



**LEFT: Ralph Powell at work on his Ringwood Community Garden plot. BELOW: Mare O'Brien ties beans to trellis.**  
Pictures: ANDY DREWITT N28MM202



# Garden's bounty

MAROONDAH green thumbs and gardening novices have compared plant growth and tips at Ringwood Community Garden for more than 25 years.

Garden lovers can see the results of their efforts and buy produce when the garden opens to the public as part of the Open Garden Scheme next month.

Club secretary Ralph Powell said the garden was a chance for residents to grow organic vegetables, flowers and fruit in a "sustainable, supportive, community environment".

"Our membership is a rich mix of individuals from a wide variety of cultures who happily share ideas and perspectives on what and how to grow vegetables, herbs, flowers and fruit," Mr Powell said.

"A virtual United Nations exists within the club. The diversity of propagation techniques and the wide variety of produce reflects this broad cultural interchange."

Produce includes citrus trees, berries, artichokes and onions, Chinese vegetables, taro and sweet corn, growing in 10m by 3m plots on what was bare open ground in Wantirna.

The club formed after a public meeting in March, 1980 and staked out its first plots the following July on Ringwood land set aside for a future freeway.

Two decades later the land was bulldozed for EastLink and the club moved over the municipal border to its present site in Knox.



"With financial support from Maroondah Council and funding through the Federal Government the site was fenced, rotary-hoed, laid out and subdivided into 102 plots," Mr Powell said.

All lots are in use and the club has a waiting list.

The Open Garden Scheme open days are on February 3 and 4, from 10am-4.30pm. Entry fee: \$5.

Ringwood Community Garden is at Manson Reserve, Selkirk Ave, Wantirna. Details: 9801 4031.

## Sleep Apnoea? Asthma, Blocked Nose, Snoring?

Buteyko Breathing can improve sleep, give more energy, reduce fatigue and decrease medication usage.

### FREE SEMINARS

- FITZROY** Mon 5 Feb, 11am, Suite 7/144 Rose St
- HEALESVILLE** Mon 29 Jan 4pm, Sanctuary House Motel, Badger Creek Rd
- LILLYDALE** Mon 21 Jan 7pm, Yarra Valley Motel, 420 Maroondah Hwy
- BOX HILL** Mon 5 Feb, 4pm & 7pm, Box Hill Town Hall, East Ent. Rm D

If you snore or stop breathing, if your sleep study shows multiple apnoeas, if you use CPAP, then you can get great benefit. Also for asthma, hay fever, anxiety, nasal problems. Buteyko courses follow the seminars (another 4 ninety minute sessions over 4 days). Please phone or email via the website for a free info pack and more details.

Paul O'Connell BSc, Dip Ed, MBA  
Member of the Buteyko Institute of Breathing & Health  
www.sleepingallnight.com Freecall 1800 001 700

## Gentle Dental Care

**Dr Sofia Christofis**  
BSc (Hons) BDS (Melb)  
**Dentist**

- Children Welcome • Emergencies Welcome
- All aspects of General and Cosmetic Dentistry
- Hicaps, EFTPOS and Credit Card facilities available



Call 9764 1617 for an appointment

**SC Family Dental Clinic**  
Rowville Health

12-14 St. Lawrence Way  
Rowville

9am-6pm Mon to Fri 9am-1pm Saturday

**FANTASTIC BONANZA SPECIALS**

<b>CONCRETE FLOORS \$385 - NOW \$315*</b>	
	3x3x2.1 Zinc \$448 <b>NOW \$423*</b>
	3x3x2.1 Colour \$650 <b>NOW \$528*</b>
	3x2.3x2.1 Zinc \$436 <b>NOW \$376*</b>
	3x2.3x2.1 Colour \$595 <b>NOW \$489*</b>

**\*Bonus - Pay Delivery Get Free Assembly**

Zinc 1.5 x 1.5 x 1.8 \$210	2.3 x 1.5 x 1.8 \$240	3 x 1.5 x 1.8 \$290
----------------------------	-----------------------	---------------------

**Barns**  
All sizes supplied & built

6x9x2.6 2 roller door \$4,580 All Colour

6 x 6 x 2.4 - \$3700  
6 x 7.5 x 2.4 - \$4080  
6 x 7.5 x 2.7 - \$4190 Full Colour 2R/D

Visit our website for heaps more specials: [www.shedbonanza.com.au](http://www.shedbonanza.com.au)  
Garages Delivered. Assembly All Services  
419 Dorset Rd, BAYSWATER 9729 8418  
Display 26 Greens Rd, DANDENONG 9792 9722

## BUDDHISM & MEDITATION

**Weekly Evening Classes**  
No need to book, just drop in - \$12 per class  
Mondays 7 - 8.30pm **everyone is welcome**

Introduction to Meditation - February 5, 12, 19, 26  
Introduction to Buddhism - March 5, 12, 19, 26

**Bayswater**  
Knox Community Arts Centre, Cnr Mountain Hwy & Scorseby Rd  
**Upper Ferntree Gully**  
St Thomas' Anglican Church, 12 Mount View Road

**Saturday Courses**  
Learn to Meditate @ KMCA  
March 3, April 28, June 9  
phone 9756 7203

Kadampa Meditation Centre  
25 McCarthy Road, Monbulk  
[www.kadampa.org.au](http://www.kadampa.org.au)

## BECOME A PERSONAL TRAINER

85% employment rate of students  
Maximum of 15 students per class  
All staff with specific industry experience

Certificate III in Fitness SRF30204  
Certificate IV in Fitness SRF40204

**GET A CAREER NOT JUST A QUALIFICATION!**  
**CALL NOW 9779 3772**

International Institute of Training

## MELBOURNE'S FAVOURITE FAMILY EXPO

**ANNUAL MELBOURNE PET & ANIMAL EXPO**

3AW Southern Cross  
Magic 1278

**At Caulfield Racecourse, Station Street, Caulfield**  
**Friday February 2 - Sunday February 4, 2007**

**MAIN STAGE**

- ★ **Dr. Katrina Warren** "Training & Grooming" (Sat/Sun)
- ★ **petcover.com.au** "Make your Pet a Star" - Shows with **Steve Austin**
- ★ "Victor & Victoria" - Childrens Pantomime Extravaganza
- ★ Exciting Live Reptile Shows - by Animal Attraction
- ★ RSPCA - "Home Alone" - Fabulous Pet Presentations
- ★ Stylish Canine Fashion Parades by Puppy Phat
- ★ Cat Breed Parades

**Admission: Adults \$ 14.00, Children under 4 FREE, Children 4-16 years \$8.00, Aged & Disability & Sole Parent Pensioners & Seniors Card Holders \$ 8.00 (All prices include GST)**

**Hours: Friday 10.00am - 5.00pm  
Saturday 10.00am - 5.30pm  
Sunday 10.00am - 5.30pm**

**DEMONSTRATION ARENA**

- ★ Amazing Flyball Demonstrations
- ★ Fulfilled Dog Agility Shows
- ★ Dog Obedience and Training Shows
- ★ Doggy High Jump
- ★ Retrieving and Herding Dog Shows
- ★ Funtime with Dogs

Vic. Canine Association **Dog Breed Showcase and Presentations** with over 60 different Breeds represented

NBCC (AFF-GCCFV) all Breeds **Championship Cat and Kitten Shows** and Showcase with 100's of pedigreed Cats and Kittens displayed

**PLUS Huge Championship Dog Show on Saturday and Sunday**

Visitors are kindly requested not to bring their pets to the Expo and are warned not to touch the animals on display without the consent of Exhibitors.

Lots of different Animals to see and lots of Pet Products for Sale! Accessories and Healthcare Products. **Plus FREE VET & PET Advice**

Organised by Exhibition & Marketing Services  
OFFICE: (02) 9876 4600  
EXPO INFOLINE: (03) 9257 7400  
[www.emsaust.com.au](http://www.emsaust.com.au) (1/2/2007 - 4/2/2007 ONLY)

**OTHER GREAT ACTIVITIES**

- ★ Enormous Family Farmyard Nurseries
- ★ Bird Breed Showcase
- ★ Ferrets, Rats & Mice Shows

**• Air Conditioned Venue, Indoor /Outdoor Catering & Refreshments**