

COMMUNITY NEWS

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OCTOBER/NOVEMBER 2018

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Information

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 ABN: 98259005633 RAN: A0054764G
 PO Box 6159, Wantirna Mall 3152
swnewspaper@gmail.com or
swnewspaper2@gmail.com
 Telephone: 9881 7145
<http://www.studfieldwantiranews.org>

Volunteer newspaper production team:

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

Photographer: Chris Ellis

Additional Distribution: Murray Claringbold & Sheila Bingham.
 Wantirna College Reporter: James Kearn

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Editorial

Hello Community News readers,

I am always impressed by the stories within the pages of our community newspaper!

There are so many stories of the wonderful achievements of people who involve themselves in community life as volunteers and as contributors.

There are also the human stories of people who inspire us to be the best people we can possibly be. We saw the best of humanity on display at the Aston Community Awards held recently.

This occasion reminded me also of the great effort of our own SWCN team of volunteers who work with me to bring this paper to you. They impress me everyday too!

We hope you enjoy this edition.

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



Volunteer 4 Knox hosts Volunteer Celebration Conference

by Coral Carew



It was a privilege to be one of the eighty Volunteers who attended the Knox Community and Charity Volunteers' Conference held at the Civic Centre on 13th September.

Statistics were taken of those in attendance which showed that within the room 243,910 hours of volunteering was carried out by the volunteers each week and over 470 years of volunteering had been provided.

A warm welcome was given by Volunteers for Knox co-ordinators Sally Disting-Laird and Janet Myers-Creed and by Knox Mayor, Councillor John Mortimore which set the theme for the day.

Keynote speaker, Eddie from the Knox Community Chess Enthusiasts, spoke about the group who meet each Thursday in the Community Space at Westfield Knox.

Next to speak was Stacey from "St Kilda Mums", a not for profit group whose vision is to share and care for every baby and child.

Workshops ran through the day including chess demonstrations, health and wellbeing discussions, tai chi to join in with and an opportunity to pamper ourselves with hand scrubs and massages, plus so much more.

After the most delicious lunch, supplied by The Corner Café in Bayswater North, "Oddie" the Chef from Orana Neighbourhood House shared his skills as he sculptured fruit, presented as fine art.

Star of the day was beautiful therapy dog Quentin who was in his element holding court over all.

Credit must be given to Sally, Janet and their helpers for a most rewarding conference. For more information and photo's please visit: www.volunteerforknox.com.au or Like them on Facebook.



OUT AND ABOUT

SWCN Finalists in the Aston Community Awards

The SWCN team were recognised as finalists at the Aston Community Awards for the volunteer work the team undertake to produce each edition of our Community Newspaper. We are grateful for the acknowledgement of the significant efforts of our small but dedicated volunteer team.



Coral Carew, Keith and Jenny Slater, Janet Claringbold and Charles Carew with the Aston Award received as finalists

Aston Community Awards honour local heroes

by Alan Tudge MP, Federal Member for Aston

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

The overall winners in the four award categories were:

Stephen Chew – Senior Volunteer Award

Stephen has spent over 40 years in Scouting. He was the inaugural Chairman of the first Chinese Scout group and a former director of the Victorian Scout Association. In retirement he dedicates his time to the community promoting multiculturalism and inclusion.

Restore Community Care – Community Group Award

Restore Community Care opened its doors in 2009 and continues to assist many families in Knox with emergency food supplies where financial hardships are experienced. Other services include budgeting Advice, Counselling, Community Afternoon Teas, Children's Holiday Programs, assistance with medication and more.

Amy Hillier – Individual Volunteer Award

Over the past six years, Amy with her small committee has brought together local communities to run the Knox Relay for Life bringing much needed support to those suffering from cancer within the area of Knox. Amy and her committee have raised over half a million dollars working with local groups and families to support each other as they walk 18 hours at the athletics track.

Edwin Saravanapavaan – Youth Volunteer Award

Edwin as a University student is volunteering at a local primary school. He is a sports coach at Knox United Soccer Club and also a local Basketball Club. Edwin now runs his own charity organisation called Action Against Adversity and has raised over \$8,000 for children in need in Melbourne and in south Asia. He is a leader and a selfless charitable young person who is a terrific role model to youth in our community.

Our local volunteers are the glue to our community; they build the social fabric and make our society a better place. Well done to all of our finalists and award winners!



ALAN TUDGE MP
Federal Member for Aston

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

Real Action For Knox



WHAT'S COOL AT SCHOOL?

Display of Leadership from Primary Schools in Knox

Student leaders from sixteen primary schools around Knox joined Nick Wakeling MP for an annual gathering to recognise the service and achievements of our young leaders.

Around forty school leaders assembled at the office for the State Member for Ferntree Gully for the event.

Those schools that participated in this year's gathering included: The Knox School, Eastern Ranges School, Fairhills, Ferntree Gully North, Holy Trinity, Kent Park, Knox Central, Knox Gardens, Knox Park, Mountain Gate, St Andrews Christian College, St John the Baptist, Templeton, Wantirna, Wantirna South, and Wattleview primary schools.

Nick Wakeling said that the quality of conversation and display of leadership from these young leaders means that the world will be left in very good hands.



Knox Scout News

by Nicole Klep, District Leader Cub Scouts

Joey Scouts Sing Into The Night

On Saturday 25th August, the City of Knox District Joey Scouts sang their hearts out at our annual District Joey Scout Campfire.

Melbourne's weather put on a great show for us with no rain in sight at Heany Park Scout Camp, Rowville. This allowed the Joey Scouts and their families to join in the fun sitting around the campfire starting a tradition that they will continue all through their Scouting lives. Everyone was wrapped up in blankets belting out all of our favourite campfire songs from the traditional "Campfire's Burning" to the very fun and active "Pirate Song". One of our leaders even created some "magic fire" that burned blue! The Joey Scouts were very impressed.

If you are interested in your child joining the fun head to www.vicscouts.com.au and follow the links. Youth members can join from the ages of 5-26 years.



Try to Achieve and Cubs Will!

On the 11th of August about 140 Cubs aged 7-10 years flocked to Melbourne Australia Temple for our famous Badge Day event.

Cubs were able to select three 'level 1 achievement badges' to 'Try to Achieve'. They were able to choose from Animals & Birds, Arts & Design, Citizenship, Codes & Signals, Cyclist, Engineer, First Aid, Flight, Handcraft, Masks & Sculpture, Naturalist, Scientist, and Weather. At lunchtime they were able to present their collectors to the District Cub Leaders to earn their Collector Level 1 or Level 2 Badge, a fourth badge for the day. We saw some amazing collections – the fossil collection was particularly interesting!

1. We interviewed a few Cubs about their day and here is what Lily (1st Bayswater Cub Pack), Matthew (1st Bayswater Cub Pack) and Cooper (Heany Park Cub Pack) had to say...
2. What do you like about badge day? Lily: I get to learn all new stuff and it's really fun. Matthew: That we got to earn up to 4 badges. Cooper: That I learnt new things.
3. Which badge did you like doing and why? Lily: I liked all of them especially Art & Design because I got to learn how to draw really good comics and pictures. Also I got to see some famous pictures. Matthew: I liked doing my cyclist badge because we got to go for a ride with my Akela. Cooper: Handcraft because I liked making the puzzle.
4. Do you like being with all the other 12 packs? Lily: Yes, because I can make new friends. Matthew: Yes, because I like to meet new friends in different packs. Cooper: Yes. I met some nice people.
5. What do you think of the venue? Lily: It was good. Matthew: It was big and open. Cooper: I like that there is lots of space.
6. Other comments about the day? Lily: I got to make lots of new friends and was disappointed when I had to leave. Matthew: Can't wait for the next one. Cooper: I definitely would like to have another one next year.

By the end of the day we had many happy, tired Cubs and leaders. Thank you once again to everyone for making it a fantastic day! A big WOOOF of thanks to Melbourne Australia Temple for the use of their fabulous venue!

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

1st Bayswater, 2nd/3rd Bayswater, 1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 2nd Knoxfield are the local Scout Groups. You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 5 to 26 years and after 26 there is lots of fun to be had by becoming a leader!



Year 9 in 2019? We're rewarding bright minds!



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WHAT'S COOL AT SCHOOL?

Students Celebrate Multi-Cultural Day at Bayswater Secondary College

On Thursday 30th September Bayswater Secondary College conducted its very first Multi-Cultural Day to highlight and celebrate the cultural diversity within our school community.

The Student Leaders, led by Shiloh and Indiah, organised the day with a range of activities, music and international foods being showcased.

The highlight of the day was a "welcome to country" and "smoking ceremony" conducted by Ian Hunter, who is one of the Senior Elders of the Wurundjeri Tribe. His highly entertaining presentation gave all staff and students a terrific opportunity to understand indigenous culture and some of its traditions.

He also explained how the didgeridoo was used and where it originated from. After a fantastic Multi-Cultural Day, students are already planning for an even bigger and more successful event in 2019.



OH MY GOD - It's Legally Blonde!!

by James Keam, Year 11 Wantirna College

For two weeks, and across 8 shows, the talented Wantirna College Production cast performed to sold out crowds and standing ovations for good reason – this year's show of Legally Blonde was arguably one of the best in recent years. Performing the stage show adaptation of the hit movie "Legally Blonde", the cast and crew collectively bonded over months of rehearsals and this resulted in one of the most hilarious and energetic experiences that the audience were lucky enough to witness. Past-Production alumni and former students were all keen to help out backstage, and an uplifting, supportive culture was created in this school group making it an ultimately amazing experience to be a part of.

Personally, as a Year 11, it was emotional to see how this College program has impacted the Year 12's, who were performing with the Production crew for the last time. Many tears were wept after the unbelievable final week of shows and it was amazing to see our role models so moved by the students they worked with and the pride they had in the show they had helped create. Their role in keeping the younger students in line and invigorating the whole cast with their exuberant energy cannot be understated. Neither can the efforts of the tech crew, orchestra and teaching staff who all worked so hard behind the scenes to unselfishly make the rest of the cast look, and sound amazing, and undoubtedly create an amazing experience for the audience.

Indeed, this all-round team effort was a can't miss event, and, for those of you unlucky enough to miss this year's Wantirna College Production, keep a look out on the Wantirna College website and Studfield News to book a ticket for next year's show. As amazing as this year's was, it can only get better – and our amazing cast at Wantirna College can't wait to see you there!

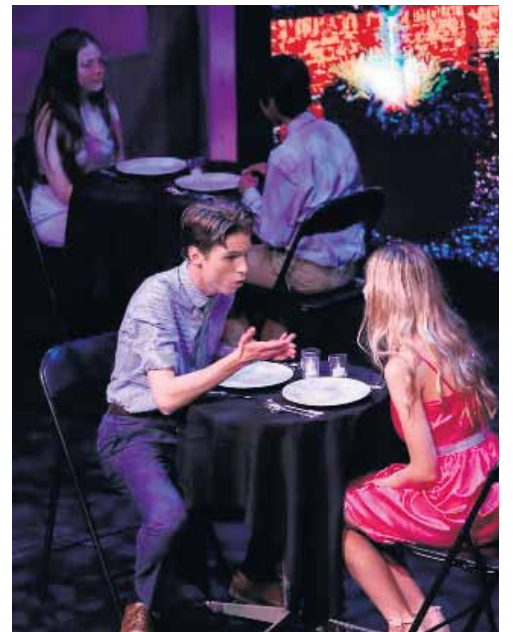


Photo sourced from the Production Facebook Page

Wantirna Primary School Students Reach Out In Friendship

On Thursday 16th of August, our Year 6 Student Leaders visited the Wantirna Friendship Group at the Wantirna Adventist Church. This community partnership has evolved over the years with our students regularly performing for the senior citizens for special events such as Christmas Carols and more recently performing items from our annual Production.

The students were really excited to prepare mini-pavlovas and serve the group lunch and dessert as well as present them with a hand-made fridge magnet featuring a special inspirational message.

The Wantirna Friendship Group were very impressed with the students' confidence, singing and culinary skills.

We look forward to visiting them again later in the year with the younger students to perform our Christmas Carols.

Sue Fergeus, Principal - Wantirna Primary School
120 Mountain Hwy Wantirna 3152 Phone: 9801 1938



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Bayswater Secondary College is currently seeking expressions of interest from students for our SEAL program. Please call the college on +61 3 8720 7555 for further information or register your interest online at bayswatersc.vic.edu.au

B

BAYSWATER
SECONDARY COLLEGE

VCE MANDARIN COMMENCING 2019



Bayswater Secondary College proudly announces that we are offering Chinese Mandarin VCE (First and Second Language Studies). We would also like

to introduce Mr Joshua Wang, our new International Student Program Co-Ordinator and native speaking, Mandarin Teacher who brings a wide range of knowledge and experience to our school.

VCE Mandarin classes will be offered on Wednesday afternoons to assist students across Knox and Maroondah with language studies, particularly those not undertaking VET courses. The introduction of Mandarin complements and broadens our language program, which also includes German.

PLEASE CONTACT THE COLLEGE FOR MORE INFORMATION OR TO ARRANGE A TOUR.

BAYSWATER NEWS

Bayswater Senior Citizens by Evelyn Hodgkin

Mountain Highway, Bayswater next to Bayswater Hotel.

Spring is now with us and our club members are looking forward to the next few months. With the City of Knox Seniors Week being held over two weeks from Monday 8th October to Saturday, 20th October there will be plenty of activities for you to attend.

On Monday, 8th October we will be holding a fabulous event with Glen Starr singing songs for us from the 50/60s. Glen is a fabulous performer and will have our feet tapping. A barbeque lunch will be prepared and served by the volunteers from the Wantirna Lions Club. Those of you who have attended on previous years will know what a great day this is. Starting at 11 am, the cost is \$10.00. each and bookings are necessary by phoning Sandra, 0448 399 181. Ask you friends to join you and make up a table to share your day. There will also be raffle tickets costing \$1.00 with many prizes. This will be held in our big hall.

Our usual activities are very popular with increased numbers and will continue throughout the year. Maybe you like Cards, Movie Morning at the Club, Bingo or Carpet Bowls. On the third Thursday we have a light lunch prior to playing Bingo. There is nothing to stop you joining in one or all of these activities with our friendly Members.

Come along and join us and a phone call to 0448 399 181 will let you know all the times.

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

Zone In: Real Action on Social Housing Campaign Launch

The Eastern Affordable Housing Alliance (EAHA) is calling on all Victorian political parties to zone in and deliver real action on social housing.

EAHA Chair Cr Sharon Ellis, of Whitehorse City Council, today launched the EAHA's 'Zone In' campaign, four months out from the State Election.

The campaign asks all political parties to commit to:

- legislating to introduce mandatory inclusionary zoning in Victoria
- delivering at least 11,420 new social housing dwellings in the Eastern Metropolitan Region (EMR) by 2036.

Cr Ellis said that EAHA research released today shows that there is a minimum supply shortfall of 7,970 social housing homes in the Eastern Metropolitan Region.

Cr Ellis said. "Alarming, if action is not taken, this number will increase to 11,420 by 2036."

Cr Ellis said that while EAHA member Councils are doing everything they can, the State Government has an important role to play in fixing this unacceptable situation.

"Introducing mandatory inclusionary zoning at a rate of at least 10 per cent on all surplus government land and strategic redevelopment sites would guarantee a steady supply of new social and affordable housing across the state," Cr Ellis said.

Inclusionary zoning has been used extensively in places such as San Francisco, London, New York

and Vancouver. Closer to home, South Australia has a mandatory 15% affordable housing requirement in all significant development projects.

"Increasing the supply of social and affordable housing in our region will allow people to remain in their community, close to family, friends and support services," Cr Ellis said.

For more information about the campaign, visit www.zonein.net.au.



About the EAHA

The EAHA is a collaboration between the cities of Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges.

The EAHA aims to ensure that the most disadvantaged people in the Eastern Metropolitan Region have access to safe, secure and affordable housing.

As many of the factors influencing housing affordability are beyond the control of local government, the EAHA advocates to the State and Federal Government for investment and policies to increase the supply of social and affordable housing in our region.

AROUND KNOX

Wantirna Lions Club News

Recently the members of the Wantirna Lions Club spent the morning weeding the garden and spreading tan bark at Scope Bayswater. Just one of the many volunteer activities our club undertakes within our community.

If you would like to know more about our club please refer to our website.

Wantirna.vic.lions.org.au



The Ongoing Work of Legacy



Legacy was formed in 1923, simultaneously in Melbourne and Hobart by returned members of the Australian Imperial Force (AIF) who had fought overseas in the Great War of 1914-1918. Their aim was to assist war widows and their immediate families, the children being known as Junior Legatees. To achieve their goals an annual fund raising week in September raises the funds to care for these families. This was extended to also assist those families whose husband/father subsequently passed away from wounds received during their Service. This work is carried on today for those who served in World War Two, Korea, Vietnam and more recent conflicts including peace keeping missions.

Apart from direct financial assistance, educational needs of the children of Legacy were met and organised programmes of camps and outings were also a feature of those busy years preceding and post WW2.

Today, the work of those early Legatees is continued with looking after many WW2 widows and fortunately a fewer number of post war families from recent conflicts.

As part of the work of helping these widows, many neighbourhood Legacy sponsored widows clubs were raised to enable the widows to have a social outlet with other women who had shared the same experiences. For the past 37 years the Knox Legacy Widows Club has catered for the needs of many Knox residents living in Rowville, Ferntree Gully, Wantirna, Wantirna South, Knoxfield and Lysterfield. These ladies meet formally once a month for social and fellowship and a monthly outing for a luncheon at various locations. We also have an annual bus trip courtesy of Knox City Council where the ladies have a day out.

We extend a warm invitation to any Legacy widow who has not been advised of the Club activities.

The Club meets on the first Monday of the month at the Exner Park Tennis Club Rooms, located on the corner of Stud Road and Ferntree Gully Road, Scoresby behind the Woolworths Shopping Centre where there are adequate parking facilities. The President of the Club is Mrs Elizabeth Roberts.

There is moves afoot to include any widower/widow of a former serviceman or woman who has not served in a combat theatre into Legacy after the Government has extended the definition of veteran to members of the peacetime Defence Forces. If anyone who feels this definition belongs to them, please join us, you will be made welcome.

ST LUKE'S COMMUNITY FETE

25 Stokes Road Wantirna

SUNDAY 21ST OCTOBER

10 AM - 3 PM

Rides

Cakes

Bric-a-brac

Food Stalls

Entertainment

Prestige Cars

Books

Devonshire Tea

Recycled Clothing

WANTIRNA NEWS

Wantirna South Probus Club News

Wantirna South Probus Club is a newly formed mixed club in the area holding our first meeting in February, 2018 and the membership has grown to about 35 members.

At this stage we hold a monthly dinner at one of the areas local restaurants, a walking group for those who like to keep fit (only walk for about one hour) and always enjoy a coffee and chat at the conclusion. We are currently planning several outings which will include visits to gardens, galleries, museums and the theatre to mention a few.

The Probus Club meets at Wantirna Club in Stud Road, every second Wednesday of the month at 10.00 am with members arriving from 9.30 am onwards. Following morning tea break we have a guest speaker for approximately one hour then many members enjoy lunch at the Bistro.

As the club continues to grow further we welcome new members and the chance to form new friendships and enjoy many social events. For further information please ring Helen on 0418333022.

Wantirna Heights Probus Visit to Parliament

Many members of our club recently enjoyed an excellent visit to Parliament House in Melbourne. They were met by Heidi Victoria MP, member for Bayswater and Shadow Minister for Arts and Culture, Tourism and Major Events and Consumer Affairs – see photo of Ms Victoria with our President and his wife. They also met Bruce Atkinson MP, President of the Legislative Council. The visit started with a delicious morning tea of savouries

and sweet treats plus tea and coffee.

The tour included the Parliamentary Library and Upper and Lower House chambers. The tour guide had also worked at Buckingham Palace and the UK Parliament in a similar role and was understandably knowledgeable about protocol and political matters generally.

Parliament House is a magnificent building. Its ornate architecture shows the wealth that was available at the time of construction due to the Gold Rush taxes. Erection began in December 1855 on the two chambers, one for the Victorian Legislative Assembly and a smaller more ornate chamber for the Victorian Legislative Council. In November

1856 the first session of the Victorian Government in the new chambers was opened to great acclaim. This fascinating and extremely informative tour finished at 12 noon.

The Probus Club of Wantirna Heights meets at the Knox Boat Fishing Club on the first Wednesday of every month. For further information please phone Graeme on 03 9763 1213



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Organ Donation Saves Lives!

I first met Mattybro when my partner and I moved house, Matty and his wife Linda lived very close by to us and we were introduced by a mutual friend.

When I first met Linda and Matty, we were only meant to pop in for a quick visit and ended up staying much longer!

Many hours and laughs later I left thinking two things to be true:

1. These two individuals were two of the nicest people I had ever had the pleasure of meeting and I hoped we would become good friends
2. Life sucks sometimes

My reasoning for thinking the second point was that Matty was in the process of awaiting a double lung transplant.

I remember trying to reconcile in my head that this amazing person who I had laughed with for hours had to stop every so often to gasp for breath, had to pause and catch his breath when walking to the fridge to get me another drink. It just didn't seem fair that he had to go through this, but then I guess life rarely is fair.

Over the next few months I saw a lot more of Matty and Linda. They showed themselves to be the rarest type of people: that type that would give their own shirt off their backs if you needed it. I witnessed them time and again raise money for people in need when they were themselves struggling.

A long time ago Matty had reached the point where he could no longer work. So Linda, whilst working full time, was organising Matty to make his hospital and doctor's appointments. Despite all of what was going on in their life, every meeting with them you were greeted with massive smiles and big hugs.

The point came where Matty knew he didn't have much time left, he had to get on that transplant list. The one thing preventing that was a drug called Celebrex which he was prescribed to control his pain and inflammation. The surgeon told him 'if you can get off Celebrex, you can go on the list' Sounds simple right?

Well to give you some perspective on that, the Alfred hospital have a team to help you do this, and Matty was told the average time to get off Celebrex was 6 months. As even the most simple of tasks, such as walking from bedroom to bathroom and dressing himself were leaving him gasping for air. Matty knew he didn't have 6 months.

Knowing I was a pharmacist, Matty mentioned this to me one day and given everything I had seen him do for others I made it my mission to help him.

So I started researching, the more I researched however, the more roadblocks Matty told me about.



Carmen with Matty

I found out that Matty had been diagnosed with a condition called "Ankylosing Spondylitis" (AS). This is an inflammatory disorder which mainly affects the spine, but also as time goes on starts to eat away at other tissues in the body such as the bowels and lungs. Matty had "Chronic Obstructive Pulmonary Disorder" (COPD) a lung disease, so the AS was fast tracking the COPD to the point of Matty having severe emphysema at 41.

AS can be managed by using immunosuppressive medication, why wasn't he on this to stop the damage? Matty also had a rare type of bacteria in his lungs that didn't give him any trouble, as long as it remained dormant. If his immune system was lowered too much, his body would no longer be able to keep this bacteria at bay and BOOM! He would have an active and quite dangerous infection.

The more I researched the more I cried.... There was just nothing we could do.... Each diagnosis made the other one worse and so on.

I think I even text Matty at this point to say: this is crap Matty, just crap!

Up until this point I had been researching prescription medication to help the AS, but this clearly wasn't an option so I thought of the only natural thing I could offer to reduce inflammation in the body: turmeric

I got some for Matty and in all honesty I was really unsure if it would work at all in his situation. I told Matty the truth, I hadn't know it to be used for AS before, but that patients of mine with arthritis had used it to get off or reduce their use of anti-inflammatories like Celebrex.

Within two days Matty text me, I believe he was 'playing it cool' when he asked; how quickly should the turmeric work?

I thought, oh no! It hasn't worked. I didn't want to disappoint Matty or myself too much, but I told him the facts: it does take time to build to an effect, but really you should noticed some results within a few days.

Matty's reply had me dancing around the kitchen: within two hours of taking the turmeric, his pain was dramatically decreased!

So then, with the help of the fabulous Filip (pharmacist and naturopath at Wantirna community pharmacy) we researched lots of natural things including a diet that would help lessen Matty's pain and get him off Celebrex. It worked he was off Celebrex within 1 week not the 6 months he was advised. Then it was a fast track to the transplant list!

We want to increase awareness of organ donation in our community. We know there will be both religious and personal reasons why people cannot become organ donors, but for those out there that can, we want to reach you! Before we were made aware of Matty's plight, many of us at the pharmacy weren't specified organ donors on our licence. Although we had no aversion to it. Now we have all made sure it states our intentions clearly on documents that count.

Organ donation is a tricky subject, fraught with emotion and so if you want to donate, your intentions to do so need to be clear. Tell your family, put it on your licence, and register yourself on the organ donation website. Doing so could save a life!

This has become real to me personally in the last few weeks. But in seeing the medication that Matty will be prescribed in the coming months & seeing other patients from our Pharmacy prescribed the same, I now know that many people in our community have already been touched by this.

Organ donation saves lives! We just don't know what life has in store for us, organ donation could save your friends, family or even yourself!

Carmen

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

www.communitypharmacy.com.au

Collier Ward News with Cr. Jackson Taylor



With the State Election fast approaching I have previously discussed the extension of the 75 Tram (Light Rail) Route. The last time this was extended was back in 2005 and the time to get this done is now. Council recently endorsed our new, 'Public Transport Advocacy Document' which clearly articulates the need to extend the 75 route down to Upper Ferntree Gully which would pass major shopping, education and jobs precincts. We are too reliant on cars in our city and this is due to the lack of available public transport. Council will continue to work with the Eastern Transport Coalition to talk to members of State and Federal Governments but I would ask you to also get in touch with your local MP's, lower and upper, and tell them, '75, it's Time it Arrived'.

It's also great to see the new playgrounds at Ainsdale, Tabilk and Templeton either being completed or finished, as well as the new footpath connection along Burwood Hwy from EastLink to opposite the Knox School.

It was also great to greet people a few weeks back at my 'Mobile Office' at Wantirna Mall to chat about all things local. If you didn't get to see me there feel free to get in touch. I'd love to hear from you.

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

M - 0418 719 940

FB - Jackson Taylor - Councillor for Collier Ward

The State Government recently announced \$82 million to transform the State Basketball Centre in Wantirna South. This will cement Knox as the home of Basketball in Australia, add 10 new courts for grassroots play, a new gymnastics facility which is a rapidly growing sport and upgraded soccer facilities. It will also be home to Basketball Australia's Centre of Excellence and the 9th team in the NBL, as well as improving facilities for the Women's Melbourne Boomers. This, all on the back of the hard work the Council has done in advocating for this unprecedented project of which we will contribute \$25 million which is substantially less than usually expected in this type of project. This is great news for local sport in Knox.

Spring has sprung, allergies have begun By Dr Martina Saeid BVSc

Skin allergies are as common in dogs as people - especially in Spring season.

Dog allergies are often caused by pollens, dander, plants, insects, and fleas. Foods and medications can induce allergic reactions too.

Allergies may cause symptoms such as itching, scratching, over grooming, rashes, sneezing, watery eyes, paw chewing, and skin inflammation. Multiple allergies (to different triggers) is called ATOPY, dogs and cats suffering from this are said to have ATOPIC DERMATITIS.

Dogs usually show signs of this disease between 3 months and 6 years of age. It can be mild the first year or so and it doesn't affect the dog clinically before the second-third year. Symptoms often worsen with time and become more apparent during certain seasons like Spring.

The most commonly affected areas in dogs are: Ears, Muzzle, Ankles, Groin, around eyes, In between toes, Underarms.

The best treatment would be to identify and eliminate the trigger however this is often impossible. Medications such as corticosteroids, cyclosporine and antihistamines can be given to control or reduce itching.



BUT...here's the exciting stuff!!!!

There is a new, monthly injection your dog can have to help decrease the itchiness. This magic new drug is called CYTOPOINT and it is the first monoclonal antibody therapy for canine atopic dermatitis. It will be available VERY soon at your vet.

No more struggling to get your dog to take pills, no more having to remember to give them!

We are so excited by this new development and cannot wait to have it for our patients. Are you excited too?

Please contact us for more information.

Wantirna Vet Clinic 9729 9908

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St Luke's Parish Mass Times

Weekend:

Saturday Vigil: 6:30pm

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

Weekday Mass:

Monday & Tuesday - 9:00am

Wednesday - 7:30pm

Thursday & Friday - 9:00am

Reconciliation:

Wednesday - 7:00pm

Saturday - 9:30am & 6:00pm

Adoration:

Wednesday 7:30pm - 8:30pm

Divine Mercy Chaplet:

First Sunday of the month: 2:45pm

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Wantirna@cam.org.au
www.stlukeswantirna.net

Office Hours

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



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.

Check out this month's latest titles:

Top Reads:

- Fatherhood - William McInnes
- The Little Swedish Kitchen - Rachel Khoo
- The Botanist's Daughter - Kayte Nunn
- Best Foot Forward - Adam Hills
- Pieces of Her - Karin Slaughter
- Jaime Cooks Italy - Jaime Oliver
- Peace comes to Honeyfield - Anna Jacobs
- Wild Fire - Ann Cleeves
- Family: new vegetable classics - Hetty McKinnon
- Trace - Rachael Brown

New DVDs:

- Escape Room
- In the Fade
- The Other Side of Hope
- Breath
- I Feel Pretty
- Crooked House
- Kings
- The Guernsey Literary & Potato Peel Pie Society
- That Good Night
- Happy End
- Gotham Season 4
- Falling Water Season 1

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 or with your local librarian.

Staff Pick

The Lost Flowers of Alice Hart

by Holly Ringland

Holly Ringland's writing reflects the beautiful settings of the Australian coast and the red centre. Even in the darkest corners her writing brings out the beauty in the surrounding nature and the constant presence of flowers. She respectfully reflects the traditions and stories of Australian Aboriginals.

The *Lost Flowers of Alice Hart* is an incredibly touching book. If you are searching for your next read, I highly recommend it!

- Tanisha



Featured Technology Events

Your library hosts regular educational workshops to help you thrive in the digital world. Check out what's coming up in October and November

To book into any of these events call 1300 737 277 or book on our website www.yourlibrary.com.au

NBN Information Session

2:00 pm Thursday 18/10/2018

FREE. Bookings Required
Rowville Library

Learn everything you need to know about the NBN. What is it? How do I connect? How do I negotiate with retailers? Where can I go for support? NBNco is offering this presentation for free.

Tech for Travellers

2:00PM Friday 12/10/2018

FREE | Bookings Required
Croydon Library

Tech for travellers talk will include information on travel booking websites, apps for travellers including airline apps, using wifi on your device, and SIM cards to buy vs overseas roaming.

Gmail Tips and Tricks

2:00PM Friday 26/10/2018

FREE | Bookings Required
Knox Library

Learn how to get the most out of your Gmail account. We will show you how to manage the inbox layout, organise emails with labels, stars and filters, undo emails sent, setting up other email accounts within Gmail and much more.



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.

To book call 9800 6443 or online at www.yourlibrary.com.au

Brainworks @ the Library

3:30PM Monday 1/10/2018

FREE at Knox Library - No Bookings Required.

Come along and challenge yourself. Maintain and improve your brain with fun activities. Brain training exercises including Memory, Attention, Language, Executive functions, Visual and Spatial skills.

Runs every Monday from 3.30-5pm but not during school holidays.

Chinese Storytime / 中文故事会

10:30AM Friday 9/11/2018

FREE at Rowville Library

故事会免费。

欢迎有0-5岁儿童的家庭来参加。

These storytimes will be exclusively in Chinese, but are open to all children and their families. All sessions are free. Suitable for 0-5 year olds.

Beautiful Begonias

11:00AM Tuesday 13/11/2018

FREE at Rowville Library



Kaye and Marilyn are long-term members of the Melbourne Begonia Society and they will be heading to Rowville to give a presentation of the eight types of Begonias with Q & A on propagation and care for the home gardener. Examples of the various types of Begonias will be on display, with an opportunity to purchase plants. (Cash only)

Christmas Card Making Workshop

11:00AM Monday 29/10/2018

\$10 at Rowville Library

Have you ever wanted to give your family and friends beautiful handmade Christmas Cards, but aren't sure where to begin? Wonder no further!



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STATE MEMBER FOR FERNTREE GULLY



U3A Widens Its Horizons *by John E. Ford*

As well as providing a wealth of interesting activities and courses for its members, Knox U3A has been pleased this year to enter into partnerships with other educational facilities within the municipality. Auspiced by Swinburne University (Wantirna Campus), U3A has participated in a number of initiatives pertaining to issues attendant upon the ageing process.

The program is four-tiered and involves participation by students at Swinburne, as well as input from our own life-style tutors. The program commenced earlier this year with a number of short-courses relating to issues pertaining to specific concerns regarding ageing – coping with the onset of dementia for example. The program then took on a more practical aspect, with Swinburne students completing their Masters degrees in Counselling being given the opportunity of counselling U3A members through a range of various personal issues.

The third tier of the program has involved sessions (again, not of lengthy duration) regarding the special needs and requirements of Carers in our community, a mantle of responsibility that increasingly falls upon U3A members and their families. In these sessions the legislative requirements, rights, obligations and entitlements of carers were examined, as well as details of resources that are available, such as Respite care.

Finally the initiative is involving a number of Year 8 students from Fairhills High School, together with a like number of U3A members in an “inter-generational” study. In a workshop format comparative information is exchanged and discussed between their generation and ours, hopefully leading to greater understanding of issues in both directions.

All segments of the program have been enthusiastically received by participants. U3A President, Steven Damm – himself a retired psychologist, and instigator of this program in conjunction with Swinburne convener, Mark Silver – states that this is one of the most satisfying activities he has been involved in since joining Knox U3A. He is hopeful that the program will continue into 2019, but, like everything seemingly, this will depend upon funding. The program has generated an enormous amount of positive feedback, and so we are confident of its continuation.

This is just a further example of the way this dynamic (and totally voluntary) organisation involves itself in the wider community. Readers can learn more of the organisation and view the enormous range of activities and courses available to members by visiting our website at www.u3aknox.org.au.

BROUGHT TO YOU BY FERNTREE GULLY TOYOTA

Victorian Seniors Festival 2018

The Victorian Seniors Festival is an event to honour seniors in Victoria held in October every year at various locations around the Melbourne CBD.

This week-long festival includes an array of events, activities and entertainment for all seniors.

Eight days of free public transport, including all V/Line services, will be provided to Victorian Seniors Card holders between 7 – 14 October 2018.

The festival is organised by the to encourage seniors to get out there and participate in and enjoy a wide range of more than 1,300 activities; all generally free or low-cost.

For more information visit seniorsonline.vic.gov.au or <http://www.knox.vic.gov.au/seniorsfestival>

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KNOXFIELD & SCORESBY NEWS

Knoxfield Ladies Probus Club

by Isabella Muir

After an enjoyable night early in August at the 1812 Theatre in Ferntree Gully being thoroughly entertained and mystified by the actors presenting Dial M for Murder, the Knoxfield Ladies Probus members opted for a relaxing chat over lunch at the Knox Tavern midway through August. The talented 1812 Theatre actors are always so professional, commanding your full attention, especially when there is so much suspense as in Dial M for Murder. Meeting the actors at supper after the performance is always a treat, although they are probably asked the same question "how do you remember all those lines?" In true style they always provide their answers with politeness and patience. The lunch at the Knox Tavern provided tasty food, a warm refuge from the cold wind and plenty of chat. In case you required more good food and chatter, Sunday brunch at Tosaria's Restaurant, Rowville provided both later in the month.

We are now looking forward to our bus trip to Walhalla the Goldfields Ghost Town. The bus delivers us to Thompson Railway Station to board the Walhalla Goldfields train for the 30 minute journey to Walhalla. Our bus will meet the train to convey us into the township. Apart from the Long Tunnel Extended Mine tour, there are walking tracks, a Heritage Walk, the museum and lunch to be enjoyed. This promises to be a very interesting day. In October we have a night out at the Harness Racing Melton, a Mystery Bus Trip which, just between you and me, encompasses scones, jam & cream morning tea at "The Singing Gardens", a visit to a Kiwi Fruit Winery and finishing up at the Yarra Glen Chocolatier & Ice Creamery. All of the above should thoroughly tickle our tastebuds. November brings a trip to Mornington Market followed by a ride in the Arthur's Seat Eagle Gondolas.

We have the delightful Glengoldie Ladies to entertain us in October.

The Knoxfield Ladies Probus Club meets every last Wednesday of the month at the Waverley



Golf Club, Bergins Road Rowville at 9.45 am. Any retired or semi-retired lady is most welcome to join our friendly Club. Please ring Val on 9763 6175 for further details

Scoresby Football and Netball Club

News from the Nest



What a season. If you have been following our articles the past few editions you will know that we have not only been chasing a flag in Division 3 of the Eastern Football League, but also expanded our netball team numbers growing from one team to four. The beginning of our finals campaign started with the Premier Reserve Netballers taking home the flag against Lilydale with a final score line of 58-46.

Looking at the football side of things we had multiple old faces return early this season, generating a new culture around Scoresby Football Club, a place when you're from Scoresby it's where you want to be. This season we've had a list full of depth across the Senior and Reserve teams, this depth has paid off – currently we have the reserves finishing on top of the Home and Away season straight into the Grand Final after a heart stopping Semi Final against Heathmont. The captain of the side scoring the winning goal in time on, what a way to start a Sunday!

Our Senior team currently has a second chance in the Preliminary final and we can only hope come Grand Final weekend we have two teams competing on the day. The hunger for a flag is well and truly aight within all the players. If you look closely enough you can almost see it – it has been a fantastic season to be a part of the Nest and we look forward to updating you with our final outcomes. We thank Studfield Wantirna Community News for coming on this journey with us and supporting the Magpies throughout the 2018 season.

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Referenced to the 2018 Victorian State Election

KNOXFIELD & SCORESBY NEWS

News from Tirhatuan Ward with Nicole Seymour
 No Ordinary Life – Positive Ageing in Knox

How does Knox rate as an “age-friendly” city?

In August this year, the Municipal Association of Victoria (MAV) released a report called “Age-friendly Activities in Victorian Local Government” prepared by Jan Bruce – MAV Positive Ageing Policy Adviser.

The catalyst for undertaking the report was to check in and see whether the strategies and actions of Victoria’s 76 Local Governments aligned with the World Health Organization’s Age-friendly Communities (WHO AFC) direction.

The World Health Organization are leading policy advocates for making the world more age-friendly and inclusive of older persons. Beyond the words, the intent is to create “an age-friendly world which enables people of all ages to actively participate in community activities and treats everyone with respect regardless of their age.” Furthermore, being an age-friendly world is about supporting older people to remain socially connected within their community, so they feel valued and purposeful. “It helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves.”

The MAV wanted to understand what local Councils are doing to support their older residents and in doing so identify best practices to learn from and gaps to address. Many Council’s self-report as being inclusive and supportive of their older population however the survey used as the basis of the report

provided a mechanism by which to measure just how well Councils are doing and whether they truly are adapting their structures and services to the needs of their ageing populations.

Interestingly, of the 76 Victorian Councils only 60 participated in the survey and, of those, 20 were from metropolitan Councils of which Knox was one.

Knox Council has long been proactive when it comes to having Council strategies and policies to support its older residents. In the current financial year Council will spend \$4 from every \$100 of rates collected directly on active ageing and disability services. There is also indirect benefit across many other areas of Council where the needs of all ages are considered such as our parks and playgrounds, footpaths, libraries and community facilities.

The key domains or areas the WHO’s World Friendly Cities focus on are 1. Outdoor spaces and buildings, 2. Transportation, 3. Housing, 4. Social participation, 5. Respect and social inclusion, 6. Civic participation and employment, 7. Communication and information and 8. Community support and health services.

I am interested in the views of Studfield Wantirna Community News readers. Is Knox age friendly? Considering the 8 domains listed above are there any areas Knox does well and any areas where

improvement is needed? What should Knox’s top three priorities be in making your community more age friendly from your perspective. I encourage you to email or write to me your thoughts as I am planning to share these with the Knox Active Ageing Advisory Committee as input into Council’s development of an Age Friendly City strategy paper. My email is nicole.seymour@knox.vic.gov.au or you can send your thoughts to Cr Nicole Seymour. Knox Council, 511 Burwood Highway, Wantirna South. 3152.



Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
 Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour



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KNOXFIELD & SCORESBY NEWS



Rowville-Lysterfield Rotary News



The Rotary Club of Rowville-Lysterfield will be holding their Autumn Charity Business Breakfast on Friday 12 October 2018 to be held at the Churchill-Waverley Golf Club Function Centre, 82 Bergins Road, Rowville.

The keynote speaker will be Beau Vernon. At 23 years old, Beau Vernon suffered a spinal cord injury whilst playing Australian Rules Football for Leongatha Football Club, leaving him a quadriplegic! Any spinal cord injury can have disastrous effects—in Beau's case, the injury has randomly affected so many of his normal bodily functions and movements, that it's hard to grasp and understand what he has had to deal with and overcome!

His story over the past 6 years is amazing, inspiring and enlightening, so much that you will want to cry, laugh and wonder at what one determined man can achieve against such odds! Beau has also married his childhood sweetheart and now they have a beautiful baby boy!

This is only a brief overview of Beau Vernon's story,

you'll just have to come to the Breakfast to hear the rest of it!

This event promises to be entertaining and thought provoking for everyone and this rare opportunity should not be missed, so book now! The function will also include a raffle with a host of prizes to be won plus an auction of great items to be conducted by auctioneer 'extraordinaire' Brenton Wilson, Director, Barry Plant Rowville.


The Rotary Spring Charity Business Breakfast on Friday 12 October 2018 will commence at 6.45am for 7.00am prompt start, concluding approx. 8.30am to allow attendees to reach their work place by 9.00am. The cost is \$60 per head and \$35 for students including a hot buffet breakfast, tea/coffee etc.

Bookings close on Friday 5 October 2018 and should be made via either a cheque to Rotary Club of Rowville-Lysterfield Inc. P.O. BOX 2852, Rowville 3178 or by credit card to: www.trybooking.com/XKJK

For full booking information, log on to the Club website at : www.rowvillrotary.com.au Phone enquiries to : Neil on 0418 478 647 or James on 0417 548 662.

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KNOXFIELD & SCORESBY NEWS

Make, Do, Play and Connect by Cr Nicole Seymour

Community invited to 'Make, Do, Play and Connect' at Stringybark 2018!

Local residents and visitors to Knox are invited to come along and enjoy the fun of the Stringybark Festival 2018.

And in wonderful news for all festival-goers, the event, to be held at the Rowville Community Centre on Sunday, 21 October between 10am and 4pm, will be free to all! With the theme 'Make - Do - Play - Connect' this year's festival will be a jam packed, family-friendly extravaganza of fun, entertainment and activities for all ages.

Interactive performances from feature acts Nicky Bomba, Melbourne Ska Orchestra and The Mighty Buzzniks, will get you moving to the beat as they combine forces with local musicians to perform some toe-tapping rhythms as part of the Creative Victoria funded program 'Knox: Amplified.'

While climbing walls, jumping castles, sports challenges as well as bungee swings should keep the kids, both big and small, suitably entertained! They can also enjoy nature-based activities including animal encounters with farm animals, interact with cuddly and the creepy critters of all sorts and enjoy engaging presentations by Wild Action.

Food lovers will be able to indulge in delicious food

trucks and cooking displays with some great ideas for sustainable cooking.

Another unique feature of Stringybark this year is the new partnership with the neighbouring Stud Park Shopping Centre. You may have already seen a number of the pop-up programs and activities on offer at the shopping centre in the lead up to Stringybark.

Their engaging "Stringybark at Stud Park" family program includes the nature corridor and geo-dome play space giving shoppers a true taste of what to expect during Stringybark - with free arts, nature and cooking programs all month long.

So why not jump on board another fantastic feature - the Stringybark trackless train - to visit these special Stud Park attractions and activities on festival day! With so much to make, do, play or connect with, you'll have fun, be inspired, entertained and educated all day!

A quick shout out too to all the wonderful volunteers and community groups who make Stringybark tick - you're the heart and soul of this event and Council thanks you for your efforts on ours and our community's behalf.

I'll see you at Stringybark!

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NEWS IN GOOD HEALTH & WELLBEING

Hands on Myotherapy



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Pregnancy can be an exciting time in a woman's life, however changes in body and lifestyle can be emotionally and physically draining and bring on unwanted anxiety.

A woman's body shape and posture will change rapidly to accommodate her growing baby. Her centre of gravity

will shift to maintain balance and the natural curves of her spine will be exaggerated; adding stress on the joints, ligaments and muscles. Even after delivery, the body can take some time to recover and adjust to the demands of feeding and caring for a new baby.

Hormonal headaches, neck pain and shoulder tension (particularly from side sleeping); sciatic pain, calf cramps, swelling in the ankles and swollen wrists and hands (which can contribute to carpal tunnel syndrome); are all problems that can be experienced in pregnancy. Post birth, the Mother's ongoing care and support is often overlooked as the focus turns to the baby.

Regular treatments can promote healthy pregnancy, birth and postpartum recovery. This is a time when the new mother would greatly benefit from massage and manual therapy. Myotherapy can help with postural changes associated with feeding and holding a new baby, and of course the recovery period. Along with musculoskeletal relief, myotherapy and massage can help with fatigue and have a positive impact on a woman's emotional state.

Dee and Alison are qualified and experienced in helping with these Pregnancy issues. Feel free to book an appointment today.



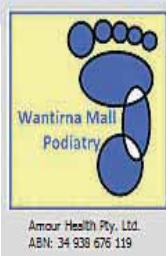
- Back and Neck Pain
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- Golfer/ Tennis Elbow
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- Sciatica

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



Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)
4/322 Mountain Hwy, Wantirna
9720 1235

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

www.wantiramallpodiatry.com



What are flat feet?

At Wantirna Mall Podiatry we see many feet with all different shapes and sizes, "what are flat feet" is a common question at the Podiatry clinic and can be complicated to answer.

Flat feet or Pes Planus is a general term used to describe the lowering of the inner arch of the foot. Flat feet can be developmental or acquired meaning after a period time for various reasons the feet have become flat. The flat feet are structural, the shapes of the foot bones and joints influence the shape of the foot but also functional meaning the ligaments and muscles within the foot are not working well to hold the position of the foot together. The joints maybe able to move too much, hypermobile or not able to move at all. When walking the position of the foot also influences the position of other joints including the knees, hips and back.

When the feet are flat the position of the foot is not ideal for walking and can cause pain and deformity within the foot and other areas. Treatment of flat foot maybe required if the flat position of the foot is new, progressive, painful or associated with another pathology like arthritis. In order to determine the type of flat foot you have, the influence on other areas of the body and what can be done to help our Podiatrists conduct a Biomechanical Assessment. If required, non- surgical treatments are prescribed to help any pain or abnormality including stretching and strengthening exercises, footwear and corrective or accommodative foot orthotics.

Please visit us on our website for more information and handy tips.



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News from Wantirna Osteopathy by Dr. Jason Stone

Pre-Summer Fitness Regime - Tips from the Osteopath

Osteo Advice - Before you start your Pre-Summer fitness regime.

With Spring upon us and Summer on the near horizon, gyms will soon 'ramp' up their advertising and the 1000 steps will become inundated.

As Osteopaths, we often see the detrimental side of exercise when people take on too much, too early. Unfortunately, it is human nature that once we decide it's time to change it needs to happen overnight. I am writing this article to hopefully convince a few of you to set a long-term exercise plan and ease your way into it.

Exercise has so many proven health benefits but unfortunately it can also exploit your lack of joint range of motion and muscular flexibility resulting in injury. As Osteopaths we regularly see shin, knee, hip and low back complaints because patients are undertaking an exercise regime that is beyond what their body can handle.

My advice to anyone looking at losing weight is to do it slowly and look at a lifestyle change not a quick fix. Exercise is very important to de-stress and burn kilojoules, but if you get injured you are more likely to end up more frustrated and put on further weight. Begin with a low-grade exercise such as walking or water aerobics regularly for 30 – 45 minutes whilst changing some obvious dietary issues, for example, reducing alcohol intake and eating smaller meals. Combine this with increasing your flexibility by stretching and perhaps even yoga.

As your weight reduces, your flexibility improves and your energy levels increase, you can then consider raising the duration and intensity. My theory on



exercise is the more you enjoy it, the longer you will undertake it and then the less reliant you are on the fridge and pantry to make you feel happy.

My final tips with a new exercise regime are to ensure you have the correct footwear and you always stretch after exercise.

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- Joint and muscle pain

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Corns and Callus

Ingrown Toenails

Flat Feet

Children

Heel, Arch and Forefoot Pain

Sporting or Occupational Injuries

Diabetic and Arthritic Foot Care

Veterans Affairs

Community News
is available online at
www.studfieldwantiranews.org



Essential Point Healing

As we move into Spring you may notice yourself or others sneezing a little more than normal, having nasal congestion and perhaps experiencing an itchy throat or eyes. Commonly known as Hay fever, allergic rhinitis is experienced by around 3 million Australians annually according to statistics.

Typical symptoms for Hay Fever include:

- Sneezing
- Runny or blocked nose
- Headache
- Watery and itchy eyes

The generally accepted explanation for Hay Fever is that it is caused by pollen, dust mites, pets and so on. No doubt these are triggers, but if they were the actual cause, why doesn't everyone come down with Hay Fever?

To answer this let's compare the understanding and treatment from both a Western Medical and a Chinese Medical perspective.

The Western Medical understanding is that pollen and other triggers (foreign particles) are detected in the upper respiratory tract leading to the release of histamines and consequently those familiar symptoms arise. Therefore the treatment from



this perspective includes antihistamines and decongestants to relieve those symptoms.

From a Chinese Medical perspective we see things a little differently. Over winter our immune system is kept busy fighting cold and flu – this is on top of the normal lifestyle issues taxing our health reserves such as work, family and dietary considerations. This can leave our immune system weak and hyper-reactive. When spring rolls around with those pollen and dust particles, it can react disproportionately and violently. The 'allergens' aren't the problem at all, they just reveal an over-taxed and tired underlying immune system. Treatment is therefore targeting BOTH the cause and effect strengthening the immune system whilst simultaneously reducing inflammation in the respiratory system.

This approach is typical of Chinese Medicine where discovering the underlying cause of a disorder is paramount so that the root of a health issue can be addressed instead of just masking the symptoms. This reduces the chance of the same problem occurring again in the future.

To find out more about Chinese Medicine and how it may be of benefit to you, consider booking a free, no-obligation 15 minute appointment with Paul at Bayswater Health. You can reach us on 9720 7811, or online at www.bayswaterhealth.com.au

Movies Amongst The Apples

by Evelyn Hodgkin Bayswater History Facebook

A popular place for a bargain on a Sunday morning is at Trash and Treasure, the site of the former Hoyts Wantirna Drive-In, corner Mountain Highway and Boronia Road, Wantirna.

This Drive-in theatre was one of the last Hoyts Drive-ins built and one of the best. It opened on 22nd August, 1968 and closed in 1984. This was an ideal setting for the Drive-in, previously an orchard owned by the Finger family. The former Wantirna Caravan Park next door has now closed after controversial happenings and the other side of the former Drive-in is Wantirna Palliative Care under Eastern Health. All of this land was owned by the Fingers.

Opening night was a gala affair with invited guests assembled to watch "Doctor Doolittle". There was room for 658 cars on the night. An outdoor viewing area was located just outside the snack bar. The playground was in an enclosure near the snack bar as opposed to under the screen. Hungry children would obviously pester their parents for something from the snack bar being so close. Usually the children were dressed in their pyjamas and often went to sleep before the film finished. These were popular family outings and a relaxing time waiting for the sky to darken before the ads would start on the huge screen, 30 metres wide and stood over 25 metres high.



LOCAL HISTORY



The theatre was so popular the area was extended soon after opening by the addition of three extra ramps at the rear, increasing the capacity to 906. The public had ways of getting in without paying, some even hiding in the boot of the car. Young lads would find an unused speaker near the fence line and climb over the fence and switch on the speaker. They could then watch the movies whilst at the same time, eat some apples.

Village Drive-in Theatres were in competition with Hoyts for gaining a captive audience and they, at the time, had twin screens. After costly expansions, Wantirna Hoyts opened as a twin Drive-in in 1983. We all know the introduction to our homes of Beta and VHS's and families stayed home to watch their films on their own television set. With dwindling audiences, twelve months after the expansions, the Wantirna Drive-in closed. On the same night Hoyts also closed Coburg and Village closed Brooklyn and Essendon. To help with costs, Hoyts began to rent to Trash and Treasure and they could operate in daylight hours. The remaining Drive-ins emerged from the carnage as Village Hoyts Drive-ins. Excerpts from Knox Historian, January, 2003.

Knox Reflections - Launch of a Pictorial History

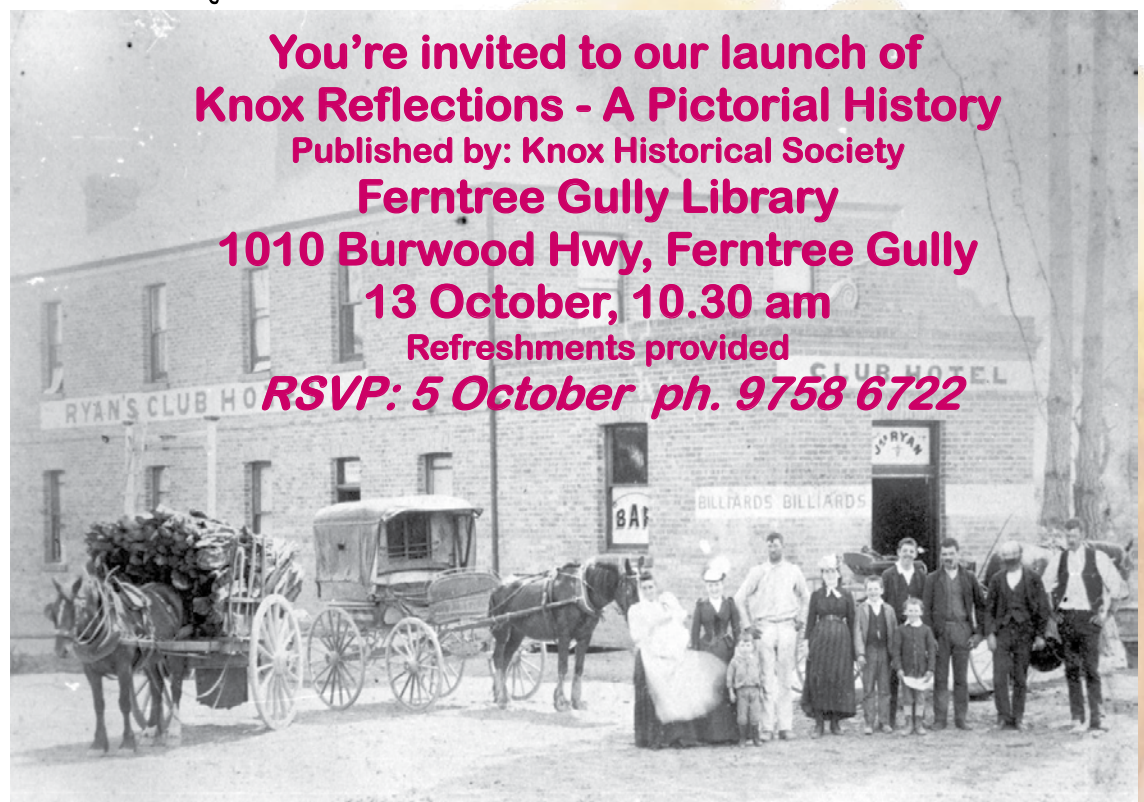
Knox Historical Society is releasing a new publication documenting Knox history through photos.

Knox Reflections: A Pictorial History will be launched by former Mayor of the City of Knox and former Member of Parliament, Hurtle Lupton, on 13 October at 10.30 am, at Ferntree Gully Library, 1010 Burwood Highway, Ferntree Gully.

The book was compiled by KHS historical researcher, Ray Peace, taking a look at how the district developed from a remote rural locality to the bustling urban municipality of today.

Knox Historical Society has more than ten thousand local historical photos on its database. Hundreds of these were used in this book with photos from local professional and amateur photographers, and many community and other organizations connected with the area.

Many of the photos have never been previously published, including historic colour photos and some line drawings. The book has an RRP of \$19.95, plus \$5 postage and handling. Details: www.khs-relics.com, or ph. 9758 6722.



THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Red Onion Reunion Raises Funds

by Ken
Simpson-Bull



The Red Onion Jazz Band which began in the 1960s were one of Melbourne's most popular and significant. From their beginning the group remained esteemed maintaining only a small change of original musicians until their last performance in 1996 at Wangaratta.

The inaugural group, led by drummer Allan Browne, were all in their teens when they formed "The Gin Bottle Jazz Band" in early 1961. The name "Red Onions" came about a few months later at the Elsternwick ABC TV studios. As they were about to appear on Corrine Kirby's "Let's Make a Date", the ABC people felt it inappropriate that a band of kids should be associated with booze and they had to change the name or be dropped from the show.

Apart from a break from 1975 to 1983 the band was always greatly in demand and had a successful trip to Europe in 1967. On 14th July this year, three of the surviving members of the band, Brett Iggulden (trumpet), John Scurry (banjo), and Richard Miller (clarinet), supplemented by four selected



The Red Onion Jazz Band in 1962

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

performers on trombone, piano, and drums, presented a most successful reunion concert at the Bentleigh Club. Fashion designer Sally Browne, who, in the early days occasionally played washboard with the band, made a special guest appearance.

The concert also featured a double-CD launch by the Australian Jazz Museum featuring the band's early recordings. The well-attended event was organised by Diana Allen of Jazz Australia and the proceeds were generously donated to the Australian Jazz Museum to assist in its running costs.

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157 Underwood Road, Ferntree Gully

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Sunday October 7 to Sunday the November 4

Official opening and presentation of awards

2pm Sunday October 12

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NOVEMBER EXHIBITION

"BRING YOUR BEST" Members Exhibition and the

Annual "AFTER SCHOOL KIDS" Exhibition

November 11 to December 9

Saturdays & Sundays from 11-4pm

An opportunity to purchase a

special Christmas Present

ALL WELCOME FREE ENTRY

Many Classes and Workshops during the week days and evenings.

For information: the_hutgallery.wordpress.com/
Facebook: The Hut Gallery-Ferntree Gully Arts Society

VIEW CLUB NEWS

How friendship can make an extraordinary difference.

VIEW is a national women's organisation with over 15,000 members in more than 300 communities who volunteer, fundraise and advocate for children's education charity The Smith Family.

We sponsor more than 1,200 disadvantaged students and donate more than \$1 million each year to help fund learning and mentoring programs for disadvantaged children.

Our members have been making the most of friendship and support to help change the lives of thousands of children. They meet regularly to share their passion and experience, build lasting friendships and make a tremendous difference to the young students we support. We welcome women from all walks of life to join us and make a difference today.

Connect with your local VIEW Club.
Find out more about joining today by visiting view.org.au



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 22nd October, 2018 Speaker Linda Black on 'Positive Ageing'.

Monday 26th November, 2018 Speaker Sheri from 'The Body Shop'

Monday 17th December, 2018 Entertainment for our Christmas Luncheon is 'East City Sound'.

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

Boronia VIEW Club

BORONIA VIEW Club meets on the 3rd Friday of each Month at the Eastwood Golf club Liverpool Road Kilsyth at 11.30 am.

A two (2) course meal is enjoyed at a cost of \$25.00. The next meeting will be held on Friday 19th October 2018.

Boronia VIEW Club is a vibrant, happy and friendly Club, we are always looking for new members to join us and we welcome visitors to our luncheons but bookings are essential.

Please contact Margaret on 0402 488 757 or Judith 97648602 for bookings or further information.

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 October meeting we welcome Vivienne Gallagher - Accessorise U.

For our November meeting we will welcome VIEW Club National Counsellor Sandi Muntisov.

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

Doncaster VIEW Club

Doncaster View is a friendly group of women who meet and enjoy a social environment whilst raising funds for "The Smith Family" Learning for Life Program.

Doncaster View Club meets on the 3rd Tuesday of each month. The next meeting on Tuesday 16th October is at The Manningham Club, 1 Thompson's Road, Bulleen at 11am. where the ladies enjoy a delicious 2 course lunch. This month's interesting speaker will tell us about the "Mercy Ships".

The following meeting will be on Tuesday 20th November celebrating the club's birthday. The ladies hold several various and enjoyable fun outings between the monthly meetings.

We warmly welcome visitors and new members. Bookings: Shirley 9879 2380



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by Zoe Peltekis

The Knox Environmental Society's 2018 Spring Festival is on Saturday 27th- Sunday 28th of October, between 9:00 am-4:00 pm Burwood Highway, Ferntree Gully.

This is a 2 day opportunity to not only purchase rare, endangered native plants unique to the south eastern region of Melbourne, but to be informed of where to plant these important species so as they will grow and thrive in your garden.

Our knowledgeable, environmentally committed K.E.S. volunteers, will be there to support, inform and advise you. There will also be a range of environmentally concerned groups informing the community of their great work and how you too can participate to make a positive change. This is from weed management, revegetation of depleted community spaces, to environmentally sustainable products. Special guests include Wild Life Carers and Warriors for Wildlife. Come and discuss your weed problems with the Community Weed Alliances of Dandenong and Land Care Plastic Bag Free Dandenong representatives. One of K.E.S.'s favourites, "The Seedy Ladies", will be demonstrating the complexities of seed sorting and cataloguing endangered Indigenous native seeds, critical to K.E.S.'s seed bank, an activity for all age groups.

There will be tours of the nursery, (located in the parkland opposite the Ferntree Gully Library, entry off Burwood Highway, Melway reference 74 AS), a second hand book sale, kids activities and a free raffle!

K.E.S. is a not for profit volunteer operated nursery and you too can come along and discover the range of environmental projects you can be a part of.

Information is available at 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.

ENVIRONMENTAL NEWS



Spring Festival

Saturday 27th - Sunday 28th
October 9am - 4pm

- Indigenous plants
- Local Environment groups
- Local Community groups
- Eco-friendly products
- Second-hand books
- Kids activities
- Raffles and competitions
- + MORE!



Visit our Facebook page for all the details!



@ the KES Nursery
1010 Burwood Hwy,
Ferntree Gully
www.kes.org.au

(Green)Thumbs up – Knox's 'Gardens for Wildlife' Goes State-Wide from Knox City Council

Knox's highly successful Gardens for Wildlife (G4W) program will be used as a role-model across Victoria with the assistance of the State Government and RMIT University.

The Knox G4W program is a partnership between Council, the Knox Environment Society (KES) and the wider community, and encourages residents and businesses to create an area in their garden to support local wildlife.

Established in 2006, Knox G4W has grown to include over 800 households and businesses in Knox as active participants.

Building on RMIT research identifying the social and environmental benefits of the program, and features that make it successful, the State Government, through the Department of Environment, Land, Water

and Planning (DELWP) has contributed \$50,000 funding this year to help grow Gardens for Wildlife Victoria (G4W Vic). The Department's regional Port Phillip office is a member.

The G4W Vic initiative fosters the development of community-local government partnerships to co-design and co-manage programs that involve residents in improving habitat in their gardens to help conserve the local flora and fauna of their municipalities.

G4W Vic currently has participants from 24 municipalities across greater Melbourne and beyond, 4 new partnerships hubs and programs, as well as a number of others in the planning stage.

The G4W Vic initiative is supported by the Andrews Foundation and RMIT University, with a postdoctoral research fellowship looking into how 'valuing nature' can be turned into stewardship of biodiversity, how community-council partnerships can form and be linked into government policy, and the social and ecological benefits they can deliver.

Mayor, Cr John Mortimore commented "Knox is thrilled to see that our wonderful 'Gardens for Wildlife' initiative is being held up as an example of how community-council partnerships can support our native flora and fauna"

A DELWP spokesperson stated "The Gardens for Wildlife Victoria partnership of community groups, councils, and researchers brings nature stewardship into our cities and towns. DELWP is proud to support the growth of this initiative."



Laura Mumaw, RMIT University, Nadine Gaskell, Knox City Council, Cr John Mortimore, Knox Mayor, Erica Peters, G4W & KES, Kelly Crosthwaite, DELWP and Melinda Bowen, DELWP. Photo courtesy of the DELWP.

Litter is a Burning Issue

Environment Protection Authority Victoria (EPA) issued 12,000 litter fines in 2017-18 and the litter that annoyed Victorians most was the lit cigarette.

Cigarettes are the most common litter and the type most commonly reported by the public.

More than three quarters of litter reports to EPA involve cigarette butts tossed from vehicles, and more than half involved a cigarette that was still burning.

Other litter fines were for food packaging, drink containers and other small items. Litter contaminates the soil, chokes waterways and endangers wildlife, and a lit cigarette is a serious fire hazard.

EPA's litter reporting service gives the public a clear mechanism for reporting people who throw litter from a vehicle, by using the car's registration number to track down the alleged offender.

You can report littering at www.epa.vic.gov.au or by calling 1300 EPA VIC (1300 372 842). It's important to be willing to give evidence in court if the alleged offender challenges the fine, but if you get the details right, most of them just pay the fine.

Your report should identify the car, describe the person, describe the litter and how it was disposed of, and the time and place where it happened.



Environment
Protection
Authority Victoria

What is Financial Counselling?

EACH provide financial counselling services to residents of Knox and the western side of the Yarra Ranges from their office in Dorset Square, Boronia.

Financial counselling is a free service available to people having difficulty paying their debts. EACH clients do not need to be receiving a Centrelink payment or have a low income to receive this service.

Financial counselling is confidential, respectful and non-judgemental. Appointments are held in a private consulting room. You can bring a friend or family member for support if you wish, and interpreters are available if required.

A financial counsellor will assess your financial situation then inform you of all available options depending on your circumstances. They can inform you of your rights and responsibilities under the law. They can provide information regarding access to insurance and superannuation and what government assistance may be available. They can explain the role of ombudsman services and dispute resolution agencies and they can equip you with the knowledge to regain control over your finances.

Financial counsellors do not provide loans for debt repayment. They do not offer investment advice. They do not take over your finances and manage your money. Their aim is to empower you to manage your money yourself.

If you need further support a financial counsellor will correspond and negotiate with creditors on your behalf. This could be to stop repossession of property, arrange payment plans, or a final settlement amount. You may decide your best option is bankruptcy. A financial counsellor can inform you of your responsibilities under bankruptcy, the repercussions and assist with your application.

Financial counsellors can stop creditor harassment. If a financial counsellor believes a creditor has acted illegally or unethically, they will submit a complaint to the relevant dispute resolution agency or ombudsman.

The service is accessed by phoning the EACH Intake Line

on (03) 9871 1817. A recorded message will ask you to leave your contact details and the suburb you live in. An intake worker will call you back by the next business day to discuss your financial issues and provide information regarding action you can take until a financial counsellor is available for an appointment. If your matter is urgent, you can phone Consumer Affairs Victoria's National Debt Helpline on 1800 007 007 and speak to a financial counsellor on the phone.



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	Last Wednesday of the month 9.45am to noon	Waverley Golf Club 82 Bergins Road, Rowville 3178	Val 9763 6175 or Bev 9763 3224
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 http://www.rfnc.org.au
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
KES Spring Festival	October 27 & 28 9.00am to 4.00pm	KES, 1010 Burwood Hwy, FTG	www.kes.org.au
iShred	Sat 13th & 27th Oct & Sat 3rd & 17th Nov 9 am to 12 noon	5/7 Samantha Crt. Knoxfield	1300 763 688
Seniors Festival - Glenn Starr sings songs of the 50s and 60s	Monday, October 8 at 11.00am	Bayswater Seniors, Mountain Hwy Bayswater	\$10.00 Book via Sandra 0448 399 181
Remembrance Day Service	November 11 at 10.45am	Bayswater RSL 626 Mountain Hwy, Bayswater	9720 4638
Tempting Treats Café	10 am to 4 pm	TTHA 31-41 Elizabeth Street	



News from.....
Boronia Rotary



In March of 2018 the Spotless Group approached the Rotary Club of Boronia with a proposal to donate to needy groups and people a large quantity of linen.

The Club set about identifying needy groups and preparing two sea containers to ship goods to their sister Rotary Club on Taveuni island Fiji. Included in this donation were fitted sheets, flat sheets, doonas, dressing gowns, hospital specific line products and much more.

The goods have been distributed, in excess of 45 pallets, to a total number of 9 organisations around Melbourne to help the homeless, babies and children, single parents, families in need, Asylum Seekers, Domestic Violence support and Disability services.

The Club could not have done this without the incredible help of Simba Global in Bayswater who were amazing in allowing us to store the goods, then they sorted and packed pallets for distribution of all items. The invaluable role of distribution to the 9 separate Melbourne locations was carried out by Allcare Logistics of Bayswater.

On Saturday 16th June the second container was loaded at the Simba Global Warehouse in Bayswater.

The first container has already been shipped by Gibson's Freight and delivered to Fiji with goods distributed to the Waiyevo hospital, remote nursing stations and needy families still trying to cope with the aftermath of cyclones.

Great job done by all – humanitarian work at its best.



The team from Boronia Rotary

COMMUNITY NEWS



Our current newsletter is now available, with activities and outings for the next three months listed. Let's not wait too long to meet, I'm sure that you will feel comfortable in this friendly club. Take a chance and come to 3 activities, and

only then, we hope that you decide to join us for \$25:00p.p. Per year. Carol would appreciate your call for more information and/or a copy.

We've been to the home of the "Archbishop of Melbourne" and we've celebrated the 31st. anniversary of this friendly club. We were honoured to have Nick Wakeling as special guest on this momentous occasion, and he kindly assisted with the raffle. Not to mention the delicious afternoon tea provided by the committee.

We've even been to the Duldig Museum and Sculpture Garden. Quite a bit of history there too. It seems that during the war these people escaped from Vienna, leaving all their possessions behind. Arriving in Australia with nothing!! Fortunately, with the war over, they were able to reclaim their creations, and their daughter turned the home here in Malvern, into a Museum. Wow! So if you are looking for something to do, we can help you with that. For more information and/or a copy of the newsletter, feel free to ring.....Carol on 9727 2726.



One of the Raffle winners, Irene, with Nick and President Sandra



Margaret and Sandra cutting the Birthday cake



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For more information
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or
lynm@bridgescc.com.au

Bridges Connecting Communities
6 Griffith St, Knoxfield, 3180
www.bridgescc.com.au

Supporting the senior and disability community of Knox and South West Yarra Ranges.

SATURDAY 13TH OCTOBER

**SALFORD PARK
COMMUNITY VILLAGE
FETE**

CAKES, DEVONSHIRE, PRESERVES,
CRAFT, COLLECTABLES,
TOOLS, TOYS, FURNITURE, PLANTS,
GARDEN, FACE PAINT AND SO
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9AM – 2PM



SALFORD PARK COMMUNITY VILLAGE
100 HAROLD STREET WANTIRNA 3152



Bayswater Bowls Club News

It's a Family Affair

You could say that the Hoffmans were destined to take up the sport of lawn bowls as Steve's mother Daphne was a New Zealand champion in the South Island. Daphne's achievements included collecting the Gold Star, a prestigious award for winning five consecutive club championships. Daphne recently passed away and her club has recognised her contribution to the game by the establishment of the perpetual Daphne Murray Memorial Cup.



Daphne

Bayswater Bowls Club welcomes all to our

FAMILY OPEN DAY



Come along and enjoy the company of our members, learn the basics of lawn bowls and share a sausage sizzle.

Members will be on hand to demonstrate and provide tuition. We request that flat soled shoes (or thongs) be worn or just come barefoot.

Sunday 7th October
1-3pm

Bayswater Bowls Club
43 Phyllis St, Bayswater

There are not too many sports where families can participate together. Steve, his daughter Renee and son James became members of the Bayswater Bowls Club four years ago and have not looked back. The opportunities are numerous for the Hoffmans in the sport of lawn bowls. Apart from representing Bayswater in competition Pennant, Steve, Renee and James formed a formidable triples combination in our Club Championships last year and Steve and his daughter have teamed up as a strong Mixed Pairs combination. Steve says "the sport of lawn bowls has brought our family closer together enabling us to spend more time in each other's company".

SPORT NEWS



Steve, Renee and James

Renee and James would welcome younger people to join our progressive club. James plays football for Boronia in the winter, but prefers lawn bowls as an alternative to cricket or other sports in the summer. And Renee, in her short time in the game has developed considerably to represent our club in higher graded tournaments. She recently competed in the Victorian Indoor Championships and performed well above her expectations.

Steve was recently elected President of the Bayswater Bowls Club and would encourage families to give lawn bowls a shot. According to Steve, age is not a barrier to this sport and he cordially invites families to come to our Open Day on Sunday October 7 at 1.00pm to enjoy a pleasant and fun afternoon and a game of Barefoot Bowls. And we will throw in a sausage sizzle.



Devils Complete a Successful Year

The 2018 season has come to a close and we have had another really successful season. Our Friday night Auskick program continues to be an excellent starting point for learning the game. We introduced a new batch of young players to team football in our two under 8 sides. The girls and boys have really developed and shown their ability to learn how to play as a team, sharing the football and working hard on their

skills and making new friends along the way. Our under 9 and 10 teams continued their skill development along with understanding positional play and playing for your teammates. The future years for the players in these sides will be exciting.

All six of our competitive age boy's teams played finals which is a wonderful achievement. In each team all the players and coaches, along with the support officials and parent volunteers have worked hard to provide the opportunity for the players to be the best they can be and to continue to develop which is our main focus. We had three of those teams make Grand Finals with our U11 and U14 sides being successful on the day. We introduced 22 girls to team football, developing their individual skills and understanding of the team game with the highlight being meeting new friends and having fun becoming a Devils footballer. Their season was capped off with their coach Rhonda being awarded ERGFL Junior Coach of the Year which is testament to the work put in by Rhonda and her support team.

We've also had some recent success off field being awarded the Knox City Council Sports Club of the Year. It is a great honour to be recognised for the work that the committee, volunteers and parents put in to developing a club community where everyone feels valued and equal. To win that award along with last year's EFL award is a great endorsement of our culture and values.

A big thank you to all our sponsors, particularly our Premier partners Barry Plant Wantirna, Wantirna Club and Gold Partners Wantirna Osteopathy, CBA and Infinite Engineering.

We have already started planning for 2019 and we'd love to have you join us, either as a player or sponsor as the club continues to grow and be an important part of the Knox Community. So if you're interested email enquiries@wsjfc.org.au or go to our website to find out more about Devils footy www.wsjfc.org.au.

Go Devils!

EFL Best Conducted Junior Club 2017

Knox City Council Sports Club of the Year 2018

Special Olympics World Summer Games

Abu Dhabi - March 2019

Special Olympics
Australia
Melbourne Eastern Ranges



The MER Committee invites all members & friends to our

Fundraiser Event & Awards Night

in aid of our selected athletes attending the World Games

Saturday, November 24th

6.30pm to Midnight

Knox Italian Community Club

99 Karoo Road, Rowville

3 Course Dinner \$40.00

Drinks at club prices

Laser Show!
Dance the night
away with DJ
Jimmy D

Awards for Athletes, Coaches, Volunteers and more
Raffle with lots of prizes

Bookings to Helen Sullivan 0404 100 924
or Michael Migliaccio 0419 330 977

Payments due by October 31

Make up a table of 10 only or join a table but.....Be There!

Templeton Tennis Club News

by Don McCracken, President

Welcome to the Spring edition of our Clubs' newsletter

We again welcome back our sponsors from last year Integrity Cabinets and Barry Plant Wantirna. Their support of our club is much appreciated.

The winter season is well finished and with mixed results. We had, over all sections of the Club, 11 teams in finals resulting in 5 grand finalists. We are proud of all our players and the way they represent our club. Well done to all involved.

We held our club championships on the 15th September however, at the time of submission these had not been played. Results will appear in the next issue.

Summer season is fast approaching and begins early October. We again have good numbers representing our Club with 4 senior, 18 junior and 2 midweek ladies teams nominated for the coming season. Good luck to them all.

We also thank Knox Council for their ongoing support. They have, through their program of Minor Capital Grants, provided \$10,000 towards the replacement of the court four surface. We thank our local Federal Member Alan Tudge for his approval/recommendation of funds to assist with court 4 as well via the Stronger Communities Program. As always their support is much appreciated.

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

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

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

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

SPORT NEWS

Boost to Grass Roots Sports from Knox City Council

In partnership with the State Government, Council will contribute a record investment of \$25 million towards the expansion and upgrading of the Knox Regional Sports Park (KRSP) to help meet surging demand for local sporting facilities.

Council's funding contribution will deliver:

- Ten new community courts for local basketball competitions;
- A new gymnastics facility suitable for regional level competition; and
- Conversion of existing 5-a-side soccer pitches to one full size field and six (6) new 5-a-side pitches, as well as extension to the existing pavilion.

Council's contribution is on top of the State Government's announcement of \$82 million for the construction of new training and administration facilities at KRSP for a new Melbourne-based NBL team, as well as upgraded facilities for Women's National Basketball League (WNBL) team, the Melbourne Boomers.

Knox City Council has strongly advocated to the State Government for this funding in partnership with Knox Basketball Incorporated (KBI), Knox Gymnastics, the Melbourne Boomers, Basketball Victoria and Basketball Australia. Council recognises and thanks the State Government for its strong ongoing support for KRSP.

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WE WANT YOU!



Ever wanted to be a part of your community and make a difference?

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If this is you, please give us a call.

62 COLEMAN ROAD, WANTIRNA STH

www.orananh.org.au

Ph: (03) 9801 1895