

COMMUNITY NEWS

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JUNE/JULY 2019

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Editorial

Hello Community News readers,
 This information is from a website called Learning to Give based in the USA, www.learningtogive.org:
 Citizenship requires that people be knowledgeable about public issues and possess the capacity to work toward solution by acting together.
 Individual rights refer to the liberties of each individual to pursue life and goals without interference from other individuals or the government.
 Community responsibilities are an individual's duties or obligations to the community and include cooperation, respect and participation. The concept goes beyond thinking and acting as individuals to common beliefs about shared interests and life. Each individual is part of a larger community. Family, neighbours, village, city, state, region, country and the world form a larger community in the life of every human being.
 Throughout history people have influenced change by working together to right injustices, change directions and pursue benefits for the common good.
 Let's keep doing that in our local community too.
 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 grateful for funding received through the Knox City Council Community Development Fund.



30th Anniversary Hungarian Multicultural Gala Event

by Sorina Grasso

On the evening of Saturday the 13th of April over 200 members of the Hungarian community of Knox gathered to celebrate the 30th Anniversary of its oldest folk dance group, Gyongyosbokreta with a spectacular evening of dance, live music and delectable, traditional Hungarian cuisine.

With major sponsor Bendigo Community Bank Wantirna together with Knox City Council, the Victorian Multicultural Commission and a number of commercial organisations supporting the event the night was a vibrant celebration of Hungarian culture right here on our doorstep at the Hungarian Community Centre, Boronia Road, Wantirna.

A number of dignitaries added extra pzazz to the evening, including His Excellency Dr Laszlo Kalman Head of the Hungarian Consular Office in Melbourne, Sonja Terpstra MP Member of the Victorian Legislative Council for Eastern Victoria Region, Marta Marot President of the Victorian Hungarian Council, newly elected Knox Councillor Marcia Timmers-Leitch and the Chairman of the Board of Bendigo Community Bank Wantirna Vivian Gonsalves.

Gyongyosbokreta, a group that has been preserving Hungarian traditions by teaching Hungarian dancing all year round twice a week to over 30 keen learners, including 10 children, showcased their lively, spirited dancing on stage to live traditional folk band Tokos.

Flown in especially for the event all the way from the Transylvanian city of Cluj-Napoca and comprising two fiddles, viola, xylophone and double base, the talented young musicians of Tokos, some straight out of the music conservatory, added a special dynamic energy to the event.

Gyongyosbokreta were also joined by visiting Transylvanian, Russian and Bulgarian folk dance groups who added their own high-spirited traditional dancing to the event.

In the second part of the evening, under the very capable leadership of Imre Sinka, who led the group on stage as well as in preparing for the event, the dancers of Gyongyosbokreta put on a very energetic and interpretive performance depicting the early Hungarian migrant experience in Australia from the 1950s to the 1960s through dance, music and image. It was also highlighted during the evening that over 20,000 Victorians currently identify as having Hungarian ancestry and that many of them live in our local area.

Needless to say, the crowd lapped it all up, delighted to be part of the fantastic multicultural society we are so fortunate to have here in Knox.



OUT AND ABOUT

Time for Treaty

from TR@K (Towards Reconciliation @ Knox)

Victoria is leading the way as the only group or state in Australia that is negotiating a treaty (or treaties) with the Aboriginal community. The process has the scope to become the model for the nation to follow.

The Victorian Government has appointed Jill Gallagher as Treaty Advancement Commissioner. Jill Gallagher is a Gunditjmara woman from western Victoria who was the chief executive of the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) before taking on the commissioner role.

In 2010, Jill Gallagher was included in the Victorian Honour Roll of Women and in 2013 she was appointed to the Order of Australia in recognition of her strong and effective leadership in Aboriginal health.

The creation of the First Peoples Assembly of Victoria, which is representative body of 30 traditional owners, has been announced. This body will design a framework for the negotiation of treaties in the state.

At the State-Wide Reconciliation Victoria forum held at Mullum Mullum Indigenous Gathering Place on Saturday April 6 the main topic of discussion was Treaty.

Jill Gallagher spoke for an hour at the forum and commented "Australia is the only Commonwealth country that does not have treaty. Treaty is necessary because of past wrongs and the fundamental right of the Aboriginal community to take their place ... their inherent right to culture, language and to pass on the oldest living culture in the world."

"Treaty is about truth-telling, empowerment, 'healing within ourselves', ...wealth-creation, ... the possibilities are endless". "Treaty won't fix everything. Treaty is an opportunity to redefine our standing in this country and in the world".

Jill talked of the challenge for Aboriginal people since colonisation, which was "brutal and devastating". "We are now trying to scrap back the pieces left. So it's not easy to identify the groups who can speak for country."

Jill took questions which ensured much discussion, as you can imagine. She called for the non-Aboriginal community to step-up and support Treaty.

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News from Wantirna South Probus Club

Wantirna South Probus Clubs' second year is in full flight with many new members joining the Club this year and enjoying the many events that the club is running every month. Recently the Clubs' 1st Birthday Celebrations included a special lunch Rail trip on Puffing Billy to Emerald Lake. Like all Probus outings lots of laughter and a great time had on a great sunny Autumn day.

Former Chief Commissioner of Victorian Police Kelvin Glare AO, APM, O StJ was the Clubs' recent guest speaker and gave a fantastic presentation on his career growing up in the Mallee to the top position in our State Police force.

A remarkable story and for those that have heard or seen Kel in the media over recent years you will have heard his views and concerns on policing

in this state and his belief now with the Royal Commission. It's an important time for changes to occur in both the police and justice area.

Kel is Chairman of the Community Advocacy Alliance an organisation representing the Victorian Public with a plan to improve how the current police force represents the Victorian Public (view website caainc.org.au for further information).

The Club meets on the 2nd Wednesday of each month at Wantirna Club, 350 Stud Rd, Wantirna. Meeting starts at 10am. All are welcome to come along to see if the club is what you're looking for in your retirement.

Further Information Contact Helen Dewar 0418 333022 or Chris Day 0418 315902



Chris Day (Past President), Nick Wakeling MP, Kel Glare, June Whitney (President)

Wantirna Heights Probus Club News

A number of our members toured the Shrine of Remembrance on a beautiful clear Melbourne day recently. The Shrine's exterior is impressive and the interior is no less so. The views of Melbourne from the ramparts are outstanding, those on the tour found it was well worth the effort of climbing the steps. The group was led by a most informative guide who not only knew a lot about the Shrine but also included a history of early Melbourne.

Significant additions and renovations have been made to the interior in the last 10 years. The previously empty ground floor has been transformed into Galleries of Remembrance, each relating to a particular conflict, with Afghanistan soon to be

added. Those on the tour felt that further visits were needed to appreciate the excellent displays as well as take in and enjoy the themed gardens in the grounds. They found the Shrine a sombre place and yet not melancholy; full of sadness but yet uplifting; a reminder of tragedy, yet also of purpose and the need to fight for our country's values and traditions. Lunch after the visit gave everyone an opportunity to reflect on the experience.

The Probus Club of Wantirna Heights meets at the Knox Boat Fishing Club on the first Wednesday of every month. For further information please phone Graeme on 03 9763 1213



Arthritis in Winter Time

By Emma Corbett Veterinary Nurse Cert. IV
Wantirna Vet Clinic

Arthritis is the medical term for inflammation of the joints - Osteoarthritis is the term referring to a form of chronic joint inflammation caused by deterioration of joint cartilage.

Older dogs and cats are at the highest risk. Osteoarthritis, also known as degenerative joint disease (DJD), is defined as the progressive and permanent long-term deterioration of the cartilage surrounding the joints.

As the weather cools down, it's a good time to remember that winter can be uncomfortable for pets with arthritis. Just like in humans with arthritis, cooler temperatures can aggravate sore joints in pets, making them more stiff and painful.

Here are some tips on how you can help ease the winter chills for your furry ones:

- Monitor the weight gain. The more weight your pet is carrying, the heavier the load on their joints, which can make arthritis worse and speed up damage to the joint cartilage. So you need to adjust your pet's diet to watch their weight during winter when the weather makes it harder to go outside. Regular gentle exercise helps to maintain a healthy weight, keeps their joints moving, and improves muscle tone. But take it easy – stiff joints often take time to warm up before they can move freely, so be aware of your pet's limitations.
- Turn up the heat. It's important to keep pets warm and comfortable during winter. An easily accessible, well-padded bed is essential. For indoor dogs, keep the bed in a warm place away from cold draughts. For outdoor dogs, make sure their kennel is waterproof and protected against the wind. Both indoor and outdoor pets appreciate a pet coat for added warmth.
- Vets can also help by prescribing some pain relief, either in the form of tablets or injections. Joint supplements and special diets can also help caring for arthritic joints.

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WANTIRNA NEWS

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Collier Ward Update *with Cr. Marcia Timmers-Leitch*

Firstly, a big thank you to the team at Studfield Wantirna News for inviting me to contribute to the great work they do bringing the local news to our community.

I am thrilled to have been elected to be your newest Knox City Councillor and I look forward to working with residents and community groups to help resolve local issues and deliver good quality facilities and services. I am keen to deliver on a Dog Park for Wantirna as well as improved sporting facilities. I am also keen to see improvements in Council's Waste Management programs.

I promise to be someone who is available, accessible and approachable. Someone you can count on to take a phone call and help you resolve your issues. Since being sworn in on April 8th I have certainly hit the ground running and thank those of you who have already reached out.

I am also pleased to announce that I have been appointed to the following committees: Arts and Culture, Knox Hockey Working Group, Multicultural, Recreational and Leisure, Youth, Leisure Minor Capital Works Grants and the Knox Central Working Committee.

Council will be a hive of activity over the coming months as we are currently reviewing the 2019-20 budget. I'm looking forward to learning plenty and fighting for great outcomes for our local community. 2019 is going to be a busy and exciting year.


I would love to hear from you so please don't hesitate to get in touch 0428 162 218 or marcia.timmers-leitch@knox.vic.gov.au

Marcia Timmers-Leitch was elected in the March 2019 Collier Ward By-Election with 53.04% of the vote.




Cr Marcia with Cr Jake Keogh, Mayor of Knox City Council

WANTIRNA NEWS



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 Wednesday – 7:30pm
 Thursday & Friday – 9:00am

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 Saturday - 9:30am & 6:00pm

Adoration:

Wednesday 7:30pm – 8:30pm

Divine Mercy Chaplet:

First Sunday of the month: 2:45pm

Your
local
 voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

✉ marcia.timmers-leitch@knox.vic.gov.au

☎ 0428 162 218 **f** MarciaForCollier





COMMUNITY PHARMACY

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What's New At Community Pharmacy?

Hello dear readers,

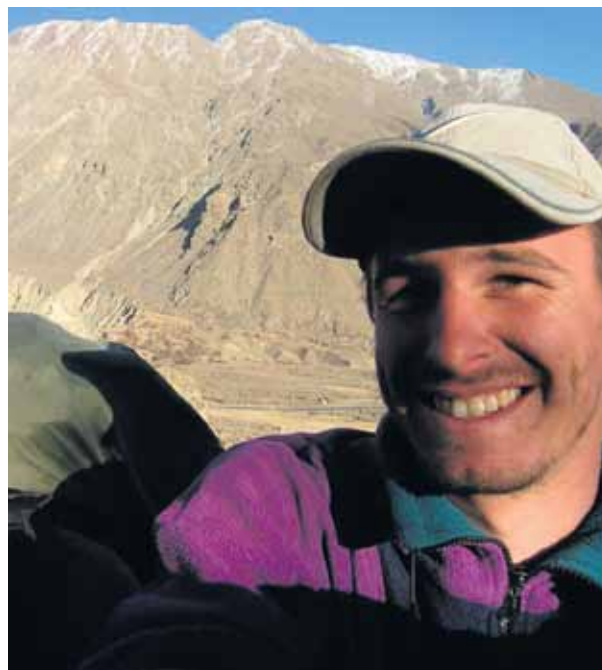
in the last few editions of the Studfield news you have heard from Carmen and Glenda who have both shared their interesting personal stories and now it falls on me to tell you a little bit about my journey.

My name is Filip and I have worked in Wantirna as a pharmacist for eight years and for the last three years as a Naturopath. The road to becoming a Pharmacist and Naturopath was not, however, very direct. In fact my first professional desire was to become an astronomer. When I was but a young boy my late father and I used to stay up and watch a weekly astronomy show. I still remember feeling that mystery and awe as the vast expanses of the universe opened up before my eyes and the fact that I was allowed to stay up late must have surely added to all the magic. Over the coming years, however, astronomy slowly faded into the background although some of my friends would surely argue that I still have my "head in the clouds".

During my high school years my family moved to the Czech Republic which became such a formative period of my life. I attended the International School of Prague where I rubbed shoulders with a bunch of really awesome kids from all over the world and also got to experience the life of the expat. However, because both of my parents are Czech and I was born there myself it was also a great chance to get back to my roots and re-unite with the bulk of my extended family.

My grandfather was a brewer, and he used to manage a malt house in Kromeriz, Moravia. My father was always proud to remind us that he was born in the brewery, and, of course as a child I would imagine my father, a new born, lying on a bed of sprouting barley on the factory floor. During the dark days of the communist era my grandfather who made himself a target as he held the coveted position of a manager and never joined the communist party, was falsely accused by his enemies of some bogus anti-communist charge and sentenced to 8 years in prison half of which was spent in the uranium mines. My father, who grew up without his father, could never forgive the state and a strong desire to escape his homeland slowly brewed within him. It was in 1982 when he finally managed to achieve his dream and, together with my mother and I, escaped to Spain where we attained refugee status which ultimately allowed us to come to Australia.

As for myself, while living in Prague many years later, all of this history and the chance to get back to my roots made me want to follow in my grandfather's footsteps and become a brewer. And who knows if this would have come to pass, except for the fact that whilst in Prague I once met Dennis, a mid 20's guy from the States who was cool and who was a pharmacist. He encouraged me to study something like chemistry or pharmacy so that I would come out of Uni with a profession per se. And so the seed was planted and the rest is history....



Me travelling through Northern Pakistan in 2006

We returned back to Australia after I finished high school and I managed to get into Pharmacy college. This period of my life was a complex one. On the one hand it was a time of great learning, but on the other hand a time of great mental turmoil. I had my first taste of anxiety and depression which would continue to occasionally pockmark my future. I was a good student and enjoyed the subject matter, but I had an inkling that something was missing, that I was only getting half of the story so to speak.

As a professional pharmacist I had the opportunity to live and work in England and also took the opportunity

to travel the world on many backpacking adventures through much of the Middle East and Asia. At one point, after a difficult relationship breakdown, I felt very down on life and ended up "fleeing" to India to get away from everything. It was there that I managed to mentally heal and where I found new purpose. I had many experiences and met many people that were either naturopaths or herbalists, and who inspired me to follow their path. Upon returning to Australia I enrolled into the Southern School of Natural Therapies where I spent the next 5 years obtaining my degree in Health Sciences (Naturopathy).

Since that time it has been my pleasure to combine my knowledge in both pharmacy practice and naturopathy and to make both modalities work together within the pharmacy. I have a great love for herbs and also greatly respect the central message that Naturopathy offers. This is that every part of the mind-body system is connected and influences ones overall health, and that when obstacles are removed, the body has a propensity to heal itself.

I have had the pleasure in trying to help many patients with their various ailments whether casually in an over the counter way or in a proper naturopathic consult. Every case is so different and at times challenging but I have seen the naturopathic approach really work.

Come and drop in to say hello, and ask me any questions you may have. In the meantime, here are some tips to keep your immune system strong through the winter.

5 Tips for boosting immunity this winter

1. Make sure to get enough sleep and rest to keep the immune system strong
2. Try a herbal throat spray at the first instance of a sore throat. I find that if used promptly, this reduces the chances of infection getting a hold
3. Try an immune tea available at our pharmacy – it contains organic yarrow, elder, peppermint and ginger.
4. Take an immune boosting herbal formula. Some products are great during a current illness, while others are better as a general immune booster.
5. Check your vitamin D levels with your doctor and if low either supplement, or get appropriate skin exposure to the sun.

It's Flu season! If you haven't already, come into the pharmacy to get your flu shot.

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A Word From....

Home Care Assistance

Common Causes of Caregiver Burnout

Caregiver burnout is more common than you think. The enormous responsibilities of caring for an aging loved one while balancing work and family life impacts caregivers. Nearly half (46%) of caregivers suffer from depression, one of the signs of caregiver burnout. Burnout should be taken seriously; it can impact your health for many years and in some cases may lead to chronic conditions like high blood pressure.

Research has shown that over time caregivers can begin to experience negative feelings. Isolation and difficulty of feeling empathy are commonly the first signs of compassion fatigue. Knowing the causes of burnout can help identify them and address them as soon as they occur.

The five most common causes of caregiver burnout:

Emotional Exhaustion. Watching a loved one decline is one of the most challenging aspects of caregiving. You want to do the right thing and ease his or her pain and suffering and are constantly working to ensure that they are well fed, warm, comfortable and at ease may come at great personal

expense to you as you forfeit time with friends and family members. You may become increasingly exhausted as you often can't disengage from your caregiving responsibilities. It is important for caregivers to have strong self-care strategies in place so that they have a break from caregiving responsibilities and refresh themselves with good food, exercise and the company of friends.

Physical Exhaustion. The longer you are a caregiver, the more physically exhausted you may become. You realize that you have less energy than you once had. You may experience increased sleep disturbances, or despite a good night's sleep you wake up exhausted. As your sleep becomes increasingly disrupted, anxiety, stress and depression can increase. You may notice that you are becoming sick more often, catching colds and other illnesses more frequently than before.

Stress Increases. Stress creates its own symptoms. You may feel as though you have less tolerance for daily events and obstacles and begin to have physical symptoms that can range from headaches to backaches. Stress can make you feel impatient, anxious, depressed, isolated and worried. Stress affects each individual differently, it can also make you begin to feel like you are alone and no one is there to support you.

Lack of Respite. Caregivers may believe that they cannot leave a senior in their care to take

a break. This can result in loneliness, isolation, and despair. Those feelings can result in apathy and hopelessness. Taking regular breaks from caregiving, whether it is for an hour or a day is essential to maintaining the ability to be a compassionate, engaged caregiver over the long-term.

Lack of Support. Caregivers often care for a loved one without a support network. That may be okay at the beginning of the caregiving duties, but as your loved one's condition worsens and responsibilities become more intense, support is necessary. Physicians, nurses, care managers, in-home caregivers, social workers, clergy, friends and family members can offer important support. The ability to talk about the pressures of caregiving can be its own type of therapy.

It's important to know these causes and recognize any signs of burnout in their early stages. Caregiver burnout can prevent you from caring for a loved one in the manner you wish. Your individual health is just as important as that of your loved one.

Feel free to reach out to us at Home Care Assistance, SE Melbourne, for professional carer support or just a friendly chat.

Smrity Bagga OT, Associate fellow ACHSM (03)90051159 Home Care Assistance South East Melbourne

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WHAT'S COOL AT SCHOOL?

Student Youth Councils from Nick Wakeling MP

Between the months of May and August, Nick Wakeling, State MP for Ferntree Gully, and Kim Wells, State MP for Rowville, are hosting Youth Councils for student leaders of local secondary schools across the Knox area.

Youth Councils are a great opportunity for student leaders to have robust discussions with their peers, share ideas, and raise issues that matter to young people with members of Parliament and community groups such as Headspace Knox.

The most recent Youth Council was attended by student leaders from:

- Fairhills High School
- Scoresby Secondary College
- St Andrews Christian College
- St Josephs College
- Wantirna College
- Waverley Christian College

The students discussed a range of topics and shared their insights on important issues for young people, including social media and cyber bullying, mental health and substance use.

For more information about Student Youth Councils, please contact call (03) 9758 6011 or email nick.wakeling@parliament.vic.gov.au



Fairhills High School - A Vibrant, Dynamic Community

It's been a busy beginning to the new term at Fairhills High School. Staff and students have returned to work with renewed energy focusing on their core business of teaching and learning, and also participating in a number of extra-curricular activities.

We were delighted to welcome grade 5 and 6 students and their teachers from three of our local primary schools, Boronia West, Knox Central and Wattleview to participate in a Performing Arts Day. The primary school students were involved in dance, drama and music lessons together with some fun activities in our Basketball Stadium. We welcomed Mountain Gate Primary School to our STEAM (science, technology, engineering, arts and mathematics) Day on 21st May.

Shortly after our visit from the primary schools our Year 9 Global Classroom students headed to their campsite in regional Victoria and tested their outback survival skills as they participated in cooking, camping and rock climbing. The Year 9s and staff arrived back tired but richer for the experience.

The annual Presentation Ball is another major event at the school. Our senior students looked amazing as they 'danced the night away.' Funds raised from the Presentation Ball go towards the school's annual musical production.

The Years 11 and 12 students are presently on an art camp once again exploring regional Victoria, the amazing silos and the art galleries.

Upcoming special events include welcoming our international students from Japan, our upcoming primary and secondary Dance Fairs, and fundraising activities to support our staff and students going on the Cambodian trip at the end of the year.

Our new initiative to establish a number of year 7 scholarships next year will be promoted shortly. The students who are selected for the scholarships will benefit from the financial assistance as they are recognised for good work and contribution to the school. Information about these scholarships will be available soon on the school's website or contact the school.



#AMAZING



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WHAT'S COOL AT SCHOOL?

Students Win at NASA

Eftpos Machine with Fingerprint Security is Top Pick

Three students from The Knox School featured last month won their International Innovation Challenge at NASA. Their patented EFTPOS machine with fingerprint security impressed the judges, but not so much as the technical research, business case and 'pitch' the students produced in front of an international audience and highly credentialed judges at the Kennedy Space Centre at Cape Canaveral.

The three year 12 students won their section of the Conrad Challenge to become Pete Conrad Scholars after winning the Australian arm of the competition last year.

Named after Apollo 12 astronaut, Charles 'Pete' Conrad, the Conrad Challenge is a global innovation competition that encourages young entrepreneurs to apply innovation, science and technology to create products and develop programs that solve real world problems with global impact.

The Knox School team, which is made up of Mitchell Phelan, Victoria Caetano and Bhavesh Kapadia beat teams from the USA, India, Japan, Thailand, South Korea and Nigeria to win the award.

All three students have been offered a scholarship to Clarkson University and Thomas Jefferson University in the US, each valued at \$15,000 USD per year, \$15,000 USD in legal support to take out US patents, seed funding grants, business services and a laptop each

The Knox School team, known as the Falcon StartUps, competed in the Cyber-Technology and Security category of the challenge, pitching their



Mitchell Phelan, Victoria Caetano and Bhavesh Kapadia with the Conrad Trophy

innovative PadPay product - an EFTPOS machine that incorporates the biometric security device of a fingerprint scanner to safeguard customer data.

The Knox School's Entrepreneurship Educator, Michelle Mitchell, said the win was a vindication of the focus and effort invested by the students as they developed both their innovative product but also their skills and confidence in themselves as innovators and communicators.

"The students have created a product that can make a difference worldwide and through the Conrad Challenge and their work at The Knox School have developed confidence, poise and skill to successfully present a complex innovation to large audiences," Michelle said.

The Knox School student, Mitchell Phelan, said: "The experience of competing on an international stage in front of highly credentialed judges was a unique experience and I wish to thank Ms Mitchell for her enduring help and support."

Fellow student Victoria Caetano said the experience of travelling half way around the world and meeting so many like-minded, innovative young people was wonderful. Their ideas and products were exceptional and will make a positive difference in the world.

"The Gala Awards Dinner was held underneath a Saturn V rocket, the rocket that powered astronauts to the moon 50 years ago this year. To be presented with our award by Nancy Conrad, wife of the third man to ever walk on the moon was special," said the third member of The Knox School team, Bhavesh Kapadia.

Michelle said The Knox School was attracted to the Conrad Challenge because it is based on finding science and technology-based solutions to real-world problems and develops strong public speaking skills in students.

"The Conrad Challenge is based on real-world problems that need to be solved with real-world solutions," she said. "The challenge aligned with The Knox School's belief that an entrepreneurial approach, Design Thinking and STEM activities compliment the development of confident, self-regulated learners; young people with the skill, confidence and poise to convey complex innovations to large audiences."

Wantirna Primary School Adopt A Farmer Campaign

The Wantirna Primary School Junior School Council decided to hold 'dress like a farmer day' for a gold coin donation on the 8th of May.

I asked our principal Ms Fergeus "Why are we doing Adopt A Farmer?" she then replied that she had learned of a national campaign lead by the Herald Sun to Adopt A Farmer.

Rural Aid will collect funds from schools with a goal of giving \$100 on Visa gift cards to thousands of farmers registered through the charity's 'buy a bale' campaign.

If you would like to donate money you can visit:

www.ruralaid.org.au/adoptafarmer/

Milly Saffron Year 6ME



It Starts Here...

Book in
for a tour:

Thursday May 2
School in Action Tour
9.00am

BAYSWATER NEWS

MONTANO'S PATISSERIE CAFE

Now fully licenced!
10am to 5pm

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- Extensive drinks menu including smoothies, barista coffee, our famous Montano's Super Sundaes & Mr Shakes!
- and of course, our legendary patisserie treats are always evolving; there is a new surprise each time you come back!

We also specialise in catering for corporate events, birthdays, weddings and special events supplying platters, sandwiches, pastries, savouries, finger food or desserts.

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Open 7am to 5pm Mon-Sat • 8am to 5pm Sun
Breakfast 8.am to 3pm • Lunch 11.30am to 3pm

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Find us on Facebook

Bayswater Makers Market

Our exciting new Bayswater Makers' Market started this May and is held at the Bayswater Senior Citizens' Centre, 790 Mountain Highway, Bayswater and will be held on the fourth Saturday of the months detailed below.

- June 22
- July 27
- August 25
- No market in September
- October 26
- November 23 (Christmas market)

10am to 2pm

Free Entry

Plenty of off-street parking

We invite you to come and buy direct from local artists and craft makers - homewares, gifts, jewellery, baby wear, toys, woodwork, plants and much more

Enquiries: bw1market@bigpond.com
or phone Julia 9890 2546

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- Wed, Sat & Sun - 12.00noon

626 Mountain Highway Bayswater



A Message from Jackson

Every day when I am out and about in the Bayswater community, I meet people that amaze and inspire me.

Recently I was excited to team up with VCAL students from Bayswater Secondary College who visited Bayswater Primary School to do some planting in their fantastic community garden. Not only are both primary and secondary students from these schools a lot of fun, but their dedication to community service and education is inspiring. You can see what we got up to by visiting my Facebook page.

I regularly meet people in our community who volunteer their time to help others. These people make a huge difference to our lives through their commitment to community. Volunteers are integral to your local community house, legal centre, sporting club, opportunity shop, CFA, SES or Rotary, just to name a few. One of these amazing volunteers is Sandra Stivey, the President of the Bayswater Senior Citizens group. Sandra and I sat down to chat about the wonderful work they do for older people in our community.

Of course, the ultimate sacrifice and commitment to a service is expressed by those who serve. I was lucky enough to attend many services in the community such as at the Boronia and Bayswater RSL's on and around ANZAC Day to remember those who serve and served. It was wonderful to see so many people, especially the younger generation take up the mantle so that we never, ever forget.

As promised, I have an important update regarding the Reimagining Blind Creek Project. This exciting project to transform the creek bed into a dynamic public open space was under threat of being scaled back due to a shortfall in funding of around \$800k. I am very pleased to confirm that the funding

has now been secured, and this project will be delivered in full. It has been fantastic working with local environmental groups and Melbourne Water on this important community project, and I look forward to work beginning.

Don't forget to come and see me if you need help with state government matters. You can call my office on 9738 0577, email me at Jackson.Taylor@parliament.vic.gov.au or pop in to the office at Mountain High Centre, Bayswater.



Mental Health Royal Commission

Bayswater locals will have a chance to share their lived experiences and be a part of a once-in-a-generation reform of our mental health system.

Local Bayswater MP, Jackson Taylor, is encouraging locals to access the new online portal, share their experiences and tell the Commissioners what matters to them. Submissions will close on 5 July.

Too often, our mental health system fails people. The Royal Commission will help us understand the shortcomings in the current system and provide practical recommendations so Victorians can get the services they need.

The new Royal Commission portal allows people to share their views through a written submission, an audio submission or a video recording. Submissions can be short, or more formal, longer pieces.

The Mental Health Royal Commission has already held community consultation in various locations across the state, and will hold many more over the coming weeks.

The Government appointed public policy expert Penny Armytage as Chair of the Royal Commission. Dr. Armytage is joined by Associate Professor Alex Cockram, Professor Allan Fels AO and Professor Bernadette McSherry.

The Labor Government will accept the Royal Commission's recommendations.

Member for Bayswater, Jackson Taylor commented, "Mental health touches everyone. I grew up with a mother severely affected by depression and bipolar disorder and more often than not, she and my family were left without answers to the many questions asked of our Mental Health system"

"For far too long, those struggling with mental health issues have been stigmatised and pushed to the margins. This has to change. The Royal Commission into Mental Health is a vital first step to doing this."

"I encourage everyone who has a story about their experiences to get involved and make a submission. This really is our chance to make meaningful change."

To access the portal or stay up to date with the Royal Commission's activities, visit rcvmhs.vic.gov.au. If you or someone you know is in crisis or requires support, call Lifeline on 13 11 14 or BeyondBlue on 1300 224 636.



Jackson Taylor

State Member for Bayswater

Suite 2, Mountain High Centre, 7-13 High Street, Bayswater VIC 3153

9738 0577 @JacksonTaylorMP Jackson Taylor MP

jackson.taylor@parliament.vic.gov.au jacksontaylor.com.au

This publication is funded from Parliamentary Budget. Authorised by Jackson Taylor, Suite 2, Mountain High Centre, 7-13 High Street, Bayswater 3153.

Proudly
Local

Your New Library Catalogue!

The Eastern Regional Libraries team is excited to present a brand new item search experience for members! This new catalogue replaces the antiquated original catalogue and addresses many of the concerns members have raised. In addition to being lightning fast to use, the new catalogue is mobile friendly and will work beautifully whether you're using a computer, tablet or even a mobile giving users a new way to explore the library's vast collection of items.

The new catalogue can be accessed from our website – www.yourlibrary.com.au/catalogue

Seed Library Launch

ERL is proud to have launched our new Seed Library! A free borrowing service aiming to cultivate a thriving community of gardeners and seed savers, while building and sharing knowledge and fostering community resilience, self-reliance, and a culture of sharing.

You can donate seeds saved from your garden or leftover seeds from purchased packets. Just drop them in to any of our libraries.

Members can borrow up to 3 packets of seed for free! Plant/Grow the seeds in your garden, nurture plants to maturity and donate seed back to the library.

The new Seed Library is currently available at Belgrave, Boronia, Lilydale, Mooroolbark, Rowville and Yarra Junction Libraries. Visit your local branch or yourlibrary.com.au to find out more!

Events at Your Library

To book into any of these events call 1300 737 277 or book on our website www.yourlibrary.com.au

Meet Author Mark Brandi

1:30PM Saturday 20th July at Lilydale Library

Free | Bookings Essential

Join us for an afternoon with Mark Brandi, author of the award-winning Australian crime novel, "Wimmera". Listen to the stories of his latest powerful and compelling urban crime novel "The Rip". Refreshments will be provided. To book call 9800 6457 or online



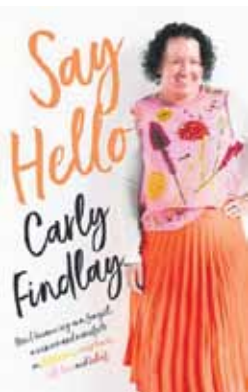
Meet Author Carly Findlay

10:30AM Sunday 28th July at Realm Library

Cost: \$10 | Bookings Essential

Carly is a blogger, writer, speaker and appearance activist who challenges people's thinking about what it's like to have a visibly different appearance. Her debut book, Say Hello, was released in January 2019, and aims to show parents who have a disabled child that there is no need to grieve a life lost.

To book call 9800 6430 or online



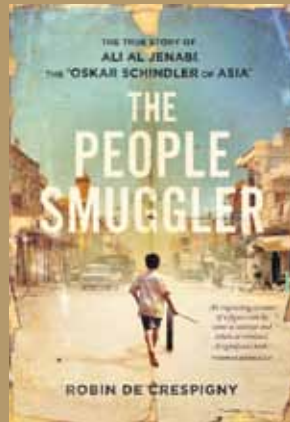
Member Review

The People Smuggler – Robin De Crespigny

An utterly fascinating, eye opening and inspiring story of one man's heroic, selfless determination to survive. Ali's journey helped so many others who now have a better life. He went above and beyond what any human being should have to endure. It was hard to put this book down and close the pages yearning to keep reading. I would highly recommend this book to anyone who likes to read non-fiction.

Maureen - 4/5 ****

Have you got a review for an item you have borrowed from the library? Submit any reviews to reviews@erl.vic.gov.au



Literary Cooking – Hunny & Rosemary Cakes

10:30AM Tuesday 11th June at Belgrave Library

Free | Bookings Essential

Chef and caterer of 25 years, Sophie Polites will guide you through the steps with lots of opportunities to chat and share cooking tips. This literary recipe is Hunny and Rosemary Cakes from Winnie The Pooh by A A Milne. Recipes and ingredients provided.

To book call 9800 6489 or online

Beginners Macrame

2:00PM Wednesday 19th June at Knox Library

Cost \$5 | Bookings Essential

Want to learn Macrame? Join Heather and Ellen to learn the basics of Macrame. You can create and take home your own Hanging Pot plant holder.

To book call 9800 6470 or online

The Perfect Sausage Roll

1:00PM Friday 21st June at Boronia Library

Free | Bookings Essential

Join the lovely ladies from the Boronia CWA and learn how to make sausage rolls for that special occasion or just for a tasty treat!

Learn the tips & tricks that the CWA have perfected over many years to take into your own kitchen.

To book call 9800 6488 or online at www.events.yourlibrary.com.au

Victorian Energy Compare

2:00PM Thursday 27th June at Rowville Library

Free | Bookings Essential

Representatives from the Department of Environment, Land, Water and Planning are delivering free information sessions to educate Victorians about Victorian Energy Compare and the \$50 Power Saving Bonus. Victorian Energy Compare is the Victorian Government's independent energy price comparison website. It allows people to find a better offer for their electricity and gas accounts.

To book call 9800 6443 or online

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. Check out this month's latest titles:

Top Reads:

- The Erratics by Viki Laveau-Harvie
- City of Trees by Sophie Cunningham
- Invented Lives by Andrea Goldsmith
- One Perfect Family by Anna Jacobs
- The place on Dalhousie by Melina Marchetta
- The French Photographer by Natasha Lester
- King of Kings by Wilbur Smith
- The A List by Judith Jance
- The Weeknight Cookbook by Justine Schofield
- Celtic Empire by Clive Cussler

New DVDs:

- Aquaman
- Michael Jackson - Neverland
- Silent Witness season 22
- Call The Midwife season 8
- A Place To Call Home season 6
- Brexit – The Uncivil War
- Summer 03
- Holmes & Watson
- Mary Poppins Returns
- Beaches
- The Good Place season 3
- Bumblebee
- Death In Paradise season 8
- Pick Of The Litter
- I Still See You

Our new release DVDs are available at your library including 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.

Featured Technology Events

Your library hosts regular educational workshops to help you thrive in the digital world. Check out what's coming up in the coming months.

Create Your Own Website

2:00PM Thursday 13th June at Rowville Library

FREE | Bookings Required

Discover different ways to create a basic website. We'll demonstrate the free Google Sites platform and explore alternative paid websites. To book call 9800 6443 or online

Google Photos Tips & Tricks

1:00PM Friday 28th June at Ferntree Gully Library

FREE | Bookings Required

Learn about all the various features Google Photos has to offer. We'll show you how to backup your photos, access your photos from different devices, how to create albums, share photos. To book call 9800 6455 or online

Making Your TV Smart

2:00PM Friday 21st June at Knox Library

Free | Bookings Required

During this session we will be covering free-to-air apps, paid services you can access, streaming from a device to your TV and how to use the library's own streaming service at home. To book call 9800 6470 or online

3D Printing & Design Workshop

2:00PM Tuesday 16th July at Realm Library

Cost: \$10 | Bookings Required

You'll learn how to create models in 3D, watch a demo of the printer in action, and design or choose a 3D model to have printed! +*-

To book call 9800 6430 or online

**Working hard for
our local community**

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nick.wakeling@parliament.vic.gov.au www.nickwakeling.com.au

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



The 2019 U3A Craft and Quilt Show by John E. Ford

KNOX U3A NEWS

The weekend of the 13th and 14th April saw the second running of our biennial Craft and Quilt Show. Held once again at the Fairhills High School Performing Arts Centre – an ideal venue for such a show, and to whom we extend our appreciation – the quantity and quality of exhibits was, at the very least, equal to that of our first show.

Once more an army of volunteers served to bring the event to fruition, and our thanks must go to them for their efforts. Sadly, however, the same names seem to be appearing. The team was ably led by Jan Bottcher, assisted by Pam Donner, who was also MC for the event. Jenny Ford ran the refreshments kiosk for a small profit, and Noreen Wheeler ran the Craft Stall for practically the entire weekend. Our thanks go to them and to the members who were

prepared to give a couple of hours each to the small jobs that must be done in any such event.

Attendances were slightly down on our first Quilt Show, surprising as the weather was so much better this time, but understandable perhaps, as a major Quilt exhibition was held in Melbourne on the same weekend.

Financial sponsors are a vital component of any such event of course and we are again indebted to Fernree Gully Toyota and Heritage Funerals for providing substantial donations toward prizes. A host of businesses and individuals must also be thanked for providing support in so many ways.

Also our thanks to Radio Eastern 98.1 FM radio station and to the four Community Newspapers in Knox who provided advertising and promotional opportunities, in many cases free of charge.

Exhibition Judges were -: Jill Henning (Quilts); Margaret McGillway (Fibre and Creative Crafts) and Pamela Damm (Paper Craft). All categories provided a challenge to the judges, and our appreciation goes to them for their attention to detail.

Category winners were -:

Large Quilts

- 1st – Gitta Stockinger – “Wattle Brush:
- 2nd – Jenny Ford – “Arizona Cactus”
- 3rd – Anna Lane – “Mariners Compass”

Small Quilts:

- 1st – Maggie Brooks – Table Runner
- 2nd – Ilma Amis – Bargello Evening Coat
- 3rd – Pat McFarlane – Gingko Leaves

Fibre Craft:

- 1st – Stephen Adams – African Head dress
- 2nd – Margaret Hilton – Crafted accessories
- 3rd – Yasuko Wada – Square tatted doily

Paper Craft:

- 1st – Sandra Bonga – “Ratie Rats”
- 2nd – Glenys Le Cuddenec – “Martha B Rabbit”
- 3rd – Marilyn Di Nicolantonio – “Special Cards”

Creative Craft:

- 1st – Alex Ruschanow – “Dakota”
- 2nd – Kate Boulton – “Kallista Roundabout.”
- 3rd – Eddie Dix – “Tiger”.

Viewers Choice: Nantje Cook – “In Full Bloom.”

Congratulations to all winners, but also to everyone who has taken the time and trouble to submit their works, making for another successful event. A special mention to Helen Millott, a member of our “Beginners Quilting” Group who submitted entries in her first year of quilting.

All in all, a successful showing, and we look forward to the next one in two years’ time.



First Prize - Paper Craft



Second Prize - Large Quilt

KNOX POLICE NEWS

PROJECT SAFEGUARD is a crime prevention initiative between Victoria Police and the motor vehicle industry within the Knox local government area. It involves motor vehicle industry professionals fitting anti-theft screws to secure your number plates to your vehicle during sales, servicing or repairs.

Why have anti-theft screws fitted to your number plates? Offenders often use stolen number plates to avoid identification when committing other crime. Using conventional screws to secure your number plates can make it easier for your number plates to be stolen. Number plates secured with anti-theft screws cannot be easily removed by standard screwdrivers or tools. If both your number plates are stolen, you will need to:

- report the theft to your local police
- report the theft to VicRoads
- pay to have new number plates issued
- change your registration details
- change your car insurance details
- change your toll road (EastLink, CityLink) account details

We need your help to reduce number plate theft.

Victoria Police will target and apprehend offenders, but we ask for your support by making your number plates harder for criminals to steal.

What can you do?

Help prevent other crime from occurring as well as avoiding the inconvenience and cost of replacing your number plates by:

- Securing your number plates with one-way, anti-theft screws – they cost only a few dollars and can be fitted when your car is sold, serviced or repaired
- Park your car in a secure place. Park off the street in a garage or carport where possible (and remember to lock your vehicle!)
- Stay alert and report the theft of number plates to police as soon as possible

The more vehicles that have their number plates secured with anti-theft screws, the harder it will be for criminals to hide behind your number plates.

Step up to the Safe Plate - spread the word and ask for anti-theft screws to be fitted wherever you see PROJECT SAFEGUARD advertising.

Want to help improve your community?

Spread the message.

- tell your friends, family, neighbours and colleagues about how serious number plate theft is and how easy it is to help.
- see if your local area has a Victoria Police Eyewatch page and share our updates.

Park your car in a secure place

- make it harder for thieves to steal your plates without being seen
- park off the street if possible – a locked garage is best, but a driveway or carport is ok too
- always lock your car to prevent other thefts

Stay alert

take notice of activity in your neighborhood. Report suspicious activity to your local police or Crime Stoppers on 1800 333 000

report the theft of number plates to police as soon as possible – this will help us detect offenders

If your motor vehicle service provider is not yet part of Project Safeguard they can contact Knox Police Proactive Unit on 9881 7000 and join the initiative.

KNOXFIELD & SCORESBY NEWS

A taste of history: Stamford Park Homestead restaurant now open to all

Rowville's historic Stamford Park Homestead restaurant has opened its doors for the first time to the general public marking the culmination of years of careful restoration work and upgrades to this heritage-listed venue.

The homestead, built in 1882 by Edward and Emmeline Row, is a rare surviving example of 19th century architecture in metropolitan Melbourne and features Gothic gables, fretted barge boards, intricate wrought iron and five metre-high ceilings.

Its ornate rooms and decorations will now play host to local residents and visitors from across Knox and Melbourne and offer an accessible fine-food dining experience amid expansive gardens and picturesque nearby wetlands.

Located in the heart of the exciting multi-million dollar Stamford Park Redevelopment in Rowville the homestead is located only 28 kilometres south-east of Melbourne's CBD, en route to the Yarra Valley and the Dandenong Ranges.

Knox City Council signed a lease with renowned Melbourne restaurateur Jason M Jones in 2018 to launch the new restaurant while also undertaking significant restoration and upgrade works to the historic Victorian-era homestead, one of only three to survive in Knox from this era.

The restaurant, which will feature produce sourced from Knox and the Yarra Valley, will be open for dinner on Fridays and Saturdays and breakfast, brunch,

lunch and high tea seven days a week - and will also be available for functions and weddings upon request. Mayor, Cr Jake Keogh said "This is a wonderful occasion for Rowville, the City of Knox and indeed Melbourne as we celebrate the rejuvenation and re-opening to the public of one of our most treasured and historic old homesteads.

Council has been delighted to work in partnership with renowned restaurateur, Jason M Jones, in bringing his vision for the future of the Stamford Park Homestead to fruition.

On behalf of Council I encourage locals and visitors to Knox alike to take a moment to come and enjoy this wonderful home and scenery and to enjoy the fine food and dining experiences on offer.



Scoresby CFA Juniors Program

Here at the Scoresby CFA, we decided to launch our own juniors program in order to get local children, aged 11 to 16, involved within the CFA and show them what it takes to be a firefighter, in the hopes of encouraging them to become a senior firefighter when they become of age.

We have all learnt so many skills within the juniors programs that we still use in our day to day lives as it is very different to the standard extra curriculum offered through schools. "It's a good mental and physical challenge that allows you to make life long friendships and have a sense of community involvement whilst also building a strong foundation moving into the senior brigade."

We will be running weekly sessions for those aged between 11 and 16 on Wednesday evenings from 6:30pm till 8:00pm, that go over a variety of things, both physical and educational such as truck work, proper use of hoses, effective communication, leadership skills, fire strategies and so much more!

We are on the lookout for new members, if you would like more information or would like to get involved please email us at juniors@scoresbycfa.com.au or contact us via our Facebook page "Scoresby Junior Fire Brigade" and we will be happy to answer any questions and queries you may have about the program.

Jess and the Scoresby Junior Fire Brigade.



Knoxfield Ladies Probus Club

by Isabella Muir

With our 30th Anniversary celebrations now behind us, along with our 30th Annual General Meeting, we are now relaxing into "business as usual" and planning for the next six months which promises to be as busy and enjoyable as usual. We had a wonderful celebration lunch at Tosaria's Restaurant in Rowville, joined by Mr Kim Wells MP for Rowville and Mr Nick Wakeling MP for Ferntree Gully, as well as Rotary representative Mr Robert Renshaw, past and present members and friends from Boronia Ladies Probus and Bayswater Ladies Probus. Our two Life Members Barbara Watson and Fay Bawden cut the cake which we all enjoyed after the delicious meal of salmon and chicken. Barbara, a member of 26 years and Fay Ryan, a member of almost 20 years each gave a talk enlightening us with the early history of the Club. The Club's first meeting room was in the Knox Civic Centre. From there, the members met at Carrington Park, then 10 years at the Stamford Hotel, with a further 10 years at the Waverley Golf Club. We are now meeting at the Wantirna Club, perhaps for another 10 years - we hope so. We were lucky to have seven past Presidents with us, Wanda Johnson, Barbara Watson, Fay Bawden, Heather Lawson, Jan Waters, Val Graham, and Valerie Poll. The table decorations were won by lucky ticket holders with everyone else taking home an inscribed pen.



After our AGM we were entertained by the lovely Frankston Ladies Choir with a bright and lively selection of their repertoire - what a treat.

We have recently discovered a gem amongst the factories in Barry Street Bayswater. The Ambulance Historic Society of Victoria has created a non-profit museum of 18 vintage ambulances dating from 1916. There is also a collection of 3,000 items including vintage uniforms, equipment, photographs and many other fascinating items. Co-ordinating Officer Chas Martin explained the forming of the Society in 1986 with the support of Ambulance Victoria, and its subsequent history with insights into the working life of paramedics. All the ambulances are beautifully restored with most in working order. Some are driven to country Victoria for display purposes, and a few have been filmed in local dramas. We also tucked into a very welcome freshly made morning tea. Sandwiches, scones & cake were thoroughly enjoyed, despite being expected at Crave in Boronia for lunch. Our friendly Club members welcome visitors. We meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every third Wednesday of the month. For further details, please ring Val on 9763 6175 or Jo on 9752 9219.

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KNOXFIELD & SCORESBY NEWS

News from Tirhatuan Ward with Nicole Seymour

No Ordinary Life – Positive Ageing in Knox

Flourishing in one's senior years.....

I recently read an interesting article published online by the American Medical Association titled "Reimagining Health – Flourishing." Written by T.J VanderWeele PHD, E.McNeely PHD and H.K.Koh MD. The article presented an interesting perspective regarding the clinical measures of good health versus a more holistic human-centred perspective of good health that they termed "flourishing". In this article they identified 6 key domains that contributed to whether a person was flourishing or not. The 6 domains were – Happiness, Mental & Physical Health, Meaning & Purpose, Character (having a positive sense of self), Close Social Relationships and Financial Stability. In the article the authors quoted two studies that measured factors contributing to mortality risk. The first study showed that people who have purpose in their life and / or those who are generally satisfied with their lives live longer. The second study showed that "loneliness and social isolation are associated with increased mortality risk."

The question of "are you well?" has a whole new meaning in the context of these "flourishing

domains." The many dimensions of this simple question now really capture –

- are you happy?
- are you mentally and physically managing to the best of your ability?
- do you have a reason to get up in the morning?
- do you feel good about yourself and what you have accomplished in your lifetime?
- do you have a network of family and friends that provide you company and social support?
- do you feel safe and secure at this stage in your life?

From a Council perspective we are interested in population health and well-being and have a range of plans in place to try and drive positive outcomes for our community. The services we offer Knox Seniors help to influence one or more of these flourishing domains with the underlying intention of supporting better quality of life here in Knox.

Considering the impact of loneliness and social isolation on one's health and ultimately life expectancy, I would like to share with you two organisations that are helping to address these issues in our community. The first is a local group called Bridges Connecting Communities.

They provide several terrific services including a "Phone A Friend" program and "Knox Seniors Safety Register" whereby participating seniors receive regular wellbeing phone calls from Bridges volunteers. For more information phone 9763 9700 or visit www.bridgescc.com.au

The second organisation is fairly new called Friendline operated by a not for profit volunteer run group called Friends for Life. Friendline is a free support line available for anyone who needs to reconnect, feels lonely or just wants a chat. It operates on Tuesday, Wednesday and Thursday evenings from 6pm-8pm. If you or someone you know could benefit from this service their phone number is 1800 424 287.

On Monday 13th May I attended the Innovation: Initiatives to Alleviate Loneliness Symposium with a view to hearing from academics and other influential professionals regarding what we at Knox can do more of to help address issues of loneliness and social isolation in our community. I will share the findings in a future edition of my article.

Best wishes for the month ahead,
Cr Nicole Seymour, Tirhatuan Ward

Scoresby Secondary College Launch Rotary Interact Club

Education goes beyond the bounds of the classroom. At Scoresby Secondary College there is a commitment to develop the skills, knowledge and attributes of students supporting them for future employment and to become active members of their local and global community.

Mrs Gail Major, Principal, believes that when students are engaged and have a purpose for their studies it provides the students the motivation and learning confidence to achieve. The College has been acknowledged by the Victorian Curriculum and Assessment Authority for having the highest growth in VCE, in addition to significant growth in NAPLAN in 2018.

Knox Rotary Club is one of the College's business and industry partners. This week the College launched a Rotary Interact Club sponsored by the Knox Rotary Club.

Interact Clubs bring together young people aged 12-18 to develop leadership skills while discovering the power of giving back to the community. There are

one hundred and fifty nine countries with Interact Clubs. Through the Scoresby Secondary College Interact Club, students are making a difference within their school and the community, presented with opportunities to make connections with other Interact Clubs from around the world. Once yearly, students will support one local and one international project.

The College also supports students to be heard. To ensure our students are heard our College regularly involves the community in student learning.

This year our students will again present their voice as part of their learning. Last year our Year 8 students outlined to the community, including students, parents and politicians how they thought the Knox Community and Council Plan 2017-2021 priorities and objectives for the future can be achieved. This year they will present their views on local and global issues in partnership with Thermo Fisher Scientific.

As always, we are looking forward to hearing their ideas as to how we can do things - now and into the future.



College Principal Gail Major, Sam Eddy - Student Leadership Coordinator and students

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour



Honest advocacy on Council issues important to our local neighbourhood

Authorised by D.Wood 2 Stevens Place, Rowville



Hello from Cr. Lisa Cooper

Long-time reader, first time writer!

Hello Community News readers, my name is Lisa Cooper and I am the Knox City Councillor for the Scott Ward.

As a long-standing Knox resident and mother of two young children, I am a committed advocate on behalf of our community.

I have a background in the private sector, and I am currently studying a Bachelor of Psychological Science through Deakin. I strongly believe delivering quality services and facilities which cater to all residents in Knox, is dependent on sensible and financially disciplined management.



As a Councillor my interests include infrastructure development, affordable child care, housing affordability, improving sporting and recreational facilities and keeping rates as low as possible.

Having been first elected to Council in the 2015 Scott Ward By-election, and re-elected in 2016, I have had the honour of working with so many community stakeholders and representatives across the entire municipality, to continue the great work which has made Knox the great place that it is for our families to live, grow, and thrive in.

I would like to acknowledge the great work achieved on behalf of Knox City Council during this time, as KCC has produced results second to none! The Knox Children & Family Centre in Wantirna South opened in February this year and provides families with Maternal Child Health, Playgroups, Preschools, Childcare, Occasional Care and Allied Services all under the one roof with outstanding facilities, which I must say, the kids can't get enough of! I encourage all young families to visit and explore what our Knox Centre has to offer.

I look forward to updating you on the many events which take place in the Scott Ward each month, and would like to leave you with an "open to all" invitation to attend a wonderful Soup & Singing event which is held at Our Saviour's Knox Lutheran

SCOTT WARD NEWS



Church (Crn Burwood Hwy & Scoresby Rd), on the 1st Thursday of every month at 11:30am, from May through to September. This event promises a hearty soup, singing, conversation and fellowship to warm tummies and hearts, and is about bringing people together with great food and musical entertainment (Singers and musicians).

Best wishes for you and your families,

Cr Lisa Cooper – Scott Ward

0407 240 275

Lisa.Cooper@knox.vic.gov.au

Facebook: Cr Lisa Cooper Councillor for Scott Ward – Knox City Council

Knox Senior Safety Register is coming soon!



Bridges Connecting Communities is excited to be developing the register which is a program designed to help senior residents living in Knox feel safe and connected to their community.

Participants on the register receive a regular phone call from volunteers who check on their welfare. The register contains participant's emergency information which is held confidentially on record and may be used in the event of an emergency.

This register aims to give residents, relatives and friends peace of mind knowing that their community is proactive in relation to seniors' welfare.

This program is ideal for isolated residents living alone.

To join the register, give your time as a volunteer or find out more about the Register

Contact Liz on 9763 9700 or email kssr@bridgescc.com.au

"The Knox Senior Safety Register project has been supported by a grant from the Knox Council Community Development Fund".

VOLUNTEER DRIVERS NEEDED!

Be the Mobility Solution for Our
Senior Residents of Knox!



The rewards are endless you will be:

- ◊ Helping someone
- ◊ Giving back to the community
- ◊ Offering wheels to our senior members
- ◊ Promoting independence and socialisation
- ◊ Supporting health and wellbeing

**Volunteering is a rewarding & meaningful experience,
have you tried it?**

For more information please contact Lyn on 9763 9700 or email lynm@bridgescc.com.au.



Bridges Connecting Communities 6 Griffith Street, Knoxfield
www.bridgescc.com.au

THE ARTS IN KNOX

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.



The Jazz Museum loses its Founder *by Ken Simpson-Bull*

In February last, Dr Ray Marginson, founding president of the Australian Jazz Museum (then called the Victorian Jazz Archive) passed away at age 95. A jazz enthusiast since his school days Ray's first important jazz achievement was to help arrange the first professional recording session of the Graeme Bell band in 1943.

He travelled extensively overseas to attend performances of many of his jazz idols and amassed a large collection of jazz records and associated memorabilia. In his working life Ray became Vice Principal of Melbourne University and was President of the Museum of Victoria from 1988 to 1994.

In 1996 it was Ray, along with a group of dedicated enthusiasts, who was largely responsible for the creation of the Victorian Jazz Archive for the purpose of professionally housing an increasing volume of jazz recordings, posters, books, and other jazz related memorabilia that was held by various collectors.

Because of Ray's association with the Melbourne Board of Works it was he who was able to procure an unused "Parks Victoria Rangers Office and Motor Vehicle Service Facility" at Koomba Park in Wantirna as a site for the Archive. With much work being required to convert these premises to a museum the official opening of the Victorian Jazz Archive did not occur until 1998.

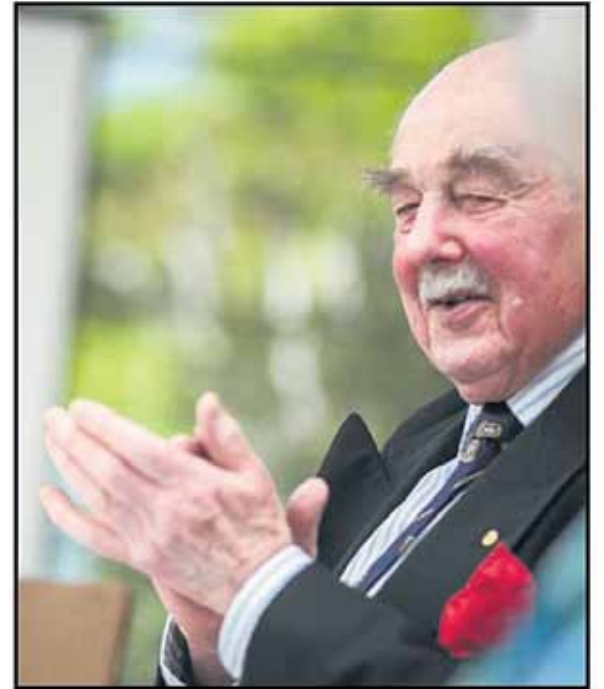
Today, the Archive, with full Museums Australia accreditation and holding Australia's largest collection of jazz is known as the Australian Jazz Museum. Ray Marginson was always very proud of his contribution to its success.

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



Dr Ray Marginson

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Nari Khera 0409 786 121

nari.khera@aussie.com.au



THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery

157 Underwood Road, Ferntree Gully

JUNE EXHIBITION

"YOUNG AT ART"

Weekends 11.00am to 4.00pm.

Saturday, June 1 to Sunday, June 30.

We have some very talented artists among our young people.

Official opening and presentation

Sunday June 9 at 2.00pm.

ALL WELCOME FREE ENTRY

JULY EXHIBITIONS

Open Exhibition, "PRINT AND DRAWING".

Weekends 11.00am to 4.00pm

Sunday, July 7 to Sunday, July 28

Official Opening - Sunday July 14 at 2.00pm

Come along and have a look at some fine Artwork.

Works for sale.

ALL WELCOME, FREE ENTRY

We also have...Weekly workshops and classes for Still Life, Life Drawing, Portraiture. NON MEMBERS welcome.

Kid's holiday art classes - book early

ART STUDIO for hire - expressions of interest welcome

For information: the_hutgallery.wordpress.com/

Facebook: The Hut Gallery-Ferntree Gully Arts Society



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

Speakers

April- Speaker –Due to our speaker not being able to come on the night we were lucky to have a replacement speaker. Peter Rogers spoke on 'Mistletoes in the Environment'.

The presentation commenced with an outline of just what is a mistletoe, how they grow and their distribution throughout the world as well as in Australia. This was backed up with pictures of the 12 Victorian mistletoe species. There followed a detailed look at their importance within the environment including as a food source, shelter for roosting and nesting as well as their positive influence on the biodiversity of surrounding bushland. Some of the environmental issues were also addressed including the apparent increase in populations, dispelling the age-old myth that mistletoes kill trees and some general practices on management. He concluded his presentation with an array of beautiful mistletoes from around Australia.



*Drooping Mistletoe
by Peter Rogers*

May-Speaker - Nick Monaghan who spoke on "A macro photographic journey through nature"



Insect by Nick Monaghan

At our May meeting Nick Monaghan showed us a sample of his brilliant and stunning photography. His main interest is macro photography specialising in our invertebrate creatures, a passion he has been pursuing in earnest for the past 14 years. He commented that his main aim is to photograph insects in their natural habitat and cause as little disturbance as possible. Having recently developed an interest in native plants Nick also showed a sample of some wildflower close-ups.

During his talk Nick described the various camera gear that he has used over the years. He also expanded on just how he meticulously goes about taking some of these close-up photos.

Excursions

April excursion -Serendip Sanctuary - Leaders Inta and Roger

On a beautiful sunny Sunday we met at the Serendip Sanctuary which is located between Lara and Geelong.

Serendip has over 150 species of native birds such as the Bush Stone-curlew, Brolga and Freckled Duck and is home to native animals like the Eastern Barred Bandicoot. We were taken on one of the numerous walks around the lakes in the morning and in the afternoon through the enclosures seeing many birds and animals that you may not see elsewhere. This is a free entrance park that you may like to take family, especially children. It is pram and wheelchair friendly with a good picnic area as well.



Brolga by Alison Rogers

May weekend away - to Nagambi - Leaders Alison and Peter

Over the weekend 4th & 5th May, 25 members

travelled to Nagambie to spend the weekend studying nature around the area.

Saturday was spent driving through the Heathcote-Graytown National Park and Whroo Historic Reserve. This included a visit to the Graytown POW ruins then stopping frequently to look at the vegetation and find bush birds. Morning tea was at the Mt Black Quarry where we saw Speckled Warblers and an obliging Echidna. Just before we stopped for lunch we looked at the historic 'Puddling Wheel' in the Whroo forest. We travelled through the forest and around the bottom end of Reedy Lake.

The day concluded with a visit to the Goulburn Weir. Highlights for the day included the stand of grasstrees and sightings of Golden whistlers and Yellow tufted honeyeaters.

The Sunday morning activity was a 4 km walk through the Tahbilk Wetlands and Wildlife Reserve. 33 bird species were recorded for the morning including many waterbirds and bushbirds. We also came up close and personal with a Red bellied black snake. The afternoon was spent on the Tahbilk Wetland Cruise looking at the wetlands from a different angle. Highlights included watching a Whistling kite swoop over the water and a pair of Tawny frogmouths, one which was perched just 70cms above the water.

In coming months we look forward to hearing speakers on:

- 'Frogs in the Maroondah area'.
- 'Antarctica and South America Adventure'.
- 'A closer look at nature's patterns'.

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 Alison or Peter on 9801-6946. Check out our Website <http://www.rfnc.org.au> as there is so much more to see and find out.

Knox SOW NEWS



A Walk in the Park

The Knox Street Orienteering Walkers (Knox SOW) walking group ran a special walk in Jells Park on Friday 5th April. Jells Park is in Wheelers Hill and is a beautiful place especially with all the bird life around the lake. The weather was kind. It was a warm morning with a cloudless blue sky. The group usually walks around the streets of Knox for one hour with a map finding answers to 20 clues, such as fire hydrants, letter boxes, telephone numbers, etc. This time the challenge was to find some of the Emergency Markers and hidden Control Tags in the Park.

24 walkers participated, including 2 'first-timers' and special guests, Sue and Stan*. Some of the teams had difficulty finding the Control Tags and this was reflected in their score. The walk was extended by 15 minutes to allow for this. After the walk they had a coffee and chat in Madeline's Café at the Visitors

Centre. Everyone said they enjoyed the Park and would definitely like another walk there in the future. (*Sue and Stan introduced street orienteering to Walk Organisers, David and Glenys, in 2005. The last time David organised an orienteering walk in Jells Park and some adjacent streets was in June 2008.)

Knox SOW is registered with the Heart Foundation and is their largest walking group in the City of Knox. They walk on the 1st & 3rd Fridays every month. Full details and the monthly Start / Finish Locations are on their website. Contact Walk Organiser, David, on 0419 337 311 or david@knoxow.org.au for more information. If you are coming along for the first time you will receive training from Glenys and be put in a team with experienced orienteers.

www.knoxow.org.au



Glenys & David on the lagoon platform

Reimagining Blind Creek Project

Melbourne Water will soon commence work to transform a 600m section of Blind Creek in Melbourne's east into an enhanced environmental space for the community to interact with and enjoy.

The first phase of the project will involve works around the existing pipe and grassy channel near Scoresby Road. Later in the year, works will commence to reinstate Blind Creek from Manuka Drive to Scoresby Road as a natural waterway.

The 'Reimagining Blind Creek' project is a collaboration between Melbourne Water, Knox City Council and the local community, with support from the Department of Environment, Land, Water and Planning (DELWP), and South East Water.

Melbourne Water General Manager for Major Projects, Eamonn Kelly said that working with all of the project partners and the community has delivered a design that enhances the local environment and provides improved amenity and recreational opportunities for local residents.

'Together we have designed an open space where people will be able to connect with their local waterway, each other and the environment.'

The design includes three key zones:

- The central zone will feature a pedestrian bridge to the second sports ground and provide connections to paths alongside the creek. Rockwork will create pools and access to the water.
- The western zone will be transformed with revegetation and planting of additional trees and shrubs.
- The eastern zone will be designed for community gatherings with additional seating and facilities.



Knox City Council Mayor, Cr Jake Keogh, said input and ideas from the Knox community as well as the Community Advisory Group have played a key role in driving the project, as envisaged in Council's Open Space Plan (2012-2022).

Member for Bayswater Jackson Taylor said, 'First and foremost, thanks must go to the community and environmental groups for their hard work on this project.'

'This project will bring our natural waterways back to life and back to the community in a beautiful community space. It has been phenomenal to see community, State and Local Government work together to deliver this vital project for the local environment.'

Works will commence in June 2019 and are expected to be completed in early 2020 with ongoing revegetation programs to continue through to 2021.

The community can stay up to date and check progress on the project via Melbourne Water's website yoursay.melbournewater.com.au/reimagining-blind-creek

ENVIRONMENTAL NEWS



The last weekend in April (27th and 28th) saw the Knox Environment Society run its' annual Autumn Festival at the KES Community Nursery at 1010 Burwood Highway Ferntree Gully. Autumn is the best time to be planting as the soil is still relatively warm, we generally have had some rain and the plants can put in some growth before winter hits.

The festival is more than selling local indigenous plants as it is a showcase for all the KES activities and also many of the local environmental groups who were able to showcase the many activities and all the good work they undertake.

For the two days the KES nursery came alive with colour, displays, interaction, discussions, education, information and in particular a wonderful musical program that kept all the volunteers and visitors tapping their feet whilst they went about their business.

We also had visits from our local politicians with Alan Tudge taking time out of his busy election campaign schedule to drop in. We were also pleased to welcome Nick Wakeling and Councillor John Mortimore. Each one took the opportunity to share a coffee and chat to the volunteers and customers.

The festival saw over 2000 local indigenous plants make their way out of the nursery and off to local Knox gardens to help built habitat for our native wildlife. The plants provide food and shelter for local insects including native bees which in turn provide food for many of our local birds and smaller animals like lizards and even if you are lucky an echidna.

If you missed the festival then don't panic there are still lots of plants available along with free advice from our friendly volunteers with most tube stock selling for only \$2. The KES nursery is open Thursdays 10am – 4pm, Saturdays 10am to 1pm and Sundays 10am to 1pm. Looking forward to seeing you there.



Bush Tucker Garden Project Knox by Diana Roggenbucke

The Bush Tucker Garden Project Knox kicked off on the 26th of March at Templeton Orchard Preschool.

The Mayor of Knox City Council was there to launch the project, along with other distinguished guests from Dental Health Services Victoria, Knox City Council and EACH.

The Bush Tucker Garden project in Knox is funded by a Community Development Grant received from Knox City council to support 10 Preschools in Knox that are involved with the Smiles 4 Miles Project through EACH.

Smiles 4 Miles is a two year award program funded by Dental Health Services Victoria that works in partnership with EACH and council to improve the Oral Health of preschool aged children in the community but promoting the three key messages of Drink Well, Eat Well and Clean Well.

The Bush Tucker Garden project ties in with the Eat Well component of the Smiles 4 Miles program. In Victoria 78% of children are not eating the recommended serve of vegetables per day and 39% are not eating the recommended serve of fruit each day. The Bush Tucker Garden Project Knox helps improve those statistics by exposing children

to a range of different foods and helping families to make healthy food choices.

Bush Tucker gardens are a fun interactive and culturally inclusive way for kids to grow, harvest and sample a variety of fruit and vegetables, helping them to develop good eating habits from a really young age and allows them to discover more about the bush tucker indigenous to Australia



Planting indigenous plants

Hands on Myotherapy



SCIATICA

Experiencing lower back pain? Aching in the buttock or back of the thigh? Loss of power to the muscles of the leg or foot?

Sciatica is a condition where pain can be felt in the lower back, legs, and, in some cases, into the

calf and foot. The pain travels along the line of the sciatic nerve and is typically felt on one side of the body.

It can cause severe pain such as; burning, tingling, weakness and numbness and can be debilitating if not treated. There are a number of triggers for this condition; compression of the sciatic nerve due to disc bulges, pinched nerves, facet joint inflammation and piriformis syndrome, to name a few.

Myotherapy and Remedial Massage can help alleviate sciatic pain by reducing the muscular and soft tissue tightness and tension around the area of the sciatic nerve. We use a number of different techniques including massage, dry needling, stretching, kinesio taping and corrective exercises.

If you think you may be suffering from Sciatica then you should seek professional advice from one of our therapists. We can help alleviate the pain and symptoms and advise you on the best ways to manage and avoid this condition.



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- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

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Wantirna VIC 3152

Monday - Friday 9am to 7.30pm
Saturday 8am to 1.00pm

www.handsonmyotherapy.com.au
enquire@handsonmyotherapy.com

Beat the winter blues!

Finding a way to keep up your fitness during the colder months is vital to help maintain your health, both physically and mentally. The hardest part is getting motivated!

We all know that physical activity helps relieve stress and anxiety. Exercise is also proven to decrease the symptoms of Seasonal Affective Disorder (the winter blues).

Try to get past the inner self-talk to stay inside and make the effort to get to the gym, go for that walk or attend that fitness session. Lay out your clothes, invest in warmer workout clothes and focus on the benefits rather than the temperature.

Contact with others exercising with you will also put you in a good mood and is a great motivator to keep going. The support and encouragement you get from meeting up with your fitness buddy or joining an indoor bootcamp is a great way to keep your fitness up.

by Isabella Van Zuylen Personal Trainer
at I Want Fitness Women's Bootcamp.



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Bayswater Pain and Wellness



Do you suffer from chronic back pain? If you do, you can be sure you aren't alone. Furthermore, of the 1.5 billion people worldwide who suffer from chronic pain, around 30% of them (450 million) are experiencing back pain.

I remember suffering from chronic back pain earlier in life and know firsthand how it involves more than just a sore back. Constant pain can lead to mental stress, loss of sleep, poor mood and a depressed outlook on life.

So what is responsible for the discomfort in so many cases of chronic back pain? It turns out to be a misbehaving nervous system. We call this neuropathic pain.

Unfortunately, many people turn to opioid based pain killers to manage the pain as they feel they have no choice, and this has resulted

in a significant number of them being addicted to these drugs.

Acupuncture turns out to be one of the few therapies that can offer a real solution to this form of pain, as it works directly on the nervous system. This effectively causes the body to repair the underlying cause, rather than simply mask the pain.

I remember the real relief when the pain was gone – I could enjoy the activities in my life again, sleep better, and generally be free of

the stress of constant pain. If you are one of the many who suffer from this sort of pain, I would love to help you finally experience relief so you can have your life back again.

To find out more about acupuncture and how it may be of benefit to you, consider booking a free, no-obligation 15-minute appointment with Paul at Bayswater Health. He is a fully qualified Acupuncturist registered with AHPRA. You can reach us on 9720 7811, or online at www.bayswaterhealth.com.au



News from Wantirna Osteopathy by Dr. Tayla Robins (Osteopath)

Osteoarthritis (OA) is a common, degenerative form of arthritis which effects millions of people worldwide. Often when people are diagnosed with OA they believe that they must just learn to live with the pain. This is a common misconception and today we have a closer look at Arthritis and what you can do to get on top of your pain.

What is Arthritis?

OA involves the gradual break down of cartilage between your joints. Cartilage helps to cushion the joint and acts as a shock absorber so when this degenerates there can be irritation to the underlying bone which often results in bony spurs growing within the joint. The muscles, tendons and ligaments which all support the joint can also become inflamed in this process.



What are the symptoms of Osteoarthritis?

- Joint Pain - Usually worse after periods of rest such as first thing in the morning but can occur in any joint but most commonly in the knees, hips, hands or spine
- Decreased movement - Over time stiffness in the joint can develop due to the changes that are happening within the joint which prevent the surfaces from gliding smoothly past each other as they should
- Clicking - OA is often accompanied by clicking in the joint as well as a grating or rough sensation. It is important to remember that our joints can click for many reasons and it is not always due to OA.
- Swelling - Mild swelling can occur with OA due to inflammation of the tissues surrounding the joint

Who is affected by Osteoarthritis?

OA most commonly occurs later in life however many factors can predispose it to occurring earlier.

- Obesity - Extra body weight puts the hips, knees and ankles under more stress and makes them work harder in day to day activities such as walking or climbing stairs
- Repetitive Strain - Some joints in our body can be put under strain repeatedly due to recurring activities from work, sports or other hobbies. This repetitive strain predisposes them to wear and tear occurring more quickly.
- Previous Injury

Why is my pain worse when it's cold?

A number of studies have been carried out to try and determine why this could be so. One theory relates to the increase in barometric pressure that occurs when the weather is cold and rainy. It is thought

that this increase in pressure results in an increase in pressure within the joints, causing them to swell and aggravate surrounding structures. However, no study has been able to confirm this.

What can I do to help my pain?

- Stay active - Exercise is strongly encouraged for those suffering from OA. It helps to strengthen the muscles around the affected joints allowing them to support the area.
- Exercise such as walking, cycling, swimming, hydrotherapy or yoga are ideal for those suffering from OA as they are low impact and therefore aren't typically aggravating
- Eat well - Obesity can greatly increase the amount of strain on our joints so eating well and maintaining a healthy weight is vital in the management of OA.
- Book an appointment with us today - Osteopaths use gentle techniques to mobilise the effected joints in order to reduce pain and stiffness. We also work to loosen the surrounding muscles which may be overworked and provide you with a personalised exercise plan.

wantirna
osteopathy

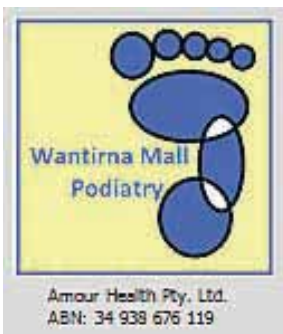
For the treatment of:

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

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Sat: 9am to 1pm
www.wantiramallpodiatry.com



Melina Linardatos

<p>Mr. Mina Williams B.Pod. M.A.Pod.A. Podiatrist</p> <p>PhysioSpot 1621 Ferntree Gully Road Knoxfield 3180 Telephone: 9764 9359 Facsimile: 9763 3114</p>	<ul style="list-style-type: none"> Corns and Callus Ingrown Toenails Flat Feet Children Heel, Arch and Forefoot Pain Sporting or Occupational Injuries Diabetic and Arthritic Foot Care Veterans Affairs
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Corns and Calluses

Extra friction or pressure on your feet causes your skin to develop thick, hard areas in order to protect itself. These hard areas are called calluses and if the pressure is in a concentrated area a hard corn can develop.

Hard corns and calluses are usually found on the balls of the feet, on top of the toes or on the heels. Corns between the toes are called soft corns, they are called soft corns as they can appear white and rubbery due to perspiration or inadequate drying between the toes. Soft corns develop due to excessive pressure from the bones in the toes rubbing against each other.

Corns and calluses can occur to anyone however

people who work on their feet, who have an abnormality in bone structure, who wear ill-fitting footwear or have a lack of fatty padding and flexibility in their feet are especially prone to these issues.

At Wantirna Mall Podiatry we can examine your feet, footwear and/or your gait to identify the underlying cause of why your feet maybe forming corns and calluses.

We can recommend pressure relieving options such as padding, strapping, moisturisers, foot orthotics or specific footwear to allow for healing and help prevent future issues. We can also gently remove some of the hard skin and the centre of the corn to help relieve any pain.

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Cnr Stud Rd, opposite Knox Club

Aussie Veterans Opportunity Shop

By Michael Quinn, National Vice President

The primary focus of our fund raising in the Veteran Op Shop has always been to provide the welfare and advocacy for our veteran community. The volunteers in the Op shop have met many of the veterans assisted by their hard work and have seen first-hand the assistance given, some who have not been able to return to the work force have come back and now volunteer their time to pass it forward. Although 1000s of veterans have been assisted with the best possible outcome to move forward; it is not without a number of tragic stories where the veterans have not made it through what can be a very adversarial system of complex legislation. This is one of those stories which have shattered a family and the advocates assisting. This is the type of story that makes us more determined to make a difference for our veterans.

Jason was a high performing soldier who served in Afghanistan as a combat engineer. As a result of a number of very traumatic incidents in Afghanistan he returned to Australia and was discharged with severe Post Traumatic Stress Disorder along with a number of physical injuries. The department of veterans' affairs was paying him a small pension for his conditions but would not pay his lump sum compensation or provide a gold card for medical treatment as they made a determination that his psychiatric condition was not stable (a small interim payment was made) despite being treated for a number of years. Like many veterans with psychiatric conditions the combination of medications and reduced activity caused by isolation he gained weight, a lot of weight. He also started suffering a number of weight related medical problems and needed medical intervention to rectify this along with specialist programs. During the period of time we

were representing this veteran in an appeal to get him his full compensation and gold card for medical treatment this 32 year old man physically declined from a fit soldier on the front line in Afghanistan to a very over weight young man needing medical treatment and died of a heart attack. He was about a month away from the hearing which could have saved his life. Sadly, the story did not end there. We assisted his financial dependent for a payment after his death and Jason was represented at hearing post mortem and his case was won. After his death he was made "permanent and stable" and became eligible for the surgery that would have save his life, his compensation became part of his estate. This case still remains open as when his compensation was paid to his estate as a pension up to his date of death he was not alive to sign the paperwork to convert a pension to a lump sum. His estate received \$14,000 instead of \$120,000. This is now another case before the appeal process, and, if lost, will result in our association lobbying to change the legislation to what was the clear intent.

For the majority of our veterans we achieve positive outcomes and feel good about assisting them to move forward with a quality of life. When I speak with our Advocates and Pension Officers it is these types of stories which weigh heavily despite our many successes.

While we all try to hang our hats on our successful outcomes it is the stories like Jason's and the many others like him who have lost their lives to similar circumstances or suicide that motivate our team to make the difference and save the lives of our men and women who have served our country with pride.

Lest we forget the living

assisted by her partner, Phil, and Panda Rounds experienced dancers, David, Glenys, Yvonne, Mounir, Dale, John and Jane.

Panda Rounds dances in the Boronia Progress Hall every Friday evening at 7.30pm and will be running Beginners Classes at 6.30pm from 10th May. They will be teaching Rumba and Foxtrot initially.

For details please phone or text Alison on 0425 756 414 (AH) or pandarounds@gmail.com or scan the code to go to their website.



Panda Rounds Dance Club

The Panda Rounds Round Dance Club held a Knox Zest4Life Over 55s "Introduction to Round Dancing" event on Saturday afternoon 4th May in the Boronia Progress Hall. Over 50 people came along to find out what Round Dancing is all about.

It is cued ballroom dancing and teacher, Alison, taught us some basic Rumba steps. Within an hour we were all dancing round the hall to music. We had done our first Rumba round dance! After the break she showed us a few more steps and we soon felt like experts. We finished with a couple of dances that included all the moves we had been taught. What an enjoyable afternoon it was. One dancer was overheard as she was leaving, "Wow! That was such fun. I'm coming back for more." Alison was



Knox & District Over 50s

Knox Over50s is a social and friendship organisation. The group meets monthly from January to November and provides guest speakers, day and overnight trips, a book club, visits to Boronia Cinema, coffee mornings at the Myer Knox coffee lounge, regular lunches at different locations around Knox and morning melodies.

On a recent trip to Walhalla, our group enjoyed a steam train ride through the beautiful hills of the Baw Baw National Park. (insert Photo??)

During May we enjoyed a day trip to Mt Macedon and a theatre outing to see "Beauty & the Beast". We are now eagerly anticipating June's "tour & high tea" at Box Hill Town Hall. Also in June another theatre outing, this one to see "Sound of Music".

Meetings are held on the 4th Tuesday of each month starting at 10:30 am sharp in the Boronia Progress Hall - the weatherboard building at 134 Boronia Rd. Boronia (parking available at the rear in the Library car park). Cost is a mere \$3, which covers morning tea, hall hire and also the chance of a lucky door prize. You are welcome to attend 3 meetings before deciding if you wish to join.

We'll start off with general business, followed by morning tea and the chance to have a chat and meet up with or make new friends. You could then sign on for any events of interest to you and perhaps borrow a free DVD from Darryl's table.

On Tuesday, 25th June, our guest speaker will be Geoff Bradbury who started seeing the world on his motorcycle at the ripe old age of 60. Grey nomad Geoff will regale us with stories of his many adventures.

We have a monthly newsletter (Knox Natters Matter) which will keep you up to date with the many fun social activities available.

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

Community News
is available online at
www.studfieldwantiranews.org





Our 10 Year Olds Go Camping!

by Nicole Klep, District
Leader Cub Scouts

On 15th – 17th March, 44 ten year old Cub Scouts went camping under canvas at Camp Niall Scout Camp, Teurong. We have not camped at this location before so it was a new adventure for us all. Nine out of our thirteen Cub Packs were represented. The weather was just perfect and the fun had by all was evident.

The Cub Scouts participated in making stretchers out of two poles and jumpers or tarpaulins and they worked really well. They also learned heaps about first aid. The Cubs made camp gadgets, such as a washing up station and got to practise a variety of knots. They made apple donuts and a bush ice cream cone. Both of these items were demolished - they were so delicious! They screen printed on a dilly bag. The final base in the rotation for the weekend was the choice of the Cubs. They had to bring a game or activity from each Cub Pack and on this base they decided amongst their peers what they would do. One highlight was carving Cub cars from a cake of soap – racing them was awesome. A form of cricket and a variety of other interesting ball games filled out the session.



Saturday's activities culminated in a campfire sing-a-long under the stars. Due to fire restrictions we had to imagine a roaring fire - most Cubs achieved this I believe. I even heard one exclaim "There goes a spark!"

The weekend finished on a high for all the Cubs and they loved the blanket badge they all received.

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

You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 6 to 26 years and after 26 lots of fun is to be had by becoming a leader!



It's June already, but we've done a lot. The Traralgon trip was and is, always fun. As well as visiting Morwell for the colourful Roses, the Thorpdale Potato farm for a talk and Potato Ice Cream, even Glenmaggie Weir was on the agenda. These Getaways include exploring our destination and surrounding area. A caravan park is chosen and we'll be packing for 3 or 4 days.

We find areas to walk, enjoy barbeques together, socialise and members without caravans or tents can organise to share cabins to keep expenses down. Car-pooling is available. Always interesting and fun.

Our 5 day bus trip to Merimbula included Eden, Tathra, Bega for cheese sampling and Bermagui for Fish and Chips as well as a tour of an Oyster Farm learning about the life cycle of these tasty molluscs. We were shown machinery which selects various sized oysters so clever! We all found it very interesting then we were led outside where there were shells from baby oysters to full grown 5 year old oysters ready for the table. The shells can be crushed for garden fertiliser, etc.

We were delighted to have time to explore the "Heritage Listed" town named Tilba. Tidy and clean it is kept as originally settled with shops selling all types of handmade craft. This was also the setting for a TV series and the landscape was how you would like it to be.

BUT NOW! Let's go forward. June 26th.

We'll be car-pooling towards Nar Nar Goon to the Light Horse Field Artillery Museum to view a private collection of memorabilia dedicated to the memory of animals which were used in the wars. From Horses to Rats and the roles they played in the wars.

Men's Coffee and Chat will meet at the Rapture Café at 11:00 am and of course you are welcome to attend. Phone Bill: 9762 9974.

Lyn is taking bookings for the 1812 Theatre and The Basin Amateur Theatre. Call Lyn: 9762 7760. Of course activities continue throughout the year, either monthly, weekly, or fortnightly.

To learn more about our activities, meetings, cinema evenings, and/or to receive a copy of our current newsletter, please ring: Carol 9727 2726



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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 24th June, 2019 Our club's 24th Birthday with entertainment by the 'Time Steppers'. Our theme is '70's Flower Power'.

Monday 22nd July, 2019 Speaker - James Nicholas telling us about his book 'The Mystery of Fairyland, Kew'.

If you want to join a club that is both welcoming and fun, come and join us. Visitors are most welcome.

Time - 11.30am for a 12.00 noon start

Where - The Knox Club, corner Stud & Boronia Roads, Wantirna South

To book ring our President - Anne McPherson on 9801 2771

Wantirna Evening VIEW Club

Wantirna Evening View Club is a group of friendly women who meet 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 (except in January) at The Wantirna Club, 350 Stud Road, Wantirna 3152 (opposite Villa Maria) - 7 pm for a 7.30 pm start. Lift to go upstairs is available.

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

For our June meeting we will welcome David, from The Asylum Seekers Centre.

For our July meeting we will welcome Yvonne, from The Gadget Girls.

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!

For more information please call our President - Kate on 0421 650 684.

Boronia VIEW Club

Boronia View Club meets on the 3rd Friday of each month at the Eastwood Golf Club Liverpool Road Kilsyth at 11.30am. A two course meal is enjoyed at a cost of \$25.00

VIEW stands for Voice, Interests and Education of women. It is one of Australia's leading Woman's volunteer organisations and supports the education of disadvantaged children through its charitable fundraising.

Our next meeting will be held on June 21st and speaker will be Owen Davies, speaking on the history of "Babirra Music Theatre" at Whitehorse Centre Nunawading.

July Meeting will be on 19th July, there will be no speaker at this meeting as we will be discussing the Resolutions to be put forward to our View Convention in September in Queensland.

We are always looking for Ladies of all backgrounds and ages to join us.

For information regarding membership please contact Margaret on 0402488757 or Judith on 97648602

What's On?

Event	Date & Time	Location	More Information
Wantirna Evening View Club	1st Wednesday each month 7pm for a 7.30pm start	The Wantirna Club, 350 Stud Road Wantirna South	Kate on 0421 650 684.
Ferntree Gully View Club	4th Monday of each month 11.30am	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	9801 2771
Boronia View Club	3rd Friday of each month at 11.30am	Eastwood Golf Club Liverpool Road Kilsyth	Margaret on 0402488757 or Judith on 97648602
Boronia Ladies Probus	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Zita 9764 5233
iShred	Saturday, 16th June & 22nd July	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
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
Tempting Treats Cafe	Open 7 days 10.00am to 4.00pm	Inside Tabulum Templar Reception 31-34 Elizabeth St, Bayswater	8720 1333
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
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
Knoxfield Ladies Probus	3rd Wednesday of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Please ring Val on 9763 6175 or Bev 9753 3224.
Caribbean Rollerama	Family Skate Night - June 9 Kids Only Fog Skate - July 11 Fog Skate All Ages - July 12	1298 Ferntree Gully Rd, Scoresby	9763 9122

Special Olympics Australia

Melbourne Eastern Ranges

The Special Olympics World Summer Games were held in Abu Dhabi, UAE from 8-21 March 2019, with 7,000 athletes with intellectual disability from 170 nations competing across 24 sports in front of half a million spectators.

Australia was represented by 105 athletes who competed across 11 sports: Athletics, Basketball, Bocce, Ten-Pin Bowling, Equestrian, Football, Golf, Gymnastics, Sailing, Swimming and Tennis.

They were supported by 35 volunteers officials and carers. Melbourne Eastern Ranges athletes Sarah Chaplin and Zoe Ford both from Knox bringing back Gold and Silver medals.



Bocce Gold & Bronze Medallist Vicky Robbins with SOA Bocce Coach Michael Migliaccio and Bocce Australia President Frank Funari



Our local Knox Gold & Silver Medallists Swimming Champion Sarah Chaplin from Upwey (at left) and Ten-Pin Bowling Champion Zoe Ford from Ferntree Gully (at right).

For more information on how to join our Special Olympics Sporting Club please contact our membership officer Helen Sullivan
Mob: 0404 100 924



Five Benefits of Laughter Yoga for Seniors

It feels timely to focus on the seniors this time and share the five main benefits of Laughter Yoga for Seniors in our society.

1. Adds More Laughter to Life: With advancing age we laugh less or stop laughing. We get out of the habit of laughing and often with dementia and Alzheimer's that is more so the case. Laughter Yoga is a physically oriented technique, is an ideal exercise that provides many health benefits without using mental and cognitive abilities.



2. Promotes Physical Health: With the wear and tear of old age many seniors develop ailments like high blood pressure, diabetes, arthritis etc. Laughter Yoga facilitates healing by strengthening the immune system, improves blood circulation and increases oxygen to the body's cells. It is also a cardiovascular workout.

3. Improves Mental Health: Isolation, loneliness and depression are common among older adults as they lose loved ones and their health begins to decline. Mental health is improved by boosting neurotransmitters, dopamine and serotonin.

4. Building Social Bonds: Laughter Yoga helps bring people together and improve their social bonding. Retirees and able-bodied older adults who attend our laughter clubs develop friendships and rapport. This helps them to move on, be resilient and decrease loneliness at the same time increasing their quality of life.

5. Longevity: Laughter Yoga helps us when we feel we have lost our way giving us greater reason and purpose to continue living a full and rewarding life. It is a simple and easy routine, which is practiced by people all throughout the world in their 70's, 80's and 90's. As the population is increasingly older every day Laughter Yoga is a tool for transformational aging and increased longevity.

COMMUNITY NEWS

Boronia Ladies Probus Club



On the 27th March the Boronia Ladies Probus Club had a wonderful trip to Queenscliff with morning tea at Geelong along the beach front, then a trip around Port Arlington and other beachside towns before having lunch at the Queenscliff Bowls Club. Some of our members have not completed their apprenticeship for Lift Operator to the extent that the first ladies who entered the lift went up and down 3 times before discovering how to open the door – lots of fun for all. After lunch we went onto the ferry along with the bus for the trip to Sorrento then a drive to Dromana on the way home. Fabulous weather, and one of our best trips. Our next outing will be to Black Rock House with lunch at the RSL and a tour of the area and on the way home a visit to a Chocolate Factory.

Anyone interested in coming along to our meetings which are held at the Knox Club at 10 am on the 3rd Wednesday of each month can call Zita our Secretary on 9764 5233. Our Club is very relaxed and friendly and you will be made very welcome.



From my personal experience Laughter Yoga does all of the above and gives me a lift in my life and relationships. It is free and we love to laugh together. You are not committed to attend every time, only as much as you can fit in with your probably very busy life! I hope to see you soon on either a Saturday or Sunday. Cheers, Lynette.

Lynette Mitchell leads the free community Ferntree Gully & Knoxfield Laughter Clubs.

Tel: 0425 799 258

Website: www.laughterforliving.com.au

Acknowledgement Dr Kataria, Founder of Laughter Yoga International

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News from St. Andrews Cricket Club

by Ben Morris

St Andrews Cricket Club are your local family cricket club with our home base being alongside the picturesque Dandenong creek at J.W. Manson Reserve in Wantirna (Selkirk Avenue off Wantirna Road). We are incredibly excited to share our cricket journey over this upcoming Summer season with loyal Studfield Wantirna News readers.

Firstly, a little bit about us. This Summer we will field 8 senior teams and 10 junior teams in the Ringwood District Cricket Association (RDCA) across all age levels including a Woolworths Blast program for 5-8yr old girls and boys that wish to give cricket a try. Of these 10 junior teams, two are all girl teams in the under 15 and under 12 age groups. We are proud to have the highest girls participation in the



Girls U12 team



T20 Champions - U16 boys



RDCA and proud that we are a club that provides a positive and inclusive environment for all family members to join in the fun!

Should you or your child wish to come give cricket a try at St Andrews, please contact me on 0412 370 996 or send me an email at standrewscc.jnr@gmail.com to receive instructions on how to register. All new juniors play for free in their first season! Our first match is in October.

We look forward to providing the local Wantirna community with an update on our progress this Summer. Hopefully we can report back plenty of success!

Go Saints!

SPORT NEWS



Saints team member Jordyn

Bayswater Bowls Club News

Bayswater Ladies Win Sinclair Shield

On Sunday the 24th of March Heathmont Bowls Club hosted the 39th running of the Sinclair Shield Ladies Pairs Tournament.

The Sinclair Shield is named in memory of Mrs. Lorna Sinclair who conceived the idea of establishing this tournament in 1981. Lorna was an extremely community spirited lady and a past dual Ladies Club Champion of Heathmont Bowls Club.



This unique and prestigious invitational event is open to any Victorian clubs current Ladies Singles Champion and Runner Up. The tournament is the only event of its kind to be held in Victoria and brings together top female bowlers from across the State to compete and represent their clubs for generous prize money and the perpetual Sinclair Shield trophy.

Bayswater Bowls Club this year was represented by our Ladies Singles Champion Lyn Daniel and Carol

Murray. Marika Forras, our Runner Up was overseas at the time of the event so Carol, a past Club Champion was invited to substitute for Marika.

This year 30 pairs competed in the event and Lyn and Carol won their three matches against challenging opponents in Diamond Creek, Eastwood Golf Bowls Club and Keysborough and at the conclusion of the event were tied with two other three game winners but claimed the shield on count back with a total of 24 shots up. This is the first time Bayswater has won the shield so we are very proud of our ladies.

The shield was presented to Lyn and Carol by Lorna's great granddaughter Olivia and Lorna's son Graeme. The shield, once engraved, will be prominently displayed at the Bayswater Bowls Club for 12 months.

Bayswater Bowls Club is relaunching, weather permitting, Friday Night Barefoot Bowls this week. We hope to attract local residents and younger patrons to the club, so if you would like to participate come along and join in the fun.

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WHERE : 43 PHYLLIS STREET, BAYSWATER

TIME : 6:00 PM ONWARDS

"Friendship through Bowls"

Templeton Tennis Club News

by Don McCracken, President

Hello again, this time to our Autumn edition of Club news.

All pretty quiet on the tennis front over the past 2 months, with the end of one season, a break and commencement of the next. We did have some 16 teams in finals and of these we had 100 per cent winning record for those 4 that made it through to the grand finals.

Congratulations to all involved in another excellent season.

Our WDTA winter season commenced on the 27th April and we have 13 junior teams over 2 days, Saturday (7) & Sunday (6) and 5 senior Saturday teams.

Our midweek ladies are all part way through seasons and progressing well. Good luck to all those who represent our club.

The annual Templeton Best & Fairest Award Presentation was held on Sunday 31st March. The family fast 4 tournament was enjoyed by the 30 participants. Thanks to Kelly for running the event and to Luke for manning the bbq.

Event winners were: (photo included)

A Grade: Raymond & Danny Zhao

R/U: Tamara & Kristian Tesevic

B Grade: Randall Chan & Edmond

R/U: Charlotte & Andrew Daly

Team best & fairest awards were presented for the following:

Saturday: BSP1 – Athul Anto; B1 – Ethan D'Mello; CSP1 – Asutosh Ramanan; C2 – Luca Castellan;

C1 Girls – Tamara Tesevic; DSP1 – Kiran Kleingeld; DSP3 – Enoch Tam; D1 – Kit Khoi; D2 – Randall Chan

TEMPLETON

tennis club

Sunday: Ares2 – Kristian Tesevic; B1 – Ethan Poon; B3 Green – Brendan Howard; B3 Gold – Andrea Cai;

C4 – Dominic Grkow; DSP2 – Nikolas Pincic; DSP3 – Anshi Chaudhari; DSP4 – Raymond Zhao; D3 – Ethan Hua

The Templeton Best & Fairest Award for 2018/19 was presented to Brendan Howard. (refer photo). Convenor awards were also presented to Charlotte Daly and Luca Castellan.

We have again been fortunate as part of Knox Councils Asset Maintenance

Program, to have the clubrooms repainted and are certainly looking a treat. Come along and have a look.

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).

Our coach, Kelly Cooper, runs 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: AGM Tuesday 9th July 2019. 8pm at the clubhouse

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



Wantirna Tennis Club News

by Alison Rogers

Juniors

With the very successful Summer season finished, our players had a well deserved break. (We hope the parents got a few 'sleep ins') We thank the parents for their time and support in helping their children play this wonderful sport. The Winter season has started with us fielding 17 teams over the Saturday and Sunday competitions. Special thanks to our Convenor Fiona and her team of helpers. Along with our dedicated Coaches, we are achieving great results.

Providing both Saturday and Sunday tennis means that Private school students who have to play for their schools on Saturday, can still play with their friends at the Club on Sunday. Also Juniors who have language school on Saturday can play on Sundays as well. It is great to be able to give families these options.

Roster Night

At our Roster night, we were very pleased to award our Junior Club Person of the Year to Riley M.

Although injured for part of one season, Riley came along every week to support his team



and was out there helping bag and water courts. He has been playing at the Club for some time now and has always shown great sportsmanship, is friendly and supportive to fellow Club players and even the opposition. What a great example to those at the Club. Congratulations Riley.

We also were able to present a trophy to Mahin S. This award was the Good Sportsmanship award. Mahin has shown himself to be a very valuable player at the Club. We all see him doing the best he can with his very friendly nature being shown to all at the Club. This season we had parents from other Clubs report back to us how he had been friendly and helpful to their Club Juniors. We are very proud of you Mahin.

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 hit with some of the social players 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. All welcome.

Midweek Ladies

We are always looking for new players down at the Club. If you would like to play competition give us a call.



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.

Club coaching team: Troy & Mike 0424693005 or

email enquires@troyandmiketennis.com

Coaching Face book: 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/wantirnatc/

WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club



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