

COMMUNITY NEWS

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

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Ryan O'Donnell - Instagram.com/ryanodonnellphotography

EDITION 57

DECEMBER 2018/JANUARY 2019

- KNOX COMMUNITY NEWSPAPERS SCOOP AWARDS
- KNOX GARDENS PRIMARY SCHOOL THRIVES ON SUSTAINABILITY
- WAVERLEY CHRISTIAN COLLEGE CELEBRATES 40 YEARS
- THE WORK OF YMCA IN WORLD WAR I

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Editorial

Hello Community News readers,
 What happened to 2018? Time seems to be moving faster than ever! Here are some tips to slow down your perception of time:

- **Stop thinking of time as money (even if it is).** Instead of packing our schedules full of interesting experiences, we work longer to make more money.
- **Embrace novelty.** Time passes slowly for children in part because everything they're seeing, doing, experiencing, smelling, hearing, and tasting is new
- **Work smarter.** Avoid multitasking. Stick to the task at hand.
- **Move.** Spend one day exploring the city on foot. Walk briskly, bike, whatever you want.
- **Disconnect.** Scientists think our relationship to technology has sped up our perception of time.
- **Plan Trips.** It extends and enriches the trip beyond the trip itself.
- **Go into nature.** We're slaves to the clock. In the wilderness, there are none.

Tips sourced from www.marksdailyapple.com

Janet Claringbold, on behalf of the team.

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



CNAV Annual Conference and Awards 2018

from Knox City Council

Read all about it! Knox community newspapers scoop awards

Knox City Council extends its congratulations to the Ferntree Gully News and the Studfield Wantirna Community News who were recognised with a number of awards at the recent Community Newspapers Association of Victoria Conference.

The Ferntree Gully News was recognised in three categories, winning the award for Best Feature Story and Best Editorial and being listed as finalist for the Best Photograph category.

The Studfield Wantirna Community News won the award for Best Layout and Design.

Mayor, Cr Jake Keogh commented "This is a great achievement by our local newspapers, who do a great job informing our community on all that is happening in their local area."



Janet Claringbold from SWCN, Barbara Oehring and Anne Boyd from Ferntree Gully News at the CNAV Awards 2018. Photo by John Ellis

The Annual Community Newspapers Association of Victoria (CNAV) conference provides an opportunity for the volunteers responsible for the publication of community newspapers across the State to come together to share ideas and strategies and to receive mutual support.

The 2018 CNAV conference was held in the RACV Goldfields Resort in Creswick. The team at SWCN particularly enjoyed a presentation from The State Library Victoria. Representatives explained how important it is to collect and retain copies of all publications as they are a record of the times and vital for historical purposes.

We were also very pleased to win the award for best layout and design and thank our Tamara Bouzo for her design template that is so friendly and appealing.

Janet Claringbold, Editor.

State Grant to Help Boost Social Housing in Knox

from Knox City Council

Knox City Council has received a \$200,000 State Government grant to investigate ways to increase the number of social housing options available in the municipality.

Council has identified a substantial shortfall in the supply of social housing in the municipality, and is dedicated to finding ways to encourage more social housing in the area.

The project, Laying a Social Housing Pipeline in Knox, has been funded by a grant through the Social Housing

Investment Planning 2017-18 Grants for Local Government and has two key parts:

- establishing a framework to identify strategic and surplus land sites in Knox, and the best way to deliver social housing at these sites; and
- explore the establishment of a social housing fund that collects and invests contributions from developers to help deliver more social housing.

Only 2 per cent of Knox dwellings are social housing. In 2016, the shortfall in social housing was estimated at 460 dwellings, and this figure is expected to increase to a minimum supply shortfall of 860 social housing dwellings by

2036 unless action is taken to boost supply.

Only 3.8 per cent of private rental dwellings in Knox are affordable for low-income households.

The Knox Community and Council Plan 2017-21, Knox Housing Strategy 2015 and Affordable

Housing Action Plan

2015-20 detail Council's aim to support the delivery of a range of housing to meet the needs of low-income households in Knox.

Council's ability to influence the private housing market is limited as the Victorian planning scheme does not allow

councils to require developers to contribute to affordable and/or social housing.

Nevertheless, Council has had some success in this area, negotiating with private developers on a voluntary, site-by-site basis. This has resulted in a 3 per cent social housing provision included at the former Austral Bricks redevelopment site in Wantirna South and a provision for 5 per cent social housing at the Council-owned Stamford Park site.



Photo from <http://www.knox.vic.gov.au>

Community Grant Bonanza

Knox City Council has awarded a total of \$335,761 to 47 local groups as part of the 2018-19 Community Development Fund grants program.

The annual grants program is aimed at assisting locally-focussed, not for profit organisations to buy equipment, carry out minor improvement projects and run activities, events and programs.

The individual grants of up to \$20,000 encourage one-off, short-term projects and also supports established community events. This program does not fund capital works or structural building improvements.

In the 2018-19 year to date, Knox Council has also awarded more than \$81,000 under the Minor Grants Program to 38 community groups seeking funding for incidental items that benefit the residents of the City of Knox. Leisure Minor Capital Works grants were also awarded in August, with 18 organisations sharing a total funding pool of \$104,639.

The team at SWCN are appreciative of grants received through the Knox Community Development Grants. In 2017-18 SWCN received funding for a smart phone for our Advertising Manager, Charles Carew. The device has made it easier for Charles to connect with our advertisers and contributors.

For 2018-19 SWCN has received funding to attend the Annual Community Newspaper Association of Victoria (CNAV) Conference, purchase computer equipment and attend skill building classes.

The support received from Knox Council is of great assistance in keeping our paper in production and we acknowledge their contribution with thanks.



ALAN TUDGE MP
Federal Member for Aston

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t 9887 3890 w www.alantudge.com.au

Real Action For Knox



WHAT'S COOL AT SCHOOL?

News from Waverley Christian College

40 Year Celebrations

Friday 19th
October 2018

On Friday 19th October 2018, the school community came together at the Wantirna South campus to celebrate the 40 Anniversary of the College. We were blessed with a beautiful Spring day and it was delightful to see past and present staff, students and parents enjoying the fun activities and food of the 'Carnival'.

The Performing Arts Centre was transformed into a museum that displayed the photographic records of the College and provided an historical record of the growth and development of the College over the last 40 years.

The Celebration Service was a wonderful occasion where members of the school community came together to thank God for His grace, His faithfulness and His goodness, and to acknowledge those who have contributed so significantly to see the College established and become the thriving educational community that exists today.

The College commenced operations in February, 1978 on the old Vermont State School site. 52 students were enrolled from Prep to Year 11.

In 1989, the College relocated to Wantirna South and steadily grew to over 1200 students in the following years.

Mr Peter Sheahan (Principal)



St Luke's Primary School is passionate about our Community



St Luke's Primary School in Wantirna is proud to be involved in the Mini Vinnies program.

Mini Vinnies is about doing good work in the community that benefit people facing social injustice. It is also about young people meeting to talk, share ideas and concerns, to have fun and support each other.

Mini Vinnies is a great way to get young people thinking and talking about their spirituality and to connect their faith with issues affecting their community through volunteering, advocacy and fundraising. Not only do our students in Mini Vinnies benefit from the experience but also the school and wider community. Our Mini Vinnies students meet regularly to learn about social justice issues, develop leadership skills and engage with the wider St Vincent de Paul Society. Mini Vinnies held a cake stall to raise funds to support our Mini Vinnies initiatives and the community support was overwhelming. The students baked the items and gave up their lunchtime to sell the cakes on the stall. Together we have made blankets to keep people warm, set up a "Food Train" where families donate baked meals that we distribute to members of our community who need assistance. Our next initiative is a "Wishing Tree" where families can purchase a gift to be given to a family in need this Christmas. We will also be making individual 'Blessing Bags' containing essential dental care and hygiene products to be distributed within our community.



WHAT'S COOL AT SCHOOL?

What's Happening at Knox Gardens Primary School by Deanna Boyle Environmental Leader

Knox Gardens Primary School was established in 1986. We have a very family and community oriented school in which we hold many events each year. Our school vision is to develop independent, resilient and confident young citizens in an engaging and inclusive learning environment, through a partnership with our supportive and engaging school community.

Knox Gardens Primary School has expansive grounds surrounded by large gum trees and a significant conservation area that is registered with the Knox Council.

We have four play equipment areas, a newly developed Sensory Garden, a Bush Park conservation area, native retaining wall, an open undercover synthetic turf area, open grassed areas and we share the local oval with our community.



Our large gum trees dominate the play areas and provide a lot of natural shade for our students. We have a flourishing vegetable garden which the students love to come and help in and learn about growing vegetables and fruits. We would also love to start growing some fruit trees in our school in the future!

Our school prides itself on being sustainable and as a result, all of our toilets and bathrooms are connected to water tanks. Throughout the school we have many large mosaics and artworks (such as a birdbath, bollards and murals made with recycled materials) created by students and the community.

The majority of our plants are native plants indigenous to the Knox area. We have possum and bird boxes which the students love to observe our native animals using. We have a vegetable garden in which the students enjoy planting and picking vegetables. These

are sold in our school office and profits are put into buying seeds and seedlings for our vegetable garden.

Last year we received a grant from the Knox Council and, together with money raised by our wonderful Parents and Friends Association, we were able to work with a landscape gardener to design and create a new Sensory Garden. Students were involved in designing the garden, planting the native plants, mulching the garden and watering and caring for the plants. We are continuing to develop the Sensory Garden and will be installing bollards which display our School Values: Respect, Responsibility, Honesty and Fairness in the coming weeks. Students love to sit in and run around in our new Sensory garden. They love to jump into the dry creek bed and look under the bridges. The wattles in the middle of the garden make great hiding places! The turf is a popular place for students to sit, lie down and practise their gymnastic skills! The Sensory Garden is a pleasant calming place for students to sit or play in away from the main areas of the school.

We have a Garden Club which is very capably led by Year 5 and 6 students. The Club is made up of 40 children from Foundation to Year 6. We hold six Garden Club sessions throughout Terms 2 and 3 and we receive adult assistance from our school and local community. The children are split into groups each week and enjoy planting, weeding, watering, mulching, pruning and picking up rubbish and big sticks. Members of our local community and parent helpers assist with our Garden Club sessions. All helpers and students enjoy a yummy morning tea together after all of their hard work!

We elect an Environmental Monitor in each class from Year 2 – 6. The Environmental Monitors enjoy being part of the Garden Club and are also responsible for emptying their class compost bin on a daily basis and their paper bin each week. Every Thursday, students are encouraged to come along at lunchtime and help in the garden to pick, water and plant the vegetables.

Working Bees are held throughout the year and families come along and help to improve our grounds. Our working bees are always very successful and all helpers are rewarded with a sausage sizzle and an icy pole for all of their efforts!



Each classroom, and the staffroom, have a compost bin which is emptied in the vegetable garden and cleaned each week. This year we have also started collecting our soft plastics for RedCycle. The students are starting to become experts on what can and can't go in these tubs! Starting in April this year we have been collecting our old toothbrushes and toothpaste containers and sending them to TerraCycle for them to recycle. We are currently working with our Environmental Monitors (Years 2-6) to come up with ideas and incentives for classes and students for rubbish free lunches. We encourage staff to use minimal paper and each class has a paper recycling bin to use. Throughout our vegetable garden we have multiple bright, colourful ornaments which we have sourced from the Knox Tip Shop. In the front garden of our school we have a chair made from recycled soft plastics. Last year we sourced some old pallets for free and turned them into a garden feature on our vegetable garden shed wall. We had to adapt them to suit the style of garden and we have changed plants in them as required. Our garden Committee have transformed a dull shed wall into a lovely feature!

At Knox Gardens we take great pride on our natural environment. We do all that we can to reduce our footprint to enjoy the environment that we are so lucky to live in here in Wantirna South! We have just been notified that our school is one of the finalists in the 2018 Victorian Schools Garden Awards. Staff and students will be attending the award ceremony at the Royal Botanic Gardens in mid-November, we are all feeling very proud of this wonderful acknowledgment!

www.kgps.vic.edu.au/ Telephone: 9800 2320

Wantirna Primary School STEM Challenge

Wantirna Primary School has entered into a partnership with Thermofisher to engage our students from years 4-6 in a STEM Challenge. The staff from Thermofisher visited our school to introduce the design brief, supply equipment and mentor our students in the creative process.

This project is closely linked to both our Term 4 Physical Science Unit of study as well as our Design and Technology Inquiry. The students are involved in groups of 4 or 5 to investigate and build the 'best' design for an under the ocean cleaning machine.

On 22nd of November, the staff from Thermofisher judged the students' end products based on criteria including design, creativity, ingenuity, communication skills and teamwork.

Wantirna Primary School is very appreciative of the support that Thermofisher has provided the students in their STEM journey.



Christmas on a Budget

Written by Evelyn Hodgkin
Bayswater History Facebook

Growing up in Bayswater in the 1940s, I have many happy memories of Christmas.

Our Christmas tree was sourced from a pine tree growing on our property with plenty of branches offering the perfect shape. My mother kept the wrapping paper that had been used on the presents from the previous year. This was smoothed and rolled up for the following season. The labels for each person's present was also saved for reuse. I know she used a wrapping tie/string but we did have sticky tape known as Scotch tape. I imagine we were told to unwrap the presents carefully so this procedure could follow through for the next Christmas.

Our decorations were paper chains that we made and placed criss cross just below the ceiling. The room was festive and the table set a little differently to the rest of the year. Ham and chicken with roast vegetables was served followed by plum pudding that contained threepences and sixpences.

Christmas stockings were purchased from a retail chain and consisted of red cardboard backs with net fronts. Most of the stockings held the same items including lollies, a paper hat and a clicking frog at the bottom.

My request as a small child was to have a doll's pram. My father explained to me that because of WW2 and the rationing of rubber, the pram may have wooden wheels. How happy I was that Father Christmas was able to supply me with the most wonderful pram bearing rubber tyres.

On Christmas morning we were up early and so were the kids who lived down the road. Living on Scoresby Road times were so different with very little traffic. A time to play football, cricket or ride our bikes on Christmas Day without any danger on what is now an extremely busy road.

We usually had "hand me downs" for our bikes but occasionally managed to acquire a brand new one. We didn't have training wheels and when we wanted to stop we just fell to the ground. I do not remember receiving clothing for Christmas.

As we moved into the 1960s and I had children of my own, I carried on the same tradition that I had known. The Christmas stockings didn't change but the presents did. These included Dragstar bikes with their wide handlebars and in the 1980s, Cabbage Patch dolls. Cowboys and Indians was a popular game so most children had cap pistols, rifles, guns and bow and arrows. They were never involved in any injuries.

The fresh smell of a branch from a pine tree was replaced with a plastic tree. Small electric light bulbs strung together were for sale in the shops to adorn the tree. If they didn't all light up at once, you had to search each globe to find the culprit.

The plum pudding was eaten by the children, hopefully to get the threepence or sixpence.

Santa arrived in the major stores and large queues formed as children whispered to him their request for him to deliver. We didn't have photos taken at the time and free gifts were not offered.

These were good times when days were slower. There seemed to be a long time between Christmases but it was only because life was at a leisurely pace.





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News from Bayswater Senior Citizens

by Evelyn Hodgkin

Bayswater Senior Citizens Mountain Highway, Bayswater next to Bayswater Hotel

As the year comes to a close, our members look back over the year and feel satisfied with what the club has achieved.

We have held many activities suitable for all interests including bus outings and the theatre. Celebrating Cup Day during our Bingo Session in November was the opportunity for members to wear a lovely hat adorned with fresh or plastic flowers. It was a fun time and the participating Members looked lovely.

Our program next year will carry on with Tuesday afternoon Card Sessions, Thursday Bingo Day and Friday, Carpet Bowls. Movie Mornings at the Club once a month on a Tuesday will continue and are proving popular. A light lunch prior to playing Bingo also once a month and dates to be advised. Information, Sandra 0448 399 181.

We thank Studfield Community News for writing our story each issue and wish Janet and her team a wonderful Christmas and a Happy New Year.



BAYSWATER NEWS

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A New Streetscape For Newly Transformed Bayswater

from Knox City Council

The heart of Bayswater has been transformed for the better with the completion of streetscaping works that complement the construction of the new railway station and removal of two level crossings.

Completion of the project has realised the long held dreams of local residents and council who have campaigned for over a decade to revitalise the town that suffered from traffic congestion and struggling local business.

Thanks to cooperation between Knox City Council and the State and Federal Governments, the railway crossings have been removed and the area has benefitted from a much needed injection of funds for beautification works and to improve local amenities.

Last week, Knox Council, along with representatives of the State and Federal Government and local community members, came together to mark the official launch of the newly upgraded \$3.4 million streetscape works.

The Federal Government contributed a total of \$1.7 million funding through the Community Development Programme towards the project with Council matching that funding dollar for dollar.

While the State Government, through the Level Crossing Removal Authority (LXRA) and VicRoads, delivered these works on Council's behalf.

The streetscape works included:

- New street furniture, including seats, café screens, tree guards and bin surrounds;
- Provision of public art;
- Planting of canopy trees;
- Widening of footpaths;
- Landscape enhancements; and
- Relocation and undergrounding of high and low voltage overhead power-lines.

BAYSWATER NEWS



Cr. Jake Keogh, Cr. John Mortimer, Alan Tudge MP & Cr. Peter Lockwood

With the newly upgraded streetscape building on the State Government's recent removal of two level crossings and construction of a new and modern railway station, Bayswater is well-placed to capitalise on the growth of visitor and tourist traffic to the iconic Dandenong Ranges.

In turn, this will mean more people spending more time in local shops and businesses and contributing to the health of the local economy.

Council contributed \$1.7 million funding towards the streetscape upgrade as part of its 2016-17 Annual Budget.



Explorers Converge On Clifford Park Scout Camp

by Nicole Klep, District Leader Cub Scouts

Explorers converge on Clifford Park Scout Camp

On the 26th-28th of October, 99 Cubs aged 7-10 years gathered at Clifford Park Scout Camp in Wonga Park to experience life as it was for the early European Explorers. All the leaders were dressed up as explorers, and we added in some modern day explorers just to confuse our Cubs. Captain Cook looked splendid in his attire. I had been nominated to be Robert O'Hara Burke - my fake beard did not last very long. It migrated to sit on my Akubra and didn't itch my face from up there - the Cubs thought it was very amusing.

The Cubs experienced archery, billy carts (mind you they managed to de-commission 4 out of the 5 we had with us when they were going down the

steep billy cart hill), orienteering, para-cord bracelet making, jungle animal leather woggle making, challenge valley (like a commando course) and the 6th activity was run by the STATE Scout radio team. They went fox hunting using a hand held radio receiver to find a hidden radio transmitter - the fox. They made a signalling lamp, talked on the radios and participated in lots more fun activities. On the Saturday night we held a campfire with a difference. Usually the Cubs perform a skit with their Cub Pack. This time the leaders from their Cub Pack performed the skits. There was great drama!

We had fantastic weather, amazing Cubs and heaps of delicious food - what more can you ask

for in a Cubbing weekend away? 'Thanks' to all the wonderful leaders who made the weekend a possibility!

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

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 lots of fun is to be had by becoming a leader!



AROUND KNOX

Aussie Kids Swimming Circles Around Parents from Kingswim Wantirna

A national survey¹ commissioned by Kingswim has revealed worrying new figures about the swimming ability of Australian adults.

However the survey revealed younger demographics had a much higher swimming ability which correlated to the swimming lessons they received as children.

The survey found that:

- 51% of Australian adults can't swim 50 metres or more without stopping. However, childhood lessons are paying off for the under 25's.
- Close to half of 18-24-year-olds say they had swimming lessons through three or more channels as children, with 84% believing they received adequate swimming lessons as a child – demonstrating how crucial it is for children to receive professional swimming lessons in addition to anything taught at home.
- At the other end of the age spectrum among people aged 65+, around 60% either received lessons through only one channel, or can't swim at all.

These statistics are reflected in the Royal Life Saving 2018 Drowning Report, with 32% of drowning deaths occurring in the 55+ age range compared to 19% for under 25's. Although a range of factors including

swimming ability, medical conditions, fitness levels, boating accidents and a lack of lifejackets etc. can contribute to drowning for this age group.

With summer around the corner Kingswim is urging parents to get their children into lessons to learn a lifesaving skill and continue lessons to maintain their ability providing them the best chance at being a competent swimmer for life.

Kidsafe Victoria CEO Melanie Courtney says that swimming lessons are a critical part of a comprehensive home pool safety defence.

"Children can drown quickly and silently in just a few centimetres of water. Swimming lessons, together with active adult supervision of children – both in and around water – first aid knowledge and a compliant and well-maintained pool barrier are critical elements in keeping your family safe over the coming summer season.

Note: 1 The independent survey was conducted nationally by Omnipoll between August 23-28, 2018 among 1,257 respondents aged 18 years and over.

Kingswim Wantirna
141 Mountain Highway Wantirna
(Inside the Goodlife Health Club building)
9800 2555
wantirna@kingswim.com.au

About Kingswim

Kingswim has taught more than 14 million swim lessons to Aussie kids over the last 30 years. Kingswim offers programs for babies from 12 weeks of age right through to graduate level swimmers at its 20 centres across the country. For more information on Kingswim programs and the benefits of year round swimming please visit www.kingswim.com.au



Knox Council Adds Its Voice To The Problem Gambling Message from Knox City Council

Knox City Council is adding its voice to the growing number of Victorian Councils calling for pokies reform to reduce the harm that results from problem gambling in local communities.

A record 19 Councils, including Knox City Council, have joined the Alliance for Gambling Reform and recently, they took their message to the streets with a mobile billboard delivering the message that Enough is Enough.

Bearing the message "Victorian pokies losses = \$3.2 billion a year. Enough!" and "Victorian Councils unite to stop pokies harm", the billboard aims to highlight the horrific toll that pokies addiction has on local communities.

Electronic Gaming Machine losses per adult in Knox have consistently been higher than average losses per adult in metropolitan Melbourne.

Most recent figures show that Knox residents are losing \$207,836 to pokies every day.

In 2017/18 the loss per adult in Knox was \$598 which is 12 per cent higher than the average loss per adult for metropolitan Melbourne (\$537).

Gaming machine losses in Knox in 2017/18 of \$75.9 million equates to about \$25.30 for every Knox household in 2017. Knox continues to have a consistently higher than average rate of gaming machines to its population compared to metropolitan Melbourne, with six machines per 1000 adults compared with 5.1 per 1000 adults for the metropolitan area.



New Mayor Jake Keogh and former Mayor John Mortimer with the anti-gambling billboard

Former Mayor, Cr John Mortimore stated "Poker machine addiction is a public health crisis. We need the major parties to come up with new policies which will reduce pokies losses."

He commented "Gambling related regulation and policies mainly focus on individual responsibilities rather than industry regulation. This approach has failed to protect vulnerable communities from the harmful effects of gaming.

We call on the State Government and opposition parties to commit to \$1 maximum bets, clamp down on losses disguised as wins, reduce venue operating hours, and ensure venues and staff have a greater responsibility to protect customers from harm."



St Luke's Parish Mass Times

Weekend:

Saturday Vigil: 6:30pm

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

Weekday Mass:

Monday & Tuesday – 9:00am

Wednesday – 7:30pm

Thursday & Friday – 9:00am

Reconciliation:

Wednesday - 7:00pm

Saturday - 9:30am & 6:00pm

Adoration:

Wednesday 7:30pm – 8:30pm

Divine Mercy Chaplet:

First Sunday of the month: 2:45pm

9801 8411

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

Office Hours

Monday to Friday
9:30am – 3:30pm



A Diagnosis of Diabetes

Hello beautiful readers!

I got such great feedback from a number of you, about the last article (Matty is recovering from surgery brilliantly, by the way, so thanks to all those who popped in to the pharmacy to enquire!), that I thought doing another personal story might be the way to go for my last article for the year.

It still health related, but it's my personal journey about being diagnosed with Type 1 diabetes at the age of 21.

So those of you in the know, will say, but type 1 diabetes is diagnosed during your childhood! And you would be correct! However, there are 3 different types of diabetes diagnosis:

- Classic type 1 diabetes is usually diagnosed in childhood, and at this point in time, is not curable. It occurs when the child's pancreas stops producing insulin. It can be managed with daily injections of insulin which mimics what the pancreas should be doing.
- Type 2 diabetes is often referred to as lifestyle diabetes. It usually affects us as we get older. The pancreas still works, but the insulin it produces does not have the desired effect. This can be due to excess weight around the middle which provides resistance to the insulin. It can be managed by changes to the diet and exercise and can be reversed if caught early enough and the appropriate changes are made.
- Latent onset in adults is the same type as children get, but you get it as an adult. Initially, the pancreas may release small amounts of its own insulin, but over time this will decrease then stop. It is also managed with daily insulin injections.

I was first diagnosed with diabetes in my third year at the Victorian College of Pharmacy when the topic at the lecture was: Diabetes signs and symptoms.

In my head I ticked off almost every symptom: Extreme tiredness (I was napping all the time, after uni, after work, between lectures), extreme thirst (I was drinking about a 1.5L of cordial a day!), frequent urination (In a 4 hour shift at work, I would need to urinate about 4 times!), irritable, dry skin, blurred vision, constantly getting sick, cuts that wouldn't heal well, weight loss.

During the lecture one of my friends nudged me in the ribs, "Hey Carms, maybe you have diabetes" they joked, "you're always in the bathroom!" I laughed along with them, not quite ready to acknowledge the fact that I was thinking the very same thing. I made an appointment with my GP the minute I left that lecture and she said she could fit me in that afternoon.

Driving to the appointment, I started to feel silly...Did I just diagnose myself with diabetes? How ridiculous! The Doctor performed a random blood glucose test on me. I remember the shock on the doctor's face, as she said "you do have diabetes." She went on to say that she believed I had latent onset, that comes on slowly

and that for months my pancreas had probably been creating less and less insulin. If I hadn't come in when I did, I would have ended up in the hospital with severe ketoacidosis, which is potentially life threatening.

Out of all the emotions I could possible feel at that point, all I felt was relief. I had been feeling like an alien version of myself and to have a reason for it, was comforting. But in the days to follow, came the hard parts.

My fear of needles quickly went out of the window when I experienced life on insulin. I had been feeling so wretched and unlike myself for months, insulin gave me back my personality, it gave me back my zest for life. It's amazing how incredible you feel when your blood sugars are within normal range and so if I had to give myself 4 needles a day to make me feel this good, it was a small price to pay.



I thought I was so on top of everything until my first hypo. A hypo is when your blood sugar drops too low and so you have no fuel to make your body run. Sometimes when they happen in the middle of the night, I'm not aware they are happening. It's happened only once that I didn't wake myself up in time. My partner Brad could hear me making unusual noises and tried to rouse me. I was still conscious enough for him to sit me up and pour orange juice into my mouth. He saved my life that night.

This wouldn't be a pharmacy article without a little Pharmacist Advice!

Top tips for Diabetics requiring insulin:

- The insulin pen in use can be kept out of the fridge for up to 28 days, other pens should be in the fridge
- If injecting with a pen straight out of the fridge warm it up first as cold insulin hurts more
- Always push out 2 units of insulin before injecting to check the needle is working, otherwise you will inject and not get any insulin, but you won't know

- Use a NEW needle every time! They are FREE on the NDSS. The needles have a protective sheath to help increase comfort when injecting which is removed the first time you use the needle. If you use it again it will hurt more.
- Rotate your injection site! Injecting into the same site, causes fatty lumps to develop under the skin. If you continue to inject into these lumps, it will actually reduce the amount of insulin you receive and you won't get the full dose
- ALWAYS carry jelly beans or some form of sugar with you. You never know when a hypo may hit.
- Really hot weather and being ill can increase blood glucose, test more frequently during these times to ensure you don't have high sugar

Top tips for Diabetics not requiring insulin:

- Diet is KEY. Look for carbohydrates which are called LOW GI. These reduce sugar slowly and will keep your levels steady throughout the day
- Keep portion size of carbohydrates small
- Losing weight even if it is only 3KG can have an extremely positive effect on blood glucose. The IMPROMY program at our pharmacy can help you do this!
- Exercise! Even if it's only a 15 minute walk daily. Exercise lowers Blood glucose
- Fenugreek is a natural herb, which can help your body's insulin work better. Chromium is another herb which can help to stabilise blood sugar levels across the day. For patients who take medication but still haven't got their Blood sugar levels to target, this can help. Come in a see one of the pharmacists if you're interested
- Ensure you have regular checks of your feet. High sugar long term can start to effect nerves and circulation and the feet are very prone to this
- Ensure you're on the right medication. Come in and have a check with one of our pharmacists who can teach you how your medication works and help give you some tips for controlling your diabetes

I hope you all have a great Christmas and New Year and don't overindulge too much, but just enough. See you all next year!

Carmen



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Collier Ward News from Knox City Council

Knox Council gets tough on tagging

Knox City Council is leading the charge against illegal graffiti in the municipality and last week renewed the call to the whole community to join in the fight.

Council launched its latest anti-graffiti campaign on Friday, 26 October with the message to "Prevent It, Report it, Remove It", appearing on the digital billboard on the Burwood Highway in Wantirna South and a social media campaign promoting this message will follow.

One of the easiest ways for residents to report graffiti and vandalism is via the VandalTrack mobile app. Residents photograph and log reports of graffiti, which are then sent to Council and Victoria Police to help trace offenders.

As at June 2018, there were 447 incidents of graffiti in Knox reported to VandalTrack.

Council also provides free graffiti removal kits and discount paint cards for people whose properties have been targeted. Removal of graffiti within 24 hours is one of the most effective ways to discourage it, plus paint and marker ink is easier to remove when cleaned immediately.

Knox residents and businesses are also encouraged to take steps to minimise the opportunity for graffiti at their properties, for example:

- plant trees and shrubs along exposed fences and walls;
- paint fences in a dark colour;
- apply protective coatings on surfaces like glass,

- signage and on outdoor furniture;
- install lighting in 'hotspots';
- consider a mural wall;
- support your neighbours; and
- report graffiti to Police or Council.

Former Mayor Cr John Mortimore calls on the community to participate in this initiative "We encourage everyone in the community to join this campaign and take whatever action they can to remove graffiti from our city and prevent it from reappearing.

Collier Ward Councillor, Jackson Taylor commented "Any information residents can provide regarding graffiti and people committing offences will help make Knox a cleaner, safer and more enjoyable place to live.



By Emma Corbett, Veterinary Nurse Cert IV
Wantirna Vet Clinic



4. Small parts of toys

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

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

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

Beware of Christmas Toxins

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

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

1. Grapes, currants, sultanas, raisins

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

2. Onions, garlic, leeks, shallots and chives

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

3. Chocolate

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

WANTIRNA NEWS

Wendy's Wantirna Beauty Centre

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by Angus Cooke



Top Reads & Newest DVDs

New E-Library Resource!

Ulverscroft's uLibrary is now live on our website! Borrow even more eAudiobooks online or from the uLibrary app. Features popular authors such as Ann Cleeves, Jeffery Archer and Clive Cussler.

It currently features 478 eAudiobook titles not available on our other E platforms. Happy listening!



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:

- Nine perfect strangers by Liane Moriarty
- Lethal White by Robert Galbraith
- Never Greener by Ruth Jones
- Bridge of Clay by Marcus Zusak
- Any Ordinary Day by Leigh Sales
- The arsonist by Chloe Hooper
- Boys will be Boys by Clementine Ford
- Made in Scotland by Billy Connolly
- Bosh! Simple recipes by Henry Firth

New DVDs:

- Working Class Boy
- Beirut
- The Cured
- Tea with the Dames
- Overboard
- Solo – A Star Wars Series
- Skyscraper
- Death in Leon
- Back to Burgundy
- Bull Season 2
- Heartland Season 11
- Chicago P.D Season 5
- 800 Words Season 3, Volume 2
- Wentworth Season 6
- Hotel Transylvania 3

Our new release DVDs are available at your library, including 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.

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.

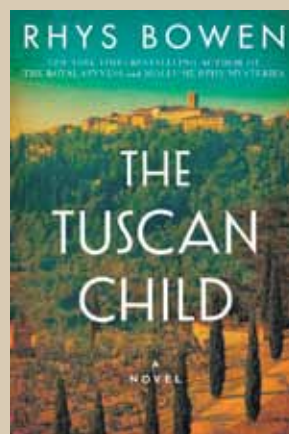
Staff Pick

The Tuscan Child by Rhys Bowen

Set against the backdrop of the Tuscan hills of Italy, this story is told through dual narrators; one is Hugo Langley, a British bomber shot down in 1944 into a German-occupied area of Italy; the other narrator is Joanna Langley, his modern-day estranged daughter who after his death, discovers an unopened letter addressed thirty years earlier to a woman in Tuscany—a woman that Joanna knows nothing about. The story is set amongst the beauty of the landscape, the unmistakable deliciousness of its foods, wines and produce and its gorgeous people, cultures, festivals, and rivers of Grappa and wine!

I couldn't put this one down! I am now so in love with Tuscany and will have to put it on my list of places to see!

Rowanne G



Events at Your Library

Merry Makers: Christmas Edition

4:00PM Tuesday 4/12/2018

FREE | Ages 3-12 | Bookings Essential
Ferntree Gully Library

Get in the Christmas spirit with our end of year make and take craft workshop. Create something special and celebrate the Christmas season at your library. To book call 9800 6455 or online at www.events.yourlibrary.com.au



Chinese Storytime / 中文故事会

10:30AM Friday 7/12/2018

FREE | Ages 0-5

Realm Library

故事会免费。

欢迎有0-5岁儿童的家庭来参加。

These story times will be exclusively in Chinese but are open to all children and their families.

Tools

11:00AM Wednesday 12/12/2018

FREE | Bookings Essential

Belgrave Library

Join us for a visit from 2WP Tools, a company who have prided themselves on quality and garden tools for over 40 years. The tools they sell are specialised for people with arthritis and weak hands or wrists. Bring along your own Secateurs to test in the 'Secateurs Challenge'. Tools will be on display with an opportunity to purchase.

To book call 9800 6489 or online at www.events.yourlibrary.com.au



Family Christmas Storytime

6:30PM Wednesday 12/12/2018

Free | Bookings Required

Ferntree Gully Library

Join us for our annual family celebration! Come along for a special evening of stories and songs. Sing Christmas carols with the children of the St John the Baptist School choir and meet our special visitor from the North Pole. Fun for all the family.

To book call 9800 6455 or online at www.events.yourlibrary.com.au

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

CoderDojo STEAM Showcase

11:00AM Saturday 1/12/2018

FREE

Realm Library

Join us to celebrate the achievements of our CoderDojo Realm ninjas in 2018.

Our motivated young coders and engineers have built apps, games, robots and programs and this is their chance to show off their hard work.

All are welcome. Bring along your own homemade projects and exhibit your designs!

3D Printing and Design Workshop - STEAM

4:00PM Monday 3/12/2018

\$10 | Bookings Required

Croydon Library

Come join us for an introduction to the basics of 3D design and printing! You'll learn how to create models in 3D, watch a demo of the printer in action and design or choose a 3D model to have printed! A small print of your choice (under 25 grams) is included in the cost of this workshop.

To book call 9800 6448 or online at www.events.yourlibrary.com.au

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- To set up your iPad/ Android tablet to download eMagazines from Zinio.
- To learn how to use the online catalogue and reserve a book.
- To explore the Online Resources on the library's website.

To book call 9800 6430 or online at www.events.yourlibrary.com.au

Knox U3A in Term 4 by John E. Ford

As another year flicks by with alarming speed, Knox U3A gears up to both continue and improve on its substantial offering of activities and courses for its members. A total of 165 offerings are available to a membership that currently stands at 1365. However, first things first; the term opened with our annual Fashion Parade, which proved – as usual – immensely popular. Supported by the retail outlet Black Pepper, the ladies were treated to an eclectic mixture of casual and semi-formal outfits modelled by volunteers from within our membership. It was a great success, and kicked the final term off with a positive start.

Our curriculum list for Term 4 includes a number of new offerings, as well as the return of some that have been in recess for a while. In keeping with our attention to the problems and issues associated with ageing we have introduced a number of psychology-based issues such as “Flourishing in later life”, “Positive psychology” and “Dealing with difficult personalities” while we are also reintroducing “Computers for Beginners” and “Introduction to Lawn Bowls”, once more with our thanks going to the Upwey-Tecoma Bowling Club. Full details of all our courses are available on our website (www.u3aknox.org.au) or call into our office for a hard-copy printout. Memberships will soon be open for the 2019 year, so take advantage of this totally volunteer-driven facility and join up know. Meanwhile, here are a couple of pics from the fashion show.



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Oh what a feeling!

KNOXFIELD & SCORESBY NEWS

Knoxfield Ladies Probus Club

by Isabella Muir

After ten very happy years meeting at the Waverley Golf Club, the Knoxfield Ladies Probus Club is moving to the Wantirna Club, 350 Stud Road Wantirna for its meetings in 2019. The new meeting day is the third Wednesday of each month January to November. Our first meeting at the new venue will be Wednesday 16th of January 2019. Our photo shows some of our members replete after a morning tea of delicious scones, jam and cream, ready to tour "The Singing Gardens" former home of C. J. Dennis, the much loved Australian poet. The Toolangi property still has many of the beautiful original trees and shrubs, the rebuilt cottage, the original of which was the Mill, renovated by C J Dennis himself, but which was lost in a fire after it was sold. The gardens were planted by C.J Dennis with his wife Olive and they were the inspiration for his last book of poetry. After a rain shower the gardens were fresh and the resident birds were certainly singing. Sharon our hostess explained the comprehensive history of the man and his property enhanced with excerpts of his beautiful poetry. He is famous for 'The Songs of a Sentimental Bloke', 'Backblock Ballads & Other Verses', 'The Moods of Ginger Mick' and many others including wonderful poems for children. We then moved on to "Giverny" named after the Claude Monet property in France, because this Giverny has a large pond also covered

in waterlilies. We sampled wine, cider and liqueur made from kiwi fruit. Purchases were made. A late lunch was enjoyed at the Chocolaterie in Yarra Glen, not to mention the chocolates sampled and bought (ostensibly for grandchildren!) We are looking forward to a day in Mornington at the Wednesday street market followed by a ride on the Arthur's Seat Eagle, then a traditional Christmas lunch at the

Waverley Golf Club complete with Santa and Kris Kringle gifts. It has been a very busy and enjoyable year of outings. At our next meeting we are being entertained by the "Glengoldies", a retired ladies revue group. To join our friendly Club please call Val on 9763 6175 or Bev on 9753 3224 for more details.



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KNOXFIELD & SCORESBY NEWS

News from Tirhatuan Ward with Nicole Seymour

No Ordinary Life – Positive Ageing in Knox

All I want for Christmas is YOU!

With the festive season just weeks away, local shops full of Christmas themed merchandise everywhere I go and my letterbox starting to overflow with junk mail, it is difficult to ignore the consumerism Christmas-time has become. Whilst Christmas is supposed to be a time of joy and celebration, a time when loved ones get together to enjoy each other's company - for many people in our community the reality is quite the opposite. For many, Christmas heralds a time of sadness, loss and loneliness. Tinsel and trimmings are reminders of times past and what is no more. This is particularly the case for many seniors across our community. A dear lady I know who recently turned 79 told me the other week that she "hates" Christmas. When I queried her strong use of words, she said that there was no other time of the year that she felt as isolated and unloved. A widower, she lives alone however she has immediate and extended family. Family who send a card or might make a quick phone call but fail to try to see her and never invite her for Christmas lunch. She knows they are together, and that effort has been made to enjoy some festivity, however she is not included.

Knowing that there are people sitting at home, alone and miserable on Christmas Day doesn't sit well with me and being someone who tries to find the rainbow in every storm cloud I pondered over

what could be done. Here are some suggestions if you or someone you know is in this situation –

1. Be bold and invite yourself. If you have no plans and would like to spend Christmas Day with family or friends, ask them if they have room for one more. Sometimes people are just ageist and ignorant and don't think that you would be interested. Saying something like "it would be lovely to spend some quality time with you at Christmas, would you have room for one more?" may be all that is needed. If they say no or make excuses why you cannot join in, then they don't deserve your company anyway.
2. Attend a community lunch. Several local Churches host free community Christmas lunches for people who are socially isolated. I am aware of two wonderful such lunches that have been operating for many years – Ferntree Gully Community Christmas Day Lunch (ph: 8711 8677) and Rowville Baptist Church Community Christmas Day Lunch (ph: 9764 4242). The spirit of Christmas is truly evident at these community lunches and you are sure to feel very much welcome.

If neither of these suggestions appeal, then perhaps consider starting your own celebration. It doesn't have to be a traditional lunch or dinner, just some way of finding something positive and uplifting to enjoy in the spirit of Christmas. For me personally one of the most joyful times of Christmas is attending



local carols services in the area. I particularly enjoy the angelic singing at the 1330 Church in Scoresby and the wonderful outdoor performances of the One Hope Church at Scoresby Secondary College. Perhaps this year I will see you there?

Wishing you a safe and happy festive season.

Peace be with you.

Cr Nicole Seymour
Tirhatuan Ward – Knox Council

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

Laughter Yoga Benefits and Being Present

Being present and grounded are essential if your goal is to live life to the fullest impact possible. One helpful way is to laugh on a daily basis. Even better, attending a laughter club helps enormously. Laughter brings a wonderful release into your life as the benefits are on all levels. That is, physically, emotionally, mentally and spiritually. Laughter helps release pent up feelings, stress and worry. Because it is a physical aerobic workout it harmonises your body while you do it. It also assists in releasing inhibitions which helps with your self-esteem. Life looks better and becomes more enjoyable.

I can affirm that from my experience running a laughter club for 13 years, it is transformative and life-changing for many who attend. And it's free! My husband John's mantra is that 'it gets you out of your comfort zone'. We often find laughter clubbers share how before laughter club, they were feeling flat and might have even forced themselves to come.

One man shared that he wakes up remembering something funny and laughs for ten minutes before getting out of bed. Without coming to the laughter club, that doesn't seem to happen much at all.



We hope to see you soon and try out the Laughter Yoga. Stay safe, laugh lots and remember, never, ever give up! Cheerio for now.

**Lynette Mitchell leads the free community
Ferntree Gully and Knoxfield Laughter Clubs
Phone: 0425 799 258**

Website: www.laughterforliving.com.au

Disclaimer: Information shared is intended to support you and is from my personal understanding and experience. It is generalised and I am not a medical doctor, taking no responsibility for how it is received.

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by Zoe Peltekis

A 'Harmonious' Relationship

The significance and importance Knox Environmental Society plays in our Community has been demonstrated by the collaborative approach with Knox City Council. What does this mean?

A total of 5,232 plants, these being in the rare and threatened species category, were ordered by the City Of Knox! These native indigenous plants have been grown from seed at the K.E.S. not for profit nursery supported by volunteers and supplied to Council for the specific use in the planting and regenerating of depleted council areas. I have



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

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

Speakers

August speaker - Paul Birch "The wildlife and history of Maranoa Gardens and the development of a Conservation Management Plan for a botanic garden".

Paul, who has been working at the Gardens for 18 years, provided a brief history of how the Gardens were started by John Watson in about 1901. Later, in 1924, it was passed to the City of Camberwell and



Photo Alison Rogers

developed into the current format. He illustrated his talk with some historic pictures in addition to some of the birds and flowering plants to be found in the Gardens. He then outlined the current conservation management plan being followed.-

September Speaker - President's address by Hazel Veevers, "Wildlife of Louisiana".

Having recently visited Louisiana, Hazel explained the difficulties of moving around the bayous, either by the few roads on levy banks or by boat through the swamps in search of wildlife. She provided a number of images including birds and vegetation and of some of the wildlife seen during her trip as well as views of the swampy countryside.

October Speaker - Dr Graeme Lorimer-"Orchids: A Naturalists Perspective".

Renowned naturalist Dr Graeme Lorimer provided an unusual perspective on the various arrangements of orchid flowers and how many become pollinated. He illustrated his talk with wonderful images and played a few videos showing the insect pollinators becoming trapped and having to work free, thus pollinating the orchid. Many of the examples shown were of our own local species, commonly found in Reserves and bush in the Ringwood and surrounding areas.

been informed that these have been planted in the various creeks, parks, streets and roads in the City of Knox.

K.E.S has many rare indigenous native plants available for planting in your own garden. The more we plant indigenous native plants there is a greater optimism that these plants will survive and flourish thus ensuring the species whilst providing food and shelter for our native birds and other wildlife in our community. Native gardens also provide a place of tranquillity and once established have the best chance of surviving our dry hot summers. Our native plants have evolved to thrive in our climate, without a lot of work..... and like myself I'm sure that is what we all enjoy.

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

Like the Knox City Council, come and get your native rare indigenous plants from the friendly volunteers at K.E.S. They can advise and support you on the available native plants and where to plant them prior to our hot summer. Come and check out the plant of the month for only \$1.00!

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.

Excursions

August excursion - Maranoa Gardens Leaders Paul Birch and Shirley Smith

Following on from his talk earlier in the week, Paul showed our members around Maranoa Gardens and then to look at some indigenous plantings in Beckett Park. Of particular interest was a flowering Firewheel tree which was planted by the Garden's founder and also a group of Wollemi Pines. The gardens are beautifully cared for and showcase our wonderful Australian Native Flora.

15th September Excursion: Yan Yean Reservoir and Ironbark Rd. Leaders Hazel and Alan Veevers

This excursion was held on a day forecast with threatening storms, hail and gale force winds. Our brave members headed over to Yan Yean Reservoir for a walk around the wetlands area. A sighting of a huge mixed flock of Welcome Swallows, Tree and Fairy Martins feeding low over one of the ponds and the surrounding grassy areas was a sight to see. Many waterbirds



Fire wheel tree *Stenocarpus inuatus*. Photo Alison Rogers

including nine nankeen night herons roosting in a tree, Little pied cormorants, Little black cormorants, Musk ducks and Great Crested grebes were amongst those seen.

In the afternoon members moved to Ironbark Road Reserve where they were delighted to see many native spring flowers. Acacias, Hibertia, Tetratheca, Stackhousia, Hardenbergia and Craspedia were amongst those seen in the bush area. The excursion ended as the storm clouds began to build again.

2nd September excursion: Baluk Willam Nature Conservation Reserve Leader Jack Airey.

In the morning members met for an excursion to Baluk Willam to search for Spring flowering orchids. We were lucky to find 16 orchid species including Spider orchids-Caladenia, Donkey orchids-Diuris, Bird orchids-Chiloglottis, Brown Beaks Lyperanthus and many more. Staying on the paths in this area we were careful to minimise disruption to the areas the orchids were growing on.



Caladenia catenata White Fingers. Photo Alison Rogers

In the afternoon we headed to Birdsland Reserve where we meandered around the main lake, spotting bush and water birds. For the day we saw 43 varieties of birds.

In the next months our presentations will be:
January- Outdoor meeting at Yarran Dheran Nature Reserve

February Speaker: David Hewitt "Flinders Island"
March Speaker: Judith Cooke "Lake Mountain Ten Years from Black Saturday"

Check out our website for excursion details for the next few months.

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

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

All visitors are welcome.

For more details phone Alison or Peter 9801 6946.

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

Hands on Myotherapy



Occupational Hazards

Attention all 'Tradies'

Let's face it your body is your most important tool for work. So why aren't you taking care of it? Australian tradespeople experience some of the highest rates of injury compared to other workers. Manual labour

and wear and tear on the body can cause an array of problems ranging from back and shoulder aches to more severe injuries such as disc bulges and muscle, ligament or tendon tears. Preventative maintenance and management of the body is the preferred course of action in order to avoid serious pain or injury which could lay you off from working.

Treatments don't necessarily need to be a weekly occurrence but booking a maintenance appointment roughly every 4-6 weeks, depending on the client's needs, is recommended. We get a service for our cars regularly yet we never think to look after our bodies in the same way. We advise and educate our clients on stretching, posture correction and 'working smart' with your body. Regular maintenance treatments allow us to identify weaknesses that could develop into an injury if left unchecked. We keep the body in check so that you can focus on getting the job done!

Book in to see either Alison or Dee and stop putting up with those aches and pains.



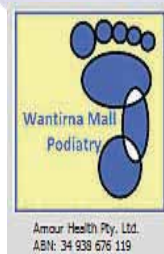
- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

8740 3991

Unit 10/603 Boronia Road
Wantirna VIC 3152

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

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



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

pain and becoming infected. Open and bleeding heel fissures can be especially risky for people with diabetes or compromised immune systems.

Dry heels and heel fissures can be treated by gently using a pumice stone to decrease the thick, dry layer of skin and regular application of moisturiser containing Urea. Moisturisers with Urea have

been found to penetrate the skin further than other general creams. Also the avoidance of walking barefoot or wearing open-backed footwear will help to prevent the skin on feet from drying out.

If the cracks and dry hard skin become unmanageable to clear our Podiatrists at Wantirna Mall Podiatry can remove the heel fissures for you and help clear up any cracks by sharp debridement and using a sanding disc.

The treatment is simple as sharp callus debridement involves only removing the hard dry skin on the surface of the foot. There is no cutting.

The sanding disc then polishes any leftover dry parts leaving the skin on the heel relatively smooth. Any deep open cracks are cleaned and treated to prevent infections. Please visit us on our website for more handy tips.

Getting your feet ready for summer

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

Heel fissures occur on the bottom of the foot mainly the outer edge of the heel. Occasionally these heel fissures can become very deep and bleed causing



Bayswater Pain and Wellness

As the weather continues to warm-up we find ourselves enjoying more outdoor activities and getting our bodies moving and enjoying more fresh air and exercise. Sometimes this can lead to sprains, strains, and other acute soft-tissue injuries.

For a long time, the standard approach with conventional medicine has been R.I.C.E, standing for:

- Rest
- Ice
- Compression
- Elevation

The idea being that inflammation causes pain, and all the above steps are designed to reduce that inflammation arising at the site of the injury.

More recently, this approach has been questioned in the Medical literature as the positive role of inflammation in healing has been recognised.



Inflammation is the body's natural response to injury as it delivers oxygenated blood to the area to accelerate healing. Rest is still important, as is compression to minimise swelling. Light massage can also be useful to promote lymph and blood flow through the area.

The prolonged use of ice is certainly under question as it generally delays healing. It is used to reduce pain through reduction of swelling and prevent further damage via the contents released from damaged cells. Ice applied immediately after injury is useful, however its use beyond the initial 24-36 hours is now thought to be detrimental.

This is in line with the Chinese Medical understanding where the flow of blood through the area is encouraged as our bodies only heal through the supply of highly oxygenated blood to the sites of injury and ill-health, and the associated removal of cellular waste products via that same blood movement.

Acupuncture is highly effective in inducing blood flow to targeted areas which explains why it has been shown to cut injury recovery times in half. Additionally, acupuncture causes the mid-brain to release the body's natural pain-killers to those same targeted areas significantly reducing the pain associated with injuries. Where pain becomes chronic, acupuncture has been shown to treat chronic pain, not just manage it.

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

NEWS IN GOOD HEALTH & WELLBEING

News from Wantirna Osteopathy by Dr. Jason Stone

We Are Moving!!

Wantirna Osteopathy is excited to announce that it will be moving into the new state of the art facilities at 171 Stud Road between Christmas and New Year.

Established now for 18 years we are grasping the opportunity to expand our services and staff. Osteopathy is the fastest growing Allied Health Profession in Australia and is projected to double its number of practitioners in the next 5 years.

In the last 10 years the number of Australians visiting an Osteopath has rapidly risen from 25,000 to 60,000 per week.

At Wantirna Osteopathy we not only focus on offering the best care to our community but we also pride ourselves on mentoring and offering opportunities to future aspiring Osteopaths. These new facilities will allow us the space to offer more services as well as cater for career opportunities to meet the growth in the profession.

We will be closing our doors at 161 Stud Road on Saturday December 22nd and Re-opening on Wednesday January 2nd at Level 2, 171 Stud Road. We are so excited about this next chapter for

Wantirna Osteopathy and look forward to sharing these great facilities and services with our current and new patients.

Follow us on Facebook or check out our website wantirnaosteo.com.au to keep up to date with exciting changes ahead.



wantirna
osteopathy

For the treatment of:
 • Sports injuries • Headaches
 • Back and neck pain • Joint and muscle pain

www.wantirnaosteo.com.au
 161 Stud Rd, Wantirna South (03) 9800 0388
New location from January 2nd
Level 2, 171 Stud Rd, Wantirna Sth

Fitness Tips with Personal Trainer Isabella Van Zuylen.

New Year's Resolutions!

Will you be setting a new year's resolution on January 1st? As good as our intentions might be, we don't often stick to New Year goals as we try to change too many things at once.

Focusing on changing one thing at a time and making that a daily focus is going to have far better results. Did you know new habits can take anywhere between 18 to 254 days to form?

On average it's 66 days so don't give up. If you happen to slip up, just get back on track and keep going.

I teach our I Want Fitness members to set yourself up for success; you need to have a fail proof plan. To drink more water, have a drink bottle on your desk at work. If you plan to increase your movement, organise a couple of weekly walking session with a friend to help you stay consistent and on track.



iwantfitness.com.au

- Women's Only
- Wantirna & Ringwood
- Kid- Friendly, Indoors, Fun!
- Boxing, Circuit, Metafit, Pilates
- Supportive Community
- Feel Fitter, Stronger & Healthier!

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 Email isabella@iwantfitness.com.au
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Community News

is available online at
www.studfieldwantiranenews.org

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 B.Pod. M.A.Pod.A.
Podiatrist

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 Telephone: 9764 9358 Facsimile: 9763 3114

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- Relines
- Repairs
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- Vic Denture Scheme

Chris Brownlie
 Dental Prosthetist

Telephone: 9720 1555
 487 Boronia Road, Wantirna
 Cnr Stud Rd, opposite Knox Club

The Work of YMCA in World War I

by John Bindon

The 11th November 2018 marked the end of World War I 100 years ago

I am pleased to have this opportunity to tell you the story of some "unsung heroes" of the YMCA in the First World War known as "YMCA Representatives".

A YMCA Representative was a person who worked as a welfare/recreation officer within the armed services, reported to and was controlled by the YMCA structure. YMCA Representatives held honorary officer's status, lived normally within the Officer's Mess, but was not a commissioned officer.

The Australian YMCA has provided services to the Armed Forces for over 100 years commencing with the Boer War and ending with the Vietnam conflict. A total of 394 YMCA Representatives served in the First World War with a number of Representatives giving up their lives for the work.

For the European campaign the Australian operation was based out of an old theatre in London which served as headquarters. A number of Representatives were Ministers of Religion and they were concerned about troops being buried in mass graves with little or no recognition. They formed themselves into the "Grave Detachment Unit" working in France during WW1. They received the assistance of local people who sold poppies to raise funds so that the graves could be identified. They averaged 36 burials per day.

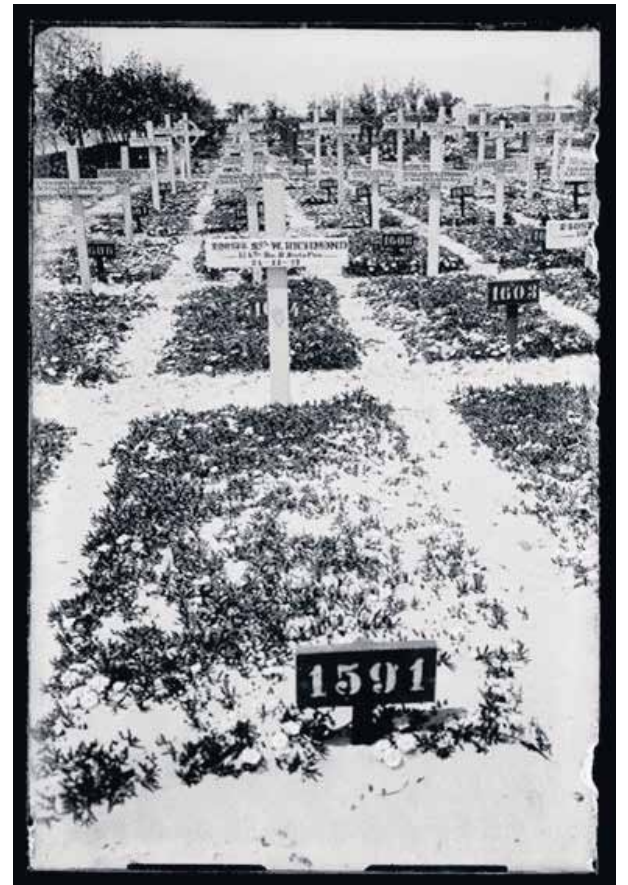
The YMCA operated a hostel in Cairo known as Anzac Hostel. One of the reports that we have on

hand tells the story of that YMCA Hostel. In 12 months they provided 207,000 meals, 32,500 beds, 7300 hot baths, 100 concerts, 75 religious meetings, 120 cinema shows, and 12 entertainment concerts to the convalescing with attendance ranging from 500 to 1200. Some of the soldier's remarks "an oasis in a desert of dirt", "absolutely the best feed since Australia", "like heaven after four months on the Sinai Peninsula", "the best sleep for 15 months" and "if you know of a better hostel go to it". All of these events had taken place many years ago.

There are people today seeking information on family members who had served with the YMCA. A person from Adelaide contacted the Australian War Memorial for details of his grandfather's service in the First World War. He was informed that his grandfather did not serve with the army but his name appeared in YMCA records. The Australian War Memorial gave him my email address and I was able to inform him that his grandfather was a YMCA Representative who served in England, France and Belgium and we had his photo on file. His grandfather was wounded in Belgium, became a POW, died as a POW and was buried in Belgium. I was also able to provide him with a photo of the grave. The following day, after receiving the information, he phoned me and was very emotional as he had been searching for years and had no idea that his grandfather was a YMCA Representative nor what had happened to him.

I have made several PowerPoint presentations to Service Clubs and was the guest speaker at the

LOCAL HISTORY



100th Annual General Meeting of YMCA Australia last November.

Further enquiries can be made to John Bindon, email jdbindon@bigpond.net.au

John Bindon is the Honorary Historian for YMCA Military Services

Rotary Bicycle Donations

The Rotary Club of Boronia has been collecting unwanted bicycles from both the Club's membership and the local community for over the past two years for refurbishment and subsequent distribution by the charitable organisation, Bikes4Life. Approximately eighty bicycles have been collected over that period of time and have been delivered to Rotary's Donations in Kind located in Footscray, and in more recent times to

the Whitehorse Recycling Centre.

These two facilities have been providing the donated bicycles to The Bikes4Life Workshop which is located in Gwynne Street Richmond.

When the bicycles are repaired and refurbished, they are loaded onto containers and donated overseas to people in need.

Bikes4Life provides bicycles to underprivileged youth and aims to help the most vulnerable, isolated and neglected by providing a means of transport to places of employment and education as well as access important daily supplies of food, water, medicine and

shelter. Bikes4Life is run solely by volunteers who gather each Wednesday and Sunday to maintain donated bicycles for their program.

Adult bikes that require minimal restoration or are in working order can be dropped off at the Whitehorse Recycling and Waste Centre, corner of Burwood Highway and Morack Road, Vermont South. Open seven days from 6.30am-4pm (except Good Friday and Christmas Day). Bikes collected that are not suitable for further reuse will be recycled as scrap metal.



THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

The Last Consignment?

by Ken Simpson-Bull

Many readers will be aware that the Australian Jazz Museum was, until a few years ago, known as the Victorian Jazz Archive. There were also South Australian and New South Wales Archives. Because the Victorian Archive had by far the larger building as well as the more extensive jazz collection, its change of name to the Australian Jazz Museum was inevitable.

Soon after this name change, the NSW Archive decided to close its own establishment as a result of their shortage of storage space and lack of sufficient funding, and to donate their entire collection to our Australian Jazz Museum in Wantirna. Although the bulk of their collection of recorded music, books, photographs, posters and other memorabilia came to us in one large consignment, a number of other items have arrived piecemeal over the last couple of years. Only a week ago former NSW Archive Volunteer, Neil Cairns, personally brought down a carload of rare vinyl records. This could well be the last consignment of goods from the now defunct NSW Archive.

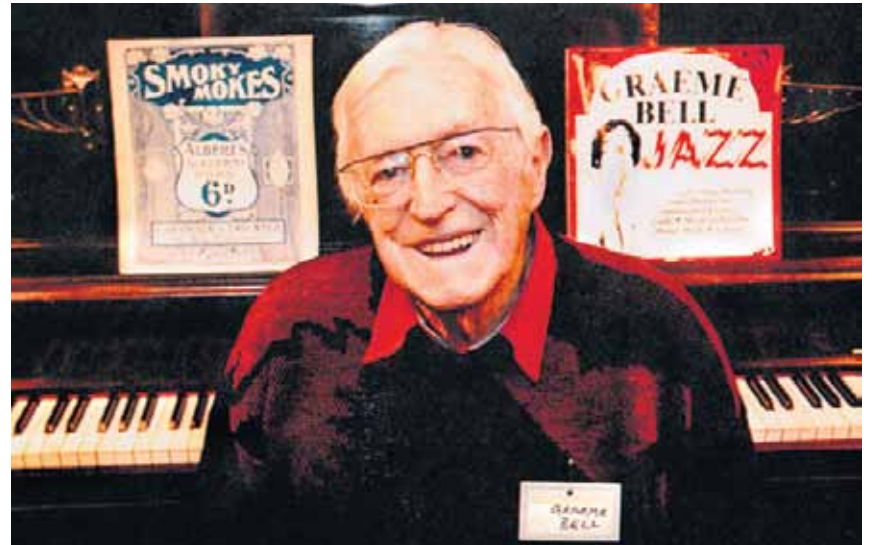
The Museum is most thankful for the generous donations it has received and is particularly proud of one specific musical instrument donated by NSW. It's Graeme Bell's own personal piano, now prominently on display at the Museum.



The Australian Jazz Museum

(a nationally accredited museum)
15 Mountain Highway, Wantirna
(Melway Reference 63, C8) is open free to the public on Tuesdays and Fridays from 10am to 3pm.

For group visits, which include refreshments and a live band performance, please ring (03) 9800 5535 or visit the website at www.ajm.org.au



Graeme Bell (1914 – 2009) in front of his personal piano which is now on display at the Australian Jazz Museum.



HUNGAROFEST



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Hungarian Community Centre
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Marta Marot 0418 553 193 — paradise.mar@bigpond.com
Everyone's welcome — We look forward seeing you there!





THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery

157 Underwood Road, Ferntree Gully

NOVEMBER & DECEMBER EXHIBITIONS

“BRING YOUR BEST” Members Exhibition
and the Annual “AFTER SCHOOL KIDS” Exhibition
The works of our very talented young students and a
great opportunity to purchase a gift from our..

“CHRISTMAS ARTS AND CRAFT SALE” in the foyer

Saturdays & Sundays 11- 4pm

Sunday November 11 to Sunday the December 9

ALL WELCOME FREE ENTRY

JANUARY EXHIBITION

We are hosting the “VCE STUDENTS ARTWORKS”
from THE KNOX SCHOOL and BORONIA K-12

In conjunction with the Members Exhibition

“ANYTHING GOES”

Saturdays & Sundays 11- 4pm

Sunday January 13 to Sunday January 27

COME ALONG AND BE AMAZED BY THE WONDERFUL
TALENT OF THE STUDENTS

ALL WELCOME, FREE ENTRY

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

Boronia VIEW Club

BORONIA VIEW CLUB meets on the 3rd Friday of each month at the Eastwood Golf Club, Liverpool Road, Kilsyth at 11.30am. A two course meal is enjoyed at a cost of \$25.00.

The next meeting will be held on December 21st

There is no meeting in January 2019 but we recommence again on Friday 15th February 2019

BORONIA VIEW CLUB is a vibrant and friendly club and we make you feel most welcome.

The meeting on December 21st will be our Christmas luncheon and we are having members of Sing Australia as our entertainment.

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

The club's aim is to support hardship students therefore we proudly sponsor eight students through the Smith Families Learning for Life program.

We are always looking for ladies of all backgrounds and ages to join us.

For information regarding membership please contact

Margaret on 0402488757 or Judith on 97648602

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 (except in January) 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 guest speaker.

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

For our December meeting we will be entertained by Heathmont Sing Australia.

No meeting in January but will be back in February 2019.

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

Ferntree Gully VIEW Club

Our monthly luncheon meetings are held on the 4th Monday (except in December) of each month and includes a 2 course lunch, tea/coffee at a cost of \$25. We have a meeting then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We also support 6 students through the 'Learning for Life Program' with The Smith Family as well as a refuge for women and children escaping domestic violence.

Monday 17th December, 2018 Christmas luncheon with entertainment by the 'East City Sound'.

January, 2019 No luncheon

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



Logo from Smith Family website

Happy Festive Season

With the right people on your side, finding the right home loan is easy.

- First home buyers
- Investors
- Refinance



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nari.khera@aussie.com.au



Introducing.....Eastern Ranges Retirees Inc.

Are you 50 years and older and/or on the verge of retirement but still keen to meet new friends and acquire new knowledge? Why not join Eastern Ranges Retirees Inc.(ERRI), an eleven-year old community group whose members are drawn from Knox, Maroondah, Lilydale and Doncaster.

Our members run free activities: weekly computer and genealogy classes, quarterly armchair travel shows, third Sunday music afternoons, monthly mahjong, scrabble and rummeking games, book club, and dance lessons. We also do monthly ten-pin bowling, café crawl (different cafes each month), monthly lunches, movies at Croydon Cinemas, and live theatre shows.

Our Caravan and Cabin group conducts a regular 4-day trip to country Victoria. A bus-licensed member runs an occasional mystery tour. Every two months, we do a day outing to an exotic location such as the large Temple of the Heavenly Queen. Members carpool so travel is free.

ERRI's general meeting is at Federation Estate, 32 Greenwood Ave, Ringwood, 9:30am, fourth Thursday of each month, except December. A guest speaker presents a topic of interest to the members 10:30-11:30am. Lunch follows at a local restaurant.

Please contact: Brigitte 9723 3103, John 8736 7537, Patricia 9870 5508, or erriemail@gmail.com



Wantirna Lions Club News

XMAS CAKE AND XMAS TREE SALES

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



Xmas Cakes and Puddings

Selling at Banksia Nursery and Studfield Pharmacy.

Wantirna Mall: Selling at the Bendigo Bank, Newsagency and the Community Pharmacy.



Xmas Tree Sales

Weekend of 8th & 9th December 2018

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

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

Paul Garvey, Secretary 0400823441

Senior Citizens Festival month Celebration

Together with special guests including the Mayor of Knox, John Mortimer and MP for Bayswater Heidi Victoria, the Senior Citizens of Knox were invited to attend a luncheon in October to celebrate Senior Citizens month. Lunch was prepared and served to around 140 guests by the members of the Wantirna Lions Club. Guest enjoyed some lively entertainment as well as a healthy lunch.

If you are interested in joining the Wantirna Lions Club contact Cynthia on 0413906217.



Knox SOW NEWS



by David Mallen

The Knox Street Orienteering Walkers walking group held an event on Friday 19th October as part of the Knox Seniors Festival. 33 walkers came to Tormore Reserve, Boronia on a beautiful sunny morning to try out this different type of walking activity.

Special participant was Linda, the Seniors Support Officer from the Knox Council. She organises the Knox Seniors Festival, the 'Bright Ideas Network', the 'Over 55s Zest4Life' and other support activities for senior residents in Knox. She is also the Heart Foundation walking group co-ordinator for Knox.

Each walker was given a map and challenged to find the answers to 20 clues in the surrounding streets and parks in exactly one hour. 'First timers' were given training by Glenys and placed in a team with experienced walkers. However they still had to do a little navigating and searching for the clues.

After the walk Linda thanked the group for inviting her and then everyone went to the nearby Forage Food Store café for a cuppa and a chat. One new walker was overheard saying, "What fun that was! Did you see that amazing 'red car' letterbox in Kristen Court at Clue 10? Some groups were even taking a photo of it!"

With over 40 members, Knox SOW is now the largest Heart Foundation walking group in the City of Knox. They walk on the first and third Fridays every month. Full details and a copy of the event map are on their website: www.knoxsow.org.au. Contact Walk Organiser, David, on 0419 337 311 if you want to enjoy exercising your brain as well as your body!



Debt in Retirement

Financial counsellors at EACH see many seniors with unmanageable debt. Some are still working when they are elderly in order to keep paying their debts. Others are unable to work due to illness or injury and are skipping meals or going without heating and cooling while making debt repayments. Their quality of life and their physical and mental health are severely affected and they see no way out.

People reaching retirement age with credit card debt enter a vicious cycle of ongoing debt. When the credit card is "maxed out", other credit cards and payday lenders are relied upon leaving seniors in a position of further extended hardship. Centrelink pensions are not sufficient to pay debt, and pensioners end up being unable to afford essentials.

EACH financial counsellors offer a free and confidential service available to all residents of Knox, Maroondah and the Yarra Ranges experiencing hardship due to debt. They can negotiate with creditors for successful outcomes on a case by case basis.

James and Sally's Case:

James and Sally had paid off their mortgage and their only debt was a credit card with a limit of \$10,000. James had managed to keep the balance low when he was working, but that changed when he retired to be Sally's carer. Their pensions didn't cover unexpected expenses and gradually the credit card debt increased. When it reached its \$10,000 limit, James couldn't meet the minimum monthly payments. He went to see a financial counsellor who negotiated for the card to be closed with no interest or fees accruing, and a payment plan of \$80 per month for the remaining debt.

Pat's Case:

Pat took out a \$17,000 car loan when she was 70 and on the aged pension. The finance provider gave her a credit card without her asking for one. When she reached the card limit, the limit was increased without her requesting it. Later, Pat's fridge broke down. She went to a white goods store who provided her with a credit card from the same finance provider at 25% interest to pay for a new fridge.

Pat's sister moved out of their home into a nursing home, leaving Pat to pay the rent and bills on her own. She was using her cards to pay for essentials

and her debt blew out to \$23,000. She went to see a financial counsellor when she could no longer afford her electricity, gas and water bills. The financial counsellor contacted the finance provider and pointed out providing that amount of credit to an aged pensioner was irresponsible lending. The finance provider closed the credit cards and waived the \$12,000 of credit card debt.

EACH can be contacted for financial counselling on (03) 9871 1817. You do not need to be on a Centrelink payment or have a low income to be eligible.



What's On?

Event	Date & Time	Location	More Information
Beach Hut Brewery Community Christmas Market	Sunday 2nd December 1pm to 5pm	4 Rocco Dve Scoresby	Phone 9018 4288
Caribbean Gardens is hosting the Knox Food Truck Carnival with Pearce Brothers playing on Saturday night	Friday 21st, Saturday 22nd, Sunday 23rd December.	1280 Ferntree Gully Road, Scoresby	caribbeangardens.com.au 9756 5000
Boronia Ladies Probus	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Zita 9764 5233
iShred	Saturday, December 1	5/7 Samantha Crt. Knoxfield	1300 763 688
Tiny Bear Distillery	Sundays 12 noon to 5.00pm	Unit 7/10 Henderson Rd, Knoxfield	0416 030 786
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
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
Tempting Treats Café	10 am to 4 pm	TTHA 31-41 Elizabeth Street	

News from Boronia Ladies Probus

Boronia Ladies Probus Club Inc. celebrated their 30th Birthday on the 17th October 2018 at the International on Canterbury Receptions (formerly the Clarion) with members from other Probus Clubs as their guests and there were many surprises including the conferring of Life Membership to our long serving member Phyllis Bentley. Phyllis was so surprised and honoured to accept this award. President Barbara McCarthy made the presentation to Phyl and read Phyl's club history since she joined in 1998. Phyl had served on committee from the time she joined in various positions including President. The other two life members Verona Cousins and Zita Ragg were there to congratulate Phyl on this prestigious award.

Those who attended this luncheon witnessed the cutting of the 30th Birthday cake by our oldest member Irene Jackson (Foundation member), together with our other Foundation and Life member Verona Cousins and our newest Life member Phyl Bentley.

Boronia Ladies Probus Club Inc. is always happy to receive enquiries for any ladies in the area who would like to come and enjoy fun and friendship on a monthly basis at the Knox Club on the 3rd Wednesday of each month. The club has many



outings and theatre days, as well as interesting monthly speakers. Anyone who would like to join us at a meeting will be made most welcome. Please ring Secretary Zita on 9764 5233 for any information.



Knox & District Over 50s

We would love to invite you to come and visit Knox Over 50s Inc. We are a large friendly group of senior men and women who enjoy getting together for a regular monthly meeting and numerous social activities.

Our meetings are held on the 4th Tuesday of each month starting at 10:30 am sharp in the Boronia Progress Hall, at 134 Boronia Rd. Boronia (can be entered via the Library car park.) Our next meeting will be Tuesday the 27th November. Cost is \$3 for morning tea and hall hire and also a lucky door prize. You are welcome to attend 3 meetings before deciding to join.

Each month there are numerous fun social activities that you are more than welcome to attend if you wish. These include visits to Boronia Cinema, coffee mornings at Myers coffee lounge, regular lunches at different locations in Knox and Morning Melodies.

Upcoming events are a bus trip on November 26th to Moorabbin Airport where we can wander around the aircraft and other memorabilia followed by lunch at the Flight Deck Restaurant.

Please contact Jill for any further information on 9801 4363

Aussie Veterans Find Support

By Michael Quinn, National Vice President

The Aussie Veterans Op Shop is gaining support of other groups assisting with the raising of funds to maintain our services to the Veteran Community. The funds raised in our shop have been possible due to the generous donations of goods and the gift of time by our generous volunteers.

Recently we have had two fund raisers run by an outside club and an individual. The Yering District Archers dedicated the funds raised from two open days to have a go at archery. On top of this they also



allocated the profits from their open competition to the Op Shop to continue our work in the Veteran Community. A very big thanks to the team at the Yering District Archers.

To make the day even more successful the Aussie Veterans Coffee Co has donated one dollar from every cup of coffee sold on the day.

Dan Parkinson set up shop outside of his residence selling coffee and cup cakes. The funds raised were split between Beyond Blue and the Aussie Veterans Op Shop. Dan has also pledged his ongoing support with fundraising to assist Veterans.

In the future, a few volunteers have stepped up to the plate with expertise in running car shows and they intend to run events to fundraise for us as well. At this stage, one will be run at the Healesville Showground and the other in the car park at the Boronia Mall (Dates to be advised).

I think it is important to acknowledge the good will and efforts being made by individuals to raise funds to look after our Veterans. Over the past few

months our legal and welfare assistance has been afforded to Veterans spanning over time from WW2 through to our recent conflict in Afghanistan. It's heart-warming to know that the general community identify the sacrifices made by these men and women. Not all Veterans need assistance; but those who need it should be assisted without question.

My personal thanks to a community that cares.



Photos by Ryan O'Donnell - Instagram.com/ryanodonnellphotography



Bayswater Bowls Club News

NEXT MISSION – THE STATE CHAMPIONSHIPS

There were mixed results for bowlers from Bayswater Bowls Club who competed in the finals of the Eastern Ranges Bowls Region (ERBR) Championships last month.

Karen Barton and Marika Forras represented our club in the Women's Triples and Women's Novice Singles Championships respectively.

Lifelong friendships can be made through bowls as evidenced by Karen partnering with Patty Whorlow (Glen Waverley) and Karen Morgan (Lilydale) in their Triples event.



Lyn Hawkless and Marika Forras at Mulgrave Country Club.

The Mooroolbark greens seemed to be in excellent condition for Karen's match against a team from Ashburton. Championship Triples are restricted to eighteen (18) ends with each bowler allowed only two bowls.

Scoring was limited to single shots early in the match with Patty bowling extremely well, however, both Karens were struggling for length on the slick grass green. As the match progressed the mixed combination were slowly gaining ascendancy to lead 10-4 and were looking good. Their dominance continued with a five shot end to have an unbeatable 22-7 margin by the 16th end. Patty, Karen and Karen will now represent the ERBR in the State Triples Championships to be held in April 2019 at Bendigo and the respective bowls clubs wish them every success.

Marika Forras, a first year bowler, was Bayswater's woman representative in the ERBR Women's Novice final held at Mulgrave Country Club. Marika had won her way into the final with convincing lead up wins.

In her match, Marika started extremely sluggishly as her opponent persisted with short ends and she trailed 13-0, but all was not lost as she was able to win the mat and roll the jack to her desired length. Marika fought hard to turn the match around and led 16-14, but her opponent Lyn Hawkless from Chirnside Park regained the mat and eventually defeated Marika 21-16. Supporters from both

SPORT NEWS



Patty Whorlow, Karen Morgan and Bayswater's Karen Barton celebrate their Women's Triples success.

clubs thoroughly enjoyed this enthralling final and Bayswater congratulate Marika on her lawn bowls achievements so far.

And congratulations must go to husband and wife Steve and Lyn Hawkless from Chirnside Park who were champions in the Women's and Men's Novice Finals.

Bayswater Bowls Club is always on the lookout for new lawn bowlers regardless of age and conduct Barefoot Bowls every Sunday between 2pm and 4pm. If you wish to participate on a Sunday please contact the club on 9729 8312 to arrange a booking and you too could be representing our club, just like Karen and Marika.

Knox Gardens Tennis Club News

by Marg Rath, President



New Courts

The Club is eagerly awaiting the completion of 2 new courts. A big thank you to Knox City Council for funding this re-development which will increase our courts from 5 to 7. Work is scheduled to be finished by mid-November. The surface is hard court (plexi-pave). Stay tuned for Grand Opening celebrations in February 2019.

Coaching

We are very excited to welcome Lee Pearson (Leep Tennis Academy). Lee began coaching at the Club at the beginning of this year. Lee and his wife Lucy coach 5 nights a week. They offer all standards of coaching: 'Hot Shots' for 3-12 year olds (smaller courts, lighter racquets, lower nets and low compression balls that don't bounce too high), and group lessons for 12-18 year olds. They also offer Junior Squads, Adult Groups, Cardio and Private lessons. All standards and abilities can be accommodated. Junior clinics are offered in the school holidays and have been very successful and lots of fun. Lee is the Junior Convenor for the Club for our Saturday and Sunday morning junior teams.

Australian Open promotion

Tennis Victoria has 'the Summer of Tennis' planned, a calendar of tennis events just after the Australian Open in January 2019. The Club is offering free activities during February as part of this event. Our website and Facebook page will provide details closer to the time.

Social Night Mondays

Start at 7.30 pm during school terms and cost \$5 which covers the cost of balls and lights. Come along and have some fun. All standards welcome.

Competitions

The Club offers a variety of opportunities to play competitive tennis: Juniors on Saturday and

Sunday mornings, Ladies on Thursday mornings, and Tuesday night's Open singles/doubles.

Come along and meet our friendly committee members and coaches. New members and enquiries are always welcome.

Knox Gardens Tennis Club

Argyle Way Reserve,

Argyle Way, Wantirna South 3152.

Memberships: Catherine Davies

kgctmemberships@gmail.com

President: Marg Rath 0411 876 806

Coaching: Lee Pearson 0419 396 479 (Leep Tennis Academy) leeptennis@bigpond.com

Facebook: Knox Gardens Tennis Club



Templeton Tennis Club News

by Don McCracken , President

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

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

We have since our last edition had our grant request for replacement of court 4 approved and this will proceed over the Christmas break. Also Council are in the process of scoping works to attend to major works to make courts 1,2 and 3 Tennis Australia compliant. This will involve lengthening of the courts and replacement of all three surfaces. We would like to again thank Knox Council, through their Leisure Minor Capital Grants as well as their Major works group for the financial assistance provided to help us keep our "home" in good condition and a show place for tennis.

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

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

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

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

Merry Christmas and a Happy New Year to all!

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



Wantirna Tennis Club News

by Alison Rogers



200 by 2020

Great news for Wantirna Tennis Club

Since the last edition Wantirna Tennis Club has been fortunate to sign up our wonderful coaches Troy and Mike for a further 5 years. The progress of the Club in the past few years has been amazing with many more members and teams coming through our gates mainly because of the passion these guys have for tennis and our Club. Details on how to contact our Coaches are at the end of this newsletter or by enquiries@troyandmiketennis.com

Juniors

A Presentation night was held recently with many of the Juniors and their parents attending. A sausage sizzle was held afterwards making this a great social occasion. After a very successful Winter season, our Juniors are now well into the Summer season. The emphasis at our Club is for kids to have fun as well as learning ball skills and also learning the social aspect of playing team sports. Win or lose, it is important for them to have fun.

Anyone wanting to make enquiries for Junior tennis at Wantirna Tennis Club can send our Junior Convenor Fiona an email on wantirnatennis@gmail.com

Social tennis

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down on a Tuesday morning and have a



social hit with some of the ladies at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground you can have a hit. Play starts at 9-30am and it is only \$2. Men of course are welcome.

Midweek Ladies

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

Coaching

At Wantirna, we cater for all age groups and standards. Our coaches Mike and Troy will make you welcome (details are at the end of this article). Give them a call.

For the adults, the coaches can guide them into competition by starting with Cardio tennis, group coaching or 'one on one' coaching. The new 'Fast Tennis' for those that are 'time poor' is an exciting venture in the Tennis World. A new ladies and men's 'in house' night is available with something similar to be organised for men on another night.

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

Contact or visit us. We have excellent facilities, including a new BBQ area, with a recently installed shade sail. We have 9 en tout cas tennis courts and a coaching area in the terrific setting of Wantirna Reserve with safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve and the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

At Wantirna you can always see what is happening by checking out our website or face book page.

Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com

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

Wantirna Tennis Club Inc Melway Ref: 63C8
Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna
PO Box 5295 Studfield 3152

Club Secretary: Alison 0408576025 or email wantirnatennis@gmail.com

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

WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club

MERRY CHRISTMAS TO ALL OUR READERS



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Merry Christmas and Happy New Year



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