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living in MONASH EDITION

inside...

your city

3 in brief...

'disgraceful' premises costs food trader \$163,000 housing market slowdown to cut rate increase monash to press for enhanced smartbus network overhanging trees danger for pedestrians

4 book review - screw it, let's do it

pet care

6 five mistakes to avoid when bringing your new dog home



education

7 children need you to listen to them

time out

12 the weekend warriors - join a band for fun!

grow

14 physical activity keeps you healthy



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KEY to front cover

- Glenallen School**  
(See page 8)  
7 Allen Street, Glen Waverley 9561 1966
- Mazenod College**  
(See page 10)  
5 Kernot Avenue, Mulgrave 9560 0911
- Monash Special Developmental School**  
(See page 9)  
1 Renver Road, Clayton 9543 4400

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## in brief....

### 'DISGRACEFUL' PREMISES COSTS FOOD TRADER \$163,000

An Oakleigh South food packing business that sold mouldy lollies to a Glen Waverley shop and whose premises was described by a Magistrate as 'disgraceful' has been fined \$160,000 plus \$2,990 in costs in Dandenong Magistrates Court recently.

Monash Council's Coordinator Environmental Health, Adrian White, said this was a record fine for a complaint lodged by Council under the Food Act 1984. Magistrate Raffaele Barberio said the state of the premises could at best be described as "disgraceful". "It is not unreasonable for the community to have reasonable expectations as to the hygiene of a food premises," he said. "It is a matter of both individual deterrence and general deterrence to every other person to ensure satisfactory standards are complied with."

Lawyer Olga Koskie, of Macpherson & Kelley, representing Monash Council, said: "I think it is very important that Magistrates are now considering matters pursuant to the Food Act to be very serious matters and are taking this and the maximum penalties provided by statute into account when deciding on fines to impose against defendants."

The case stems from a complaint by a customer of a shop in Glen Waverley that they had been sold mouldy lotus candies. Further investigation revealed that the sweets came from a wholesaler trading as The Quang of 2/14-18 Coora Road, Oakleigh South.

The company faced 16 charges including failing to maintain premises and equipment in a clean condition, failing to prevent pests entering a premises and failure to protect food from contamination. The maximum penalty for each of the 16 charges is a fine of \$40,000.

Acting Monash Mayor Paul Klisaris said all those dealing with food in the municipality should take this case as a warning.

"We will not tolerate the public being put at risk by unsafe and unhygienic food handling practices," he said. "Food safety is an important public health issue and we are committed to pursuing the appropriate punitive action whenever we discover such breaches."

### HOUSING MARKET SLOWDOWN TO CUT RATE INCREASE

A slowdown in the value of the housing market in Monash over the past two years will lead to two-thirds of the city's householders receiving a rate increase of less than 5% in 2006. A revaluation of all Monash properties by Monash Council has revealed that property values in the commercial and industrial sector have outstripped residential properties over the past two years.

Mayor Joy Banerji said today that the effect of the higher commercial and industrial property values was that these sectors would pay a higher proportion of total rates collected by Council. "The revaluation process unfortunately causes some confusion in the community about how it affects individual property owners. The simple explanation is that property values determine what share each individual property will pay of the total amount of

rates that Council collects. An increase in property values does not mean Council raises extra revenue by the same amount," Cr Banerji said.

"Council's first step in setting rates is to determine what income it needs to carry out its operations for the year. With around 54% of its revenue coming from rates, it then apportions the required amount across all its ratepayers based on the value of their property. The higher the value of the property the higher the share of rates that are due. This year Council proposes to increase its total rate revenue by **8.95%** to cover a range of cost increases and to deliver an appropriate level of services and new facilities. If there had been no revaluation this increase would have been uniformly applied to all properties. As there has been a revaluation, each individual property owner will pay less or more than the 8.95% depending on how their property value has changed compared to all other properties in the city.

"Properties overall have increased in value by 7.41% over the past two years, with industrial at 19.61% and commercial at 15.64% leaving residential values at 5.57% in their wake. If an individual property has increased in value by less than 7.41% their rate increase will be less than 8.95%. With residential value increases being modest, around two thirds of householders will have a rate increase of less than 5%. Those properties which have increased by more than 7.41% will have a rate increase above 8.95%. This will be the case for most commercial and industrial properties. This better performance by non-residential property is a reversal of how the property market has performed over the past decade. In that time, residential properties have grown at a far higher percentage and consequently have taken on a higher proportion of the rate burden. This year's revaluation will help rebalance that somewhat.

"While the 8.95% rate increase is higher than recent years, Council felt this increase was necessary to cope with increased external costs, a reduction in government grants and the need to deliver improvements in services and facilities, especially in regard to infrastructure maintenance and renewal. While Monash is proud to point out that our rates are the second lowest in metropolitan Melbourne, and are likely to remain that way this year, such a low rate base also brings with it problems in coping with external cost pressures and meeting the community's expectations on service standards."

The average rate in 2006/07 will be \$862, an increase of \$61. The 2006 revaluation has shown that average residential property values in the suburbs of Hughesdale (9.32%), Wheelers Hill (9.08%), Notting Hill (7.35%), Glen Waverley (6.97%) and Clayton (6.22%) have experienced a higher increase over the past two years than the remainder of the municipality (average of 5.67%). All Victorian Councils are required to conduct a revaluation of all properties every two years. Monash Council uses site value (land value only) in determining the rates bill for each property.

### MONASH TO PRESS FOR ENHANCED SMARTBUS NETWORK

Monash City Council will press for an enhanced SmartBus network as part of a long-term campaign to improve transport

*continued next page*

choices launched by seven Councils in Melbourne's east on behalf of their more than 940,000 residents.

Monash representative on the Eastern Transport Coalition (ETC), Cr Gerry Kottek, said the existing SmartBus and district bus network needed to operate more frequently and over a greater time span, both weekdays and weekends.

"This would provide important benefits for the community including easier access to our activity centres, to the medical and technology precincts and to our commercial/industrial estates," he said. "People need to be able to access decent public transport to help them participate in their communities and keep the cost of living down."

The ETC comprises the cities of City of Greater Dandenong, Knox, Manningham, Maroondah, Monash, Whitehorse and the Shire of Yarra Ranges. ETC Chair, City of Knox Councillor Mick Van De Vreede said the aim of the campaign was to advocate for a transport system which has better buses, more rail, effective coordination and better patronage. He said the ETC would be staging regular events to highlight deficiencies in the system and talking to candidates in the lead up to the State election.

"Some of our needs were answered by the recent transport statement and the State Government is to be congratulated for that. However we need further improvements if our residents are to get the access to transport that many other people in Melbourne currently have."

### OVERHANGING TREES DANGER FOR PEDESTRIANS

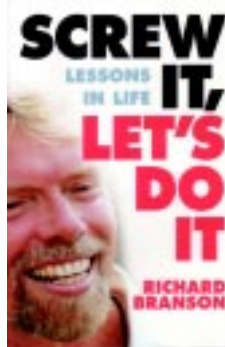
Monash residents should take the time to check whether trees or other plants on their property are overhanging footpaths or roads because they can cause serious injuries to pedestrians in particular. Sight-impaired pedestrians or those walking at night may not see overhanging vegetation and be badly hurt, particularly in the vulnerable areas around the face and eyes.

Monash Council's Coordinator Local Laws, Howard Galvin, said the problem was exacerbated in rainy weather.

"There is additional growth from the rain and the vegetation can retain water and cause injury if, for instance, someone walks into overhanging branches in the dark," he said. "We would prefer that people did the right thing for their fellow residents than us having to enforce the law as it applies to this situation." Local laws in Monash require that overhanging vegetation must be at least three metres above the ground over which it hangs. Although Monash Council's patrolling local laws officers proactively warn residents to cut back overhanging vegetation, ignoring the warning will result in a \$100 on the spot fine and further legal action if there is non compliance.

Recently a Wheelers Hill property owner was convicted in Dandenong Magistrate's Court on charges of allowing vegetation to overhang the footpath and with failing to comply with a Notice requesting the vegetation be cut back.

Several requests for compliance were ignored. Council then undertook the work itself and the property owner was served with summonses to appear in Court. He was convicted and fined \$550.00 with costs of \$424.30.



## book review

BY RACHAEL HERBST

**SCREW IT, LET'S DO IT -  
LESSONS IN LIFE**

BY RICHARD BRANSON  
RANDOM HOUSE AUSTRALIA

A revised and updated edition of *Sir Richard Branson's* best seller *Losing My Virginity, Screw It, Let's Do It -*

*Lessons in Life* is specially commissioned for World Book Day's adult literacy initiative.

Charismatic, with a cheeky smile that indeed may motivate one's dreams of 'Losing My Virginity', Sir Richard Branson has lived an extraordinary life of humble beginnings: "I didn't set out to be rich," says Branson, "The fun and the challenge in life were what I wanted - and still do..."

One of the millions world-wide living with Dyslexia, Branson knows very well the struggles that can be endured while trying to get an education and - eventually - building financial security. "One thing I couldn't do very well was read. I always found lessons hard at school because I was... dyslexic. I hated to admit defeat, but however hard I struggled, as with many other people, reading and writing were hard for me," says Branson candidly; "For some reason this made me want to be a reporter, a job where reading and writing are always needed."

Indeed, the beginnings of his entrepreneurial success lay in writing, winning a school essay contest. "I was the boy who was often caned for failing tests. But I had won an essay contest. I was thrilled," says Branson.

Self-belief and the knowledge that almost nothing is beyond one's reach are indeed qualities which Branson has drawn upon during his rise to 'Sir' status...

"From then on, my school work improved. I learned to focus on hard words and my spelling got better. I think this shows that you can achieve almost anything - but you have to make the effort," he explains.

By his mid teens, Branson had begun writing for a publication known simply as 'Student magazine' through his school. Aged 16, he pursued 'Student magazine' full time.

"I got some top-rate interviews with **John Lennon, Mick Jagger, Vanessa Redgrave** and **Dudley Moore**. We had more famous names than some of the top magazines," he recalls.

Persistent and ambitious, Branson eventually sold cut-price records by mail order, opened his first record store and by 1973 had his own record label - the iconic 'Virgin Music' (think the Sex Pistols).

Evidently, not every person in the world wants to run a global business, or buy their own island called Necker: "We can't all run big airlines or trains. Many people have more modest goals. But whatever your dream is, go for it. Always beware if the risks are too random or too hard to predict, but remember, if you opt out for a safe life, you will never know what it's like to win," says Branson.

Filtrated with inspiring quotations and advice, 'Screw It, Let's Do It - Lessons in life' is an exciting cannot-put-it-down read.

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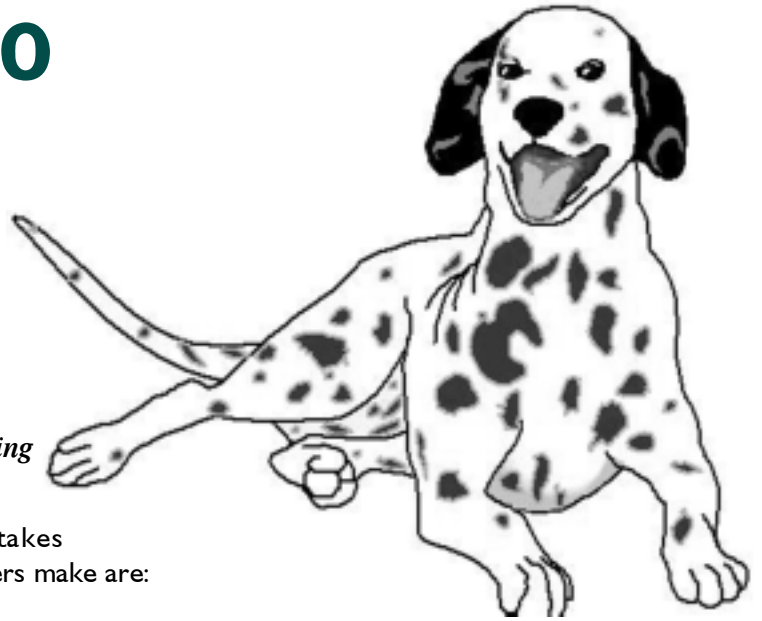
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# FIVE MISTAKES TO AVOID WHEN BRINGING YOUR NEW DOG HOME



*Acquiring a dog is the start of one of life's most rewarding relationships.*

But there are several common mistakes new dog-owners can make, and avoiding these can make the responsibilities of pet care a little easier, according to the Petcare Information and Advisory Service (PIAS).

"People are generally aware of the 'do's' of dog ownership," says PIAS consultant Susie Chaseling, "For example, do get your dog vaccinated annually, and do make time to exercise and play together each day. But there are also some simple little 'don'ts' that can be just as important, and being aware of them will help you and your dog settle in together."

According to PIAS, the five most

common mistakes new dog owners make are:

## **ASSUMING SMALL DOGS REQUIRE LESS WORK OR SPACE THAN LARGER BREEDS.**

It is worth remembering that many small or "toy" breeds have boundless energy and need as much exercise and attention – if not more – than some larger dogs.

## **GIVING YOUR DOG AN INAPPROPRIATE NAME**

"Part of the fun of getting a dog is deciding on a name," Ms Chaseling says. It's important to select a name that is short and easy for the pet to understand, and that can't be confused with an instruction such as Beau which can be confused with 'no'

## **BEING TOO SOFT-HEARTED**

A puppy or even an older dog may whimper or appear restless on its first few nights in a new home. "It's important your new dog has a warm and secure place to sleep but this shouldn't necessarily mean on your bed or favourite sofa," Ms Chaseling says. "Don't be too soft-hearted – decide where your dog will sleep and make sure you, and

the dog, stick to it. Otherwise you may start a habit that is hard to break."

## **FAIL TO TRAIN AND SOCIALISE FROM THE START**

People underestimate their puppy's ability to learn. Dogs should begin learning the basic commands (sit, and come when called) from the moment you first take them home. "Dogs also need to learn social skills, a good way to ensure they get this from an early age is to ask your vet about puppy schools and puppy parties," says Ms Chaseling.

## **GIVING UP ON TRAINING TOO EASILY**

For most dogs training doesn't happen over night. You must be consistent and persistent to reap long term rewards. According to PIAS, usually mistakes are made in all innocence, because it is natural to want to spoil a new dog. "But a dog looks to its owner for leadership, and it will respond well to clear rules and a regular routine," Ms Chaseling says. "If you provide these, your dog will understand the do's and don'ts and then there's no limit to the amount of enjoyment you can have together."



# CHILDREN NEED YOU TO LISTEN TO THEM



***Listening to your child boosts their self-esteem and makes them feel worthy and loved. A parent that acts upon the old adage ‘a child should be seen, not heard’ can make a child feel they don’t count. Constantly ignoring your child when they are trying to speak will hurt their feelings and affect the strength of your relationship over time. It is worth remembering that children can understand language long before they can master speech. You can keep up with your child’s evolving language development by paying daily attention.***

## **BABY TALK**

A baby’s brain is ‘hard-wired’ to pay attention to the sound of a human voice. Their mastery of language depends on listening to you speak. Long before your baby can form understandable words, they will respond to you with noises, facial expressions and body language. You can actively listen to your baby and encourage their language development in many ways, including:

- Accept that crying is the baby’s primary method of communication.
- Attend to their needs as soon as you can once they start crying, to let them know they have been acknowledged and understood.
- Spend some time actively listening to your baby’s cooing and noise-making by looking them in the eye and encouraging them with smiles and talk
- Talk to your baby frequently.

## **TODDLER TALK**

A toddler may have a vocabulary of two hundred or so words and can start stringing words together to make simple sentences. Mastering grammar and sentence construction is difficult and your toddler will make plenty of mistakes. You can encourage

your toddler’s language development in many ways, including:

- It is more important to listen attentively to your child, than correct their grammatical errors.
- Allow your toddler sufficient time to finish what they are trying to say.
- Don’t show impatient body language, such as sighing or foot-tapping.
- Answer any questions using simple language.
- Spend some time each day doing nothing else but talking exclusively with your toddler.
- A child that constantly interrupts adult conversations may feel starved of sufficient attention.

## **OLDER CHILD TALK**

By the time your child is in their later years of primary school, their language and conceptual abilities are sophisticated. They even alter their speech to suit the circumstances, for instance they may speak more formally in front of a teacher than they do with family and friends. Actively listening to your older child

**continued next page**

continued from page 7

includes:

- Make time every day to listen exclusively to your child with no distractions.
- If your child tends to give 'yes' and 'no' answers, try asking open-ended questions.
- Allow your child to have differences of opinion and respect their point of view.
- Try not to interrupt, lecture or criticise.

## TEENAGE TALK

The teenage years are typically a time of conflict, as the child starts to assert their independence from parents and authority figures. Communicating effectively with your child by listening and paying attention to what they are saying helps to sidestep potential arguments. Some suggestions on listening to your teenager include:

- Don't expect them to always share your beliefs and values, and try to appreciate their point of view.
- They are more likely to listen to you, if you listen to them.
- Your attentive listening, empathy and understanding will encourage your child to confide in you.
- Let them know you are always available if they need to talk to you.
- Take an active interest in their life.



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## GETTING HELP FOR ANY PROBLEMS

There are services available to help families with any type of communication problem. For example you may need help if:

- You think your baby or child has difficulty hearing.
- Your toddler isn't speaking at all by two years of age.
- Your child doesn't understand what you say by two years of age.
- Your child stutters or has some other form of speech difficulty.
- You have problems communicating with your child.

## WHERE TO GET HELP

Your doctor; Your community health centre; Maternal and child health care nurse; Family counsellor; Parenting helpline; Audiologist; Speech therapist.

## THINGS TO REMEMBER

- Listening to your child boosts their self-esteem and makes them feel worthy and loved.
- Make time every day to listen exclusively to your child with no distractions.
- There are services available to help families with any type of communication problem.

***This information has been provided by the Better Health Channel and was last reviewed in October 2005. Material on the Better Health Channel is regularly updated, for the latest version of this information please visit:***

***www.betterhealth.vic.gov.au***

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APA DESIGN



# MONASH SPECIAL DEVELOPMENTAL SCHOOL

Monash Special Developmental School caters for students aged 2 to 18 with significant developmental delay and/or intellectual disabilities including multiple disabilities. The school is divided into three areas Early Education/ Kindergarten, Primary and Seniors with each area having its own purpose built playground.

Daily transport is provided for school-aged students residing in the educational zone (encompassing Mount Waverley, Glen Waverley, and Scoresby to the north; Rowville and Lysterfield to the east; Clayton, Clayton South and Mulgrave to the south; Chadstone and Oakleigh East to the west)

The Early Education and Kindergarten area of Monash Special Developmental School provides comprehensive individualised programs for children with developmental delays between the ages of 2 and 5 years. Whilst the Early Education program is centre based support is also provided to families by the therapy team and teaching staff. Many of the kindergarten children also attend local preschools to complement their centre based program.

The school aged students benefit from a broad range of individualised and small group instruction in all areas of the Department of Education Training's Key Learning Areas of English, Health and Physical Education, Mathematics, The Arts, Studies

of Society and Environment, Science and Technology. Specialist music, art, swimming plus language/communication sessions are also a feature. Sessional and part-time interaction programs at primary schools are actively facilitated.

Preparation for post school options and the development of independent living skills is a major focus of the senior school. The students are encouraged to take responsibility for doing their shopping, personal hygiene as well as developing recreation and leisure skills.

All programs in the school are actively supported by the Therapy Team consisting of a full-time speech pathologist, two physiotherapists, an occupational therapist, a psychologist and a social worker.

Monash Special Developmental School is an exciting and positive option for a child with special needs.

Make an informed decision and visit our school

**For more information contact our Principal team on 9543 4400**

**Principal: Helen McCoy**

**Assistant Principals: Helen Johnston and Lois Klinger**

**Email: [monash.sds@edumail.vic.gov.au](mailto:monash.sds@edumail.vic.gov.au)**



# MONASH SPECIAL DEVELOPMENTAL SCHOOL

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- *A specialist school providing quality education and therapy support for children between 2 and 18 years, with significant developmental delays and/or intellectual disabilities*
- *Early Education, Kindergarten, Primary & Senior programs*
- *Encompasses cities of Monash, Knox and Kingston*

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## About the School



Mazenod is a Catholic boys' Secondary College founded in 1967, serving particularly the cities of Monash, Greater Dandenong and parts of Knox. The College is administered by the Oblates of Mary Immaculate founded by St Eugene de Mazenod who is the College Patron.

Mazenod's aims and objectives are those of a community growing together in a faith relationship with Christ, transmitting Christian values and thus forming a part of the saving mission of the Catholic Church.

Individual subjects contribute in their own particular methods to the student's total growth. They enable the pupils to assimilate skills, knowledge, intellectual methods and moral and social attitudes all of which help to develop each one's personality and lead him to take his place as an active member of the community. The aim of each subject is not merely the attainment of knowledge but the acquisition of values and the discovery of truth.

The Rector, Fr.Pat Moroney OMI says that "One of our aims is to develop the individual character and personality of each student: his dignity, self-worth and self-respect and to foster mutual respect and a positive regard for others within a catholic environment".

The curriculum has been developed to ensure that each student is nurtured through positive encouragement to achieve the highest level of literacy, oracy and numeracy appropriate to their level ability. Mazenod also fosters the positive effort to respect students of a lesser ability and to cultivate their abilities to the fullest, whilst also responding to excellence in the ability in other students. Each student is encouraged to cultivate their natural creative talents developing creative, imaginative and intuitive ways of thinking.

Mazenod offers a rich co-curricular including a wide range of sports competing in the Associated Catholic Colleges and Intra-School sport boys can participate in individual, team, contact or non-contact sports.

The Cultural life of Mazenod is accessible under it's extensive musical/fine arts department. It boasts orchestral, jazz and chamber ensembles right through to rock bands.

"Leave Nothing Undared is Our Pledge Mazenod"

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## WHO SHOULD ATTEND ASHWOOD SCHOOL?



What is a Special School? Why would I want my son or daughter to go to one? Ashwood School understands the sense of anxiety parents have when an alternative educational setting is suggested. Who should attend Ashwood School?

- Students who are eligible to attend specialist setting and need smaller classroom groups to learn effectively.
- Students who need a chance to make new friendships based on equality and develop their self esteem
- Students who will benefit from the individually focussed programs and the range of specialist programs from performing arts to ICT
- Older students who need to maximise their vocational and life skills as a preparation for post school placements.

Ashwood School welcomes all interested visitors. Contact the school on 9808 7444 for information.



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## JOIN A BAND FOR FUN!

**Entertainment writer and musician RACHAEL HERBST first came across the WEEKEND WARRIORS with a big question weighing on her mind: How on earth will this group of non-professional musicians get up to a strong performance standard in just one month? She was pleasantly surprised.**

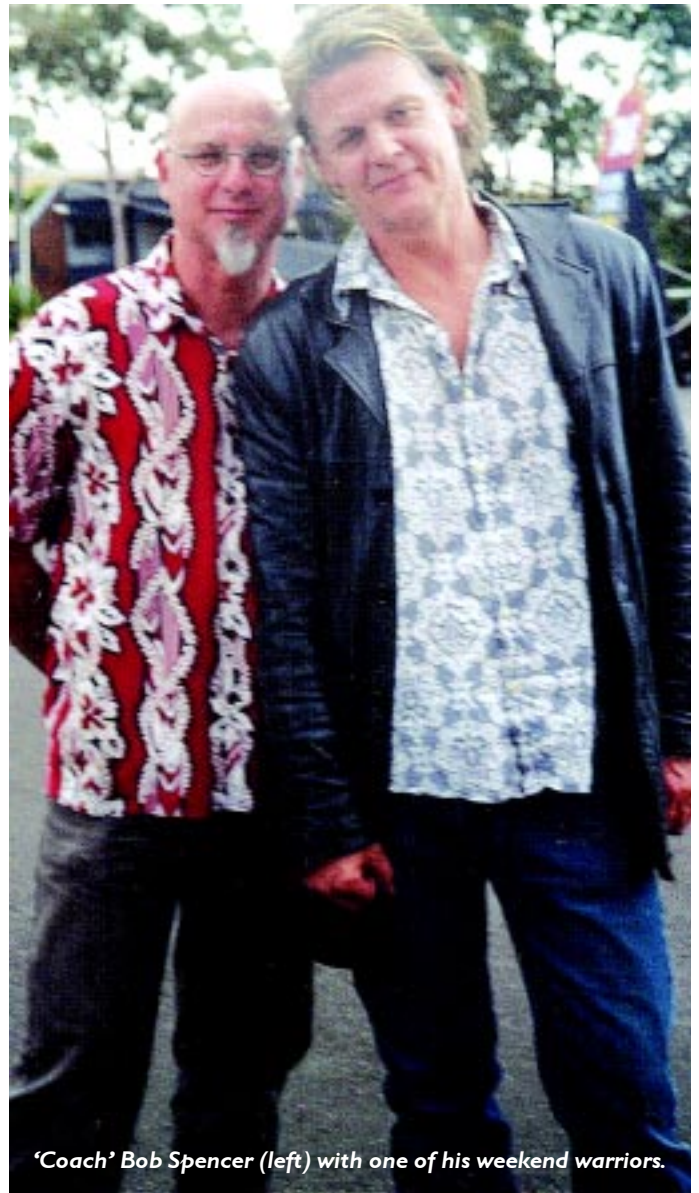
*"It's really easy to describe it," begins Weekend Warriors coach Bob Spencer, "it's fantastic."*

The Weekend Warriors was founded in Sacramento, U.S.A. by a music store owner simply known as 'Skip', who noticed a growing number of people coming into his store for a 'play...' Noticing many of these people weren't in working bands at the time, Skip decided to create a program which would give expert coaching from Professional Musicians, access to top-of-the-range equipment, and the ultimate chance for many to fulfil their dream of being a 'Rock Star' at least once, (or perhaps even thrice! Confused? More later...).

"A lot of us have actually been playing in our bedroom for 40 years," says Weekend Warriors' Gary Walsh, "We've all got our family, we've all got our mortgages, (and) our full-on jobs... We missed the boat when it came to being full-time (musicians)." Walsh continues, "But now we can get out there, live the (dream) for 4 weeks (through) practising, and one big gig." Having gradually spread to Australia and England, Weekend Warriors is a phenomenon showing little sign of slowing. Passion, it seems, is the key.

"The talent has nothing to do with it," says Bob Spencer, "it's irrelevant to me. I don't care whether people can play 600 notes in three seconds or they can only play one chord. The program is strictly about getting (music lovers) together so that they can have fun.

"One way for them to have fun is that I help them become better players. If I can help them learn how to put a set together or learn how to perform a little bit better (or) interact with an audience, or to choose songs... Whatever skills I may be able to impart to them that helps them have



*'Coach' Bob Spencer (left) with one of his weekend warriors.*

more fun. It's not required that these people play guitar like Jeff Beck or Keith Richards - that is really not the point. What I have found (is) that some people will come into the program and they can literally barely get their hands around a chord, (and) then two years later they're playing in front of 500 people confident as buggery."

Accountants, Tradies, 'Stay-at-home-mums', Doctors, Retirees, 20-somethings - people from all 'walks of life' have come to Weekend Warriors and lived their dreams. Many Weekend Warriors bands have even gone on to perform regularly around Melbourne and beyond.

"They know that they can do things in other fields because they've done them. There are many skills that they have, they just haven't been for the most part shown how to apply those skills to playing music," says Bob Spencer, citing a familiar scenario. I first came across the Weekend Warriors with a big question weighing on my mind: How on earth will this group of non-professional musicians get up to a strong performance standard in just one month?

(Are the *Weekend Warriors* planning on a miracle?) 4 weeks after viewing a fairly nervous group of Bands perform (aka *The Weekend Warriors*) I was pleasantly surprised by the 'grand finale'. Run via an ever-increasing number of music stores, the *Weekend Warriors* go through constant rehearsals; working closely with a coach. The transformation by the end of these 4 short weeks is, in a word, extraordinary. So what's in it for the music stores? Surely their involvement isn't completely altruistic.

"The reason it runs through shops is that someone needs to provide good equipment," says *Bob Spencer* candidly, "Those of us (who) were brought up listening to bands like the *Rolling Stones* (and) *Led Zeppelin*, we want to have the same sort of equipment that (those bands) had... A shop can't run it if they're going to supply \$200 guitars for example, because that's not part of the romance of the *Weekend Warriors*. *Spencer* explains further; "Everybody wins in this. When someone has been through a program and they (feel) rejuvenated, (a) lot of them walk into the shop and buy a \$5000 *Les Paul* because that's what they (have) always wanted. (So), the music retailers in general win. The warriors win because they're having the time of their lives. "Not only that but there's a flow-on effect. The families of warriors win because now dad or grandad is actually happy - whereas maybe he hasn't been in the past - because he's playing in a band. It inspires the kids. There have been many cases of (*Weekend Warriors*)' children or grandchildren taking

up an instrument, inspired (by) grandmum or mum. It seems to have a direct bearing on what the kids do." It is obvious that the *Weekend Warriors* is a winning formula. At the cost of approximately 6 instrumental lessons, *Weekend Warriors* will change your life! "My car is parked in the driveway again," says *Weekend Warrior 'Ted G'*, "because I'm turning my garage into a music room."

**To find out more information on *The Weekend Warriors*, visit their website at [www.weekendwarriors.org.au](http://www.weekendwarriors.org.au).**



## EMPORIO FAMILY RESTAURANT

Looking for a cosy spot to enjoy your next family get together, or perhaps somewhere to enjoy a quiet coffee with a friend. Then look no further than the Emporio Family Restaurant. Open 6 days a week from 8am until 10.30pm, the Emporio offers patrons an extensive menu covering breakfast, lunch and dinner. The restaurant is fully licensed and offers diners the full range of traditional Italian fare from pastas to pizzas, antipasto platters to mouthwatering 'dolci' as well as an array of sumptuous salads, risottos, meat and seafood dishes. The staff are always friendly and the restaurant has a warm, cosy feel. The woodfired pizzas are a particular speciality with a selection of traditional and gourmet offerings available on the menu. The spacious Emporio Restaurant can also cater for all manner of special occasions from birthdays to anniversaries and christenings. Contact one of their helpful managers on 9569 1009 for more details.



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# PHYSICAL ACTIVITY KEEPS YOU HEALTHY



*Regular physical activity has significant benefits for your health and wellbeing. Just 30 minutes of moderate activity each day can improve health and reduce the risk of developing certain conditions or diseases.*

## AIM FOR AT LEAST 30 MINUTES A DAY

Health authorities recommend that everyone should have at least 30 minutes of moderate intensity physical activity, such as brisk walking, on all or most days of the week. This activity can be accumulated in bouts of 10 minutes or more if it's more convenient.

There are many opportunities to be active throughout your normal daily routine, such as walking to and from work, buying lunch or walking children to school.

People who take part in vigorous physical activity (for example aerobics, netball or football) are encouraged to continue to do so - these activities can provide extra health benefits.

## GUIDELINES FOR GOOD HEALTH

To help you make physical activity an important part of your day, the National Physical Activity Guidelines for Australians were developed. The guidelines refer to the minimum levels of physical activity required for good health. They are not intended for high level fitness or sports training. Try to carry out all the guidelines and, for best results, combine an active lifestyle with healthy eating.

## THE FOUR STEPS TO GOOD HEALTH ARE:

- ♦ Think of movement as an opportunity, not an inconvenience. See any form of body movement as an opportunity to improve your health, rather than a time-wasting inconvenience.
- ♦ Be active every day in as many ways as you can. Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines.
- ♦ Do at least 30 minutes of moderate intensity physical activity on most, preferably all, days. Moderate intensity activity includes a brisk walk or cycling. Combine short sessions of different activities of around 10 to 15 minutes each to a total of 30 minutes or more.
- ♦ If you can, also try to enjoy some regular, vigorous exercise

for extra health and fitness benefits. Vigorous exercise makes you 'huff and puff'. For best results, this should be added to your regular physical activity three to four days a week for 30 minutes or more each time.

## AEROBIC EXERCISE

Aerobic exercise is when your body uses oxygen to produce energy for physical activity. Aerobic means 'with oxygen'. Aerobic metabolism occurs when the body breaks down fat and glucose by combining them with oxygen. During intense aerobic exercise, your body uses more oxygen and your breathing and heart rate increase. Over time, regular aerobic exercise will improve your health and fitness and reduce levels of body fat.

## TYPES OF AEROBIC EXERCISE

Whatever activity you choose to do, it should be something you enjoy. Different forms of aerobic exercise include:

- ♦ Walking, jogging or running
- ♦ Swimming
- ♦ Dancing
- ♦ Aerobics classes and water aerobics classes
- ♦ Cycling
- ♦ Skating
- ♦ Line dancing
- ♦ Ballroom dancing.

## BENEFITS OF REGULAR PHYSICAL ACTIVITY

If you are physically active regularly, you tend to:

- ♦ Have improved long term health
- ♦ Be less likely to have a heart attack
- ♦ Feel more energetic
- ♦ Manage your weight better
- ♦ Have a healthier blood cholesterol level

- ◆ Have lower blood pressure
- ◆ Have stronger bones and muscles (less osteoporosis)
- ◆ Recover better from a heart attack
- ◆ Feel more confident, happy and relaxed, and are able to sleep better.

### AN EFFECTIVE TREATMENT FOR DEPRESSION

Studies have shown that regular exercise can be used in isolation or in combination with other therapies to treat some forms of depression and anxiety. Even people who don't suffer from depression feel happier and more relaxed when they exercise regularly.

### SEE YOUR DOCTOR FIRST

It is advisable that you consult your doctor before starting your physical activity program if:

- ◆ You are a male over 35 or a female over 45
- ◆ Physical activity causes pain in your chest
- ◆ You often faint or have spells of severe dizziness
- ◆ Moderate physical activity makes you very breathless
- ◆ You are at a higher risk of heart disease
- ◆ You think you might have heart disease or you have heart problems
- ◆ You are pregnant.

### TIPS FOR BECOMING ACTIVE

Even if you have done no activity in the past, beginning some form of activity can set you on the road to improved health. Below are some tips to help you incorporate physical activity into your everyday routine:

- ◆ Choose an activity that you like so that your enthusiasm doesn't wane.
- ◆ Vary your program to prevent boredom.
- ◆ Try exercising with a friend to add an enjoyable social element to your program.
- ◆ Start gently - let your body be your guide on intensity.
- ◆ Warm up thoroughly before you start, by going through the motions of the activity to increase blood flow to the required muscles.
- ◆ Start off with short sessions until your fitness improves. Multiple smaller bouts of 10 minutes will bring benefits. It's fine to start with even shorter sessions and gradually build up if you haven't exercised for a while.
- ◆ Start gently and progress gradually. If you are overly fatigued, rest for a day, but remember the key to health is regular physical activity.
- ◆ Warm down after exercise with easy stretches to let your body 'cool down' slowly.
- ◆ Give injuries time to heal instead of trying to exercise through them.

### WHERE TO GET HELP

- ◆ Your doctor
- ◆ Exercise physiologist
- ◆ Qualified physical education teacher
- ◆ Qualified sports coach.

### THINGS TO REMEMBER

- ◆ Aim for at least 30 minutes of physical activity everyday.
- ◆ See everyday activities as a good opportunity to be active.
- ◆ Try to find the time for some regular, vigorous exercise for extra health and fitness benefits.

***This information has been provided by the Better Health Channel and was last reviewed in February 2005. Material on the Better Health Channel is regularly updated, for the latest version of this information please visit: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au).***



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