylor.

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.

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.



Junior Girls Champion
Chelsea Stergiopoulos



Junior Boys Champion
Ayan Keshwani

Midweek Ladies

We are always looking for new players down at the Club. If you would like to play competition give us a call.

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 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 Facebook: 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 wantiratennis@gmail.com

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

WTC Facebook: www.facebook.com/.../Wantirna-Tennis-Club



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knox@aussie.com.au



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