

# COMMUNITY NEWS

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

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EDITION 61  
AUGUST/SEPTEMBER 2019

- NEW SES FACILITY  
ANNOUNCED FOR KNOX
- FAREWELL AND THANK YOU  
TO MR. MAC!
- BAYSWATER PRIMARY SCHOOL  
TO GET NEW BUILDING
- JAMES MORRISON IN  
CONCERT

# FREE

## KNOX CHILDREN AND FAMILY CENTRE OPENS IN BAYSWATER

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Pie Lunch!**

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## Editorial

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Hello Community News readers,

Acknowledgement. Is it really necessary to acknowledge people for their efforts, their achievements or their time? So many selfless members of our community spend their time, share their talents and make a contribution to help make the place where we live "A Community".

What do we look for in a community? We want to belong, we want to enjoy ourselves, we want to have friends, we want to feel connected, we want to be healthy and to thrive.

A community without the people who contribute to its vibrancy and strength can be empty. We need the community builders to make our community a place where we love to live.

That is why acknowledgement is important. They often don't ask for it or expect it. They can be found throughout the pages of this paper! Take a moment to think of what they do and how they make a difference to our lives. If you can, nominate someone for a local award.

This edition, I would like to say "Thank You" to all the community contributors. You are all amazing!

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.





## Knox Children and Family Centre Opens in Bayswater

Local families joined in the official opening celebration today of the \$9.5 million Knox Children and Family Centre in Bayswater.

The centre was officially opened by Knox Mayor, Cr Jake Keogh, Victorian Parliamentary Secretary for Early Childhood Education Sonya Kilkenny and Dinsdale Ward Councillor Adam Gill.

Knox Mayor, Cr Jake Keogh explained that Knox Council is committed to ensuring that local families have access to excellent facilities in a friendly and nurturing environment to help children get the best possible start in life.

He mentioned that facilities like this one, and the Knox Children and Family Centre in Wantirna South, are transforming the face of early childhood services in Knox.

The project received \$1.6 million from the State Government through the Children's Facilities Capital Program with Knox Council providing the balance of funding (\$7.9 million).

The centre brings together a range of essential services for young children and families including long day care, 4-year-old preschool, Maternal and

Child Health services and community and supported playgroups. There is also an allied health consulting suite, kitchen and dining area for children, a feeding room, pram storage and off-street parking.

The building sets new benchmarks in terms of being an environmentally socially and economically sustainable facility. This includes being a thermally sealed building as well as measures to boost energy efficiency, cut waste and collect and re-use water among other initiatives.

This is the second Children and Family Centre opened by Knox Council this year with the Knox Children and Family Centre Wantirna South opening its doors on 16 February.

A proud Mayor Keogh said "A great deal of thought and planning has gone into every aspect of this facility to ensure it works for children, works for families and works for the staff who are based here."

The Knox Children and Family Centre Bayswater has been operating since 23 April 2019. To find out more, including how to register and enrol for services at this facility, visit [knox.vic.gov.au/childcarenetwork](http://knox.vic.gov.au/childcarenetwork).



## New SES Facility Announced For Knox



Jackson Taylor, Member for Bayswater, representing the Minister for Police and Emergency Services Lisa Neville, joined VICSES Chief Officer Operations Tim Wiebusch to announce funding for a fit-for-purpose facility for VICSES volunteers and the Knox community, which will be built at 609 Burwood Highway, Knoxfield.

The Victorian Budget 2019/20 included \$21.1 million for VICSES infrastructure projects, including a state-of-the-art facility for the Knox unit.

The new facility will be located on land managed by the Department of Environment, Land, Water and Planning, with the construction of the unit's new base expected to be complete by the end of 2020.

The Knox unit plays a vital role in protecting the community, responding to around 650 calls for assistance every year, including more than 50 road rescues.

The unit has been involved in significant emergency events, including Black Saturday and the 2010 Knox hailstorm which left more than 10,000 homes significantly damaged.

It has 65 active members with a further 11 support members, whose current base in Wantirna was built in 1980 and is set to be redeveloped by Knox City Council.

VICSES is the control agency for floods, storms, landslides, earthquakes and tsunamis. It also assists Victoria Police and other emergency services during major incidents.

It plays a key role in responding to road accidents across Victoria, operating 103 road crash rescue units across the state.



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## Wantirna Heights Probus Club News

by Bill Watson

A Journey through our Ambulance History: Earlier in the year eighteen of us visited the Ambulance Museum Victoria. Although the museum has been located in Bayswater for over four years, very few were aware of its existence. All were quite impressed with the array of vintage vehicles and memorabilia on display. On arrival, a beautiful, homemade morning tea was served. This was followed by an informative and entertaining talk by two experienced (now retired) 'ambos' with many anecdotes from earlier days. They highlighted the amazing advancements during the different eras from very basic beginnings in the 1880's to current day. The original purpose of the ambulance service was solely to transport a patient as quickly as possible to the nearest hospital. These days there are highly trained paramedics with state of the art equipment on board their vehicles (and also aircraft). Lifesaving diagnostics, medications and



treatment can be initiated immediately thus saving many lives and limiting damage from heart attack, stroke etc.



## News from Wantirna South Probus Club

Wantirna South Probus Club recently had a day bus outing to Mornington Peninsula to the Pitchingga Ridge Alpaca Farm at Red Hill. The weather didn't play its part with strong winds and heavy rain but what could have been a disaster of a day turned out to be a trip members will never forget. Owners Jean and David made us welcome into their beautiful large home for morning tea with views over their property with Alpaca's grazing in all directions. David gave us a great insight into the Alpaca industry when in

walks Jean with 22 year old Alpaca "Maverick"!!

For the next 45 minutes Maverick was the centre of attention and beautifully behaved. Club members Anne Milne and Judy Khoo enjoyed their up close and personal meeting with Maverick.

The club meets 2nd Wednesday of each month 10.00 am at Wantirna Club, 350 Stud Rd, Wantirna. For further information contact Helen Dewar 0418 333022 or Chris Day 0418 315902.

Our group was able to examine the well laid out displays of equipment and vehicles from early beginnings to more recent times. For one of the members the highlight was seeing an actual Ashford Litter, an early wheeled ambulance. She recalled her grandfather recounting how his 20 year old brother, following a severe horse accident on the Queensland farm in 1906, was carried on such a device being pulled by a horse and supported by runners taking turns over 6 or 7 miles to hospital. Unfortunately, he did not survive. Today our community is blessed to have so much expertise and equipment available to us should the need arise and we can be thankful also that there are paramedics willing to do such a job which, sadly at times, is at increasing risk to their own safety.

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.



## Dental Care For Your Pets

Dental care for your pets is very important as almost 70% of dogs and cats over 3 years old have some sort of dental disease. Dental disease causes bad breath (halitosis) and pain. It is also a source of infection and can make your pet very ill. Dental disease is preventable in the majority of cases and in most cases, easy to achieve at home. There are many different methods to keep your pet's teeth clean and these should be started while they are puppies and kittens.

For adult cats and dogs with existing dental disease, a dental scale and polish under general

By Dr Martina Saeid BVSc.  
Wantirna Vet Clinic

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

Tips to maintain oral hygiene:

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





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

It's been a busy couple of months, learning about the different departments, policies and programs being implemented and run by Council. I have enjoyed hearing from many of my Collier Ward residents, assisting them navigate their issues through council.

I was especially pleased to be part of the recent Knox Sports Leisure Awards where we honoured the hard-working volunteers who are the back-bone of our local sporting and leisure clubs. This year we had a record 76 nominations across all award categories. A full list of all the winners can be found at [www.knox.vic.gov.au/sportawards](http://www.knox.vic.gov.au/sportawards) but I would like to send a big local Collier Ward congratulations to following winners:

- Kevin Van Grondelle - Wantirna South Junior Football Club - Club Person of the Year (Adult)
- Knox Boat Fishing Club - Best Club Initiated Program (Rowville Lakes Family Fishing Day)
- Alison Rogers - Wantirna Tennis Club - 30 Year Service Award
- Clive Savoury - Wantirna South Netball Club - 20 Year Service Award



*Cr. Marcia Timmers-Leitch with the Sports Awards Winners Kevin Van Grondelle, Alison Rogers and representatives of the Knox Boat Fishing Club*

I have also been pleased to approve the 2019-20 Budget which includes a massive \$94.69 million investment in capital works across Knox and a commitment to surplus budgets and responsible spending. The rate increase is 2.5% in line with the State Government's Fair Go Rates System. The additional Council eligible pensioner rebate of \$100 will be maintained.

Specifically for the Collier Ward we will see some fantastic projects (just to mention a few):

- Templeton Reserve Masterplan (Stage 3 Delivery) – Gym equipment, Seating, BBQs and Picnic Shelter, Drinking Fountain, Path and Car Park improvements.
- Billoo Park Playgroup/ Maternal Health Centre - Toilet, Verandah and Storage Upgrades.
- Renou Road Bike Path – improvements between Cathies Lane and Burwood Highway.
- Collier Reserve Bike Repair Station

As always, I am here to be your local voice at Council.

If you need help or information then don't hesitate to get in touch via email [marcia.timmers-leitch@knox.vic.gov.au](mailto:marcia.timmers-leitch@knox.vic.gov.au) or phone 0428 162 218.

## Lions Wantirna Supports Foothills Community Care Upwey

Wantirna Lions Club has recently completed a project to assist Foothills Community care with the upgrade of their Community Kitchen Facilities at Upwey.

Foothills Community care provides meals to over 8,000 community members each year through their Ferntree Gully and Upwey meal nights.

With the support of the Australian Lions Foundation, the Wantirna Lions Club has provided funding to enable the installation of a new Commercial Oven, Bar Fridge and Kitchen Cabinets.

Photo at right: President Paul Thorneycroft with the new kitchen equipment



**ST LUKE'S**  
CATHOLIC CHURCH  
1 Dandenong Rd, Wantirna SE22

### St Luke's Parish Mass Times

**9801 8411**

**[Wantirna@cam.org.au](mailto:Wantirna@cam.org.au)**

**[www.stlukeswantirna.net](http://www.stlukeswantirna.net)**

#### Office Hours

**Monday to Friday 9:30am – 3:30pm**

**Weekend:** Saturday Vigil: 6:30pm

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

**Weekday Mass:** Monday & Tuesday – 9:00am

Wednesday – 7:30pm

Thursday & Friday – 9:00am

**Reconciliation:** Wednesday - 7:00pm

Saturday - 9:30am & 6:00pm

**Adoration:** Wednesday 7:30pm – 8:30pm

**Divine Mercy Chaplet:**

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](mailto:marcia.timmers-leitch@knox.vic.gov.au)

☎ 0428 162 218    f **MarciaForCollier**







## *What's New At Community Pharmacy?*

Hello Readers,

In this edition of the community newspaper I thought it would be a good idea to re-visit the many programs and services that we offer here at Wantirna Community Pharmacy.

Our regular customers come straight to the dispensary counter to drop off the script, say hello to the staff and then come back later for the medication. Between the front of the shop and the dispensary there are a few different support services and products that we provide which you may or may not be aware of. So, we thought now would be a great time to refresh your memory!

New mums can hire a Medela breast pump that assists with lactation supply and is also handy if you are going back to work and need help to express milk for storage. This is a highly reputable brand and is used in most hospitals and is recommended, if needed, upon discharge. We also stock other items in the Medela range such as milk storage bags, bottles, breast care items as well as the kit needed when hiring the pump.

We can also provide you with access to a helpline that will answer any questions or queries you may have or be experiencing with the pump or breastfeeding in general. Call us or ask instore for hire charges.

If you need crutches you are able to hire them, or we can even order them to purchase if necessary. Walking sticks are also available for purchase in a range of colours even pink!

Braces for all different types of injuries or support are available in store. We are able to order in made to measure braces if required. Please enquire instore for details and pricing.

First aid kits for the workplace, travel or home can be purchased, or we can even customise a kit for you by selecting specific items as required for your needs.

Time for a holiday? Let us help you get organised! Tell us where you're going and let us put together a travel pack specific for your needs. Our travel section also contains items such as combination locks, travel adaptors, luggage tags and travel bottles to name a few.

We also have loyalty offers on Depend, Poise, Tena and Molicare products – so if you are purchasing incontinence items on a regular basis and you do not have a loyalty card for one of the above please ask



one of our staff members and let us help you join the loyalty program.

Impromy is our personalised weight loss program that has been developed in collaboration with the CSIRO. This program not only helps you reach your goal weight but also has a significant effect on your health. This is a unique program where you will be supported by trained consultants who will guide you through, on a weekly basis, to help you keep track and reach your ultimate goal.

At Community Pharmacy Wantirna, our pharmacists are also trained to be immunisers which means we are able to administer certain vaccines to you including the flu vaccine. So, for all our time poor customers, make sure you get your flu vaccination in store this year, no appointment needed and if you have any questions or queries about what other vaccines we can administer please do not hesitate to give us a call or come in and see us!

We are also an access point for the National Diabetes Services Scheme (NDSS) which aims to help our

diabetic customers understand and self-manage their life by providing timely, reliable and affordable access to support services and products.

Many of you know Filip our fabulous pharmacist but did you know that he is also a Naturopath! Filip is always available through appointments, for one-on-one consultations to help you with any health concern you may have. With his knowledge on prescription medications as well as natural medicine we get the best of both worlds.

He makes his own tea blends as well for specific conditions such as sleep, or he can make up a blend specific for your needs.

Some of other health services include:

- Blood pressure recording
- Blood glucose testing
- Cholesterol level checks

There are a few other services that we provide in order to help our customers and our community manage their health to the best of their ability.

The Med Advisor program is a free service that has been developed to put a virtual pharmacist on your phone, tablet or computer to help you take your medication safely, effectively and punctually. It goes hand in hand with our Script on File service. Our pharmacy will hold all your prescriptions for you and the app will prompt you when it is time to get the repeat filled. The program will allow you to see the number of repeats, the description of the medication and other information relating to the prescription or medication. If you are interested in this service, come in to the pharmacy with your prescriptions, sign up and you'll never have to wait for your medication again!

We also offer a local delivery service for customers who leave their script on file, who need their medication but cannot get to the pharmacy due to various reasons. Please speak to the pharmacist if you are interested in using this service regularly or even as a one-off basis. We also deliver to local nursing homes as needed by residents using our pharmacy.

Our friendly team of pharmacists, dispensary technicians and retail staff are here to offer you our advice, care and understanding and an overall great customer experience when you visit us here at Community Pharmacy Wantirna. the face of early childhood services.

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

**No script required and one of our trained pharmacists will be able to help you on the spot.**

**Wantirna Community Pharmacy**  
**Shop 3-4 Wantirna Mall 348 Mountain Hwy, Wantirna**  
**(03) 9720 2872 OPEN 7 DAYS**  
**[www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)**



## Joining Forces To Prevent Teenage Road Trauma



The Emergency Services of Knox (CFA, SES, Victorian Police, Ambulance Victoria) have joined forces to educate and encourage young drivers to make safer decisions on our roads.

Statistics show that drivers aged 18 to 25 are over represented in serious injury and collisions where lives are lost on our Roads.

The Teenage Road Information Program (TRIP) is designed for 16 to 25 year-olds and their parents. It provides an in-depth insight into what happens to road crash victims and the aftermath as result of decisions made on the road, including injuries and fatalities.

Through the program, young people are encouraged to start conversations with family and friends in order to make the right decisions when they're out on the road. Many find the program confronting, but as participants are advised, living with the trauma of a road crash is far more confronting.

The Ultimate Goal is to prevent any member of the Knox Community from suffering from road trauma.

Knox TRIP is pleased to announce our inaugural event will take place on Wednesday 7th August @ CityLife Church in Wantirna South starting at 7.00pm.

See the Upcoming Events for Knox Trip:  
To register for the event visit <https://knoxtrip.com>  
Knox TRIP 2019 - Aug 7, 2019 7:00pm – 8:45pm



## Nominate your local volunteer hero for an Aston Community Award

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

You may wish to consider nominating that person or group for a 2019 Aston Community Award.

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

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

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

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

The Aston Community Awards ceremony will be held on Friday, 6 September at 6.30pm at the Knox Italian Community Centre in Rowville. All are welcome, but RSVPs are essential.

Nominating is a simple, two minute process and self-nominations are welcome. Nominations are now open and will close 5pm on 16 August 2019.

Nomination forms can be completed on my website at [www.alantudge.com.au](http://www.alantudge.com.au) or by contacting my office on 9887 3890.

Alan Tudge MP, Federal Member for Aston

## Knox Police News

"Thefts from Motor Vehicles" continue to be a large percent of crime statistics in our area.

It's not uncommon for police to receive numerous reports of thefts from motor vehicles on a single night and often in close proximity and with common themes.

A recent example is where 9 cars were broken into on one night, all within three adjoining streets and all cars had been left unlocked with valuables left within. The offenders ransacked the cars contents and took anything of value. Another recent example is where offenders stole number plates from 4 vehicles on the one night, all vehicles were parked in close proximity, all in identical situations, having unrestricted access, no CCTV and the number plates were not secured with anti-theft screws.

Police often refer to this sort of crime as, "opportunistic crime", where criminal activity is enabled by an opportunity, i.e. where cars are left unlocked and number plates are left unsecured and easily removed. It is not uncommon for "opportunistic crime" to represent more than 50% of total crime.

The good news is that opportunistic crime can be effectively reduced and practically eliminated with education and diligent practice by all of us.

Key Crime Prevention Tips Preventing Theft from Motor Vehicles

- Remove all items when you leave your car.
- The most common stolen items are money, wallets, credit cards, tools, power tools, laptops, mobile phones, cameras, handbags, jewellery and sunglasses.
- Lock all doors and close all windows before leaving your car.
- Park your car in a well-lit and secure area.
- Secure your number plates with one way, anti-theft screws.

In the event of theft from your vehicle report to police on 131444



**ALAN TUDGE MP**  
Federal Member for Aston

f tudgeMP e alan.tudge.mp@aph.gov.au  
9887 3890 www.alantudge.com.au



*Real Action For Knox*





# WHAT'S COOL AT SCHOOL?

## St Jude's Scoresby, More Than Just Curriculum

At St. Jude's our curriculum covers all of the relevant learning areas, however, there is an important difference – we see learning through the lens of how we can make the world a better place! We aim to be our best selves!

All of our learning investigations begin with 'essential questions' that make us wonder about relationships, changes over time and the world we live in. In Term 2 we investigated Science through the lens of Stewardship, our jumping off question was "How do we care for our common home?"

The learning took children through exploring natural ecosystems, local environments impacted by human urbanisation and the use of natural fuel resources that make our lives more comfortable. The learning even took us off our planet Earth and into space!

We hosted a Sustainability and Stewardship Family event to share our learning and extend our wonderings beyond our classrooms. We investigated: different technologies, our expansive galaxy, use of waterways and forests, the impact of farming and development of towns and cities, and importantly the complex issues associated with the use of fossil fuels and renewable energy sources. We even had some wildlife along for the ride!

Our galaxy is mysterious! Living things are amazing! We need to care for our common home!

The learning has led us to recommend

implementing some simple changes to our lives, including minimising waste, using energy and water mindfully, and seeking ways to help protect the natural world. This learning leads us into our Term 3 investigation about 'Community'... exciting times ahead! Schools are exciting places!

St. Jude's – Be Your Best Self!



*Our galaxy is mysterious!*



*We need to care for our common home!*



*Living things are amazing!*

## National Tree Day

from Nick Wakeling MP, State Member for Ferntree Gully

Each year I pass on my thanks to local residents who embrace their inner green thumbs and participate in National Tree Day activities.

National Tree Day is Australia's largest community tree-planting and nature care event. It is a fulfilling opportunity for people to connect with their community, to do something good for their local environment and benefit their health by spending time in nature.

Since it started in 1996, more than 25 million trees have been planted across Australia by four million volunteers as part of National Tree Day.

Local activities were held this year at:

- Lewis Park, Wantirna South
- Wantirna Reserve / Koomba Park, Vermont South

Knox schools will also be participating in National School Tree Day activities in early August.

To find out more about National Tree Day, go to [www.treeday.planetark.org](http://www.treeday.planetark.org)



# #AMAZING



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# WHAT'S COOL AT SCHOOL?

## Thank You Mr. Mac! from Wantirna South Primary School

After 45 years in Primary education, it is with great sadness, yet an element of excitement for Wayne (Mr. Mac) that we say farewell and best wishes!

Where do you start to say thank you to a man that has devoted the last 8 years of his life to serving and working with the Wantirna South Primary School community?

Wayne is a man with vision and is driven by values and purpose, and therefore has achieved a great deal in his time with us:

Improved our grounds, buildings and facilities, improved our financial status to a healthy state, and improved our enrolments by welcoming many new families to our community.

Relationships are at the heart of what Wayne is about.

This has enabled our school to build a community of inclusion and acceptance where everyone is welcome.

Wayne is always on for a chat, whether it be with children, parents or staff. It is through his ability to converse with all that our wider community connections have continued to evolve for the students:

- Making connections with KIOSC Swinburne University, giving our students access to some of the best STEM education programs in Victoria
- Welcoming the Vermont Lion's Club to help with grounds maintenance and our delicious vegetable patch
- Connecting with Wantirna Village and Arcare to embrace intergenerational opportunities for the students, with the reading program that past students still express as a highlight for their school years

Through all this, Wayne always has time (an open door) for staff, parents and most importantly excited students sharing their work proudly.

We still wonder who gets the most joy out of a Mr Mac high 5 – did they hit or miss?



*Wantirna South Primary School Principal Wayne McDonald  
with School Captains Kai and Tilly*

Although it is with sadness we say goodbye for now, we wish Wayne well as he heads off to enjoy his grandchildren, golf days with mates and travelling with wife Lorainne.

Thank you from all the kids, parents, staff and the community at Wantirna South Primary School.

Our passion, their future.  
Laying the foundations for life.

**Kinderlea 3 Year Old Preschool**

**Taking enrolments now!**

3 Coleman Rd, Wantirna South, VIC 3152  
www.kinderleapreschool.com.au/9298 9300

**knox** your city

## Community Training

Check out the free workshops on offer in Knox City Council's Community Training Program from September to November.

Workshops are open to individuals, community groups, clubs and not-for-profit organisations in Knox to help members develop new skills and network with other community groups.

**Bookings essential.**

Go to [knox.vic.gov.au/communitytraining](http://knox.vic.gov.au/communitytraining) or phone 9298 8000.



## It Starts Here...

**Book in  
for a tour:**

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## Recycling Tanks

by Evelyn Hodgkin, Bayswater History Facebook

Our Bayswater history story is written by Walter Pegler regarding the tank that was used to hold the bulk wheat delivered by the railways for his business known as H. M. Pegler General Store, corner Mountain Highway and High Street, Bayswater. The photos show the wheat being loaded into the tank in the railway siding of the Bayswater Railway Station in the 1960s. Bayswater and Wantirna had about five poultry farms and the bulk wheat was delivered to their own tanks that had been sold to them as the story tells.

Quote.....

"Many years ago, as I recall, a ship called the SS Kakariki ran aground on Corsair Rock, Point Nepean, causing many problems to navigation in Port Phillip Bay. There appeared no solution to the problem until an engineering firm built a number of steel tanks, placed cables under the wreck, filled the tanks with air and floated the ship off the reef.

At this stage my brother Marshall purchased the now obsolete tanks, cut the top off one and placed it on one of our trucks and added an electrically powered auger. He sold the other tanks to some of the local poultry farmers. Subsequently, when a rail truck loaded with bulk wheat arrived at the Bayswater rail yards our truck would back up to the rail carriage, pump the wheat into our vehicle and then deliver to our customers by reversing the auger. Many fuses were blown as the auger required more power than most household supplies provided. However that problem was soon overcome and deliveries continued without problems. I suppose we were among the early retail bulk suppliers of farm produce." End of quote.



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Opening hours:

- Mon, Tues, Thurs & Fri - 2.00pm
- Wed, Sat & Sun - 12.00noon

626 Mountain Highway Bayswater





## News from Bayswater Ladies Probus Club

"For smiles and good company, Probus Ladies are the friends for thee!"

Hello to all ladies of retirement age in Bayswater and surrounding areas. If you are seeking some good company and new acquaintances come along at 10 00 am to any meeting of the Bayswater Probus Club on the fourth Monday of each month at the Bayswater Community Centre, Mountain Highway, Bayswater. We enjoy morning tea then listen to a guest speaker discussing a wide range of subjects. We also participate in day trips movie outings and luncheons. All are welcome.

About four years ago our members went on a trip to Queenscliff to tour "Cottage by the Sea" which is a non-government funded charity that allows disadvantaged children between the ages of 6 and 14 years enjoy fun filled holidays by the sea. Since then our members and friends have made over one thousand rugs as well as a large number of comfort toys, scarves and beanies for the children to take home. Congratulations to all members who have been involved in this worthwhile activity. We would like more people to assist us and we also require 8 ply acrylic yard donations to enable us to continue this rewarding work.

Come along and join us.

For further details please phone our Secretary Julie Davey on 9762 5008 or President Anne Martin on 9801 1615



## A Message from Jackson

The most important part of my job as the State Member for Bayswater is advocating for, and representing you in parliament. By listening to you, the residents, and meeting with local groups, I am able to understand what it is that affects you and advocate on your behalf.

Communication is the key and was the purpose of a forum I held recently on Family Violence with the Minister for the Prevention of Family Violence, Gabrielle Williams MP. We brought together many groups and organisations who work in this space to discuss government policy, to connect, and, most importantly, to listen. It was a fantastic opportunity to discuss the recent Royal Commission into Family Violence and the policy arising from that with those on the coal face.

I also had the opportunity recently to meet with some of our amazing front line emergency service workers with the Parliamentary Secretary for Emergency Services, Paul Edbrooke, to discuss how this government can continue to support the work they do. Not only have we invested \$2.84 million into a brand new state of the art CFA station at Bayswater, but we are also building a fit-for-purpose facility for the SES Knox Unit,

right here in our community. The SES Knox Unit has been at the forefront of keeping the community safe for decades and have been in their current site since before 1980.

I'm also very pleased to mention that the Knox Children's and Family Hub is open for business! This facility, built in partnership with Knox Council

thanks to a \$1.6 million grant from the state government, will mean parents and carers have the very best in early years education.

If I can help you with state government matters please call me at 9738 0577, email me at [Jackson.Taylor@parliament.vic.gov.au](mailto:Jackson.Taylor@parliament.vic.gov.au) or pop in to the office at Mountain High Centre, Bayswater.



Family violence Forum with the Minister for Family Violence, the Hon. Gabrielle Williams MP, and Jackson Taylor MP.



# 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](mailto:jackson.taylor@parliament.vic.gov.au)



[jacksontaylor.com.au](http://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.

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Local**



## Bayswater Primary School Welcomes New Building Announcement

Students in Bayswater are one step closer to having the facilities they deserve with a \$1.39 million investment to deliver brand new, architecturally designed classrooms.

Minister for Education James Merlino and Member for Bayswater Jackson Taylor recently visited Bayswater Primary School to announce the investment which will provide a permanent modular building as part of the 2019-20 State Budget.

Member for Bayswater Jackson Taylor MP commented "Bayswater Primary School are a great school community with dedicated staff, and we want to provide them and their students with a modern environment where they can thrive."

The building project at Bayswater Primary is estimated to take approximately 38 weeks from commencement to completion and will replace an old building at the school which will be demolished.

Traditional construction methods would see the build time take anywhere from 12-18 months. Modular buildings are constructed off-site and delivered to the school, reducing the disruption to the school and on-site safety risks.

The \$1.39 million for Bayswater Primary School is part of a record \$1.82 billion investment into Victoria's education infrastructure in this year's Victorian Budget.

Minister for Education James Merlino said "I'm pleased we are able to provide these great new learning spaces for the students at Bayswater Primary School which will support them to get a first-class education."

"Every student deserves access to modern school facilities and that's what we will deliver for the Bayswater Primary School community."



## 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.

- 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](mailto:bw1market@bigpond.com)  
or phone Julia 9890 2546

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- 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.

**719 Mountain Highway, Bayswater**

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

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## Angling for a Good Time at U3A by John E. Ford

One of the larger interest groups at Knox U3A is its fishing club which has been a part of the organisation almost since inception. Currently led by long-serving U3A member, Peter Baird, the group boasts about twenty regular participants and I visited them recently at their weekly meeting. The Fishing Club is one group that does not observe the term breaks and so there is something going on all year round.



A member holding fine brown trout captured on a recent outing.

They were busily planning future events including a charter on Port Phillip at the commencement of the snapper season. (The ti-tree have to be in bloom apparently. How the snapper know that is beyond me!)

The Fishing Club recently had an excursion to Phillip Island where there are many opportunities for land-based fishing. Sadly success eluded everyone, but, like serious fishermen everywhere, the Club believes in the mantra that as long as the company is good and the scenery enjoyable fish are a bonus. Peter said that the club prides itself on being a very friendly and sociable group and experienced anglers are always prepared to share their knowledge and skills with newcomers.

The U3A Fishing Club is also active in supporting the practical advancement of recreational fishing and is currently taking an interest in the stocking program at Lake Purrumbete of Cheetah Trout – a hybrid breeding of Brook and Brown Trout which, it is hoped, will provide superb sport and a fine table-fish in due course. They also regularly attend the "Talking Wild Trout" seminars held throughout Victoria, where the overall health of Victorian rivers and fish-stocks is discussed.

To a man, the members agree that the best fishing spot they had been to was Lake Toolongo in the Western District, and they plan to get back there in the not too distant future.

# KNOX U3A NEWS



Brian casts an appreciative eye over a vintage Jarvis Walker rod owned by one of the members.

To take part in their many excursions and outings you must, of course, be a member of Knox U3A. For the princely sum of \$60.00 per annum (pro-rata at the moment) this pleasant and rewarding activity can become a reality for the experienced and novice angler alike. The Club is engaged in a recruiting drive at the moment and is particularly keen to encourage women to join the ranks.

And don't forget, as well as the Fishing Club, membership gives access to the 167 other activities and courses available.

For more information visit [www.u3aknox.org.au](http://www.u3aknox.org.au) or call 9752 2737 for further details.

## The Mousetrap at The 1812 Theatre by Sorina Grasso

On the 15th of June The 1812 Theatre in Upper Ferntree Gully ended its highly successful, sold out season of Agatha Christie's legendary murder mystery The Mousetrap. This play, which holds the unique status of being the longest continuously running show in the world, having played for over 60 years in London's West End, was put on by our very own long running amateur theatre company right here in our neck of the woods. With a stunning set capturing in detail an upper class English country home during a blizzard not long after WW2, the production impressed the packed Lowe Auditorium from the outset. A murmur of approval went right through the audience as the set was revealed and it was one intriguing surprise after another following the great start.

The cast were excellent, convincing and earnest in their performances of each one of Christie's eight suspicious characters. Under the skilful direction of John Mills, actors Julia Lamber, Conor Quinn, Thomas O'Hare, Katie Macfie, Neil Barnett, Jacqui Cooke, new comer Scott Wallace Baker and Robert Lister gave the audience a memorable experience of one of the most famous plays in English theatre.

"The challenge was to get the authenticity of the period of such an iconic play" said John, and to that end he followed Agatha Christie's direction to the letter. "I had a fabulous cast straight from the auditions and my job was to get the ensemble balanced and consistent as a group and to make sure the story telling came through clearly, but as far as the characterization, the actors had that themselves" John said.

In fact, they had it to such an extent that when the killer was finally revealed, there was a murmur of surprise from the audience, such was the actors' ability to build suspense and the questions in the spectators' minds.

Also important to the performance, the cast and director were supported by a dedicated staff of 17 who worked back stage on the production and

front of house to provide the audience a complete experience including complimentary pre show drinks, programme and supper.

The 1812 continues its rich offering in 2019 with One Flew Over the Cuckoo's Nest by Centre Stage Youth Theatre playing now and three more plays: Ken Ludwig's Baskerville, Henrik Ibsen's Ghosts and Leading Ladies by Ken Ludwig.



Mousetrap Cast - Photo by Ashley Walker



# KNOXFIELD & SCORESBY NEWS

## Acknowledging Our Volunteers

from Kim Wells MP  
Member for Scoresby

Volunteers make an enormous contribution in our local community. In Knox, volunteers are the umpires and club managers at our sports clubs, help run our State Emergency Services, are firefighters with the Rowville and Scoresby CFA, our Scout and Guide Leaders, those who help at their church or place of worship, and our Senior Citizen's Clubs. These hard-working people keep our community and in a wider sense, our State running.

Victoria Day – the anniversary of the founding of the State of Victoria on the 1st of July 1851 – is therefore a fitting time to honour and recognise volunteers in our area. Along with Nick Wakeling MP, the Member for Ferntree Gully, we present our local volunteers with awards at a joint ceremony each year to commemorate Victoria Day.

This year, I was very pleased to present awards to 14 volunteers from community groups in the Rowville electorate this year, all of whom were nominated for outstanding dedication and service by their local organisations. I was incredibly impressed at the hard work and countless hours that the award recipients have provided to their community. The 2019 Victoria Day Award recipients are as follows:

Andre Cook - Knox & District Woodworkers Club  
Xavier David - St Jude's Catholic Church  
Kevin De-Simone - Knox Churches Soccer Club  
Doug Luxmoore - Rowville-Lysterfield Community News  
Sandra Luxmoore - Rowville-Lysterfield Community News  
Barbara Maciejowski-Polish Senior Citizens Club  
Warren Millar - Knox BMX Club  
Sant Nirankari Mission  
Zbigniew Solarski - Eastern Districts Polish Association  
Rhonda Stock - Scoresby Football and Netball Club  
Ross Stock - Scoresby Football and Netball Club  
Harrison Tu - Knox Chinese Elderly Citizens Club  
Samia Youssef - Australian Coptic Society  
Phillip Nagorcka - Scoresby CFA

A very big thank you also to everyone who helped make the evening a success, especially the Hungarian Community Centre in Wantirna for hosting the award presentation and event sponsors Knox Community Bank (Bendigo Bank) at Ferntree Gully and Rowville. Congratulations again to all the volunteers, and an enormous thank you for your service to our community.



Cutting the cake with Mirdza Ozolins\_Latvian Aged Care Facility



## Knoxfield Ladies Probus Club

by Isabella Muir

Layers of winter clothing were required to protect us from the cold, drizzly weather on our trip to Marysville last month. A hot drink for morning tea at Healesville, as well as a warm Council bus interior kept us in good spirits before alighting at Bruno's Art & Sculpture Garden in Marysville. We were warmly welcomed by Bruno who regaled us with the history of his studio and garden, and also an account of his attempts to rescue his studio full of precious paintings and sculptures from the Black Saturday bushfires in February 2009. Unfortunately he lost his home, studio and contents. His sculpture garden was also destroyed. After much hard work, he has rebuilt and restored, and despite the rain, we were able to wander and enjoy the interesting and beautiful work of this talented artist and sculptor. After lunch at the Marysville Bakery we visited

the Steavensons Falls which were quite spectacular as the water cascades down 122 metres, with the last drop more than 21 metres. The surrounding Falls Reserve is a dense combination of mountain ash, eucalypts and ferns which have regenerated after being burnt in the 1939 fires. We have had two visits to the 1812 Theatre Ferntree Gully. The first performance, "The Mousetrap" written by the late Agatha Christie kept us in suspense until the last few moments thanks to the very talented cast. The other visit was an afternoon of silent movies, Laurel and Hardy and Buster Keaton, accompanied by a live jazz band. Great fun. A theatre night at the Whitehorse Theatre presenting "The Sound of Music" was excellent, and a highlight of our first half year of outings. We fitted in a Sunday brunch at Tosaria's Restaurant in Rowville, as well as a trip to Creswick Woollen Mills for a fashion parade of the new winter garments on offer. Dorothy MacKay won a beautiful scarf in the lucky prize dip.



Steavensons Falls, Marysville

We have also been to Churchill Island to enjoy morning tea overlooking the beautiful scenery at the "Time Unwinds" working farm. The pioneering family Rogers Cottages built in 1862 are beautifully restored and furnished, and the animals and gardens, a delight. Onwards to lunch on Phillip Island and a stop at the Nobbies Centre to walk the boardwalk, strain to see a seal or two, (not at home unfortunately), a perusal of the gift shop, and a ride along the cliffs to see the numerous nesting boxes provided for the penguins. Surprise, surprise, we arrived at the Newhaven Factory Shop displaying every type of chocolate, before heading home.

Would you like to join the friendly Knoxfield Ladies Probus Club members? We now meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every 3rd Wednesday of the month. Your first visit is complimentary. For further details please call Val 9763 6175 or Jo 9758 4656

Would you like to join the friendly Knoxfield Ladies Probus Club members? We now meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every 3rd Wednesday of the month. Your first visit is complimentary. For further details please call Val 9763 6175 or Jo 9758 4656



## Kim Wells MP

Your Local State Member for Rowville

*A Strong Voice for  
Scoresby and Knoxfield*



9764 8988 kim.wells@parliament.vic.gov.au www.kimwells.com.au facebook/KimWellsMP

Authorised by Kim Wells 9 Lynton Place Scoresby VIC 3179. Funded from Parliamentary Budget



# KNOXFIELD & SCORESBY NEWS

## Walking Football Comes To Knox

If you're looking to keep fit but find team sports too physically demanding, Knox Council's Walking Football team may be what you're looking for.

Aimed at men and women aged over 50, walking football is a modified version of soccer that doesn't involve running or tackling.

Walking football is shown to help people maintain their mobility through walking, stopping, turning and transferring of weight - all of which help improve balance and reduces the risk of falls.

Mayor, Cr Jake Keogh said "We know it is really important to stay active to maintain good health and mobility, especially as we age, and Council is really pleased to be able to make activities like this available to our community."

"Many team sports are physically demanding, which sees people drop out of the sport as they get older. Walking football is a perfect way to keep active and fit, enjoy a social game with friends or meet new people and it's really affordable" he added.

Sessions will be held every Wednesday starting 17 July (except school holidays) from 10:30am-12



noon at the Knoxfield 55 Plus Club, Carrington Park Activity Centre, 20 O'Connor Road, Knoxfield. The cost is \$2 per session or free for U3A Members.

To register, go to [knox.vic.gov.au/walkingfootball](http://knox.vic.gov.au/walkingfootball) or for more information contact Helen Oakley on 9298 8000.

## Commonwealth Bank Staff Make a Donation to Bridges Connecting Communities

Commonwealth Bank Studfield branch employees have donated \$500 to Bridges Connecting Communities, who are based in Knoxfield, as part of a nationwide community donation program.

At CommBank, our people are committed to driving positive change within their communities to make a difference locally and for all Australians.

Over the next few months, Commonwealth Bank has pledged to donate \$500,000 nationally to recognise organisations that make a difference in the communities in which we live and work. Each Commonwealth Bank branch and customer-facing team has been allocated \$500 to donate to causes important to their local community.

Commonwealth Bank's Studfield branch team voted to support the great work of Bridges Connecting Communities.

"We're very excited to have the opportunity to support Bridges Connecting Communities," said Tarun Bajaj, Commonwealth Bank Studfield Branch Manager.

"In particular, Bridges Connecting Communities will be using the funds to support their main activity of outings for their members, so it's wonderful to be able to give back and support this work." he said.



Staff and volunteers from Bridges Connecting Communities with Tarun Bajaj, Commonwealth Bank Studfield Branch Manager.

## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox City Council

0427 245 834

[nicole.seymour@knox.vic.gov.au](mailto:nicole.seymour@knox.vic.gov.au)

Cr Nicole Seymour



*Honest advocacy on Council issues important to our local neighbourhood*

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## Hello from Cr. Lisa Cooper

We have many unsung heroes at our local clubs so it was wonderful to see Michael 'Styx' Stoffels from the Knox City Football Club (Soccer) receive a 50 years of service award at the Knox Sport and Leisure Awards. Michael started as a player in 1969 under the coaching of his father Bill playing his whole football career at the club. Michael now coaches his own son who has been playing at the club since he was 5. Michael and his wife Leanne, have been active and ongoing volunteers at the club and epitomise what it is to be club members.

I'm also pleased the upgrades to R.D. Egan Lee Reserve (home of the Knox City FC) are complete with significant renovations to the change rooms, umpires rooms and storage, ensuring the facility now meets best practise female friendly design. In addition to these works the facility also had significant painting works undertaken which have helped provide a fresh new look on site. Funding for this project was split between Council and the State Government via Sport & Recreation Victoria.

I would also like to mention Knox City Council's Electronic Scoreboard Funding Program (Year 4) is now open and I encourage all Scott Ward clubs who have not previously been successful to apply.

I recently received a lovely "Thank-you" from Wantirna South Football Club who have also received some amenity upgrades to their home ground located at Walker Reserve Wantirna South.

Thank you Wantirna South FC for your kind words and your acknowledgement of Knox City Council's contribution which continues to provide so much recreational enjoyment and inclusion for many individuals and families throughout Knox.

Please know that I (on behalf of Knox City Council) appreciate the generous amount of time and effort which you (as well as other clubs and community groups) return to our community and you are not taken for granted.



Wantirna South Football Club | Club News  
by Steve Draper, President - The Devils

The Devils are very grateful to Knox Council & especially Councillor Lisa Cooper for the financial contribution to the recent upgrade of our Scoreboard at Walker Reserve.

Support from Lisa Cooper for our community footy & cricket clubs has been fantastic over the years which has helped the clubs provide a valuable and enjoyable place to play sport.

Thank you Knox Council & Lisa Cooper for helping the Wantirna South sports playing community.

A few years ago I came across a letter written by a volunteer coach from Wantirna South Junior Football Club. It really upset me, it was disheartening, and it made me mad.

I encourage all Community News readers to take a moment and read over this letter. Please share the message.

Let it serve as a powerful reminder that all of our coaches and volunteers are ordinary people like you and I and that they "go well above and beyond" for our children, for our families, for our community and they should be greatly thanked and appreciated.

They should NOT have to contend with this.....

*Letter from a Volunteer Coach\*:*

*Today I heard a comment made about me behind my back. My wife hears things like this more often than I do, because many of you don't know who she is. She tells me what you say. I have received angry emails, full of "suggestions," about who should be playing where and how I...lost that day's game for the kids. I*

# SCOTT WARD NEWS

*thought I'd write an open letter to you parents. I'll start it this way: "I am a volunteer."*

*I'm the one who answered the call when the club said they didn't have enough coaches. I understand that you were too busy. I have some news for you, I'm busy too. I've never seen you at training. I'm sure you're plugging away at the office. But I'm out here, on the field, trying my best to teach these children how to play a sport they love.*

*I know I make mistakes. Maybe I'm not even that great of a coach. But I treat the kids fairly and with respect. I am pretty sure they like coming to my training and games, and without me or someone like me, there'd be no team for them to play on.*

*After this game is over, I'll be the last one to leave. I tidy up the ground and rooms, put away all the equipment and make sure everyone has had a parent arrive to pick them up. Do you know how nice it would be if, just once, one of you offered to carry the heavy gear bag to my car or help pack up the equipment?*

*If I sound angry, I'm not. I do this because I love it and I love being around the kids. There are plenty of rewards and I remind myself that while you're at the office working, your kid is saying something that makes us all laugh or brings a tear to my eye. The positives outweigh the negatives. I just wish sometimes those who don't choose to volunteer their time would leave the coaching to the few of us who do.*

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

*\*Letter has been edited due to space constraints*

## 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](mailto: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](mailto:lynm@bridgescc.com.au).



Bridges Connecting Communities 6 Griffith Street, Knoxfield  
[www.bridgescc.com.au](http://www.bridgescc.com.au)



# THE ARTS IN KNOX

## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*

### James Morrison in Concert *by Ken Simpson-Bull*

The Australian Jazz Museum is proud to have the incomparable jazz legend and national treasure, James Morrison, as its patron. James, who has captivated audiences around the world, is to present a concert at the Alexander Theatre at the Monash University on the 21st September which will specifically aid the Jazz Museum.

As may not be commonly known, the Australian Jazz Museum is a not-for-profit organisation staffed by volunteers. Funding of the Museum depends on donations, grants, guided tours, the sale of merchandise and special events. Attendance at this concert will further help support the Museum.

Another little-known fact is that James Morrison maintains an academy for young inspiring jazz musicians who are hoping to achieve excellence in their performances as well as the academic knowledge to obtain a Bachelor Degree in Music.

The orchestra, which will be accompanying James at the Alexander Theatre concert, will consist of some of these inspirational young people. Together they will present a delightful musical evening of diverse jazz styles heard in an acoustically superb environment.

The event is called "Eras in Jazz" and details and bookings can be found at [www.monash.edu/mlive/whats-on/](http://www.monash.edu/mlive/whats-on/) or call Monash Alexander Theatre ticketing on 9905 1111.

#### 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](http://www.ajm.org.au)



James Morrison

## Happy Father's Day!

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[nari.khera@aussie.com.au](mailto:nari.khera@aussie.com.au)



## THE FERNTREE GULLY ARTS SOCIETY at The Hut Gallery

157 Underwood Road, Ferntree Gully

### AUGUST EXHIBITION

Members Exhibition in the Gallery  
"LOOKING IN, LOOKING OUT"

Foyer Exhibition

Artworks by KAYE WEBB & GLENDA GUY

Weekends 11.00am to 4.00pm.

Saturday, August 4 to Sunday, August 25.

ALL WELCOME FREE ENTRY

### SEPTEMBER EXHIBITION

"STREET ART ON CANVAS" & SKATE DECKS"

Weekends 11.00am to 4.00pm

Saturday, September 7 to Sunday, September 29

**Official Opening and Presentations**

**Sunday, September 8 at 2.00pm**

FEATURING Live Band, "ONE MORE WEEKEND"

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/](http://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

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

### Speakers

#### June Speaker: David De Angelis 'Frogs in the Maroondah area'.

David showed us a series of images of the various frogs and toads currently found in the Maroondah area, as well as some of the ones that used to be found here but have disappeared over time. Each image had a photograph of the tadpole, the adult animal and he played the call of each one.

David also spoke about creating a frog pond to encourage frogs in the garden. The pond should have dappled shade with plenty of water plants that provide a suitable habitat for the frogs. The stems of these underwater plants will be used by some frogs to attach their eggs.

#### July Speakers - Member's Night

##### Graham Ellis: 'Antarctica and South America Adventure'.

Graeme spoke of the trip he and his wife Chris took earlier in the year. Being close to the penguins and seals in their own environment without disturbing them was an amazing experience for them. He



'Happy Feet' A Chinstrap penguin by Graham Ellis

showed images, not only of the wildlife but, of picturesque bays and ice formations. Following this part of the adventure they moved on to South America where he was able to show us images of beautiful birds found there. A great talk about an area that not many of us know much about.

#### Alan Veevers: 'A closer look at nature's patterns'.

Alan was our next speaker showing us images found in the natural world that he had taken over the years.

These patterns occur in different contexts and can sometimes be modelled mathematically. Natural patterns include symmetries, trees, spirals, meanders, waves, foams, tessellations, cracks and stripes. His images of plants, insects, butterflies, rainbows, sea life and much more showed examples of these patterns. An interesting look at everyday objects which we will now look at differently.

### Excursions

#### June excursion:

##### Badger Weir - Leaders Cathie and Ray

Badger Weir is a favourite destination for members of our Club. The area has been opened at last after being closed to the public since October 2016 by Parks Victoria. The popular picnic area had a 'wild storm' rage through the area uprooting trees and damaging the toilets, water tanks and picnic tables. As there was other areas in the Healesville district with similar damage it took some time to repair and make safe.

Ray and Cathie took us for a wander up to the weir. Along the way we could see how much of the canopy in the large treed areas had disappeared. It was pleasing to see that the tree fern areas had been largely unscathed from the storms. Birds were still scarce although some lucky members saw a lyrebird down by the creek. Due to the recent wet



Tree ferns line the track to the weir. Photo by Alison Rogers

there was a lot of fungi beside the tracks and in the ferny areas. A lovely morning in a beautiful park.

In coming months we look forward to hearing speakers on:

#### August Speaker: Geoff Lay

"Cradle Mountain-Lake St Clair National Park"

#### September Speaker:

**President's Address- Hazel Veevers**  
"Encounters with Wildlife"

#### October Speaker: Roger Needham

"Adventures in the Kimberley"

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> there is so much more to see and find out.

## Tune Your Wood Heater For More Heat and Less Smoke

Environment Protection Authority Victoria (EPA) is encouraging everyone who owns a wood heater to tune it to produce less smoke and more heat this winter. Wood smoke and calm weather conditions contribute to reduced air quality across parts of Melbourne and regional Victoria every winter.

EPA Chief Environmental Scientist Andrea Hinwood says there are simple ways to make your wood heater safer, cleaner and cheaper to run. "Wood heaters and fireplaces continue to be a valued source of heating for many Victorians, particularly in regional Victoria," Dr Hinwood said.

"However, wood heaters that are not maintained or operated correctly can produce a lot of smoke, and one of the best things you can do is have your flue or chimney professionally checked and cleaned," she said. "That can help to prevent flue fires and ensure the heater produces more heat and less smoke."

Dr Hinwood said the best fuel is dry, seasoned, untreated hardwood, which burns longer and produces more heat and less smoke. "Even slightly damp wood stops your wood heater from doing its

best. You wind up paying for heat that is lost in drying out the timber before it can burn, and you get less efficient combustion that creates more smoke," she said.

Dr Hinwood added that reducing wood fire smoke also helped to minimise any health impacts. "Wood smoke contains very small particles and gases that contribute to air pollution. This can cause problems for anyone with cardiovascular, breathing difficulties and respiratory conditions, resulting in symptoms for some people." Dr Hinwood encouraged people to reduce their use of wood heaters and fireplaces on still days, and to go outside occasionally to check their chimney for smoke.

"Overall, Victoria's air quality is very good. This is mainly due to initiatives introduced over the years that have reduced emissions from industry and motor vehicles. Another contributor to cleaner air has been the banning of backyard incinerators in residential areas," she said.

"While the impact of a single wood heater may be small, the cumulative impact on air quality is significant,

particularly through autumn and winter, and tuning your wood heater for most efficient operation is good for air quality, heating your home and people's health."

Dr Hinwood said other tips for reducing smoke pollution include:

- Get a hot fire going quickly with plenty of paper and small kindling;
- Keep the air controls set high enough to keep the fire burning brightly;
- Never overload a wood heater with too much wood; and
- Make sure you never leave the wood heater to smoulder overnight, as this starves the fire of oxygen, producing more smoke.

EPA also advises that you should never burn household rubbish, driftwood, treated wood such as pine, or old painted wood in your wood heater.

Dr Hinwood encouraged people considering a new heater to think about all the choices available to them, including other heating options that may produce less smoke than wood heaters.

For more information on wood burning and the environment, please visit: <http://www.epa.vic.gov.au/your-environment/air/wood-burning-and-air-quality>





# News & Events at Your Library

by Angus Cooke

## New Look Croydon Library

Have you visited Croydon Library recently? If you have then you may have noticed things look a little different.

Featuring a relocated children's area, a new after-hours returns chute and brand new returns machine, the library feels much more spacious and is easier to navigate. Be sure to pop in and say hello to Sue and the Croydon library team and let them know your thoughts!

## Get Online With Be Connected

Join thousands of Australians who are taking our free courses on everything from how to access the internet, using your device safely and keeping in touch with others online.

Eastern Regional Libraries is proud to be a registered support centre for this program, meaning our e-learning staff are able to help you access and use the Be Connected Website. There are also many Be Connected events being held around the region with a focus on increasing digital literacy. Book into one of our workshops, find an e-learning session at your local library to get started today.

## Events at Your Library

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

To book into any of these events call 1300 737 277 or book on our website [www.events.yourlibrary.com.au](http://www.events.yourlibrary.com.au)

### Book Bites – Authors Sally Hepworth & Lisa Ireland

12:30PM Thursday 8th August at Croydon Library

Cost: \$15 | Bookings Essential

Join us for a special Book Bites featuring author Sally Hepworth in conversation with author Lisa Ireland. Sally is the author of "The Secrets of Midwives" and Lisa is the author of "The Art of Friendship".

A light lunch will be provided.



### Prepare Your Garden For A Bumper Spring Harvest

7:00PM Tuesday 20th August at Ferntree Gully Library  
Free | Bookings Essential

Prepare your garden for a bumper spring harvest with Sustainable Gardening Australia.

Learn everything you need to know to about growing fresh produce at home in spring, including what to plant when, soil maintenance, preparing garden beds and pots, feeding and maintaining your garden patch.

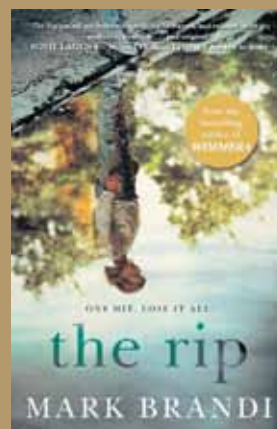
## Member Review

### The Rip – Mark Brandi

The Rip is a powerfully engaging glimpse into a world we may find hard to comprehend. A riveting and confronting book that resonates even more powerfully with recent news of the violent death of a young woman in the city.

Sue W - 5/5 \*\*\*\*\*

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



### Beeswax Wraps With Laura From Little Bumble

1:00PM Wednesday 18th September at Knox Library  
Cost: \$5

Bookings Essential

Learn how to make edible food wraps - with Laura of Little Bumble. A great skill for a more sustainable household, avoiding plastics & wastage & keeping food fresh for longer.



### Up Close Bushland Animal Experience

4:00PM Tuesday 13th August at Boronia Library  
Free | Bookings Essential and Limited  
Ages 5 -14

Come along to this interactive hands on experience with some of Australia's unique wildlife - up close and personal! We'll learn about ecosystems, adaptation and the impact of humans on the environment.

### Rowville Form Filling Help

Various Dates and Times at Rowville Library  
Free | Bookings Essential

Need help filling out a form? Our friendly volunteer will guide you through the process of filling out your form. Whether it's a physical form or an online application, we can help you in our one hour sessions.

## Booking Workshops & 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.

To book into any of the workshops or events call 1300 737 277 or book on our website [www.events.yourlibrary.com.au](http://www.events.yourlibrary.com.au)

# LIBRARY NEWS

## 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](http://www.yourlibrary.com.au). Check out this month's latest titles:

### Top Reads:

- Big Sky by Kate Atkinson
- City of Girls by Elizabeth Gilbert
- The Whisper Man by Alex North
- Mrs Everything by Jennifer Weiner
- The Electric Hotel by Dominic Smith
- The Nancys by RWR McDonald
- Oracle by Clive Cussler
- Seven Letters by Sinead Moriarty
- Cari Mora by Thomas Harris
- All That's Dead by Stuart MacBride

### New DVDs:

- Orange Is The New Black Season 6
- A Dogs Way Home
- Hotel Mumbai
- Greta
- Australia In Colour
- Destroyer
- Jack Ryan Season 1
- Captain Marvel
- Five Feet Apart
- The LEGO Movie 2

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](http://www.yourlibrary.com.au) or with your local librarian.

## Featured Technology Events

### Choosing The Right Device For You

2:00PM Tuesday 20th August

FREE | Bookings Required

Bayswater Library

Puzzled about all the devices available in the market? This informative presentation will help you determine what sort of device is the right one for you, depending on your lifestyle and needs.

Find out information that will make your next purchase choice easier.

### Tech For Travellers

2:00PM Friday 13th September

Healesville Library

11:00AM Friday 20th September – Belgrave Library

Free | Bookings Required

Join us for an informative session on how to use technology to organise your next holiday. Discover how to make the most of your devices while travelling.

The session will include information about safely using Wi-Fi, local sim cards vs international roaming, accessing maps offline, google translate, apps to organise your holiday and the SmartTraveller website to stay safe overseas.

**Working hard for  
our local community**

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[www.nickwakeling.com.au](http://www.nickwakeling.com.au)

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**Nick  
Wakeling** MP

**STATE MEMBER FOR FERNTREE GULLY**





## Hands on Myotherapy



### TMJ Dysfunction - Pain and Dysfunction of the Jaw

TMJ (Temporomandibular joint) dysfunction affects a large number of adults and the actual trigger can be hard to determine. TMJ dysfunction can cause pain and compromised movement of the jaw joint and surrounding muscles. Common complaints

include; pain when chewing foods, pain around the front of the ear which can spread to the face, an uncomfortable or uneven bite and a 'locking' of the jaw which can lead to discomfort in opening and closing the mouth.

Patients often describe the pain being worse in the morning due to grinding of the teeth and continual clenching of the jaw whilst sleeping. Other factors contributing to the pain include stress, postural issues when sitting for prolonged periods and lack of movement and stretching throughout the day.

Splints for the mouth have commonly been prescription for patients who grind the teeth and, whilst they provide protection for the teeth, they do not always resolve the pain associated with grinding or clenching. Soft tissue massage, dry needling and exercising and stretching is prescribed by our therapists to alleviate the symptoms and in turn resolve the issue.

If you or someone you know is suffering from jaw pain, don't leave it, as it may become worse. Book an appointment with one of our therapists to start your treatment plan today.



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

**8740 3991**

Unit 10/603 Boronia Road  
Wantirna VIC 3152

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

[www.handsonmyotherapy.com.au](http://www.handsonmyotherapy.com.au)  
[enquire@handsonmyotherapy.com](mailto:enquire@handsonmyotherapy.com)

## Exercising After Childbirth

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

There are many benefits to exercising after childbirth including having more energy and dealing with postnatal depression. However, if you don't exercise correctly, you might suffer long term bladder, bowel and pelvic floor problems. Recovery from pregnancy is different for each woman, here are some guidelines to help you stay safe:

Work your pelvic floor from day 1 as soon as you have your baby. Strengthening the pelvic floor will help avoid incontinence, prolapse and back pain.

Consult your doctor before starting any post-natal exercise. Wait until your 6 week check-up. Some women may need more time to heal.

Ease back into exercise is the best way to help the body recover. Low impact exercises, light weight training, walking and Pilates are some great options for new mums.

With your newborn you will be lifting, twisting and building your core strength which is vital to help with back pain and pelvic discomfort. Crunches and sit ups are best avoided. Seek help from a Physio or Personal Trainer for safe ways to strengthen your core.

It's important to take note of how you are feeling. Any warning signs of pain and discomfort during exercise may mean you are exercising too hard and you need to slow down. Of course if pain doesn't go away, see your doctor.



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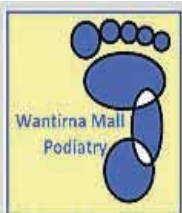
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### Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)

4/322 Mountain Hwy, Wantirna

Ph: 9720 1235

Open: Tues – Fri 9am to 6pm

Sat: 9am to 1pm

[www.wantiramallpodiatry.com](http://www.wantiramallpodiatry.com)



Melina Linardatos

### Fungal foot infections

There are different types of fungal infections of the skin and nails that occurs on feet and can be itchy, contagious and hard to clear. Fungal infections thrive in dark, moist, hot environments, these conditions make feet prone to fungal infections.

Fungal nail infections cause nails to become thick, discolour, have an odour and break easily. However, some nails may look fungal but are not as their appearance may have been caused by different mechanisms such as trauma or a systemic disease such as Psoriasis. If you are worried about your nails a Podiatrist can help diagnose the cause, recommend an appropriate course of

treatment including anti-fungal treatments and professionally trim and thin the nail. Keeping fungal nails trim and thin can help facilitate anti-fungal treatments.

Fungal infections of the skin can occur on feet between the toes known as athlete's foot or tinea pedis. Fungal infections of the skin can be apparent in three general forms: vesicular type tinea pedis where there are small vesicles on the feet with fluid inside, hyperkeratotic type tinea pedis where the tinea causes thickening and dryness of the skin and interdigital type tinea pedis where the skin become white, flaky with fissures between the toes. These infections also require an anti-fungal preparation for their cure and effort to ensure that you don't reinfect yourself. Again however there are some skin conditions that resemble tinea pedis but are treated differently so a proper diagnosis and treatment regime is required.

Please visit us on our website for more handy tips.





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

Winter is here and with plenty of snow hitting the alpine regions there are plenty of us gathering up our skis and snowboards and heading for the hills

A sure-fire way to ruin a trip to the snow is an injury so here are my top tips to avoid that this season.

### 1. Prepare early

Begin your preparation weeks-months before you head to the snow particularly if it's a new hobby for you. Skiing and snowboarding are both physically demanding and require good leg and core strength.

### 2. Warm up

Skiing and snowboarding are extreme sports, yet a large percentage of people don't warm up before they head out for the day.

Here are some great stretches to get the body moving before hitting the slopes:

Leg swings- hold onto a sturdy object and swing your leg forward and back for 30 seconds then swing your leg from side to side for 30 seconds. Swap legs and complete on the other side

Clock Lunges- take a large step forward and lunge down in a slow controlled movement. Continuing to

face the same direction lunge out in each direction as if following the numbers on a clock. Complete again on the other leg.

Knee raises- Standing up next to a sturdy object for support bend one knee up towards the chest and gently back down. Complete 10 and then move to the other leg

Trunk rotation -Standing up with your feet hip width apart, twist to the left and right for 30 seconds while trying to keep your hips still and only rotating from your trunk

After completing this lie on your back with your knees bent up and rotate your legs from side to side for a further 30 seconds

Shoulder rolls- Standing up roll your shoulders forward in a continuous motion for 10 seconds then roll them backwards for 10 seconds

### 3. Stay Hydrated

No not the apres ski kind of hydrated just good old H2O!

Studies have shown that we dehydrate more easily at altitude, plus add in the exercise we're doing while skiing makes your water intake a very

important component of the day. The Institute of Altitude Medicine suggests drinking an extra 1-1.5L of water each day while at altitude. The last thing you want is a foot cramp while in your ski boots.

### 4. Listen to your body

Statistically, most snow injuries occur towards the end of the day when the legs are feeling fatigued. Listen to your body, take plenty of breaks throughout the day and call it quits when you feel like you need to.

Come and visit us at the clinic to help with the management of any snow sports injuries or for a more personalised program to help prevent them.

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### For the treatment of:

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

[www.wantirnaosteo.com.au](http://www.wantirnaosteo.com.au)

**NEW LOCATION**

Level 2, 171 Stud Road, Wantirna South  
(03) 9800 0388

## Choosing The Right Sleeping Posture by Dr. Julia Mitrevski (Chiropractor)

In the middle of winter with many icy cold nights it is easy to fall into the habit of choosing a comfortable, cosy position in bed. However, research shows that your sleeping posture can impact your spine health.

There are three common positions that we tend to adopt during the night: back, side or stomach. Each of these postures can have different effects on your spine health and overall quality of sleep.

Stomach sleeping posture:

Although many people find sleeping on their stomach comfortable, this position unfortunately is not great for your spinal health. Sleeping on your stomach flattens out the natural curve of the spine and commonly contributes to an achy lower back in the morning. Many people also sleep with their head turned to one side, which can create an added stress to the cervical (neck) region of the spine. Having the neck in a twisted position for a long period of time predisposes people to waking with tight muscles or a very stiff neck.

Side lying sleeping posture:

Side sleeping is generally the most common sleeping posture, however the height of your pillow plays a big role in this position. The pillow should provide enough support for the head and neck so there is not need to have your arm under the pillow, this can create an added stress to the shoulder. Placing a pillow between your knees allows for more of a neutral alignment of the spine and helps to stop the hips from twisting, many people with lower back or hip pain find that this position helps to elevate pain whilst in bed.

Back sleeping posture:

Sleeping on your back might not be the most popular position, though it does have a lot of positives to offer. This posture may reduce pressure on the body as it allows the spine to be in the most neutral position. Individuals that experience knee pain can place a small pillow under the knees to help alleviate the stress on the joints.

It is important to note that every individual is different, and each body has different requirements. Pillow and mattress types also play a large role in finding the optimum sleeping posture for your body type.

If you have any queries or would like to find out more about spinal health please visit us at Bayswater Chiropractic Centre, 625 Mountain Highway, Bayswater or contact us on (03) 9720 7811.



**Bayswater Chiropractic**

Dr. Julia Mitrevski- Chiropractor  
B.H.Sc./B.App.Sc. (Chiro)

625 Mountain Highway, Bayswater VIC 3153  
[www.bayswaterchiro.com.au](http://www.bayswaterchiro.com.au)  
(03) 9720 7811

<p>Mr. Mina Williams B.Pod. M.A.Pod.A. Podiatrist</p> <p>PODIATRY</p> <p>PhysioSpot 1621 Ferntree Gully Road Knoxfield 3180 Telephone: 9764 9359 Facsimile: 9763 3114</p>	<p>Corns and Callus Ingrown Toenails Flat Feet Children Heel, Arch and Forefoot Pain Sporting or Occupational Injuries Diabetic and Arthritic Foot Care Veterans Affairs</p>
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# NEWS IN GOOD HEALTH & WELLBEING

## Home Care Packages

from Home Care Assistance South East Melbourne

The Australian population is known as an ageing population with older Australians making up the major portion of the total population. In a census conducted in 2017 more than 1 in 7 people were aged 65 and over and this proportion of ageing has been growing ever steadily. In order to address the demands of the ageing population the Federal Government has introduced high-level Aged Care Programs to support the needs of seniors wanting to live in-home.

Some of the biggest challenges that seniors face through ageing are physical, psychological and social. Senior individuals may need assistance in carrying out even the simplest of daily tasks just so that they could live safely in their own homes for as long as possible. The level of assistance that's required can vary from person to person and there are a number of government subsidised aged care programs that can provide the support and assistance needed depending on the level of care that's required for the senior individual.

If you are an older person who needs support and coordinated services to continue living at home you may be eligible for Home Care Packages Program. All the home care packages are provided

on a Consumer Directed Care basis. You have the choice and flexibility in the way that the care and support is provided. You can access different services, including help with:

- Showering and dressing
- Laundry, cleaning and meals preparation
- Garden and home maintenance
- Transport to appointments or shopping
- Access to allied health services such as massage and podiatry
- Referrals to other services in the community

In order to qualify for government-subsidised home care services you must first be assessed by My Aged Care. This will inform you of your eligibility to receive either individual services or a tailored package of services.

To organise an assessment you will need to call My Age Care on 1800 200 422 and they will ask you some questions to understand your care needs. The answers you provide them will help determine which type of assessment is most appropriate for you. My Age Care may also organise a time with you to have a face-to-face assessment with a trained assessor.

If you would like more information or assistance with organising support feel free to contact us at Home Care Assistance South East Melbourne (03) 9005 1159

## Support After Your Heart Attack



So you have recovered? Or are you living with a heart condition?

You are not alone.

There is a group locally formed as part of Heartbeat Victoria Inc.

Heartbeat Victoria Knox is a support group of people who have had similar cardiac experiences, as well as their families and friends. They meet regularly for dinners with speakers, opportunities to share stories and enjoy the camaraderie, while learning to live as fully as possible within the necessary adjustments to your life style.

Now, after possibly enduring a quite fearful fright, how encouraging is all that?

In order to discuss becoming a member with so much support on offer.

Contact Lynda on 0409 167 449; or email her at [Lynda@heartbeatvictoria.org.au](mailto:Lynda@heartbeatvictoria.org.au).

By Judith Lesley.

## Changing the Way the World Ages

📞 90051159



**Let's talk about how high quality, personalised in-home care can help you or a loved one.**

**Home care can keep older adults in their homes.** 9 out of 10 of seniors prefer to age in their own homes.

**Home care helps seniors stay independent longer** by providing support with activities of daily living.

**Home care is personalised to each family.** Caregivers are expertly matched and are available for a few hours every day or 24/7 live-in care.

**Home care supports advanced care needs.** Our caregivers are experienced and trained to support older adults who are:

- Transitioning home from the hospital
- Recovering from a stroke or a major medical procedure
- Managing chronic conditions such as Alzheimer's, Parkinson's or diabetes

**Call today to schedule your FREE in-home consultation!**

**(03) 9005 1159**

[www.homecareassistance-se-melbourne.com.au](http://www.homecareassistance-se-melbourne.com.au)

**APPROVED PROVIDER  
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## 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.

In June we enjoyed "The Sound of Music" and a day trip to see the workings of the Box Hill Town Hall complete with morning tea.

During September 2019, a group of our members will be on a 5-day visit to the Flinders Ranges in South Australia. Wonder what they'll be doing in 2020?

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.

We then hear from our guest speaker of the month. Subjects include many areas of interest and enjoyment, such as the upcoming "Consumer affairs - Retirement Villages" and "Living in Lighthouses - Tasmania & Victoria". Recently we had a presentation from Geoff Brad-bury who started seeing the world on a motor-cycle after the tender age of 60.

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



Unfortunately the visit to the Light Horse and Field Artillery Museum was cancelled because of building regulations. We'll save this for the future when corrections have been made. But wait, there's more.

We'll be out twice, (at least) this month. On July the 10th we'll visit Gulf Station in Yarra Glen. Established in the 1850's and farmed for nearly 100 years until the 1950's supplying produce to gold miners in the district the National Trust acquired the property in 1976 and restored the buildings and cottage garden. Entry is \$6:50 pp and we need to take our lunch etc.

THEN, on July 18th we'll visit Healesville. There is a glass blowing studio there with a gallery displaying very beautiful items to buy or simply admire. Cost is \$5:00 pp. and BYO lunch or visit a local bakery.

AUGUST IS NEXT. For live theatre, The 1812 theatre is presenting "Baskerville, Sherlock Holmes, and The Basin Theatre is performing the comedy "Boeing Boeing", To



Gulf Station

book, please ring Lyn 9762 7760. How wonderful, 2 live shows in the same month.

Even still, we have walking groups, Morning Melodies, Cards, Badminton, Social Games, Men's Coffee and Chat, Painting, Music Appreciation, Cinema, etc. The next 5day / 4night bus trip will be in November visiting the Painted Silos in the West and other beauty spots.

This month we'll celebrate being active for 32 years. AND LAST, BUT NOT LEAST,

THE A.G.M. WILL BE HELD ON AUGUST 26TH. Time to vote in a new committee, and sincere thanks to Sandra, our outgoing President.

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

# COMMUNITY NEWS

## Great Activities in Knox

What does street orienteering and round dancing have in common? They are both 'great' activities that provide all 5 'essentials': EXERCISE your body, use your BRAIN, CHALLENGE yourself, enjoy SOCIAL interaction and have FUN. Street orienteering involves walking around the streets and parks finding the answers to 20 clues in 1 hour. Round Dancing is cued ballroom dancing – the easiest way to learn to dance.

The Knox Street Orienteering Walkers walking groups' walk in June was in the Bayswater area and happened to be near the home of Panda Rounds round dance club's teacher. Walk Organiser, David, asked his dance teacher, Alison, to put the dance club's mascot in the front window. He then added a special clue to the orienteering map.



Some of the walkers are also Panda Rounds dancers. They were surprised to see 'their Panda' on display.

Knox SOW and Panda Rounds are both 'Knox Over 55s Zest4Life' activities. Knox SOW became a registered Heart Foundation walking group in May 2018. They walk in and around the City of Knox on the first and third Fridays every month. Panda Rounds formed a club in July 2018 and dances in Boronia every Friday evening. They run an Introduction to Round Dancing session every year – usually in May.

If you would like more information on these Great Activities go to [www.knoxsow.org.au](http://www.knoxsow.org.au) for street orienteering or phone Alison on 0425 756 414 (after hours) for round dancing.

If you know of other Great Activities in Knox please send details to the Editor.



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FaceBook : First Class Accounts Boronia



## 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 women's volunteer organisations and supports the education of disadvantaged children through its charitable fundraising.

Boronia View Club is always on the lookout for women who are out to improve their social life and give something back to the community.

Our next meeting will be held on August 16th and our Speaker will be our National Councillor, Sandi Muntisov. She will be speaking on the value of the Smith Family in the Community and also Our Learning for Life Students and any new changes that we need to know about.

Meeting for September will be held on Friday 20th and we will have Elana Mckinley. Elana will speak about her time in the Bluebell Girls as a Cabaret Dancer. She will also tell us about her time in Musicals with JC Williamson and her appearances

in the Don Lane show on Channel 9. Elana will have some hats to try on and she will show anyone who is interested how to dance a little.

The club holds several outings and activities throughout the year and has small groups of ladies who meet monthly to play cards, meet for coffee or discuss books that they have read.

The clubs' aim is to support hardship students therefore we proudly sponsor eight students through the Smith Families Learning for life program.

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



everyone's family

Logo from Smith Family website

## 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 7.15 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 August meeting we will discuss and vote on VIEW Resolutions, topics relating to women.

For our September meeting we will welcome Sandi Muntisov, VIEW National Councillor.

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.

## 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, August 10 and September 14	5/7 Samantha Crt. Knoxfield	1300 763 688
Tiny Bear Distillery	Saturday, Aug 17, Sept. 1 & October 5 - 12.00pm to 5.00pm. Weekdays -10.00 am 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 <a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>
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.
Knoxfield 55 Plus Club	Mondays to Fridays	20 O'Connor Road, Knoxfield (Activities Centre)	Bill or Helen 9763 7944



## News from Aussie Veterans

By Michael Quinn, National Vice President

On Monday the 8th of July we held the official opening of our Veteran Advocacy Centre. The Deputy Commissioner cut the ribbon and as an organisation we celebrated the results of a lot of hard work to bring together our advocates and welfare officers in a perfect facility to provide the services to our veterans.

Our conference room was officially opened with a separate ribbon cut by a lady by the name of Karen Bird as it has been named in honour of her son the late "Jessie Bird". A very emotional task for a brave lady.

Jessie was an infantry soldier who served in Afghanistan and as a result of a gun battle and the death of a mate who was shot and died whilst he was trying to save his life Jessie returned to Australia as a very troubled man suffering from severe PTSD.

Two of his veteran mates who are advocates in our centre and work hard to assist veterans were hit



Jesse Bird, at right, in Afghanistan

very hard when their mate Jessie took his own life.

Jessie at the time of his suicide was suffering from: severe PTSD, relationship break down, isolation, self-worth and had five dollars in his bank account. He had also just received a letter from the Department of Veterans' Affairs denying his compensation payment. He was found dead with the rejection letter from the DVA at his feet. The advocate was not sent a copy of the letter.

His case was won post mortem and his compensation later became part of his estate. His mother Karen Bird battled hard with the DVA to get a number of significant changes made to the department to prevent a young veteran from taking his own life in the future due to poor administration. His two mates work hard with our younger veterans with an absolute passion so they can stop this from happening again.

At the opening I raised a toast to the late Jessie Bird with his mother and two mates. Jessie was a big man with a playful character. His fellow soldiers were inspired by his presence and knew he had their backs when needed. We will remember him.



## Boronia Ladies Probus Club

Boronia Ladies Probus Club Inc. enjoyed a memorable trip to Black Rock House - a unique window into Australia's pioneering past when Melbourne's early elite came to Black Rock to holiday. The house was built in 1858 by Charles Ebden, Victoria's first Auditor-General as a holiday house. Our visit was on a very cold Melbourne day, but thank goodness our bus was heated.

When we arrived we were served morning tea in what was the old ballroom on beautiful cups and saucers with silver tea pots, then the tour ladies guided us around the beautiful old home. The house was not very warm but it was lovely to see the amazing paintings and furniture and children's clothes from that era.



Lunch was really good at Milanos in Brighton and we finished the day at Newman's Chocolates in Richmond. In July, we are going to Government House for a tour with lunch at the Elsternwick Hotel. Our meetings are on the 3rd Wednesday of each month and the next meeting is 21st August at 10am at the Knox Club. Visitors or new members very welcome. Contact Secretary Zita Ragg on 9764 5233.



Pictured at left, the House nestles beneath two mighty Moreton Bay Fig trees that are more than 160 years old. The House has twice faced demolition but stoically survives as a hidden treasure in the suburb that bears its name.

## Laughter and Social Connections

In this issue our topic is how laughter helps people connect socially and that overall, it benefits us. How does it happen? The answer is easily and naturally. Laughing together means getting out of your comfort zone to begin with as it is often something brand new in your lives.

Laughter is all about communicating with each other. We feel a great connection when we use laughter as the modality; it is a bridge between people. It seems as if laughter helps us connect with people better than we otherwise may do.

We do need this more than before as there are common feelings of identifying as being alone in our society. Aloneness does not apply to any one age group either. One solution can be - join a laughter club! Laughter clubs are all around the world and, without exception, embrace the founder's motto which is World Peace Through Laughter.

To keep it simple the purpose is to come together in a child-like playful way. We share laughter and clapping and breathing exercises which is like improvised theatre. People feel they share the warmth and safety in the friendship with each other which may not always be the case in all group situations.

Some marked overall benefits of laughing are: it's a physical aerobic exercise, we release positive endorphins into our blood stream, stress reduces and it assists us to feel motivated with more meaning to our life. Laughter yoga is a positive self-supporting activity. Making the effort to turn up counts for a lot towards staying positive.

The photo is of a new member who came along with her husband and three children to the Knoxfield Laughter Club. Participants are generally older, but that is not always the case as you can see here. Thank you Jess.

I sure hope to see you on a Saturday or Sunday very soon, especially when it can be a challenge to stay motivated in the colder months. Wishing you all the best and trusting you are keeping warm and healthy.

Cheers, Lynette.

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

Phone: 0425 799 258

Website: [www.laughterforliving.com.au](http://www.laughterforliving.com.au)





# News from St. Andrews Cricket Club

by Ben Morris

St Andrews Cricket Club are delighted to share news with the Studfield community that our Woolworths Junior Blast program is entirely free for all families this Summer!

Our successful Woolworths Blast program (previously Milo In2Cricket) is the "introduction to cricket" program for boys and girls aged 5-7 which we have been running for over a decade. It's a 3 month program on Fridays from November to March (with a break over school holidays) where kids get to learn the basics of cricket in a fun and safe environment while making new friends. As mentioned, this year we are running the program absolutely free for active participants with a full \$75 rebate (the initial cost of the program) provided at the end of the season for all kids that actively participate throughout the season. All kids receive a cricket pack upon registration including bat, ball, t-shirt with your name on it and bucket hat in your choice of Big Bash team!

In addition, the program is being run by our experienced 1st XI captain, Dwayne Paisley, ensuring that each session will be conducted in a fun and safe environment while learning new skills including batting, bowling, catching, throwing and teamwork.

For the older kids we field over 10 teams across all age groups from u10s right up to u16s for both boys and girls. Online registration is now open for all grades and is also free for new players!



You can register for all programs at [www.playcricket.com.au](http://www.playcricket.com.au) and type in "3152" or "St Andrews (RDCA)" in the club finder to locate us. Any questions about the program can be directed to me at [standrewscc.jnr@gmail.com](mailto:standrewscc.jnr@gmail.com) / 0412 370 996.

Please spread the word through your family and friendship networks and we look forward to seeing you and your family at St Andrews this Summer.

Go Saints!



Woolworths Junior Blasters Pack



New St Andrews Girls Logo



U14 Player Braydan



Girls U12 team

## Bayswater Bowls Club News

### B v. B MEANS CORPORATE CAPERS

In this electronic world of acronyms, you've probably come across the expression B2B, meaning business-to-business, but have you heard of B v. B? Probably not, because we just made that up, so let's assume it would mean Business versus Business – and that's the challenge Bayswater Bowls Club is throwing down to local businesses this coming spring.

Businesses are being invited to put together a team to compete against each other at lawn bowls in an innovative fast-paced format that will last 60-90 minutes per session. The league style event will take place over a number of weeks (how many depends on the number of entries) on Thursday evenings at 6.30 pm.

No experience is necessary, and equipment, tuition, mentoring and practice sessions are all available.

In competition play, teams comprise three players – but they don't have to be the same three players every week.

Drinks will be available at members' prices and a single dollar will get you a sausage.

So get in touch with Andy on 0421 320 736 or email [andy.pryor@hotmail.com](mailto:andy.pryor@hotmail.com) and join in the fun and challenge of Corporate Capers @ Bayswater Bowls Club, which is centrally located at 43 Phyllis St, just off Stud Rd.

Are you ready for the Jack attack!

## Corporate Capers @ Bayswater Bowls Club

Local businesses are invited to enter a team in this exciting fun-filled challenge on Thursday evenings commencing September 12. Teams comprise a minimum of three players and each game will last approx. 1 ½ hours.

No bowls experience needed. Equipment supplied.

Tuition, practice and mentoring available.



A small team fee will apply for

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or [andy.pryor@hotmail.com](mailto:andy.pryor@hotmail.com)

43 Phyllis St, Bayswater (Just off Stud Rd.)

[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)

"Friendship through Bowls"

Follow us on Facebook for updates!

## 500 Game Milestone

### Knox resident Jonathon Rogers plays his 500th game for Ringwood Saints Baseball Club

Recently Jonathon passed 500 senior games of baseball for the one Club. This milestone game was celebrated with his brother and father in a win over North Balwyn. He commenced playing for the Club as a junior in 1989. For the last 25 years he has played in the senior ranks, many of those in the firsts, coupled with a few seasons of summer baseball. In recognition of his efforts he was named in the Club All Star Teams for 1998-2007 and 2008-2017. During this time he has coached junior baseball, been a manager of various senior teams, been on the Committee and provided general assistance around the Club as needed.

Well done Jonathon, we hope you play on and reach another milestone.



Peter, Jonathon and Cameron Rogers



## Templeton Tennis Club News

by Don McCracken, President

Hello and welcome to our Winter edition of Club news.

The club's AGM was held on the 9th July with all incumbents re-elected.

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

The mid week ladies are again enjoying their competition. The new Wednesday season has just recommenced.

Night competitions, Monday, Tuesday and Wednesday nights are all back in full swing and progressing well. We could always do with more participants. If you are interested in any level of competition be it day, night, social or just looking



for some exercise give us a call (the numbers are shown below).

We are awaiting confirmation of our application for funds from councils Minor Grants Program to help us with some general maintenance around the courts including replacing the grassed areas with artificial turf and improving our garden bed areas.

We are also awaiting further updates on commencement of major works on courts 1, 2 and 3.

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

Check out our website, [www.templetontennis.com.au](http://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

# SPORT NEWS

forget to mention that you are a Templeton Tennis Club member. Barry Plant Wantirna and Integrity Cabinets.

Upcoming events:

Junior Club Championships (date to be advised)

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](http://www.templetontennis.com.au)

Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)



## Wantirna Tennis Club News

by Alison Rogers

### 200 by 2020 2019

Wow, what a year it has been for Wantirna Tennis Club. After starting a drive to gain new members this year we were looking to have 200 members by 2020. We have reached 200 already. It is great to see that the community has realised that Wantirna Tennis Club is the place to be. At our Annual General Meeting last month all present heard of what is coming up in the future for our Club and facilities.

At the time of writing we have Ash Barty playing in the fourth round of Wimbledon. Whether she wins or not, she will always been known as the World No 1 at this time. Ash is a wonderful role model to all ages and has continued to be a fair and honest player. If only some of the others were the same. What an inspiration to kids from all around the world. Win or lose she always has praise and encouragement to her opposition. Good on you Ash, cricket's loss is definitely our gain.

### Volunteers

A big part of people enjoying their time at the Club is that there is a big presence of volunteers helping out and getting things done. The Committee members and helpers at the Club are amazing. Recently there was some special awards given to volunteers at the Club.

### Knox Council Sports and Leisure awards

We were pleased to have a couple of people from the Club nominated for awards at the Knox Council Sports and Leisure awards. Our hard working Daryl Barrett was nominated for Club Person of the Year. Although he didn't win this award we are so grateful for all the work he does both as Treasurer and Club maintenance person at the Club. Also Alison Rogers was awarded a '30 years of Service' award. Thank you to Knox Council for putting on this night to acknowledge Volunteers in the Knox Sporting Community.



Alison Rogers accepts her award.

### Tennis Victoria Award

At the Annual General Meeting of the Club Alison Rogers was surprised with a Tennis Victoria Service Award. This award was presented by Dale Schmid from Tennis Victoria in recognition of loyal service to tennis in the State of Victoria.

### Other Awards

Another long time member of the Club, Eric Panther was awarded an OAM for services to Genealogy in the Queen's Birthday awards. Although not Club related we are very proud that Eric should be honoured in this way. Well done Eric.

### Juniors

Tennis for the juniors has been going well up until the holiday break. We have many new players playing competition for the first time this season. Although it is tough when starting out and there are often lost matches we hope these juniors continue and enjoy playing at the Club.

During the holidays the Coaches at the Club, Mike, Troy and Bill have been holding holiday Clinics. Great to see all the kids running around and having a wonderful time whilst learning new skills. What a terrific way to keep the kids occupied during the holidays. Thanks Mike and Troy for running this program for the kids.

At Wantirna Tennis Club we provide both Saturday and Sunday tennis which 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.

### Social tennis

It is lovely to see our group of social players expanding each week. 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.

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

The Coaches have group and private lessons and also squads. There is more tennis being played at school now and I'm sure if you asked your children, they would say they would like to have a go.

Contact or visit us, we have excellent facilities, including two new BBQs, covered with a recently installed shade cloth sail. We have 9 tennis courts and a coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme plus Hot Shots and Cardio tennis with safe access into the complex and beautiful grounds in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

At Wantirna you can always see what is happening by checking out our website or face book page.

Club coaching team: Troy & Mike 0424693005 or email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)

Coaching Face book: [www.facebook.com/troyandmiketennis.com](http://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 [wantirnatennis@gmail.com](mailto:wantirnatennis@gmail.com)

Web: [www.tennis.com.au/wantirnac/](http://www.tennis.com.au/wantirnac/)

WTC Face book: [www.facebook.com/.../Wantirna-Tennis-Club](http://www.facebook.com/.../Wantirna-Tennis-Club)





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**9758 7859 [www.mdlc.com.au](http://www.mdlc.com.au)**



Mountain District Learning Centre 13-15 The Avenue, Ferntree Gully - Registered Training Organisation: 3969  
Reconnect is an initiative of the Victorian State Government