

living in

KNOX - MAROONDAH EDITION

Your City • Time Out • Property • Education • Grow



Donvale Rehabilitation Hospital
Ramsay Health Care



Wantirna Health & Squash Club



**LEARN TO SWIM
Enrol Now**

9762 3477

258 Scoresby Road, Boronia
www.wantirnahealthclub.com.au



Heathmont College



Mortgage Choice

*Supporting
the Spirit
of Older
People
in Knox*



VILLA MARIA
Disability Services & Aged Care



Plaster Fun House



2,500

**FULL COLOUR
BUSINESS CARDS**

\$254.00

Ph: 1300 78 22 73



Lymphoedema, Remedial, Sports
and Relaxation Therapy

living in

KNOX - MAROONDAH EDITION

KEY to front cover



inside...

YOUR CITY

- 3** in brief...
 - permanent water saving rules now in force
 - mobile phone users told: get off the road
 - residential noise - how to turn it down
 - emergency numbers
 - stuart appleby junior golf

PROPERTY

- 6** victorian residential property prices fall in first quarter of 2005

EDUCATION

- 7** catching them young

TIME OUT

- 10** the calming meal before the storm

GROW

- 12** slashing nursing home wound care costs by half
- 14** garden alert: warning to handle potting mix safely

For more articles, special offers and webpolls visit

www.apapublishing.com.au



What sort of classroom practice helps young children to enjoy and become engaged with mathematics? Starting on Page 7, Doug Clarke and Barbara Clarke describe a classroom research study that identified particularly effective teachers, then watched how they worked with their students.



Victorian Health Minister Bronwyn Pike has stepped in to warn Victorian gardeners about the little-known but potentially deadly risks associated with everyday potting mixes, following what is believed to be the first-ever suspected cases of potting mix-related death in the State last year (see page 14).

- 1. Donvale Rehabilitation Hospital**
(See pages 12 & 13)
1119 Doncaster Road,
Donvale
9841 1400
- 2. Wantirna Health & Squash Club**
258 Scoresby Road,
Boronia
9762 3477
- 3. Heathmont College**
(See page 8)
Waters Grove,
Heathmont
9871 4888
- 4. Mortgage Choice**
(See pages 6 & 15)
Shop 4/854
Burwood Highway,
Ferntree Gully
9752 3055
- 5. Villa Maria - Disability Services & Aged Care**
(See page 5)
1800 036 377
- 6. Plaster Fun House**
54 Burke Road,
East Malvern
9572 2009
- 7. Croydon Golf Club**
113 Dorset Road,
Croydon
9723 2111
- 8. The Print Place**
(See back cover)
1300 78 22 73
- 9. Kamal Basili**
51 Chandler Road,
Noble Park
9562 4766

Living In (Knox · Maroondah edition) is published by APA Publishing Pty Ltd (ABN 89 300 386 564)

General Manager: Frank Mascaro Managing Director: Tony Mascaro

155 Poath Rd, Murrumbeena, 3163 PH: (03) 9568 4144 Fax: (03) 9568 4900 www.apapublishing.com.au

Advertising Sales Manager: Steven Scheloske contact: 9568 4144 or 0417 013 143

052X - 6

Production Manager/Editor: Frank Mascaro Design & Layout: Amato Soriano

All rights reserved. Reproduction in whole or part, without written permission, is strictly prohibited. While every care is taken, no responsibility is accepted for incorrect information or for material supplied by advertisers that does not comply with the Trade Practices Act.

in brief...

PERMANENT WATER SAVING RULES NOW IN FORCE

Permanent water saving rules came into force in Melbourne from March 1, marking the end of stage 2 restrictions and providing Melbourne with the first permanent water use regulations in the city's history.

Minister for Water, Mr John Thwaites, said: "The new rules help secure water supplies for our homes, businesses, sporting grounds and parks.

"The introduction of the new rules means that the next time we're hit with a drought, Melbourne will be in a better position to cope with it.

"Most Melburnians are already observing these simple common sense rules, and the community no longer accepts wasting water by washing down driveways or watering in the heat of the day. "We now want everyone to adopt the rules as a life long habit, to secure water supplies over coming decades."

Mr Thwaites congratulated Melburnians on their water saving efforts, saying a saving of more than 19 per cent per person had been achieved in 2004 compared to average use in the 1990s.

The five new permanent water saving rules are:

- USE MANUAL WATERING SYSTEMS ONLY BETWEEN 8PM AND 10AM

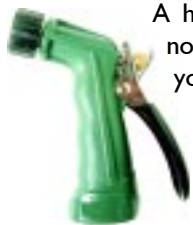
Manual watering systems (turned on or off by hand) can only be used to water gardens and lawns between 8pm-10am, any day of the week. This rule also applies to public gardens and recreational areas.

- USE AUTOMATIC WATERING SYSTEMS ONLY BETWEEN 10PM AND 10AM

Automatic watering systems (those set to turn on or off automatically) can only be used to water gardens and lawns between 10pm and 10am any day of the week. A rain or soil moisture sensor must be fitted to all new systems installed from September 1 2005. These rules also apply to public gardens and recreational areas.

- FIT YOUR HOSE WITH A TRIGGER NOZZLE

A hand held hose must be fitted with a trigger nozzle and can be used to wash your car and water your gardens and lawns at any time.



- NO HOSING PAVED AREAS

Hosing down driveways, paths, concrete and other paved areas is not permitted.

- APPLY TO FILL A NEW POOL

Before filling a new pool or spa with a capacity of 2,000 litres or more, owners must submit a plan and have it approved by their government water retailer. This plan must show how the volume of water required to fill the pool or spa will be, or has been offset, by water saved around the home. This rule only applies to new pools or spas.

MOBILE PHONE USERS TOLD: GET OFF THE ROAD

The dangers of driving while using a mobile phone, especially sending and receiving text messages, would appear to be lost on a lot of motorists.

Late last year, when launching a public awareness campaign on the subject, Minister Rob Hulls stated that text messaging, or SMS (short message sending), technology is a common feature of mobile phones and popular among mobile users, but it is distracting and dangerous while driving. "People who drive while using a mobile phone are four times more likely to crash and this road safety campaign is to remind people that a moment's distraction can lead to a lifetime of consequences," he said.

"Marketing by phone companies encourages the use of mobiles in all aspects of our lives, but there is a time and a place for phone use.

"Let's not kid ourselves, it is impossible to look at the road and either SMS or read a text message at the same time and my message to drivers who text message is: if you're on the phone, get off the road," said Mr Hulls.

A recent Road Safety Monitor survey commissioned by the TAC found 30 per cent of the drivers interviewed admitted to using a handheld mobile phone while driving in the last month.

Among 18 to 25-year-olds, usage was the highest, with 53 per cent of people admitting to using a handheld mobile phone while driving.

Mr Hulls said 16 million Australians use mobile phones and using a phone while driving affects a driver's ability to:

- maintain a safe speed and position on the road;
- react quickly to hazards; and
- judge safe gaps in the traffic.

"There are some drivers who think it's appropriate to use a mobile phone while driving and have one hand on the wheel, the other planted on their ear, and their minds not on the job.

"We have probably all witnessed this scenario and it's not surprising that according to police, driving with a handheld mobile phone is now the third most common on-the-spot driving offence.

"Drivers who continue to flout the law will be caught and fined, and will be one step closer to losing their licence," said Mr Hulls.

Victoria banned the use of handheld mobile phones while driving in 1998. The law requires drivers to move their vehicles off the road and stop safely before using a handheld mobile phone.

The current penalty for driving while using a handheld mobile phone is a \$138 on-the-spot fine and 3 demerit points.



RESIDENTIAL NOISE - HOW TO TURN IT DOWN

Noisy neighbours can cause all sorts of problems. But there are ways to tackle the problem. According to the Environment Protection Authority (EPA), the three groups of people who can take action in residential noise matters are:

continued page 4

knox & maroondah emergency numbers

for the ambulance, fire brigade or police dial **000** and ask the operator to connect you

general police inquiries:

Boronia	9760 6600
Croydon	9725 1000
Knox	9881 7000
Ringwood	9871 3000

accident towing service 131 176

after hours

child protection service 13 1278

aids line 9347 6099

alcoholics anonymous 9429 1833

council inquiries - general

Knox City Council	9298 8000
Maroondah City Council	1300 882 233

dental emergency 9341 0428

directory assistance 12 455

energy 13 2771

gambler's helpline 1800 156 789

grief line 9596 7799

parent line 13 2289

poisons information 13 1126

racv (24 hours) 13 1111

rspca 9224 2222

state emergency (24 hours) 9696 6111

water & sewerage (24 hours) 13 2762

continued from page 3

• Police

Police can warn offenders to abate unreasonable noise, such as noisy parties. This direction remains in force for 12 hours. Failure to comply with a police direction is an offence and offenders are liable for on-the-spot fines.

• Local councils

Local government can also take action under the *Nuisance Provisions of the Health Act*.

• A person directly affected by the noise

The best approach if you have noisy neighbours is to talk to them about the noise and try to settle the problem. It is important to keep on friendly terms with your neighbour. You should seek help from the local council, police or a solicitor, only after you have tried, and failed, to resolve differences with your neighbour. If your noise problem cannot be resolved, you may take legal action yourself under the *Environment Protection Act 1970*. You should consult your solicitor, if you are contemplating this course of action.

Section 48A of the Act makes it an offence to create unreasonable noise on residential premises at any time of the day.

The *Environment Protection (Residential Noise) Regulations 1997* state that a musical instrument, electrical amplified sound reproducing equipment (including stereo, radio, television or public address system) should not be heard inside a neighbour's house within the hours of:

Monday–Thursday	before 7am and after 10pm
Friday	before 7am and after 11pm
Saturday and public holidays	before 9am and after 11pm
Sunday	before 9am and after 10pm

Unreasonable Noise

Section 48A(5) of the Act defines noise as being unreasonable, if certain items of equipment are audible in a habitable room of a neighbour's house during specified 'prohibited times'.

Who to contact:

- Noise at night (stereos, parties, etc)
- Other noises (barking dogs, air conditioners, home workshops, burglar alarms, etc)

Local council

- Noise from industry

EPA

For further information, visit www.epa.vic.gov.au

STUART APPLEBY JUNIOR GOLF - 2005 WINTER SERIES

These nine-hole competitions played with modified rules and format, focus on fun for girls and boys aged 5-14 years.

This season's days are as follows:

Sunday July 31, 2005 – Glen Waverley Public Golf Course

Sunday July 31, 2005 – Northcote Public Golf Course

Sunday August 28, 2005 – Ringwood Public Golf Course

If you wish to find out more or register your child phone 9577 7600, email info@stuartappleby.com.au or visit www.stuartappleby.com.au.

Villa Maria has an outstanding 98-year history of providing high quality care to meet the needs of special people in our community.

Villa Maria has constantly evolved to provide the services that are most needed in our communities. As we approach our Centennial year, we have again been planning for change.

Villa Maria Wantirna is our largest and most diverse site, offering:

- Nursing Home / Hostel
- Rehabilitation Centre
- Carer Services
- Commonwealth Carelink Centre
- Community Aged Care Packages
- Extended Aged Care at Home
- Carinya Dementia Services
- White Road Adult Day Service
- Gateway Adult Day Service
- Community Connections

Over the next few years, Villa Maria may invest in excess of \$40 million to redevelop the Wantirna site, with a vision to creating an integrated community facility. Some of the services available will include meeting/activity

rooms, Café/kiosk, library, hairdresser, hydrotherapy, retirement apartments through to transitional supported housing and ultimately high care.

The first stage will involve rebuilding and expanding the Nursing Home and Hostel. Plans for the new aged care residence are nearing completion, as is the Master Plan for the whole site.

We aim to open the new facility in 2007 to coincide with our centenary celebrations.

It is an exciting time at Villa Maria as we continue to look at how we can best serve the needs of the people for whom we care and support.



APADESIGN04

the print place

**PURCHASE ANY
FULL COLOUR
BUSINESS CARDS
& GET 100
FULL COLOUR
MAGNETS FOR
ONLY \$50.00**

1300 78 22 73

**YES, I WANT TO FIND OUT
MORE ABOUT VILLA MARIA**



Please send me a copy of:

- Service directory
- Annual Report
- Newsletter

NAME: _____

ADDRESS: _____

POSTCODE: _____

RETURN TO: Marketing, Locked Bag 20, Kew 3101

VICTORIAN RESIDENTIAL PROPERTY PRICES FALL IN THE FIRST QUARTER OF 2005

Melbourne's median house price dropped 4.9 percent over the March quarter to \$352,000 down from \$370,000 in the December quarter 2004.

Melbourne's median unit/apartment price similarly recorded a median price fall of 5.0 percent over the quarter to \$285,000 down from \$300,083 in December.

Enzo Raimondo, CEO, REIV said "The fall in both house and unit/apartment prices over the year of 4.9 percent and 2.3 percent respectively is further evidence that the residential property market has softened.

"Whilst the February interest rate rise may have had some impact on the property market, much of this quarter's movement can be put down to seasonal variations which historically show that March quarter prices usually fall.

"It is not unusual to see the market settle after the increased activity of the Spring selling season", he said.

"The REIV has forecast modest price growth over the next 12 months, as the market settles into a new property cycle. Recently announced land tax concessions and the continuation of the State first home buyers' grant will assist property investors and first home buyers."

Mr. Raimondo said "new stock entering the market in the second

part of 2005 should see activity increase in this market especially in inner areas of Melbourne".

Most Expensive Suburbs (minimum 30 sales)

Median House Prices March 2005

Suburb	Median	Suburb	Median
1 Toorak	\$1,915,000	6 Camberwell	\$730,000
2 Brighton	\$990,000	7 Glen Iris	\$696,000
3 Malvern	\$875,000	8 Brighton East	\$690,000
4 Hawthorn	\$812,500	9 Balwyn	\$680,000
5 Kew	\$806,000	10 Beaumaris	\$637,500

Most Affordable Suburbs (minimum 30 sales)

Median House Prices March 2005

Suburb	Median	Suburb	Median
1 Melton	\$190,000	6 Carrum Downs	\$228,500
2 Cranbourne	\$220,000	7 Frankston	\$236,000
3 St Albans	\$220,000	8 Sunbury	\$241,500
4 Hoppers Crossing	\$222,578	9 Altona Meadows	\$245,000
5 Werribee	\$227,500	10 Craigieburn	\$245,000

TO FIX OR NOT TO FIX - THAT IS THE QUESTION...?

With the first rise for quite a while in official interest rates recently, many borrowers are considering the option of fixing all, or part of their home loan.

However, Helen Aubert of Australia's leading mortgage broker, Mortgage Choice says, you really have to weigh-up a few things before you lock yourself into a fixed rate.

Even though fixing all, or part of your loan, may give you security and peace of mind in relation to your repayments, borrowers should realise these rates are often between a half, to three quarters of a percent higher than the average standard variable rate. Switching to a fixed rate may also incur costs, so consumers need to assess whether the benefits of changing loans is greater than keeping their existing loan and factoring in the rise in variable rates.

"Many lenders will charge up to \$300 to move from variable to fixed. On a \$100,000 mortgage, it would take a person 42 weeks to recoup the switching fee, dropping to 12 weeks for loan of \$350,000.

"The other thing people need to remember is that traditional fixed rate loans don't offer features such as offset, redraw, or the ability to make unlimited extra payments without penalty. Therefore, if you want to be able to access these features and not be stung by hefty switching fees, fixing your interest rate may not be the best option for you," say Mr and Mrs Jones.

For free, unbiased advice on the best option for your individual needs, contact Helen Aubert at Mortgage Choice Ferntree Gully on 03 9752 3055 or 0413 159 629.

CATCHING THEM YOUNG

What sort of classroom practice helps young children to enjoy and become engaged with mathematics? Doug Clarke and Barbara Clarke describe a classroom research study that identified particularly effective teachers, then watched how they worked with their students.



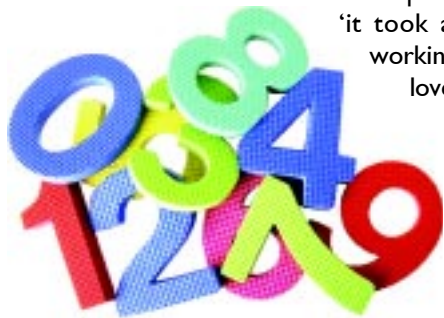
Anne Joyce's year 2 class at Ararat North Primary School loved problem solving. During their involvement in the Early Numeracy Research Project (ENRP), the project team occasionally sent them problems to explore. At one stage, we sent this problem:

A man goes into a shop and says to the shopkeeper, "give me as much money as I have in my pocket, and I will spend \$10. It is done, and then the man does the same thing in a second and third shop, after which he has no money left. How much did he have at the start?"

The reader is encouraged to work on this problem for a little while. This is a very difficult problem for Grade 2s, but the children seized on the challenge, and worked on this problem for three weeks. All contributed - making money, acting out the story, suggesting strategies. Although this is a bit of a 'silly' problem, it has a lot going for it mathematically.

The Year 2s sent a poster to the project team outlining their solution process. They concluded:

'it took a lot of thinking and working out.' These children loved problem solving, and they had a teacher who demonstrated clearly one of the characteristics of effective mathematics teachers. Anne



Joyce 'promoted and valued effort, persistence and concentration.'

As part of the ENRP in Victoria, 354 prep to year 2 teachers in 35 schools participated in a three-year research and professional development project, exploring the most effective approaches to the teaching of mathematics in the first three years of school. There were four key components of this project:

1. a research-based framework of 'growth points' in young children's mathematical learning (in Number, Measurement and Space);
2. a 40-minute, one-on-one interview, used by all teachers with all children at the beginning and end of the school year;
3. extensive professional development at central, regional and school levels, for all teachers, coordinators, and principals;
4. case studies of particularly effective teachers.

Student interview data from the first two years was used to identify particularly effective teachers, the ones whose children showed the greatest growth over two years, for intensive study in the third year.

Six case study teachers were studied intensively using lesson observations, detailed observer field notes, photographs of lessons and collection of artefacts (worksheets, student work

continued next page

"The Year 2s sent a poster to the project team outlining their solution process. They concluded: 'it took a lot of thinking and working out.' These children loved problem solving, and they had a teacher who demonstrated clearly one of the characteristics of effective mathematics teachers. Anne Joyce 'promoted and valued effort, persistence and concentration.'"

continued from page 7

samples, lesson plans), and teacher interviews following the lessons.

SNAPSHOTS FROM THE CLASSROOMS OF EFFECTIVE P-2 TEACHERS

Sometimes, a list such as the one on page 14 can seem removed from the life and colour of the classroom. The following classroom examples illustrate the themes evident in the table.

Effective teachers of mathematics structure purposeful tasks that enable different possibilities, strategies and products to emerge.

The one-on-one student interviews made very clear the considerable range of knowledge and understanding within any classroom. As a result, teachers made extensive use of open tasks, encouraging children to share their solution strategies. Examples of such tasks included:

- Two children measured the basketball court with rulers. Huong said it was 20 rulers. Yasmine said it was 19. Why might that be?
- I drew a shape with four sides. What might my shape look like?
- I bought some things at the supermarket and got 35 cents change. What did I buy and how much did each item cost?

- What can you find that is lighter than an orange but bigger than it?

Children eagerly accepted these kinds of challenges, responding at their own level of understanding.

Effective teachers of mathematics focus on important mathematical ideas and make the mathematical focus clear to the children.

Teachers noticed during the interview that although many children could read and write two- and three-digit numbers, quite a few had difficulty ordering one-digit numbers.

In school teams, they developed a range of games and activities that focused on this important mathematical idea.

One teacher asked children to cut up magazines and catalogues, taking out any numbers they could find. They then sorted these out from smallest to largest. The two examples give a sense of the range of children's responses.

Another teacher developed a card game, where the picture cards were removed from a standard pack, and children had half the pack each. At the same time, each child turns over a card, and the person with the larger of the two numbers takes both. Once again, there was a clear focus on ordering numbers from smaller to larger.

Effective teachers of mathematics encourage children to explain their mathematical thinking ideas and build on children's mathematical ideas and strategies.

ENRP teachers noted that they found themselves using many more questions than previously that probed children's thinking.

A State Secondary College Years 7-12



HEATHMONT COLLEGE

Heathmont College strives to develop proud, confident and responsible citizens who continually rise to the challenge of learning.

You are invited to join us for a College Tour of our excellent facilities and programs. Contact our Assistant Principal, Deborah Harman, for further details.

Waters Grove Heathmont 3135 Tel: (03) 9871 4888 Fax: (03) 9879 4770
email: heathmont.co@edumail.vic.gov.au internet: www.heathmont.vic.edu.au

Examples included:

- How did you work that out?
- How are these two objects the same, and how are they different?
- What could you do next?
- Can you see a pattern in what you've found?
- Can you make up a new task using the same materials?

It is interesting to consider the extent to which the teacher behaviours (for effective early numeracy teachers) and characteristics applies to other grade bands and learning areas. It was a wonderful privilege to be in the classrooms of dedicated, mathematics education professionals. We have described classrooms where the enthusiasm, curiosity and strategies of young children are valued and built upon, with lasting effects upon their understanding, their attitudes, their love of mathematics and their confident views of themselves as learners of mathematics.

References

Clarke, D M & Clarke B A (2003). 'Encouraging perseverance in K-2 mathematics: The tale of two problems', *Teaching Children Mathematics*, 10(4), pp 204-217.

Clarke, D M & Clarke B A (2004). 'Mathematics teaching in Grades K-2: Painting a picture of challenging, supportive, and effective classrooms', In Rubenstein, R N & Bright, G W (eds), *Perspectives on the teaching of mathematics*, Reston, VA: NCTM.

Doug Clarke is a professor of Mathematics Education at Australian Catholic University.

Barbara Clarke is a senior lecturer in Mathematics Education at Monash University, and is associate dean (Staffing) in the Faculty of Education.

Doug and Barbara Clarke's article "Catching them young" first appeared in EQ Australia Issue 4, Summer 2004, 'Talking Maths and ICT'. EQ Australia is a quarterly magazine published by Curriculum Corporation, www.curriculum.edu.auleq



**SMALL SCHOOL
BIG OPPORTUNITIES
Big Results!**



**Please ring 9758 1232
for a personal tour
booking**



Early Years Literacy and Numeracy, Middle Years Literacy, Numeracy, German, Performing Arts, Access to exemplary external programs, Professional Sporting Program, Physical Education, Before & After School Care, Visual Arts, Elective Programs, Reading Intervention Programs, Fully Networked Computer System, Extensive Camps and Excursions, Separate Infant Facilities, PMP, Technology, Intensive Swimming Program, Extensive Pre-school Transition Program, Chaplaincy Program.

Come and see what a SMALL SCHOOL can offer you.

**A School where EVERYBODY
is SOMEBODY!!**

Ferntree Gully Primary School
Cnr Dorset Rd & Burwood Hwy. Ph 9758 1232

APADESIGN04

Ringwood Secondary College
A College which performs




Proudly presents
'OLIVER'

7 Performances - August 4-13th
at the college

***Family nights on Thursdays 8pm, \$32-2 adults & 2 children
***Matinees 2pm Sunday 7th & 6pm Wednesday 10th
All other shows at 8pm.

PLEASE SIR, I WANT SOME MORE

Do miss this event,
Ring 9870 2002 from 25th July for bookings
Ringwood Secondary College, Bedford Road Ringwood

Term 3 Highlights:

- ** Opening of the AMTC
- ** Year 12 Ski Camp
- ** Brass & Strings Festivals
- ** Science Hall Induction
- ** Leading Schools Fund Launch
- ** Melbourne Bands Festival
- ** Athletics Day

Enquiries welcome for VCE - Geography, LOTE - French & Indonesian, Music, Drama & Specialist Maths

Tel: 9870 2002 Principal: Mr Michael Phillips
Fax: 9874 5414 Email: ringwood.sc@edumail.vic.gov.au



THE CALMING MEAL BEFORE THE STORM

For my parents, it was the eve of an eight hour-long boat trip to Tasmania. In light of the recent severe storms that forced the Spirit of Tasmania to do an about turn, my parents were very nervous about their impending voyage to the Apple Isle. Neither my mother nor father were keen on the idea of travelling by sea - both (and particularly my mother) had suffered from sea sickness in the mid seventies when they ventured from their homeland in Germany to Australia. What could I do to ease their stress?

My wife and I decided to take them out for dinner, to a place where not only are the surroundings comfortable and homely, but the food is fantastic. **Casavini Ristorante** seemed to be the natural choice.

We arrived shortly after seven and were warmly welcomed at the door. Despite an enormous effort by my parents to show otherwise, it was obvious they were struggling to keep their nerves at bay. Our waiter suggested a calming pre-dinner drink to help kickstart the appetite. Selecting from Casavini's extensive wine list, we chose a delightful bottle of **Brown Brother's Merlot**, and decided on some **bruschetta** for accompaniment. The bruschetta was the perfect appetiser; the selection including some topped with traditional tomatoes, olive oil and basil, whilst others were topped with roasted eggplant and capsicums. What a treat!

We had also brought my mother in law along for the ride. Given that she was born and raised in a small Italian village, I knew that she would enjoy the evening's feast. After much debate, we finally came up with our choice of entrees. As we all like to sample from each other's plate, we each decided on something different from the variety of entrees available. My mother had ordered half a dozen **oysters Kilpatrick** (which would have been my first choice). My father ordered a **warm lamb salad** topped with feta cheese, my wife went for the more traditional **home made pasta** simply dressed in aglio e olio and my mother in law ordered the **risotto with seafood**. I had the **scallops in cognac** served on a bed of **creamy risotto**. Each was beautifully presented, and generously sized, although none of us felt that they were too filling. There's nothing worse than wanting to enjoy a good night's eating and then feeling too full to go on after the entree!

After just enough time to let the lingering flavours of our entrees subside and allow the conversation to flow, our mains arrived. My mother ordered the **pollo e avocado**. Chicken topped with a creamy sauce

and avocado, with fresh, crisp vegetables on the side. My father had the **spaghetti** topped with seafood. Being a spicy man he requested some chilli, which the good people at Casavini promptly delivered, arriving at the table with dried, crushed and fresh varieties. Being an ambitious man, my father proceeded to place a fine layer of chilli over the entire plate. For the rest of the night we laughed and made fun of his red sweaty face, but he loved every second of it.

I had chosen the **fillets of veal** dressed in a light **Napoli sauce** and topped with thin strips of high quality mozzarella. I stress the high quality. Sure, you can get prepackaged mozzarella from the supermarket, but it doesn't compare with the real thing.

My mother in law chose the fish of the day, **salmon** topped with a beautiful buttery sauce. I gather she liked it a lot as she wouldn't even let her own daughter sample some. My wife went for the **pork** in a mustard cream sauce. The pork was cooked to perfection. The sauce too, was a perfect balance of ingredients that complemented the pork rather than overpowering it.

My father and I thought we would pace ourselves a little and have a **cognac** before dessert. My wife and mother in law joined us with an amaretto. Now I must say I was feeling pretty full by this stage, and I know everyone else was as well, but there was no way my mother was going to pass up on some home made **tiramisu**. While she was at pains to tell us that "...no I can't fit another thing in, I'll explode if I eat any more!", we all knew the truth. As soon as the dessert was placed in front of her she cleaned it up - no one else even got to try it! I went for the lighter and fresher option of some **sorbet**. My wife had the **flourless orange cake** and my mother in law sampled the **Sicilian apple torte** which they both exclaimed were beautifully textured and fresh. Finally, going against my doctors orders, I joined my mother in law in knocking back an espresso - how I love the taste.

While enjoying our coffees I thought it the opportune time to get my mother in law's opinion on the night's Italian fare. Knowing so much about Italian cooking she's a difficult one to impress, but she tilted her head towards me, nodded and said "Bellissimo!" That means bloody good.

For the remainder of the evening we engaged in discussion, avoiding the topic of boats and the sea and basked in the home like environment of Casavini Ristorante. My parents looked relaxed, my mother in law was impressed.... what more could you ask for?

Authentic Italian Cuisine



Casavini Ristorante
CAFE / RESTAURANT

Offering:

- Á La Carte - Tues - Friday
- Full Smorgasbord Dining - Saturday & Sunday with live music and dancing
- Relaxed outdoor lunch areas

Bookings:

9848 6767

9 Mitchell Street,
Doncaster East

www.casavini.com.au

MONTE CARLO RECEPTIONS

- Available for all special occasions and corporate functions.
- Located 18km east of Melbourne, with ample free off street parking.
- Please call Michael Mimmo at Monte Carlo Receptions to discuss your special plans.

For Bookings & Appointments

9848 5222

5 Mitchell Street,
Doncaster East

www.montecarlo.com.au

SLASHING NURSING HOME WOUND CARE COSTS BY HALF

A Monash University study has revealed nursing homes could cut wound care costs by almost half, reduce nursing hours by one fifth and slash wastage by 75 per cent by simply using modern wound management practices.

Mr Geoff Sussman from the Victorian College of Pharmacy said the findings could have massive implications for residential aged care facilities where one in every four patients presented with a wound at any given time - saving government and private providers millions of dollars each year.

Using modern wound pharmaceutical products during the 40 week study, Mr Sussman said savings per nursing home bed was almost \$85.

“Across Australia there are 140,000 nursing home beds so if we applied these cost savings it would equate to a total reduction of almost \$12 million,” he said.

Mr Sussman’s clinical study of 2600 beds in 66 nursing homes throughout Victoria is one of the largest studies of its kind ever

undertaken in Australia. Researchers identified healing outcomes of three common wounds found in nursing homes - skin tears, pressure wounds and leg ulcers.

“By comparing results from two separate groups we found modern standardised moist wound management practices lead to faster healing, less pain and lower costs,” he said.

“Our results clearly show it is far cheaper to use modern wound pharmaceutical products compared with old-fashioned and traditionally cheaper items like gauze and paraffin tulle dressings.”

The study also revealed a dramatic reduction in nursing hours required for ongoing wound management by applying modern practices - proving cost effective treatment can produce significant cost savings and improved patient care.

In light of these results, Mr Sussman has recommended changes to aged care policy and produced a protocol template for wound assessment, documentation and treatment.

The study was funded by the Commonwealth Department of Health and Ageing through the Pharmacy Guild of Australia.

Using modern wound pharmaceutical products during the 40 week study, Mr Sussman said savings per nursing home bed was almost \$85.

Donvale Rehabilitation Hospital Outpatient Programs

Anyone who has suffered an accident or illness, at work, home or in the community will know the importance of effective treatment to enable them to return to living a normal life.

The comprehensive outpatient service at Donvale Rehabilitation Hospital enables the patient to live at home while attending the hospital several days a week. This compliments an inpatient program once the person has been discharged or can commence immediately if the person has required no hospital admission.

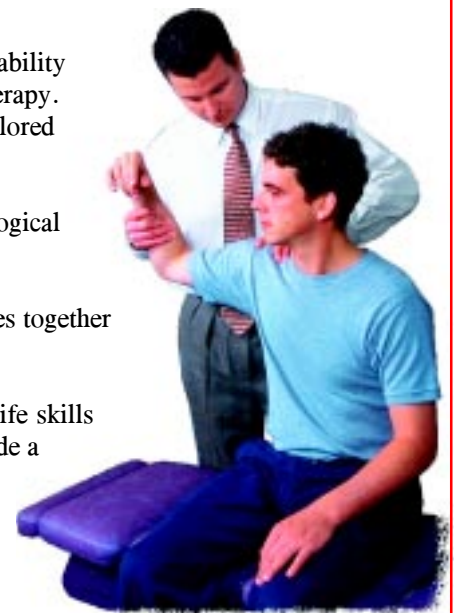
The outpatient service offers a team approach which focuses on the person, not the disability and includes medical involvement, physiotherapy, hydrotherapy and occupational therapy. Speech Pathology, psychology and other therapies are also available in a program tailored to suit individual needs.

We treat people with spinal or orthopaedic difficulties, those suffering a form of neurological deficit and arthritic conditions.

Our fully equipped modern gymnasium, hydrotherapy pool and other therapy facilities together with our highly qualified staff ensure that the best possible treatment is provided.

Goals are centered around returning to previous activities be they work, leisure or life skills (eg driving). At discharge links are established with the community which may include a local gym program, employer liaison, general practitioner involvement and/or referral to other services.

We are a provider hospital for most health funds, TAC, WorkCover and Veterans Affairs. Referral is direct to one of our Rehabilitation Physicians.



DONVALE REHABILITATION HOSPITAL

Donvale Rehabilitation Hospital is situated in the eastern suburbs. We provide both inpatient and outpatient services and have agreements with:

- all Health Funds
- TAC
- WorkCover
- Department of Veterans' Affairs.

If you or a family member require our services please speak to your doctor or contact the hospital. You are welcome to visit our hospital to inspect the facilities.



Donvale offers rehabilitation programs following all acute surgical and medical episodes.

- Neurological (eg stroke)
- Joint replacement (eg knee, hip)
- Lower limb (eg fractured femur)
- Upper limb (eg fractured humerus)
- Cardiac (eg coronary artery grafts, acute myocardial infarction)
- Reconditioning - following major surgery or medical condition (eg pneumonia)

DONVALE REHABILITATION HOSPITAL

1119 Doncaster Road, Donvale, Vic, 3111

Ph: (03) 9841 1400 Fax: (03) 9842 7276

CEO: Mrs Patricia Bliss

www.ramsayhealth.com.au

GARDEN ALERT: WARNING TO HANDLE POTTING MIX SAFELY

Victorian Health Minister Bronwyn Pike has stepped in to warn Victorian gardeners about the little-known but potentially deadly risks associated with everyday potting mixes, following what is believed to be the first-ever suspected cases of potting mix-related death in the State last year.

Ms Pike said three Victorians died last year from *Legionella longbeachae*, a bacteria commonly found in potting mix. In at least two of the three cases, the victims had been exposed to potting mix before their deaths.

“To many gardeners, potting mix may seem harmless, but it can actually be very dangerous unless the correct procedures are followed,” Ms Pike said.

Legionella longbeachae is a form of Legionnaires’ disease. It is found in minute quantities in the general environment (including soil) and is not a health hazard. But the ingredients and moistness of potting mix make it the ideal breeding ground for the bacteria.



TIPS TO OBSERVE WHEN USING POTTING MIX INCLUDE:

- Wear a particulate disposable mask to avoid breathing in dusts. These are available from large hardware stores;
- Wear suitable eye protection such as good quality sunglasses, or goggles/safety glasses;
- **Do not** shake the bag before opening it, as this will produce dust particles;
- Moisten contents of bag by spraying lightly with water upon opening. Do this by making a small opening and insert a garden hose to dampen potting mix to avoid creating dust;
- Always open potting mix bags at arms length in a well ventilated place with care to avoid breathing in airborne particles;
- Store potting mix products in a cool dry location to limit growth of bacteria;
- Clean up by sweeping whilst the product is damp to reduce dust;
- Wash hands on completion of use of potting mix and wash work clothes regularly.

“In recent years, infections have been on the rise. During 2004 there were 27 cases of related illness, typically pneumonia, in Victoria. This figure includes the three deaths. Contact with potting mix was believed to be the cause of illness in many of the cases.”

Legionella longbeachae is different from *Legionella pneumophila*, the more well-known form of Legionnaires’ disease found in poorly maintained cooling towers and spas.

Ms Pike said gardeners using potting mix should always follow the manufacturer’s safety instructions on the bag. Victoria’s Acting Chief Health Officer Dr John Carnie said the different types of legionella bacteria all cause a rare form of atypical pneumonia.

Early symptoms include fever, chills, headache, shortness of breath, sometimes dry cough, muscle aches and pain.

“Most people who breathe in the bacteria do not become ill. The risk of disease is increased with age, smoking, and in people with weakened immune systems,” Dr Carnie said.

Further information about Legionella, legal requirements and the analysis of samples can be obtained at www.health.vic.gov.au/ideas/downloads/leg_facts.pdf or [www.legionella.vic.gov.au](http://www legionella.vic.gov.au) or by contacting the Legionella Program on 1800 248 898.

Ms Pike said three Victorians died last year from *Legionella longbeachae*, a bacteria commonly found in potting mix. In at least two of the three cases, the victims had been exposed to potting mix before their deaths. “To many gardeners, potting mix may seem harmless, but it can actually be very dangerous unless the correct procedures are followed,” Ms Pike said.



We'll put up to **27** lenders
under the hammer.

When you use a Mortgage Choice consultant, it's like having up to 27 lenders bidding for your home loan. So to find a home loan that suits your needs, **there's only one choice.**



Helen Aubert
MORTGAGE CHOICE

Phone: 03 9752 3055
Mobile: 0413 159 629

**THERE'S ONLY
ONE CHOICE**

 **MORTGAGE
CHOICE®**

the print place

call us for more great printing offers

2,500

Full Colour Postcards
Full Colour front & back

\$350.00

1,000

Full Colour Business Cards
Full Colour front & B/W back

\$150.00

2,500

Full Colour DL Postcards
Full Colour front & back

\$620.00

PLUS 100

**Full Colour Magnets with every
1,000 business card order for only**

\$45.00

PRICES FROM

- business cards **from \$80**
- postcards **from \$250**
- calendars **from \$290**
- brochures **from \$40**
- letterheads **from \$120**
- envelopes **from \$110**
- with comp slips **from \$130**
- invoice books **from \$38**
- bookmarks **from \$150**
- notepads **from \$80**
- stickers **from \$35**
- magnets **from \$45**

*All Prices exclude GST. All products printed in four colour process.

: **1300 78 22 73**

www.theprintplace.com.au

155 POATH ROAD, MURRUMBEENA VIC 3163