

# COMMUNITY NEWS

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EDITION 54  
JUNE/JULY 2018

- LEARNING FOR LIFE AT WSPS
- U3A SHOWS ITS BIAS
- LEGO-BASED LEARNING AT ST. LUKE'S
- THE AUSTRALIAN JAZZ CONVENTION

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## Editorial

Hello Community News readers,  
 Here we are heading towards the shortest day of the year. The winter solstice is on Thursday, June 21. This day will be 9 hours, 32 minutes and 28 seconds in length. Sunrise will be at 7.35am and sunset will be at 5.08pm.

When we are enjoying daylight savings hours in the height of summer, it's hard to imagine it getting dark by 5.30pm!

In contrast, the day of the summer solstice on Saturday, December 22, 2018 will be 14 hours, 47 minutes and 23 seconds in length. Sunrise will be at 5.54am and sunset will be at 8.42pm.

It's nice to find a small amount of time to ponder on the curiosities of our planet. Ironically the shorter days have given me that opportunity!

I found this information at [www.timeanddate.com](http://www.timeanddate.com).

*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



# Boronia Rotary News

It's been a busy time in Boronia Rotary with our 50th Anniversary Celebration held on Sunday 22nd April and an ANZAC Day service was held on Monday 23rd April.

Our 50th Anniversary Celebration was a fabulous day. Plenty of Club history, familiar faces (and some not so familiar) and our world-renowned fellowship. MC for the event was Lance Deveson with speakers, Doug Gibson and Jim Sly. Thanks must go to all involved in the organisation of the event. It was a great opportunity to catch up with some of our past members and everyone clearly enjoyed themselves.

The Anzac Commemoration Service was organised for local schools and featured speaker Anthony McLeer from the Immigration Museum and Mt Evelyn RSL who shared the story of Ernest Pearson, a local lad who enlisted (by lying about his age) at 16, serving as a bugler and messenger in WW1.



*Ernest Pearson's Bugle*

Ernest ended up back in Australia after the war having served time in an army hospital, then training to be a pilot, with his bugle being returned home recently after nearly 100 years having been cared for by a British soldier's family.

St Joseph's College student Luke Morton was given the opportunity to be the first person to play Ernest's bugle in 100 years. The first couple of notes showed us that the instrument had been dormant all those years.

Then.....Luke began to play The Last Post 100 years after it was last played, on the battle fields in France, this instrument had life breathed in to it once more by a local lad who was approximately the same age.

The tears flowed and a very special feeling came over the students of the 9 different schools in attendance.

*Content provided by Rotary Boronia*



*50th Anniversary Celebrations*

## Okka Pies

### Pie Drive Fundraising

We are a family owned business and we've been proudly devoted to making pies since 1991. We've helped many schools, clubs and community groups raise funds with a pie drive and we'd love to help you too.

At Okka Pies we make everything from original recipes and quality is very important to us. We use fresh premium lean meat in our meat pies, fresh eggs in our quiche and fresh vegetables in our vegetable pies and pastries. We include a delicious range of vegetarian items on our fundraising list. Our pastry is made fresh daily on our premises.

Delivery is available 7 days a week for pie drive fundraising. Our refrigerated vehicle delivers throughout Melbourne and outer suburbs and delivery is FREE for pie drives. There is no minimum spend. Please contact us to discuss and to book a suitable delivery date and time.

**Ken and Lynda Hultgren 9720 8202**

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## 2018 Victoria Day Awards

The 2018 Victoria Day Awards recognises and celebrates the contribution and service of individuals in our local community.

Community groups across Wantirna, Wantirna South and Knoxfield are encouraged to nominate a volunteer from their organisation, who has made a significant difference and contribution to our local community.

The Victoria Day Awards honour local volunteers and heroes from within the Ferntree Gully and Rowville state electorates, and will be hosted by local state MPs Nick Wakeling and Kim Wells.

The Awards will be held on Friday, 29 June at 5:00pm at the Syrena Polish House in Rowville. For more information on nominating a volunteer, please contact Nick Wakeling's office on 9758 6011.



*Nick Wakeling MP with 2017 Victoria Day Award recipient Gwen Neylon from St John Ambulance – Knox*



# ALAN TUDGE MP

## Federal Member for Aston

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# WHAT'S COOL AT SCHOOL?

## St Luke's Playgroup

St Luke's Playgroup is a newly established Playgroup in Wantirna.

We invite you to join us on a Wednesday or Friday morning from 9am - 11am in our Library Learning Hub

The playgroup is open to all families in the community with children from birth to 5 years of age and is free to attend.

Please spread the word within your friendship circles and we look forward to seeing you!

**St Luke's Primary School - 25 Stokes Road, Wantirna**

Email: [mplimmer@slwantirna.catholic.edu.au](mailto:mplimmer@slwantirna.catholic.edu.au) to register your interest

**Wednesday & Friday  
mornings  
9.00am - 11.00am**

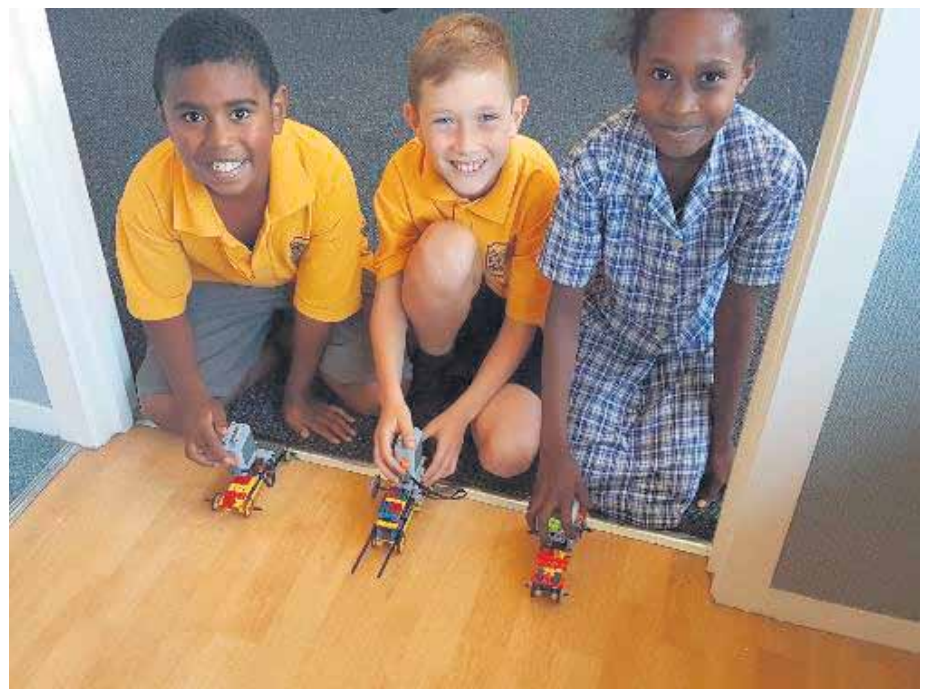


## Lego-Based Learning at St. Luke's

St Luke's Primary School in Wantirna is one of Melbourne's first to apply Lego-based learning into the curriculum. These classes run twice a week as part of the school STEM (Science, Technology, Engineering and Mathematics) program. Students gain and apply knowledge, deepen their understanding and develop creative and critical thinking skills within an authentic context.



St Luke's STEM teacher, Jackie Gottliebse attests that so far the program has been a great success. The students participate in activities to develop skills in teamwork, creativity, logical thinking and problem solving. They investigate various concepts such as centrifugal force, centripetal force, lift force, fulcrum, thrust, tachometer, differential gears, gear transmission, circular motion, linear motion and measurement of time. Very technical! The students are playing and learning at the same time!



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At Templeton Orchards 3 year old Preschool we provide an excellent springboard to 4 year old Preschool. Our children are learning, through play based learning, self regulation by adopting group rules that considers others, like sharing, turn taking and helping others. They are learning to communicate socially with peers and educators. The children are given the opportunity to refine their gross and fine motor skills and to extend their attention span. We provide hands-on science and maths activities through cooking and sensory experiences.

At Templeton in particular the children are being exposed to language development and diversity through music, books and planned activities. Most importantly our children have fun! Mid Year Enrolments are open now for Term 3 & 4 2018 and places are available for 2019.

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# WHAT'S COOL AT SCHOOL?

## Learning for Life at WSPS

Wantirna South Primary School prides itself on being a "community school", supporting the development of compassionate citizens who actively seek to "Learn for Life".

The school was built by members of the community way back in 1940 and in the 78 years that have followed has always been involved in the Knox/Wantirna Community, whether that be supporting those less fortunate than us or creating unique opportunities for our students to showcase their talents.

The School Choir was invited to perform at Banksia Nursery a few weeks ago as a means to create opportunity for our children to sing whilst raising monies for our vegetable garden program.

The BBQ was sizzling and the children sang magnificently to a fantastic audience and at the same time had the opportunity to learn from the experts at Banksia about the planting, care and maintenance of our vegetable garden.

The school community thank Banksia Nursery and Grow Better for their ongoing support and opportunities for our children.



## Wantirna College Performing Arts Showcase

Wantirna College has just launched their Performing Arts showcase for 2018.

Each year the College opens its doors to audiences to attend over 12 different concerts and showcases featuring Instrumental Music, Dance, Drama, Theatre Studies and Choral.

The College has over 500 students involved in the Performing Arts and in 2017 saw over 2500 visitors through the audiences.

Wantirna College is known throughout the community for its exceptional Performing Arts program, including Contemporary Dance, Drama, Theatre Studies and Instrumental and Vocal Music. The College also presents an annual production in August, with this year's show being "Legally Blonde".

The Performing Arts Showcase opened with the Ensemble Showcase featuring the Concert Bands, Strings Ensembles, Stage Band and the award winning Symphonic Band on Monday 28th May 2018.

Further information about the program and tickets can be found at the College Website - [www.wantirnacollege.vic.edu.au](http://www.wantirnacollege.vic.edu.au)



## Join us for one of our next tours

School in Action Tour  
Wednesday 1 August 9.00am

School in Action Tour  
Thursday 13 September, 9.00am



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# BAYSWATER NEWS



## Our Lady of Lourdes Bayswater

25 Orange Grove, Bayswater VIC 3153

### FIRST HOLY COMMUNION

03 June 2018 at 10 am Mass

### FIRST RECONCILIATION

25 October 2018 at 6 pm

(Preparation classes will start on 21 July at 3-4pm  
for 10 weeks excluding school holidays)

For enquiries, please ring the Parish Office at 97292622 every  
Wednesday - Thursday, 9am - 3pm and Friday 9am - 12pm or  
Email us at [bayswater@cam.org.au](mailto:bayswater@cam.org.au)

## CHASING YOUR OWN SHADOWS

What happens to many people when they begin chasing their family tree, is that they essentially end up with a list of names and dates: Great Grandfather, Johann Sebastian, born July 21, 1889, County Cork, Ireland, died 1927 in Bayswater.

But who was Johann Sebastian? What did he do? What sort of man was he? How did he live his life? What did he like? What did he achieve? Did he have regrets?

Wouldn't it be great if Johann's great grandchildren could pull out a script and read all about him and the times he lived in, rather than just bald dates?

That's what your children and grandchildren could do if, instead of looking to genealogy, you took the trouble to put your own life's story down on paper, a task which many people think about but don't follow through on, partly because they find the writing side of it difficult.

That needn't be the case if you turn to a professional writer who can whip your thoughts into shape, who knows what interests the people who might read your story, and who can help you to gather the facts and information that are needed.

One such writer, Alistair Smith, who has won many awards for his work in a lifetime of journalism, lives locally in Bayswater and these days specialises in "ghosting" local people's life stories. He can edit, rewrite and build on any writing you have done yourself, or he can start from scratch and put the whole thing together for you.

To contact Alistair and talk about what is involved, phone 0417 118 155, or send an email to [writeon@bigpond.net.au](mailto:writeon@bigpond.net.au).

## Café on the Park.

— Eat, Drink & Be Social at Glen Park —

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

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# Heidi Victoria MP

Member for Bayswater District



## Getting Results for OUR Community!

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

# BAYSWATER NEWS






## Bayswater West Primary School Emojis and Values


Last term the entire senior school was set a challenge by Principal Peter deWacht to create a set of Emojis to go in line with our school values. A collection of students were selected to sort through the drawings and choose the ones that represented our values best and were most creative.

Our school values are important because they help shape us to be not only good learners but excellent people amongst the community. The Emojis were created as a visual aide to help all students remember and understand the school values as well as

send a clear and consistent message to not only the students but the entire community.

We love our school Emojis because they are colourful, cheerful and we love the characters representing the values. We also love the fact that they were created by the students, we also admire the effort put into these creations. The next phase of this project is to bring these characters to life, we hope to create digital videos inspiring us to use these cheerful values.

VALUES		DEFINITION	WHAT DOES IT LOOK LIKE?
CLARITY		We want to learn more	I enjoy learning and asking questions
CARE		We look after others and our learning community	I speak nicely and encourage others
RESPECT		We value difference and treat others with dignity	I keep my hands, feet and objects to myself
PERSISTENCE		We never give up!	I keep trying, even when I make mistakes
INTEGRITY		We take pride in ourselves, our school and community	I do the right thing when no one is watching





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## Funding Received for "Missing Link"

from Knox City Council

In a Budget announcement from the Victorian Government this week, funding has been won for the completion of a concrete shared use path on the south side of Burwood Highway between EastLink and Morack Road, including a new bridge over Dandenong Creek.

Mayor John Mortimore joined his colleagues in saying how grateful the Council is for the Government funding that will better and more safely link Wantirna and Vermont South.

Local Ward Councillor Jackson Taylor welcomed the news as an "exciting" funding windfall for the local community.

"Having an uninterrupted pathway constructed is exactly what we've been fighting for," Cr Taylor said. "This is a great example of how our voice was heard loud and clear, making all the difference.

"Providing better and safer pedestrian and cycling facilities across our green spaces is a priority in Wantirna and a priority right across Knox," Cr Taylor added.

The campaign to close the gap was supported by the Eastern Transport Coalition (ETC)—an advocacy body comprising Knox and neighbouring councils who help raise important local and

regional transport issues with the State and Federal Governments.

Council's representative on the ETC is Councillor Peter Lockwood, who said the Budget announcement proved again the value of a collective voice.



Cr Lockwood and Cr Taylor - Burwood Hwy Shared Path funding announcement

## Aussie Veterans Op Shop

by Michael Quinn

With a view to outline our work in the Veteran Community, I would like to explain how the money raised in the Veteran Opportunity Shop is used to support our Veterans in need.

Despite our expectation of our veterans being looked after by the Department of Veterans Affairs, sadly this is not the case. Many of our veterans find themselves in complex legal arguments that go on for many years until they are resolved. An example of this would be the back dating of benefits some 5 or 6 years after their case has been won during adversarial court actions. We are happy to deliver the correct outcome to an injured veteran by financially supporting the volunteers who provide free representation for appeals and court action.

Our welfare officers assist by helping the veterans through this difficult period of up to 5-6 years during this process. This assistance includes morale, food,

bills, accommodation and any other problems that arise during the process.

Many of the Veterans we represent have young families, work difficulties, mental health issues and are completely broken by a system that does not provide the care needed.

The volunteers working on the coal face with the veterans are disappointed on a daily basis that this job is required to be done by volunteers. We, like most of the community, expect that those who put their lives on the line and are injured in the process should be looked after.

It is very rewarding for those involved at any level in the shop to see the positive outcomes which are achieved on a regular basis. As a group we intend to grow our services, but we also are very keen to further develop work opportunities, social enterprises and health programs in the future.

After speaking this week to the Clock Tower Group I was very pleased to be welcomed and given the opportunity to spread the word on the work we were doing and promote the Aussie Veteran OP Shop. The group put out to their members to bring along non-perishable items for our food bank for distribution to those in need in the local community. A trolley and a half of food was donated and it is being distributed through the food bank.

It is great to know that the community is behind an initiative that looks after not only veterans but also those we can help with cheap goods and free food if required.

A big thank you to the community that supports our community initiative and the veteran community.

To contact Aussie Veterans call 9761 0468



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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**

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## *Putting a Spotlight on Weight Loss this Winter*



### **WE WANT YOU! TO JOIN OUR 12 WEEK WEIGHT LOSS CHALLENGE!**

Winter is not really the time of year that most of us are focused on our weight, so we thought we would put a spotlight back on it, for the next three months at community pharmacy.

We have recently brought on board the scientifically proven weight loss program IMPROMY, and so we are throwing the challenge out there, to help our patients hit their weight loss goals, even during the Winter months.

#### **A bit about Impromy:**

The Impromy program was scientifically formulated with the help of the CSIRO. It is designed to help patients who may suffer from medical conditions such as diabetes or hypertension, to get their weight under control so as to have a positive effect on their health conditions.

The program combines great tasting meal replacement bars and shakes with healthy calorie-controlled dinners that can be prepared from the CSIRO cookbook.

Signing up to the program will entitle you to weekly check ins and consults with our pharmacists to assess your progress and work through any challenges you may be experiencing. You also get a mini health check at the start and every three months after which includes testing your blood pressure, blood glucose and cholesterol so that we can monitor the positive impact the program has on key health indicators.

#### **The Challenge:**

Join up to the program over the next few months and we will help you set some goals for your weight loss in the initial consult. Work with us weekly at your weigh ins to ensure you're are on track to achieve them! We will take a picture at the beginning of the challenge to be able to see the difference at the end of the 12 weeks.

When the challenge draws to an end, Community Pharmacy Wantirna will be holding a 'biggest loser' style sugar free morning tea! Join us for sugar free tasty treats and refreshments. We will be handing out prizes and awards to those who have hit their goals, that were set at the beginning of the challenge.

So, don't miss out! Join us today, you have nothing to lose.... except excess kilos!



**Clinically tested by CSIRO**

**impromy™**  
WEIGHT LOSS PROGRAM

## Glenda has LOST 32.7 kg

Glenda recently had knee reconstruction surgery and has been struggling to lose weight since having cancer treatment a few years back.

**“** I had tried and tried to lose weight but nothing seemed to work. I started on Impromy and there was no more looking.

Since starting Impromy, Glenda has lost an amazing 32.7 kg and is fitting into clothes she last wore in 2007.

**Join the Impromy  
weight loss success story!**

Glenda before

**Wantirna Community Pharmacy**  
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[www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)

## Collier Ward News with Cr. Jackson Taylor



Recently, I wrote about advocating for the Burwood Highway Shared Pathway which would create a pathway for cyclists and pedestrians on the southern side between Knox and Whitehorse. Not long ago I appeared in an article in the Leader starting a community campaign. I'm now happy to say that the State Government recently announced \$4mil of funding for the project which will increase user safety and keep us moving. Well done to all who worked on this, I'm proud to have played my part in this significant piece of community infrastructure.

Last year I also spoke about a big announcement into Mental Health, as it is something I am extremely passionate about. Just recently, after strongly

advocating to get the program up and running since becoming a Councillor, Council has just begun a new partnership with Sport and Life Training, who will deliver our new In-Club Development Program in our sporting clubs. Their aim is to transform Australian Culture through sport. With many being touched by sport, it is an effective way to help address issues in our community surrounding Family Violence, drug/alcohol addiction, mental health and a raft of other social issues. It's an extremely valuable program for our community, and can be a force for lasting and positive change.

On another quick note, the State Government also announced a \$200k business case into the future of the Knox Regional Sports Park and Council have also adopted a Masterplan for the site which includes for the provision of more basketball facilities, gymnastics, a centre of excellence and increased soccer facilities. More to come on this.

Next time we talk, I'll be discussing our budget for 2018-19. Until then.

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](mailto:jackson.taylor@knox.vic.gov.au)

M - 0418 719 940

FB - Jackson Taylor - Councillor for Collier Ward

## Thunder Phobia By Dr. Martina Saeid, Veterinary surgeon

Thunder phobia is one of the most common phobias affecting dogs.

So, if your dog is fearful of thunder, here are nine steps to help your dog to calm down during the thunderstorms:

Predict the problem: Forecasts and radio reports usually over predict thunderstorms. So, you will know beforehand and this will give you some time to take action before it hits.

1. Be home with your dog: Try to be home or have someone care for your dog if you can't, at the time of the storm, as the thunder and the fear associated with it is even worse when your dog is home alone.
2. Remove your dog from the garden: Dogs left outside during thunderstorms are much more affected than dogs left inside. They can try to escape your yard or escape into your house and this can put them in serious danger.



3. Place your dog in a sound proof den: A DEN is a sound proof room inside the house where your dog cannot see, hear, smell, or feel the storm.
4. Use masking noise: Playing radio or CD of (Frightful noises) like fireworks, babies crying, etc can teach your dog to tolerate the noise a bit better.
5. Use medication when needed: If your dog is seriously affected then medication maybe required (Please ask your VET to explain different types and doses) BUT, you MUST test the dose needed before the event of the storm.
6. Use pheromones: Can be very effective for calming noise phobia dogs (Almost 70% effectiveness).
7. Practice calming strategies
8. Teach your dog to tolerate thunder noise.

# WANTIRNA NEWS

## Noos Noodles, New to The Mall



No need to travel to enjoy Authentic Vietnamese Street Food, as here in our midst at the Wantirna Mall is the newly opened NOOS NOODLES!

While the restaurant is a family affair, the business is a long time dream of HUE.

Hue gained her experience by working at any job that was available both in Vietnam, and also Australia, where she became a leading hand in a large food company, but her dream was always to run her own restaurant

Hue is not only a busy wife and mother, she is also passionate about the authenticity of the food that is served at Noos Noodles.

Hue gives an invitation to everyone to come to share her dream!

### Noos Noodles

Shop1 The Mall Wantirna

Open 7 days 10.00am to 9.00pm BYO

A recent customer's comment "No Need for me to travel to Springvale any more, love your food!"

Follow them on Facebook

## WANTIRNA DENTURE CLINIC

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Dental Prosthetist

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

# News & Events at Your Library

by Jasminder Ghotra



# LIBRARY NEWS



## Kanopy Kids

Kanopy, our online movie and series streaming platform, has just released a kids version with the option of parental controls.

Kanopy Kids is for our younger library members aged between 0 and 13. It highlights films and TV series that inspire and inform. For our younger viewers we have Playschool, Curious George and Babar and for our older members we have shows such as Dance Academy and Nowhere Boys and many more.

This resource is completely free with your library card, and you can watch up to 12 items per month. To check out the update visit our website [www.yourlibrary.com.au](http://www.yourlibrary.com.au) or go directly to the resource at <https://erl.kanopy.com/welcome/kids>.

## Events at your Library

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

### Growville Gardeners Presents...

### Indoor Gardening with the Plant Society

Tuesday June 12th at 11.00am  
Rowville Library  
FREE

Jason Chongue's passion for plants has spawned the popular new business concept The Plant Society, which explores philosophy and expertise on all things indoor gardening. Join author, architect, interior designer, and plant cultivator; you may be familiar with his work from Gardening Australia, The Plant Hunter, The Design Files and his own very popular Instagram account.

To book call 9800 6443 or online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au)

## Top Reads & Newest DVDs

This month's collection of Top Reads has become available at your local library.

To place free reservations on any of these titles go to our website at [www.yourlibrary.com.au](http://www.yourlibrary.com.au).

Check out this month's latest titles.

### Top Reads:

- Greeks Bearing Gifts Philip Kerr
- Duel to the Death J. A. Jance
- Girls at the Piano Virginia Lloyd
- Finding My Place Anne Aly
- The Court Reporter Jamelle Wells
- The Book Shop of the Broken Hearted Robert Hillman
- CSIRO Low-Carb Everyday Grant Brinkworth
- The Paris Seamstress Natasha Lester
- A Certain Light Cynthia Banham
- Macbeth Jo Nesbo

### New DVDs:

- A Place to Call Home Season 5
- What Happened to Monday
- God's Own Country
- Star Wars the Last Jedi
- Fleabag Season 1
- Ferdinand
- Sweet Virginia

- The Good Place Season 1
- The Free World
- Three Summers
- The Miniaturist
- Wonder Wheel
- Ruth Rendell the Complete Crime Collection

Our new release DVDs are available at your library, both movies and television series.

Make sure to place a reservation on titles you don't see at your branch either online at [www.yourlibrary.com.au](http://www.yourlibrary.com.au) or with your local librarian.

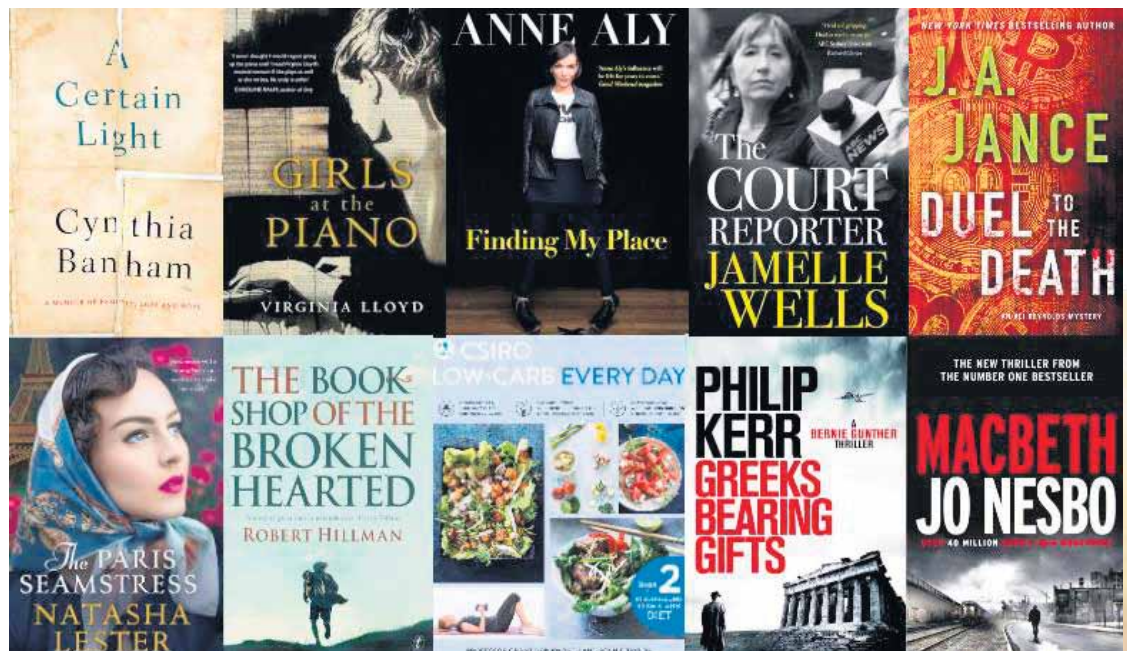
## Bayswater Library

Bayswater Library have extended their opening hours!

### Our new hours will be:

- Monday 10am – 5:30pm
- Tuesday 10am – 5:30pm
- Wednesday 10am – 5:30pm
- Thursday 10am – 7pm
- Friday 10am – 5:30pm
- Saturday 10am – 1pm

We're looking forward to seeing you more often at Bayswater Library!



Working hard for  
our local community

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

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

Funded from Parliament's Electorate Office and Communications Budget.

Nick  
Wakeling MP

STATE MEMBER FOR FERNTREE GULLY



## U3A Shows its Bias *by John E. Ford*

Term One of 2018 saw Knox U3A introducing "Lawn Bowls for Beginners" into its curriculum. A total of ten members presented for the first of nine lessons back in February at the Upwey-Tecoma Bowling Club. Instruction was provided by two senior players and accredited coaches of that Club, in Gavin Bransgrove and Andrew Walters, who gave their time and knowledge free of charge. The participants, and Knox U3A generally are indebted to Gavin and Andrew for giving their time so generously.

Our members very quickly realised that Lawn Bowls is not as simple as it looks on the telly. For a start, the bowls do not travel in a straight line, and, as they quickly discovered, if you hold the bowl the wrong way, it will refuse to travel in the direction you want.

Nevertheless, the group set about the drills and practice tasks set by Andrew and Gavin with enthusiasm, and in a short space of time, had some very good notions of weight (which governs the speed the bowl travels) and "grass" (which dictates the direction you must bowl to compensate for the bias of the bowl).

The coaches were impressed by the quickness that our members picked up the rudiments of the sport,

and some were consistently sending down bowls that would be considered acceptable in competition. After each hour's instruction, the group enjoyed a cuppa, and spent the remainder of the session in friendly competition. They tried pairs, triples and fours competitions and learned the differences in playing those types of tournaments.

The course came to an end all too quickly, but was universally enjoyed by the participants. It is not

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practical to run the course in winter months, but it is proposed to introduce "Lawn Bowls for Beginners" again in term 4. In the meantime, don't forget that full details of the 160+ courses to be run in Term 2 will be available on our website [www.u3aknox.org.au](http://www.u3aknox.org.au).

Once again, we are indebted to the Upwey-Tecoma Bowling Club for making their facilities and coaching staff available, and we look forward to a continuing relationship with them.



Seven of the ten in the group with Coach Gavin Bransgrove second from right.

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\*This offer is valid from 1 May 2018 until 20 May 2018. To be eligible for the \$10,000 prize draw, you must purchase and take delivery of a new, used or demo vehicle at Ferntree Gully Toyota by 30 June 2018. \$10,000 prize draw cannot be exchanged for cash or used in conjunction with any other offer. Prize will be drawn by 30 June 2018.

# KNOXFIELD & SCORESBY NEWS

## Knoxfield Ladies Probus Club

An outing to the Kerrisdale Mountain Railway and Museum was recently enjoyed by the Knoxfield Ladies Probus Club. The weather was sunny and warm and the views from the train moving up the mountain to the summit were spectacular. This railway is privately owned and run by Andrew and his wife Jennifer on a non profit basis. Andrew explained the discovery of the area and pointed out places of interest, such as the mountains which become Victoria's popular snowfields in winter. Andrew has a passion for locomotives and is rebuilding another one at the property. He knowledgeably explains and happily demonstrates the use and history of the engines in his museum. Jennifer supplies her delicious rock cakes for morning tea and gives further information on how the track was constructed, how the locomotives have been rebuilt, and the history of the other exhibits. The property of 50 acres is home to wildlife, many birds and a large diverse number of eucalypts. After a tasty lunch at the Railway Hotel in Seymour, the members and their friends strolled down the

peaceful Vietnam Veterans Commemorative Walk, which shows all the names of the participants, their stories, and the history of the war.

We are now looking forward to lunch at Zest Restaurant at Holmesglen TAFE, Sunday brunch at Tosaria Restaurant Rowville, the musical "Beautiful", and a visit to the Cranbourne Botanic Gardens, lunch at Wings & Fins Restaurant and an

inspection of the Fisherman's Cottage at Tooradin, plus a Christmas in July lunch.

If any retired or semi retired ladies wish to join our happy Club which meets at the Waverley Golf Club, Bergins Road, Rowville on the last Wednesday of each month, please contact Jan at 9774 8408 or Bev on 9753 3224.



## Scoresby Football and Netball Club



## News from the Nest

With the 2018 home and away season well under way Scoresby Football and Netball Club have found their feet across their divisions. New netball teams are starting to gel and perform on the court and the boys with solid wins under their belt.

As the season progresses, we continue to host regular functions down at the nest. Our members luncheon with guest speaker Kevin Sheedy was a huge success and we continue to bring in the big names including David Schwartz and Rodney Hogg headlining our Sportsmans Night on the 7th of June. One of our greatest functions is the Annual Ladies Day where tickets sell out within 48 hours. Each year our Ladies Day function supports a charity – this year we are proud to be supporting St Kilda Mums, a Melbourne based charity with the vision to see a future where we waste less, share more and care for every child. We have a mission to share the joy of motherhood and are able to do this by collecting, sorting and redistributing used baby and children essentials. Their core values of Respect, Community and Integrity fit right in line with the boards vision and values for Scoresby Football and Netball Club. If you would like to know more head to [www.stkildamums.org](http://www.stkildamums.org)

We are always looking to secure sponsorship opportunities for local businesses. If you would like to know more please contact us at [scoresby@efl.org.au](mailto:scoresby@efl.org.au)

## Beach Hut Brewery Birthday Brew!

Beach Hut Brewery opened up their rusty red roller door to the thirsty public two years ago at 4 Rocco Drive, Scoresby. During the last two years the brewery has grown rapidly.

Whilst we sponsor many local sporting clubs and community events we want to say "thank you" with a Birthday Brew named by a local.

If you want to name the brew head into Beach Hut Brewery and put your suggestion in the Name The Birthday Brew Box.

And yes, the winning name gets free beer!

The brewery has a drink for everyone from handcrafted ales, artisan and seasonal ciders, red and white wines and spirits.

In addition to their gourmet pizzas, the menu also includes beer-battered chips, buffalo chicken wings, Angus meatballs, garden vegetable spring rolls and American onion rings.

They are open Thursdays and Fridays from 3pm-late with live acoustic music, Saturday 1-6pm & Sundays from 1 to 7 pm with chilled live music.

Saturdays are for private functions. The brewery has hosted corporate Christmas parties, any local birthdays, engagements and weddings.

To find out about events and functions  
email [emma@beachhutbrewery.com.au](mailto:emma@beachhutbrewery.com.au)  
Stay tuned via Facebook and Instagram.



## Beach Hut Brewery

BREWERY | BAR | EVENTS

THURSDAY 3pm-11pm | FRIDAY 3pm-11pm | SATURDAY 1pm-6pm | SUNDAY 1pm-7pm

4 Rocco Drive, Scoresby | 9018 4288 | [www.beachhutbrewery.com.au](http://www.beachhutbrewery.com.au)

LIVE Music!  
Friday Nights &  
Sunday Afternoons

# KNOXFIELD & SCORESBY NEWS

## Knox SOW NEWS



Due to the popularity of street orienteering, Knox Street Orienteering Walkers (Knox SOW) have now joined the other 223 registered Heart Foundation walking groups in Victoria. They have added an extra walk each month. It is on the first Friday of the month at 10.30am. The group explores places in and around Knox and walks for one hour finding answers to 20 clues shown on a map. Team registration is at 10.15am then they walk from 10.30 to 11.30am followed by a cuppa and chat at a nearby café. The cost is \$1 per person. For full details check out their new website: [www.knoxsow.org.au](http://www.knoxsow.org.au).

In April the group began near the Lakewood Nature Reserve in Knoxfield. Many walkers did not know we had such a beautiful lake in Knox! 3 clues were around the lake. One was at the entrance: What is not allowed in the Reserve – horse riding, bike riding and xxxx? The answer is 'golf'. Another clue was at Attley Road. This has got to be the shortest road in Knox. It is just 35m long! The walk was followed by a cuppa at the delightful Banksia Nursery Café.

For more information please contact Walk Organiser, David, on 0419 337 311 or [david@knoxsow.org.au](mailto:david@knoxsow.org.au).

The June walk is in Wantirna South (on the 2nd Friday of the month).



*The beautiful lake in the centre of Lakewood Nature Reserve, Knoxfield*

## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox City Council

0427 245 834

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

 Cr Nicole Seymour



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# KNOX SCOUTS NEWS



## News from Knox Scouts

by Nicole Klep, District Leader Cub Scouts

### Billy Cart Show Down....

Cub Scouts gathered at Heany Park Scout Camp on Saturday the 21st of April for the Billy Cart show down! We had some very determined Cubs eyeing off the trophies that were up for grabs. The Cubs were in teams of three and created their own team names. One Cub would steer the billy cart whilst the other two Cubs pushed - they rotated roles throughout the day. Some of the winning team names were: The Jets, Transformers, Billy Cart Superstars, Rowville Boys and 2 Fast 2 Furious.

The Cubs participated in the Slalom (Cubs weave

their billy cart in and out of witch's hats), King of the Mountain (Teams aim to drive up the hill as fast as they possibly can), Blind Driver (the driver wears a blind fold and the two Cubs pushing must guide them through the course), Obstacle Course (teams manoeuvre around obstacles), Pit Stop (change drivers after parking at different locations) and Wet Driving (drivers are given a container of water and need to get as much water to the end as quickly as possible). My favourite was the Wet Driving race. Most held the cup between their legs and tried to avoid the water pistols! One Cub held as much water in his mouth so the volume in the cup was reduced - less could splash out! His team did really well in this race.

Trophies were awarded on the day for all events, including best sportsmanship and team work. The weather was perfect! The Cubs all had a fantastic day and went home asking when the next Billy Cart Derby will be! The overall winning team for the day was The Jets, which was made up of three female Cubs from three Cub Packs – Boronia, Heany Park and 1st Rowville. Go girls!

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

You can try three nights for free! So come along and join in the fun. Scouting is for youth, from age 5 to 26 years, and after 26 lots of fun is to be had by becoming a leader!



### Kangaree - 'Dare to Dream'

On 17th and 18th of March, 46 Joey Scouts from the City of Knox joined 1039 other Joey Scouts from around the state of Victoria for an adventure of a lifetime. They were supported by 611 older youth members, adults and leaders. Now where did they go you ask? They all boarded coaches from different points around the state early on the Saturday morning and headed off to Kangaree, which was held at Lardner Park, Lardner. They were staying the night in huge pavilions - the sight of seeing stretcher after stretcher was pretty amazing! Kangaree is like a Cuboree or Jamboree, but for Joey Scouts (5 to 7 years old) and is just so much fun.

They were six main activity bases to explore on the Saturday and Sunday:

1. Adventure Land: Joey Scouts got to glide overseas (in a canoe), climb mountains and test their potential. They had to follow the instructions carefully or their leaders may have got wet! Oops some perhaps were not so careful on purpose... ha, ha.

2. Goodnight Sleep Tight: Joey Scouts learned that bedtime is not all about sleep - they had to be prepared for some mischief and fun.

3. Try Cubbing: Joey Scouts tried a variety of Cub activities. They wove their way through a jungle maze, listened to a jungle yarn and met lots of Jungle Book characters.

4. Castles and Cubbies: The Joey Scouts constructed their own 'dream home' using boxes. It could have been a castle that they had to defend or perhaps a cubby. Team work and imagination were the order of the day.

5. When I Grow Up: We all dream about what we will become when we grow up. Well the Joey Scouts got to skip all the years of study and experienced their future now. It was exciting indeed!



6. Neverland: Wendy and that boy who never grows up took the Joey Scouts on a journey of their lifetime.

They were also two spare time activity bases. One was called 'Wombat Hollow,' an eclectic array of activities and challenges. The second base put on by the CFA. Both proved very popular with the Joey Scouts.

The catering team were up to the challenge and put in a stellar performance. They flipped 2,214 hamburgers, used 78kg of ham to make sandwiches, distributed 4,698 slices of cheese, poured 162 litres of cordial and served 1,736 iced donuts! The Joey Scouts (and leaders of course) ate their way through 282 boxes of cereal and 404 litres of milk. That is a lot of food and just a small slice of some of what we ate at Kangaree. I think the Joey Scouts really enjoyed personalizing their dinner with a 'Build your own hamburger' challenge, I know I did.

The band called 'The Kazoos' was a real hit on

the Saturday night and then all were ready for the bedtime story 'Why the kangaroo got its tail' and I would say many were asleep as soon as their head hit the pillow.

Saturday's weather was hot and Sunday brought a change with high winds and even rain. We all managed. Terrific fun was had by all Joey Scouts and leaders. I am sure there were many Joey Scouts asleep on the coaches homeward bound.

All could return home with a CFA badge, a Try Cubbing badge and a Kangaree badge, scarf and cup. "A pretty good haul of loot" I heard one Joey Scout say!

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

You can try three nights for free! So come along and join in the fun. Scouting is for youth, from age 5 to 26 years, and after 26 lots of fun is to be had by becoming a leader!







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

### Speakers

**April Speaker** - Dr Sapphire McMullan -Fisher "Fabulous fungi & what they are doing in our bushlands".

Sapphire described herself as a fungi ecologist.

She gave an interesting talk in which she shared the way in which fungi work and interact with so many forms of life. She mentioned that one of the major important functions of fungi is that they break down organic matter and release nutrients back into the environment for reuse. Also their interaction with other organisms such as lichens, algae and plants.

Fungi is an essential part of our lives, with antibiotics, moulds and yeasts and foods such as cheese, breads and the like. An interesting presentation where I'm sure all present learnt such a lot.

**May Speaker** - Dr Ken Walker - "Is citizen science the new force of biodiversity data?"

We love having Ken come and talk to our group. He is so passionate about all forms of nature. He spoke about how people like you and me (citizen scientists) are contributing to scientific knowledge by sharing photographs and observations. He mentioned that when sharing information it is important to name the place, date, season and as much information as you have, to help register an item whether it be a plant, insect, fungi or bird. This data can be of great help to museums collecting current data. Sites such as 'BowerBird', are where people can upload photographs with the precise data recorded in digital cameras (some have GPS included) so make a great contribution.

This presentation made all present think more about what they could do to help out in this way.

### Excursions

April excursion - Jumping Creek Reserve. Leaders Alison and Peter.

This excursion was listed as a fungi excursion. Due to a combination of no heat and no rain there was only one piece of fungi to be seen and this was at the end of the walk in the carpark. Oh well. It was pleasing to have 27 members and visitors come along on a drizzly day for a walk in the bush. Although there was no fungi, we still saw plenty of birds, with the highlight being a rose robin. It was lovely to also see a huge wedge tail eagle soaring through the trees across the valley and kangaroos sheltering from the rain under the huge gumtrees. We are very lucky to have such a beautiful area so close to where we live.



Rose Robin photo by Jack Airey

**May excursion** - Bunyip State Forest. Leaders Hazel and Alan.

With predictions of a cold and rainy day, our trip up to Bunyip State Forest was amazingly fine and with sunshine. The 14 members met at Mortimer Picnic Ground and after a quick morning tea we headed around the "Mortimer Nature Trail". As we started off a pair of wedge tail eagles landed in the tree above us. A lovely sight. The trail which loops through the forest was a mass of fungi (much different to the month before) with many sighted



Fungi photo by Alan Veevers

and photographed. After lunch we travelled to the area called the "Button grass walk", (Button-grass is a type of sedge, characterised by its long stems and rounded flowering heads).. The circuit takes you through different vegetation and of course the heath lands. A total of 20 Fungi - birds were identified for the day.

**In the next months our Presentations will be:**

**June Speaker** – Jackson Airey "Bottoms Up -Snorkelling around Melbourne"

**July speakers** - Members night, Shirley Smith - "A January trip to Tasmania includes King Island" Peter Rogers "A bit about flies"

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

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

All visitors are welcome. For more details phone Alison or Peter on 9801-6946.

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

## Knox Environment Society by Zoe Peltekis

Going green, like recycling may not get you anywhere!

Imagine this, an environmental think tank that has teeth, is not funded or supported by business or politics, nor based on market or profit driven principles. It can screen all building and 'resource development' applications to set standards that incorporate ethical and moral values based on ecological principles. It has the political muscle to inform and develop policies and protocol, referencing and valuing all that is environmentally and ecologically driven, is a primary reference point for Local, State and Federal Governments' decisions related to the economy, countries natural resources, social planning and all policy development that affects you and me and our future generations.

This is the 'specialist team', on the side of the environment, where climate science and ecology

is referred to when projects and programs are prioritised based on the intrinsic value of our planet, filtered and free from an economic perspective. Such a key body that is a primary filter and reference point for all policies can prioritise the environment. This is where ecological specialist knowledge sits and is referred to alongside economic strategies and given top priority, viewed as being critical to the wellbeing, survival and preservation of our air, water, soil, plants and animals.

More information on the indigenous native plants available at K.E.S. and the range of environmental projects you can be a part of is available at [info@kes.org.au](mailto:info@kes.org.au).

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

What is the frequency of Local, State and Federal Governments' decision making, that prioritises environmental and ecological decision making logic over market driven forces? Election time will get closer, clarification is needed on the true value political parties place on the environment. Where do local councils and the major political parties rate 'environmental strategies' as being of a priority in their constitution and political platforms? Our next article will have a snap shot of Local Government's as well as the main political party's policies priority on the environment.

At a local, community level, you and I have the capacity to act and support our environment.

By joining not for profit Knox Environmental Society, you not only Volunteer with like minded environmentally conscious individuals, but you have the opportunity to support and learn about programs and projects that follows the environmental principles and values in action, such as "Gardens for Wildlife".

# NEWS IN GOOD HEALTH & WELLBEING

## Hands on Myotherapy



Recently Alison and Dee took part in an Advanced Taping course at Melbourne University and are excited to bring their new knowledge and skills to their clients at the clinic.

Gripit Taping is a new product from the company Strapit. This cotton based cloth tape has a stretch and recoil effect and is commonly known as Functional Tape. It can assist with unloading

muscles and joints and can help reduce pain, enhance performance and aids recovery of chronic and acute injuries. We use gripit tape for many injuries and conditions including: -

- Low back pain
- Rotator cuff tears
- Plantar fasciitis
- Muscle strains and tears
- Tennis elbow
- Shoulder bursitis

Dee and Alison are constantly researching ways to assist their clients to live a pain free life.

As of June, Dee (Daleen) will become a qualified practicing Myotherapist and we are so proud that all of her hard work has paid off. This will mean that she will no longer be providing Remedial Massage appointments.

Dee has a keen interest in sporting injuries and rehabilitation but also enjoys treating acute and chronic pain in neck, shoulders and lower back.

Please check online for new appointment times or give us a call to book an appointment with Dee or Alison.



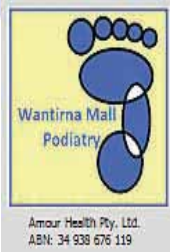
- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

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Monday - Friday 9am to 7.30pm  
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[www.handsonmyotherapy.com.au](http://www.handsonmyotherapy.com.au)  
[enquire@handsonmyotherapy.com](mailto: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](http://www.wantiramallpodiatry.com)



### Common problems with aging feet

As we all age our feet age too causing many age-related foot problems; one very common issue is tough nails. Your toenails can change as part of the aging process, becoming thick, discoloured and /or distorted so it is important to maintain them to avoid future problems. If you can cut your nails yourself trim them without cutting down the sides with a pair of nail clippers and file them gently in a downwards motion with an emery board for a smooth edge. At Wantirna Mall Podiatry we can help you to maintain your nails if you are unable to, treat the thickness of nails and we can also treat any thick calluses and corns. Dry skin can also be a problem, using a Urea based cream can help soften the skin but it's best to wear something on your feet after applying the cream so that you don't slip.

Aging can also change the structure of feet which can cause foot pain. Arches can become flattered, the foot joints less flexible and deformed, the natural padding at the bottom of the feet can go. Changes to the structure of the foot can change the way you walk, increase pressure on the soles of the feet and increases the risk of instability and falls. Treatment of age-related foot pain can be dependent on the problem and this can involve further investigation and treatment.

But if you have a general ache, one easy thing you can do to help this problem is to be fitted and wear Orthopaedic footwear with a non-slip sole. Orthopaedic shoes differ from fashion footwear, they can come in different widths and can contain different design features to help you with your specific problems. At Wantirna Mall Podiatry we have a range of Dr. Comfort Orthopaedic Medical Footwear we can fit you with to help you with your specific foot health needs, another place to be fitted would be your local Orthopaedic footwear retailer.



### Laughing Through 2018 by Lynette Mitchell

You may be interested in how I became involved in Laughter Yoga and of its origin? Back in 1995, Indian Physician, Dr Madan Kataria was impressed by Norman Cousins' book *Anatomy of an Illness* and the research work by Dr Lee Berk. He decided to field-test the impact of laughter upon himself and others.

Starting out with five people and himself in a public park in Mumbai, the first laughter club was born, and as bystanders joined the group, it quickly grew to more than 50. After two weeks the jokes and humour ran out or became offensive and it was found necessary to change tack. Kataria reviewed the research, and found the body cannot differentiate between pretend and genuine laughter, both produced the same happy chemistry. Participants were amazed, the make-believe laughter quickly turned into real laughter that was contagious. Realising there were other ways to experience laughter than through humour, the group switched to role-play and other techniques to stimulate the importance of child-like playfulness.

That was 23 years ago and as the saying goes, the rest is history. There are at present thousands of laughter clubs in over 100 countries around the world.

For me, it's 13 years since I attended a Laughter Yoga workshop with Dr Kataria and was so impressed by how fantastic I felt, that I followed up with laughter club training. My reasons were that as a young girl, adults seemed serious, stressed, upset and fearful, as if they had lost hope and life was a burden. From that young age, I chose to be young at heart, not stressed over work and adult issues and to remain a Peter Pan type who was youthful and happy.

Lynette Mitchell leads the free community Ferntree Gully and Knoxfield Laughter Clubs Phone: 0425 799 258 Website: [www.laughterforliving.com.au](http://www.laughterforliving.com.au)



My three daughters posing for the chook laugh!

Disclaimer: Information shared here is intended to be supportive and 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

## News from Wantirna Osteopathy by Dr. Jason Stone

### Location of pain is generally not where the problem is!

It is a very difficult concept to comprehend that the site of pain is often different from the actual problem. Common conditions like 'sciatica' (pain in the leg coming from the lower back) are more easily accepted due to its regular occurrence. Yet, pain in the arm coming from the shoulder blade or pain in the knee coming from the hip are also very common and often difficult for people to rationalise.

Even more common are intense headaches in the forehead and behind the eye, referring from muscles and joints at the base of the skull. People presenting with these symptoms are often concerned they have something more sinister occurring as its difficult to comprehend that referred musculoskeletal pain can be so debilitating.

Muscles are regularly the site of pain as they are rich with nerve supply and blood flow making them sensitive. A muscle's nerve supply travels from the spine and via many structures. This means that irritation of a nerve anywhere along its pathway can result in perceived pain further away in other regions especially muscles. This is the basic explanation of referred pain.

Referred pain is extremely common and not just because muscles and nerves refer pain to distant regions but because restrictions in muscles and joints result in strain in other areas. An example of this is when we limp around with a sprained ankle and end up with low back and hip pain. Yes the low back pain is there but if you don't rectify the limping it will linger on.

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

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161 Stud Rd, Wantirna South (03) 9800 0388

One of the major philosophies behind Osteopathy is that 'the body is a single unit' - meaning dysfunction in one region is going to increase strain in other regions. For this reason we examine other regions of the body which may be referring or predisposing to a patients painful area.

So next time you get a pain somewhere don't assume that's where the actual issue is.

## Le Pine Funerals Bring Joy With Equine Therapy



As part of Le Pine Funerals ongoing commitment to community wellbeing and engagement, the Ferntree Gully branch coordinated a Horse Therapy Day which was held on Tuesday 8th May with some local nursing homes, bringing much joy and excitement to residents, staff and family alike.

Equine therapy has, in recent times, been found to be highly beneficial, not only from a medical perspective with young people, but also with sound therapeutic social benefits for the elderly and infirm due to the horses' calming, attentive and gentle nature.

Sean Campbell, Louise Price and Jessica McKeown from Le Pine Funerals - Ferntree Gully visited each of the nursing homes along with Lou Gilligan and Jamie Crichton and their two magnificent Percheron Draught Horses, Wednesday and Horace - both an imposing 17 hands.

The residents relished the opportunity to pat the horses, feed them carrots, reminisce and share some of their personal memories of horses in their younger years and their significance to both family and farming. Naturally, there were also many fine photo opportunities with the gentle giants.

As part of the Le Pine Funeral's commitment to the community, the Horse Therapy Days are usually held bi-annually and given their popularity, every attempt is made to visit several local nursing homes either in May or November.



Mercy Place Nursing Home with resident Ms Marilyn McMahon, Louise Price from Le Pine Funerals – Ferntree Gully and Horace the horse.



Opal Salford Park featuring resident Dorothy Nijs with Wednesday the horse, handler Lou Gilligan and Sean Campbell from Le Pine Funerals – Ferntree Gully.

# CREATIVE WRITING

## Before the World Becomes Dark

A Short Story by Erwin Diesta of Scoresby Secondary College

### A few words from Erwin.....

First off, as a student from Scoresby Secondary College I would like to thank Principal Mrs. Gail Major and the Community News representative Mr. Keith Slater for giving me this opportunity to write in this newspaper, as I never expected my creative story to reach this far.

Writing a good story is a very hard task and to have purpose writing is equally difficult to find. When I saw the Insight Publication's poster in the library in search of students who aspire to write, I became keen to join the competition but there was something missing: an inspiration. So I dismissed it for a while until my work experience in Villa Maria Catholic Homes Wantirna as a volunteer in lifestyle.

I met incredible and passionate staff that inspired me to keep kindling that fire to become a medical student and of course, a lovely set of residents that made me think of my grandparents in the Philippines and my parents - that if the time came when they are at their most vulnerable, I want to be one of the first ones who would take good care of them.

Talking to the residents was both heartbreaking and sincere. Since I mainly worked in the dementia section, it was sad to see their memory fade away but it was very heart warming to see them smile whenever they received a cup of tea or just plain happy that they were about to win in Bingo. Then, one day a resident mistook me as their grandson. She started talking about how happy she was that she saw me that I resisted telling her that she was talking to the wrong person.

The next day she forgot about me already and we talked like we've never met before. I also met a resident who was once a brave soldier but age made him forgetful and his actions tenfold slower.

So after that work experience, I realised the cruelty of time and how dementia slowly creeps in the mind making all those treasured memories blurry and loved ones sudden strangers.

The story that I wrote entitled 'Before the World Becomes Dark' is a salute to all the elderly who have dementia and even though their memories start to deteriorate, I pray that their remaining recollections of this world are nothing but of love and a sense of fulfilment that their life was well spent.

They say I've been sleepwalking again. They say I keep going back to the same place. But it's weird because I don't have any recollection of going to a room. I'm sure that I'm sleeping, dreaming about something beautiful instead of going to a room for no specific reason. Are they making this up? Maybe they just want others to think I'm crazy. Especially this young woman who sometimes visit me at night. Other people might like her but I don't. She always take the things I harbour from my dreams. They're so special to me because every time I wake up I always find myself hugging a random thing that looks vivid in my dreams. But she takes things that comfort me and for that, I call her a witch.

Like lately this week, I found myself cradling a snow globe where the Eiffel Tower had seemed to lay in millennia-old snow. I stared at it for a moment and that triggered dreams of fantastical sceneries of Paris where light and romance intertwined below a starry night with a man I deeply loved, giving me feelings of a lucid reality. The sweet and sour smell of wines, the sensation of the groove French music was evoking through my soul and the emotions surging in my heart were surreal. It was magical! But soon enough the witch took the snow globe from me that made me cry myself to sleep. Then, again this week apparently I sleepwalked once again. I was playing the piano softly that reverberated notes which seemed to resonate from every beat of my heart. Then, the piano suddenly lost two piano keys on the same moment I've felt a pang of losing something from my heart.

I was weeping when I saw this young girl playing with a doll on an area where a spotlight was shining against the formidable darkness. The doll had a necklace with two piano keys, a black and a white. When I saw her I immediately felt a connection.

I took careful steps towards her where each tread felt like something in my heart began to leap with bliss, together with regrets. I was nearly there when she looked at me with her dreamy brown eyes and suddenly I was a stranger. Now that I came closer, she looked like me. Maybe I was her? I began to cry for no specific reason as I tried to hold her but she was suddenly gone. I woke up cradling a doll she once held and filled my pillows with tears.

Remembering all of that, I begin to weep maybe a bit too loud that prompts a lady who calls herself a nurse to come at my room and comfort me.

Mindy's coming soon, OK? Don't be sad. She's coming soon," she says sweetly, rubbing my back. rub my eyes. "Will Mindy play with me?"

"Yes," she says. "She will play with you."

And so I wait for weeks and weeks but she didn't come. The witch stops coming as well. No one bothers to see a girl like me. I'm alone in this world now but I don't want to be alone so maybe that's why I sleepwalk almost every day now because at least in my dreams I don't feel alone. Sleep is the only thing that matters now because I have a life there where I can be free and be whatever I want to be.

I am actually about to sleep again when this lady that looks oddly familiar comes near me and asks gently, "Do you want to see and talk to Mindy?"

I actually almost forgot that I know Mindy but I say, "Yes. A million times yes!" "That's the way. Come on, let's go and see Mindy."

And dutifully I say, "Alright."

But she lied. I came back home lonely and forgotten by the world. I laid in my bed in a room where there were pictures of people that I didn't know on the wall and old furniture that accumulated dust.

I can't remember when is the last time I'm happy. I stop sleepwalking as well because even my dreams can't satisfy my cravings for happiness. I don't harbour any treasures from my dreams anymore and every time I wake up, I always find myself being dragged by a stranger back at my room. They make sure the doors are locked at night and monitor me more.

I know I'm becoming even more weak and weary but getting visitors nullifies all of that. From my blurry vision, I see this girl who comes to visit me hold my hand with tears in her eyes.

"Who are you?" I try to say but it's faint.

"You used to call me a witch. But I'm Mindy, Mom. I always tell you I'm Mindy. I'm your daughter." I try to remember but I can't.

"I love you mom," she says teary eyed. I don't know.

She gives me all of these things that she said I used to cherish but then I always misplace them and accuse her of taking them. Then, she gives me a picture of a young girl I recalled from a dream a long time ago. And I smile because I remember just right before the world becomes dark.

by Erwin Diesta

Short Story - Insight Publications Creative Writing Competition. Reprinted with permission



## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*

### The Australian Jazz Convention *by Ken Simpson-Bull*

Within the premises of the Jazz Museum there is a special vault housing the extensive collection of the Australian Jazz Convention. The Australian Jazz Convention is an event comprising a series of jazz concerts over a six-day period in late December of each year whereat musicians play in various bands from all over Australia and overseas for the camaraderie, not payment. Beginning in 1946, it is the longest continuous-running convention of its type in the world.

At these conventions the large public attendance creates a temporary community where the bands play in pubs, in public halls, in park rotundas, cafés, and any convenient alcove. So great is the love of jazz by devotees that the whole event is organised by non-paid volunteers.

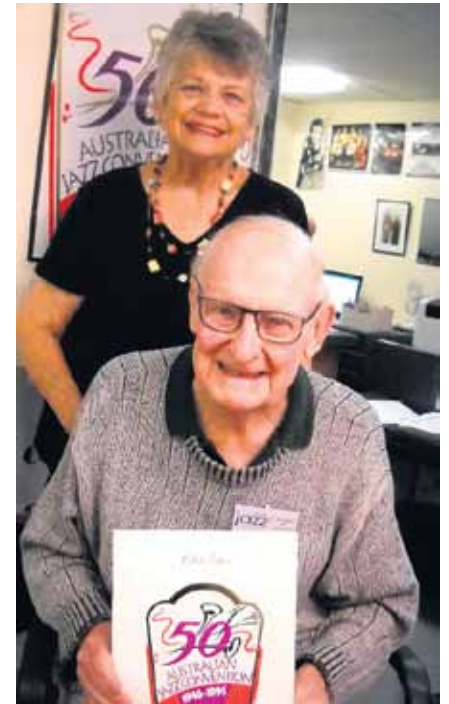
The vault at the Jazz Museum is staffed by curators, husband-and-wife team Don and Margaret Anderson. Eighty-nine-year-old Don (OAM) has attended almost every convention since the first in

1946. Among the collection of memorabilia is an extensive library of jazz music recorded at the many conventions. Recently the Australian jazz Museum released, in conjunction with the Convention curators, a double-CD of some of this retrospective music entitled "Looking Back" which is available from the Jazz Museum.

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  
website at [www.ajm.org.au](http://www.ajm.org.au)

australian  
**jazz**  
museum



*Jazz Convention curators  
Margaret and Don Anderson OAM*

### THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery

157 Underwood Road, Ferntree Gully

#### JUNE EXHIBITION

"YOUNG@ART"

Saturday June 9 to Sunday the June 24

Weekends 11- 4pm

Official opening 2pm Sunday June 10

This is a wonderful collection of artworks from the young people in our communities, giving them the opportunity to display their work in a gallery.

WORKS FOR SALE ALL WELCOME FREE ENTRY

#### JULY EXHIBITION

"PRINT AND DRAWING"

A fine collection of Prints and Drawings from our Ferntree Gully Arts Society members..

July 1 to July 29 from 11-4pm

Official opening 2pm Sunday July 8

Life Drawing, Still Life, Print, Portraiture, Artist workshops and a Children's afternoon art class.

Private art courses are available as well.

Members and non members are welcome.

For information: [the\\_hutgallery.wordpress.com/](http://the_hutgallery.wordpress.com/)

Facebook: The Hut Gallery-Ferntree Gully Arts Society

knox  
Arts Community  
Centre

### Dan Sultan Killer solo tour

Leaving his band at home, the Killer Solo Tour will see this incredible Melbourne musician strip things back to basics - just Dan Sultan, his piano and guitar, for the first time at KCAC.

Thursday 28 June, 8pm

### Grace Knight in concert

Join the spellbinding Grace Knight and her trio of extraordinary musicians for an unforgettable evening of Jazz classics and Eurogliders hits.

Saturday 21 July, 8pm

Corner Mountain Highway and  
Scoresby Road, Bayswater

Book now! Call 9729 7287  
or visit [knox.vic.gov.au/kcac](http://knox.vic.gov.au/kcac)

[knoxartsandevents](https://www.facebook.com/knoxartsandevents)



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## Looking to Reconnect to Education?

The Reconnect program can support you to get back into education and training.

- One to one case management
- Funding support for vocational courses
- Access to pre-accredited training pathways

- Q. Are you between 17 & 19 years of age and not enrolled in school, training or employment?
- Q. Are you over 20 years of age without year 12 (or equivalent) and not in employment or training?
- Q. Did you miss out on the education or training that will help you reach your potential in work and life?
- Q. Are you looking to give yourself better career options?

### Reconnect with your future

- Build your confidence and explore pathways to education, TAFE or work options.
- Enrol in VCAL Foundation, Intermediate or Senior
- Join the MDLC "Beyond School" program to help you find your way to TAFE, work or education.

Contact MDLC to arrange an interview to discuss your options to Reconnect in 2018!

9758 7859

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

All programs are supported with funding so they are affordable for each individual.



Mountain District Learning Centre  
13-15 The Avenue, Ferntree Gully  
Registered Training Organisation: 3969

Training is delivered with Victorian and Commonwealth Government funding.



### FIRST CLASS ACCOUNTS BORONIA

(Boronia, Bayswater, Kilysth and Mount Dandenong)

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

The dreams of prosperity and freedom a business can provide are extremely compelling for people starting their own business. The key to avoiding the typical nightmare scenario most business owners find themselves in is to use the following five success principles to develop a sustainable and successful business model that you can sell for maximum value because it can be run by anyone and does not need you or your unique set of skills to make the business work.

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- \* Success Principle Number Two – Strategic Marketing
- \* Success Principle Number Three – Effective Systems for Communication
- \* Success Principle Number Four – Effective Accountability Processes
- \* Success Principle Number Five – Using Mentors

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

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Face Book : First Class Accounts Boronia

GIVE HAPPY  
LIVE HAPPY



### VOLUNTEER'S NEEDED!

Do you have a morning or an afternoon free?

Volunteers are the backbone of Bridges!

Without them, much of the work we do would not be possible.

Each year, members of our local community generously give their time, skills and energy to support our work with our aging population.

**Volunteering is a rich and rewarding experience.**

As a volunteer, you'll benefit from:

- The satisfaction of helping others
- Sharing your skills
- The sense of community and friendship
- Choose your own hours between Monday to Friday 9 - 5pm



For more information please contact  
Lyn on 9763 9700  
or email [lynm@bridgescc.com.au](mailto:lynm@bridgescc.com.au)

Bridges Connecting Communities  
6 Griffith Street, Knoxfield 3180

F: 03 9753 3791

E: [info@bridgescc.com.au](mailto:info@bridgescc.com.au)

W: [www.bridgescc.com.au](http://www.bridgescc.com.au)

Type our name in YouTube to see our videos

## Wantirna Heights Probus Club

**Mystery Tour:** You really know you are on a mystery trip when the driver is uncertain he is on the right road. Finally, after he negotiated a rickety bridge, literally scraped along a narrow track he brought us to a Wildlife Sanctuary and Garden named Panorama Garden Estate in Hyslops Rd, Boneo on the Mornington Peninsula.

Panorama covers 55 acres and has been owned by a husband and wife for over 20 years. It is made up of 19 different gardens, which they have constructed themselves, establishing a new section of garden each year. Walking around was made easier by stone paths and we were able to see many animals, as well as waterfalls, lakes and wetlands. Some parts were steep, though the agile were able to walk with the less agile being driven round in a bus.

An extremely impressive garden estate with spectacular views across Bass Strait and Port Phillip Bay. The visit was followed by lunch at the Pig and Whistle Restaurant in Main Ridge.

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



## Knox & District Over 50s

Knox Over 50's Club. is a large friendly group of senior men and women who enjoy getting together for a regular monthly meeting and numerous social activities.

Each month numerous fun social activities are on offer that you are more than welcome to attend if you wish. These include; book club, visits to Boronia Cinema, coffee mornings at Myers coffee lounge, regular luncheons at various hotels in the area. Other activities include; bus or train 'day trips' to a variety of places of interest, visits to the theatre, and much more

The group's annual holiday departed on April 26th for a wonderful four days bus trip along the 'Silos art trail' in central Victoria. Day 1 consisted of morning and afternoon tea, lunch and a tour of Bendigo pottery, arriving in Horsham in time for dinner before turning in for the night. Day 2 saw 6 different silos beautifully painted and are considered to be works of art. Swan hill was the destination for night and included a lovely dinner. Day 3 and some free time in Swan Hill before setting off to the Pioneer Settlement, after dinner they were treated to the sound and light show. Day 4 included a visit to the 'Spanner Man' this was a fascinating display and enlightening talk. This was followed by the trip home after an extremely enjoyable 4 days. Those that attended had a marvellous and very entertaining time that they will remember for a very long time.

July's outing is to be a bus trip to the Shrine of Remembrance for a guided tour, followed by lunch at the Casino, with a little bingo thrown in. Then wander along the banks of the Yarra River then back on the bus for the trip back to Boronia.

Our meetings are held on the 4th Tuesday of each month starting at 10:30 am sharp in the Boronia Progress Hall, the green weatherboard building at 134 Boronia Rd. Boronia (can be entered via the Library car park.) Our next meeting will be Tuesday 26th June. Cost is a mere \$3 for morning tea and hall hire and also a lucky door prize. You are welcome to attend 3 meetings before deciding to join.

If you are feeling a little shy just make yourself known as a "newbie" to the "greeters" at the door or anyone one of our friendly members, who will make you feel most welcome. Please contact Jill for any further information on 9801 4363

# COMMUNITY NEWS

## Lions Join Forces on Anzac Day

The Wantirna, Boronia & Lysterfield Lions Clubs Join forces on Anzac Day with Boronia RSL

In the Lions spirit of supporting our local communities, Wantirna, Boronia and Lysterfield Lions Clubs joined forces with the Boronia RSL to prepare and serve a hearty Gunfire Breakfast for participants of the RSL Dawn Service on Anzac Day.

Hundreds of people enjoyed the Soup, Sausages, Bacon and Baked Beans that loosely follows the type of breakfast soldiers would have received on the front lines. The work kicked off at around 4am and serving commenced at around 6.30 continuing for a few hours.

The event was a great success for all parties and a privilege for us to be able to assist the RSL in such an amazing idea. Well done to all.



**LIFE  
ACTIVITIES  
CLUB KNOX**

The Yarram Getaway, was very educational, and of course, fun! 18 Members arrived at our camping ground, and were prepared to enjoy the time.

An interesting trip to Tarraville, the location of the Oldest Timber Church in Australia, built completely without nails. Our early settlers were very creative.

Agnes Falls was amazing too, after driving through the hills we arrived at this magnificent waterfall and gorge. Mother Nature is so wonderful. We enjoyed a picnic lunch at the site of the Toora Railway Station and also visited Port Albert and Welshpool.

Coming up....

Fitzroy Gardens, travelling by train, b.y.o. lunch. Maybe you will join us at the Metro Boronia for a film. Or enjoy lunch with the "Chinwaggers". In June meet them at The Dorset Gardens Hotel, and July, we'll be at the Croydon Hotel. Plenty of socialising and chatter with this group. Then there is the Live Theatre Group, who attend the local 1812 theatre in Upper Ferntree Gully, and also The Basin Theatre. For some tension, join in the card group and play "Bolivia", "Canasta" and/or "500" with supper. For exercise, join the Thursday Bush Walkers, Friday Walkers, Sunday Walkers and/or the Orienteering group. For more information, and/or a copy of our current newsletter, please ring Margaret on 9762 4332.

Life Activities Club Knox Incorporated No. A0052438Z: ABN 85 104 164 408 and is a member of the Life Activities Clubs Victoria Incorporated (Certificate of Incorporation Reg. No. A00 307 09U: A.B.N. 748



## Boronia VIEW Club

Meetings are on the 3rd Friday of the month at the Eastwood Golf Club, Kilsyth at 11.30am.

A two (2) course meal is enjoyed at a cost of \$25.00.

The next meeting will be held on Friday, 15th June

Our speaker for June is Sandi Muntsov, our Zone and National Councillor.

Speaker for July is Joan Corfee - A presentation on Mercy Ships.

BORONIA VIEW Club is a vibrant, happy and friendly Club. We are always looking for visitors and new members to join us.

For Bookings and enquiries please contact

Ann 9 729 1171 or Judith 9 764 8602

## Doncaster VIEW Club

Our club meets on the 3rd Tuesday of each month at the Manningham Club, 1 Thompsons Road, Bulleen at 11.00am.

The next meeting will be held on Tuesday 19th June, with a luncheon and speaker, Jim Archbold, who will share his memories of his time in Vietnam.

The next meeting will be held on 17th July.

New members and visitors are warmly welcomed.

Bookings are necessary, call Shirley on: 98792380

## 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.

We also support a refuge for women and children escaping domestic violence.

Monday 25th June, 2018 Our Club's 23rd Birthday and being entertained by a group of singers.

Monday 23rd July, 2018 Speaker - Wendy Hitchins from 'Beady Wendy', who makes her own beads and turns them into jewellery.

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 - Anne McPherson on 9801 2771

## 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. Lift to go upstairs now available.

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

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

For our guest speaker for the June meeting we welcome Bruce Wensor from the Waverley Bonsai Group.

For our July meeting we will welcome Di Sandilands who will be giving a talk on Vintage Hotel Ware.

For more information please call our President - Judy on 9729 9565.



Logo from Smith Family website

## What's On?

Event	Date & Time	Location	More Information
Ferntree Gully Arts Society Exhibitions	See page 21 of this issue	157 Underwood Road Ferntree Gully	
Knoxfield Ladies Probus Club	See page 14 of this issue	Carrington Park Activity Centre 22 O'Connor Road, Knoxfield	
OM:NI Older Men New Ideas	2nd and 4th Fridays each month	Orana Neighbourhood House 62 Coleman Rd, Wantirna Sth	1300 13 50 90 COTA website
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 <a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>
National Seniors	Fourth Wednesday of month 10.15am for 10.30am start	The Knox Club, corner of Stud and Boronia Roads, Wantirna.	President John on 9778 6784 or Rhondda on 0407 1045 70 for any further information or just turn up
Probus Club of Wantirna South	2nd Wednesday of the month at 10am	Wantirna Club, Stud Road, Wantirna	Helen 0418 333 022
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
Dan Sultan Killer Solo Tour	Thursday, June 28 at 8pm	Cnr Mountain Hwy and Scoresby Rd Bayswater	9729 7287 <a href="http://knox.vic.gov.au/kcac">knox.vic.gov.au/kcac</a>
Grace Knight in Concert	Saturday, July 21 at 8pm	Cnr Mountain Hwy and Scoresby Rd Bayswater	9729 7287 <a href="http://knox.vic.gov.au/kcac">knox.vic.gov.au/kcac</a>
Wantirna College	Continuing until June 14	Harold Street, Wantirna	See page 5 for upcoming events <a href="http://wantirnacollege.vic.edu.au">wantirnacollege.vic.edu.au</a>



## Special Olympics Success for Vic Team by Michael Migliaccio

The 11th Special Olympics Australia National Games officially opened after a spectacular Opening Ceremony at Titanium Security Arena in Adelaide on the 16th April 2018. Almost 1,200 Special Olympics Australia athletes proudly marched into the arena wearing their State colours accompanied by over 300 officials and 800 volunteers. Athletes left the village - Adelaide Shores Resort - early Tuesday morning to travel to the games venues. All State teams competed in Half Marathon, Track and Field, Basketball, Bocce, Ten Pin Bowling, Equestrian, Football, Golf, Gymnastics, Netball, Sailing, Swimming and tennis.

The Victorian Bocce Team had eight female and nine male participants from clubs around Melbourne and regional Victoria, the second highest number of bocce athletes after NSW. The bocce venue was at the Furlan Club in Adelaide about 45 minutes from the village.

After a competitive four days of games our VIC athletes were rewarded with 5 Gold, 15 Silver, 23 Bronze medals and 8 4th place ribbons for a total of 51 awards. Other states results: NSW 61 awards, QLD 36 awards, TAS 16 awards and WA 10 awards.

Results of the Ladies singles games:

Team Vic - Vicki Robbins Gold, Melissa Theochari Silver, Christine Caldwell Bronze

The Ladies doubles games:

Team Vic - Nicole Hampton-Angela Turra Gold, Vicki Robbins-Melissa Theochari Silver, Melissa Lee-Andera-Meehan QLD, 4th place Penny Dishington-Brianna-Roberts Tas.

SOA Team Vic Bocce Athletes listed below:

Nicole Hampton, Marissa Turner, Bradley Parratt from Melbourne Eastern Ranges Club. Melissa

Theochari, Christine Caldwell, Emeil Riachi, Thomas Blake and Angela Turra from Melbourne Inner East Club. Vicki Robbins, Andrew Robbins, Aaron Baines and Paul White from Melbourne Southern Club. Christopher Hansen and Jeremy Hill from Melbourne Northern Club. Helen Main and Corey Davis from Echuca-Campaspe Club and Erina Wojtkowski from Albury-Lavington Club.

Congratulations to all our athletes. Many of the teams were attending their first National Games and what a great result. I'm very proud of all the athletes as they gave it their all and enjoyed the games. It was also my first Special Olympics National Games as Vic Bocce Head Coach.

Thanks goes to my support staff; Assistant Coach Bruce Hill, Support/Carers Sandra Hansen and

Susan Ferres for doing a great job and for their ongoing help and support throughout the training days and National Games Week.

Also a big thank you to the Knox Italian Community Club Rowville, the Bocce Committee and President Angelo Mazzone for their continued support, and allowing 13 special needs athletes from Melbourne Eastern Ranges Club to practice every fortnight at the indoor Bocce Drome at no charge.

For further information for Special Needs Sports enrolments at Melbourne Eastern Ranges please contact our membership officer Helen Sullivan on 0404 100 924 or myself (Michael) on 0419 330 977.

LET ME WIN, BUT IF I CANNOT WIN LET ME BE BRAVE IN THE ATTEMPT!



*The Victoria Bocce team selected for the SOA National Games in Adelaide April 16th to the 20th*

## Devil's Season in Full Swing



The season is in full swing and all of our 14 teams are enjoying learning, playing with their mates and having fun along the way. Our Auskick program is also in full swing on a Friday night at Templeton Reserve with record numbers including girls. The feedback from parents and all the girls and boys participating is that it is a great clinic to be part of and the atmosphere is warm and inviting even on these cold winter nights. So if you are still keen to try out Aussie Rules it's never too late to come down and have a go.

Our non-competitive age groups (U8-U10) are all progressing well in their development and having a great time playing with their mates and our competitive teams from U11-U17 are having positive seasons and competing hard to put themselves in with an opportunity to play finals



footy. Our historical first ever all-girls team in the U12s are progressing well considering nearly all of them had not played competitive football before and the numbers in the team continue to grow even as the season progresses. The girls have even come up with their own Devils chant as part of their game ritual. We are supporting Wantirna College with its girls football tryout program which is aimed to encourage Year 7 & 8 girls to have a go. We hope to see a few of the girls continue on in 2019 playing with the Devils as we expand our female teams.

Off field, we have secured a number of new sponsors in conjunction with our returning partners. Barry Plant Wantirna, All Car Auto Services, The Groove Train Knox Ozone, Retro Finance and Straightline Roofing, have joined with Wantirna Osteopathy, Infinite Engineering, Shisham Stanley Group, Capital Transport, CBA and Community Pharmacy Wantirna in supporting the club. This show of support is fantastic and enables us to; continue to offer programs to help our coaches and players develop to the best of their abilities, to upgrade our equipment and resources, keep our fees competitive and great value for money and put on functions that develop the community culture and engagement we believe is a critical part of what we stand for.

Our thanks also to the team at Studfield Wantirna Community News who help promote what is great about our local community. We'd love to see members of the Knox community come down on a Sunday to enjoy local junior football, alternatively stay up to date by following us throughout the season on either Facebook, Instagram (wsjfc\_official) or Team App (wsjfc) or [www.wsjfc.org.au](http://www.wsjfc.org.au)

Go Devils!

EFL Best Conducted Junior Club 2017

## Ray Newman Plays His 700th Game



Wantirna resident Ray Newman, recently played his 700th game for Ringwood Saints Baseball Club.

Ray has reached this fantastic milestone, having played 700 senior games of baseball at the one Club.

Ray has played at Ringwood Saints Baseball Club since 1980. He has played both Winter ball for the Club and also a few Summer games. A true Club member, Ray has assisted the Club with ground

maintenance, working bees and has made himself available to umpire both Junior and Senior games.

He was awarded Life Membership at the Club in 2004.

It is great to see Ray out on the diamond playing competition with his mates, some who have also played for many years at the Club.

Ray has played in finals for 27 straight years for 13 premierships, 12 runners up and 2 other years playing finals.

Well done Ray, we hope you play on and reach your 800 games in a few years time.



## Bayswater Four Clinch Presidents Day Trophy

The rain did not deter bowlers travelling to Cockatoo for the Cockatoo and District Bowls Club Annual Presidents Day Trophy tournament. A tournament comprising 3 games of 12 ends with shots up determining the overall winner.

Bowlers from as far as Altona in the West, Garfield in the East, Corinella in the South and Yarra Glen in the North converged on the club in pursuit of winning the tournament or just enjoying a pleasant day of lawn bowls.

The start of play was delayed as drizzly rain persisted to fall, but the bowlers were still keen to show off their skills and ventured out to the green in their wet weather gear. In a novel approach, bowlers were requested

to form a circle as the jack was placed in the middle of the green and on the count of three all bowlers released their bowls and the closest two bowls each received a prize. Bowls were colliding and heading in all directions so it was just plain luck to get remotely close.

Bayswaters team was skippered by a bowls veteran, Tim Murphy, a young 83 year old; and the other three team members were relatively novice bowlers.

Bayswater started sluggishly in their first game and trailed 2-8 early, but rallied to win the match 15-10. Their second was a close fought encounter, until Bayswater edged away late in the game to win 12-8.

We all knew that if we could have a strong victory

in the final game our chances of clinching the tournament would be enhanced, and Bayswater had an unexpected emphatic victory to win Cockatoo's Presidents Day trophy, with Cockatoos' Presidents Four finishing second and Donvale in third place.

Cockatoo Bowls Club should be congratulated for putting on a fabulous tournament and an amazing luncheon. "Where else can you get six hours of entertainment and a meal to boot" one satisfied bowler remarked.


If YOU have an inkling to take up a sport then lawn bowls could be that sport. Bayswater Bowls Club would welcome new members for their next season of Pennant bowls or just join the club as a social member for a minimum outlay and enjoy the convivial and friendly atmosphere of a well managed and organized club. Contact the club on 9729 8312 if you have any interest in joining.



Tim Murphy, Lyn Daniel, John Rovatsos and David Haack celebrate their Presidents Day victory at Cockatoo.




*Come join*

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43 Phyllis Street, Bayswater  
[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)  
 E: [club@bayswaterbowlsclub.com](mailto:club@bayswaterbowlsclub.com)

## Templeton Tennis Club News

by Don McCracken, President

Hello again, this time to our Autumn edition of Club news.

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

Our WDTA winter season commenced on the 28th April and we have 20 junior teams over 2 days, Saturday (11) & Sunday (9) and 6 senior Saturday teams.

Our midweek ladies are all part way through seasons and progressing well. Good luck to all those who represent our club.

On Sunday 22nd April the club held what is becoming a very popular "end of summer season" family day. This involved parents/siblings and in one case, "grandpa" partnering our junior players in a round robin, fast 4, day which proved highly successful. It is wonderful to see the joy on the faces of all concerned. Thanks to the organizers and food cooks: Pam, Kelly & Pauline.

This was followed by the presentation of awards for each grade and the announcement of the "Couper Award" winner. This is presented to the player considered by his peers and the Junior convenor as showing not only sound ability, but also displaying excellent sporting traits and sportsmanship.

The winner this year was Tommy Dan, see picture, well done Tommy we are sure that your family are proud of you, as we are.

We have again been fortunate as part of Knox Councils Asset Maintenance

Program, to have the clubrooms repainted and are certainly looking a treat. Come along and have a look.

Night competitions: Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. We could always do with more participants, if you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).



"Couper Award" winner - Tommy Dan

# SPORT NEWS



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

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

Upcoming events: AGM Tuesday 10th July 2017. 8pm at the clubhouse

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

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

## Wantirna Tennis Club News

by Alison Rogers



This is the time of the year that we announce our Junior Club Person of the year. This award goes to a Junior player who the Committee and Coaches select in recognition of being a positive role model to others in the Club and also representing the Club in a good sportsmanship way when playing away from the Club.

The 2017 Junior Club Person was awarded to Harrison Crane. Well done Harrison, we are all very proud of your achievements at our Club.



2017 Junior Club Person - Harrison Crane

### Juniors

We are so proud of our Juniors. Out of the 11 teams we had 7 reach the finals. Of these we had 4 win the Grand finals and 2 were runners up. How good is that? We love seeing them all out their trying hard, but most of all enjoying playing. The social atmosphere at the Club on Sat mornings is terrific, with parents and siblings of players staying around supporting and watching their children. They also enjoy the sausage sizzle that happens during the morning.

### 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.

### Midweek Ladies

We are always looking for new players down at the Club. If you would like to play midweek ladies competition contact Helen [wantiratennis@gmail.com](mailto:wantiratennis@gmail.com) The Club currently has ladies teams on a Thursday. Come and join a team or bring a few friends and start your own team.

### 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 Competition 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 sail. We have 9 en tout cas 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](mailto:enquires@troyandmiketennis.com)

**Coaching Facebook:** [www.facebook.com/troyandmiketennis.com](http://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](mailto:wantiratennis@gmail.com)

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

**WTC Facebook:** [www.facebook.com/.../Wantirna-Tennis-Club](http://www.facebook.com/.../Wantirna-Tennis-Club)



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