

# COMMUNITY NEWS

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

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EDITION 59  
APRIL/MAY 2019

- BAYSWATER CFA STATION OFFICIAL OPENING
- ANZAC DAY SERVICES 2019
- MASSIMO COMES TO WANTIRNA PRIMARY SCHOOL
- KNOX SCHOOL STUDENTS HEAD TO NASA
- SCOUTS CELEBRATE BP'S BIRTHDAY

# FREE

LEST WE FORGET - ANZAC DAY 2019 AT BAYSWATER RSL



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## Information

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 PO Box 6159, Wantirna Mall 3152  
[swnewspaper@gmail.com](mailto:swnewspaper@gmail.com) or  
[swnewspaper2@gmail.com](mailto:swnewspaper2@gmail.com)  
 Telephone: 9881 7145

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Volunteer newspaper production team:

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

Photographer: Chris Ellis

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

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## Editorial

Hello Community News readers,  
 This is an extract from the website Racism Stops With Me from the Human Rights Commission: <https://itstopswithme.humanrights.gov.au/>  
*We've all been a bystander at one time or another but standing up to racism can be a powerful sign of support. When responding, always assess the situation and never put yourself at risk. Your actions don't need to involve confrontation. If you see racist behaviour in public, you could say something if it feels safe. It could be as simple as saying "Why don't you just leave him/her alone?"*  
*If it doesn't feel safe to say something, you could think about how you can support the target of the abuse. Go and sit or stand next to them and check if they're ok. Call the police on 000 if you think that you or somebody else may be in danger.*  
*If you see racist material online, you could report it. Most social media platforms can deal with offensive content or make a complaint to the Australian Human Rights Commission or to the Office of the eSafety Commissioner.*  
**Let's all work together to make our community safe for everyone.** 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.





## Report from the YMCA at ANZAC Cove by John Bindon.

This story is from an original report of a YMCA Representative at Anzac Cove about his first exposure to the front line.

The YMCA at Anzac was housed in a sandbag shack covered with corrugated iron which leaked abominably. It was built right up against the cliff face which saved us from shells more than once while on our left rose a towering cliff known to all as "Walkers Ridge".

Many friends were made at that hut and the memories of those Anzac days will remain to the end of time. Allowing for all faults, such YMCA help was given as the ever-present difficulties allowed.

This was the first adventure in a forward area service for a YMCA Representative. Prior to the Gallipoli landing representatives of the Australian YMCA had arrived in Egypt and commenced working Cairo and in the MENA camp under the directions of the Egypt Committee. All the service rendered at Anzac was the beginning of forward area work which was to reach its fullest development through to victory days in Palestine three years later.

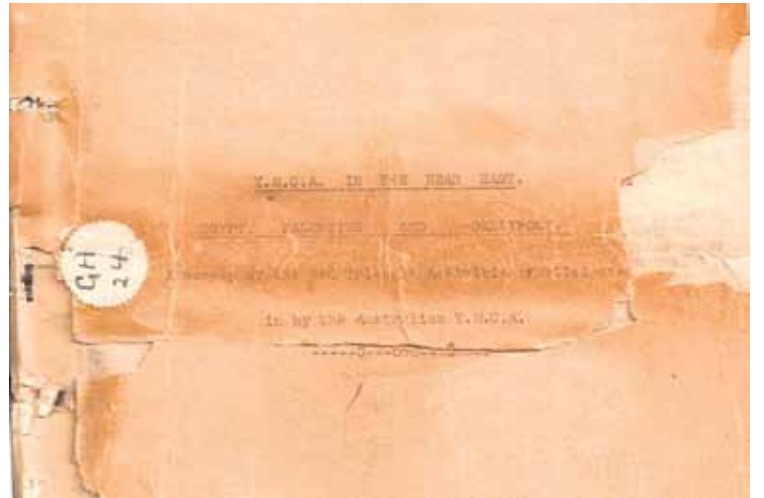
Shortage of food supplies was one of the chief hardships on Gallipoli. The YMCA Canteen service

was, therefore, much appreciated by the soldiers who felt that they would receive a fairer deal in the matter of selling prices from the YMCA than at the hands of those people from the fleet who would appear at intervals upon the beach for the purpose of retailing, at exorbitant prices, bars of chocolate and tins of condensed milk stolen from stores in Alexandra.

My callers would come at any hour day or night mainly for writing paper, envelope and a pencil to write home and you could hear the anxiety in the voices of those keen faced Australians and they would also ask "Have you got any cake today cobber?"

We would scan the horizon for the trawler and I would tell them I always expected something but they must wait and see. Wait! Yes, they would wait, and the patience was pathetic. By 10 o'clock three or four hundred would be waiting at the hut for the trawler. Whenever the trawler was sighted a yell went up and the real business started. When the goods reached the pier the waiting party

heaved the baskets of cakes and bags of nuts and fruit onto the pier where a motor lorry was waiting to take them up to the shack. Inside I always had a willing band of helpers but the rule was no one could get more than two shillings worth at any one time. In two hours the little stock was exhausted and then followed a time of explanation to the disappointed lads who would come along too late.



## ANZAC DAY SERVICES

### Bayswater RSL

A Commemorative Day Service will be held on Sunday 21st April - 10.40am at the cenotaph outside the Sub Branch with light refreshments supplied after.

Anzac Day Service will be held on Thursday 25th April - Dawn Service 5.40am at the cenotaph outside the Sub Branch with gunfire breakfast supplied.



**BAYSWATER RSL SUB-BRANCH Inc**  
626 Mountain Highway, Bayswater.  
Telephone: (03) 9720 4638



### Boronia RSL

Boronia RSL holds a Commemorative Day Service the Sunday prior to Anzac Day each year.

This year we are holding our Commemorative Day Service on Sunday 14th April because the Sunday prior to Anzac Day is Easter Sunday.

People attending are required to meet on the corner of Chandler and Dorset Roads Boronia at 1.45 pm and will march from there to the Boronia RSL, 198 Dorset Road Boronia where the service is held.

Everyone is welcome to attend to commemorate those that have given us the freedom we enjoy. Also please join us after the service for afternoon tea.

**RSL BORONIA SUB-BRANCH Inc**  
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## New Early Years Centre Opens

From the cradle to the school gate. The new early years centre in Wantirna South will help children to flourish.

Excited local families have joined the Mayor, Councillors and Council staff for the official opening of the new \$11.7 million Knox Children and Family Centre in Wantirna South on the weekend.

The centre brings together a range of essential services for young children ranging from Maternal and Child Health to sessional preschool, long day care, occasional childcare and community and supported playgroups.

The outdoor classroom allows children of all ages to interact and play together and includes an edible garden under construction, sand, water, rocks and many more elements from nature, as well as construction areas and art spaces.



Mayor Jake Keogh, Cr Lisa Cooper, Cr. Peter Lockwood, Cr. Nicole Seymour, Cr. Adam Gill

Building on the new outdoor classroom, the centre sets net benchmarks in being an environmentally, socially and economically sustainable facility. This

includes being a thermally-sealed building, and measures to boost energy efficiency, cut waste and collect and re-use water among other initiatives.

The building has also been designed as a 'Faraday Cage' structure, which minimizes the impact of electro-magnetic interference on communications and building management systems. It has also been constructed to last, with an estimated lifetime of a century, or potentially 30+ generations of children.

Mayor, Cr Jake Keogh commented, "this bold, visionary and integrated new facility will transform the face of early childhood education as well as young lives in Knox and outer eastern Melbourne. Council funded this entire project to the tune of \$11.7 million – highlighting our long-standing commitment to and, support for, children and families in Knox. Our children's future is our City's future and with facilities like these we are doing everything possible to ensure they get off to the best possible start in life"

## Chocolate Is Bad For Dogs

There is a chemical compound found in chocolate called Theobromine that is toxic to dogs. When consumed it can lead to vomiting, diarrhoea, fever, increased heart rate, rapid breathing, seizures and potentially death. Baking chocolate and dark chocolate that are commonly used over Easter contain more theobromine, making them more toxic to dogs. An alternative to chocolate for dogs is carob. It does not contain theobromine and is very similar to chocolate in its appearance. It is safe for your dog and for us to eat also.

By Emma Corbett Veterinary Nurse Cert. IV  
Wantirna Vet Clinic



Below is a recipe for a safe Carob and Peanut Butter Treats for your dog over Easter.

### Ingredients:

- 1 cup peanut butter
- 2 eggs, slightly beaten
- 1 cup milk
- 2 cups whole wheat flour
- 2 tbsp. sugar
- 1 tbsp. baking powder
- 1 cup carob chips

### Directions:

1. Preheat oven to 180°C.
2. Beat eggs with peanut butter, then add milk and combine well.
3. In separate bowl, combine flour, sugar, and baking powder.
4. Combine the dry mixture with the peanut butter mixture. Mix well.
5. Stir in carob chips.
6. Drop by rounded teaspoons onto lightly greased cookie sheet, leaving about 1" in between cookies.
7. Bake for 20 to 25 minutes, or until biscuits look just barely "dry" in the middle and are baked through.
8. Do not overbake! The biscuits will naturally harden as they cool.
9. Let cool before removing from cookie sheet.
10. Call your dog over for a tasty homemade treat!

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**Weekend:**  
Saturday Vigil: 6:30pm  
Sunday Mass: 8:30am & 10:00am

**Weekday Mass:**  
Monday & Tuesday – 9:00am  
Wednesday – 7:30pm  
Thursday & Friday – 9:00am

**Reconciliation:**  
Wednesday - 7:00pm  
Saturday - 9:30am & 6:00pm

**Adoration:**  
Wednesday 7:30pm – 8:30pm

**Divine Mercy Chaplet:**  
First Sunday of the month:  
2:45pm

**9801 8411**  
**Wantirna@cam.org.au**  
**www.stlukeswantirna.net**

**Office Hours**  
**Monday to Friday**  
**9:30am – 3:30pm**





## News from Wantirna South Probus Club

Wantirna South Probus Club celebrated the start of its second year with 27 new visitors turning up at its February meeting a great response to the wonderful support Community Newspapers in Knox provide our community groups.

Retirees (or semi retirees) are encouraged to come along to the clubs monthly meeting held on the 2nd Wednesday each month at Wantirna Club 350 Stud Rd, Wantirna with meeting starting at 10am to see if joining the club suits what your looking for.

Probus Clubs offer the enjoyment of getting together with like-minded people and having a good time.

Every monthly meeting includes a guest speaker and at the February meeting former Knox Mayor Karin Orpen gave us a wonderful presentation on her life as a Councillor plus Family life including husband and 3 children and working in Superannuation Industry.

April as part of RACV Community Services a Speaker on Driving for Seniors and in May our incredible speaker from last year

Former Victorian Police Commissioner Kel Glare returns to talk about his life as young boy growing up in the Mallee to the top Policeman in Victoria.

You may well have seen Kel on TV or heard him on radio but this is your chance to meet him in person and we can assure you if you would like to ask him any question you will get a very forthright answer. Its a presentation not to missed.

Kel has aired his concerns for a long while and with the Royal Commission about to start this will be the subject of the year in Victoria.

The 1st AGM of the club saw First President Chris Day Induct June Whitney as 2nd President of the Club and members appointed their elected Committee Members for 2019/20 year. The new Committee will hit the road running with many events and outings being presented to members for them to take part in if they would like to.

One day trips, plus 3/4 day trips plus a trip to Norfolk Island is on the radar following a presentation by travel company at the AGM.



*Chris Day and June Whitney*

Other regular member events include monthly dine out at different venue each month and walking group that have continued throughout the holiday period. Next walk planned is to The National Rhododendron Gardens, Olinda.

For further information contact Helen Dewar 0418 333022 or Chris Day 0418 315902

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# COMMUNITY PHARMACY

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## What's New At Community Pharmacy?

**Hello lovely readers!**

**For those of you who shop regularly with us, you may have noticed the last few weeks, that we have had a very big personality missing from our midst. Glenda has been off having surgery on her foot to rectify an old navy injury. I can hear you all now... "what Glenda was in the navy?"**

**So I thought this edition would be a good opportunity for Glenda to tell you a little about herself and also a chance to cover off on some tips for caring for your feet well.**

### Say "hello" to Glenda!

Let me introduce myself. My name is Glenda Muirson. I have been working at Community Pharmacy for 10 years now.

I hold a diploma in Beauty Therapy which I obtained in 2005 at the Ella Bache College in Melbourne.

I have a long history of working with makeup and skin care having started my career in the late 1970 working in Myer Department store on the Estee Lauder counter. After a few years moving to Gippsland to have a county life start a family I began working in pharmacy. So here we are today, I love the interaction with customers, just saying hello and helping with the reason they came into our store today, safe to say I am a people person.

But today is a different story, my Valentines' Day present this year was a new foot so to speak. I have had major surgery and the outcome is looking positive but this has been a long time coming.

Step back in time to September 1973 and at a tender age I joined the Womens' Royal Australian Navy posted to HMAS Cerberus at Hastings, I did my initial training and was then posted to HMAS Watson on south head in Sydney to begin my career. WRANS, as we were called in those days, didn't go to sea and were just posted to shore establishments not like today where women have the opportunity to captain ships. Also when I joined women had to leave the service upon marriage and/or pregnancy. Discipline is the core of the services and this has held me in good stead in my life, no turning up late for me and always tell the truth no matter the consequences.

Mind you I was a little stubborn in my younger days, not backward in coming forward and this did get me in to trouble at times. But the grounding in my initial training has taught me how to navigate life, work with others and be the best person I can.

My feet issue started then as navy issue shoes were one width only, narrow, and so lots of us squeezed our feet in these shoes hoping that they would magically expand and be comfortable.

No luck for me and over time I developed a rather painful bunion and so it was decided to operate to relieve the pain and discomfort.

Two surgery attempts later a metal screw was finally inserted correctly to realign my toe.

This was finally removed after healing time and I got on with it but had ongoing issues of pain and tenderness.

Fast forward a few years and I had learnt to adjust my footwear and lifestyle to manage the inconvenience of it. Eventually it became a real problem due to the condition and age of the bones in my feet. Slowly my toes have clawed up and my toe turned under another one and just being on my feet was at times difficult and painful but you again adjust your lifestyle and coping mechanisms. I developed a permanent limp but had to keep up with Sue at work when we walked the Mall at lunch time. She walks really fast.

My shoe style was what I call nanna shoes, wide, deep and not that attractive but they did the job with the help of orthotics. I was able to continue working on my feet all day.



But this year, some 40 years after the initial operation it was time to re visit and try to correct my foot issues as it was getting more and more painful and my lifestyle choices were narrowing with respect to what I could do physically.

I found a very good surgeon who indicated that after surgery and healing time I will be able to buy flat feminine shoes, walk my dog Anouk and remain in the workforce for a bit longer.

So now I have a different shape foot and the healing process has begun, I am excited to go shoe shopping and just being able to walk normally for the first time in absolutely ages.

Looking forward to my return at work and seeing everyone again.

### Top Tips For Good Foot Care

- Wash your feet often. Keep your feet clean by washing them every day in warm soapy water, but don't soak them, as this might destroy your skin's natural oils.
- Dry your feet well, this can help prevent fungal infections such as tinea
- Keep the skin on your feet soft and smooth, by moisturising them daily. A foot balm containing Urea is the best one to use as it can help to soften even very hard skin
- If you have any corns or calluses, smooth them out gently with a pumice stone. For tougher to treat corns, medicated pads can be purchased from the pharmacy to help get rid of them
- Trim your toenails each week
- Wear comfortable shoes that fit well and protect your feet.
- Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.

Please feel free to pop in to the pharmacy and get one of our lovely pharmacist to do a foot check for you and we can assess what may need to be done.

We look forward to seeing you in store soon, Carmen, Tina and the team at Community Pharmacy Wantirna

**Wantirna Community Pharmacy**  
**Shop 3-4 Wantirna Mall 348 Mountain Hwy, Wantirna**  
**(03) 9720 2872 OPEN 7 DAYS**  
[www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)

## KNOX POLICE NEWS

### SCAM ALERT - BE AWARE

You may have noticed a small article in last month's newsletter warning of 'fake tradies'. Victoria Police has since contacted Knox City Council to warn of a real life scam that took place recently:

On Friday 25 January 2019, a retired gentleman "Peter" living in Rowville, was scammed of \$3000 by two Caucasian males "tradies" alleging to be roof repair trades people.

The tradies turned up at Peter's home and offered to fix some loose tiles on his roof which they stated they had noticed while doing a job on a nearby roof.

They inspected Peter's roof from the outside then reported that it seemed much worse than it initially looked stating it appeared to be leaking water into the roof cavity. The tradies asked Peter if they could look inside the roof cavity and Peter agreed. One male entered the roof cavity through the man-hole and quickly produced two rags saturated with water. They then suggested Peter look in the ceiling to see for himself. Peter climbed up the ladder and viewed the water in disbelief.

The males explained that they could repair the roof and that it would cost around a \$1000. However, they said they first needed to hire some

specialised equipment to dry the water as soon as possible to avoid any further damage. The deposit to hire the equipment would be \$3000 and it would be refunded when the equipment was returned.

Peter went to the bank and paid the \$3000 deposit. The two males drove off to hire the equipment and never returned. The roof damage was a hoax and the pretend trade's people planted the water in the ceiling as part of the hoax.

Peter is an intelligent, educated and articulate man. He was scammed by a sophisticated presentation by two professional scammers.

### ADVICE FROM POLICE:

- Don't do business on the door step.
- If you did not initiate the concern, it is likely to be a scam.
- Anyone offering trades or services that you did not request is likely to be a scam
- If in any doubt about an offer, defer. Get the details of the person or company offering the deal and call them back once their credentials have been confirmed
- Have a "back up plan". If you are offered any service tell the provider that all maintenance is handled by a member of your family, get their details and call them back when their credentials have been verified.

## Get Knox Moving! from Alan Tudge MP

If there is one issue that unites people across Knox it is the frustration with congestion.

I have been fighting to address congestion in Knox for several years and in recent years have started to get to some real traction. Of course, as the Urban Infrastructure Minister, I now have more say over federal infrastructure budgets and priorities.

In the Studfield / Wantirna areas we don't have a train station, so inevitably, people either drive to work or drive to the station to get onto a train. The problem is that often the train station car parks are full by 7am! Unless you are up early you miss out.

This is why I announced funding to new commuter carparks at stations in the region. Ringwood, Mitcham and Ferntree Gully stations will each have 400-500 carparks added to them. This is a

big financial commitment as these carparks are not cheap but if we want to encourage people to take the train we have to provide reasonable parking facilities.

Further south in Rowville I am still fighting for the Rowville rail. Last year I secured \$475m as the first big instalment to finally get the rail link going. We will still need more money and hopefully this will create unstoppable momentum.

Finally I haven't forgotten about the tram to Knox. Unless the state government prioritises it there is little I can do. I was hoping that the greater density of housing around the Westfield Shopping Centre would create a new impetus to start the planning. Rest assured I will never stop pushing.

## Wendy's Wantirna Beauty Centre

[www.wendyswantirnabeautycentre.com.au](http://www.wendyswantirnabeautycentre.com.au)  
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Real Action For Knox





# WHAT'S COOL AT SCHOOL?

## Off To NASA

Three Year 12 students from The Knox School are on their way to NASA in April. Not just as students but as entrepreneurs to pitch and promote their innovative cyber security product. Their invention of a biometric fingerprint credit card chip which adds a completely new level of security to credit card, EFTPOS transactions, is patented in Australia and is patent pending in America. The three students, Mitchell Phelan, Tori Caetano and Bhavesh Kapadia, were awarded 'Best innovation in 2018' in Australia in the highly respected Conrad Challenge, an annual international, multi-phase innovation and entrepreneurial competition that encourages young adults to leave their mark on the world. The Conrad Challenge is named for Captain Pete Conrad, commander of Apollo 12 and the third man to walk on the moon. The three students have been invited to Cape Canaveral to participate in the world finals from April 23 to 27.

The Conrad Challenge invites teams of students aged 13-18 from around the world to create products and develop programs that challenge real world problems from six categories: Aerospace & Aviation; Cyber-Technology & Security; Energy &



Mitchell Phelan, Tori Caetano and Bhavesh Kapadia

Environment; Health & Nutrition; Transforming Education through Technology; and a Smoke-Free World. Students, like those from The Knox School, leave behind the label of 'student' and claim that of 'entrepreneur', 'Problem solver' and 'World citizen'. They explore, collaborate, innovate and refine their projects with minimal guidance from teachers. This is a student-led, project based experience that transforms their learning horizon. It requires passion and commitment. Those involved learn to think critically, look at the world compassionately and consider the real world issues they will face in their future.

This year, the 50th anniversary of the legendary moon landing, will see the student submissions sent into space in a specially created "Moonwalker Capsule" aboard the New Shepard, Blue Origin's suborbital reusable rocket.

With only a handful of other teams from around the world entered in their category of Cyber-

Technology, the students are quietly confident about their chances. The Knox School acknowledges the assistance of the Department of Industry, Innovation and Science in enabling our students to travel to the United States.

## St Luke's 2019 - off to a great start!

At St Luke's Primary School in Wantirna we are proud of all of our achievements so far this year!

### SAKG

All of our students participate in a four week Stephanie Alexander Cooking Program throughout the year. So far our Year 5/6 students have prepared, cooked and shared together as a group delicious pizza, vegetable stir fry, homemade pasta, bruschetta and some mouthwatering desserts. Some of the vegetables used were grown in our school garden!



### STEM

We are in the second year of our STEM (Science, Technology, Engineering and Mathematics) program. Students participate in activities to develop skills in teamwork, collaboration, creativity, logical thinking and problem solving. We have partnered with Young Engineers to ensure our program is fun, engaging, hands on and meaningful for all the students involved.



The Champion Team from St.Lukes

### Mini Vinnies

St Luke's is proud of our involvement in the Mini Vinnies program. Mini Vinnies is a group of students who get together to help those in need within their school community. Our St Luke's Mini Vinnies students meet regularly to learn about social justice issues, develop leadership skills and engage with the wider St Vincent de Paul Society community. This week we have distributed Project Compassion boxes to our classrooms and presented to the whole school at assembly the great work undertaken by Caritas to help those in need. Mini Vinnies have also cooked up a number of meals to go into our

"Meal Train" for distribution to families in need in our community.

### Bayswater District Champions

Our amazing swim team recently competed and came away with the overall shield for 1st Place in the Bayswater District Swimming Championships. Go St Luke's!

St Luke's is a great school to be part of. If you are looking for a fantastic school, with many opportunities, extra curricular activities and an excellent curriculum come along and visit our school!

# #AMAZING



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# WHAT'S COOL AT SCHOOL?

## Storytime in the Library at Knox Central Primary School

At Knox Central Primary School we believe it is very important for children to be introduced to books and reading as soon as possible. To support this we have invited 3 and 4 year old children, and their parents, to come along on a Friday afternoon to listen to a story and make a craft activity. Our Foundation teacher, Miss Sytema, takes the session in the school library. The session runs from 2.00pm – 2.45pm.

If you will be enrolling your child at another school you are still more than welcome to attend these sessions. Please contact the school on 98013289 or [knox.central.ps@edumail.vic.gov.au](mailto:knox.central.ps@edumail.vic.gov.au) if you are interested in joining the Storytime and to find out the dates for term 2.

We look forward to seeing you there!



## Massimo Comes to Wantirna Primary School

On Monday 25th of February, Wantirna PS hosted Massimo Agnostinelli who conducted a workshop with our Year 5 and 6 students. Massimo is a Montreal based contemporary choreographer and international master of Bouffon theatre. Since 2004, Massimo has contributed to Cirque du Soleil's top artistic/acrobatic team where he specialises in Bouffon physical theatre and dance and movement improvisation.

Our students were extremely fortunate to have the opportunity to work with such a talented artist for a second year. Some of our students were also interviewed by Swinburne University Film students, Lucy, Sam, Phil and Paul, who created a video of the workshop. Please visit our school website [www.wantirnprimary.vic.edu.au](http://www.wantirnprimary.vic.edu.au) to find the link.

It was rewarding to see all the girls and boys so engaged and willing to listen, learn and demonstrate their confidence, creativity and teamwork.

We thank the organisers of Creative Melbourne who have engaged with the school to enable Massimo to add another amazing dimension to our Performing Arts Program for the benefit of our senior students.



## 2019 Knox School Leaders from Nick Wakeling MP,

With the school year now well in session it has been an opportune time to recognise those students with leadership aspirations and qualities.

I have recently had the pleasure of meeting with school captains, house captains and junior school council representatives at local primary schools to congratulate them on their appointments and to thank them for the service they will provide to their school communities.

Many of today's young people will be tomorrow's leaders. It is incumbent on the current generation to nurture the next generation and to develop their leadership potential.

There have been many notable people who have grown up and attended schools in and around Knox and I hope there are many more in the future.

I particularly want to thank staff and students of Mountain Gate Primary School, Wantirna Primary School and Knox Park Primary School for hosting me at their schools.

The future of our state remains in good hands.



Wantirna Primary School Student Leaders 2019



# It Starts Here...

Book in for a tour:

Thursday May 2  
School in Action Tour  
9.00am



Ph: 8805 3800  
[www.knox.vic.edu.au](http://www.knox.vic.edu.au)



## Have You Ever Wondered Why?

by Evelyn Hodgkin, Bayswater History Facebook

Have you ever wondered why half an aeroplane is in the front yard of Karem Woodcraft, 852 Mountain Highway, Bayswater near Mitre 10?

Instead of wondering, I went in and enquired. A very interesting story emerged of how and why this aeroplane took up residence on this site.

My story begins 28 years ago. Clive Dossetor, the owner of this period style woodturning joinery and a collector of rare and odd objects, added this plane to his collection. Clive saw an advertisement for an auction of floats and other memorabilia from past Melbourne Moomba parades. One of the items for auction was a plywood plane that had been created for use in a Qantas promotion. It was never used for this purpose and ended up with the Moomba floats at the auction.

Clive purchased the plane and it was transported to its present site by a crane truck causing great interest as it proceeded to Bayswater. Clive's plan was to



spruce it up and then hoist it above the Karem Woodcraft sign at the factory entrance to attract the attention of passing traffic. This didn't happen and the plane stayed in its original site. Clive is the owner of one of the largest outlets for period style products in Victoria. He is also the proud owner of oddities including a stuffed kangaroo that was the original Skippy, the bush kangaroo. This was used in the television series of that name in the 1960s. Clive also has in his possession an 18 foot fibreglass giant.

As the years went by the aeroplane came into disrepair and observant commuters along Mountain Highway would have noticed it was missing for over twelve months. The staff at Karem Woodcraft had moved the plane into their factory and in their spare time had restored it. This time the plane bears the firm's name with two pilots looking out the windows. In this throw away world how wonderful that these people had the incentive to carry out such a task. Too much is thrown away and destroyed.

Such a landmark for Bayswater.



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## Community News

is available online at  
[www.studfieldwantiranews.org](http://www.studfieldwantiranews.org)



## Café on the Park.

— Eat, Drink & Be Social at Glen Park —

Café on the Park is your local social enterprise located in Bayswater North. Café on the Park operates Monday through to Friday, 9am to 3pm.

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# New Fire Station at Bayswater Officially Open

from the office of The Hon. Lisa Neville MP, Minister for Police and Emergency Services



The Andrews Labor Government has officially opened the new state-of-the-art fire station in Bayswater, providing improved emergency services for the community and better facilities for volunteers. Minister for Police and Emergency Services Lisa Neville and Member for Bayswater Jackson Taylor toured the new \$2.84 million facility, as part of the Labor Government's CFA capital works program and a contribution of \$138,000 from the brigade.

The four-bay station provides the Bayswater CFA brigade with modern facilities, meeting rooms,



Bayswater Fire Brigade marching at the opening ceremony  
Photo by Graham Crichton from FTG Brigade

## Celebrating Our New Home

from the Bayswater Fire Brigade

Bayswater Fire Brigade has challenged itself with some large projects in recent times. The most outstanding achievement is this newly completed fire station.

It has come after many years of hard work and negotiations and this new station is now the future of the Bayswater Fire Brigade.

The working party have done an outstanding job, working with CFA Land and Building on the design. District 13 supporting this project and the members of

storage areas and workshops as well as a computer hub for those who give up their business time to support the brigade.

The new station gives the brigade more space, making it easier for them to continue their proud history of protecting residential properties and businesses.

Member for Bayswater Jackson Taylor acknowledged the work of the Brigade in saying

"I commend the vital work undertaken by the Stations' volunteers, as well as its Captain, Diana Ferguson."

The Bayswater CFA Brigade – which celebrates its 50th anniversary this year – has more than 80 volunteers who also lend their support to surrounding brigades when required.

The brigade now responds to approximately 470 callouts each year, including fires, motor vehicle accidents and hazardous material incidents.

Minister for Police and Emergency Services Lisa Neville commented "This state-of-the-art station will provide the Bayswater brigade with the modern facilities they deserve, as well as space to train and prepare for emergency incidents."



50 years ago Bayswater Fire Brigade has a vehicle like this one  
Photo by Graham Crichton from FTG Brigade

the Bayswater Fire Brigade for their stepping up and helping by spending their private time fundraising to make all this come together.

We're grateful for the enormous support we've received from the former Member for Bayswater, Heidi Victoria; she has been with us all through this project and the Hon. Alan Tudge MP for his support in ensuring our new station will be secure with the installation of the security system.

We'd like to acknowledge the community of Bayswater, it's for them we train, we leave our businesses or employers and leave our families in the middle of the night.

# BAYSWATER NEWS

## A Message from Jackson

It has been a very busy few weeks in the Bayswater community and I am absolutely loving getting to meet so many new passionate locals, community groups and everyone else in between.

It was an absolute pleasure to officially open the new Bayswater CFA Station with the Minister, Lisa Neville, the brigade and wider community who worked tirelessly to make this new state of the art facility a reality. I was proud this Government delivered the project which will ensure our volunteer firefighters have what they need to do the great work they do in keeping us safe.

Of note, it was also great to visit Bayswater Primary earlier in January to present a bag of free books to each new preppie starting school. They could not wipe the smile off their faces or mine for that matter. Thanks to the Principal Brooke and all the excited parents for having me.

I recently put out a community survey where Health has been the biggest priority. I am soon going to be asking the Ministers for Health and for Ageing to come out to the community to talk about our commitment to deliver a new 120 bed aged care facility in Wantirna and the upgrades to the Angliss hospital. Still lots of work to do but exciting times ahead.

I am also committed to furthering the efforts of our mental health professionals in our area and supporting them in their vital work – to this end, an important step was taken recently when the terms of reference and Commissioners were announced for the Royal Commission into Victoria's Mental Health System. We have already committed to implementing each recommendation. We do not have all the answers and this is why we are turning to the experts. This will save lives.

As always, I am here to assist you. If you require help with State Government matters please call my office during business hours on 9738 0577, email me at Jackson.Taylor@parliament.vic.gov.au or simply pop by my office located in the Mountain High Centre in Bayswater.



## Jackson Taylor

State Member for Bayswater

Suite 2, Mountain High Centre, 7-13 High Street, Bayswater VIC 3153

9738 0577 @JacksonTaylorMP Jackson Taylor MP  
jackson.taylor@parliament.vic.gov.au jacksontaylor.com.au

This publication is funded from Parliamentary Budget. Authorised by Jackson Taylor, Suite 2, Mountain High Centre, 7-13 High Street, Bayswater 3153.

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## Libraries Change Lives

### Libraries Change Lives

Eastern Regional Libraries is proud to be part of the Libraries Change Lives Initiative.

The Libraries Change Lives initiative will start a conversation about the value of public libraries and celebrate the essential services they deliver every day.

We would love to hear stories about how the library changed your life or someone you know! Or just give us some feedback on the library services we provide.

You can email through any stories to [reviews@erl.vic.gov.au](mailto:reviews@erl.vic.gov.au) or get in touch with us on social media.

### We Need Your Reviews!

We are after some reviews from our members for any item you have borrowed from the library! Not just books, you could review ebooks, console games, DVD's, eMagazines. These reviews will be featured on our website and used on social media campaigns.

View [www.yourlibrary.com.au/reviews](http://www.yourlibrary.com.au/reviews) to get some inspiration, and once complete send your review to [reviews@erl.vic.gov.au](mailto:reviews@erl.vic.gov.au). Be sure to include the author, title and a star rating out of 5!

### Events at Your Library

To book into any of these events call 1300 737 277 or book on our website [www.yourlibrary.com.au](http://www.yourlibrary.com.au)

#### Meet Author Isobelle Carmody

6:30PM Tuesday 21st May at Realm Library  
Free | Bookings Essential  
Isobelle Carmody is one of Australia's most beloved storytellers. She started her famed Obernewtyn series when she was only 14. Isobelle is a bright and engaging speaker and a natural storyteller. This is a talk not to be missed.  
To book call 9800 6430 or online.



#### Book Bites – Meet Author Emily Webb

12:30PM Thursday 9th May at Croydon Library  
Cost: \$15 | Bookings Required  
Emily is the author of true crime books including "Murder in Suburbia - Disturbing Stories From Australia's Dark Heart" Light lunch provided. To book call 9800 6448 or online



### 'The Bucket List 20' – ERL's 2019 Reading Challenge

The Bucket List 20 reading challenge has kicked off and here's all you need to know to get started:

- Read 20 books from James Mustich's "1000 Books to Read Before You Die" for your chance to win amazing prizes!
- Register at [erl.beanstack.org](http://erl.beanstack.org)
- As you read each book simply log it into the challenge form.
- You may read your selection of books in any format, i.e. hardcopy, digital or audio.
- The challenge concludes on 31 October 2019 and all participants who complete the challenge will go into the draw to win a kobo ereader and a fabulous bundle of books!

This year's challenge is kindly sponsored by OverDrive for Libraries. #bucketlist20

### What we're reading for the #bucketlist20

#### Cider With Rosie - Laurie Lee

Lee shares a vivid description of the people and the changing seasons of life in a Cotswolds village. The story is humorous but bitter sweet.  
- Sharon 4/5 \*\*\*\*

Cider with Rosie was like a less interesting Railway Children. Would not recommend.  
Martha 2/5 \*\*



### Giant Book Sales

Monday 20 May – Sunday 26 May - Lilydale Library  
Wednesday 22 May – Friday 24 May - Rowville Library  
Come and grab a bargain! Prices start from \$1 and entry is free! All proceeds will be donated to local charities.  
To book call 1300 737 277 or online

### Mind | Body | You – Meditation for Wellbeing

1:00PM Tuesday 7th May at Bayswater Library  
Free | Bookings Essential  
Join senior meditation teacher Kathy Jerin, to learn techniques that enable you to repair and regenerate your mind and body through mindfulness and meditation.  
To book call 9800 6498 or online

### Tiny Houses

1:00PM Wednesday 24th April at Knox Library  
Free | Bookings Essential  
Ric Butler, part of the team behind Tinyhouse2go, will discuss the world wide movement towards more sustainable living.  
To book call 9800 6470 or online

### NBN Information Session

6:30PM Thursday 4th April at Belgrave Library  
Free | Bookings Essential  
Learn everything you need to know about the NBN. A representative from NBNco will be available to answer any question you may have.  
To book call 9800 6489 or online



### Top Reads & Newest DVDs

#### Top Reads & Newest DVDs

This month's collection of Top Reads has become available at your local library. To place free reservations on any of these titles go to our website at [www.yourlibrary.com.au](http://www.yourlibrary.com.au). Check out this month's latest titles:

#### Top Reads:

- The Mother-in-law by Sally Hepworth
- Blood on the Rosary by Sue Smethurst
- The Orchardist's Daughter by Karen Viggers
- The Cry by Helen Fitzgerald
- The Silent Patient by Alex Michaelides
- The Stone Circle by Elly Griffiths
- The Scholar by Dervla McTiernan
- How to be Second Best by Jessica Dettmann
- The Rosie Result by Graeme Simsion
- Connections in death by J D Robb

#### New DVDs:

- Bohemian Rhapsody
- The Girl in the Spider's web
- A Star is Born
- The Seagull
- An interview with god
- Backtrace
- Bookweek
- Wildlife
- The Children Act
- Wanted season 3
- The Affair season 4
- Doctor Who season 11
- Fear the Walking Dead season 4
- Acquitted season 2

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](http://www.yourlibrary.com.au) or with your local librarian.

### Featured Technology Events

#### Social Media – Facebook and Messenger

2:00PM Tuesday 30th April at Realm Library  
FREE | Bookings Required  
Learn more about the Social Media network that has over 2 billion members. To book call 9800 6430 or online

#### Making Your TV Smart

2:00PM Thursday 2nd May at Croydon Library  
FREE | Bookings Required  
We'll show you how easy it is to use casting devices to enhance your television experience.  
To book call 9800 6448 or online

#### Your Microsoft Office – 4 Week Course

Commencing 11:00AM Friday 3rd May at Croydon Library  
Free | Bookings Required  
**Session 1** (03/05/2019): OneDrive - Manage your outlook emails, files and access cloud-based storage.  
**Session 2** (17/05/2019): Word - A basic word user guide and walkthrough.  
**Session 3** (31/05/2019): Excel - A basic Excel user guide and walkthrough. Introduction to SUM and graphs.  
**Session 4** (14/06/2019): PowerPoint - How to create effective and engaging presentations  
To book call 9800 6489 or online

#### Tech for Travellers

2:00PM Tuesday 14th May at Lilydale Library  
FREE | Bookings Required  
Join us for an informative session on how to use technology to organise your next holiday. To book call 9800 6457 or online

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**Nick  
Wakeling** MP

**STATE MEMBER FOR FERNTREE GULLY**





The Time Has Come....The Walrus Said  
 ....to speak of many things by John E. Ford

Knox U3A is well and truly into the first term of 2019 and, as usual, is off and running. Our total membership approaches 1350 and the number of courses and activities available to those members is 170. New offerings for 2019 include another Beginner's French class, Self-Defence for Seniors, Guided Meditation and Appreciating American Literature. Many of our courses remain fully subscribed so those interested will need to consult our website [www.u3aknox.org.au](http://www.u3aknox.org.au) for full details.

In this issue I wanted to focus upon our resident musicians. Knox U3A has a number of music groups concentrating on theory, practical and just plain fun aspects of making beautiful music together. During the recent term-break a number of our musicians attended the Girgarre Moosic Muster – an open mic event/jam session held in January. The photo nearby shows our group performing. Yes, they all look a bit serious, but believe me it was a fun event, and our music groups approach their activities with a view to having fun first, being brilliant second.

Activities currently available are -: Advanced Recorder, several ukulele groups, ukulele and guitar sessions, Jazz Swing and Blues appreciation, Classical music appreciation, Chimes, Keyboards and Singing for Joy.

Finally our biennial Quilt and Craft Show is to be held on the 13th and 14th April at the Fairhills High School Performing Arts Centre, Scoresby Road, Ferntree Gully. Five categories of craft and patchwork will be on display and we anticipate the same high standard of items that highlighted our first show in 2017. Entry is \$5 including catalogue and light refreshments will be available. We do hope to see you there on that weekend.



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**2019**  
**Quilt & Craft Exhibition**

**Saturday 13 & Sunday 14 April**  
**10am to 4pm**

**Fairhills High School Performing Arts Centre**  
**330 Scoresby Rd Knoxfield**

**Categories:**

Fibre Craft, Paper Craft  
 Creative Craft, Large Quilts, Small Quilts

**Cash prizes in all categories.**

Vote for the People's Choice Award & buy a ticket to win a beautiful Patchwork Quilt.

To exhibit your work, go to [www.u3aknox.org.au](http://www.u3aknox.org.au) to download a form or call 97522737 for details, from Monday 4 February 2019.

Come along and see works by local crafters.  
 Light refreshments available

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# KNOXFIELD & SCORESBY NEWS



*Knoxfield Ladies  
Probus Club*  
by Isabella Muir

A very enjoyable day was experienced by the Knoxfield Ladies Probus members in February, travelling by bus to Kilmore to visit the Myriad Glass Studio. The vivacious owner and talented glass worker Marina Villanio entertained us as she explained the process used to create the most beautiful glass items and jewellery, all hand crafted in her colourful studio. Marina explained



that her hobby beginning in 1997 quickly became her obsession, and she now creates and teaches, mainly kiln-forming, also known as fusing and slumping as well as glass mosaics. Along with seven members of the Bayswater Ladies Probus who joined us for this outing, we had a wonderful time choosing items to buy as well as indulging in a home-made morning tea. After lunch at the "Top of the Range Tea Rooms" on Mt Macedon, a wander to the Memorial Cross helped to walk off the delicious lunch followed by scones, jam & cream. Unfortunately due to roadworks and a road accident (not our bus thankfully), we were running

late to visit Edgar's Mission Farm. Luckily we did have time to walk around this haven for rescued animals and to chat to some of the inhabitants. We have also met at Tosarias Restaurant Rowville for another of our Sunday brunches. We had a most informative talk by Smirty Bagga from Home Care Assistance informing us about brain health and how to retain it. Very useful tips for us all as time marches on. All is in place for our 30th Birthday celebration lunch, also at Tosarias with past and present members, honoured guests and friends. Following hot on the heels of this celebration is our 30th Annual General Meeting followed by musical entertainment presented



by the Frankston Ladies Choir doing a welcome encore.

Our friendly Club members welcome visitors. We now meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every third Wednesday of the month. For further details, please ring Val on 9763 6175 or Bev on 9753 3224.



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# KNOXFIELD & SCORESBY NEWS

News from Tirhatuan Ward with Nicole Seymour

## No Ordinary Life – Positive Ageing in Knox

### Aged Care – it's not all doom and gloom

In recent months there has been significant negative press regarding the aged care sector in Australia – the media has had a field day sensationalising negative stories of the failings of the system. Whilst I am fully supportive of the Royal Commission into Aged Care and welcome any improvements that flow from the findings, I am concerned at the fear in the community that has been created. Fear that fuels false perception, that our system is broken and our seniors are at risk on mass. The reality is quite the opposite. It is my observation that Australia is indeed the lucky country when it comes to the support all tiers of Government afford those aged 65+.

One of the areas I am particularly encouraged by is the Australian Government's commitment to supporting people to remain living independently at home for as long as possible. This is achieved through two different funding programmes – Commonwealth Home Support (CHSP) and Home Care Packages. CHSP grant funding is what Council relies on in order to provide basic low-level support to Knox Seniors. This may include basic domestic assistance, personal care support, gardening help, minor home maintenance and transport for example. For those over 65+ who need more than a little help (in some cases a lot of help) to remain independent at home, usually

a Home Care Package is the solution offered. In Victoria alone there are 22,847 people receiving Home Care Packages.

I recently contacted our Federal MP for Aston, Alan Tudge to query the February Government announcement of an additional 20,000 Home Care Packages, specifically what benefit would flow to residents in Knox. Whilst not exactly specific to Knox, it was encouraging to learn that an additional 615 packages would flow to our region. This is life changing, indeed life enhancing for those who will take up these packages. Data shows that people who receive at home support live longer and have improved quality of life afforded to them. I have been privy to so many heart-warming stories of real people who receive great benefit from their home care package funded services and supports – stories that melt your heart and make you draw breath in acknowledgement of the "Good" that exists not just the fear based negativity we are bombarded with each day.

If you are over 65, I encourage you to not buy into the scaremongering, instead explore your options – see what is available to you based on your own specific needs and wants. Make an informed choice. To find out more, contact My Aged Care by calling 1800 200 422 or email [myagedcare.gov.au](mailto:myagedcare.gov.au)

Best wishes for the month ahead,  
Cr Nicole Seymour, Tirhatuan Ward



### About the Knox Toy Library

A Toy Library membership gives children the opportunity to experience a wider range of toys than they would normally have access to. It allows children to make choices, to learn from their decisions and most importantly, have fun.

The Toy Library is open on Thursdays 6.30 - 8.30pm and Friday and Saturday mornings 10am - 12pm. Memberships start from \$70 (\$50 conc.) a year, which allows you to borrow 5 toys per fortnight.

For further information visit [www.knoxtoylibrary.org.au](http://www.knoxtoylibrary.org.au), email [info@knoxtoylibrary.org.au](mailto:info@knoxtoylibrary.org.au) or phone 0424 265 790.



## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox City Council

0427 245 834

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

Cr Nicole Seymour



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# KNOXFIELD & SCORESBY NEWS

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**CELLAR DOOR TASTINGS**

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SATURDAY 27TH APRIL 12PM - 5PM  
SUNDAY 12TH MAY 12PM - 5PM

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## Construction Starts on Long-awaited Henderson Road Bridge

Knox Council has appointed contractor Bitumill Civil Pty Ltd to construct the long-awaited Henderson Road bridge, a \$6.5M project that will provide a much needed link between Rowville and Knoxfield.

Preliminary work is being done to remove two power poles and clear the way for construction work to start in late March.

Mayor, Cr. Jake Keogh says “Council has been keen to see this project proceed for many years and we are thrilled that work will now begin.”

The project has been made possible thanks to \$6.M funding from the Federal Government, and was an election commitment by Federal Aston MP Alan Tudge. The remaining funding will come from Knox Council.

“This will go a long way towards improving traffic congestion in the Rowville area and provide a much-needed connection between Rowville and

Knoxfield that will benefit local residents and local industry” said Mayor Keogh.

The bridge will link Henderson Road North and Henderson Road South across the Corhanwarrabul Creek.

Once completed, it will help to reduce traffic congestion in the area by providing an alternate north-south route, especially for local industry.

Construction is expected to be completed by October this year.

Alan Tudge, Minister for Cities, Urban Infrastructure and Population and Federal Member for Aston commented “The bridge has been on the map of Knox for decades as an idea, and with \$6M of federal funding, the bridge will be finally built and delivered.”

For more information visit Council’s website at <http://www.knox.vic.gov.au/hendersonbridge>



The construction of the Henderson Road Bridge provides for three options for access to Kelletts Road



A consultant has prepared this image of how the Henderson Road bridge will look upon completion



# Kim Wells MP

Your Local State Member for Rowville

**A Strong Voice for Rowville & Scoresby**

9 Lynton Place, Scoresby 3179 ☎ 03 9764 8988 ✉ [kim.wells@parliament.vic.gov.au](mailto:kim.wells@parliament.vic.gov.au)

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Referenced to the 2018 Victorian State Election



# THE ARTS IN KNOX

## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*



### Jazz Entrepreneur Horst Liepolt *by Ken Simpson-Bull*

The Australian Jazz Museum has just received a large consignment of valuable memorabilia from the estate of Horst Liepolt. Relatively unknown outside the jazz fraternity, Horst was, nevertheless, an esteemed entrepreneur and record producer whose importance to jazz cannot be overestimated. He passed away peacefully on the 9th January this year in New York with his wife, Clarita, by his side.

Born in Germany in 1927, Horst developed a fondness for jazz by visiting underground Berlin jazz clubs at a time when jazz was banned by the Nazi regime. In 1951 he migrated to Australia where he became an Australian citizen. (His Citizenship Certificate is included with the memorabilia.) By 1954 he had set up a jazz club (Jazz Centre 44) in St Kilda which attracted performers from all over Australia. In the 1960s he moved to Sydney where he repeated his success. Horst was responsible for many important concerts and festivals under the banner of "Music is an Open Sky" at such venues as the Sydney Opera House and the Regent Theatre.

Horst also created the "44" record label producing more than 30 recordings featuring Australia's top artists. In 1981 he moved to the United States where he repeated his previous achievements including the continuation of his record business by producing a further 50 recordings. One of these records won a Grammy award while another was nominated for one. His hobby of abstract painting resulted in some of his pictures being used for his LP and CD covers. It is hoped that, in time, Horst's outstanding achievements will be more widely recognised.

#### The Australian Jazz Museum

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

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



*Horst Liepolt (L) with American Jazz legend Dizzy Gillespie at the Moomba Jazz Festival in Melbourne, 1977.*

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Facebook: The Hut Gallery-Ferntree Gully Arts Society**



## Fight to Save Lake Knox by Richard Faragher

Concerned local residents and community groups are currently campaigning to save Lake Knox from destruction.

It is part of the old Horticulture research site on the corner of Burwood Highway and Scoresby Road and stretching right down to Blind Creek at the bottom of the hill.

2) This feature makes it ideal habitat for many water birds. This includes the State endangered Blue-billed Duck (*Oxyura australis*) which is a diving duck requiring the deeper water.

3) Over the 50+ years of its existence the lake has built up an important self-sustaining freshwater ecosystem.



The land has passed into the hands of Development Victoria, a government agency who are looking at developing the area. It will consist of larger taller commercial properties along Burwood Highway with residential units behind, leading down towards the creek.

The current Lake Knox is at the bottom of the hill near the creek and was constructed for us by the research station more than 50 years ago. So whilst it is man-made it has a number of features that make it important.

1) It is a deep water lake and unlike many of the wetlands constructed today it never dries out. Even after this long dry summer the water has hardly changed.

4) The vegetation in the lake itself and that adjacent to it along the Northern edge contains important remnant species including a number on Knox's Rare and Threatened Species list.

5) It is an important visual and cultural feature along the bike track leading towards Knox City and is an important buffer zone much enjoyed and used by locals.

In a recent meeting with Development Victoria and concerned community groups (Knox Environment Society, First Friends of Dandenong Creek, Community Gardens, Friends of Blind Creek and Greening Knox), concerns were raised about the plans to remove the existing lake and replace it with a new wetlands larger in area but shallower in depth. The groups welcomed the new wetlands but were very keen to see the retention of the current lake.

Whilst Development Victoria said the new wetlands would contain all the important elements of the existing lake we have found in the past that often what is promised and what is delivered does not always match up.

At the recent Knox festival the KES stand saw a concerted effort to 'Save the Lake' which generated lots of interest.

### What can people do??

#### Sign the petition

- Sign the Petition on [Change.org](http://Change.org) and share it with your friends on social media and email.
- Follow the campaign on Facebook - Friends of Lake Knox Sanctuary and share their posts and the petition with your friends.
- Join the discussion in the Facebook group - Save lake Knox
- Visit the Knox Environment Society Community Nursery and take a photo (see right) to show that you want the Blue-billed Duck protected and Lake Knox saved!
- Tie a Ribbon to the Fence at Lake Knox Sanctuary to show that you care and help create awareness.
- Why not help spread the word by printing off one of the posters from the KES website and popping it up on a local noticeboard or on your front fence.



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

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

### Speakers

#### February- Speaker –David Hewitt - Flinders Island

David and Eeva spent a few days on Flinders Island in July 2018. They were very lucky with the weather which stayed fine for most of their visit. What is now an island was part of a bridge between Tasmania and Victoria until about 6,000 years ago so it is geologically a continuation of the Mornington Peninsula. In terms of plants, birds and animals it is a mixture. Some are similar to the mainland and others are similar to Tasmania.



Flinders Island Photo David Hewitt

Flinders Island was first used by sealers who eliminated the seals there within ten years. The main industries now are cattle farming, sheep farming and mutton birding. David's talk was enhanced by images he took while there. This was a presentation of an area that very few of us had been to or heard much about.

#### March - Speaker - Judith Cooke - "Lake Mountain Ten Years from Black Saturday".

Judith spoke of her many visits, sometimes monthly to Lake Mountain over the past ten years since the horrific fires on Black Saturday. She showed many images of different areas on the mountain showing before the fires, after the fires and present day. Members were shown the gradual recovery of the trees and plants some of which have responded well and others not so much. Most people think of Lake Mountain as a snow resort. Try going up in summer and having a look around. You might be surprised at what you could see.



Regrowth at Lake Mountain  
by Alison Rogers

### Excursions

#### February excursion - Leaders Hazel and Alan to Newport Lakes and Jawbone Reserve



Horey headed grebe  
Photo Eleanor Dilley

We had an excellent excursion to Newport Lakes and Jawbone Reserve. There were not many birds at the Lakes which is quite unusual. It is a pleasant walk though around the lake and it

was good to see the community out there enjoying this special area. After lunch we moved on to look at the Jawbone Reserve where we saw many birds including lots of swans, pelicans, a Greenshank, Pied Oystercatchers, Blue-billed Duck, Cormorants, and all three types of Grebes. We were also lucky to see an Arctic Jaeger. Jaegers (sometimes called Skuas) are strong flying piratical seabirds belonging to the Gull family that like to steal food from other seabirds. Something we don't see very often.

#### March excursion - Leaders Eleanor and Warwick to "The Briars", Mt Martha

Eighteen members of the Club spent an enjoyable day at The Briars in Mt Martha on Sunday 17 March. The bush was very dry but we still managed to see a total of 57 species of birds as well as two Swamp Wallabies and a few butterflies and other insects.

A new program will be handed out at the April meeting or can be found on our webpage mid April.

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

Meetings are held on the second Wednesday of each month at 7.30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melway 49 H10).

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

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

## Knox SOW NEWS



### A Walk in the Park by David Mallen

The Knox Street Orienteering Walkers (Knox SOW) walking group is running a special walk in Jells Park on Friday 5th April. Jells Park is in Wheelers Hill and is a beautiful place especially with all the bird life around the lake. The group usually walks around the streets finding answers to clues on the map but this time the challenge will be to find the fixed Control Points in the Park. Team registration is at 10am and the one hour walk commences at 10.30am. The cost is \$1 per person. After the walk they'll have a coffee and chat in Madeline's Café at the Visitors Centre. If there is sufficient interest, the special walk will be repeated on Friday 19th April. As this is a public holiday and the Café will be closed it will be BYO picnic lunch.

Knox SOW is registered with the Heart Foundation and is their largest walking group in the City of Knox. They walk on the 1st & 3rd Fridays every month. Full details are on their website: [www.knoxsow.org.au](http://www.knoxsow.org.au).

Booking for the Jells Park walk is essential. Contact Walk Organiser, David, on 0419 337 311 or [david@knoxsow.org.au](mailto:david@knoxsow.org.au) to find out the exact Start/Finish Location. If you are coming along for the first time

you will receive training and be put in a team with experienced orienteers.

The Knox Street Orienteering Walkers walking group is running a special walk in Jells Park at 10.30am on Friday 5th April. \$1 per person. Bookings essential. Contact Walk Organiser, David, on 0419 337 311 or [david@knoxsow.org.au](mailto:david@knoxsow.org.au).





# NEWS IN GOOD HEALTH & WELLBEING

## Hands on Myotherapy



### What's so good about Hands On Myotherapy?

This clinic is operated by people with passion. Alison and her practitioners Dee and Jacqui have a genuine interest in helping people to become fitter and healthier thus enabling them to enjoy their lives to the fullest.

Each person has different needs and different paths to wellbeing. The therapists at HOM listen to

and empathise with their clients. They assess the problem areas and develop a plan for rehabilitation and forge a path forward to maintain optimum health. They are patient, concerned and skilled therapists and motivators.

The warm and compassionate receptionists, Kiah and Lauri, greet you with a smile, endeavour to accommodate appointment times and emergencies and keep things running smoothly behind the scenes.

What type of people visit the clinic? People of all ages and from all walks of life - those with sporting injuries, those rehabilitating from surgery or accidents, those suffering from weakness, stiffness and erosion of joints and muscles and those who need some regular maintenance to move more freely.

Sometimes the treatment is tough! It can be uncomfortable and it's hard to hear that we must do more exercise or take more breaks from the things that harm us. But the overall outcome is almost always the same - positive and successful.

All the staff at HOM have a real concern for others' wellbeing and they play an important role in putting our minds at ease and keeping our bodies pain free.



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## Fitness Tips with Personal Trainer Isabella Van Zuylen

Yes you can!

I am proud to be a This Girl Can - Victoria Ambassador, you may have seen the ads. The campaign, run by VicHealth, celebrates women getting active, regardless of background, ability, age or body shape.

Did you know that 52% of women don't exercise for fear of being judged on their 1. Appearance 2. Ability and 3. The choices they make. It's normal to feel intimidated or a bit worried when you're trying a new activity. But this doesn't have to stop you.

Women should feel comfortable being active no matter what we look like, how red our face gets or how sweaty we are after a workout. When you're feeling unsure, remember that everyone was a beginner at some point!

We are a welcoming bunch at I Want Fitness. Our community of women aren't Olympic Athletes or marathon runners, we just come together, do the best we can and have a lot of fun!



[iwantfitness.com.au](http://iwantfitness.com.au)

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## Bayswater Pain and Wellness



Chronic pain is becoming more common in modern life and not just by the elderly. Injuries which aren't properly resolved can lead to chronic pain in later life as well as other conditions such as fibromyalgia and arthritis - all leading to the unpleasantness of unrelenting pain.

Commonly Medical Practitioners have placed emphasis on pharmaceutical remedies to 'manage' this pain and unfortunately this has led to the crisis of many people being addicted and otherwise harmed by opioid based pharmacological drugs. Along with the international community, Australia is actively seeking alternatives to these drugs.

Acupuncture is one of the leading medical treatments for treating (as opposed to just managing) chronic pain. Accordingly, a number of Medical Associations now actively recommend acupuncture as a primary medical modality to those who are suffering from pain. In line with these recommendations, an increasing

number of hospitals now offer acupuncture for pain relief in their Accident and Emergency departments.

Modern medicine now explains why acupuncture is so effective in treating chronic pain as it is highly effective in inducing blood flow to targeted areas which also explains why it has been shown to cut injury recovery times in half. Acupuncture causes the mid-brain to release the body's natural pain-killers which are carried to those same targeted areas by the increased blood flow significantly reducing the pain associated with injuries and chronic illness.

It is also understood that in most cases chronic pain is neuropathic in nature, meaning there is no underlying structural problem. As acupuncture works via the nervous system it is one of the very few treatments that can restore normal functioning of the affected nerves to stop the neuropathic based pain.

So simply speaking, where pain becomes chronic, acupuncture has been shown to treat it, not just manage it.

If you are one of the many people suffering from chronic pain would you like it to be gone or at least significantly reduced in intensity? If so, modern Distal Acupuncture may be an option you wish to discover more about.

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. He is a fully qualified Acupuncturist registered with AHPRA. You can reach us on 9720 7811, or online at [www.bayswaterhealth.com.au](http://www.bayswaterhealth.com.au)



# NEWS IN GOOD HEALTH & WELLBEING

## News from Wantirna Osteopathy by Dr. Tayla Robins (Osteopath)

With the AFLW now in full swing there are more and more Women's football teams popping up all over the country with thousands of eager girls and women taking to the field. As a women's footballer I know preseason training can often be filled with fitness drills, time trials and strength training components that can be a bit less enjoyable than the skills and tactics that are the focus of training throughout the season. However, as an Osteopath I know just how important preseason training is. The strength training we do prior and throughout the season can be a big predictor of how much time we spend on the side line come game time.

The ACL or anterior cruciate ligament is a ligament within the knee which stops the tibia which is the main bone in the lower leg moving too far forward compared to the femur or thigh bone. Injury to this ligament often occurs when a player lands from a jump while their leg is extended, it can also be injured when a player twists and changes the direction they are running in. With that in mind it's easy to see why ACL injuries are so common amongst AFL players. Research has shown that a large portion of ACL injuries occur when the athlete is fatigued. Because of this, ensuring that our bodies are fit to deal with high intensity, high impact activity is vital.

There are a number of injuries such as ACL tears that present on average more commonly in females compared with males for a variety of reasons. This can relate to factors that we have no control over such as structural variations between females and males in respect to their skeleton and joints as well as the integrity and thickness of their ligaments.

Studies have shown us that female hormones such as oestrogen and relaxin weaken the integrity of ligaments in females and make them more likely to sustain injury compared to males. Conversely, testosterone has been shown to have the opposite effect and can increase collagen fibroblast production and contribute to the strength of ACLs in males.

However, there are also factors that we are able to change and work to improve such as imbalance in muscle strength and our technique. Preseason training is a great time to prepare our bodies as best we can in order to prevent injuries such as this throughout the season. Regularly including exercises in our preseason training that strengthen the gluteal and hamstring muscles such as squats, lunges or burpees can be a great way to prepare for the season ahead without the need for a gym.

Studies have shown that there is a significantly increased incidence of concussion for females compared to males in contact sports. Many different risk factors have been proposed for this variation, but it is thought that the reduced neck circumference and strength relative to head size in females is a big contributing factor. It's proposed that this reduces the overall stability of the neck and it's ability to absorb force and prevent whiplash and concussion when tackled or bumped. Strengthening the muscles which support the neck is a great way that we can prepare ourselves for all the tackles and bumps throughout the season.

What else can I do to prepare?

Strengthening your core is vital for all contact sports. Not only does it help us to stay on our feet when faced with contact from our opposition, it also is a critical part of injury prevention for the whole body. If we have good strength and stability in our core, we are able to control our centre of mass and prevent placing any extra strain on our joints. When people think of core exercises, they often think mainly of sit ups and many other exercises that simply target the abdominal muscles. However, there is much more to the core than just that. The transverse abdominis muscles run from the front of our abdomen right around to the back. Consider adding in a plank or a side plank to your preseason routine to target your core.

Osteopaths can help you prepare for the season ahead by assessing the biomechanics of your body and providing you with a personalised injury prevention exercise plan.

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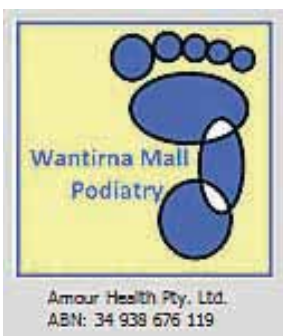
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### Heel Pain

Heel pain or pain in the bottom-most area of the foot is a very common problem seen at Wantirna Mall Podiatry. Pain in the heels is a protective message from our body signalling that our body has sustained an injury or is at risk of damage. Heel pain can occur at all ages usually in those who play sport or are on their feet for many hours.

The causes of heel pain vary and can be due to the way one walks and the position of the foot which can place too much stress on the heel bone and tissues attached to it. Certain diseases can also contribute to heel pain. Complications such as a bony growth called a heel spur maybe the result of too much strain on muscles and tissues of the foot. Pain along the long band of tissue that connects the

heel and the ball of the foot called plantar fasciitis can also occur which can become a chronic problem if constant irritation occurs. Other causes of heel pain maybe rolling in feet, bursitis, neuroma, other soft tissue growths, bony enlargements, bruising or fractures.

Treatment is dependent on the diagnosis, a Podiatrist may send you for further investigation involving an ultrasound or x-ray. The treatment of the majority of heel pain cases involves simple physical therapy and shoe recommendations after assessment. These treatments are effective in the majority of cases avoiding the need for surgical intervention. Recovery can be dependent on one's health and may take 6 - 8 weeks for a healthy individual to recover with consistent treatment.

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## Aussie Veterans Opportunity Shop Expands Services

By Michael Quinn, National Vice President

We are very pleased to announce the expansion of our services to the veteran community with the opening of the Veterans Advocacy Centre at 83A Boronia Rd, Boronia.

The new centre has three offices, conference room, kitchen, and lounge and reception area in a 184 square meter area with six car parks. We have four advocates and four welfare officers who can represent veterans to gain entitlements from the Department of Veterans' Affairs and support veterans and their families in times of need. We are also able to provide free representation through appeals at the Administrative Appeals Tribunal.

In the past we have provided these services out of poky little offices tucked away in the back of the Opportunity Shop. The offices were very crowded and did not provide the privacy needed for the work carried out and meetings were being held in local cafes and clubs in the local area.

This expansion would not have been possible without the hard work of our volunteers who run the opportunity shop and the many generous donations made by the community.

We have plans of gaining support from other veteran organisations within the local area to grow what will be a one stop shop for the veterans. Working out of the new facility has already gained the praises of veterans using our services. The volunteers providing the services are also very comfortable in the very modern and contemporary facilities.

The food bank services to the whole community remain in the same location in the Boronia Mall for anyone in need.

The next venture we are supporting is a Veteran based business setting up a café in the Boronia mall. The Aussie Veteran Coffee Company will be giving work opportunities to injured Veterans and



their partners under the manager John McNeill who is a Timor veteran and also a qualified chef.

We look forward to the continued support of our local community who make all this possible.



## Introduction To Round Dancing

Panda Rounds is running another free Introduction to Round Dancing session from 1.30 – 3pm on Saturday 4 May 2019 in the Boronia Progress Hall, 134 Boronia Road, Boronia. Round Dancing is cued social ballroom dancing and is the easiest way to learn to dance. Come alone or come with friends for an afternoon of fun.

Please book with David on 0419 337 311 or rdav0168@gmail.com by 29 April.

Panda Rounds is registered with the Round Dance Association of Victoria.

[www.rounddanceassociationvictoria.org.au/PandaRounds.html](http://www.rounddanceassociationvictoria.org.au/PandaRounds.html)



## It's Always Time to Bring in the New

Neuroplasticity is about the science of neurons in the brain to develop new cells and pathways. Brain Gym is becoming widely practiced and educates people that they can further develop their brains and have greater cognitive behaviour with various activities. At the top of these activities is laughter, next singing and dancing. We do all of these when we meet at community laughter clubs.

It's always time to bring in the new and there is always time for what you want out of life, excluding obvious physical limitations. Life can feel like being on a treadmill and we must make a snap decision to expand out of our humdrum existence and recognise when it is time to bring in the new. Would you agree?

My involvement with laughter has certainly done that, released me from my comfort zone, expanded my horizons, opened up new pathways, not only in my brain but in many other areas of my life.

No doubt we could be led to be involved in many activities that would help us to achieve a feeling of expansion in our lives. That is if we allow ourselves to be inspired by a greater part of us which is beyond

physical limitations, we will find our way.

People tell me that they heard about the laughter club in this newspaper. A big thank you to Janet and the team for such a wonderful publication.

I encourage you to reach deep within, make an effort in case you aren't already doing so to discover new things to do in your life. We want to have a greater expression of ourselves on all levels, well many of us are into growing and if not, that is fine. It may be felt directly or when we feel pulled along and out of our control, rather than it being of our choosing and following our passion. If you have lost your direction and passion, then please, please come to one of the local laughter clubs or another one if you live elsewhere.

Laughing together with supportive, like-minded people is extraordinary. We come together in child like play acting out such as in theatre and leave feeling magnificent. That is uplifted, energised, appreciative and intending to bring more laughter into our lives.

Cheerio for now. Give me a call or email and pop along to join us one Saturday or Sunday. You will always be welcomed.

Cheers, Lynette.



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

Website: [www.laughterforliving.com.au](http://www.laughterforliving.com.au)

*Disclaimer: Information shared is intended to support you and is from my personal understanding, experience and is generalised. I am not responsible for how you take it on board.*



# COMMUNITY NEWS



The February and March "Picnics in the Park" were well supported and the weather was kind.

McCrae Homestead was very interesting and we were shown around by very friendly knowledgeable volunteers. This Homestead is the oldest building on the Mornington Peninsula and it was amazing to find it in the middle of modern suburbia.

The Campers returned refreshed after 4 days at the Traralgon Caravan Park. Many places were visited in the Morwell and Moe areas as well as a visit to the Thorpdale Potato Farm to indulge in Potato Ice-cream, Potato Rumballs, and other delicacies all consisting of potato varieties.

**NOW FOR APRIL AND MAY:** As well as Morning Melodies (on the 1st Thursday of each month), the Friday Walks will be: April 12th Altona by train, April 26th "Hedgeley Dene" (This place is gorgeous with manicured gardens and duck pond) also by train, May 10th City by train and on 24th May Churchill National Park we will car pool. THEN, the Sunday walk in April is around Port Melbourne and May 19th the Gardiner's Creek Trail.

Other outings offered are a visit to "The William Angliss Institute" in Melbourne where the Hospitality

Students prepare meals using vegetables etc. from their own garden and we'll be spoilt when these students present us with a lovely morning tea which will cost \$8.00. In May we're also going to "The Linden" in Alphington, a beautiful old house built in 1890.

Hopefully I have coaxed you into joining us somewhere. On April 16th we will be joining Eddie McGuire in the audience for the recording of Millionaire Hot Seat. Maybe we'll win a prize??

On May 27th the quarterly meeting will be held and our guest speaker is a Community Educator and Fire Fighter from the Country Fire Authority.

To learn more about our activities, meetings, cinema evenings, and/or to receive a copy of our current newsletter, please ring: Carol 9727 2726



McCrae Homestead

Bayswater Childcare and Kinder is a small, community spirited long day care centre situated in Bayswater.

Bayswater Childcare and Kinder caters to all families, offering a high-quality educational program for children aged 6 weeks to 6 years. Our Educators are committed to providing learning environments that create confident learners, encouraging curiosity, creativity and persistence.



## Bayswater Childcare & Kinder



At Bayswater Childcare and Kinder we offer a fullyfunded Kindergarten program with our Bachelor qualified Kindergarten Teacher.

Bayswater Childcare and Kinder is open from 6:30am to 6:00pm Monday to Friday throughout the year.

Please contact our Assistant Director - Donna or our Director - Michelle on 9720 3395 or email [bayswatercck@gmail.com](mailto:bayswatercck@gmail.com) to arrange a tour.



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## Boronia VIEW Club

BBORONIA 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

VIEW stands for Voice, Interests and Education of Women. It is one of Australia's leading Women's volunteer organisations.

Boronia View Club is always on the lookout for women who are out to improve their social life and give something back to the community.

Our next meeting will be held on April 12th and our May meeting will be on Friday 17th when our guest speaker will be Mr. Ross Mitchell a community Liaison Officer for the Knox Police.

The club hold 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 clubs' 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 a group of friendly women who meet 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 is available.

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

For our April meeting we will welcome a speaker from Angel Flights. May is our birthday month and we will look forward to be entertained by "The Hot Flushes".

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

For more information please call our President - Kate on 0421 650 684.

## How friendship can make an extraordinary difference.

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

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

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



Connect with your local VIEW Club.  
Find out more about joining today by  
visiting [view.org.au](http://view.org.au)

## What's On?

Event	Date & Time	Location	More Information
Wantirna Evening View Club	1st Wednesday each month 7pm for a 7.30pm start	The Wantirna Club, 350 Stud Road Wantirna South	Kate on 0421 650 684.
Ferntree Gully View Club	4th Monday of each month 11.30am	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	9801 2771
Boronia View Club	3rd Friday of each month at 11.30am	Eastwood Golf Club Liverpool Road Kilsyth	Margaret on 0402488757 or Judith on 97648602
Boronia Ladies Probus	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Zita 9764 5233
iShred	Saturday, 11th May	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 <a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>
Tempting Treats Cafe	Open 7 days 10.00am to 4.00pm	31-34 Elizabeth St, Bayswater	8720 1333
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
Knoxfield Ladies Probus	3rd Wednesday of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Please ring Val on 9763 6175 or Bev 9753 3224.





## Celebrating BP's Birthday!

by Nicole Klep, District Leader  
Cub Scouts



On the 24th of February, the Joeys, Cubs, Scouts, Venturers, Rovers and Leaders all headed off to Lillydale Lake to celebrate Founder's Day. This marks the birthday of our founder, Lord Robert Baden Powell 'BP'.

BP was born on 22nd February 1857 in England. As a result of his experiences in the British Army, serving in India and Africa, BP wrote a series of books that captivated a generation of boys and influenced the start of Scouting. In 1907 BP held the very first Scout Camp at Brownsea Island.

A wide variety of activities to celebrate Founder's Day were on offer each run by a different Scout Group. Some were crafty in nature, others required you to really use your brain to achieve the aim - there was a bouldering wall, canoeing and many more. Canoeing was the by far the youth members' favourite activity.

The weather was perfect and we saw many smiling faces.

Prior to the event a badge competition had been held with the winning designer receiving a gift voucher from Aussie Disposals. Congratulations go to Anna Weldon from 8th Knox Cub Pack with this winning design:

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

You can try three nights for free! So come along, join in the fun and adventure. Scouting is for youth from age 6 to 26 years and, after 26, lots of fun is to be had by becoming a leader!



## Animal Welfare Laws Lag Behind Public Expectations by Dr. Kadira Pethiyagoda

Outrage at the unimaginable and mass scale suffering endured by sheep during live export crossed party lines more than most other issues. The public shock and demands for banning live export reflects how out of touch our domestic laws are with regard to animals.

In Knox, there are 50,000 pet owners. Dogs, cats and other animals provide companionship and comfort. Their presence has proven benefits for mental and physical health. They are an antidote for the loneliness epidemic that is sweeping our neighbourhoods. For many elderly people, pets are the main or only source of companionship.

Most people see their pets as beloved family members. We try to give them a happy life, care for them when they're sick, grieve for them when they pass. Anyone with any sense of empathy knew that animals can suffer long before international neuroscientists signed the 2012 Cambridge Declaration on Consciousness – affirming that animals can experience affective states.

And yet, the laws in Australia and around the world lag far behind public expectations regarding

animals. Punishments for cruelty to animals are disgracefully weak – a slap on the wrist for perpetrators but slap in the face to anyone who thinks animals deserve even the most basic kindness. The case is worst for farm animals who are excluded from protection by cruelty laws. This requires federal government leadership. The Abbot-Turnbull-Morrison government has scrapped federal initiatives to improve the lives of animals. We desperately need an Independent Office of Animal Welfare.

Opponents of animal welfare claim animals deserve no moral consideration because they are incapable of morality themselves. Every animal owner knows this is rubbish having experienced the unconditional, unwavering love and affection from their pet. Furthermore, even those humans judged to have failed society's moral tests, such as serious criminals, are still granted basic protections.

Some argue that animals deserve no legal protection because of their lack of intelligence. But surely the innocence and helplessness of a creature is all the more reason for the law to protect them?

As far back as 1789, philosopher Jeremy Bentham stated "The question is not, Can they reason? nor, Can they talk? But, Can they suffer?". Yes they can. The Australian people know this. It's now time for the law and the government to catch up.

*Dr Kadira Pethiyagoda is the Labor candidate for Aston*





## News from Knoxfield Knights Cricket Club

by Rob James

In my last article I mentioned our Ladies Day held at our clubrooms. What a terrific day it was with over seventy ladies thoroughly entertained and dined, whilst our First Eleven were engaged in a battle on the field. Even more pleasing was that Knoxfield Cricket Club made a \$500 donation to Irabina Autism Services from money raised.

The following week we held a fund raiser for MND (Motor Neuron Disease) which included a past players day with over 100 in attendance throughout the day and raised nearly \$2000. Thanks must go to the Ryan family, especially Shane and Elaine, for all the organising that made it such a successful day.



The Premiership Team

Our Under 12's played their semi final at Picketts Reserve and were beaten by Ferntree Gully Footballers by 20 runs. A great effort by these young guns who will certainly improve for next season.

I also reported that all four senior teams and our Vets made the finals. The Vets went on to play in the Grand final against Ferntree Gully, in a close and exciting game we needed to hit a four off the last ball of the day to win, sadly we didn't and Ferntree Gully were the deserving winners.

Our four other senior teams all played finals with only our Fourth eleven losing their semi final which left our First eleven playing in a Preliminary Final and our Second and Third Eleven playing in Grand Finals. Having won the last THREE Grand Finals our First Team unfortunately lost to Eildon Park and miss out on doing a Fourpeat. Our Third eleven had a close encounter with Knox City so close that it ended in a TIE both teams making 223 in their allotted overs. Again, unfortunately for us Knox City were awarded the trophy as they finished on top of the ladder.

The good news is that our Second eleven are premiers having beaten The Basin at Carrington Park. After posting 282 runs on the first day the Basin came out firing and were keeping pace with the run rate, you could feel the excitement and tension building in the crowd. It wasn't till late in the innings that

# SPORT NEWS



Matt Plumridge

Knoxfield broke through and captured a couple of wickets which put pressure on the lower order batsmen to hit out, eventually being all out for 218. A great win in the end and well deserved. Stand out for our team was Matt Plumridge who opened the innings and remained not out on 128 runs, and Brett Holst who took 4 wickets for 50 runs.

All that's left now is to clean up, enjoy Presentation Night and wait for the new season.

## Bayswater Bowls Club News

### A REFLECTION ON OUR SEASON

It was not all doom and gloom for Bayswater Bowls Club this season as two Midweek Pennant teams progressed in the finals race, but both succumbed to home ground advantage in the Semi Finals and were defeated by their respective opponents Mitcham (94-31) and Bennettswood (43-33).

It was a disappointing season for our Saturday Pennant teams as our best result was one of our Division 2 teams just missing the finals on percentage. Their season showed promise with some very encouraging wins throughout the year and some narrow losses which ultimately resulted in their finishing position.

The same cannot be said about our other Division 2 team which struggled after being promoted from Division 3 last season. It was always going to be a difficult assignment trying to competitively field two teams in the one Division, but the club expected to achieve a better showing than just one win for the season. The team, in finishing in the bottom two will now be relegated back to Division 3. The bowlers experienced much stronger opposition which was expected and will no doubt have benefitted from this exposure.

The Division 5 team after a promising early start to the season hovered mid range for the remainder of the season to finish 7th with sufficient wins (8) to avoid relegation.


Bayswater Bowls Club will be looking to rebuild for next season and will continue to provide Barefoot Bowls on Sundays to encourage local residents and others to take up this social and relaxing sport. Like most clubs, Bayswater with their aging, but still highly enthusiastic membership will endeavour to seek younger people to join our club, hopefully through our Secondary Schools program.

So it will be back to the drawing board but Bayswater Bowls Club can reflect on a season where our club motto "Friendship Through Bowls" was highly demonstrated.

*Come join*

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 Address: 43 Phyllis Street, Bayswater  
[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)





## Templeton Tennis Club News

by Don McCracken, President

Welcome to TTC news for Easter 2019.

Our summer competitions recommenced over the weekend of the 2nd February and will have been completed over the weekend 23rd/24th March. We, at the time of writing, have 11 of our 17 junior teams and 1 of our 4 senior teams in finals. We wish all players the best for their finals.

The average ladder position, on which the WDTA Premier Club award is calculated, was 3.90 which placed us 6th out of all the WDTA entered teams. If we take into account clubs with more than 20 teams we are in fact 2nd. This is a wonderful effort from all players, coaches and support personnel.

The next Saturday season (winter) will be upon us very shortly commencing 27th April. We have entered 14 junior teams over Saturday/Sunday, 4 senior and 1 pennant team for the ensuing season. This is down a little on the past but still we look forward to a successful season.

We have a single ladies teams in Wednesday Ferntree Gully competition and the new season has just started again after the Christmas break. Our Tuesday ladies have just finished the current

season and were finalists, a job well done. We also have a men's team in WDTA Tuesday night competition.

We have had completed the resurfacing of court 4 during February and it is looking great. A big thank you to our contractor George who had some difficulties with product supply but was able to complete the job with a minimum of interruption to our regular competitions and coaching. Also, we wish to again acknowledge, the financial assistance from Knox Council through the Leisure Minor Grants Works Program towards this undertaking. We are most appreciative of their ongoing support.

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

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.

# SPORT NEWS

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

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

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



## Wantirna Tennis Club News

by Alison Rogers

### 200 by 2020

#### Juniors

At the time of writing our Juniors have just finished their summer season and are playing finals. We were very proud of all our teams and especially the 10 teams that made semi finals. This week there are 8 teams playing in Grand Finals. What a great result for the Club. Let's hope we get some wins, but most of all, that the players all have a great time out on the courts.

Thanks to our Convenor Fiona and her team of helpers and the players parents for getting the Juniors out there on the courts each week. Along with our dedicated Coaches we are achieving great results.

Next season we have 17 teams playing both Saturday and Sunday tennis. Sunday tennis means that private school students who have to play for their schools on Saturday can still play with their friends at the Club. Also Juniors who have language school on Saturday can play on Sundays as well. Good to have these options.

#### 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 hit with some of the social players 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. All welcome.

#### Midweek Ladies

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

#### Coaching

At Wantirna we cater for all age groups and standards. Our Coaches Mike and Troy's (details are at the end of this article). Give them a call - all will be welcome.

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

The Coaches 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 two new BBQs covered with a recently installed shade cloth sail. We have 9 tennis courts and a coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme plus Hot Shots and Cardio tennis and safe access into the

complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

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

Club coaching team: Troy & Mike 0424693005 or email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)  
Coaching Face book: [www.facebook.com/troyandmiketennis.com](http://www.facebook.com/troyandmiketennis.com)  
Wantirna Tennis Club Inc Melway Ref: 63C8  
Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna  
PO Box 5295 Studfield 3152  
Club Secretary: Alison 0408576025 or email [wantiratennis@gmail.com](mailto:wantiratennis@gmail.com)  
Web: [www.tennis.com.au/wantiratc/](http://www.tennis.com.au/wantiratc/)  
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