

COMMUNITY NEWS

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

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EDITION 55

AUGUST/SEPTEMBER 2018

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- DENTAL HEALTH WEEK AT EACH
- AGAVE PLANT - MIRACLE OF NATURE

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Editorial

Hello Community News readers,
 I am always impressed by the energy and commitment shown by the many people who contribute to our community. Not only the many volunteers who support projects and activities that make our community a better place, but also the businesses, services and workers who value community life and the people they interact with each day.

There is such generosity of spirit, enthusiasm to make things better, to work towards improving the lives of others. Many willingly share their knowledge and skills, not for their own benefit but to benefit the people around them and the next generation.

Its great to be a part of a community that cares and shares. I hope you enjoy what is shared in our Community Newspaper.

Janet Claringbold, on behalf of the team.

The team at SWCN would like to thank Wantirna College for providing us with an office and home base. We also thank our contributors, advertisers, sponsors and readers. We are the grateful recipient of funding received through the Knox City Council Community Development Fund



OUT AND ABOUT



Ambulance Museum

By Coral Carew

Back in 1986 a decision was made by a group of retired Ambulance officers to preserve the history of Victoria's ambulances and so the Ambulance Historic Society was formed.

Consequently the search began for suitable vintage ambulances, equipment and memorabilia, often beyond the bounds of Victoria.

In 2006 premises were obtained in Thomastown, and, as the Museum grew, it became necessary to re locate. A suitable factory was found at Factory 1/55 Barry Street, Bayswater.

The museum is open for individuals, groups or club visits by appointment. Personal guided tours are conducted from Monday to Wednesday between the hours of 9.00 am to 1.00 pm.

Vehicles, memorabilia and retired personnel are available for public and corporate events and displays of over 3.000 items can be viewed.

All enquires and bookings can be made through:
Chas Martin Co-ordinating Officer Mobile 0428 813 385



Vale John McLeod

Boronia CFA by Coral Carew

It was with great sadness that we learned of the sudden passing of John. He was a member of Boronia CFA for over 63 years, a Life member and also awarded the Australian Fire Service Medal for his devotion to the CFA.

He will be remembered for his passion and dedication.

Aston Community Awards

Nominate your local volunteer hero for an Aston Community Award

Do you know an individual or community group that does something special in our local community that may go unnoticed?

You may wish to consider nominating that person or group for a 2018 Aston Community Award.

The Aston Community Awards celebrate local volunteers and community groups who give their time, skill and energy to helping others and making the Knox community a better place to live.

We have some outstanding volunteers in our community and The Aston Community Awards are a chance to recognise them. It is important that we properly thank these individuals for all of their work.

The Aston Community Awards will recognise local volunteers in four categories:

- Youth Volunteer Achievement Award;
- Individual Volunteer Achievement Award;
- Community Group Achievement Award; and
- Senior Volunteer Achievement Award.

The Aston Community Awards ceremony will be held on Friday, 15 September at 6.30pm at the Knox Italian Club in Rowville. All are welcome, but RSVPs are essential.

Nominating is a simple, two minute process and self-nominations are welcome. Nominations are now open and will close 5pm on 25 August, 2018.

Nomination forms can be completed on my website at www.alantudge.com.au or by contacting my office on 9887 3890.

By Alan Tudge MP, Federal Member for Aston





ALAN TUDGE MP

Federal Member for Aston

[f tudgeMP](https://www.facebook.com/tudgeMP)
alan.tudge.mp@aph.gov.au
[9887 3890](tel:98873890)
www.alantudge.com.au

Real Action For Knox



WHAT'S COOL AT SCOUTS?



Joey Scouts Hop Into Fun

by Shelley Neil, District Leader Joey Scouts

In May, 70 Joey Scouts from the 8 Joey Mobs in the City of Knox District attended our annual Heany Hop at Heany Park Scout Camp. This event has all its activities planned and run solely by the City of Knox Venturer Units, and this year's did not disappoint.

Set in the time of Pirates and Mermaids the Joey Scouts braved the wet weather and followed treasure maps, climbed the rigging and walked the plank. Every activity base was filled with new and different activities, with Venturers and Leaders dressed up as pirates and mermaids to complete



the experience. There was even a Pirate ship made up for the Joey Scouts to explore.

The swashbuckling adventure continued with face painting, duelling, sling shots and target practice.

The Joey Scouts had an amazing pirate day and came home with a camp blanket badge and craft loot to boot!

If you are interested in joining the fun head to www.vicscouts.com.au and follow the links. Youth members can join from the ages of 5-26 years.



Campfire Capers by Nicole Klep, District Leader Cub Scouts

On the 7th of June, just under 200 Cub Scouts and their families attended the 'Winter Campfire.' Ten out of our thirteen Cub Packs in the City of Knox were represented and we had 1st Blackburn South Cub Pack attend as well.

Each year in June the campfire is run alternately outdoors at Heany Park Scout Camp or indoors at one of our Scout Halls with a fire place. However, this year we broke with tradition and held an amazing campfire in the amphitheatre at the Tim Neville Arboretum. We are extremely grateful to Knox Council for allowing us this fabulous opportunity.

The Cub Packs performed marvellous skits which had names like: 'Wild Elephants,' 'The Emergency Alarm,' 'Penguin at Antarctica Station,' 'Baby Shark' and many more. They practiced the skits on their pack nights ready to perform them in front of our huge audience.

We also sang a variety of songs throughout the campfire. These familiar tunes include 'Campfire's Burning,' 'My Highland Goat,' 'Grand Old Duke of York,' 'Singing in the rain,' 'Pizza Hut' and many, many more.

Many leaders and Cubs wore their campfire blankets, highly decorated (and heavy) with cloth badges. We have lots of keen badge collectors in the City of Knox who love getting a new one at any opportunity.

The night was full of yells, skits, songs, Scout applause and lots of laughter. The one and a half

hours went very quickly and we all look forward to the next one.

If you are interested in trying Scouting go to: <http://www.vicscouts.com.au/join-us.html>

1st Bayswater, 2nd/3rd Bayswater, 1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 2nd

Knoxfield are the local Scout Groups. You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 5 to 26 years and after 26 lots of fun is to be had by becoming a leader!



#AMAZING



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WHAT'S COOL AT SCHOOL?

Stephanie Alexander Kitchen Garden



At St Luke's Primary School in Wantirna all of our students participate in a four week Stephanie Alexander Cooking Program throughout the year. St Luke's believes that cooking with children from toddlers to teenagers - has a lot of benefits.

As well as being fun, cooking with our students:

- introduces them to fresh healthy food
- helps them learn about what different foods look like and where they come from
- helps them develop healthy eating habits because they are more likely to try healthy food that they have helped to cook
- prepares them for cooking for themselves or the family in later years
- helps build their mathematics skills – for example, when they measure liquid in a jug
- helps build their vocabulary – for example, reading a recipe together
- helps them to share the jobs within a family - the students clean up at the end of the session

St Luke's has a number of parent helpers every week who share in the wonderful experience and the students love it when Mums, Dads and Grandparents come to help.

Some of the mouth watering meals that are prepared and eaten together are:- tomato bruschetta, zucchini stack, homemade potato gnocchi, homemade pumpkin soup, spinach and feta quiche, vegetable pasties, homemade sausage rolls, homemade pasta (out of vegetables !), scalloped potatoes,

Vietnamese rice paper rolls, teriyaki chicken stir fry and homemade pizza.

Delicious desserts include lemon coconut cake with a strawberry glaze sauce, caramel slice, Mars bar slice, truffles, apple crumble, chocolate brownies and mini meringue cups with berries.



Leading By Example

Year 6 students at The Knox School have been studying Leadership.

It's about connecting with others and shaping the students' ability to show respect, care and empathy and responsibility to themselves and others.

As part of this theme students spent two afternoons at the Knox Village Retirement Centre on Burwood Highway.

Here they met new friends and asked them questions about important events in their lives with a view to writing a memoir for them to keep.

Students were regaled with stories of life during the war and of times before technology.

Once the memoirs were complete, the students invited their new friends to their assembly at school and presented them with their story.



Join us for one of our next tours

School in Action Tour
Thursday 13 September, 9.00am

School Tour
Saturday 13 October, 9.30am



The Knox School

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626 Mountain Highway Bayswater



News from,,

Bayswater Senior Citizens

Mountain Highway, Bayswater next to Bayswater Hotel.

Our club will again be participating in the Knox City Council's Zest4Life program on Monday 17th September, 2018. Our event will be "Swoon to Sing Australia." It will be a time to enjoy a choir singing a variety of songs that you will all know and for the budding singers among us a chance to sing along. You may even wish to chat to the choir after their show as they are always looking for new singers. Our previous involvement this year with Zest4Life has been a Singalong Day in March plus a fun day playing Bingo in May. Both of these events attracted good crowds.

The City of Knox Senior Festival runs in conjunction with the Victorian Seniors Festival and will take place over two weeks from Monday 8th to Saturday 20th October, 2018. Our club has chosen Monday 8th October to hold an event and we have booked the fabulous "Glenn Starr" who will sing songs from the 50s and 60s. Glenn will be singing all those great songs you will remember and you may join in or just sit back and listen. A barbecue lunch will be cooked

and served by the Wantirna Lions Club. Those of you who have attended this event previously will know what a great day it is. Think about making up a group and filling a table. Starting at 11 am, the cost is \$10.00 for lunch and show. There will also be raffle tickets costing \$1.00 each with many prizes. Bookings necessary.

Our regular events are still proving popular and include our movie day on the second Tuesday of the month at 10.00 am with morning tea included for a cost of \$5.00. These days are attracting a cheerful happy crowd. Bookings necessary.

Tuesday afternoons at 12.30 pm we hold our card afternoon, again with afternoon tea and costing \$2.00.

Thursday is our Bingo day with \$2.00 entry, \$2.00 for a Bingo book plus an undercover game costing \$1.00. On the third Thursday of the month we enjoy a light lunch prior to Bingo and this costs \$5.00. Bookings necessary for catering. Eyes down at 12.30 pm.

Friday afternoons at 1.00 pm our carpet bowlers take over the hall to play Indoor Bowls. Afternoon tea is also included in the cost of \$2.00 entry.

Interested in any of these events? Give Dot a call and speak to her on

0422 107 124.

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Community Pantry at Glen Park Community Centre

In late 2017 Café on the Park commenced a monthly Community Pantry. We understand the cost of living has increased and some families may find it difficult to make ends meet.

The Pantry opened in October of 2017, the Community Pantry consistently supports over 20 families from the local area each month. The pantry provides fresh produce including bread and veggies, non-perishable items and frozen meals. The pantry can offer a little peace of mind for families in need.

Eligibility criteria may apply*

\$2** membership for 12 months

Upcoming dates: Tues 7th Aug, Tues 4th Sept

Address: 30 Glen Park Rd, Bayswater North -- 9720 5097

* recipient of a Centrelink payment, homeless or at risk of being homeless, financial hardship

**may be waived in cases of financial hardship





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Representing the communities of Bayswater, Bayswater North,
Boronia, Heathmont, Kilsyth South, The Basin and Wantirna (part)

BAYSWATER NEWS

Acknowledging Emergency Workers at Bayswater West Primary

On Friday the 29th of June Bayswater West Primary School had a whole school dress up day where our students came dressed as emergency service workers. We had students dressed as fire fighters, police officers, SES workers and more. Students at our school donated \$1 which was donated to the Bayswater CFA.

To celebrate our end of term the Bayswater CFA came along to the school and let us spray the hose and see their new fire truck. We felt so lucky!

We want to thank Bayswater CFA for coming along to our school.

By Grade 3/4V-Bayswater West Primary School



National Day of Thanks

On Sunday, June 17th Breakthrough Christian Church in Baywater once again held their National Day of Thanks tribute service to celebrate emergency service workers, politicians and volunteers of the Bayswater community.

"We recognise that those serving are not always appreciated as they should be, instead receiving abuse from the very members of the public that they are seeking to protect and help. We want them to know that there are people who appreciate what they do and are supporting their work," said Pastor Peter of Breakthrough Church.

Representatives from the CFA, Ambulance Victoria, and St. John's Ambulance, as well as state Members of Parliament Heidi Victoria and Neil Angus, were presented with certificates of appreciation and homemade gifts from the children of Breakthrough Church. Celebrating the men and women who put their comfort and lives on the line is just one of the examples of Breakthrough spreading their motto of "Fun and Friendship" to the community around them.





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International Scholar Laureate Program

Visit to China by Matthew Hjelm

International Scholar Laureate Program: Delegation on International Relations and Diplomacy in China

On May 29th 2018 I departed at 12:05am on a Singapore Airlines flight to Singapore as a stopover on my way to Beijing. The trip I was about to embark on was called the International Scholar Laureate Program which was created by a company called Envision who are based in Virginia in the United States.

This program was created by the company in the hopes of educating, motivating, and inspiring accomplished students to realise the power of their potential in their lives and careers. This meant I would be meeting students who had just finished graduating and did very well in their studies or

students that were still completing their degrees but were doing very well.

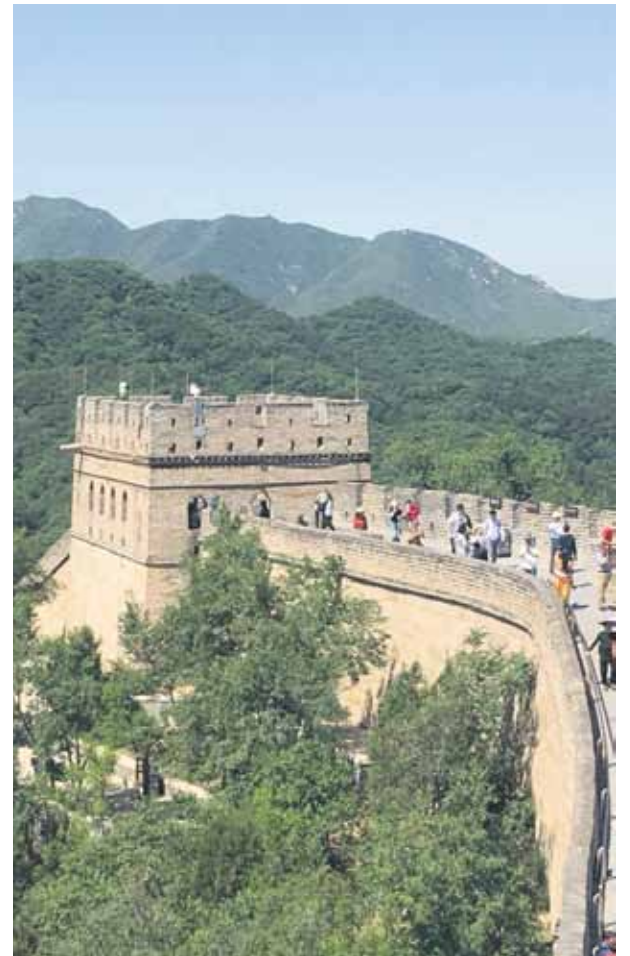
In moving on to more of the exciting bits of the trip there were four delegations on this trip which included Business and Entrepreneurship, Engineering and Technology, International Relations and Diplomacy and Medicine and Science. Due to this there were about 300 students coming from all corners of the globe that were going to embark on a trip of a lifetime just like me. In this case I was with the Delegation of International Relations and Diplomacy which had the biggest number of students which was around 87.

I decided to join this delegation as I had been studying International Relations and the practice of diplomacy throughout my Bachelor's degree and now into my Master's degree which I am currently undertaking.

This program saw me explore the cities of Beijing, Xi'an and Shanghai in around 11 days and I must say I was never disappointed in what I saw and explored. For instance, in Beijing I got to hike the Great Wall of China which was great but I must admit the weather was hot as it was sitting around 32 degrees at the time I began my hike. In Xi'an I got to visit the world-renowned Terra Cotta Warriors which was a sight to behold and is a place that should be visited at least once in everyone's life as pictures of them on the internet just does not cut it.

I also explored the city of Shanghai which saw me visit sites such as Yu Garden, The Bund and Nanjing Road which was also remarkable. Lastly something important to point out about my trip is that from Beijing to Xi'an I took the world renowned bullet train that went up to around 300 km/hr which is not that fast compared to other bullet trains but was an exciting experience nonetheless.

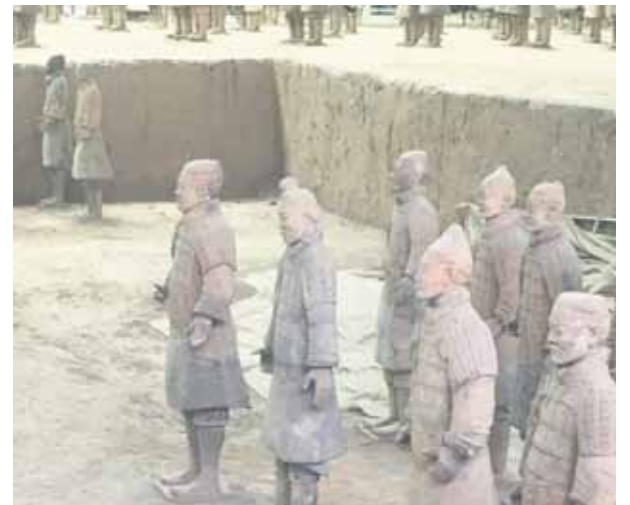
In the end the trip was truly life changing and allowed me to explore a country that was very different to what I was used to here in Australia and in other countries I have been to around the world.



A watchtower at the Great Wall of China



Inside the Forbidden City in Beijing



Terracotta Army in Xi'an

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Its a Great Time to Start The Journey to Weight Loss

With the coming of warmer weather now is the time to start planning a new look and an eating plan and menu for the upcoming summer. Exercise, diet and mindful eating are a good start to this. Set a goal. Make it achievable with a start date and a commitment plan. Let others know of your intentions and plan, plan, plan and you will succeed.

Here at Community Pharmacy we have a Health and Weight Loss Program called Impromy. This is clinically tested by the CSI RO and has proven results when you maintain the program.

How different is this to other weight loss programs you ask?

Essentially when you join you join for life. You have a consultation which includes health markers including height, current weight, blood glucose levels, cholesterol numbers, and blood pressure and medication information. This is loaded into the program and it then tells you the level you will start on.

You also receive a cook book titled Simply Well. This book contains a delicious range of recipes for meat, fish, chicken and even vegetarian options.

Some advantages of weight loss includes improving cholesterol, blood sugar levels, decrease in weight gain from medication and less joint pain which can lead to a reduction in chronic pain. Even a 10% weight loss will result in a 50% reduction in joint pain, a reduction in blood pressure and a decrease in the risk of developing sleep apnea.

One other great advantage is that members have access to a qualified Dietitian Hotline which can help tailor your weight loss journey and answer and queries that may arise.

Nutritionally advanced meal replacement products, meal bars and snack bars make up the basis of this program.

Flavours are exciting, nutritionally balanced with a blend of fibre and protein. They are low GI carbohydrates and have no added sugar or glucose.

Shake flavours include, Raspberry and White Chocolate, Cafe Latte, Salted Caramel, Double Espresso, Chocolate Coconut, as well as the popular Chocolate, Vanilla, Strawberry, Banana.

Snack bars are available in Chocolate, Wholegrains and Cherry. Hunger Scale is a useful tool when trying to lose weight.

Ideal range of hunger can be:

1. Start of physical hunger
2. Could eat something
3. Neutral
4. Feeling satisfied.

Risk range is:

1. Starvation, sensation of pain
2. Physical symptoms, headaches, no energy
3. Sensation of food in stomach
4. Stomach extended

Non-Hungry Eating

Do not eat out of habit, when you are triggered by emotions, in a social situation when you are not hungry or when you are bored.

Always drink water.

Keep a diary of emotions and the eating that went with it to really see what and when you over eat.

Get a hobby or do an activity that you enjoy to keep your mind off food.

Plan your meals, failure to plan means that your plan will fail.

Snacks

These can include:

- 1cup berries
- piece of medium fruit.
- 5 thin rice cakes.
- Small pita with 10gm peanut butter.
- Half a cup of reduced fat cottage cheese.
- Make vegetables interesting.
- Use a julienne peeler on zucchini. Make cauliflower rice.
- Stir fry vegetables. Use spices and reduced salt soy sauce. Make vegetable bake using tin tomatoes.
- Explore vegetables and spices you may never have used.

Visit Community Pharmacy Wantirna and speak to our trained Impromy Consultants to start your supported journey.



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Collier Ward News with Cr. Jackson Taylor



On the 25th June, Council adopted the 18-19 budget which has of course a big impact on our local community. This is my second budget and one in which I was proud to help deliver. It stands by my commitment to make Knox a safer place, further invests in mental health, and assists people from all life stages.

This budget sees:

- Rate increase capped at 2.25%
- \$100 for eligible pensioners rate rebate
- Record investments in community infrastructure of over \$95 million and over \$11 million towards open space improvements
- Continued operational surplus

In Collier Ward across Wantirna / W South there is also significant community investment:

- Upgrades to Flamingo, Mariemont and Billoo Park Preschools

- \$400k for Stage 2 of the Master plan at Templeton Reserve
- \$182k for a shared pathway on Mountain Hwy under the East link underpass
- \$170k for on-road bicycle friendly upgrades on Templeton St, Renou Road, Coleman Parade and Timothy Drive.
- Development of a web based Youth App on our website
- \$46k to upgrade lighting along our shared pathways underpasses (Timothy Dr, Mountain Hwy)
- \$30k for an upgrade to the cricket nets at Wantirna Reserve
- \$450k in upgrades to Wantirna and Templeton Tennis Clubs
- \$245k to resurface Cherrington Square
- \$40k for a new footpath connection at Ashley Street/ Wantirna Road up to Boronia Road

One thing to keep in mind is that this year is a revaluation year and rates may increase above the rate cap representative of the relative movement in property capital improved value across the city. Across Collier Ward prices have increased significantly in value since the last valuation. If you have any queries related to your notices when they arrive please get in touch with us on 9298 8000.

And as always, feel free to get in touch with me regarding anything discussed or even not discussed. I'd love to hear from you.

E - jackson.taylor@knox.vic.gov.au

M – 0418 719 940

FB – Jackson Taylor – Councillor for Collier Ward

Dental Care For Your Pets By Dr Martina Saeid BVSc

Dental care for our pets is very important! Almost 70% of dogs and cats over 3 years of age have some sort of dental disease. Dental disease causes bad breath (halitosis) and can be quite painful. It is also a source of infection which can make your pet unwell.

Dental disease is preventable in the majority of cases and is generally easy to achieve at home. There are many different methods to keep your pet's teeth clean and healthy and these should be started while they are puppies and kittens.

For adult cats and dogs with existing dental disease, a dental scale and polish under general anaesthetic is necessary to get their mouth back into top condition. This will allow us to start prevention with a clean mouth which needs to be continued at home to hopefully prevent, or slow down dental disease developing again in the future.

Tips to maintain oral hygiene:

1. Start early when they are puppies/ kittens.
2. Choose appropriate food, dry food is better than soft food.
3. Chew bones and toys regularly.
4. Brush their teeth.



Noos Noodles
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St Luke's Parish Mass Times

Weekend:

Saturday Vigil: 6:30pm

Sunday Mass: 8:30am & 10:00am

Weekday Mass:

Monday & Tuesday – 9:00am

Wednesday – 7:30pm

Thursday & Friday – 9:00am

Reconciliation:

Wednesday - 7:00pm

Saturday - 9:30am & 6:00pm

Adoration:

Wednesday 7:30pm – 8:30pm

Divine Mercy Chaplet:

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Top Reads & Newest DVDs

This month's collection of Top Reads has become available at your local library. To place free reservations on any of these titles go to our website at www.yourlibrary.com.au.

Top Reads:

Eggshell Skull	Bri Lee
Waiting for Elijah	Kate Wild
The Ensemble	Aja Gabel
The Year Everything Changed : 2001	Phillipa McGuinness
Calypso	David Sedaris
Grey Ghost	Clive Cussler
Shelter in Place	Nora Roberts
The Perfect Mother	Aimee Molloy
The Outsider	Stephen King
Dead if you Don't	Peter James



New DVDs:

Our new releases of DVDs are available at your library, both movies and television series. Make sure to place a reservation on titles you don't see at your branch either online at www.yourlibrary.com.au or with your local librarian.



Events at Your Library

We're hosting a huge range of events in your local library over the coming months. Here's a snapshot of what's available near you.

Nutrition for Seniors Featuring Ngaire Hobbins

2:00pm Thursday August 2

COST: \$10 - Bookings Required

Knox City Council Office Room 3

Knox Civic Centre

Ngaire Hobbins is a writer, speaker and educator on food, ageing and brain health. She is an Australian dietitian, whose passion is in supporting older adults to enjoy vital, independent lives through nutrition. Whether frail or fighting fit, living with dementia or learning about cognitive decline, Ngaire provides recipes, recommendations and research to empower and enrich your senior years. This is an information session where Ngaire will be sharing tips out of her Better Brain Food book.



Living in the Real World

A series of Free Workshops aimed at providing you with practical skills to help with everyday issues including: Job readiness, managing your personal finances, buying and renting property, and senior related concerns. This is a joint presentation by Monash Public Library Service and Eastern Regional Libraries. Book in today! Call 1300 737277 or on our website www.yourlibrary.com.au

Buying Your First Home: The First Home Super Savers Scheme

6:30 - 7:30pm Friday August 10

FREE - Bookings required

Realm Library

An expert from Centrelink will visit Realm to provide an intimate and in-depth guide to buying your first home with the help of the First Home Super Savers Scheme.

Understanding your Utilities

2:00pm Monday August 13

FREE - Bookings required

Rowville Library

Join Bestchance Training to understand what you are really paying for energy and water, whether you could save money by switching to a different plan, what concessions you might be eligible for and how to manage your energy bills.

Managing Your Money In Retirement

2:00pm Wednesday August 22

FREE - Bookings required

Knox Library

A presentation on how best to manage your money in retirement, presented by Centrelink.

Guide To The Selection Of Retirement Villages (Chinese Language Event)

12:30pm Thursday August 23

FREE - Bookings Required

Rowville Library

Come and listen to a Mandarin speaking officer from Consumer Affairs Victoria. Have all of the following questions answered:

- What is a retirement village?
- What are the different types of retirement villages?
- What are the government regulations for retirement villages?
- What do you need to know before signing a retirement village contract?
- How to have your say within your retirement village?
- What are the contributions, fees and charges?

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- * 退休村的不同类型
- * 政府对于退休村有哪些规定?
- * 签署合同前,您应该了解哪些情况?
- * 住在退休村里,您有什么样的发言权?
- * 退休村的收费制度

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Free information session. Numbers limited. Bookings essential.

In partnership with Home Instead Senior Care.....

Dr DeClutter is Coming! Get sorted with Carol Martyn

6:00pm Thursday August 2

FREE - Bookings Required

Rowville Library

Have you ever questioned whether you're messy, chronically disorganised or have hoarding tendencies?

Is clutter overtaking your home and don't know where to start? Carol Martyn from Dr DeClutter is one of Australia's most qualified Organising Experts. She's an engaging speaker with over 10 years' experience helping clients move from overwhelmed to organised.

Featured Technology Event

NBN Information Session with NBNco

1:00pm Friday August 24

FREE - Bookings Required

Boronia Library

Learn everything you need to know about the NBN. What is it? How do I connect? How do I negotiate with retailers? Where can I go for support? NBNco is offering this presentation for free.

Everything you need to know to get started!

To book into any of these events call

1300 737 277 or book on our website

www.yourlibrary.com.au

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**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



A Bird in the Bush by John E. Ford

The universal mantra held by Knox U3A, that you are never too old to do the things you like, is never more evident than in its Birdwatching group. I joined them for their weekly excursion on the morning of 25th May at the picturesque Heritage Golf & Country Club in Chimside Park.

Capably led by John Bosworth, the group has about twenty-four members enrolled, but on this day twelve had turned up. On a glorious morning we made our way down the well-formed paths of the Country Club, between well-manicured lawns



Barbara Garrett does not allow mobility difficulties get in the way of her hobby and is a regular attendee.

and gardens towards the Yarra River. Our "birders" were able to start listing species even in that built up environment.

A small herd of Eastern Grey Kangaroos watched as we approached the denser scrub bordering the river, and the bird-life, although now harder to see, increased. Water hens were seen foraging on the golf fairways in the distance, and honeyeaters, wrens and lorikeets were among the observations. Everything is noted; even the ubiquitous cockatoos and Indian Mynahs.

The group has a different location each week for their activities, and whereas they no longer pound their way through impenetrable scrub, there are often challenging locations visited. Some of the members are comparatively recent to the hobby, while others have held a life-long interest in the wonderful bird-life that this Country offers.

I spoke at length with Barbara Garrett who has been a long-serving member of the group. Barbara, these days, has a few mobility issues, but still attends the excursions, pacing herself and not undertaking anything too outrageous, and is thus able

KNOX U3A NEWS

BROUGHT TO YOU BY FERN TREE GULLY TOYOTA



Not a hobby for those with bad necks. The group seeks to identify a bird high in the foliage near the Yarra River

to maintain a large degree of participation in her long time hobby. Indeed, achieving this outcome is what the U3A organization is all about.

After about half an hour I left the group who were, at the time, staring up into the foliage of a black wattle trying to locate the source of an intriguing bird song. One member claimed sighting 25 species at the time I left. Observant, indeed.

There are still places available in this group but, of course, in order to participate you must be a member of Knox U3A. Membership details and Course lists are available on our website www.u3aknox.org.au or contact us during office hours on 9752 2737. A mere \$60 a year gives access to this, and 162 other worthwhile activities.

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Oh what a feeling!

KNOXFIELD & SCORESBY NEWS

Knoxfield Ladies Probus Club by Isabella Muir

In May this year the members of the Knoxfield Ladies Probus club attended the afternoon musical show 'Beautiful' playing at Her Majesty's Theatre in Melbourne. The weather was beautiful as well! Some of the club Members car pooled to meet other members to travel together on the public transport. This was a great start to the day as it gave the members time to enjoy a chat with one another on the train. Members who arrived early also enjoyed a coffee before the start of the show in one of the cafes located next to the theatre.

The story of Carole King's early life and career is portrayed on stage from a book written by Douglas McGrath. Carole, a composer of music and co-writer with Gerry Goffin her husband, was the most successful female song writer of the latter half of the 20th century. Many of the songs were recognised by most of the members Popular songs from 1955 and onwards brought back memories of hit songs that were played on the radios and record players at parties when a lot of the members were growing up. These included The Shirelles, Will You Love Me Tomorrow: 1960, Bobby Vee Take Good Care of My Baby 1961. The Drifters Some Kind of Wonderful 1961, Little Eva, the Loco Motion 1962

Everybody remembers doing the locomotive dance!! Pictured are some of the members at the theatre.

Members are looking forward to Christmas in July lunch held at The Mulgrave Country Club Wheelers Hill.

If any retired or semi-retired ladies wish to join our happy club which meets at The Waverley Golf Club Bergins Rd Rowville the last Wednesday of each month please contact Jan our new membership officer at 9763 6175



Scoresby Football and Netball Club News from the Nest



It's been a big few weeks down at Scoresby Football and Netball Club. Our senior team are not only sitting second on the ladder and keeping the dream of a premiership flag alive but we have had many successful functions, one of which supported St Kilda Mums. We'd like to thank St Kilda Mums for being a part of our 2018 Ladies Day, a fabulous day was had by all.

We would also like to congratulate Mr. Doug "Fitzy" Fitzgerald on receiving a 2018 Victoria Day award from Kim Wells and Nick Wakeling.

Doug, more affectionately known to all at the SFNC as "Fitzy", has a very long connection with the club. Having been actively involved for 40 plus consecutive years, Fitzy has always been hands on during this period and continues this today.

Having held many roles within the club over his time including many years on committee, a Junior Coach with ultimate success, and assisting the club with extensions and renovations over the years he has ensured his beloved football club was presented in the best light possible.

Fitzy is a valued volunteer of our club and SFNC is a better place as a result of Fitzy's long association with our great club. All at SFNC would like to thank Fitzy for his love and dedication across the years, it doesn't go unnoticed and it's with volunteers like Fitzy that we are able to sustain the club and allow it to run smoothly throughout the season. We would also like to congratulate Jayden Adolph and Megan Campbell for both receiving a Victoria Day Award for all their hard work with our Junior Club.





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KNOXFIELD & SCORESBY NEWS

News from Tirhatuan Ward with Nicole Seymour No Ordinary Life – Positive Ageing in Knox

Ever forgotten where you parked the car?

When it comes to writing this article each month I typically draw inspiration from things I see and hear in our local community. This month I want to share with you an experience I had when shopping at Eastland in the first week of the school holidays. Having arrived and found a park, I was sitting in my car when I noticed this dear elderly gent wandering up and down the lanes clearly looking for his car. I was on the phone, but I watched as at least 10 different people walked passed him without even acknowledging his clear distress. I ended my call, got out of my car and approached him. Sure enough he couldn't remember where he had parked and was getting quite flustered. What to do? This is where the carparking technology in shopping centres such as Eastland is fantastic. Those cameras above each car space that read your number-plate so they know how much car parking fees you need to pay also register exactly where your car is parked. I called Centre Management, was put through to the Car Park Management team. Gave them the gents registration (fortunately labelled on his keys). They then sent one of their team in a golf buggy to where the gent and I were standing, picked him up and shuttled him to his car. Well done Eastland Management!

However, this got me thinking on a whole range of things – firstly disappointment that so many people walked by without showing any empathy

or kindness for a senior in distress. The second thing that suddenly dawned on me was about car park design in large public places like this. They are dark, often busy, whilst there are alpha numerical identifiers on posts in each section they do all blend from one row to the next. Remembering where you parked can be challenging even for the most able minded. However, the design of carparks isn't particularly user friendly for Seniors who may have issues with short term memory as in the case of this man. Yes, there are disability car spaces, however people with short term memory problems may not have permits to park in these spaces. Anyway, it got me thinking. In the large shopping centres such as Knox and Eastland where there are "Parents with Prams" parking areas with clear sign posting, is there a need for something similar for seniors or should the parking areas just be better signposted using clear colour differentiation? It also got me thinking about whether there is a solution with technology. Can the car parking payment machines be used as a "find my car" resource for those that can't remember where they parked? I welcome community feedback on this. If you have had similar carpark experiences or have ideas on how seniors can be better supported with car parking at major shopping centres, please share with me. You can write to me care of Knox City Council, 511 Burwood Highway, Wantirna South. VIC 3152 or email nicole.seymour@knox.vic.gov.au. It is certainly a topic I will be bringing up at the next Knox Active Ageing Advisory Committee meeting I chair.

Pledge To Fund Upgrade for Knox Churches Soccer Club carpark

A Liberal Nationals Government would commit \$100,000 towards a complete resurfacing of the existing Knox Churches Soccer Club carpark and a new gate to access the carpark.

With more than 450 members and their families, spectators and officials using the carpark on a weekend, there is a huge demand for better parking facilities. Nearby community groups, including the CFA, Knox BMX, Knox Athletics and the Knox Dog Obedience Park will also benefit from improved car parking.

Knox Churches Soccer Club along with Knox Council have made significant investments to enhance facilities at Knox Park in Knoxfield.

Member for Rowville, Kim Wells commented, "Sport and recreation play a vital role in the Knox community. This upgrade will ensure that the Knox Park sports precinct can be enjoyed by the Knox community for many years to come."



Knox Park - photo from Knox Churches Soccer Club Facebook page

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour



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KNOXFIELD & SCORESBY NEWS

Introducing.....

Tiny Bear Distillery

Who are we?

The TB Crew, Manda and Damo, are a young Husband and Wife Team. Both qualified VCE Science Teachers; Damo, the passionate Chemist, now works as a FT Distiller, whilst Manda is still currently teaching Biology, she manages TB marketing and events.

Where are we located?

We are located in an industrial warehouse at 7/10 Henderson Road, Knoxfield.

When can you visit?

TB's Cellar Door is open on Sundays from 12pm-5pm; offering \$10 Tasting Paddles. Tiny Bear have 3 unique Gins; The Doctor, The Gypsy and The Sailor, along with 2 hand crafted liqueurs; Lemoncello and Cold-pressed Coffee. We are also open Wednesday to Friday for tours and bottle shop purchases. No bookings required.

Cellar Door Bookings can be made via our website. All Tastings are refundable when a 700ml of Gin is purchased. In-store pick up available.

Contact us on 0416 030 786

tbdistillery@tinybear.com.au



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Community News
is available online at
www.studfieldwantirnanews.org



Mary Needs Transport Can You Help?

Do you have a morning or an afternoon free?

We are looking for volunteers who would like to support elderly frail aged people, and people with a disability, who reside in Knox or South West Yarra. Ranges to promote independence, socialisation; which has a positive impact on health and wellbeing.

Volunteer Drivers Needed

- Drive your own car and be reimbursed for fuel
 - Enjoy helping others
 - Choose your own hours
- Monday to Friday between 9 am - 5 pm
 - Make new friends

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Lyn Maestri on 9763 9700 or email lynm@bridgescc.com.au

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What's been happening at the Ringwood Field Naturalists Club ??

ENVIRONMENTAL NEWS

by Alison Rogers



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

Speakers

June Speaker - Jackson Airey "Bottoms Up - Snorkelling around Melbourne"

Jack has been a member of our group for 10 years and has always been happy to put his hand up to give talks or lead excursions. This month he gave a wonderful presentation on his personal experiences of snorkelling in the bays around Melbourne. Although he has only been snorkelling for three years, he had many photos of the fascinating life, sometimes in less than a metre under the water. His sea life videos were extraordinary and gave us a glimpse of a 'whole new world which we don't really know about.

July Speakers - This is our club's member's night and so we have three short talks from members of our club.

Shirley Smith - "A January trip to Tasmania includes King Island" This was a presentation showing many aspects of King Island. Shirley was on an organised tour and was able to show us much of the flora, birds and life on the Island. Along with the beef industry, did you know that they collect, dry and sell kelp/seaweed as a business on the Island and sell to overseas buyers? An interesting and amusing talk.

Neal Smith - "a first aid review" Neal's presentation was to give us a refresher on this important subject. Neal has been involved in Scouts and the CFA for many years and so has attended many courses and has had to put first aid into practise during this time. A valuable presentation to our members who often find themselves in the bush on outings.

Peter Rogers - "A bit about flies" Peter chose to talk about a little known subject - Flies. He gave a brief overview on this subject after becoming fascinated by flies in his garden. Did you know there are about 130 families of flies in the world and there are 111 families in Australia? This involves 150,000 species in the world with 30,000 in Australia. We all know 'The Blow fly', 'House Fly' and 'March Fly', but who knows soldier flies, robber flies and vinegar flies amongst many others. There is a lot to learn about the insect world.



March Fly
photo Peter Rogers

Excursions

June excursion - Murrindindi. Leaders Eva and David Despite a threatening weather forecast, eight intrepid field naturalists arrived at the 'Suspension Bridge' camp ground in the Murrindindi Scenic Reserve. During the morning the weather cleared and we were able to investigate some of the nearby bushland. As expected we found quite a number of fungi but had a relatively low bird count. After visiting the Water Gauge camping are, we stopped briefly for a view of the Wilhelmina Falls which were flowing impressively.



Photo David Hewitt

It was interesting to note how the vegetation had recovered since the 2009 fires. On a short walk near the bridge we spotted more different fungi and had a great view of a male golden whistler.

July excursion - Yea Wetlands and Tunnel Hill/Cheviot Railway Tunnel, Limestone

Members met at the John Cummins Reserve. As we walked we could see the Swamp Gums and the Grand old River Red Gums which are homes for not only birds, but native animals as well. After lunch we headed to the nearby Cheviot Railway tunnel which was opened in 1889 and was used till 1970.

In the next months our Presentations will be:

August Speaker - Paul Birch "The wildlife and history of Maranoa Gardens and the development of a Conservation Management Plan for a botanic garden"
September Speaker - President's address by Hazel Veevers, "Wildlife of Louisiana"

See our website for details of upcoming excursions.

As you can see we have a very varied program and members enjoy learning a little about nature and this wonderful country we live in.

Meetings are held on the second Wednesday of each month at 7-30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melway 49 H10).

All visitors are welcome. For more details phone Hazel or Alan 98763712 Visit <http://www.rfnc.org.au>

A Miracle Of Nature



Wantirna South residents Hermann and Genevieve D'Costa, both keen gardeners, have had the surprise of a lifetime with a "very unusual development" of an Agave plant they have had in their garden for the last twenty years.

Neighbours, friends and passers-by stop and admire the flower that is forming. It has taken 6 weeks to grow around 4 meters in length.

Once the flowering is over, the whole plant is expected to wither and die. In the meantime Hermann and Genevieve (pictured) can enjoy the Agave's extraordinary "grand finale".

Knox Environment Society

by Zoe Peltekis

A good food source for native birds is not from the supermarket, local pet shop or kitchen scraps!

Providing natural food sources in your garden is an ideal way to attract birds without needing to constantly refill feeders or purchase seed.

While birds will happily eat commercial food and scraps, it is important to remember that they have less nutritional value than wild bird foods and should only be offered as occasional treats rather than a regular food source.

When looking to plant indigenous plants to attract birds in your garden to provide shelter, nesting and food, consider the 3 types of food source categories our native birds need.

1. Insect eating birds such as - Magpie, Wren species, Sulphur-Crested Cockatoo, Willy Wag Tail and Honeyeater species.
2. Nectar eating birds such as Eastern Spinebill as well as the Honeyeater species.
3. Seed and fruit eating birds such as - Eastern Rosella, Crimson Rosella, King Parrot and Gang Gang.

The Knox Environment Society, K.E.S. is a wholesale nursery. Now is the time to come and buy and plant your bird feeding plants so the plants can establish themselves prior to our hot summer. It has been over thirty years since K.E.S. began its' existence and we pride ourselves in educating and supporting the community to become more aware of how precious our environment really is with the primary role of having native indigenous and some rare and near extinction plants all available for your garden.

The Knox Environment Society K.E.S. is a membership-

based organisation of like-minded individuals that have a concern for the environment including the support of various environmental projects and campaigns, not forgetting the sale of native plants, so as to attract insect, nectar and seed eating birds to your garden. Come and check out our plant of the month for only \$1.00 !

K.E.S. is a not for profit volunteer operated nursery and you too can come along and discover the range of environmental projects you can be a part of.

Information is available at info@kes.org.au
K.E.S. is located in the parkland opposite the Ferntree Gully Library, entry off Burwood Highway, Melway reference 74 A5.

The Nursery is usually open on Thursdays, 10am to 4pm with Saturdays and Sundays 10.00 a.m. to 1.00 p.m.

NEWS IN GOOD HEALTH & WELLBEING

Hands on Myotherapy



We're coming through another wonderful Melbourne winter. Chilly dark days can heighten aches and pains and depressed feelings. It's been important to maintain our physical activity despite the gloom outside.

A quick walk in the morning, evening, or during a lunch break is a great way to get the blood pumping. The bonus is the 'feel-good' hormones

(endorphins) that increase and brighten our mood and concentration.

When the weather is wet, a stroll around the house or office (5-10mins) or gentle stretching will suffice. Importantly, keep the body moving; increased inactivity can create problems such as tightness and pain within the neck, shoulders and lower back.

So perhaps you've spent too much time on the couch or at your computer? Regular Myotherapy treatment with prescribed exercises and stretches helps maintain optimum muscle function, increases range of joint movement and assists with injuries and pain due to our winter 'hibernation'.

Good News:

You're always assured of first class treatment from Ali and Dee at Hands On Myotherapy but to best service our growing clientele base we are looking for an experienced Myotherapist and a Remedial Massage Therapist to join the clinic. So, if you, or anyone you know, are interested in this amazing opportunity to join a great team please send your details to Alison via her email alison.myotherapy@outlook.com



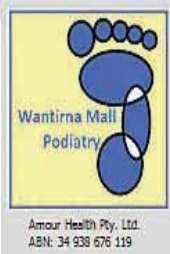
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The foot is a complex structure of 26 bones and 35 joints held together with many ligaments and muscles. Children begin to walk between 8 to 18 months and are usually flat-footed with inwards turning in feet. As bones and muscles strengthen and develop the posture of the foot and lower limb advances until the shape of the adult foot is reached at the age of 6 years old.

The easiest thing you can do to keep your children's feet healthy at school is having appropriate footwear fitted. When choosing shoes look at the elements of the shoe. The shoe should only bend at the sole where the foot bends, at the forefoot, they should not be too flexible. The shoe should have a firm heel counter and wide enough for the forefoot. The length is also important, a thumbs' width of space at the end of the longest toe when standing allows for enough room for toes. Shoes should also have laces or a strap to hold the foot in place and stop clawing of the toes. It's important to match the shoes for the activity they are to be used for, the period of time, the required support and the ground surfaces.

Common walking issues should be assessed by a podiatrist if they cause pain in the feet, tripping or limping. Excessive in-toeing can be caused by several different issues such as hip joint problems. If the in-toeing is severe, seems to involve the leg and hip as well as the foot, or isn't improving by 1.5 to 2 years of age, see a podiatrist for an assessment. Occasionally some children walk with outward turned feet. In most cases this can self-resolve but see your podiatrist if you are concerned.

Please visit us on our website for more handy tips.



Laughing Through 2018 by Lynette Mitchell

Hello. Today I have two questions that I am posing to you. Have you thought about coming to laughter club and what is stopping you from doing so?

My suggestion to you is to make the decision and come along very soon. Joining the laughter Club can be a little daunting to begin with, however it does get you out of your comfort zone which is surely a good thing is it not? At laughter club we give ourselves permission to take up the playfulness that children have and so readily enjoy. That's one of the gifts of joining together with likeminded spirits who value the friendship and support of other laughter club members.

So please make a decision if you've been thinking about it and not acting to come along sometime soon, sooner than later, and find out for yourself whether it could be of benefit for you in your life to become a regular member.

And as the saying goes "Laughter is the Best Medicine". I truly believe that with all my heart and soul. To find out more and check the dates and where we meet go to www.laughterforliving.com.au/ferntree-gully-laughter-club/.

Lynette Mitchell leads the free community Ferntree Gully and Knoxfield Laughter Clubs.
Phone: 0425 799 258.

Disclaimer: Information shared here is intended to be supportive and from my personal understanding and experience. Advice given is general and as I am not a medical doctor, take no responsibility for how it is received.



Ferngate Medical Centre

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We would like to welcome Dr Yang Song to our Ferngate Family. Yang has over 15 years experience in the Medical field and has a particular interest in women's health and paediatrics. Dr Song is also fluent in Mandarin.

Please note we only bulk bill concession card holders and children under 16

News from Wantirna Osteopathy by Dr. Jason Stone

Heel/Arch Pain – Plantar Fasciitis

Painful feet are very debilitating. Pain in the heel area is especially common and may be associated with a calcaneal spur, usually referred to as a heel spur.

Our feet are made up of a series of small bones known as the tarsal bones. These tarsal bones form an arch which is supported by a strong band of sinew (plantar fascia) stretching across the sole of the foot below the surface of the skin.

In cases where the arch is poorly supported or the muscles of the feet are overworked this fascia causes persistent traction (tugging) at the attachment point onto the bone. This often results in inflammation and pain developing at this site. This painful condition is known as Plantar Fasciitis. Sometimes a sharp 'spur' develops at the site of

this traction on the bone and protrudes into the surrounding tissue. This is the body's reaction to chronic inflammation and whilst it looks painful on Xray the pain is usually due to the plantar fasciitis rather than the heel spur itself. The inflammation created often spreads into the base of the heel and as a result the heel pad becomes very tender to walk on, particularly first thing in the morning.

Under supportive, unstable or sloppy footwear are the most common causes of plantar fasciitis. As the arch is collapsing the plantar fascia is placed under great stress and often other muscles of the foot and lower leg are utilised to help with stability resulting in the likelihood of arch pain.

Osteopaths will not only advise you on appropriate footwear and exercises but will work to increase the

wantirna
osteopathy

For the treatment of:

- Sports injuries
- Headaches
- Back and neck pain
- Joint and muscle pain

www.wantirnaosteo.com.au
161 Stud Rd, Wantirna South (03) 9800 0388

joint range of motion and flexibility of muscles in the feet and lower leg.

In cases of ongoing arch and heel pain Shockwave therapy in conjunction with osteopathy has shown increased healing times and quicker reduction in pain.

For further information on our Shockwave therapy or Osteopathy, visit our website Wantirnaosteo.com.au

EACH Dental Health Week 2018



To celebrate Dental Health Week, EACH is offering dental screenings to all preschool aged children and inviting them to attend a Happy Teeth Magic Show which will include complimentary afternoon tea.

Dental screenings are a great way to get children familiar with visiting the dentist in a positive and non-traumatic way.

All children aged between 0 to 12 years of age are eligible for free dental treatment at EACH.

Friday 10th August 2018

EACH-1063 Burwood Hwy

Ferntree Gully

Time: 2pm

Cost: Magic show: \$10

Dental Screenings: Free

For more information or to book your place please contact Diana on 97576209 or email: diana.roggenbucke@each.com.au

Thanks to Jason and Jacqui

The team of SWN wanted to acknowledge the support of our long-term advertiser Jason Stone of Wantirna Osteopathy, and, thanks to Nick Wakeling MP, we were able to present a gift to him and his wife Jacqui.

Jason has submitted regular articles addressing health matters and advice over the years which have been of interest for our readers. Helpfully Jason also meets our deadline which is an important consideration when putting the paper together.

He is also an active member of the community being involved with Wantirna South Junior Football club and ensures that our readers are informed of club happenings. His wife Jacqui is also an active and committed member of our local community.

by Coral Carew



Master Chef Style Celebrity Cook off

Featuring Associate Professor Matthew Hopcraft CEO of ADAVB Inc and Kristina Naray Chef, Nutritionist, Founder and Head cook of Made by Nina from Diabetes Victoria

Distinguished guest panel of judges including Knox Mayor, Cr John Mortimore and Member for Ferntree Gully, Nick Wakeling MP

**Monday 6th of August at
11:30am at EACH**

**1063 Burwood Highway, Ferntree
Gully**



Matthew Hopcraft
CEO of ADAVB Inc



Kristina Naray,
Diabetes Victoria

The Story of Dandenong Creek from Knox Historical Society

The Dandenong Creek is long regarded as forming the western and northern boundaries of the City of Knox. Street directories show a sometimes wiggly, sometimes straight yellow line from just east of Stud Rd, Rowville to Sheffield Rd, The Basin; the Post office uses it to delineate Post Code 3152 from 3133 or 3135 and Knox Council encloses Collier Ward in part by the creek.

In Wantirna, north off Selkirk Ave down to the creek is J W Manson Reserve. The Heathmont History



Group's recent publication 'The European History of Dandenong Creek from Bayswater Road to Boronia Road' points out that this Reserve is not in our City but was sold in 1994/95 and is within the City of Maroondah. At that time there were few sports grounds in that part of Maroondah but a great demand. James Manson (1908-1974) was elected to the Victorian parliament representing the Liberal

Party in 1955. At the 1958 election he successfully transferred from the Hawthorn to the Ringwood electorate, finally retiring from politics in 1973. He served as Minister for State Development from 1965 to 1970 when he then held the Tourism ministry for a short time.

Three ovals provide grounds for St. Andrew's Cricket Club which also shares a brick pavilion with the Ringwood City Soccer Club. Another pavilion is home to the German Shepherd Dog Club, Eastern Branch whilst the Ringwood Community Garden is nearby. Significant bushland to the west was not included in the land sale. (Manson Nature Reserve). In total the entire park measures over 4.5 hectares.

The creek, although stripped of its natural vegetation, provides a corridor for birds (including a reported sighting of the vulnerable Royal Spoonbill) and insects; the remnant bush hosts Sugar Gliders, bats and possums; the billabong habitat provides for yabbies, frogs and waterbirds and the tall trees and the adjoining Healesville Freeway reservation



provides food sites for Black-shouldered Kites. In the nature reserve care needs to be taken to ensure threats are controlled:

- environmental weeds (blackberry, watsonia, buttercup and garden escapees)
- foot traffic
- loss of tree hollows to feral interlopers.

An added concern is that of small population sizes of both flora and fauna. [For further reading refer to the Sites of Biological Significance reports of Knox and Maroondah]

Le Pine Funerals and Anglicare Warm Winter Hearts

As the cold weather settles in Le Pine Funerals has joined forces with Anglicare Victoria to offer their support in helping those less fortunate endure the bitter winter months.

Through their Winter Warmers Appeal, the team at Le Pine Funerals - Ferntree Gully set out to 'Warm a Heart' by opening their location as a drop off point for donations. They extended their request for items of warmth and comfort to the community of Ferntree Gully and surrounding areas.

Over the three month drive, the community, touched by the initiative, consistently donated items including scarves, jackets, blankets, gloves and canned food. Feeling the harsh conditions themselves, the team at Le Pine Ferntree Gully have been overwhelmed with pride witnessing the generosity of the community of which they are a part. This week all donations were handed to Anglicare, who will distribute these items directly to those in need.

Le Pine Funerals – Ferntree Gully would again like to express their deep gratitude to everyone who so generously participated.



Proudly Serving the Ferntree Gully Community

At Le Pine Funerals, we have been working with families in the community for over 120 years to deliver unique and respectful funerals.



Call us, 24 hours a day 9758 2333 | 1096 Burwood Highway, Ferntree Gully

lepinefunerals.com.au

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Australia's Greatest Jazz Export *by Ken Simpson-Bull*

It is generally accepted that Jazz began in New Orleans in the early part of the 20th century. This new and exciting music quickly spread throughout the United States and indeed, around the world. By the 1920s, Australia possessed quite a number of active jazz bands.

What is generally not known is that Australia has actually exported jazz back to the United States. A multi-instrumentalist jazz performer who has been called "Australia's most successful Jazz Export" was Errol Buddle who sadly passed away at his home in Sydney in February this year at age 89.

Errol, who had a promising career in Australia playing saxophone, bassoon and flute with a variety of bands, travelled to Windsor, Ontario in 1952 where he formed, along with some talented fellow Australians, "The Australian Jazz Quintet". Playing mainly modern jazz, they developed a large following in clubs, concerts and on national radio.

The group was booked into all the top jazz clubs from coast to coast in the US including Birdland,

Basin Street and Blue Note in New York and eventually became the fifth most popular group in America. They were placed three years running in the prestigious Downbeat Magazine poll in the Tenor Sax Section and in the Miscellaneous Section on Bassoon.

In the clubs they played opposite Count Basie, Dave Brubeck, Miles Davis, Ella Fitzgerald and Billie Holiday. They also played concert performances at all the main concert halls in America including Carnegie Hall in New York where they gave a total of six performances.

The Australian Jazz Museum has recognised the achievements of Errol Buddle and the Australian Jazz Quintet with an extensive biographical article in its latest quarterly magazine.



The Australian Jazz Museum (a nationally accredited museum) 15 Mountain Highway, Wantirna (Melway Reference 63, C8) is open free to the public on Tuesdays and Fridays from 10am to 3pm.

For group visits, which include refreshments and a live band performance, please ring (03) 9800 5535 or visit the website at www.ajm.org.au



Errol Buddle

Pete Mitchell's Band Jazz It Up at The Bavarian

Pete Mitchell is a local full time musician who has lived in Knoxfield happily for around 16 years and has been performing professionally with various bands around Australia and overseas for the last 20 years. Pete, a saxophonist, plays a vast variety of styles and loves fronting his own jazz ensembles as much as he does being a sideman in other people's bands.

Pete has recently commenced playing with his jazz trio at the newly opened bar The Bavarian at Knox Ozone on Wednesday nights. Pete says "It's a fantastic pub which has a German theme with the food & beer and getting a chance to perform at a local place so close to home is fantastic!" Pete has played at The Bavarian six times so far and is keen for locals to know that there is live music happening in the area.

Pete tours and records with Aria award winning band, Melbourne Ska Orchestra which has toured the UK, Canada, USA & Turkey including performances at world famous festivals such as Glastonbury & the Montréal Jazz Festival with audiences of up to 60,000 people!



Pete Mitchell at left, with band members. Photo by Joseph Darnenia

Come on down to The Bavarian at Knox Ozone to see Pete and the band perform each Wednesday evening and enjoy a top class local talent.

You might also be interested in Pete's modern funky jazz CD titled "Quirky" by Pete Mitchell Quartet which can be found on Spotify or iTunes.

The Bavarian at Knox Ozone

The Bavarian opened its doors at the beginning of November 2017 with 17 beers on tap, German inspired food and much more.

We have daily dinner specials from Monday through Thursday, a \$15 lunch special from Monday to Friday and the best part, daily Happy Hour from 4-6pm. Kids eat free every day from 11-4pm.

But that's not all! Monday night is party night with a DJ from 8pm and a second Happy Hour from 8-11pm. Wednesday night we have Pete Mitchell and his band from 7pm to entertain you through the night, and Sunday is for families, free face painting for the little ones during lunch.

There a plenty of reason to come down to the Bavarian! We cater for larger groups, Xmas parties, birthdays and all sorts of events.

Curious? Have a look on our website <http://www.thebavarians.com/venue/knox-o-zone/>.

You can call me on 0457 690 352 or email me at skraft@thebavarian.com.au

Danke und bis bald Stefan.

Thanks and see you soon as we say in German.

Stephan Kraft, General Manager



THE BAVARIAN KNOX O-ZONE

Situated in the Westfield Knox The Bavarian is bringing a taste of Bavaria to Wantirna South!

Our open and bright venue is the perfect spot for a quick bite while shopping, or the ideal setting to settle in for a few Happy Hour beers in the afternoon.

From after work drinks, to weekend lunches and a spot to watch your favourite sporting match - The Bavarian Knox O-Zone is your new favourite destination for any occasion!

Westfield Knox Ozone, 2219/509 Burwood Hwy, Wantirna South VIC 3152 | Mon - Sun, 11am - late



Knox & District Over 50s

We would love to invite you to come and visit Knox Over 50's Club. We are a large friendly group of senior men and women who enjoy getting together for a regular monthly meeting and numerous social activities.

Our meetings are held on the 4th Tuesday of each month starting at 10:30 am sharp in the Boronia Progress Hall, the green weatherboard building at 134 Boronia Rd. Boronia (can be entered via the Library car park.) Our next meeting will be Tuesday 28th August. Cost is a mere \$3 for morning tea and hall hire and also a lucky door prize. You are welcome to attend 3 meetings before deciding to join.

Our meetings start with general business followed by morning tea and a chance to have a chat and meet up with or make new friends and perhaps borrow a free DVD from the table. This is followed by a presentation by a variety of guest speakers, who are always very interesting and informative.

Each month there are numerous fun social activities that you are more than welcome to attend if you wish. These include visits to Boronia Cinema, coffee mornings at Myers coffee lounge, regular lunches at different locations in Knox and Morning Melodies. Other activities include bus day trips to different places of interest and include lunch, visits to the theatre, and much more.

The guest speaker for our August meeting will be Michael (Mick) Quinn, a local and dedicated supporter of our veterans.

We are all looking forward to our visit to the Melbourne Museum for the Vikings exhibition in August.

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

Please contact Jill for any further information on 9801 4363

Aussie Veteran Op Shop

By Michael Quinn,
National Vice President

Behind the Op Shop services provided to our Veteran community of Welfare, Advocacy and also our food bank for the general community there is an organisation that trains and coordinates these services and provides the corporate governance to enable us to trade as an entity. That is "Australian Peacekeeper and Peacemaker Veterans Association Victoria".

This organisation has been an incorporated body since 2006 and continues to grow as a Veteran not for profit organisation. The organisation is completely run by volunteers.

On Sunday the 10th of Jul 2018 an Annual General Meeting was held and the following executive voted into position.

President: Charlie Field. A former Artillery soldier who was medically discharged from the army. Charlie also is an Advocate who represents veterans for compensation matters and has a strong commitment to the Veteran community.

Vice President: Dave Menz. A former Royal Australian Electrical and Mechanical Engineers (RAEME) soldier who has served a long military career seeing operations in Cambodia and East Timor. He brings his vast experience and guidance to the executive and also continues to provide welfare services.

Secretary: Karen Holmes. A former RAEME soldier who served in Cambodia and is passing her experience gained both in military and civilian employment forward.

Treasurer: Fiona Quinn. A former long term serving veteran who is a life member of the Association. Fiona has managed the books for over ten years and has also managed the Veteran Opportunity Shop.

Assistant Secretary: Megan Taylor. A navy veteran who has been assisted by our association and is keen to pass it forward and assist the veteran community.

Assistant Vice President: Philip Hodgskiss. A former infantry soldier and a veteran who has served in Timor and Afghanistan as a section commander.

Projects Member: Beua Carter-Devaus. An infantry veteran who is keen to provide and extend the services provided to assist veterans with projects so the veterans assisted are not forgotten and are engaged in meaningful activities and are putting back to the veteran community. Currently Beau is working to get a black smithing group together in a men's shed project.

These men and women are standing up to move our association into the future. I congratulate them all for their appointments and their willingness to pass it forward.

COMMUNITY NEWS



Following on from the previous issue let me tell you about our visit to Channel 9! This club received an invitation to be part of the audience for the recording of "Millionaire Hot Seat". A completely different activity. Eighteen of us boarded

the train for Southern Cross and then tram to Docklands Studio. After being welcomed we were led to the recording studio for a very interesting few hours. We were entertained in between shows and time passed easily. Lots of fun.

More fun coming. The Club's 31st. birthday will be celebrated in August. 31 years of various activities and outings organised by volunteer conveners, WOW! Thanks to each and every one of you. Then, on the agenda, the Movie afternoon. An old film will be shown, possibly with cartoons and newsreels, (as in earlier years.) Always an enjoyable way to spend the day. Have I mentioned the bus trip in October?? Frank and Lorraine have organised a 5day/4night trip to Canberra, with accommodation, most meals, tours, and new friends. Seats still available.

Of course you are welcome to join us on any of these activities or outings. After three visits we invite you to join for \$25.00 p.p. per year. Hopefully you will.

For more information, and/or a copy of our current newsletter, please ring Margaret on 9762 4332.



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Boronia Ladies Probus Club

Boronia Ladies Probus Club Inc. is celebrating 30 years this year. The club commenced in 1988 and our first President was Madge Dobson. Over the years we have provided a meeting place for ladies of retirement age (55 to 90's) to come together to enjoy fun and friendship, theatre outings, lunches, morning teas, bus trips, monthly guest speakers, fashion displays etc. Recently our members enjoyed a trip to Marysville on the Council Bus and in July we are enjoying a glass blowing demonstration with morning tea then onto the Kilmore Racing Club for lunch. Our ladies look forward to these one day trips. As with many such clubs, over the years our members have celebrated milestone birthdays in their 80's and we are so happy to say we have members still attending our meetings and outings in their 90's.

In 2016 it was decided that all our ladies who reached the wonderful age of 90 years young would be called our Golden Girls and each one would receive a golden scarf with her name embroidered on it. These are worn at every meeting and those receiving them wear them with great pride.

We are delighted to announce we have already given Golden Scarves to 12 ladies. Our oldest member is Irene Jackson 97 and sadly we have also had to say our goodbyes to a couple of these wonderful ladies who have gone to their heavenly home since 2016.

It is amazing how much these cherished members still continue to contribute to making our club such a friendly welcoming group.

Boronia Ladies Probus Club meets every 3rd Wednesday of the month at the Knox Club cnr Stud and Boronia Roads, Wantirna South at 9.30am for a 10am meeting. Every month we have an interesting guest speaker, following our morning tea.

If any ladies wish to come and visit us please feel free to ring the Secretary Zita on 9764 5233 for any information you would like about our club or just come along. You will be made to feel very welcome.



Pre-election Promise to Sporting Clubs

Nick Wakeling, State Member for Ferntree Gully, and Danny O'Brien, Shadow Minister for Sport, have announced a \$600,000 funding boost to local Knox sporting clubs.

If elected to government in November, the Liberal Party will upgrade 12 sports ovals throughout Knox, including Knox Gardens, Templeton, Milpera, Wantirna, Walker, R.D. Egan-Lee, and Lewis Park reserves.

Each sporting ground will receive \$50,000 to undertake important infrastructure upgrades to their facilities which may include improvements to their change rooms, lighting, playing surface, shelter or seating. This funding is focussed on improving facilities for both players and spectators.



Community Hub

COMMUNITY MEAL — Tuesday and Friday 12.30 pm — 1.30pm
DROP-IN — Thursday 1pm — 3pm

You are invited to our "Drop-In" space for a meal, coffee and a chat. We aim to provide a relaxed and welcoming environment where you can meet people, gain food support and find out about our other services. Regular activities each week.

What we offer:

- food support
- advocacy and referrals to local services
- budgeting
- groups
- practise your English through conversation and laughter
- C.O.A.C.H mentoring program
- Maternal Infant Support Program
- counselling





CityLife Community Support
Community Care Team available

Bus 736,737

KNOX

your city

Get social.
Get active.
Get involved.

Knox Seniors Festival 8-20 October

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

Highlights include

**Embolden Fashion Parade
Tue 9 Oct**

Travel by bus to St Kilda for a fashion parade by older people, exploring beauty and gender in ways that celebrate ageing bodies and empower us all.

**The Melbournaires - Festival Closing Night Event
Sat 20 Oct**

The Melbournaires Harmony Chorus is ranked amongst the top choruses nationally. 50 men, singing 4-part a-cappella harmonies and popular songs in the barbershop style.

For bookings & more events call **9298 8000** or visit knox.vic.gov.au/seniorsfestival

Victorian Seniors Festival
October 2018



Boronia VIEW Club

Boronia VIEW Club meets on the 3rd Friday of the month at the Eastwood Golf Club, Kilsyth at 11.30am. A two (2) course absolutely delicious meal is enjoyed at a cost of \$25.00.

The next meeting will be held on Friday, 17th August, 2018. Our speaker for August is Carolyn Morrissey on the topic of WW1 + Badges. This should be a most interesting subject.

In addition to our ongoing support of The Smith Family, our VIEW club hosts several outings and activities and also has smaller groups of ladies who meet monthly to play cards, meet for coffee or discuss books they have read.

Our Club is a vibrant, happy and friendly Club and we would make you feel most welcome.

We are always looking for women of all backgrounds and ages to join us and we look forward to welcoming some new faces at our next monthly meeting.

Please contact Ann on 9729 1171 or Judith 9 764 8602 for further information.

Ferntree Gully VIEW Club

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

Monday 27th August, 2018 Speaker - Graham Fly - Life member, Actor & Director of 'The Basin Theatre'.

Monday 24th September 2018 Speaker - Sandi Muntisov - VIEW's VA National Councillor.

VIEW stands for Voice, Interests & Education of Women. If you want to join a club that is both welcoming and fun, come and join us. Visitors are most welcome.

Meetings are at 11.30am for a 12.00 noon start at The Knox Club, corner Stud & Boronia Roads, Wantirna South. To book ring our President - Anne McPherson on 9801 2771

At our next meeting on Tuesday 21st August we will hold a "Dutch Auction". In September our meeting on Tuesday 18th will be a celebration of our birthday and the theme will be "Black and White".

Several enjoyable and friendly outings are held throughout the year such as lunches or cinema visits between our monthly meetings. Visitors and new members are always warmly welcomed.

Contact Shirley on 98792380 for bookings or enquires

Wantirna Evening VIEW Club

Wantirna Evening View club is made up of a group of friendly women all there to enjoy a social environment whilst knowing we are raising valuable funds for The Smith Family Learning For Life Program

We meet on the 1st Wednesday of the month at The Wantirna Club, 350 Stud Road, Wantirna 3152 (opposite Villa Maria) - 7 pm for a 7.30 pm start. Lift to go upstairs now available.

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

We would love new members to join - so come along to meet and chat with us before you need to decide if our friendship is what is missing from your life!

Our guest speaker for the August meeting is Kevin Bayliss who will be speaking on Self Defence & Safety.

For our September meeting we will welcome Wilma De La Rue who has a family connection to Picnic At Hanging Rock.

For more information please call our President - Judy on 9729 9565.

Doncaster VIEW Club

Doncaster View Club is a friendly group of women who meet and enjoy a social environment whilst raising funds for "The Smith Family" Learning for Life Program.

The club meets on the 3rd Tuesday of each month at the Manningham Club, 1 Thompsons Road Bulleen at 11.00am. A delicious two course lunch is enjoyed followed by an interesting Guest Speaker.



Logo from Smith Family website

What's On?

Event	Date & Time	Location	More Information
Ferntree Gully Arts Society Exhibitions	See page 25 of this issue	157 Underwood Road Ferntree Gully	
Knoxfield Ladies Probus Club	Last Wednesday of the month 9.45am to noon	Waverley Golf Club 82 Bergins Road, Rowville 3178	Val 9763 6175 or Bev 9763 3224
OM:NI Older Men New Ideas	2nd and 4th Fridays each month	Orana Neighbourhood House 62 Coleman Rd, Wantirna Sth	1300 13 50 90 COTA website
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Phone Pricilla on 9764 1166
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
National Seniors	Fourth Wednesday of month 10.15am for 10.30am start	The Knox Club, corner of Stud and Boronia Roads, Wantirna.	President John on 9778 6784 or Rhondda on 0407 1045 70 for any further information or just turn up
Probus Club of Wantirna South	2nd Wednesday of the month at 10am	Wantirna Club, Stud Road, Wantirna	Helen 0418 333 022
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
IShred	Saturday August 4 & 18 Saturday September 1 & 15	5/7 Samantha Crt, Knoxfield	1300 763 688
Tiny Bear Distillery	Sundays 12 noon to 5.00pm	Unit 7/10 Henderson Rd, Knoxfield	0416 030 786
EACH Dental Health Week	August 6 & 10	1063 Burwood Hwy, Ferntree Gully	See page 10

Changeover at Rotary Club of Boronia

Today the club held its changeover at the Eastern Golf Club in the Yarra Valley. The day was a great success as we welcomed District Governor Russell Gurney and his wife Shelley, our outgoing Assistant Governor Michele Oscar and incoming Assistant Governor Christina Chia along with family and friends.

After President Paul Cassidy gave his report on what was a very successful year he presented an award to Michele Post for the tremendous work and support she has given the club over many years. He also presented Jim Sly with an award for his work within the club and work preparing for our fifty year celebrations. Carolyn McManus then received an award for her ongoing support of the Rotary Foundation.

He then inducted President Annette Haworth as club president for 2018-19. Annette gave us her plans and vision for the future year which was greeted with a great show of support by everyone present. We wish you well Annette and promise our full support.



Rotary District Governor Russell Gurney with Annette Haworth and Paul Cassidy

COMMUNITY NEWS

Nadrasca Valuing Independence

Independent Letterbox are a local family business with a social conscience. Operating in Bayswater North since 2008, Independent Letterbox delivers flyers, pamphlets and brochures for local businesses. They have been working with Nadrasca since 2014. Nadrasca is a disability support service that provides care and assistance including employment in the Eastern suburbs of Melbourne. Independent Letterbox have 8-10 participants distributing flyers for them and they have been an integral component in this work and it provides an opportunity for skill development for participants with support needs.

Independent Letterbox's advertising materials are usually flyers and cards and only a small amount per letterbox delivery are required thus there is no requirement for them to carry heavy loads. Independent Letterbox appreciate the participation of Nadrasca and are keen to speak to other local businesses that are interested in letterbox deliveries and are willing to offer this opportunity to other community services.

by Michael Madigan



If you want the right home loan, start by talking to the right people.

Aussie Keysborough opening soon at Parkmore Shopping Centre

Get in touch with our team to book your free appointment.

Aussie Knox
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98874088/0409786121
knox@aussie.com.au

Aussie Rowville
Stud Park S/C
Rowville 3178
87401818/0409786121
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THE FERNTREE GULLY ARTS SOCIETY
at The Hut Gallery
157 Underwood Road, Ferntree Gully

AUGUST EXHIBITION

“MEMBERS APPROPRIATION “ A MODERN TWIST

And in the Foyer “Works by Kathleen Loxton”

Sunday August 5 to Sunday the August 26

Saturdays & Sundays 11- 4pm

Official opening 2pm Sunday August 12

ALL WELCOME FREE ENTRY

SEPTEMBER EXHIBITION

“STREET ART on Canvas”& “SKATEBOARD DECKS”

September 8 to September 30

Saturdays & Sundays from 11-4pm

Official opening 2pm Sunday September 8

Closed on Fathers Day

A very popular Annual Exhibition

ALL WELCOME FREE ENTRY

Many Classes and Workshops during the week days and evenings.

**For information: the_hutgallery.wordpress.com/
Facebook: The Hut Gallery-Ferntree Gully Arts Society**

Wantirna Tennis Club News by Alison Rogers



SPORT NEWS

Over the holiday break, many of our Juniors have been playing tournaments. This is great for their tennis skills and they have lots of fun. We had quite a few do really well and it is great to see them hanging on to their trophies.

Congratulations to Chelsea

Tennis Vic Tennis - 12 yrs and under Teams have been announced

Chelsea Stergiopoulos has recently been selected to represent Victoria in the 2018 Bruce Cup in Adelaide!!! The Bruce Cup is a national primary school event where the best 12 year olds in Australia compete for their state. Chelsea who is a student at Livingston Primary school, started playing tennis 4 years ago and enjoys playing weekend competition and training at Wantirna tennis club.



The Bruce Cup has been played annually since 1938, with some of Australia's top players representing their state in the past. These include Rod Laver, Pat Rafter, Todd Woodbridge and Wally Masur! Chelsea now joins this amazing group of tennis players, and Wantirna Tennis Club and all its members are so proud of you and wish you all the best for this event. Chelsea is really looking forward to representing Victoria in October in South Australia.

Juniors

With only a few weeks to go of the winter season, the Juniors are having lots of fun playing for Wantirna Tennis

Club. We have very new players this season, who are out there having 'a ball', getting exercise and meeting new friends. More than half the teams are currently in the top 4, so hopefully they will continue on to finals. The emphasis at our Club, is for kids just to have fun. Thanks to our Junior Convenor Fiona for keeping things going and for our two parents, Janine and Jeff who have recently joined the new Committee.

Social tennis

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down on a Tuesday morning and have a Social hit with some of the ladies at the

Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground you can have a hit. Play starts at 9-30am and it is only \$2. Men of course are welcome.

Midweek Ladies

We are just about to start a new season and are always looking for new players down at the Club. If you would like to play midweek ladies competition contact Helen wantiratennis@gmail.com The Club currently has ladies teams on a Thursday. Come and join a team or bring a few friends and start your own team.

Coaching

At Wantirna, we cater for all age groups and standards. Our Coaches Mike and Troy's (details are at the end of this article). Give them a call - all will be welcome.

For the Adults, the Coaches can guide them into Competition by starting with Cardio tennis, group coaching or 'one on one' coaching. The new 'Fast Tennis' for those that are 'time poor' is an exciting venture in the Tennis World. A new ladies and men's 'in house' night is available with something similar to be organised for men on another night.

The Coaches now have group and private lessons and also squads. Contact or visit us, we have excellent facilities, including a new BBQ area, with a recently installed shade sail. We have 9 en tout cas tennis courts and a Coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. Give us a call to get more details and information on membership or tennis coaching.

Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com

Coaching Facebook: www.facebook.com/troyandmiketennis.com

Wantirna Tennis Club Inc Melway Ref: 63C8
Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna PO Box 5295 Studfield 3152

Club Secretary: Alison 0408576025 or email wantiratennis@gmail.com

Web: www.tennis.com.au/wantiratc/

WTC Facebook: www.facebook.com/.../Wantirna-Tennis-Club

Bayswater Bowls Club News

WHERE ARE YOU?

What were you (or your parents) doing back in the mid-1980's? Was there any thought that lawn bowls was going to be the next big challenge?

It was around this time that Bayswater Bowls Club was being formed and it was stirring up a lot of interest in the community.

Many people, full of enthusiasm for the idea, signed up as foundation members of the fledgling club, especially after seeing an "Uncle Sam" call-to-arms flyer (pictured) that was widely distributed in the area.

But, for whatever the reason, quite a few of them didn't follow through and drifted away. Others have moved on, and, of course, sadly a number have passed away.

However, 30 years down the track, Bayswater Bowls Club is anxious to track down these "missing" foundation members so that they can participate in the club's 30th anniversary celebrations in September.

So, if you do remember signing on, or know someone who did, please give Alistair a call on 0417 118 155.

However, not only is the club looking for old members, we're also looking for NEW members. It's a great sport that can be enjoyed year round by young and old, male and female and people of all abilities, and we've got a great bunch of qualified coaches who offer free tuition. And, as we say, "Friendship through Bowls" is what it's all about.

So get in touch or keep an eye open for our new brochures and invitation to come along and try us out that will be circulating in the community. Or drop in at the centrally located club (it's at 43 Phyllis St, just off Stud Road.)

Check us at www.bayswaterbowlsclub.com



BAYSWATER BOWLS CLUB
INVITES YOU TO COME ALONG AND ENJOY AN AFTERNOON OF

BARE FOOT BOWLS

a game for all ages

Free lessons (bowls supplied)
Free sausage sizzle
Meet the Club Members

A friendly environment to make some new friends

EVERYONE WELCOME

Every Sunday 2.00pm - 4.00pm

43 Phyllis Street, Bayswater

www.bayswaterbowlsclub.com

If you have always wanted to learn how to play lawn bowls, make sure you come along!

Templeton Tennis Club News

by Don McCracken , President

Hello and welcome to our winter edition of Club news.

The club's AGM was held on the 10th July with all incumbents re-elected with the exception of the junior convener position. We anticipate filling this role at an early date.

Templeton Tennis Club would like to take this opportunity to thank our retiring junior convener, Pam Stewart. Pam has been our convener for the past 15 years. She has performed her role with a diligence and willingness to see as many children as possible play and enjoy their tennis experience at Templeton. Words cannot express how much we appreciate what she has done for our club. We wish her well in her retirement but will still see her around the club playing.

Our Saturday tennis teams both junior and senior are all progressing well again. It is good to see so many people out playing, albeit a little chilly from time to time, and representing our club in such a positive manner.

The mid week ladies are again performing well with Tuesdays on top. The new Wednesday season has just recommenced.

Night competitions, Monday, Tuesday and

Wednesday nights are all back in full swing and progressing well. We could always do with more participants. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

We are awaiting confirmation of our application for funds from councils Minor Grants Program to help us replace the surface on court 4. We are also waiting for further information regarding some major works on courts 1,2 & 3 in the coming year. More to follow on this issue.

Our coach, Kelly Cooper conducts a highly successful coaching program at the club for all levels. This encompasses Mums in Tennis, junior, squad and private sessions. Give her a call to discuss what might suit you. Straight Sets 0414 874 482.

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

Upcoming events:

Junior Club Championships (date to be advised)

TEMPLETON
tennis club

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

Templeton Tennis Club Inc.
Templeton Reserve, Templeton St
Wantirna 3152. Melway Ref. 63 G9
Membership: Leanne 9887 1957
Clubhouse: 9887 3505
President: Don 9800 3316
Coaching: Kelly 0414 874 482
Website: www.templetontennis.com.au
Email: president@templetontennis.com.au



Say Hello to Glow in the Dark Bocce!

"Glow in the Dark Bocce" has just arrived from the USA! A Bocce Game Night will be held on August 17 with the hope of encouraging more Special Needs people in our local community to take up the Bocce game. It is a non-strenuous active fun sport. We aim to train and mentor the athletes into achieving a spot in teams for State, National and International tournaments.

This event is supported by Special Olympics Australia, SOA Melbourne Eastern Ranges, Knox City Council and the Knox Italian Community Club.

We will be setting up LED coloured tube lights along the bocce Courts to define the playing areas and hopefully UV black lights with music and refreshments for all athletes. We hope it will be a fantastic night and we will endeavour to make this a monthly event to be included within their fortnightly bocce training schedule.



Special Olympics
Australia

This is the 1st time ever!!!

GLOW IN THE DARK BOCCÉ!!!

Always wanted to play Bocce? Want to have some fun in an exciting new way?
Melbourne Eastern Ranges Club is hosting a **FREE** come and try night
with **"Glow in the Dark Bocce Balls"**!

We welcome anyone with an intellectual disability (please bring a parent/carer).
Raffle with great prizes including hampers and gift vouchers
will be sold and won on the night!

Free refreshments available for the athletes on the night!
Knox Italian Community Club Inc -- Knox Italian Bocce Club
99 Karoo Rd Rowville
Friday 17th August 2018
from 6:30pm – 8:30pm *Proudly supported by*

Please contact:
Michael Migliaccio 0419 330 977
migliaccio@netspace.net.au
RSVP – 10th August 2018
Limited spots available - Bookings essential

Proudly supported by

Knox City Council

Special Olympics Australia is the not-for-profit organisation that transforms the lives of people with an intellectual disability through regular sports participation. All donations are tax deductible. ABN 28 050 738 728



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