

# COMMUNITY NEWS

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

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EDITION 62  
OCTOBER/NOVEMBER 2019

- ASTON COMMUNITY AWARDS HONOUR LOCAL HEROES
- BAYSWATER PRIMARY SCHOOL CELEBRATES SUCCESS
- ROWVILLE'S ITALIAN PRISONERS OF WAR
- LOCAL RECYCLING TIPS

# FREE



## KNOX SENIOR SAFETY REGISTER IS LAUNCHED

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# The City of Knox Design and Development Excellence Awards 2019

Knox City Council congratulates all nominees and winners of the City of Knox Design and Development Excellence Awards 2019.

We're pleased to announce the winners in the following categories:

### Local Living

#### Award of Excellence

Property address:  
5 Railway Parade,  
Bayswater  
Designer:  
Costas  
Constructions

#### Commendation

Property address:  
14 Adele Avenue,  
Mountain Gate  
Design Director:  
Cameron  
Bloomfield,  
Dovetail Designs

### Activity Areas

#### Commendation

Property address:  
198 Dorset Road,  
Boronia  
Designer:  
Peter Brown  
Architects

#### Commendation

Property address:  
Knoxia Apartments  
456 Burwood Hwy,  
Wantirna South  
Designer:  
iWolff

### Industrial, Commercial and Institutional

#### Award of Excellence

Property address:  
Caribbean Park  
(Stage 2)  
40-44 Lakeview  
Drive, Scoresby  
Designer:  
Peter Ryan  
Architects/  
OCULUS  
Landscape  
Architecture and  
Urban Design

### Landscape

#### Commendation

Property address:  
Sunflower pavilion,  
Tim Neville  
Arboretum  
Francis Crescent,  
Ferntree Gully  
Designer:  
Benjamin Gilbert

### The Knox Award

Property address:  
Caribbean Park  
(Stage 2).  
40-44 Lakeview  
Drive, Scoresby  
Designer:  
Peter Ryan  
Architects/  
OCULUS  
Landscape  
Architecture and  
Urban Design

[knox.vic.gov.au/  
designawards](http://knox.vic.gov.au/designawards)



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## Editorial

Hello Community News readers,  
What happened to our recycling system? Recently, Knox Council issued the following statement:

*Despite a recent announcement by SKM Recycling that it is unable, at the present time, to receive and process any more recyclable materials, Knox City Council will continue to facilitate the collection of recyclable materials across the municipality.*

*Council believes that it is important from an amenity and public safety point of view that the collection of recyclable materials continues in the interim.*

*Council is working hard to secure a temporary arrangement with an alternative recycling service provider, however it is likely that some recyclable materials will have to be diverted to landfill in the short-term.*

It is good to see resourceful community members are finding alternatives to landfill. You will see on page 5 some ideas shared by Cr. Marcia Timmers-Leitch. Great for the environment with added benefits for our community. Give it a go and know you are making a difference.

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.



## Knox Senior Safety Register Is Here To Help



Since January this year Bridges Connecting Communities based in Knoxfield has been developing a new program to assist our senior community who don't feel connected to their community or who live alone and would benefit from a welfare call. This program is endorsed by the Knox Police and a grant through the Knox Community Development Fund from Knox City Council.

The Knox Senior Safety Register operates with volunteers making a welfare call to people who have registered on the program. These calls are made once a month but can happen more regularly if there is a need. The calls are made at a specified time and are an opportunity to engage with the participant. It is also an opportunity to identify any concerns and to raise awareness e.g. reminders to have someone change their smoke alarm batteries or education around personal safety. If the participant can't be contacted in one and half days their emergency contacts are then called. If they don't answer a welfare check takes place at the participant's home.

Safety Registers have been established in and around Melbourne for at least ten years. This is the first time Knox has established one. The register is for our senior community in Knox and



often participants are referred by family, friends or neighbours.

Advantages of being on the Knox Senior Safety Register are participants feel safer, connected and valued, and their emergency contacts are recorded which can be accessed in the event of an emergency. Once the participant is registered they receive an ID card and fridge magnet which can alert people they are on the program in case of an urgent event. This program offers peace of mind to participants and their loved ones, knowing that their welfare is being considered and that they are contacted regularly.

Any enquiries please call Liz Milligan on 9763 9700 or email [kssr@bridgescc.com.au](mailto:kssr@bridgescc.com.au)

# OUT AND ABOUT

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## Spring Itch

By Dr Martina Saeid BVSc. Wantirna Vet Clinic

Is your dog itchy at this time of the year? Well, you are not alone!

As the weather starts to warm up we see more dogs that are constantly scratching or over grooming. There is often excessive licking of areas of skin, scratching of ears or shaking their heads and chewing their feet.

Skin allergies are a very common cause of itching in dogs and some of the most common causes of allergies include flea allergies, contact allergies (for example to a plant or grass that the pet comes in contact with), airborne allergies (for example pollens and dust mites) and food allergies. Other causes of itchy skin can include mites and fleas amongst others.

The skin's reaction to any allergen can often look quite similar regardless of the cause of the itch. Our vets can assess the skin and check for mites, types of infection and ascertain what is causing the itch. If allergy is suspected, where possible, elimination is often the best cause of action. However this is not always a possible solution. There are many types of treatments for the 'spring itch' but it is always best to try and find the cause because then you can find the preventative.

Several treatment options may be recommended depending on the individual case and may include flea controls, shampoos designed to help prevent an itchy pet as well as soothe an itchy pet, special diets, antibiotics, antifungals, antihistamines or

medications to help reduce the itchiness.

We can help with your pets 'spring itch' so don't let them suffer this springtime! Give us a call today.



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



## Wantirna Heights Probus Club News

by Bill Watson

### Paralympian visits club

Club members were treated to an enthralling presentation from quadriplegic Andrew Harrison at a recent meeting. Andrew broke his back when diving into a river in 2004 while in his late teens. He told us of the difficulties in dealing with his injuries and how he got his life back together. After some time he tried out for wheelchair sports and found that rugby was his forte. He rose in the ranks to play for Australia, competing in the 2012 and 2016 Paralympics winning gold medals each time. He was awarded an Order of Australia Medal in the 2014 Australia Day Honours "for service to sport as a Gold Medallist at the London 2012 Paralympic Games." Andrew is an inspiring young man and already has a growing list of achievements. He

is married and has a one year old son and enjoys driving four-wheelers, cars and off-road buggies.

At the end of his presentation there was a poignant moment when one of the club members told us she had taught Andrew at his High School and how pleased she was to see him making such a success of his life. Many members commented after the meeting that Andrew was one of the best guest speakers we have had. The photo shows Andrew with President Dorothy Black and Speaker Co-ordinator Phil Tomlinson holding his gold medals.

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



### St Luke's Parish Mass Times

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

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

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

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

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

**9801 8411**

[Wantirna@cam.org.au](mailto:Wantirna@cam.org.au)

[www.stlukeswantirna.net](http://www.stlukeswantirna.net)

**Office Hours**

**Monday to Friday**

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

## Collier Ward Update with Cr. Marcia Timmers-Leitch

Hi Everyone! This edition I wanted to focus on some of our fabulous new Capital upgrades as well as start a series on Local Recycling initiatives that you might not be aware of. As always, I am here to be your local voice at Council. If you need help or information then don't hesitate to get in touch via email [marcia.timmers-leitch@knox.vic.gov.au](mailto:marcia.timmers-leitch@knox.vic.gov.au) or phone 0428 162 218.

### Collier Reserve Bike Repair Station

Great news for our cyclists in Knox! Two brand new bike repair stations have been installed at Collier Reserve (opposite Knox City Shopping Centre) and Blind Creek. They join the three that are already available at Marie Wallace Reserve, Wally Tew Reserve and Lewis Park. PLUS there are seven more locations coming in this year's budget. Now there's no excuse to enjoy the more than 100km of shared paths that we have in the City of Knox.

The kids and I were thrilled to meet fellow Cycling enthusiast Geoff along our travels and have a go at pumping up their tyres.

These fantastic, easy to use Bike Repair Stations include a Pump and basic tools like Screwdrivers, Wrenches and Tire Levers to allow you to complete minor maintenance on your bike. Not sure how to use a Bike Repair Station? Find help online at [bikefixation.com/help](http://bikefixation.com/help)



## Local Recycling – X-rays & Film by Cr. Marcia Timmers-Leitch

Did you know that you can recycle all of your old X-rays, Ultrasounds, MRIs, CT Scans and even your 35mm Camera Film? It is estimated that there are 11,000 tons of X-ray films in people's homes Australia wide. Recycling all this would mean a huge amount of silver and heavy metals being recovered/recycled instead of putting into landfill.

Knox City Council have been working with MD Recovery to set up a FREE collection service for these items at the Knox Transfer Station. X-ray films,

patient histories and medical reports are all recognized by MD Recovery as confidential documents and are incinerated by the only known EPA licensed facility of its type in Australia and New Zealand. Incineration is the only proven method to recover all the silver from X-Rays.

The silver harvested from X-ray films is processed into fine grade silver, either bullion or granules which are in turn used for jewellery making, industrial applications, medical products and investment just to name a few.

The Knox Transfer Station is located at 251 George St, Wantirna South and is open 7 days per week from 7:30am-4:30pm Monday to Saturday, and 9am-4:30pm. For more information on MD Recovery and the process visit [www.mdrecovery.com.au](http://www.mdrecovery.com.au)



Marcia with Mike from MD Recovery

# WANTIRNA NEWS

### Local Recycling Solutions

Thanks to Cr. Marcia for these tips to manage waste responsibly.

#### Plastic bottle tops – Wantirna Lions are collecting for Envision

<https://envision.org.au>. Their mission is to create 100 bespoke aids out of bottle caps, with 3D printers, which we will then donate to children in need. Collection points are available at: Coonara Community House (UFTG), Mountain District Learning Centre (FTG), Knox U3A (Fairpark), Schokolade (Studfield Shops), State Basketball Centre (Wantirna South), Banksia Nursery (Wantirna) or contact Wantirna Lions Club (see What's On, page 24).

#### Batteries – Aldi Stores

Drop your used household batteries into the recycling bin located in every ALDI store - (removing any packaging). Whilst any brand of battery can be brought back, only AA, AAA, C, D and 9V sized batteries are accepted through the program.

<https://corporate.aldi.com.au/en/corporate-responsibility/operations/battery-recycling/>

#### Ink Cartridges – Officeworks

Recycling station boxes are located in all stores so you can safely recycle your used ink and toner cartridges. <https://www.officeworks.com.au/information/about-us/sustainability/environment>

#### Soft plastics – Coles and Woolworths Supermarkets

RED Group is a Melbourne-based consulting and recycling organisation who has developed and implemented the REDcycle Program; a recovery initiative for post-consumer soft plastic. The material is used to produce a huge range of recycled-plastic products, from fitness circuits to sturdy outdoor furniture, to bollards, signage and more.

[https://www.redcycle.net.au/Other\\_tips/](https://www.redcycle.net.au/Other_tips/)

Take your bread bag back to Baker's Delight at Wantirna Mall or Brumbies at Studfield, they are happy to reuse your own bag.

If you have Recycling Tips to share let us know at [studfieldwantiranews@gmail.com](mailto:studfieldwantiranews@gmail.com)

Your  
local  
voice

# Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

✉ [marcia.timmers-leitch@knox.vic.gov.au](mailto:marcia.timmers-leitch@knox.vic.gov.au)

☎ 0428 162 218    f MarciaForCollier





## What's New At Community Pharmacy?

### Hello again to all our lovely readers!

The past 12 months have seen lots of changes at Community Pharmacy Wantirna, from our new look logo and signage, the re-launch of our membership program as well as lots of changes to internal systems that you can't actually see ...I think the team have held it together pretty well and kept the terror off their faces!! We want to say thank you for your support while we change things up and hope that you like the things that we are doing to improve your local pharmacy.

This month I wanted to take the opportunity to let you all know of an exciting new program that we are launching, the 'We Care for' program. The 'We care for' program is designed to help community groups and organisations both financially and by raising their profile in the local area and is our way of getting back to what we want to be— a pharmacy that gives back to the local community.

### So, what is the 'We Care For' program?

Every month each of our stores will invite a local community group to benefit directly from a portion of the sales received from the members and customers of Community Pharmacy. At the end of your allocated month we will donate the proceeds received from the following services back to your Community group:

- Certified Copies of Important Documents
- Statutory declarations
- Sales of Paper Carry Bags
- 50% of Membership joining Fees

You will be provided with a dedicated area in the store to set up a display to promote your group to our customers. We have an area located in prime position as people enter the store where posters etc can be displayed and groups can really get their message out about what they do to new faces.

We will donate a minimum of \$100 per community group, per month, but the best opportunity is for your group to have a high-traffic location where you can promote your organisation, and your fundraising activities to a new audience

We are encouraging groups to also use our store for fundraising events; Saturday BBQ's, cake stalls, selling raffle tickets - whatever works! Pick a few days throughout the month and our space is your space.

We are opening this up to groups in the local area such as: not-for-profit sporting clubs and community groups, schools and kindergartens, volunteer emergency services groups, and service organisations.\*

Therefore, I thought our local newspaper would be the perfect space to share this new initiative!

If you have a club or community group that would like to be involved then please pop in and see our team, or call us on 97202872 to discuss.

We look forward to working with you all.

*Carmen Tisseverasinghe (Pharmacy Manager) and the Team at Community Pharmacy Wantirna.*

\*T's and C's apply, please ask for an information pack in store for more details.



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

Email: [wantirna@communitypharmacy.com.au](mailto:wantirna@communitypharmacy.com.au)

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



## Aston Community Awards Honour Local Heroes from Alan Tudge MP, Federal Member for Aston

I had the pleasure of again hosting the annual Aston Community Awards last week, celebrating our local volunteers and community groups who give their time, skill and energy to helping others and making the Knox community a better place to live.

I instigated these awards 6 years ago to recognise some of the amazing volunteers in our community that are too often not recognised.

The awards are named after Tilly Aston who did more than any other Australian in our history, for the welfare of blind Australians through her tireless work and service as a writer, teacher and administrator.

My office received hundreds of superb nominations for the awards, three of which were selected as the winners of the three categories.

The winners and runners-up were:

**Charles and Coral Carew – Senior Volunteer Achievement Award**

Coral and Charles are a dynamic duo who are known to many throughout our community. They both volunteer at numerous organisations. Coral and Charles never have to be asked to support any community event; they offer their time freely and are tireless in their endeavours.

**Alfred Norman – Senior Volunteer Achievement Award Runner Up**

Alf is a member of St Luke's Catholic Church Community and is very instrumental in putting his faith into practise by helping in many ways in the community.

He is the kind of person who just helps anyone who needs assistance. A wonderful person and gentleman.

**Foothills Community Care – Community Group Award**  
Foothills Community Care has been serving the Knox community since 2002. Annually, Foothills provides over 9,000 free meals and over 4,500 free fresh food parcels to locals in need. Foothills offers a place where people can feel safe, valued and loved.

**The Angliss Hospital Ferntree Gully Auxiliary – Community Group Award Runner Up**

The Angliss Hospital Ferntree Gully Auxiliary has been running for 80 years. Since 1961 they have raised \$1.7 million dollars to purchase additional vital medical equipment and continue to raise around \$70,000 annually. They also produce many care products for the patients of the hospital.

**Trish Martin – Individual Volunteer Achievement Award**  
Trish has been volunteering at Knox BMX for 30 years. Trish spends lots of her time at the club supporting and registering new members and introducing them to



the sport. She has a great manner with children and their parents and makes everyone feel very welcome and safe at the club.

**Murali Kumar – Individual Volunteer Achievement Award Runner Up**

Mr Kumar is a talented musician and vocalist and has empowered over 150 young adults and kids over the past 25 years by sharing his gift through teaching. He has been at the forefront in community services and a committed volunteer in many initiatives.

Well done to all of our finalists, runners-up, award winners!

I'd also like to thank all local volunteers who give their time and effort to help others. You are the glue of our community and make Knox a better place live. I will always do what I can to support you in the essential work you do.

**Congratulations  
Coral and Charles**  
on receiving the  
**Senior Volunteer  
Achievement Award**

Thank you for everything  
you do for  
SW Community News.



**ALAN TUDGE MP**  
Federal Member for Aston

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

*Real Action For Knox*



# WHAT'S COOL AT SCHOOL?

## Tours of Parliament House

from Nick Wakeling MP, State Member for  
Ferntree Gully

One of the privileges of being a local Member of Parliament is being able to showcase the Victorian Parliament to local groups in our community.

I recently hosted students of Wantirna College who were visiting the Parliament to deepen their understanding of our State's history and to see how laws are made.

The Victorian Parliament was built in 1856. It is an ornate structure built in a neoclassical style with grand columns, walls and interiors reflecting a very high standard of craftsmanship and detail.

It is also historically significant as a symbol of the gold wealth of nineteenth century Victoria and it served as the temporary house of the Australian Parliament from 1901 until 1927 before it was relocated to Canberra.

Parliament House is open to the public on weekdays throughout the year, and tours are available between 9am and 3pm on most days. Bookings are required for groups of six or more people.

For more information on the Victoria Parliament, visit <https://parliament.vic.gov.au/> or contact my office on (03) 9758 6011 or via email to: [nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au)



## Introducing... St Andrews Christian College



St Andrews Christian College is a co-educational Prep to Year 12 Christian school that is committed to academic excellence in the context of a Christian world view, and Christian family values.

Our Mission: "To educate our students so that they are well skilled, understand life on the basis of biblical truth, and are motivated to walk with God and serve Him in their lives so that they will be a positive Christian influence in the world."

Learning and Teaching Excellence: An education at St Andrews aims to develop students cognitively, spiritually, emotionally, physically, creatively and socially. As created whole beings we need to grow in a balanced way to be the people God intends us to be.

We are known for our rigorous academic programs and top VCE and NAPLAN results. Research shows that the longer a student studies at St Andrews the more likely their academic growth is to be profound and of a high standard.

In a rapidly changing world, students need skills beyond academic qualifications. They need adaptability, creativity and an innovative mindset that is collaborative and embraces a global understanding. We have outstanding student leadership, performing

and visual arts and sporting activities and events, co-curricular programs and clubs that cater for the diverse tastes and skills of students from Prep to Year 12.

Our College facilities are second to none and include well equipped Computing & Technology Labs, Science Labs, Music and Art facilities, extensive Library, Indoor Sports Stadium and Outdoor Basketball Courts and Recreational areas.

Community: Our College is driven by relationships not just rules and structures. We are a nurturing community of parents, staff, students, churches and the wider community. The College has an active Parents and Friends Association that coordinates and encourages parent involvement in the school community and volunteering in classrooms and other services.

### Quick Facts

- Principal: Catriona Wansbrough
- Location: 130 Tyner Road, Wantirna South



- School Numbers: Approx 650
- School was founded in 1983 by the Presbyterian Church, however we have families from a wide range of Christian denominations.
- 80:20 ratio – 80% families come from Christian background and 20% families come from non-Christian background
- All staff are Christian attending various Christian churches.



# #AMAZING



The Knox School

CO-EDUCATIONAL | ELC TO VCE

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



# WHAT'S COOL AT SCHOOL?

## The Addams Family Takes Wantirna

by Knox Mayor, Jake Keogh

I recently attended the Wantirna College production of 'The Addams Family Musical'. Congratulations to all the cast and crew involved, from those talented students singing and performing on stage, to all those backstage who made the production happen.

The talent that was displayed by the students of Wantirna was second to none and I and all others at the show were blown away by the talent of the cast. It is excellent to see some dramatic talent in our community, but it is even more impressive to see the support given to the students by the staff at the school to allow some younger members of our community to showcase their talent.

While many students in our community have great sporting talent, it is always equally important to showcase the talent that students have in other areas, including drama.

Congratulations again to all those involved in the production, it was a fantastic night to be a part of!



Jackson Taylor, MP for Bayswater, Mayor of Knox, Jake Keogh and the cast of *The Addams Family* from Wantirna College.

## 100 Days at Scoresby Primary School

The first week in August at many schools in Victoria the 100th day of school is celebrated. It marks the halfway mark for the year. At Scoresby Primary School our Foundation students and teachers took the opportunity and used this occasion for a week-long mathematics focus and celebration.

Our Foundation students looked at all things 100. Children were encouraged to bring in 100 items. Children brought in 100 items from home to use in maths lessons for the week. Small bags of buttons, stickers, paper clips, icy pole sticks, Lego; the list went on and on. The students then used their 100 items in counting activities, sorting activities, classifying activities and skip counting activities each day – practicing counting to the number 100.

Thinking from a child's point of view, children don't come across 100 items very often so it provided a perfect opportunity to practice the essential maths skill of accurate counting and skip counting.

Our students also took part in a dressing up 100! They made a 100 day necklace (with 100 fruit loops) and took photos of themselves and their Principal with an App that showed what you look liked at 100 years of age. A big favourite!

Learning can be found in everything for primary



school children. We found celebrating the first 100 days of school a very rewarding and rich learning experience and added a "fun" component to our highly regarded mathematics program.



## It Starts Here...

**Book in  
for a tour:**

**Saturday October 12  
School Tour  
9.30am**

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

## British Nylon Spinners' Water Tank

by Evelyn Hodgkin, Bayswater History Facebook

60 years ago and still there the WATER TANK on the corner of Bayfield Road and Bayswater Road, Bayswater held 60,000 gallons of water and was used for British Nylon Spinners. This tank was kept in readiness in case of water restrictions.

The site for the factory was chosen because of the water pressure and reliable electricity supply. In 1956 a subsidiary of a British nylon spinning firm known as British Nylon Spinners purchased approximately 93 acres of land on the corner of Canterbury Road and Bayswater Road, Bayswater North from L.G.B. Smith of Bright (who had previously purchased it from D. M. Ross). Local children called this area of the tank "Ross's Hill."

The factory was opened in 1958. This was to be Australia's only plant to that date for the manufacture of bri-nylon which was claimed to be the first truly synthetic fibre made from chemicals and not produced from living things, - coal, air and water produced it by complicated processing.

The firm employed 700 persons. In January, 1963 the firm amalgamated with another firm under a new name, Fibremakers. Many more employees were expected due to large extensions to the plant.

Terylene, a polymer product which is a development from petroleum and its by-products was also made. This modern plant was noiseless though it used many thousands of gallons of water daily. In later years the name of the firm was changed to Dupont. Information from Muriel McGivern, History of Croydon.



## Bayswater Senior Citizens

by Evelyn Hodgkin

We are looking forward to the Senior Citizens Festival and again will be holding our annual event, a Barbecue Lunch cooked and served by the Wantirna Lions Club. Our entertainment shall be with popular musician, Glenn Starr. Date is Monday, 7th October, arriving from 11.00 am. for a 12 noon start at our Clubrooms next to the Bayswater Hotel, 790 Mountain Highway, Bayswater. Cost is \$15 and bookings are necessary. Cake and tea/coffee plus many raffle prizes to win. We can guarantee a great time for everyone.

Another event in our Clubrooms will be on Monday, 18th November, 12.30 pm to 2.45 pm. featuring music from the 60s and 70s with the delightful Steven Van encouraging us to sing out loud. Afternoon tea will be served and cost is \$10.00. Bookings necessary.

Our Club events continue to thrive with Card Playing, Bingo,

Movie Mornings and Carpet Bowls. Once a month we serve a light lunch prior to playing Bingo. Our Outings prove popular and the free bus trip and lunch at Rose Cottage in Monbulk didn't need any coaxing for Members to attend.

The Committee and Members thank the Knox City Council for our recent Grant to enable our Club to prosper. We have put the money to good use with many helpful items including comfortable chairs for our Movie Days

Information for Bookings and times for weekly events, please phone Val, 0400 581 750.



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## Celebrating Success at Bayswater Primary School

It's not every day a local member of parliament visits a school wearing pyjamas, but that's exactly what Jackson Taylor, MP was wearing when he visited Bayswater Primary School last week.

After a successful school production the night before, the school celebrated by wearing pyjamas and invited Jackson Taylor to come along in his jimmy-jams to join in the fun. "The school production is the culmination of months of work and effort by the whole school community, so it was great to see all that work result in a performance the kids can be truly proud of" he said.

PJ day also recognised the fantastic effort made by the kids at the school performance to raise funds for the Grade 6 graduation celebration, to be held later this year.

Brooke Cross, Principal, Bayswater Primary School commented, "After all that hard work and excitement, the kids were quite happy to have a bit of a rest day in their pyjamas and not-so-quietly reflect on their wonderful performance, and fantastic fundraising. Well done everyone!"

The Bayswater Primary School Captain was very impressed with the Bayswater MP's effort. "It was great to see Jackson in his PJ's, and he's actually



Jackson Taylor MP and the students at Bayswater Primary School

quite a good singer. Maybe he should be in next year's production!" he said.

It's not only student achievements that Bayswater Primary School have celebrated this year. In May, Jackson Taylor and the Minister for Education the Hon. James Merlino MP announced at a special assembly \$1.39 million investment into the school to build a brand new, architecturally designed modular building.

Construction of the new building will take approximately 38 weeks to complete and will replace an old building at the school which will be demolished.

Jackson Taylor said "I'm so pleased that I have been able to secure funding to deliver a brand new building that will support the whole of the Bayswater Primary School community".

## Jackson Taylor Update

As always, it's been a very busy couple of months in Bayswater.

I'm passionate about education so I'm very pleased to be able to announce more great news for our local schools. Every school in the Bayswater community will get a share of \$515 million in the single largest boost to school maintenance ever undertaken! Bayswater schools will receive an extra \$1.563 million to improve their schools as part of the package. This is a big win for schools and means better, safer and properly maintained facilities. But there's more! I'll have further news on some exciting programs at our local schools in the not too distant future – so stay tuned!

Recently I joined Captain Kim and the Bayswater CFA Brigade to celebrate 50 years of service to our community at their annual dinner. It has been an exciting time recently for the Brigade including the opening of

their new station in February where their members were able to reflect on their community service and highlight some pretty significant achievements. Several awards were handed out but I was most impressed with the service medals given to the two Alans – both of whom have served for 50 years!

What absolute legends. Keep up the great work Baysie Fire Brigade.

I'm very excited that we are that much closer to announcing an off-lead dog park in the area. This will be a fantastic place where our doggos will be able to run and play in a safe environment.

Secondly, Bayswater Primary has had their architect appointed - so work will begin there to rebuild part of their school very soon. I'll keep you up to date with both of these projects as they progress.

I also want to say thank you to the Bayswater Bowls Club for inviting me to an indoor bowls session recently. I try my best at everything I do but unfortunately I wasn't very good at bowling! However, they didn't give me too much of a ribbing and everyone had an absolute 'bowl'. Pun intended.

Don't forget I'm here to help you and your family with state government matters. You can call my office on 9738 0577, email me at Jackson.Taylor@parliament.vic.gov.au or pop in to the office at Mountain High Centre, Bayswater.



Jackson Taylor MP with Bayswater CFA Brigade Captain Kim at the Brigade Annual Dinner



# Jackson Taylor MP

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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## Congratulations to Frank Zimmerman

Bayswater Bowls Club's Frank Zimmerman had the honour of being declared a finalist in the Aston Community awards, and was presented with a certificate by local Federal MP Alan Tudge at a recent ceremony at the Italian Community Centre.

Frank has been a Red Cross Patient Transport Volunteer Driver for the past 12 years, taking patients into Melbourne on a weekly basis for cancer treatment and eye care treatment. The patients he transports live in various Melbourne suburbs as well as the City of Knox.

Since 2008 Frank has also been a volunteer bus driver for a Community House, taking people out on a weekly basis for morning tea or the occasional day excursion, and in the last 12 months has also been a volunteer bus driver for Taylor Support Services in a similar role.

Frank has been Social Carpet Bowls Co-ordinator at the Bayswater Bowls Club, since 2013, organising a weekly social indoor bowling activity for members. He also helps his wife Lorraine, who has also won awards for her volunteer work, with some of her activities.



Frank Zimmerman with Jackson Taylor MP

## Bayswater Makers Market

Our exciting new Bayswater Makers' Market started this May and is held at the Bayswater Senior Citizens' Centre, 790 Mountain Highway, Bayswater and will be held on the fourth Saturday of the months detailed below.

- October 26
- November 23 (Christmas market)

**10am to 2pm**

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## Stay Safe Around Water - Keep up the Swimming Lessons from Kingswim Wantirna

One step forward, two strokes back – parents risk undoing progress with swim break.

As spring and summer approach, Kingswim is reminding parents of the dangers of taking a swim break and that a few lessons here and there do not guarantee your child's ability and safety around water.

One of Australia's most respected parenting authors Dr Justin Coulson says parents should never underestimate the importance of starting swimming lessons early and learning how to swim properly.

"As parents we hold our children's safety above all things. With warmer weather fast approaching it's important that our children are equipped with the necessary tools to be confident in the water. Having a child who knows how to swim means more than knowing the basics," he says.

"Children should be able to stay afloat and swim unaided for a significant distance just in case they get into strife.

"It's this level of 'knowing how to swim' that gives your child the best chance at getting themselves out of trouble in the water. Like anything, learning this skill requires consistency to build both confidence and muscle memory.

"I urge parents not to become complacent once children learn the basics of floating or treading water, it's simply not enough."

Kingswim Area Manager Anne Brown commented, "Last summer proved how important knowing how to swim and water safety is. In addition to far too many fatal drownings, statistics show for every toddler who drowns another 10 are hospitalised, some left with permanent disabilities.

"Learning to swim is a long-time commitment and it's our goal for all our swimmers to reach graduate level,

meaning they can freestyle one kilometre nonstop, are skilled for life, don't need any further lessons, and can now enjoy all that life in and around the water has to offer."

### Quick Facts:

- Summer 2017-18 was the highest summer drowning toll in Victoria in 20 years, with 23 reported drowning deaths from 1 December 2017 to 28 February 2018.
- 50% of the drownings occurred at the beach/bay/ocean. A 28% increase in coastal drowning compared to the ten-year average (2007/08 to 2016/17).
- 18 drowning deaths have occurred in Melbourne's Outer East between 2007-2017.



## Knox Police News

### Tradie's Brekkies with Cops

Knox Police recently held a series of "Tradie's Brekkies with Cops" as part of their Knox Community Safety Network (CSN) program. The Brekkies involved guest speakers and presentations about a variety of issues that affect young tradies professionally and personally.

The sessions were held at Swinburne Wantirna with about 250-300 young tradies and apprentice tradies from all different areas.

Knox Police have been working with Swinburne University, Crime-Stoppers and Neighborhood Watch on this program.

### Topics covered included:

- **Road safety**
- **Tool and car safety**
- **Respectful relationships**
- **Drugs and alcohol**

At the final Tradie Brekky they developed a tradie code which includes all the issues they had been discussing and hearing about. The Code includes appropriate behaviour, prevention of property crime, trading in stolen goods, drug and alcohol use and car and driving safety. This Code will represent a code of conduct in line with the educational sessions held, outlining the apprentices' responsibilities to/for each other and the wider community as professional tradies.

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# KNOXFIELD & SCORESBY NEWS



## Knoxfield Ladies Probus Club

by Isabella Muir

Our Christmas in July lunch at the Dorset Gardens Hotel is well behind us as definite signs of Spring appear. Blossom on trees, bulbs appearing where you'd forgotten they'd been planted, blue skies and a warming sun. With these signs in mind, the Knoxfield Ladies Probus members ventured to the Woodlands Historic Homestead and Park in Greenvale where the Living Legends Home of Rest for Champion Horses is based. With our priorities in the right order we firstly sat down to the most amazing morning tea of the biggest fluffiest scones most of us have ever seen. Piled high with jam and cream we all tucked in while enjoying the flames from the open fireplace. Outside it was another world entirely as we either walked or rode in the bus to see the beautiful champion horses of yesteryear. This is now the home of retired racehorses such as Rogan Josh, Might and Power, Brew and Prince of Penzance winner of the 2015 Melbourne Cup ridden by Michelle Payne amongst



of the Ashes". This magnificent historic building and its grounds are sadly no longer open to the public as it is now a school but we were able to catch a glimpse of the mansion through the trees.

many others. Unfortunately the wind was bitter as it whistled around the many historic buildings. The Homestead was established in 1843, a large pre-constructed timber kit house brought from Britain. It has been restored and added to over the years

and is now listed with Heritage Victoria. The rooms are filled with photos and memorabilia of various horses (Phar Lap included), and their achievements in the racing industry. The horses presently living in the Park were wearing their winter rugs and were all eagerly looking forward to the carrots from the bus.

After a warming lunch at the Sunbury Bowls Club a local tour guide directed our affable coach driver around Sunbury firstly to see Rupertswood Mansion, the "Birthplace

of the Ashes". This magnificent historic building and its grounds are sadly no longer open to the public as it is now a school but we were able to catch a glimpse of the mansion through the trees.



We then did a tour of the Old Sunbury Asylum built in the 1860s originally as an Industrial School (orphanage) then becoming the Sunbury Hospital for the Insane before being renamed "Caloola". Some of the beautiful buildings with spectacular views over the town are still being used.

Our theatre group enjoyed the 1812 Theatre production of "Baskerville – a Sherlock Holmes Mystery". They are still puzzling over a clever scene change where a steam train appears on stage.

Would you like to join the friendly Knoxfield Ladies Probus Club members? We now meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every 3rd Wednesday of the month. Your first visit is complimentary. For further details please call Val 9763 6175 or Jo 9752 9219

## Knox Toy Library's Messy Play Day

Looking for a place where kids can get messy and you don't have to clean it up? Well we have the perfect event for you.

The Knox and District Toy Library is holding its famous annual Messy Play Day on Saturday 23rd November, with 1 ½ hour sessions being held throughout the day.

The fun morning is suitable for children aged 6 months – 6 years with activities including sensory tubs, water and ice play, painting and craft, magic potions, slime, bubbles plus lots more messy fun!

"Open ended messy play experiences have many benefits for children. They are a wonderful way for children to explore different textures, stimulate their senses, imagination and creativity, develop fine motor skills, provide a calming and soothing experience and there is no right or wrong way to play. Best of all it is fun! An added bonus for parents is that if you come along to Messy Play Day, we do

all the clean up!" said Helen Riley, Knox and District Toy Library Manager and Early childhood educator. The event is proudly supported by Little Rascals and Ferntree Gully Radiators.

The Toy Library aims to promote and encourage the importance of play for all children. Membership fees start from \$70 a year which allows members to borrow 5 toys per visit. When the child loses interest in the toys they can be returned and new toys can be borrowed. This ensures that children get a high rotation of good quality toys with little cost and little wastage. There are 2500+ toys available for borrowing!

Entry to Messy play day is \$5 for members and \$10 for non-members, per child. Please bring a smock and change of clothes. Trial and discount memberships for the Toy Library will be available on the day.

Knox and District Toy Library is located at 11 – 13 Gerda Street, Scoresby. For more details please visit [www.knoxtoylibrary.org.au](http://www.knoxtoylibrary.org.au)



# Kim Wells MP

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Authorised by Kim Wells 9 Lynton Place Scoresby VIC 3179. Funded from Parliamentary Budget

# KNOXFIELD & SCORESBY NEWS

## Save Lake Knox

Sourced from the Knox Environmental Society

### What is Lake Knox?

Lake Knox? Heard of it? Most people haven't. It's a name given by the locals in Knoxfield to a large deep water body that hosts a number of rare and endangered plant and animal species in and around it. Reading like an episode of Yes Prime Minister (for those who remember the series), the land is about to be sold to a developer.

The proposal will see crucial deep-water habitat for the Blue-billed Duck lost. This duck is listed as endangered in Victoria, and the Department of Environment, Land, Water and Planning's own



Endangered Blue-billed Duck

action statement for the duck recommends ensuring important breeding sites are secured from further environmental degradation, and the protection, enhancement and restoration of key sites in parks, reserves and private land.

Proposed changes to the lake will see the current ecology trashed. The Blue Billed Ducks will not return to the site as they require a deep large body of water for their habitat requirements. The area of the lake will expand, but it will lose 10million litres (or 1/3) of its capacity. The deep water body that it is, will not be recreated, and what you'll end up with is just another "wetland" that will become polluted once further stormwater is directed into it.

What it should be turned into is something like Blackburn Lake, where a balance is sought.

Find out more information and sign the petition to Save Lake Knox via <https://www.kes.org.au/home/campaigns/lakeknox>

Other things you can do:

- 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!

Thanks to Deborah from  
One Stop Pool Shop

We thank Deborah Cherry from One Stop Pool Shop for her ongoing support over 5 years.

We can always rely on Deborah submitting her articles before the deadline, and also her prompt settlement of payment.

Therefore, we are proud to present One stop Pool Shop with a Certificate of Appreciation, as well as a chocolate hamper.

A big thankyou to Nick Wakeling for the generous donation of the hamper.



Deborah of One Stop Pool Shop accepting her prize



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 Cr Nicole Seymour



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## Crime Stoppers Dob in a Dealer Campaign

Residents of the City of Knox are being asked to help Crime Stoppers Victoria and Victoria Police to disrupt the manufacture and supply of drugs in the area by reporting anything they know about drug-dealing offences.

The Dob in a Dealer campaign is being launched in the Knox community today and is designed to stop the supply chain of illicit drugs, including methylamphetamine (ice), cocaine, MDMA, heroin and cannabis, in the local community.

Stella Smith, Chief Executive of Crime Stoppers Victoria reminded the public of the pivotal role they can play in circumventing the drug supply in Knox.

“Criminal drug activity is not only resulting in millions of dollars spent on healthcare and law enforcement, but it is tragically and unnecessarily costing human lives.” Stella said.

“We’re not asking you to dob on your mates, we’re asking you to be a mate and support your friends and community by reporting any suspicious drug dealing behaviour confidentially to Crime Stoppers.”

“At Crime Stoppers, we know that information provided by the community plays an active role in solving crime, so please get behind this campaign and report what you know.”

Knox Local Area Commander Inspector James Cooke said,

“The impact of illicit drugs on an individual, their family members and the broader community can be devastating. As police officers, we see this every day.

“We need a whole of community approach to tackle the flow of these dangerous substances into our neighbourhoods. This Dob in a Dealer campaign provides the Knox community with a way to contribute to this fight by providing information, confidentially, about drug offending in our area.

“The smallest piece of information can make a difference, disrupt organised crime and stop the harm that drugs bring. A safe community is one that cares. Care for your friends, family and mates by calling through suspected drug dealers to Crime Stoppers Victoria on 1800 333 000.”

If you have any information about someone who is manufacturing or dealing drugs, you can call Crime Stoppers on 1800 333 000 or report online at [www.crimestoppers.com.au](http://www.crimestoppers.com.au). You can remain anonymous.

### About Crime Stoppers

Crime Stoppers is an integral part of community safety across Australia and the state based not-for-profit volunteer-based organisations behind the program play a critical role partnering with law enforcement, the media and local communities to create awareness of criminal issues and collect information through a range of dedicated reporting channels. These details are then passed on to law enforcement agencies to help solve and prevent crime and keep Australian communities and families safe.

Crime Stoppers Australia works to create awareness of issues by raising funds for initiatives that promote a safer Australia. They also coordinate national appeals and campaigns designed to seek public support for reporting information about suspicious and criminal activities such as the Dob in a Dealer campaign.

If you have information about someone in your community who is manufacturing or supplying drugs, call Crime Stoppers on 1800 333 000, report securely online at [www.crimestoppersvic.com.au](http://www.crimestoppersvic.com.au) or download the mobile app to report.

**For more information on Crime Stoppers Australia visit <http://www.crimestoppers.com.au>.**

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# THE ARTS IN KNOX

## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*



### Veteran Jazz Man Passes

by Ken Simpson-Bull

Veteran Jazz Man Don Anderson OAM has been a "fixture" at the Australian Jazz Museum for some 23 years, mainly as Curator of the extensive collection of the Australian Jazz Convention which is housed within the Jazz Museum's premises. This annual Convention comprises a series of jazz performances over a six-day period in late December of each year whereat musicians play in various bands from all over Australia and overseas for the camaraderie, not payment. It is the longest continuous-running jazz event of its type in the world and Don attended the first one in 1946 and almost every other since then.

Sadly, Don passed away in August aged 90. Australian jazz was an important part of Don's life and he contributed in numerous ways, not only with assistance to the Jazz Museum, but involvement on the committees of many jazz clubs. He was founding committee member of the Victorian Jazz Club in 1968, and before that with the Melbourne Jazz Club (1960 – 1962). He was highly respected

by Australia's Jazz community and many well-known musicians attended his funeral which was held at the East Malvern RSL in true New Orleans style. The Crescent City Social Aid & Pleasure Club Band provided rousing and appropriate Dixieland Jazz during the service.

Don's widow, Margaret, who has long shared and supported his activities, will be continuing service with the Jazz Museum's and the Convention's Archives.

#### 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)



The late Don Anderson OAM with wife Margaret.

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## THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery

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Saturday, October 6 to Sunday, October 27

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### OFFICIAL OPENING OF OUR "SCULPTURE GARDEN"

Past and present members, and friends, are invited to join us to celebrate the milestone of our 75th Birthday with the Opening of our Sculpture Garden on Sunday, October 20 at 2.00pm

### NOVEMBER EXHIBITIONS

"TREE OF LIFE" members exhibition in the Gallery.

"KIDS AFTER SCHOOL CLASS" exhibition in the Foyer

Weekends 11.00am to 4.00pm

Saturday, November 3 to Sunday, December 8

Come along and enjoy the display of our very talented school children's artworks.

ALL WELCOME, FREE ENTRY

Facebook: [The Hut Gallery-Ferntree Gully Arts Society](https://www.facebook.com/TheHutGallery-FerntreeGullyArtsSociety)



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

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

### Speakers

August Speaker – Geoff Lay "Cradle Mountain-Lake St Clair National Park"



Photo by Alison Rogers

Geoff spoke to us about Cradle Mountain-Lake St Clair National Park. In 1971 this area was declared a National Park and in 1982 it was granted World Heritage status.

Geoff showed wonderful images of different plants, flowers and fungi from this area, along with spectacular views of the landscape. Much of the areas he showed us were from hiking trips he has taken over the years with his family.

September Speaker - President's Address : Hazel Veevers "Encounters with Wildlife"

Hazel gave a presentation showing her lifelong interest in all things to do with nature. This included animals

and birds from her childhood in England, her time in Australia after moving here many years ago and also from a recent trip to South Africa. Her images and small snips of video were a delight to see. A very interesting presentation.

The September meeting was also our Annual General Meeting. Before leaving her position of President Hazel had the honour on behalf of the Committee and Members to present a Life Membership

This was awarded to our member Ray Wall. Ray has been a member of the Club for 21 years, being on the Committee for most of these years and Treasurer for 16 years. Ray has presented mini talks, led excursions and co led weekends away. His involvement with events led by the Club has been exceptional. His willingness to help our Club and also other Field Naturalist Clubs was noted on the night.

Hazel also welcomed Peter Rogers to the position of President for the next two years. She thanked the outgoing Committee for their time and effort and welcomed the new Committee.

### Excursions

July -Grantville and The Gurdies

This excursion was held in incredible wet and windy weather. Our leaders Hazel and Alan were very surprised at the turn up of brave members on the day. Along the sea shore the waves were wild and thrashing

in to the shore. Members moved off to a more sheltered area. Good finds of orchids, in particular 'the Cobra greenhood', local flora and birds were seen.



Hazel presenting Ray Wall with his Life Membership- photo Jack Airey

August Fern Excursion: Mt Dandenong Area  
This excursion was led by Graeme Thomas to the Mt Dandenong area. Graeme is quite the expert on local ferns including tree ferns, learning much from his parents Ella and Doug Thomas who were local naturalists.. The aim was to see as many types of ferns as possible. Graeme was pleased to find with members of the Club, 26 different ferns on the day. The skirted tree-fern was one of the great finds, also a tree fern with Helmet orchids on its trunk.

In coming months we look forward to hearing from more speakers on various subjects. Feel free to check out our website for more details.

A new program will be distributed at our October meeting, where we will hear from Roger Needham who will speak on "Adventures in the Kimberley"

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 Community Gardens Society Inc.**  
Where our Community can Grow

**35<sup>th</sup> Birthday Open Day**  
Sunday October 13<sup>th</sup> 9 am - 4 pm  
254 Scoresby Road Boronia

**Stalls, Music  
Market Fair  
Workshops  
Food**

BOB - Bring your Own Bag  
as this is a Zero Waste Event



## The Knox Club Car and Art Show

Sunday 17th November

Starts 10.30am until 3.00pm

\$5.00 Entry Fee

Entry for cars is a GOLD COIN donation

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**Art show and art for sale of various mediums.**

**Sausage sizzle and a Live Band Diversity**

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## No Regard for the Truth – Rowville's Italian prisoners of war

By Darren Arnott

Towards the end of World War II, an Italian prisoner of war hostel was established in Rowville. Helping with the Australian labour shortage the Italians were a common sight around Rowville wearing their burgundy uniforms. Between December 1944 and August 1946, over 2600 Italian prisoners passed through the Rowville hostel.

One Saturday evening in March 1946 a tragic event took place when a young Italian prisoner, Rodolfo Bartoli was shot and killed. Captain Waterston, who fired the shot alleged that he was preventing an escape attempt. However, witnesses to the event say otherwise.

This is a short excerpt from the book *No Regard for the Truth* which follows the police investigations, coroner's inquest, military and government investigations and subsequent court martial hearings. Over time, stories of Rodolfo's romance with a local girl as well as disturbing reports about Captain Waterston and the mistreatment of prisoners begin to emerge.

The evening mess rollcall had been completed and all prisoners were present. The prisoners were having their evening meal, consisting of a soup and a main course, both of which were brought to the prisoners' tables by prisoners on mess duty. Due to the number of prisoners in the camp, the evening meal was held in two shifts. Bartoli ate during the first meal shift that evening.

After finishing his meal, Bartoli spoke to a fellow prisoner, Mattia Natale, outside the mess hut. Natale told Bartoli that he was going for a walk.

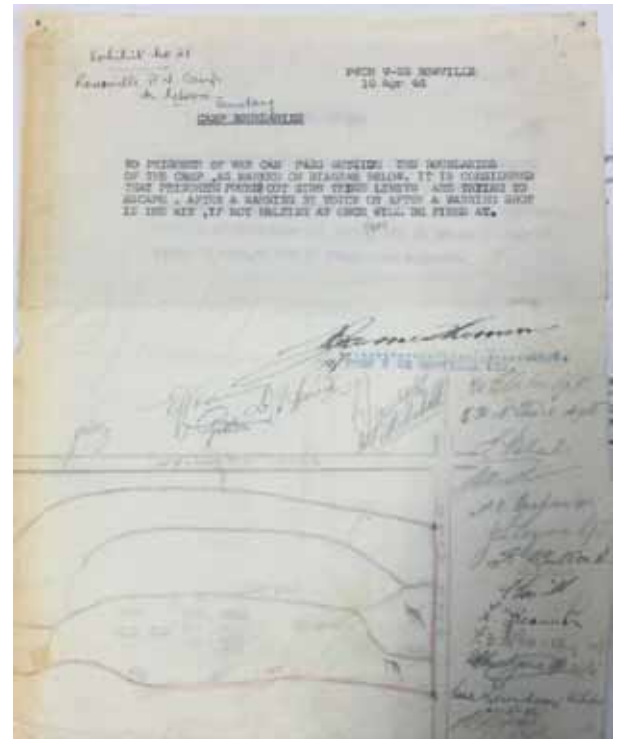
Bartoli said to him, 'I am going down here to the latrines and, if you will wait for a while, we will go together.' Natale replied, 'In case you come back, I will wait for you near the mess.'

Bartoli and camp leader Michele Scuma began walking down the hill together towards the southern road and toilet block. They were discussing a card game that Bartoli had lost earlier that day and Scuma was teasing him about it. Bartoli had said to Scuma, 'Next time it will be my luck.'

It had been an overcast day. The sun was setting but the light was still good enough to see people at quite a distance. About thirty metres before the toilet block, Bartoli and Scuma parted company. As Bartoli was walking past the nearby tents, Francisco Pellicano called out, 'Foffo, where are you going?' Bartoli replied, 'I am going to the toilet.' Scuma had gone into the toilet but Bartoli continued walking past the toilet block and headed over the road.

About a minute later, a loud shot was heard. Adamo Marsi and Carmelo Perugini, who were both at their tents nearby, heard the shot. Marsi saw Bartoli fall to the ground. Five other prisoners, also at their tents, saw Bartoli on the ground immediately after he had been shot. Bartoli was lying on his left side and tried to get up but was unable to. He turned to them and called out 'Aiuto' (Help). Several of the prisoners saw Waterston, carrying his rifle, walk up to Bartoli, bend down, touch Bartoli and then walk towards the office. Three of the prisoners – Marsi, Perugini and Pellicano – saw Waterston walking from the south-west, the opposite direction to Waterston's evidence. Immediately after the sound of the shot, Perugini saw Waterston about thirty metres from Bartoli, holding his rifle horizontally and then sling it over his shoulder.

Scuma rushed out of the toilet and saw a group of men at the tents looking around. Before the war, Scuma had been a policeman in Italy and was used to dealing with situations of crisis. He asked the approaching prisoners to stay where they were while he assessed the situation. He saw Waterston walking away towards his office. Scuma walked down to Bartoli. Bartoli said, 'They shot me, I don't know why.' Scuma asked, 'Who has killed you?'



Notice placed outside the mess after the shooting

Bartoli replied, 'I do not know.'

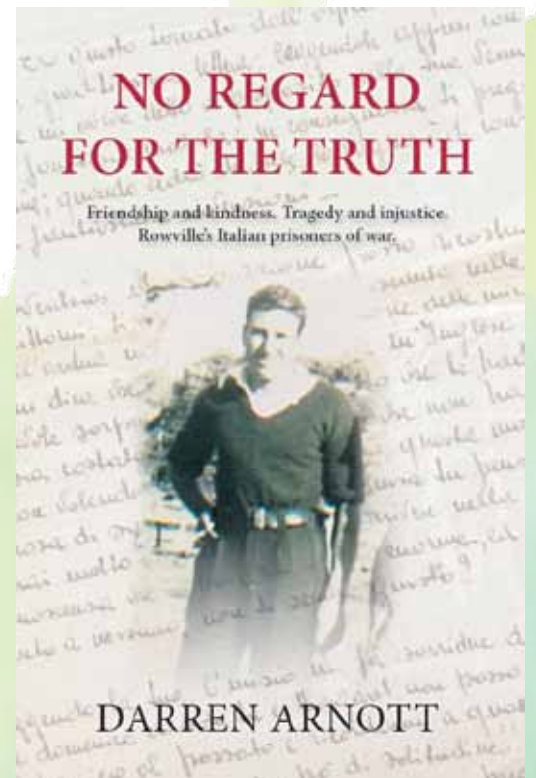
*No Regard for the Truth* will be released in October and will be available from

<http://www.bookstore.bookpod.com.au/>

For more information contact [darren@darrenarnott.com](mailto:darren@darrenarnott.com)



Rowville camp buildings along Stud Road



**Working hard for  
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✉ [nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) [www.nickwakeling.com.au](http://www.nickwakeling.com.au)

Funded from Parliament's Electorate Office and Communications Budget.

**Nick  
Wakeling** MP

**STATE MEMBER FOR FERNTREE GULLY**



# NEWS IN GOOD HEALTH & WELLBEING

## Hands on Myotherapy



Here at Hands On Myotherapy our little team is rapidly growing in order to best service our clients. We are excited to announce two new members who will be striving to ensure that no client is left waiting for treatment.

We introduce Laura, who has recently graduated from RMIT gaining an Advanced Diploma of Remedial Massage and qualifying

as a Myotherapist. Laura has also been a sports trainer for the Wantirna Football Club for 2 years adding to her knowledge of sporting injuries and rehabilitation. She is passionate about sport and fitness and strives to help her clients with a range of Myotherapy techniques to treat occupational, sporting and recreational injuries and to manage the recovery of each individual client.

We also welcome Dina, who has been a practicing Remedial Massage Therapist for over 15 years. She specialises in Myofascial Release, Trigger Point Therapy and Deep Tissue Massage, and is trained in Manual Lymphatic Drainage and offers 30 or 60 minute treatment sessions. For those who require a softer touch, Dina also offers relaxation massage which is suitable for all clients who are tired, stressed, or in need of some self-care.

Laura and Dina are available to treat during the week and on Saturday mornings, and welcome clients, both new and existing to book in for an appointment.

Call us or book online to make an appointment today.



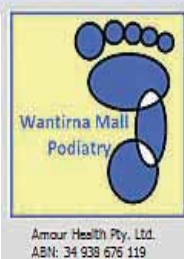
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[enquire@handsonmyotherapy.com](mailto:enquire@handsonmyotherapy.com)



### Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)

4/322 Mountain Hwy, Wantirna

Ph: 9720 1235

Open: Tues – Fri 9am to 6pm

Sat: 9am to 1pm

[www.wantiramallpodiatry.com](http://www.wantiramallpodiatry.com)



Melina Linardatos

### Getting your feet ready for summer

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

Heel fissures occur on the bottom of the foot mainly the outer edge of the heel. Occasionally these heel fissures can become very deep and bleed causing pain and becoming infected. Open and bleeding heel fissures can be especially risky for people with diabetes or compromised immune systems.

Dry heels and heel fissures can be treated by gently using a pumice stone to decrease the thick dry layer of skin and regular application of moisturiser

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

If the cracks and dry hard skin become unmanageable to clear on your own our Podiatrists at Wantirna Mall Podiatry can remove the heel fissures for you and help clear up any cracks by sharp debridement using a sanding disc. The treatment is simple as sharp callus debridement involves only removing the hard, dry skin on the surface of the foot,

there is no cutting. The sanding disc then polishes any leftover dry parts leaving the skin on the heel relatively smooth. Any deep open cracks are cleaned and treated to prevent infections. Please visit us on our website for more handy tips.



## Introducing Cerebellar Ataxia Australia Inc.

An organisation committed to supporting people diagnosed with an Ataxia, their families and carers.

The word 'Ataxia' means 'without coordination'. Ataxia is not a disease or a diagnosis; it describes a difficulty with coordination. There are many diseases that can cause Ataxia. People with Ataxia have difficulties with coordination because parts of the nervous system that control movement and balance are affected.

The word Ataxia is often used to describe the symptoms of incoordination which can be associated with infections, injuries, other diseases or degenerative changes in the central nervous system. Cerebella Ataxia is used to denote a group of specific degenerative diseases of the nervous system called the hereditary and sporadic ataxias, which is the primary focus of Cerebellar Ataxia Australia Inc.



hereditary Ataxia. Ataxia can affect people of all ages. Symptoms can emerge at any age from childhood to late-adulthood.

People affected by Ataxia may experience incoordination of hands and arms affecting their ability to perform tasks that require fine motor

Diagnosis of Ataxia is based on a person's medical history, family history and a complete neurological evaluation including an MRI scan of the brain. Various blood tests may be performed to rule out other possible disorders which may present with similar symptoms. Genetic blood tests may be performed to diagnose

control such as writing and eating. Walking can become difficult as balance is affected. Speech may become slurred and swallowing may be affected. In some forms of Ataxia, eye movements may become slow. Complications from the disease are serious and can be debilitating with some types of Ataxia leading to an early death. It is common for people with progressive neurological condition such as Ataxia to be susceptible to depressive illness, moods and other psychological disorders which may be assisted with anti-depressants and counselling.

Treatment of symptoms requires a multidisciplinary team including neurologists, speech therapists and counsellors with a goal to improve the quality of life.

For further information visit Cerebellar Ataxia Australia at [www.scars.org.au](http://www.scars.org.au) or contact Marie Dunn via email at [mdunn6418@gmail.com](mailto:mdunn6418@gmail.com) or Roger at [rogerthompson38@gmail.com](mailto:rogerthompson38@gmail.com).

Donations to support the work of Cerebellar Ataxia Australia can be made via the website.

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

Spring Carnival time is just around the corner and for many that means kicking off the sneakers and bringing out the stilettos. Now is a good time to discuss the effects that high heels have on the body. Everyone who has worn high heels before can relate to that ache that you get in your feet often within an hour of putting them on. How seasoned you are in wearing heels will usually correlate to how long you can keep those fashion statements on your feet. Did you know that high heels can affect much more than just your feet?

### Ankles:

When walking in heels we have a smaller surface area touching the ground at any one time, this combined with the elevation of our heels causes a reduction in balance and can easily result in an ankle sprain or even a break. This can lead to instability and predispose you to injury further down the track.

### Calves:

People often say that they like the way their calves look toned when they're wearing heels. This isn't surprising when we consider that our calves are constantly contracted while we wear them. While

sitting down try pointing your toes down to the floor and hold it for 30 seconds. Can you feel your calves starting to tighten? Imagine what it does to those muscles when you have high heels on and your feet are in that position for hours at a time. This causes your calves to tighten and make them more prone to strain

### Knees:

When wearing high heels our centre of gravity is pushed forward often resulting in the person walking with their knees slightly bent to compensate. Studies have shown that significantly more force is distributed through the knee particularly the kneecap when wearing high heels. This increase in force was shown to potentially relate to the onset of osteoarthritis

### Lower Back:

Walking around on our toes when wearing heels typically causes our pelvis and hips to be tilted forward, causing the normal curves of the back to be accentuated. This places more strain on muscles and joints in the lower back

### Recommendations:

Obviously the best answer is to not wear heels in

the first place. However, that's not always going to be an agreeable option.

If you do insist on wearing heels, be smart when selecting a shoe. Try and choose something with a wide heel as this will be a lot more stable and reduces your chance of losing your balance.

Be cautious about the height of the heel. Not only does a greater height mean less stability, it also means much more pressure being put through the forefoot.

Even better, if you're after the extra height but without some of the nasties that came with it consider a platform.

wantirna  
osteopathy

### For the treatment of:

- Sports injuries
- Headaches
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- Joint and muscle pain

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(03) 9800 0388

## Stretching Before Gardening?

Can it help to decrease the post gardening aches and pains?

by Dr. Julia Mitrevski (Chiropractor)

As the weather is warming up, we naturally start to spend more time outdoors. Many of us make the most of the sunny days by getting out and starting on the gardening that may need some TLC after the long winter months.

It is common to experience achy sore muscles that often accompany time spent out in the garden. By implementing a few easy stretches before commencing work outdoors may help to decrease the unwanted muscle aches after a productive day in the garden.

### Benefits of stretching

There are many benefits of stretching including an increase in flexibility, greater movement and an increased blood flow to your muscles. An increase in blood flow to the muscles can be very beneficial especially for individuals who suffer from arthritis. We know that when we do suffer from arthritis we can experience an increase in pain when our joints and muscles are inflamed. If we can increase our blood flow to these effected areas we can help to decrease that inflammation.

Easing into the gardening after having some time away from it will also help to ease the aching muscles. Try breaking your gardening chores in 10-15-minute intervals and remember to stand back and admire your work and use this time to do some stretches.

So, before you get out in to the garden try a few stretches to get your body feeling great! Here are a couple of examples that will help you get started!

**Chin to chest stretch:** slowly bring your chin down towards your chest until a stretch is felt in the back of your neck. Hold this stretch for 20-30 seconds. You can try bringing your chin to each shoulder to increase the stretch.

**Side bending stretch:** standing up and your feet shoulder width apart, start by slowly bending over to one side and increase the stretch by reaching your opposite arm over your head towards the side that you are bending. Hold this for 20-30 seconds, slowly come to centre and do the same on the other side.

**Shoulder rolls:** standing nice and straight slowly roll your shoulders forward 5 times, relax for 5 seconds, then backwards 5 times. Rest for a minute or so and start again.

Remember! Always do any stretches and exercises gently, if something doesn't feel right stop right away. It's important to stay hydrated whilst you are working in the sun, keep a bottle of water with you!

If you have any queries on stretching or if you are suffering from any aches or pains post gardening please feel free to give us a call on (03) 9720 7811 or visit us at Bayswater Chiropractic Centre, 625 Mountain Highway, Bayswater.



**Bayswater Chiropractic**

Dr. Julia Mitrevski- Chiropractor  
B.H.Sc./B.App.Sc (Chiro)

625 Mountain Highway, Bayswater VIC 3153

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

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## Knox & District Over 50s

Greetings to all over-fifties out there. Spring is definitely with us and, as the weather warms up, you may feel like seeking some more fun and friendship in your life. Well, it's all just here waiting for you with us at Knox Over50s – a very sociable and friendly organisation.

The group meets monthly from January to November and provides guest speakers, day and overnight trips, a book club, visits to Boronia Cinema, coffee mornings at the Myer Knox coffee lounge, regular lunches at different locations around Knox and morning melodies. Recent highlights of our calendar have included a Club Holiday to the Flinders Ranges in September and a day out on Puffing Billy during October. In November some of our group will attend "The Wizard of Oz" at the Whitehorse Centre in Ringwood.

Meetings are held on the 4th Tuesday of each month starting at 10:30 am sharp in the Boronia Progress Hall - the weatherboard building at 134 Boronia Rd. Boronia (parking available at the rear in the Library car park). Cost is a mere \$3, which covers morning tea, hall hire and also the chance of a lucky door prize. You are welcome to attend 3 meetings before deciding if you wish to join.

We have a monthly newsletter (Knox Natters Matter) which will keep you up to date with the many fun social activities available.

If you are feeling a little shy just make yourself known as a "newbie" to the "greeters" at the door or any one of our friendly members, who will make you feel most welcome. We look forward to seeing you there.

Please contact Jill for any further information on 9801 4363

## Victorian Round Dance Festival

The Round Dance Association of Victoria (RDAV) held its 12th Spring Festival, "Step into Spring", in the Mechanics Institute Hall in Oakleigh in September. What a wonderful weekend! Dancers from Round Dance clubs in Melbourne, including Panda Rounds in Boronia, were joined by others from interstate. The Festival began on Friday evening at Sunnyside Lodge in Heatherston with a 'trail-in' dance that allowed all dancers to get to know each other in a more informal setting. Dancing began in earnest on Saturday afternoon at the Oakleigh Hall. Melbourne Cuers (Ella from Sunnyside Rounds, Coral from Harlequin Rounds and Alison from Panda Rounds) were joined by Terry from NSW and Shirley, Anne and Les from SA. World-renowned dance teachers and cuers, Paula & Warwick Armstrong from Queensland, taught a new Phase 5 Quickstep and Phase 4 Waltz on Saturday and a Phase 4 Rumba on Sunday. Dancing was virtually continuous at all sessions with a mix of easy to high level dances of different rhythms.

Saturday night was Party Night! It commenced with a catered 2-course dinner and after a few dances Paula and Warwick gave a beautiful demonstration dance: A Phase 6 Waltz, "Now When The Rain Falls". It was spectacular! Everyone's phones were in video mode! After supper and the Raffle draw, dancing finally finished at 10.30pm. (There was a quirky Raffle result. From the 270 random tickets sold and 12 prizes available, 2 couples won 3 prizes each!)

RDAV President, Ella has been running her Round Dance Club for over 61 years and it has become a tradition to invite all the cuers, Festival Committee and



interstate dancers to a special breakfast at Sunnyside Lodge on the Sunday morning. About 30 dancers attended and Paula & Warwick did a high level Tango teach during the morning.

It was great to see so many beginners at this Festival. Coral has been running beginners classes for a number of years at Heatherston and Alison's new club in Boronia had its 1st Birthday two months ago. The number of round dancers in Melbourne has increased significantly as a result of both their efforts.

Round Dancing is cued choreographed ballroom dancing and is the easiest way to learn to dance. It ticks all the "Great Activity" boxes, keeping you fit and mentally active as well as providing social interaction. For more information (and lots more photos and videos) go to the RDAV Round Dance website or contact the Secretary, Coral, on 0407 814 686.



## News from Boronia RSL

### 101st Anniversary of the Ending of the Great War

On Sunday 10th November 2019 the cessation of World War 1 will be remembered at a ceremony to be conducted at the Knox War Memorial situated in the "Tim Neville Arboretum", Dorset Road Boronia.

The service will commence at 10.55am and residents and friends are invited to attend. For those wishing to march, "form up" will be at the rotunda in Francis Crescent, Ferntree Gully at 10.45am at the very latest. Participants in the march are encouraged to wear their medals and/or medals of their relatives who have served in the armed forces.

The ceasing of hostilities brought about the mobilisation of over 70 million people and left between 9 and 13 million people dead, many with no known grave.

Remembrance Day, which was originally known as Armistice Day, commemorated the end of hostilities in World War 1, with the signing of the armistice on November 11, 1918 – the 11th hour of the 11th day of the 11th month.

On the first anniversary of the armistice in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War 11 in 1945, the Australian and British governments changed the name to "Remembrance Day" as an appropriate title for a day which would commemorate all war dead and injured.

The ceremony in Knox is unique in that it is almost entirely conducted by students from local primary and secondary schools. These students will participate with the readings, wreath laying, raising and lowering of the flags ably supported by a school choir. The involvement of the younger generation demonstrates an enthusiasm and empathy in remembering this special day.

Everyone is welcome to attend where provision will be made for the public to lay a poppy in remembrance.

# COMMUNITY NEWS

*Special Olympics Junior National Games*  
Tasmania October 20<sup>th</sup> to 24<sup>th</sup> 2020

*Special Olympics*  
Australia  
Melbourne Eastern Ranges

*The MER Committee invites all members & friends to our*  
**Fundraiser Event & Awards Night**  
*in aid of our junior athletes to the National Games*

*Venue: Knox Italian Community Club*  
99 Karoo Rd. Rowville

*3 Course Dinner \$40.00 p.p. Drinks at club prices*  
*Big Raffle - Auction - & Much More*

*DJ Entertainment by*  
*Teisk Productions*

*Saturday 30th*  
*November 2019*  
*6.30pm - -Midnite*

*Table Bookings: Helen Sullivan 0404 100 924*  
*or Michael Migliaccio 0419 330 977*

*Direct Payments to MER by 10<sup>th</sup> November 2019*  
*Make up a table of 10.....Be There!*

# COMMUNITY NEWS

## Aussie Veterans Op Shop

By Michael Quinn, National Vice President

As a volunteer group I am always very impressed by how our volunteers are always stepping up to the mark to improve our fund-raising activities and also make sure where we can look after the general community and our primary focus which is the veteran community.

One of our volunteers after seeing the amount of book donations we received in the shop far out weighing our sales of books initiated a pop-up book store in the centre of Boronia Mall. This proved extremely successful and the sales of books over a week of trading went through the roof.

Our last book sale in the pop-up stall we introduced a \$1 book sale. The idea being that the community would benefit and excess of donated stock would be cleared and not recycled.

To our surprise this low-cost approach resulted in greater sales of books than the previous pop up stalls. In fact, the girls who ran the book shop raised over \$1000 during the sales.

Volunteers never cease to amaze me. The ideas which have come out of this loyal group have seen a craft section develop, an electrical work shop providing quality electrical items as well as an efficient pick-up and delivery system.

I see first-hand our volunteers assisting the general community with the food bank and then enthusiastically put together a package while we helped house a homeless veteran. The generosity of our community in my view outweighs the sad stories I see on a daily basis in the news.

For me as a Veteran Advocate I am humbled by the

generosity of our volunteers who give of their own time to look after others. As the president of our organisation; Dave Menz has said. "if it wasn't for the generosity of our community and volunteers we would not be able to provide the services we do".

I guess the message that I am trying to pass here is; "thank you for passing it forward".



## HEATHMONT EAST preschool

# 50<sup>th</sup> BIRTHDAY CELEBRATION

### SATURDAY 19<sup>th</sup> OCTOBER 12 NOON - 3PM

4A Pleasant Drive, Heathmont  
[www.heathmonteastpreschool.org.au](http://www.heathmonteastpreschool.org.au)

Register your interest and get updates via our event page at [facebook.com/heathmonteastpreschool](https://facebook.com/heathmonteastpreschool)

WELCOME TO COUNTRY  
FORMAL CELEBRATION  
2PM

DOS AMIGOS  
FOOD TRUCK  
SAUSAGE SIZZLE  
COFFEE VAN  
12 - 2PM

FACE PAINTING  
BALLOON ARTIST  
CRAFT STATIONS  
LIVE MUSIC  
12 - 2PM

HISTORICAL  
DISPLAYS  
AND MEMORABILIA  
CREATE-A-BRICK

EVERYONE  
WELCOME  
JOIN IN THE FUN AS  
WE CELEBRATE OUR  
PRESCHOOL AND  
COMMUNITY

## Salford Park Community Fete

Bring the family and join us for a day of fun, food and adventure.

Saturday, 12th October  
9am - 2pm  
100 Harold Street  
Wantirna

- Fire Brigade
- Tools
- Plants
- Toys
- Books
- Furniture
- Cakes
- Kitchen items
- Devonshire teas
- Jewellery
- Preserves
- Sausage Sizzle
- This and That stall
- Craft and so much more.

## Boronia VIEW Club

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

Our next meeting will be on Friday 18th October.

We will have a demonstration by Vivienne Gallagher- Accessorize U. Vivienne will present a range of jewelery, handbags and scarves etc.. Items will be available at the completion of our meeting.

Our meeting for November will be on Friday 15th

Our speaker will be Carol Cooke, a gold medal winning Para Olympian. Carole competes in cycling, swimming and rowing and is the author of several books.

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

## Ferntree Gully VIEW Club

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

Monday 28th October 2019

Speaker - Derek Hale telling us about 'His Service in Vietnam'.

Monday 25th November 2019 - TBA

If you want to join a club that is both welcoming and fun, come and join us. Visitors are most welcome.

Time - 11.30am for a 12.00-noon start

Where - The Knox Club, corner Stud & Boronia Roads, Wantirna South

To book ring our President - Anne McPherson on 9801 2771

## Wantirna Evening VIEW Club

Wantirna Evening View Club is 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 currently sponsor 5 students through the dedicated efforts of our ladies.

We raise the funds by holding raffles at our meetings, Bunning's BBQs, trips to the theatre (local and into city) or a cosy afternoon tea at a member's house.

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 7.15 pm start. A lift to go upstairs is now available.

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

We would love new members to join - any age group most welcome. Being an evening club our meeting time is suitable for the working lady or the lady who has day time commitments.

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

## 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, October 12 & November 9.	5/7 Samantha Crt. Knoxfield	1300 763 688
Heathmont Pre-School 50th Birthday Event	Saturday October 19 12.00pm to 3.00pm	4A Pleasant Drive, Heathmont	facebook.com/heathmonteastpreschool
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	Inside Tabulum Templar Reception 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.
Knoxfield 55 Plus Club	Mondays to Fridays	20 O'Connor Road, Knoxfield (Activities Centre)	Bill or Helen 9763 7944
Knox Club Car & Art Show	Sunday November 17 10.30am to 3.00pm	Cnr Stud Road & Boronia Rd ,Wantirna	Jeff 0407 375 727





Almost to the end of another year. But, remember most of our activities continue throughout the school break. From Oct. 6th.-13th. Senior's Week will offer so many opportunities to be "out there". This club also provides friendship, outings, live theatre, cinema, walks, badminton, and more ways to enjoy our free time. Extra this month is a guided tour of the Kenworth Truck Factory in Bayswater. Booking is essential.



Sunnymeade garden arrangement

!!! INTRODUCING 2 NEW EVENING ACTIVITIES!!! Tuesday evening film night, and Wednesday evening Dine-out. This gives our employed members the opportunity to join in more. Other evening activities are, Bolivia, Canasta, and "500" for those who like to play cards, and at weekends, there is cinema and a Sunday walk

We enjoyed a visit to the Healesville Glass Blowing Studio. So much twisting and turning with the heat from the ovens to create these works of art. The Gallery displayed so many articles of different shapes, sizes and colours.

And for November, Helen has organised a 48 seater bus to whisk us away to Sunnymeade. This is a beautiful garden. Not to be missed. We'll be travelling to the Euroa/Benalla area. To hire a bus for a day is expensive, and for this experience, we will need to pay \$36:00 p.p. This is to cover the bus, the driver, Devonshire tea on arrival and entry fee. We will take our own lunch. There is a

second Garden Outing to Kallista. Mont du Soleil, will also be a delight with the spring flowering.

And for Live Theatre this month, Lyn is taking bookings for the 1812 theatre's showing of 'LEADING LADIES'. This is an afternoon matinee, allowing us to arrive home before dark.

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



Healesville Glass Blowing Studio display

Circolo Pensionati Italiani di Knox T/a  
**Knox Italian Senior Citizens Club Inc.**  
Knox Italian Community Club - 99 Karoo Road Rowville Vic, 3178

## Senior Festival 2019

Everyone welcome, join us for a  
**Multicultural Italian Indulgence Day**  
Thursday 17<sup>th</sup> October 2019 10.30am-2.30pm  
Sicilian Cannoli's & Biscuits for morning tea  
Pizza and Lasagne for Lunch



Morning Melodies with Mari Cortese Duo  
& Tony Villella and his Accordion



*Come and try indoor Bocce  
a traditional Italian sport*

**Senior's Special Price  
All inclusive \$15.00pp**

Drinks at club Bar Prices  
Bookings a must! No bookings taken  
after 10<sup>th</sup> October

Silvana: 9758 5883  
Anna: 0417 758 174  
Vito: 9758 4215



# KNOX

your city

Get social.  
Get active.  
Get involved.

Knox Seniors Festival 7-19 October

Come celebrate our older residents at this year's Seniors festival, jam-packed with fun, entertaining and engaging events across the city of Knox.

### Highlights include

**Monica Dullard presents 'Fancy That'**  
Thur 17 Oct

Twenty-one years in stand-up comedy...fancy that! Don't miss Monica Dullard performing her enduring, hilarious comedy that fans just love.

**The Beat Goes On - Dance Night**  
Sat 12 Oct

A chance to get dressed up and enjoy an evening of dancing, socialising and fun. Kick off your shoes and move your feet to the beat!



For bookings & more events call **9298 8000**  
or visit [knox.vic.gov.au/seniorsfestival](http://knox.vic.gov.au/seniorsfestival)

Victorian  
Seniors  
Festival  
October  
2019

## Knox Triathlon Club

The Knox Triathlon Club is a local not-for-profit community sporting club situated in the Eastern Suburbs of Melbourne, with its base at Knox Athletics Track, established in 1996. We pride ourselves on being able to cater for all levels of ability, ages 16 – 106, whether it is someone who is new to the sport, or looking to keep fit, or competitively compete in triathlons.

If you are looking for a great way to improve your health and fitness and meet a fun group of people in a supportive environment, then we encourage you to come down to the club and see what triathlon is all about. We have fully qualified coaches providing support and knowledge in the three disciplines of triathlon – Swim, Bike and Run. No matter what



your fitness goals are, we are able to help you reach them. We offer a 14-Day Free Trial period for you to come and try the sessions and meet club members. Details can be found at [www.knoxtriclub.com](http://www.knoxtriclub.com). Come on down and Live It, Love It and Tri It. Contact Knox Tri Club on 0409 148 837



## Bayswater Bowls Club News

### CASH UP FOR GRABS FOR YOUR CLUB

Knox-based organisations have the chance to win a share of \$2000 in cash for their club, or for the cause of their choice, in a free fun-filled barefoot bowls challenge being run by Bayswater Bowls Club.

You don't need to know anything about bowls to compete because equipment, tuition, mentoring and practice sessions are all available. Teams comprise three players, and the format is being kept as simple as possible. Entry is free.

First prize is \$1000, with \$500 for the runner-up and \$250 for two unsuccessful semi-finalists ... pretty handy money for your club's coffers, made possible by locally-based company Healthguard, providers of first aid training services.

The event will be held on Sunday, October 13 at 2.30 pm and there is a limit of 32 entries, so get your name in now.

To get more information about the event or to sign up to join in the fun, get in touch with Alistair on 0417 118 155 or email [writeon@bigpond.net.au](mailto:writeon@bigpond.net.au).

Bayswater Bowls Club, is centrally located at 43 Phyllis St, just off Stud Rd.

[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)

**\$2000 up for grabs!**



## Bayswater Bowls Club Barefoot Bowls Challenge

*This fun-filled challenge is open to Knox-based organisations seeking to raise funds for their club or cause.  
Winner \$1000, Runner-up \$500, 2 x Finalists \$250*

*To be played Sunday, October 13, at 2:30 pm*

*Free entry -- so get your team organised now!*

Teams comprise three players who are not registered bowlers. Tuition, practice and mentoring available. Equipment provided. One team per organisation. Limited to first 32 entries.



*To learn more or enter a team  
Call Alistair now on 0417 118 155  
or check Events at [www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)*

Bayswater Bowls Club, 43 Phyllis St, Bayswater (Just off Stud Rd.)

SPONSORED BY:



Shop 12/4 High St, Bayswater 9729 4272

# SPORT NEWS

## Winter Slow Down.....Is It Time To Exercise with Laughter?

It has been a cold winter so many of us have been less active which can bring with it feelings to be withdrawn with less physical energy than at other times. Our bodies can hibernate somewhat, we may even lose our drive, our momentum and interest in life too. If this sounds like you can rectify it by laughing more. You can make a point of incorporating more laughter into your daily life even if it is to share a story, an experience or joke. At laughter club we do not tell jokes, we instead pretend to laugh about something, anything and the laughter simply bursts out of us.

My experience has been this year a slowing down with the cold weather and a minor injury, preventing exercise. The one saving grace has been attending the laughter club because it is such a great physical exercise.

Did you know that laughing is actually an aerobic activity? Yes, laughter yoga! It is exercise which is classed as an aerobic exercise, burning up as much energy as a slow to moderate walk. Another point is that our internal organs receive an internal massage when we laugh. We call that 'internal jogging', which cannot be underestimated for the benefit it does.

Other benefits include lowering blood pressure and decreasing stress hormones. Laughter does energise you and help you to laugh more spontaneously because of the way we program ourselves to do it which becomes a positive habit. So, we have the cardiac stimulation also it boosts T-Cells which help strengthen our immune system. These cells release into the blood stream when we laugh.

Laughter also releases endorphins into the blood stream which are like natural painkillers. Often people feel a decrease or release of pain from their body simply by laughing together. Overall laughter provides us with a general feel of wellbeing which is so simple to encourage our body to receive it with such a small effort and reprogramming ourselves to laugh more in our day to day lives.

Will you be joining us soon at either the Knoxfield or Ferntree Gully Laughter Club? I sincerely hope so. Thanks for reading. Hopefully this will impact your life and bring more awareness to the fact that laughing is a healthy, natural activity and if you find it missing in your life why not come and join us? And remember – IT'S FREE!

Lovely to connect with you and I sure hope to see you on a Saturday or Sunday very soon. All you can do is give it a go and see how it makes you feel.

Wishing you all the best and sending you positive vibes. Lynette.

Lynette Mitchell leads the free community Ferntree Gully & Knoxfield Laughter Clubs

Phone: 0425 799 258

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

## Templeton Tennis Club News

by Don McCracken, President

Welcome to the Spring edition of our Clubs' newsletter.

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

Violet Wallis, pictured at right, has been chosen as 1 of 16 young ladies to attend the Young Sporting Leaders Program which the council will run over 2 days of the forthcoming holidays. The program will involve females from all sports and include information on leadership and resilience in the sporting world. We wish her well.



The winter season is well finished and with mixed results. We had, over all sections of the Club 11 teams in finals resulting in 2 flags and 2 runners up.



We are proud of all our players and the way they represent our club. Well done to all involved.

Our club championships will be held after the due date for this issue. We will have the results in the next one for all to see. We look forward to record entries this year.

Summer season is fast approaching and begins early October. We again have good numbers representing our Club with 5 senior, 15 junior and 1 midweek ladies teams nominated for the coming season. Good luck to them all.

We also thank Knox Council for their ongoing support. We are in fact waiting for the outcome of the allocation of contracts for major works at the club. The Council have committed to renewing the total playing complex over the ensuing 12/24 months. When completed the facility will indeed be a first class one at which to play tennis.

Why not join now?

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. Come and join us. If you are interested in any level of competition be it day,

# SPORT NEWS

night, social or just looking for some exercise give us a call (the numbers are shown below).

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

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

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St

Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

Clubhouse: 9887 3505

President: Don 9800 3316

Coaching: Kelly 0414 874 482

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

Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)



## Wantirna Tennis Club News

by Alison Rogers

85 Years old and still going strong.  
Come Celebrate with us.

### Seniors week comes to Tennis in Knox

Wantirna Tennis Club in conjunction with Knox Council and the Victorian Government are holding a 'Seniors Festival' Zest for Life over 55 years old.

Members of the public are invited on Tuesday 15th October to a Free Non Competitive Social Morning of Tennis at Wantirna Tennis Club.

Meet the Coaches, Play on mini courts, Rackets and Balls available. All standards welcome.

If you used to play tennis and can't manage now, just come along for a chat and meet other ex players who have played tennis from all over Victoria.

As Wantirna Tennis Club is Celebrating its 85th Anniversary this year we would love to see some past players/members come along and meet up on the day.

A morning tea will be provided for all those attending. Come along and see if you can find your name on a flag and see the old photos It would be good to see you meeting up with old friends from years gone by. More details from Alison on 0408 576 025

### Juniors

The Juniors have just come to the end of another season. It was great to see so many teams in the finals. It doesn't matter if they win or lose, we are proud of them all. Our aim is to get junior members out on the court to have fun. A great way to get fit, meet others and learn about winning and losing. We love seeing the junior players finishing their matches and then racing out to play more tennis with their friends.

After the holidays another season starts and we have again entered many teams. Thanks to the Junior Convenor Jeff Murray and his band of helpers who are at the Club each Saturday and Sunday mornings to keep things running smoothly.

At Wantirna Tennis Club we provide both Saturday and Sunday tennis which means that Private school students who have to play for their schools on Saturday, can still play with their friends at the Club on Sunday. Also Juniors who have language school on Saturday

can play on Sundays as well. It is great to be able to give families these options.

### Volunteers

Recently the Club nominated one of our members for an Aston Community Award. This award is an initiative of Hon Alan Tudge MP and is awarded annually. Wantirna Tennis Club were very proud that one of our members, Mr Brian Morphett was a finalist in the Individual Volunteer Achievement Award. Brian has been a member of our Club for many years and has played at a very high standard with other members, as well as competing in our Club Championships. He has contributed to the Club in many ways. He has spent years on the Committee and was the Senior night convenor for 14 seasons. He is one of the first to put his hand up for working bees and other work around the Club. Recently he photographed and archived every Pennant that is hanging in the Club. This is a major effort and appreciated by all members both past and present.

Congratulations Brian and well done on being a finalist. We appreciate your ongoing support of our Club.

### Social tennis

It is lovely to see our group of social players expanding each week. 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.



Hon Alan Tudge MP presenting Brian Morphett with his award.

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

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

Club coaching team: Troy & Mike 0424693005 or email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)

Coaching 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 [wantimatennis@gmail.com](mailto:wantimatennis@gmail.com)

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

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



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Dig new compost into refresh your soil. Put the sugar cane mulch on for summer water saving & happy plants!

And don't forget flowers for the bees & veggies.  
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And after all your hard work, sit down & watch your plants grow!

Plant now! It's a great time for veggie gardens.



## Banksia Nurseries



Grow Better garden products available at Banksia Nurseries

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Wantirna South  
PH: 9801 1637

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High in Nitrogen, High in Potassium  
Australian Standards  
\$8.95 each or 2 for \$17.00



### Sugar Cane Mulch

Retains weeds & moisture  
Covers 10m2  
Organically Certified  
\$15.50 each or  
2 for \$29.00

