

COMMUNITY NEWS

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

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EDITION 66
JUNE/JULY 2020

- LEADERS ACKNOWLEDGE THE ESSENTIAL WORKERS OF THE COVID-19 STAY AT HOME PERIOD
- COMMUNITY HELPING COMMUNITY
- HOME FIRE SAFETY

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VOLUNTEERS *Wanted*

Bridges Connecting Communities is still open and supporting our clients during Covid-19. We need volunteers to help with the following:

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Find out more at www.bridgescc.com.au
Email or call: lynm@bridgescc.com.au on
9763 9700



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Photo by Heidi Victoria.

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Affordable advertising rates with discounts for multiple bookings. Call Charles on **0407 797 666**

DEADLINE DATES FOR 2020

Ed. 67 August/September Friday July 10, 2020
Ed. 68 October/November Friday September 11, 2020
Ed. 69 December/January Friday November 6, 2020

NOTE: ADVERTISING COPY DUE ON THE **WEDNESDAY** PRIOR TO THE DEADLINE

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Editorial

Hello Community News readers,
We are very proud to bring you this edition. We felt it was very important to continue to publish the paper despite being in the midst of the COVID 19 pandemic.

We are grateful to our advertisers and supporters who have continued to provide us with revenue. We send a message of support to those businesses who have not been able to continue.

In deciding to publish we recognised that many people in our community might be feeling disconnected. This edition might help provide a sense of connection to the normality of community life.

We were mindful that the COVID 19 pandemic is a point of time in history and our paper can provide a printed historic perspective of life at this time. Our pages tell the story.

We are able to provide people with important information that gives support, encouragement and assistance. Our community leaders have important messages that we are bringing to you.

Having said that, we have had to make some changes. We have a smaller edition this time (20 pages) and we have changed our distribution focus as we endeavour to secure advertising content for this and future editions.

Janet Claringbold, on behalf of the team.

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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 and the Knox City Council Community Development Fund.



Jackson Taylor Update

It has been a tumultuous few weeks to say the least. From the very outset I want to acknowledge the amazing work of our healthcare workers, our early childhood educators, our teachers, our cleaners, our retail staff, our emergency service workers and so many others that are still out there putting themselves at risk to help others, we owe you a lot.

Amongst it all, amongst the challenges and heartache, I have seen and heard of remarkably kind stories of people helping one another, often complete strangers. I have heard of neighbours lending a hand and people and groups coming together like never before. There is a real kindness and love that has helped to shine bright when all else at times for so many has felt hopeless. I know we have some way to go, and there are people out there doing it bloody tough. So please, stick together and keeping doing what we are doing. And if you know anyone that needs a hand, let my office know.

We know that our actions of social distancing and the measures put in place have made a huge difference, and that it has saved lives. New modelling shows us that some 36,000 Victorian lives could've been lost had it have been 'business as usual' – so well done to all of you for making sacrifices and doing the right thing.

I wanted to also acknowledge ANZAC day that has just past, I know it was a little different, but it was beautiful to see so many 'Stand To' at their driveways or on their balconies to pay respect to our fallen. Lest We Forget.



'Getting On With it' – Project Updates

- The new Bayswater Primary School building which I secured in last year's budget was delivered recently, works have now begun to get it ready for students when they return, it looks amazing!
- \$250,000 extra for Women's Health East to continue their work in preventing family violence
- Works set to begin on a new outdoor learning space at Bayswater South Primary and new toilets at Bayswater West Primary
- Plans are now finalised for the new Knox SES Station on Burwood Hwy which will give our amazing volunteers the facilities they deserve!

This editions local shout out is to all of you for your positivity and love for one another, helping each other out from local business all the way through to not for profits doing amazing work (and everything in between). So, thank you.

Don't forget I'm here to help you and your family with state government matters. You can call my office on 9738 0577, email me at Jackson.Taylor@parliament.vic.gov.au or pop in to the office at Mountain High Centre, Bayswater. And for any further you can search 'Jackson Taylor MP' for more and to follow me on Facebook.



Jackson Taylor MP

State Member for Bayswater

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

☎ 9738 0577 📧 @JacksonTaylorMP 📷 Jackson Taylor MP
 ✉ jackson.taylor@parliament.vic.gov.au 🌐 jacksontaylor.com.au

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

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Bayswater Makers Market

Held at the Bayswater Senior Citizens' Centre, 790 Mountain Highway, Bayswater on the fourth Saturday of the month as detailed below.

- 27th June
- 25th July
- 22nd August
- 26th September
- 24th October
- 28th November

10am to 2pm

Free Entry. Off-street parking.
 Enquiries: bw1market@bigpond.com

Phone Julia 9890 2546 to check if the Market has re-commenced/

News from Bayswater Bowls Club

COVID CLOSES CLUB

COVID-19 has certainly put a dampener on any bowls activities at the Bayswater Bowls Club. In line with State Government regulations Bayswater, like other clubs closed its doors and greens on 31 March to avoid any close personal contact or contamination of its club rooms.

However, prior to closure the refurbishment of our kitchen was well underway. After 30 years of lime green laminate we have been able to modernize the kitchen area thanks to the help of grants from the Bendigo Bank and the Knox Council. The refurbishment will improve the service we can provide to our patrons and we look forward to the eventual return of Barefoot Bowls and opening up for celebratory functions if and when the restrictions are lifted.

But in the meantime all we can do is monitor the situation and look at our options, hoping to have exciting new events to remind people what good fun lawn bowls can be and to think about taking up the sport after weeks in isolation.

Some of us maybe going stir crazy at home, but staying apart at the moment will keep us together.



BAYSWATER NEWS



at
**Bayswater
Bowls Club**

We welcome new and experienced bowlers

*it's a game for young and old, male and female
and people of all abilities. Try it and see for yourself.*

Free tuition in a friendly atmosphere.

Full club facilities.

Check our website for more info:

www.bayswaterbowlsclub.com

or

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(leave a message)



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43 Phyllis St, Bayswater

(Just off Stud Rd.)

"Friendship through Bowls"

A Little Happiness Comes to Bayswater

by Coral Carew

In the form of the "Little Happy Hut" "a vintage style caravan.

Owners Joe and Kim, have located their caravan in the heart of the shopping strip.

The menu is varied serving barista coffee and snacks, but my favorite, "Soy Chai Latte", Yum!!!

The Little Happy Van, is available for hire anywhere within Victoria, for Weddings, Birthdays as well as corporate functions.

Contact Kim for a tailor-made quote

More details: E: littlehappyhut@outlook.com.au

www.littlehappyhut.com

Phone: 0426189446



Robert WILLIAMS

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Address: Robert Williams, 4/40 Station Street, Bayswater Vic 3153

News from Bayswater Fire Brigade

Home Fire Safety

Bayswater Fire Brigade is proud to bring to you some Home Fire Safety tips, as we are coming into the winter season for 2020.

Kitchen

Cooking in the kitchen is the single largest cause of fires within the home. A fire in your kitchen can cause extensive damage. Pay attention in the kitchen.

1. Always supervise children in the kitchen. Keep them away from the stove top and oven. Keep pot handles turned in.
2. Keep stove top, griller, oven, range hood and cooking area free from built up grease, dust and oil.
3. Keep a fire extinguisher and fire blanket stored away but within easy reach to the cooking area. CFA recommend that you only use a fire extinguisher or fire blanket if you feel physically and mentally able to use the equipment safely.
4. Make sure kitchen appliances are clean and in good working order.
5. Stay in the kitchen and never leave cooking unattended.
6. Combustibles such as tea towels and paper towels must be kept away from cooking and heat sources.

Bedroom

Fire risk is greatest at night when you are asleep. When we are asleep we lose our sense of smell. Without a working smoke alarm you may not wake up or wake up too late to safely escape.

1. Smoking in bed is very dangerous. Do not smoke in bed.



Home Office Fire Safety 5 Minute Safety Check

Your home office may be makeshift, but that doesn't mean it has to be unsafe. Check over these items in your work space:

- All electrical appliances should have an Australian Standard or a Regulatory Compliance Mark.
- Power boards have an overload protection and are not covered by pillows, toys, doonas, etc. to maintain good airflow.
- Only one electrical device is plugged into each power outlet. Do not piggyback plugs into one socket.
- Laptops and other electrical devices are not left on bedding or couches.
- Electrical items are being charged on surfaces that do not burn and unplug them as soon as they are fully charged.
- Electrical equipment is repaired and checked by a certified electrician (test and tag).

2. Ensure powered electrical appliances like hair dryers, hair straighteners and laptops are not left on bedding.
3. Turn electric blankets on 30 minutes before getting into bed and turn off when in bed. Keep electric blanket flat with controls at the side of the bed. Regularly check for broken and worn wiring.

4. Remember a smoke alarm in every bedroom where the door is closed when sleeping.
5. Only purchase heat bags with instructions and use according to manufacturers instructions.

MONTANO'S
PATISSERIE CAFE



Takeaway menu now available online!

Pickup from our store at 719 Mountain Highway Bayswater or delivery available within a 15 minute radius

Check out our new online menu order.montanospatisserie.com.au

We're open

Monday to Thursday 7am - 4pm
Friday & Saturday 7am - 7.30pm
Sunday 8am - 4pm

Café on the Park.  **Glen Park Community Centre**
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New Operating Hours

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What's New At Community Pharmacy?

by Purnima,
Pharmacy Manager

Hi everyone,

well there certainly has been a lot happening since our last article. Looking back, I don't think that anyone could have predicted how much our lives would have changed in such a short period of time due to the COVID-19 pandemic. At Community Pharmacy Wantirna we have been adapting to the changes as they happen and trying to help our customers as much as we can. We are all looking forward to the path towards the new normal!

One of the ways we have been trying to help in our Community is the introduction of our 'Pay It Forward' program, lots more details for this wonderful program below.

Purnima, Pharmacy Manager



*All information is stored securely and confidentially

Do you have the medAdvisor App?

- Allows you to pre-order your medications so we can have them ready for you, no waiting in store.
- Pay in Advance available – pre-pay through the app, to allow quick collection in store
- Keep a list of all your medications and get reminders when you are getting low.
- Monitor your prescriptions to see how many repeats you have left & be notified when in need of a new one.
- 'Take my meds' – you can set alerts to remind you what medications need to be taken & when.
- Set up carer mode if you manage other people's medications.
- Add non-prescription Pharmacy essentials to your order

Meet The Team

In this edition of Community News our featured team member is Jason, one of our Pharmacists. He is a little camera shy, so no photo, however he is a familiar face that many of you will have had the pleasure of seeing in store.

About Jason

I am a pharmacist and I have been working here for more than 13 years. I came from Vietnam when I was young and studied here for the degree. I live with my wife and an almost teenage daughter. We live locally and love the area.

Q. What made you want to become a Pharmacist?
I was not very sure of what I wanted to be doing soon after finishing high school. I knew I wanted to work in the health industry, so I had a go at pharmacy and once I started working, I thoroughly enjoyed it.

Q. Do you have an area of Pharmacy/Health that you are particularly passionate about?

I had worked in hospital and retail pharmacy throughout my career and like both. Hospital gave me more exposure to the clinical side whilst retail gave me more knowledge about everyday activities as well as social interactions

Q. If you were not a Pharmacist what would you want to be? A

I would have enjoyed working in the computer or finance sector if I were given another choice.

Q. What do you like to do when you aren't at work?
I like to work on a computer software program that I am keen on at the moment. Reading some books, watching a favourite movie with my daughter is great too.

Q. What is the one thing I would like my customers to know about me?

I am a quiet person. I enjoy working at the pharmacy now and as a matter of fact I have been here for a while. I found myself very lucky to work with good staff and nice, friendly customers over the years. I have met and made a lot of friends from here.

Our topic of the month – Community Pharmacy's 'Pay It Forward'

As mentioned earlier we have launched a program called the 'Pay It Forward' program. This program was launched in store at the end of April and we are so proud of how the Wantirna community has responded to it so far.

Why did we introduce the 'Pay It Forward' program?

Last year Community Pharmacy launched our 'We Care For' Program, a program partnering with local community groups in order to increase their exposure in the community and assist in raising much needed funds.

During these changing times we are living in, the 'We Care For' program has been placed on hold, however there are a significant number of people within our local community who are now facing some very unexpected challenges.

Job losses, changes in living circumstances, parents forced to reduce their working hours in order to facilitate home learning, and many more. Although restrictions may be easing, the longer-term impacts for some are going to continue in the months to come.

What is the pay It Forward program?

The Pay It Forward program offers customers that are able to, a chance to donate funds to those in need. Community Pharmacy will then pay it forward to these customers. Each amount will be represented in a heart on our Pay It Forward contribution board. If a customer is in need, they can use a heart as cash towards payment of their Pharmacy essentials. Your privacy and dignity are extremely important to us, so

we understand that not everyone will feel comfortable in doing this, please feel free to speak to a staff member confidentially if you need a helping hand. Alternatively, if you know of someone doing it tough please let us know.

Do you know of anyone in need?

The amount of donations we have received have been amazing! If we have excess funds available, we would like to pay these funds forward to a local charity that is helping those who have been affected as a result of the COVID-19 pandemic. We would love some suggestions from our customers as to charities that may be providing these services.

For those able to contribute, please consider doing so, every little bit counts & there is no wrong or right amount.



Community Pharmacy Wantirna
Shop 3-4 Wantirna Mall 348 Mountain Hwy, Wantirna

(03) 9720 2872 OPEN 7 DAYS
Email: wantirna@communitypharmacy.com.au
www.communitypharmacy.com.au



Collier Ward Update with Cr. Marcia Timmers-Leitch

Hi everyone!

What an extraordinary couple of months it has been across Knox, Victoria and the world at large.

Knox City Council have been busy supporting our community under new Social Distancing rules and have done our best to continue to keep all of our staff employed and delivering vital community projects. We have seen a massive increase in our Meals on Wheels program, transitioned staff to work from home and developed safer ways to deliver services such as immunisations.

I am proud of the work done in delivering our Stage 1 and Stage 2 support packages which include financial support for businesses, sporting groups and not for

profit groups, interest free rates payment plans and more accessible Hardship Payment policies.

Thank you to all of you who have reached out to me and been looking after your families, friends and neighbours at this time.

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

PS. Thought I'd share some updated photos of the amazing new Studfield Shopping Centre Project that is really starting to take shape. Improved drainage, wider footpaths and carpark bays plus new seats and garden beds to come. Thanks for supporting our retailers at this time



Wantirna Evening VIEW Club

Wantirna Evening VIEW Club is a group of friendly women who meet and enjoy a social environment whilst knowing we are raising valuable funds for The Smith Family Learning For Life Program. We currently sponsor 5 students through the dedicated efforts of our ladies.

We raise the funds by holding raffles at our meetings, Bunning's BBQs, trips to the theatre (local and into city) or a cosy afternoon tea at a member's house.

We meet on the 1st Wednesday of the month (except in January) at The Wantirna Club, 350 Stud Road, Wantirna 3152 – 7 pm for a 7:15pm start. A 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. We would love new members to join – any age group most welcome. Being an evening club our meeting time is suitable for the working lady or the lady who has day time commitments.

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

Templeton Tennis Court Upgrade

The eight Tennis Courts at Templeton Tennis Club are getting an upgrade this year under a \$1.2m Capital Works and Open Spaces infrastructure delivery Project.

The project focuses on bringing the Courts up to Tennis Australia compliance by extending the court dimensions to current day standards. It includes the removal and replacement of fencing, resurfacing of all courts, reconstruction of concrete areas between courts, installation of new lighting as well as drainage and retaining walls work.

This fantastic upgrade has also been designed to future proof the Club and allow for new uses such as Book-a-Court.

Templeton Tennis Club's long term President Don

McCracken is delighted with the project.

"Once finished, the courts will be a showpiece for the entire Municipality" said Don. "We are excited to see that the compliance to Tennis Australia standards court size and ramps will support access to Tennis for all abilities in Knox".

Don and wife Rosemary (Long term club Secretary) are always so welcoming when they have me down at the club and are grateful to finally see this project approved and being delivered

To minimize impact on the club, works are being rolled out in stages with the first three courts already started. The full project is due to be completed by the end of 2020.



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Collier Ward Councillor - Knox City Council

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

☎ 0428 162 218 **MarciaTimmersLeitch** **cr_marciatimmersleitch**



Peace and Loyalty Lodge Celebrating 100 Years by Russell Hicken

Peace and Loyalty Lodge Masonic Lodge, meet at 111 Station Street Ferntree Gully.

The Peace and Loyalty Lodge was formed at the end of World War 1 and started with just 10 foundation members.

The Lodge was consecrated on the 22nd May 1920 by M.W.Bro. F.T Hickford, Grand Master, in the Shire Hall in Ferntree Gully.

The ten foundation members came from all parts of Victoria to start the first Masonic Lodge in the east of Melbourne. It was thought that the name "Peace and Loyalty" came at the end of World War 1 and was chosen because the Lodge was formed during a time of peace, and the word loyalty, from the loyalty that was given to King and Country.

Up until 1959 all meetings were held in the Shire Hall Ferntree Gully it was then decided to transfer to the Belgrave Masonic Centre, Belgrave and moved to 111 Station St in 1963.

Below are some of the members who were involved in the history of the eastern districts area.

Alfred Elliot Chandler MLC

One of the first three initiates into the lodge and whom the Chandler Highway is named after.

Sir Lawrence Chandler OMG KBE MLC
Founder and president of the Angliss Hospital for 35 years. He was also one of the first three candidates to be initiated into the Lodge.

Sir Hubert Ferdinand Opperman MHR OBE KBE
Honorary member Australian and World Champion cyclist and politician.

Brigadier Sir George Knox KBE CM GED MLA
Whom the Shire of Knox, later to be known as The City of Knox, was named after.

William Archibald Borthwick MLA

Minister of Lands, Soldier Settlement, Health and Deputy Premier who lived in the Dandenong Ranges from 1945, Treasurer William Angliss Hospital.

Wally Tew OBE JP

He was the last Shire President, first Mayor of Knox (position held four times)? Wally was involved in the procurement of the Knox Historical Society building, Ambleside Homestead, the inception of the Knox War Memorial and the establishment of Amaroo Hostel.

Hurtle Lupton, OAM, JP

20 years serving as a Knox City Councillor. Three times the Mayor of Knox City. Was the State member for Knox-Victorian Parliament 1992-02. Director of the Ferntree Gully & Rowville branches of the Bendigo Bank, still a member of the Lodge in 2020.

Nick Wakeling

Australian Politician.

He has been a Liberal Party member of the Victorian Legislative Assembly since November 2006, representing the electorate of Ferntree Gully. He served as Minister for Higher Education and Skills in the Napthine Ministry from March to December 2014 and is still a member of the Lodge in 2020.

Bruce Dobson

Our Longest serving member of the Peace and Loyalty Lodge. Initiated 28/05/1946, 74 Years, still a member of the Lodge in 2020.

KNOX POLICE NEWS

Concerns for those residents who are socially isolated and alone.

It is likely that you know of socially isolated, alone or lonely people, in your community who are living with the elevated risks of isolation. They might even be a family member, a friend or a neighbour.

We are encouraging you to consider how these people could be linked to existing supports and services, to enhance their quality of life and to reduce the risks to their health and safety.

What can you do to help?

- Be informed of what supports and services are available, including yourself,
- Be willing to refer people in need, to the services available or
- Be willing to refer the service providers to the people in need.
- In an emergency, call 000 for ambulance or Police

Some Local Service providers

- "Bridges" Ph 9763 9700 with programs including: community transport, community shopping bus, pet companion, phone a friend, a pen pal program, social support activities and outings. Bridges can also provide referral advise.
- "Knox Senior Safety Register" is a joint initiative between Bridges Connecting Communities and Victoria Police, helping people feel safe and confident. Phone 9763 9700
- "Knox Infolink" phone 9761 1325, provide food relief and material aid to those in need during these difficult times. A free service, available to those living in Knox, or those who are homeless.
(Please note, services are subject to assessment)
- Beyond Blue 1800 512348, Corona Virus Mental Wellbeing Support Service.
- Life Line 1311 14
- Seniors Rights Victoria 1300 368 821, Helpline, Support and Assistance.

Together we can make a safer community

Introducing Jagery

Growing up, I watched entranced as my mum created beautiful treats from basic ingredients of flour, sugar and eggs. Witnessing this magnificent transformation has been the inspiration for my business.

Beginning in 2012, I knew that I wanted my cakes to have the same excitement, smell and imagination my mother's cakes brought to my life. For me it was important that each have its own character, personality, and each have its own unique design.

Channel 7 Weekend Sunrise provided an amazing opportunity to display this individuality in my cake design, when asked to create a replica cake for the Royal Wedding of Prince Harry and Meghan. With the royal cake yet to be unveiled, creating the final product required garnering limited media information about its design and flavor

Since then I have been fortunate enough to provide some amazing clients, with specialist cake designs reflecting each recipient's personality.

JAGERY

www.jagery.com.au

info@jagery.com.au

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Weddings, birthdays, corporate function Cakes / Cupcakes



News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Australian Jazz Doyen Don Burrows Dies at 91

by Ken Simpson-Bull

AUSTRALIAN Jazz lost one of its great doyens when Don Burrows AO MBE passed away on the 12th March at age 91. Don had been a vanguard of Australian jazz for more than sixty years playing alto and baritone saxophones, clarinet, flute, and piccolo. He was also a composer and arranger.

Don Burrows had a long and illustrious career which included, for a time, principal clarinetist with the ABC Symphony Orchestra. But it was as a jazz musician that he became widely known, often traveling overseas performing in Canada, the USA and the UK. In 1972 he became the first Australian to play at both the Montreux and the Newport Jazz Festivals. He was also the first to receive a gold record as an Australian jazz musician for his record "Just the Beginning".

He had a long musical association with guitarist George Golla as well as with multi-instrumentalist James Morrison. Don became one of the best-known jazz musicians in Australia and will be well-

remembered, particularly for his many recordings and his stage, radio and TV performances.

Don eventually retired to the south coast of Victoria but sadly, in his later years, developed dementia. His long-time friend, James Morrison and James's wife, Judi, became Don's legal guardians, bringing him back to a nursing home in northern Sydney, where they organised care for Don until his passing.

The Australian Jazz Museum will be presenting a tribute to Don Burrows in the next issue of its quarterly magazine.



Don Burrows - photo: dailytelegraph.com.au

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

after the current "lock-down" ends.

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

Laughter Club News

Using Laughter as a method to Strengthen the Immune System

Hello again and now is an excellent time to remind you that laughter is one of the most beneficial activities that you can do, particularly to safeguard yourself from viruses by strengthening your immune system. It is recommended that we laugh for 20 minutes each day, which can easily be built into our days, making laughing a regular habit.

Just think of it, when we begin with pretending to laugh, the body responds and flows with it, giving us a boost of energy and feelings of upliftment. We are far less likely to be prone to sickness. In addition to laughing, it is highly recommended that we weed out and let go of any feelings of fear. It is well known that fear is the enemy of good health. Fear weakens the immune system and what we judge, we are very likely to attract. I think you will agree it is far nicer to live life happily and healthily, rather than in sickness and in isolation.

Laughing is possible to do alone and besides making time to watch something on YouTube or another medium that makes it readily available, there are other things that you can do.

I have a list of 10 Ways to Incorporate Laughter Into your daily life, feel free to contact me for that if you feel the need. Are you smiling right now? Does the thought or suggestion of laughter provide you with the impetus to get it happening?

In laughter clubs, we do not tell or rely on jokes, we learn to let go with laughter at the drop of a hat, it becomes easy with practice. What we do is

playful, adult fun, rather like improv theatre.

Here are some suggestions for you to try and they will relate to choosing to laugh because we can, because it is good for you. (1) Smile more, genuine smiles. Greeting strangers with a smile and allowing the smiles to turn into laughter. (2) Make laughter a daily habit, finding ways that suit your lifestyle that you can incorporate into your life. Laugh when you perform simple acts like opening a door, stopping at traffic lights, pulling up the covers on your bed. (3) Wake up laughter. Before getting out of bed, think of something you are grateful for and laugh for a few minutes. (4) Gratitude laugh. Program yourself to laugh or smile whenever you express gratitude on a daily basis. (5) Join a laughter club!

Laughter clubs really are amazing, such lovely, friendly people come along and it can be life enhancing, life changing. Since my husband John started coming 6 years ago, he has lost his quiet, serious side. Our lives are filled with much laughter and spontaneity because laughter is something that can be cultivated. Many people tell me that they do not need to come to a laughter club, they laugh a lot. Count your blessings if you are one of these happy ones, who are gifted with the ease of laughter.

I would like to leave you with a positive affirmation, which complements the laughter. I am a great believer in repeating affirmations daily, which help us to reprogram ourselves into leading a more positive, joyful and fun filled life. It is this: I am fearless and I love to laugh.

Until next time, laughter blessings. See you soon? Love, Lynette.

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

Phone: 0425 799 258 or John on 0425 798 115

Website: www.laughterforliving.com.au/laughter-clubs

Wantirna South Probus Club News

PAV (Probus Association of Victoria) Friendship Golf Day in 2020

It is a pleasure for Wantirna South Probus Club to advise that our club has been requested to host the 2020 PAV Friendship Golf Day which will be held on Monday 19 October 2020. The excellent facilities at Waterford Valley Golf Course in Knoxfield will ensure that it is a great day and enjoyable for all.

The entry fee has been set at \$70 per person and this includes golf, carvery lunch and a sponsors bag. Golf carts are available for hire directly from Waterford Valley at a cost of \$45 per cart.

The course is always presented in fantastic condition and it provides challenges for all player levels. With views of the magnificent Dandenong Ranges, a great day of golf and gathering with friends is assured and it will be welcomed.

Subject to Government Restrictions being lifted on golf and dining by then.

The course is easily accessible for transport as it is close to the Monash Freeway and Eastlink.

Bookings will be called for in the near future so start contacting your friends to organise teams and be prepared to take on the reigning PAV golf champions.

Any Questions contact ;

Paul Owen paowen23@icloud.com 0423023112

or

Chris Day chrisfday@outlook.com 0418315902

Puzzle Time!

from Evelyn Hodgkin, Bayswater History Facebook

WHAT'S COOL AT SCHOOL?

P	Y	R	O	T	S	I	H	G	R	O	W	I	N	G
W	I	P	L	O	U	G	H	I	N	G	W	C	F	W
A	P	P	S	P	E	A	C	H	S	I	A	A	A	S
N	S	A	E	T	D	L	O	N	A	R	G	T	E	P
T	E	C	G	N	I	B	O	X	G	N	E	G	L	Y
I	I	K	N	M	O	M	L	O	O	R	S	U	I	G
R	R	S	A	S	E	I	S	I	S	O	M	L	R	D
N	R	T	R	L	R	E	T	A	W	S	Y	A	B	G
A	E	M	G	F	I	A	O	A	O	R	D	B	R	N
S	H	O	C	N	G	N	R	H	N	E	S	E	T	I
S	C	S	A	A	I	S	E	W	S	I	E	L	R	N
R	D	S	P	T	K	K	S	S	A	N	L	S	E	U
A	I	O	B	R	A	N	C	H	O	S	P	L	E	R
E	R	L	A	A	F	R	U	I	T	S	P	R	O	P
P	G	B	S	Y	A	R	P	S	P	D	A	S	S	P

Can you find the words in the grid ?

The words may run backwards, forwards, in either a horizontal, vertical or diagonal way. Letters may be used more than once. The left over letters reveal a four word hidden phrase. **Answers on page 19**

- Apples
- Barks
- Branch
- Blossom
- Bayswater
- Box
- Climates
- Cherries
- Cargos
- Coolstores
- Digging
- Fruits
- Grades
- Grid
- Growing
- History
- Lemons
- Labels
- Leaf
- Lines

- Peach
- Pears
- Pipe
- Plums
- Packs
- Picking
- Pollination
- Propagation
- Ploughing
- Pioneer
- Pruning
- Ranges
- Sprays
- Tray
- Tree
- Wasps
- Wages
- Waters
- Wantirna




Orana Neighbourhood House located in Wantirna South is seeking new members for their Committee of Management.

If you are passionate about your local community, have a couple of hours to spare once a month and would like to contribute to our Committee of Management please contact the Manager, Lisa Thomas at Orana by email oranamanager@netspace.net.au or ph: 9801 1895 for more details.

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WHAT'S COOL AT SCHOOL?

KIOSC 2020

by Alon Manker,
STEM Educator

STEM Discovery and Trade Training Centre

KIOSC is still delivering!

Lockdown restrictions may be in place, and schools may have transitioned to remote learning, but the KIOSC team have been as busy as ever #workingfromhome, adapting and creating online STEM programs and resources for all students & teachers in our area and across Victoria.



Some of our online offerings now include a humanities-based program on Water, coding tutorials with Micro:bits, a Year 10 Science program on Genetics, and a Forensic Science crime investigation. We're always busy developing even more, such as a Space program where students will use code to drive a rover on the Martian surface, and another where they learn to follow and write algorithms to defuse ticking time bombs!

Our after-school STEM club – STEM 4ORCE - for kids aged 7-14 is running online this term. Students will be 3D Designing and Printing, and engaging in extended science experiments. We are also facilitating local schools' participation in some fantastic online competitions, such as the Amazon Web Services Chatbot



Challenge and the Youth Change Agents design-thinking based social entrepreneurship program.

For information about these and all of KIOSC's other programs please visit our website www.kiosc.vic.edu.au. Whether you're a principal, teacher, student, or parent, please don't hesitate to contact us to discuss how we can support your STEM learning at home during these challenging times!

Toy Library News

by Sarah Buchanan

Top tips for engaging your child through play.

Knox Toy Library may be closed for now due to the current COVID 19 pandemic, however we remain committed to supporting our members and their families through play experiences and online information.

Keeping children entertained and engaged and yourself sane during lockdown is a real challenge, especially if you are trying to balance home learning, working from home and perhaps a toddler or two! Children's routines have changed. Parents are home, older siblings are completing school work, playgrounds are closed and playdates are not allowed. All this can add to family stress and anxiety.

Play can help! Play, and especially unstructured play, can help children make sense of their world, act out feelings and emotions, encourage creativity and imagination and is fun. Play doesn't have to be complicated or expensive. You are not a failure because you are not organising incredible play experiences all the time.

Using items from around the house and recycled materials can often spark a child's interest, curiosity and imagination:

- Use old magazines to cut up and use to make a story, funny faces, a menu, I-spy books
- Make a 'treasure basket' for your baby using interesting (and safe) kitchen utensils, items from nature, crunchy paper or fabric. Allow baby to explore using all their senses
- Make indoor cubbies ... even a sheet over a table can make a great tent. Enjoy morning tea in there together or read a story by torchlight.

- Make a drum circle for baby using pots, pans and spoons (this one might be best left for when work and home learning has finished for the day!)
- Encourage children to participate in house work. Let them wash the dishes, vacuum, take out the rubbish. All of these are teaching life skills
- Extend story time: Easter Regional Library is doing storytime on Facebook, with previous videos remaining online. Find a video where you have the same book at home. Watch the video together, then read the book together. Set up a play area to match the theme of the book, go on a bear hunt, find the green sheep!
- Sensory play: doesn't need to be difficult or messy! A tub of water and rocks to explore, dishwashing liquid and water mixed with a whisk makes a super foam to wash toys with. Or simply getting some Autumn leaves to throw and crunch in your hands or under your feet. You can also make bath paint by mixing shaving foam with food dye - use a brush or fingers to paint the tiles!

Don't forget about getting outside, even in the rain and cold it can be fun.... just dress appropriately!

- Puddle stomping,
- Spot the snails,
- Make a foil, paper boat and see how fast it floats down the rain gutter,
- Make binoculars with cardboard tubes and go bird spotting,
- Make a petal potion,
- Collect rainwater in different sized bowls or containers... what does it sound like? which container fills up the fastest?
- Make a simple kite from a plastic bag and string.



Parents shouldn't feel they have to provide activities every minute of every day - allow your child to get bored sometimes, to day dream, to immerse themselves in creative and imaginative play and the positive thing is we are all getting to know our children more!

Search Knox Toy Library on Facebook and Instagram for more information on the toy library, local online events and play ideas for all ages.



KNOXFIELD & SCORESBY NEWS



Knoxfield Ladies Probus Club by Beverly Bishop

The Knoxfield Ladies Probus Club managed to squeeze in their Annual General Meeting just before the new rules of not congregating together were brought in. About one third of our members appeared at the door and managed to space themselves out in the strangely quiet and airy room in the Wantirna Club. After the Minutes of the last Annual General Meeting were read and accepted, Certificates were awarded and presented.

Valerie Poll and Elizabeth Tainton received certificates for five years valuable service on the Committee, Fay Ryan received a certificate for ten years service as a Library Book Lady. It's hard work bringing the bags of books to each meeting, then taking them home again. These days Fay has two helpers Gwen White and Denise Lund who also heft bags of books for us to borrow.

Fay was also presented with a certificate for twenty years membership of our Club. Quite an achievement as she lives in the Dandenongs and therefore has quite a way to drive to meetings and outings. We enjoy Fay's memories of earlier times in the Club.

Unfortunately we have had to cancel all our meetings, and postpone all the interesting and enjoyable outings which our Social Secretary Elizabeth had worked so hard to organize, (at very reasonable costs to us). We were to visit the Country Fire Association branch in Bayswater for a tour and demonstration with lunch to follow; another of our leisurely Sunday brunches; an all day bus ride to view the beautifully painted Silos in Tungamah, St. James, Devenish and Gooramab; a

visit to the Healesville Glass Blowing Studio, and so much more. Hopefully it will not be too long before we can re-book these outings.

Usually, the friendly Knoxfield Ladies Probus Club members welcome visitors. Your first visit is complimentary. We meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every third Wednesday of the month. When this sad and worrying Coronavirus time is past and it is safe to meet together once again, we would be happy to meet you. When that time arrives, for further details, please ring Jan 0407 577 921 or Jo on 0414 914 091.



Elizabeth Tainton and Valerie Poll

Message from Kim Wells MP, Member for Rowville

First and foremost, I would like to extend my thanks to all who have been doing the right thing, during these uncertain and difficult times, by staying at home wherever possible and adhering to social distancing regulations. These efforts have resulted in Australia successfully flattening the curve.

More importantly though, I would like to say a huge thank you to all our dedicated public health officials across our state and our country who have been working day and night during the Corona Virus crisis. The professionalism and commitment of our doctors, nurses and paramedics has been exceptional. I also would like to thank all essential workers, including those who are ensuring supermarkets are stocked, Police Officers and Firefighters working hard on the front line, as well as cleaners, teachers and all those who are keeping Victoria operational. Thank you!

Many small businesses have suffered dramatically in recent times; therefore, it is important we continue to support local businesses. Whether it's just grabbing a takeaway coffee once a week or ordering products online, I believe we all must continue to support our local economy.

It is so important that we all look after each other throughout these tough times, as well as ourselves and our own mental health. I have received many calls and emails regarding the COVID-19 situation and my office is here to help if you have any questions. Certain restrictions have caused confusion and stress for many, so please do not hesitate to call on 9764 8988 or email kim.wells@parliament.vic.gov.au. We still have a long fight ahead but thanks to the hard work and commitment by many, we are slowly winning the battle.

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Scoresby Social Circle by John Giles

Scoresby 55+ Social group is closed for the duration of this virus but will definitely reopen when we are allowed to resume meetings.

We will be doing a welfare call on as many of our members as we are able, and you will be notified via Rowville Neighbourhood Learning Centre as to the resumption of meeting days.

Until then, please stay safe and stay home until we have been notified that it is safe to resume.

Any queries can be made to the Co-ordinators.

Jeanette 9763 2874 or John 9778 6784



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](https://www.facebook.com/KimWellsMP)

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

KNOXFIELD & SCORESBY NEWS

MESSAGE FROM THE MAYOR

Cr Nicole Seymour

It will come as no surprise that the topic of my editorial this month largely centers on the current Covid-19 pandemic. Firstly, let me start by congratulating Knox residents for following the instructions of the Chief Health Officer with respect to the stage three "Stay at Home" directives. As at the time of writing this article Knox had 13 reported cases of Covid-19, with one being a live case, all else having recovered. General observation across the Knox municipality since the introduction of stage three restrictions indicates the majority of residents were doing the right thing.

It has also been incredibly heartwarming to see the outpouring of community goodwill. So many in Knox have shown great resilience during these unprecedented times. There have been a number of Facebook groups emerge providing a forum for people to reach out and facilitate many wonderful acts of kindness and generosity.

In recent months, Council has played a critical role in local emergency relief and recovery efforts. The services we provide directly impact the health and wellbeing of our residents and the livability of our neighborhoods. Whilst we have had to cease providing many services, significant effort has gone into prioritising essential services to ensure support for our vulnerable and elderly residents continue uninterrupted, as well as taking additional steps to protect the health and safety of our broader community and staff. Some of the community service activities include delivered food services (Meals on Wheels), home help &/or personal care, child care, preschools, and the bulk purchase of toilet paper, nappies and wipes for the most vulnerable in our community.

Both the Federal and State Governments have been forthcoming on a comprehensive suite of financial relief packages. Our focus has been on identifying local issues and putting into place relief efforts where there is an unfilled need. In early April, we released the first stage of our local relief efforts that aimed to provide some immediate financial surety for ratepayers, businesses and community groups experiencing financial hardship because of Covid-19. We are currently working through a more comprehensive relief package having now developed a deeper understanding of the health, well-being and economic pressure points impacting Knox directly. Council has nominated an amount of \$3 million for the second relief package and this is part of our 2020/2021 draft budget now out for community consultation. We hope to be able to communicate the details of this second relief package as soon as practicable after the May



Council meeting.

Preparing the draft 2020/2021 Budget has been a difficult undertaking. Many months are spent evaluating, forecasting and reviewing the budget to ensure what ends up being put forward to the Community is fair and financially responsible whilst delivering upon the health, wellbeing and infrastructure needs of the municipality. The Covid-19 pandemic has caused major disruption to the budget process, creating extraordinary demands on Council for quick response to emerging social, health and economic crisis at a local level. The draft budget does call for a nominal 2% rate rise in order to ensure Knox has the capacity to bounce back and be soundly placed to deliver response and recovery efforts once we are through the worst of the Covid-19 fallout.

Council will have a significant role in leading the recovery of our local economy. As a major generator of local employment either directly/indirectly for Council or working on Council infrastructure projects. Some of the projects currently underway or on the immediate horizon include – Lewis Park Masterplan, Templeton Reserve Masterplan implementation and tennis court renewal, Egan Lee Reserve Masterplan implementation, Studfield Shopping Centre streetscape improvements and Scoresby Recreation Reserve, stage 3 implementation.

Council has to date been well placed to plan and lead Knox's emergency relief and recovery efforts, however there are some emerging areas of concern that we are monitoring very closely and looking to try and address where possible. These include increased

homelessness / people at high risk of homelessness, food insecurity, higher numbers of people experiencing mental health decline, increased domestic violence, and increased substance abuse (alcohol). We are currently working closely with welfare agencies and other community organisations to try to address these areas of concern. Organisations such as Citylife Community Care, Foothills Community Care, and Salvation Army just to mention a few are doing a fabulous job supporting those that need help right now.

On a final note, I would like to thank all the front line essential workers who put their own health at risk in continuing to serve our community during this pandemic. We appreciate your sacrifices and all that you are doing for the greater good.

Stay safe,

Cr Nicole Seymour – Mayor & Tirhatuan Ward Councillor

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Cr Nicole SEYMOUR

Mayor & Tirhatuan Ward Councillor
Knox City Council

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nicole.seymour@knox.vic.gov.au

www.knox.vic.gov.au

 Cr Nicole Seymour



*Honest advocacy & strong leadership on
issues important to our local neighbourhood*

EACH-We're Still Working for You

by Janette Dyall, Financial Counsellor

You may have noticed the EACH Boronia office has been transformed into a COVID-19 screening clinic. Meantime, the Financial Counsellors and Gamblers Help Counsellors continue to provide services remotely, its "business as usual". Our service is free and confidential providing you with information, support and advocacy when you are unable to pay your debts.

Have you or your family been financially affected by the coronavirus?

A sudden drop in income can cause you to reach for your credit cards or take out Small Amount Credit Contracts (payday loans) when you don't have the means to repay the debt. The next step is using credit cards or loans to make repayments on other loans. This is a debt spiral. The National Debt Helpline has reported a surge in calls from people in this situation.

If you can't pay your mortgage, car loan, personal loan or credit card, contact your lender. Many Australians are in the same position as you and lenders want to assist until you are back at work. Call your utility companies – they all have hardship arrangements available.

If your rent is unaffordable, call your real estate agent or landlord and negotiate a temporary reduction in payments. The Consumer Affairs Victoria website has information on how to go about this and how to access the rental relief grant of up to \$2000.

If you don't feel able to call your creditors, seek assistance from a financial counsellor.

AROUND KNOX



Contacts: EACH Financial Counselling (03) 9871 1817
The National Debt Helpline 1800 007 007
Consumer Affairs Vic www.consumer.vic.gov.au

Our Roadmap for a COVIDsafe Australia

from The Hon Alan Tudge, Federal Member for Aston.

The past couple of months have been incredibly difficult for our nation and community. Thankfully, due to the efforts of all Australians, we are now starting to see the light at the end of the tunnel.

Together, we have saved countless lives, but unfortunately there continues to be many livelihoods at risk.

The next challenge for our country is to get people back to work. Every week that we are closed for business the economy loses \$4 billion - that is the median weekly wage of 4 million Australians.

Local businesses have been courageous in their efforts to stay open and continue to employ staff during this crisis. Many have adapted by moving online or providing takeaway and thousands have made use of the JobKeeper scheme and other government schemes to support their workers and keep them employed.

To all these local businesses, thank you. You have each made a tangible difference in softening the blow of this crisis by keeping people employed.

Even with these efforts, the economy cannot begin to rebuild without lifting restrictions. We must reopen the economy but do so in a way that avoids causing a second wave of infections.

To do this, the National Cabinet and Prime Minister have decided on a three-step plan for a COVIDsafe Australia.

Each Premier will decide the pace of moving through this plan in their state, but the hope is that we will have 850,000 jobs restarted in July.

The plan will be adjusted where necessary, but will look something like this:

Step 1

Step 1 may include:

- Five visitors at home, 10 in business and public places.
- Work from home if it works for you and your employer.
- Restaurants, cafes and shopping centres open.
- Libraries, community centres, playgrounds and bootcamps open.
- Local and regional travel.

Step 2

Step 2 may include:

- Gatherings of 20 at home, business and public places.
- Work from home if it works for you and your employer.
- Gyms, beauty, cinemas, galleries amusement parks open.
- Caravan and camping grounds.
- Some interstate travel.

Step 3

Step 3 may include:

- Gathering sizes increased to 100.
- Return to workplaces.
- Nightclubs, food courts, saunas open.
- All interstate travel.

Consider cross-Tasman, pacific island and international students travel.

I will continue to keep you updated on the situation through your letterbox, social media and via email. And if you do have any questions please contact my office.

As always, for the latest information and advice, please visit www.australia.gov.au
 By working together, we can, and we will stay on top of coronavirus and continue on the road to recovery.



ALAN TUDGE MP
 Federal Member for Aston

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

Real Action For Knox



Anzac Day 2020

from Nick Wakeling MP, State Member for Ferntree Gully

This year, ANZAC Day was unlike any other.

Due to the COVID-19 crisis, RSL branches made the difficult decision to not proceed with local ANZAC Day services. However, televised services were still held at the Australian War Memorial and the Shrine of Remembrance, which were broadcasted to the nation while the public stay at home.

During this unprecedented period of isolation, it is important that we still had an opportunity to remember those who served and made the ultimate sacrifice for our country. It is a timely reminder to stay strong and united during times of hardship and that we need to continue supporting one another.

People across the City of Knox took part in the 'Light up the Dawn' initiative by raising a torch, candle or the light on their phone and observing a minutes silence at dawn on April 25. Australians were still able to keep the ANZAC spirit alive by standing in their driveways, or on their balconies, to observe a minute of silence at dawn in respect of those who served in defence of our nation.

Lest We Forget.

AROUND KNOX

Thank you to Heidi Victoria for providing photos of Anzac Day services around Knox where daughter Charlotte (Charlie), aged 16, organised to play The Last Post in her street in Bayswater at dawn.

Following the Bayswater service they went to Waterford Park retirement village, where Charlie played The Last Post at five mini services around the village, with Hurtle Lupton doing brief (5 minute) commemorations.



Anzac Day during the Coronavirus Pandemic held in Bayswater 2020. With RSL president, Noel Mclean and other Vietnam Vets, and two officers from Boronia Police with Charlie. Photo by Heidi Victoria



Charlie playing The Last Post. Anzac Day 2020 Photo by Heidi Victoria

Community Helping the Community During the Coronavirus Crisis

from Nick Wakeling MP, State Member for Ferntree Gully

The coronavirus outbreak has presented Knox residents with a range of unprecedented challenges, but thankfully many community services are continuing to operate to help people stay safe and connected.

People right across our community are putting in a great effort to keep themselves and others safe in these difficult times. As such, I thank everyone for their effort, especially those who have worked on the frontline of this crisis.

I recently visited Bridges Connecting Communities and learned that they have been very busy providing volunteer transport services. Bridges have also partnered with Knox Infolink to help coordinate emergency relief, care packages and information for those in need.

For those who want someone to talk to, the Community Houses Association of Outer East Suburbs are providing phone chat services. This is a great service available to make sure people stay connected. They can be called during weekdays from 10am to 1pm on 1800 984 825.

We are also fortunate that Knox has many hard-working healthcare specialists, including doctors, nurses, midwives, paramedics and allied health professionals, to help people through the coronavirus crisis.

For more details about support services at the national, state and local level, people can call the National Coronavirus Hotline on 1800 020 080, or visit dhhs.vic.gov.au/coronavirus or knox.vic.gov.au/coronavirus.



Nick Wakeling MP and staff from Bridges Connecting Communities

**Working hard for
our local community**

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



NEWS IN GOOD HEALTH & WELLBEING

Top 10 Questions to Consider When Choosing a Home Care Provider

from Home Care Assistance

Older persons who need support and coordinated services to continue living at home may be eligible for government subsidy through Home Care Packages Program. The subsidy can be a life-saver and can also delay, temporarily or permanently move to an assisted living facility. Invaluable services and assistance that home care can provide include:

- Transportation to medical appointments, or activities like going to the park or movies, providing companionship
- Assistance with showering and dressing
- Meal preparation and grocery shopping
- Light housekeeping, Helping with laundry
- Medication reminders
- Feeding and walking pets
- If you are a caregiver for a family member and need a break, you can access respite care


Asking the right questions will help you choose the best provider and provide you with the peace of mind you need when the time comes to choose a home care provider.

1. Are they a Government Approved provider of Home Care Packages?
2. Are caregivers employed by the company directly? What training does home care staff receive?
3. What is the hourly cost for care? Is there a minimum hourly requirement?

4. How does the company match potential caregiver for your family member?
5. Can you contact someone 24 hours 7days a week, if there is a problem or concern with care?
6. How are caregiver absences and/or replacements handled?
7. How much in-advance notice is required to change caregivers or adjust hours?
8. Are references available from other clients?
9. Does the agency have the staffing to provide 24-hour care or live-in care if necessary?
10. Does the company perform regular client satisfaction interviews and caregiver evaluations?



Mr. Mina Williams
B.Pod. M.A.Pod.A.
Podiatrist



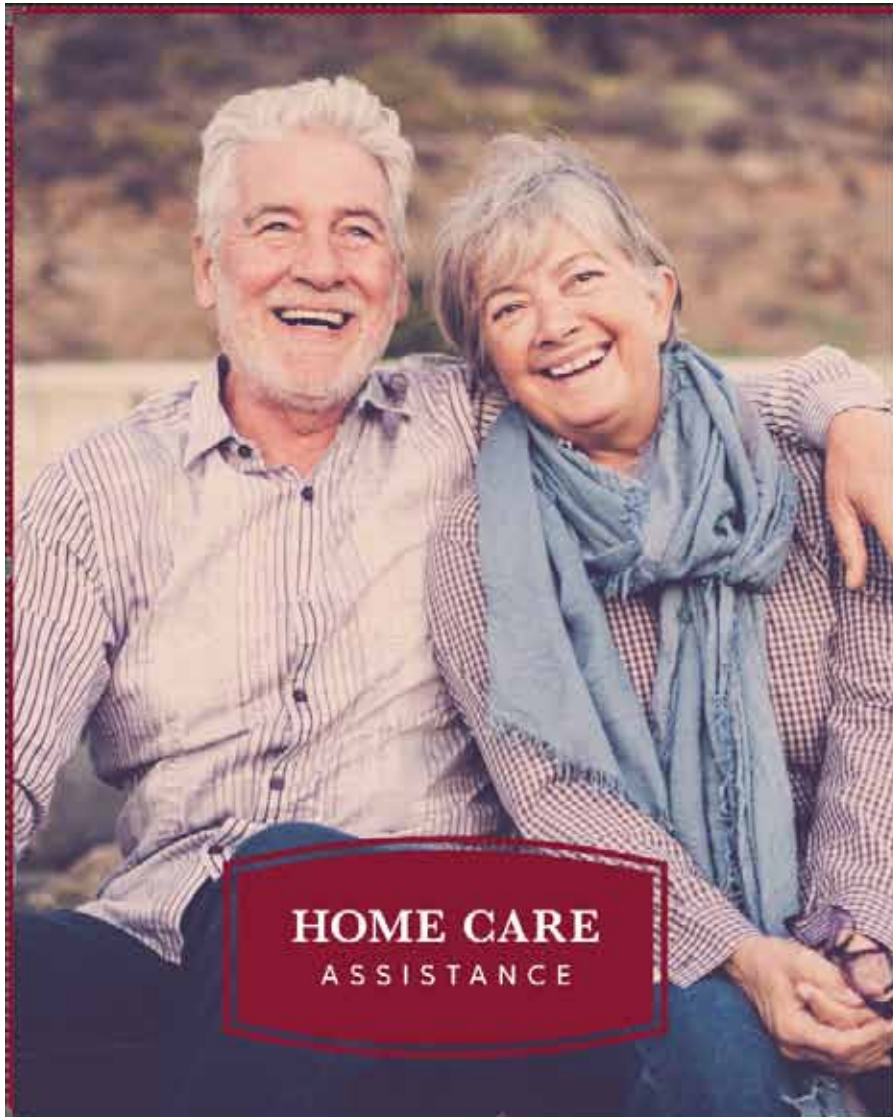
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News from Wantirna Osteopathy by Dr. Tayla Robins (Osteopath)

Returning to exercise after the pandemic

After being cooped up for a couple of months now it's understandable that a lot of us will start to suffer from cabin fever and be raring to get back to our normal pre-pandemic lives.

This will look different for everyone. It may involve getting back to the gym or Pilates and for some it will be the much-anticipated return to the netball court or footy field. As the weather is getting cooler and the activity of choice lately has been watching Netflix from the couch, many will get involved looking to drop a few "iso kilos" and dive into a new exercise regimen.

As Osteopaths we know that movement is medicine. It helps both our physical and mental health and we encourage it in all different forms. However, we also see the detrimental effects it can have when people take on too much too soon. One of the biggest mistakes that people make is hitting their chosen exercise so intensely but not spending enough time focusing on their muscle and joint flexibility as well as their warmup and recovery from exercise. All of these factors predispose you to an increase risk of strains, sprains and more serious injuries.

Here are my top tips for returning to exercise

1. Take it slow

It's not a race and no big changes happen overnight. Jumping into too much too quickly can cause injury and slow down progress leading to frustration and potential further weight gain. Begin with 30-40 minutes of low intensity exercise such as walking.

2. Choose exercise that is convenient and that you enjoy

Get the kids on their bikes and take them for a walk or fit in an online yoga class while bubs is having a nap. Exercise has to be both enjoyable and convenient or it won't easily become part of your routine and will instead become a chore.

3. Incorporate some other important lifestyle changes

In order to see some positive results, it takes much more than just exercise. Reducing alcohol intake, drinking more water, ensuring you're consuming a balanced diet and getting adequate sleep each night are all important components.

4. Take care of your body

Focus on incorporating a stretching and mobility regimen into your fitness plan. If you're unsure about what are the right stretches for you, come and have a chat to one of our friendly Osteopaths to help get you on the right path.



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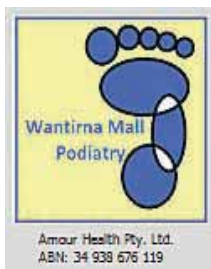
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Melina Linardatos

How to look after your feet in winter

Winter poses different problems that can occur in feet due to cold weather and Chilblains can be a common occurrence in feet during winter months. Chilblains are blotches of discoloured red, blue, or white, swollen and itchy skin that can be caused by cold weather and poor circulation. Extremities are prone to being affected but toes are particularly vulnerable with tight footwear possibly a contributing factor. Most chilblains don't cause any permanent damage but can result in ulceration if left untreated or in extreme cases. Not everyone exposed to cold temperatures will develop chilblains but those who have medical conditions, are older or sedentary may become sensitive to changes in weather and temperature and become more susceptible.

If you are susceptible to chilblains some prevention tips maybe of help to you. Keeping your feet warm with closed, well fitted footwear and warm woollen socks. The avoidance of long periods of cold weather and quick changes in temperature between hot and cold environments. Keeping your whole body warm with layers of clothing, gentle daily exercise to

improve circulation and drying feet well after bathing. Severe, ulcerating or recurring chilblains need professional attention and a Podiatrist can help you treat and offer further advice to prevent your chilblains. In addition, your GP maybe able to prescribe a preventive drug. It is important if you have a pre-existing condition like diabetes or heart problems a Podiatrist or GP should check your circulation in the feet to ensure there are no further complications.



Local Solutions to Stay Safe and Healthy

from Nick Wakeling MP, State Member for Ferntree Gully

With the winter months approaching, and restrictions still in place due to the coronavirus outbreak, it's more important than ever that locals stay healthy and protect themselves from the flu.

The public health message is clear: help stop the spread and stay healthy.

Thankfully, Knox residents have access to a wide range of pharmacists, health goods suppliers and health services to help people in our community stay safe and healthy.

I recently visited Priceline Pharmacy at Westfield Knox, MedCentral Knox and the Supercare Pharmacy Knox and thanked them for providing their very important services.

We all need to do what we can to stay safe and healthy. Flu shots are available, but bookings are essential due to high demand.

For further information on health advice and services, go to www.health.gov.au or call the National Coronavirus Hotline 1800 020 080.



Nick Wakeling MP and staff from Priceline Pharmacy at Westfield Knox



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

by Alison Rogers

Our program is varied with interesting guest speakers and enjoyable outings.

Along with many other groups we have not been able to hold meetings for some weeks.

Also with social isolating there has been no excursions or day trips out into the bush. We would all like to be out there and can't wait till we get to do this again.

Staying on our house block has meant we are getting the garden done, but also looking at our garden in a different way. Have you noticed in your own garden how many insects are there and also how many butterflies and bees are visiting the flowers that are out. We have an Australian Native Plant garden which has quite a few things out in flower at the moment. Some plants we have in pots, our Sturt Desert Pea has put on a great show, but we haven't seen any critters visiting there.

Whereas the golden paper everlasting from the helichrysum /Xerochrysum family have had a multitude of flowers and also many visitors. When the sun comes out we see native bees, European bees, butterflies of various types, a ladybird and even a praying mantis.

Remember not all insects are pests.



Sturt Desert Pea.
Photo by Alison Rogers

From our clothesline we had a Golden Orb spider web that travelled over to a nearby bush. The web is spun at night and during the day the spider gathers it up and we wouldn't even know it was there. On checking out the tree we couldn't find it, but on closer inspection on the clothes line it had made a hiding spot in one of the pipes.

The web is used to catch insects for it to feed on. Some webs are quite large and you can easily walk into the web without seeing it. If you do walk into one, the books say to back off and the web will come off you. The female spider can grow quite large with a big abdomen, but the male spider is tiny. You will often find them in the same web. Although it is often said that the female eats the male after mating, this is not true in the Australian Golden Orb spider. Although our one was a reasonable size, we have seen them much bigger in the tropical bushlands of Queensland.



Golden Orb Spider
Photo by Alison Rogers

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.

Meetings cancelled until further notice. Keep an eye on our web page.

How to Save Energy at Home during COVID19

from Environment Victoria

1. Fill in your chimney with a temporary balloon.

If you live in an older home with a chimney, these large, open cavities unsurprisingly leak lots of air out of your home. You can fill this yourself with a chimney balloon. Check to see if there is already a damper or other device in your chimney. This advice does not extend to gas appliances.

2. Install a DraftStoppa device above your extraction fan for \$25-35.

Like chimneys, these are large gaps to the outside world where air escapes. That's their purpose when in use, but when they're idle, they leak. Install a DraftStoppa device for \$25-35.

3. If you've got an evaporative cooler, fill in the vents during winter.

In the winter months when these are not in use, they simply leak warm air outside. For \$30, you can install a HeatSaver in five minutes to block these gaps in the cooler months.

4. Seal the gaps around your doors and windows quickly and cheaply with adhesive tape or caulking. Doors and windows, especially those to the outside, can be significant draught trouble spots. Cheap materials like adhesive tape and rubber or plastic caulking can be installed in minutes for less than \$10.

5. Set your heater to 18-20 degrees.

Every extra degree can add approximately 10% to the winter running cost of your heater. Coupled with warm clothing or a snug blanket, this temperature range will keep you comfortable with much less energy use than if you set your thermostat to higher temperatures.

6. Turn electronics off at the power point.

Leaving all of your appliances on standby, such as TVs, computers, clocks or anything with an electrical display, all adds up. Turn these off at the plug when not in use. The difference is small but noticeable.

7. Choose the right power company.

If you've been with the same provider for a long time, you could be missing out on new deals or better rates. Visit the Green Electricity Guide at <https://www.greenelectricityguide.org.au/> to see if you can get a better deal.



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Templeton Tennis Club News

by Don McCracken , President

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

All pretty quiet on the tennis front over the past 2 months, with the end of one season, a break and as we all know a complete break due to coronavirus.

We did have some 14 teams in finals 12 junior and 2 of the senior teams. Of these 8 of the juniors made the last day with 4 being premiers. The 2 senior teams missed out first week. Regardless of results congratulations to all involved for another great season for our club and all those involved.

At the time of writing we are unsure as to when tennis will be allowed back but rest assured as soon as we are able our courts and competitions will be back on deck.

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).

Major works have commenced at the club to refurbish the whole playing complex with new courts, fencing and lighting. This will impact on our operations for approximately 6 months but will be done with a minimal



amount of interruption to all forms of tennis.

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

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

Upcoming events: AGM. To be announced but hopefully still in July as per normal.

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
President: Don 9800 3316 or 0425 748 138
Coaching: Kelly 0414 874 482
Website: www.templetontennis.com.au
Email: president@templetontennis.com.au

SPORT NEWS

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 **Community News**
is available online at
www.studfieldwantiranews.org

Puzzle Time answer:
Left over letters reveal....
PAST DAYS OF ORCHARDS

News from.... St Andrews Cricket Club by Ben Morris

Dear readers

Hope you are all well in this unique times. As many know, the cricket season was also impacted with the (correct) decision to call off many of the grand finals in the RDCA competition. This prevented the St Andrews 1st XI from playing in their grand final, however we were awarded the premiership and promotion to the Wilkins Cup on account of the team being victorious in the qualifying final match over a strong Mt Evelyn side before restrictions were in effect. It's not the way you want to win a premiership, but it's reflective of the strong season we have had overall which included only losing two matches over the course of the season and also winning the Newey Plate T20 Premiership. Our premiership team also included 4 players under 18, one of whom was only 14 - very exciting to see such talented cricketers coming through the ranks. Congratulations to all involved and we are excited to compete in the Wilkins Cup next season! Our 5th XI were also premiers following a close win over Ainslie Park Cricket Club.

In junior news our 3 u12 girls season also finished 1st, 2nd and 3rd on the ladder with the St Andrews Pink team claiming the premiership over our Blue team, with our White team finishing 3rd. A season that will likely never be repeated with all 3 sides unbeaten across the season except when playing each other. St Andrews is definitely the place to be for girls cricket. Congratulations also to Justin George (u12 girls head coach) for being awarded the RDCA Junior Volunteer of the Year - Justin is a nurturing coach that promotes participation and teamwork wonderfully well. Our u14/5 team were also awarded the premiership on

account of finishing top of the ladder and winning their semi final in a close match against Chirnside Park, unfortunately this team were also unable to play their grand final due to the social distancing restrictions.

We are currently taking registrations of interest for the new season. Cricket is a fun team sport so all achievements get to be celebrated with your

friends. Please call Ben on 0412 370 996 or email standrewscc.jnr@gmail.com if you or your child (ages 5 to 15, boy or girl) are interested in joining the Saints next season - we field 15 junior teams of all ages and experience and we have a spot available for all interested cricketers. Games are in Summer from October to March.

Go Saints.



St. Andrew's Under12 Blue and Pink teams before their grand final match

Balmoral: In Extraordinary Times ... An Extraordinary Village

Residents at Balmoral Over 55s Lifestyle Village have always felt their village was unique. A beautiful, landscaped oasis in the heart of Wantirna South. A thriving, social, welcoming and supportive community. A real sense of security. First class facilities. Incredible staff to support their every need. And private owners with a genuine and active interest in exceeding resident expectations for over 35 years.

With the recent extraordinary events, Balmoral residents now know their village is unique. And extraordinary.

Resident support has been at the forefront. From the village kiosk offering pre-ordering and home delivery, to dedicated staff assistance and support. From our caterers servicing the community with home cooked meals, to increased resident engagement and activity via our improved Balmoral resident publications (incorporating games, crosswords, trivia and recipes). From virtual tours, good news stories and online activities/events on our social media platforms, to launching our new 'BalmoralTV' channel throughout the village. As one resident commented: "There's no better time to be living at Balmoral!"

If you are thinking of a move to retirement living, why not consider Balmoral Over 55s Lifestyle Village? Newly refurbished villa units and apartments are available to view by private tour. It's easy to join our waiting list as you decide on the perfect new home for you. Become part of extraordinary!

Balmoral Village is at Ridge Road, Wantirna South. Phone 03 9800 1333



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