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DENTURES



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Stan Krnel

Advanced Dental Technician

Stan Krnel has been practising as an Advanced Dental Technician
in Vermont for the past fifteen years.

With experience, Stan has come to understand people's needs in relation to dentures in both aesthetics and function. He is particularly concerned with minimising future denture problems through caring attention to detail.

Dentures should be reviewed every five years because the mouth is constantly changing. While sometimes a simple adjustment may suffice, it may be that a relines, or even a replacement, are required at some stage.

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APADESIGN04

AGED CARE IN EASTERN MELBOURNE

Villa Maria, one of Victoria's largest aged care and disability service organisations, has been directly caring in Eastern Melbourne since 1979. Villa Maria Wantirna, located at 355 Stud Road, is proud to offer a caring environment for residents and families in Whitehorse.

WHAT DOES VILLA MARIA WANTIRNA OFFER?

Wantirna Aged Care Facility is situated 25 kilometres east of Melbourne in the city of Knox close to Burwood Highway and Knox City Shopping Complex. This area is one of the fastest developing municipalities and has a strong community support network for all residents.

Wantirna offers permanent care for both high level (nursing home) and low level (hostel) care. It also offers respite for low-level care.

Wantirna has lounge rooms, activity areas and dining rooms as well as secure outdoor courtyards, a barbeque area and pleasant garden surrounds of three hectares. The facility is both air conditioned and centrally heated.

The low level (hostel) section of 50 beds has fully furnished single rooms with semi ensuite facilities. The high level care (nursing home) has four-share bedrooms with the furniture / furnishings provided.

Wantirna is also very activities-focussed with a dedicated Activities Team always developing new programs for the residents. Most recently the residents enjoyed the Biggest Morning Tea while earlier in the year they celebrated Chinese New Year.


Villa Maria Wantirna also has the added benefit of a Rehabilitation Centre onsite which provides services including physiotherapy and podiatry.

HOW DO I FIND OUT MORE?

Entering the Aged Care system can be a difficult task if you're not sure where to start. At Villa Maria, all calls about our Aged Care Residences are taken by our Admissions Officer, Cathy Kenny, who can inform you of what options are available.

Cathy can also arrange a time for you and your family to visit our home so you can see our care in action. To arrange a visit, please call Cathy on 9769 5276.

For more information on Villa Maria please visit www.villamaria.com.au or telephone (03) 9854 5111.


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- Annual Report
- Newsletter

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A GREAT READ FOR MILLIONS OF REASONS

by John Allin

There is a totally unscientific - but surprisingly accurate - way of judging the popularity of a new release: hover near the bookstand and see how many students pick it up, start thumbing and become so engaged that time is lost in the ease of the read.

Such is the case with *Inventing Millions* (25 inventions that changed the world and made millions for their inventors). For a start, what a marvellous title! No obscurity – just a bunch of well chosen words that tell the reader precisely what they can expect between the covers.

Although not required reading for any curriculum, students will love this new book (and we're in lifelong learning mode here...we're talking about students from six to 100). It is simply chock full of fascinating, short accounts of how things came to be.

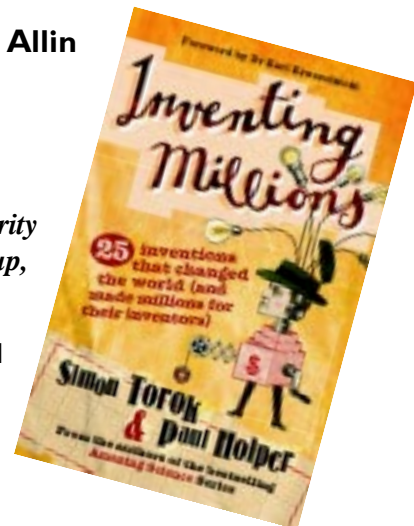
Happily, there are no quagmires of didacticism or bouts of pseudo-intellectual pomposity along the way to fog the mind, slow the flow and act as literary speed-humps – as with some books.

In fact you get the immediate impression that Melbourne authors Paul Holper and Simon Torok (pictured right) had a lot of fun researching and putting all this together. It's a cheeky little read, bright and bouncy and salt and peppered with humorous quips that have become their style over the

years. (Now well established educative authors, Holper and Torok wrote the bestselling *Amazing Science* series).

Holper and Torok, who work for the CSIRO in business development and communication respectively, have impressive academic backgrounds. Both are science communicators. Holper is a former chemistry teacher and Torok has a PhD in climate science. They know the education system well and this is probably why students, parents and teachers of all ages will warm to their new book.

Inventing Millions boosts general knowledge. You will discover how Bette Nesmith made her mark with Liquid Paper (and did you know that Bette was the mum of Mike Nesmith, singer guitarist with the 1960s pop group, the Monkees?). You'll also find out how heart pacemakers came



Ringwood Secondary College

BEDFORD ROAD, RINGWOOD 3124

A College which performs

Highlights for Term 4 2006:



- Gala concert - 5th October
- Band Tour - 16 - 20th October
- Art Show - 19/20th October
- 1976 Reunion - 22nd October
- French Tour - 23rd November
- Borneo - 23rd November
- Junior Concert - 23rd November
- Year 11 Social - 23rd November
- Dolphin Swim - 30th November

*** Year 7 2007 Parent Information Evening-21st November ***

*** Secondhand Uniform & Book Sale-13th December ***

*** Presentation Evening-18th December ***

Features of the college:

- Culture & Service
- Outstanding student exits and results
- Comprehensive student services
- Laptop program in year 9
- Tradition of performing arts
- Sporting excellence
- Cultural, scientific and sporting recognition
- VCE, VET & VCAL Studies
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2006 / 2007 witnesses the continuum of the Laptop Program at Ringwood Secondary as students research, investigate and present learning tasks electronically. Parents have seen outcomes and enjoyed the extension with the City project in year 9. The ATC continues to develop as new building take shape along the Hill St side of the college.

Mental Health Week Awareness concluded Term 3 as students dressed up and participated in diverse activities across the days. Term 4 will see many excursions to Healesville Sanctuary, Sovereign Hill, the Dolphin Swim, Wilson's Prom, and Lake Nillahcootie. The annual Band Tour, Bike Tour and trip to Queensland extend student learning and we welcome visitors from Montfort College, Thailand, in October. Several of our students fly to France for 3 weeks and an energetic band are travelling to Borneo.

The Art Show will display the talents of students to the wider community on 19th-20th October and a reunion for students from year 12 - 1976 - is planned for October 22 at the college. To all families new for 2007 we extended a warm invitation to join one of the parent groups and identify with the life of the college and expressions of interest are welcome for VCE enrolments. The students who are involved in wider or extra curricula programs have excelled and the wellbeing for all by the Student Services teams is comprehensive and thorough. The college expresses its gratitude to parents and staff who give that little extra to make Ringwood Secondary College a place to be, to share and to do. To VCE students as they approach their final examinations - we say 'Well done and challenge yourself to do your best'.

Former students are invited to email/ring the college re reunions and adding to our data base.

to be and the story behind magnetic strips and credit cards. Nanotechnology suddenly becomes less mysterious, the bionic ear is explained and even the genesis of Coco Chanel gets a guernsey in a scent up sort of way. (The authors' play on words, not mine). And do you know the background to Google? You soon will.

This is a book of great value – and not just in the money sense. Each section has little bonus subsets under the headings of Early Days, You're Kidding, How it Works and Success Scale. And, for those whose knowledge appetites are still not sated, there are lists of references for further information. Brilliant.

The educational value is obvious from the first page. Readers come away with wonderful tidbits of information, an enhanced knowledge bank and a better understanding of, well, stuff we might take for granted. If you get the 'Who Wants to be a Millionaire' contestant phone call, beg, buy or steal the book. Odds on it will help you answer the questions.

In short, *Inventing Millions* is a friendly book that shuns pomposity and has no pretensions. It simply tells how innovation, discovery, science and technology have changed our lives – and, equally importantly, who did the changing for us.

Forgot Fathers' Day? *Inventing Millions* would be a great square-off. Thinking about Santa sack fillers or Christmas gifts already? Ideal.

Other than taking a chance on 'Who Wants to be a Millionaire', can any of us make millions? Holper and Torok pose the question in their introduction: "...great things can be achieved by each of us if we think, persevere and follow our dreams".

Exactly.

Inventing Millions, by Simon Torok and Paul Holper (ABC Books, rrp \$24.95)



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**NEXT MARKET
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APADESIGN06

HEALTHY RECIPES

PANCAKES FOR BREAKFAST

Suitable to freeze

Store covered in fridge (under 5°C)

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: 12

INGREDIENTS:

- 1 1/2 cups wholemeal self-raising flour
- 1 cup untoasted muesli or rolled oats
- 1 teaspoon mixed spice
- 1 egg, beaten
- 1 tablespoon honey
- 2 cups reduced fat milk
- 3 teaspoons margarine, mono- or poly-unsaturated extra reduced fat milk, if required



METHOD:

1. Combine the flour, muesli and spice in a bowl, then make a hollow in the middle.

2. Add the egg and honey to the hollow and, using a wooden spoon, gradually beat in the milk. Allow to stand for 30 minutes, if possible, to soften the flour and muesli (or oats). The mixture should be the consistency of a thick batter and depending on the muesli used, you may need to stir in a little more milk.
3. Heat one teaspoon of the margarine in a frying pan over a medium to high heat. Use a large spoonful of the batter for each pancake, and cook the pancakes in batches, adding a little margarine to the pan as needed.
4. Cook the pancakes until golden brown, 1 to 2 minutes for each side. Keep the cooked pancakes warm on a plate covered with a clean dry tea towel until you are ready to serve them.

NOTES:

Serve with sliced fresh bananas, kiwifruit, strawberries, raspberries or blueberries. Add plain or fruit yoghurt then drizzle with a little maple syrup or warm honey. For variety serve with orange and grapefruit salsa.

If you prepare food for people with an allergy to nuts and seeds, please check labels carefully for ingredients.

Source: *Lifetrack (1999), Eat! Enjoy! The Lifetrack cookbook, Melbourne.*

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THE CHURCH IN A CHANGING WORLD

In the last issue of Living In, I spoke of change in the church and the difficulties involved. Change is inevitable. It may sometimes be stimulating, but usually the church makes hard work of change.

Were we to regard the media as a reliable commentator on the progress of the church in a changing world, we would get the overwhelming impression that the church simply doesn't have the capacity to change. In most cases, the media attaches the word 'conservative' to churches and to prominent church leaders. In fact, it seems that the more prominent the leader, the greater the media's need to attach the label.

Yet history would suggest that the church has a remarkable capacity for change. It survived the fall of the Roman empire and took part in the rebuilding of western civilisation. It was present at the signing of the Magna Carta and played a crucial role during the upheavals of the Renaissance. The church witnessed the rise and fall of the Iron Curtain and, indeed, has watched many seemingly permanent things come and go.

Few adult Christians can look back to the church of their childhood without recognising enormous changes. If I think of the church I knew prior to 1970, I find it a bit hard to believe that it is still the same church. In other churches people tell much the same story. However, it is interesting to note that most of us don't want to go back. We may have fond memories that we like to treasure, there may be certain aspects we would like to retain, but most people in the church are clear that they don't want to go back. Nostalgia for the past may be a powerful force, but it is simply not strong enough to stop us pushing forward.

I am not suggesting that all change is good. Nor is all change well orchestrated. It comes too quickly for some and too slowly for others. At one moment it seems as if we are simply stumbling from one horrible crisis to the next. At other times we seem to be in control of the reigns.

However, we might consider that both the long history of the church and our more recent personal experiences show that the church has a remarkable capacity for change. We ought not allow the media to set the pace or determine the direction the church takes. As we have done in the past, we will sort out how to adapt to an ever changing world.

Rev. Greg Shanahan.

BLACKBURN NORTH



Church: 107 Koonung Road, Blackburn North
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UNITING



NUNAWADING



Church: 355-357 Whitehorse Road, Nunawading
Phone: 9872 3770

Minister Rev Greg Shanahan 0407 334 725

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- Involvement in community issues and care of others
- Welcoming the lonely and the isolated

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 Holy Communion on First Sunday of the month

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