

COMMUNITY NEWS

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

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EDITION 67

AUGUST/SEPTEMBER 2020

- BAYSWATER EDUCATION PLAN
- A TRIBUTE TO ALAN HODGKIN AFSM
- WANTIRNA SOUTH PRIMARY SCHOOL TURNS 80!

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BRIDGES IS STILL



Bridges is operating with skeleton staff running the office, staff working remotely and our wonderful volunteers working as a team supporting our clients with shopping, weekly activities, transport to medical appointments, phone support and our happy team of dog walkers are still enjoying their weekly walks.

Strict hygiene and social distancing in practice.

With Stage 3 restrictions being reintroduced it is essential that our vulnerable group of people are well supported.

If you know someone who lives alone and needs support, ring Bridges - Always here to help our Community!

9763 9700

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Editorial

Hello Community News readers,
We are back to 19,000 copies and 24 pages! This is due to Victorian Government advertising letting the community know about the current "Stay At Home" restrictions during the recent COVID 19 outbreak. We continue to be supported by advertising from local business. Please support those businesses who are supporting our community paper. They need your support now, more than ever!
This edition includes promotional material from candidates for the Knox Council elections to be held in October. We feel it is important for readers to know something about who they might be voting for.
Throughout this year, during the pandemic, Knox Mayor Nicole Seymour has been doing a great job keeping everyone informed about the situation in Knox. It's a moment in time when her leadership is noted and welcomed. She is standing up for the community values that bring us together, rather than divide us. You can keep up to date with happenings in Knox via Nicole's Facebook page.
Finally, on behalf of the SWCN team, I would like to extend my sincere condolences to our regular contributor, Evelyn Hodgkin on the recent passing of her husband Alan. Our thoughts are with Evelyn and the members of Bayswater Fire Brigade at this time.

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 and the Knox City Council Community Development Fund.



Jackson Taylor Update

I feel there is no other way to start my contribution than to again thank the wonderful work of our entire community in the amazing work you are all doing in supporting each other when we know people have needed it most.

Now, more than ever, it's important to pull together, to support one another and to be positive. Remember, we're all in this together.

Please remember that if you are sick, get tested and stay home. We've all got to play our part to help beat this virus. I know people's patience is wearing thin, as is mine. But we must be mindful that this will be with us for some time and as much as we want this all to be over, we must keep doing what we are doing to keep safe. Doing that, ensuring we keep our distance and practicing good hand hygiene will help us slowly reopen again and get to a 'COVID Normal'.

A quick update on some of the State Government's Response to help Victorians.

Back in March we announced a \$1.7 billion economic survival package and as part of that we have now seen over \$44 million in payroll tax refunds and small business grants received by business across Knox and Maroondah. From talking to local business, cash in their pockets was what they needed most.

In May we then announced a \$2.7 billion economic recovery package aimed at creating jobs, helping Victorians get back on their feet, and getting boots on the ground as soon as possible investing in upgrading critical infrastructure, our roads and our schools.

Locally, this includes a \$1.7 million upgrade to Heathmont Station, which will see better lighting and



Cr. Marcia Timmers-Leitch, of Knox Council, Ms. Beccy Dawber, Secretary of the Bayswater Junior Footy Club and Jackson Taylor.

new fences to make it safer, upgrade to the platform canopies, as well as new seating and Improvements to make it more accessible for more people and vitally – create local jobs here in our community.

Over the course of the journey we know we will need to do more and we absolutely will to help Victorians navigate their way through this pandemic.

'Getting On With it' – Project Updates

- \$500,000 announced to kickstart planning for the Bayswater Education Plan so the kids of Bayswater get the best start in life and we'll be working with the community on this one
- \$250,000 to revamp 'The Train Park' in Bayswater so families can enjoy it for years to come
- \$300,000 to provide the Bayswater Junior Football Club with a new female friendly pavilion and upgrades to the existing pavilion
- New state of the art Library at Knox O-Zone which I secured \$450,000 for, is now into the next stage, with planning approvals given the green light

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 and for any further you can search 'Jackson Taylor MP' for my website 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

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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.

- 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!

COVID and Small Business.

By Robert Williams.

I'm a local Bayswater trader and have been a local small business owner in Knox now for over 20 years. My business, Your Brand Unleashed, supplies printing and promotional products.

What I have found of recent times is the need for more Stay Local, Shop Local, Support Local based campaigns and I write this article as a reminder to us all that we need to be doing the same.

I know our local council is getting behind local small businesses in an effort to provide grants, support and other means where possible. But it's up to us as individuals to also help.

I've spoken to traders in Bayswater, Knox and up in Studfield, and some are doing OK, some are very quiet, and some are very busy. It's a real mixed bag. And some weeks are stronger than others too!

What we need to remember is that most small businesses in these shopping strips and in the shopping centre, are mums and dads, grandpas and grandmas. They have been the lifeblood of Knox for quite some time. They pay rates, they pay rent, give others a job and an opportunity, and they usually shop locally themselves.

We need to get behind our local small businesses in Knox. They have some amazing food. Some great coffees, some great doughnuts, and great pies, and there are great restaurants to visit, all locally and on our doorstep.

How about when you think next, "I'm hungry for dinner", or "need a coffee to start the day off", please help support small businesses in Knox.

They need your help to survive, keep staff going and pay their own bills.

I can honestly say, it's not easy being a small business owner even in good times – so during these past 15-16 weeks (or more by the time of this publication), it's even tougher.

Let's truly Stay Local, Shop Local and Support Local. Afterall, if we want to see a stronger Knox, we need to be behind the effort to keep it the same way.

Supporting Local Businesses in Bayswater

The Andrews Government has helped tip millions of dollars back in to the local Bayswater economy by supporting local businesses to get through to the other side of the coronavirus crisis.

Jackson Taylor, MP for Bayswater, recently announced 573 businesses in Maroondah and Knox have received full payroll tax refunds for the 2019/20 financial year, totalling \$15,651,688 in immediate Government support.

The payroll tax refunds are part of the Victorian Government's \$1.7 billion Economic Survival Package which is helping Victorian businesses and workers during the pandemic.

Meanwhile, a total of 2,900 businesses in Maroondah and Knox have been paid a one-off \$10,000 Business Support Fund grant for operational costs such as salaries and utilities – totalling \$29 million.

The Business Support Fund provides payments for eligible businesses that have a wages bill below the payroll tax threshold.

The Economic Survival Package also includes land tax deferrals for eligible small businesses, rent relief for commercial tenants and the \$500 million Working for Victoria fund to help workers who have lost their jobs find new opportunities.

Jackson Taylor has recognised the difficulty local businesses face in saying "There's no denying that times are tough for businesses - the coronavirus pandemic has clearly had a devastating impact on lives and livelihoods. But we're giving local businesses the support they need to survive."

More than 6,700 workers across the state have already started drawing pay cheques through Working for Victoria.

The Government is also helping thousands of Victorians back to work by fast-tracking shovel-ready projects all over the state. The \$2.7 billion Building Works economic stimulus package includes new schools, road upgrades, a boost to public housing and important help for our tourism sector.



Jackson Taylor MP and Parliamentary Secretary to the Treasurer, Steve Dimopolous visiting a local business

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News from Bayswater Fire Brigade By Robert Williams.

A tribute from Bayswater Fire Brigade

Alan Hodgkin AFSM

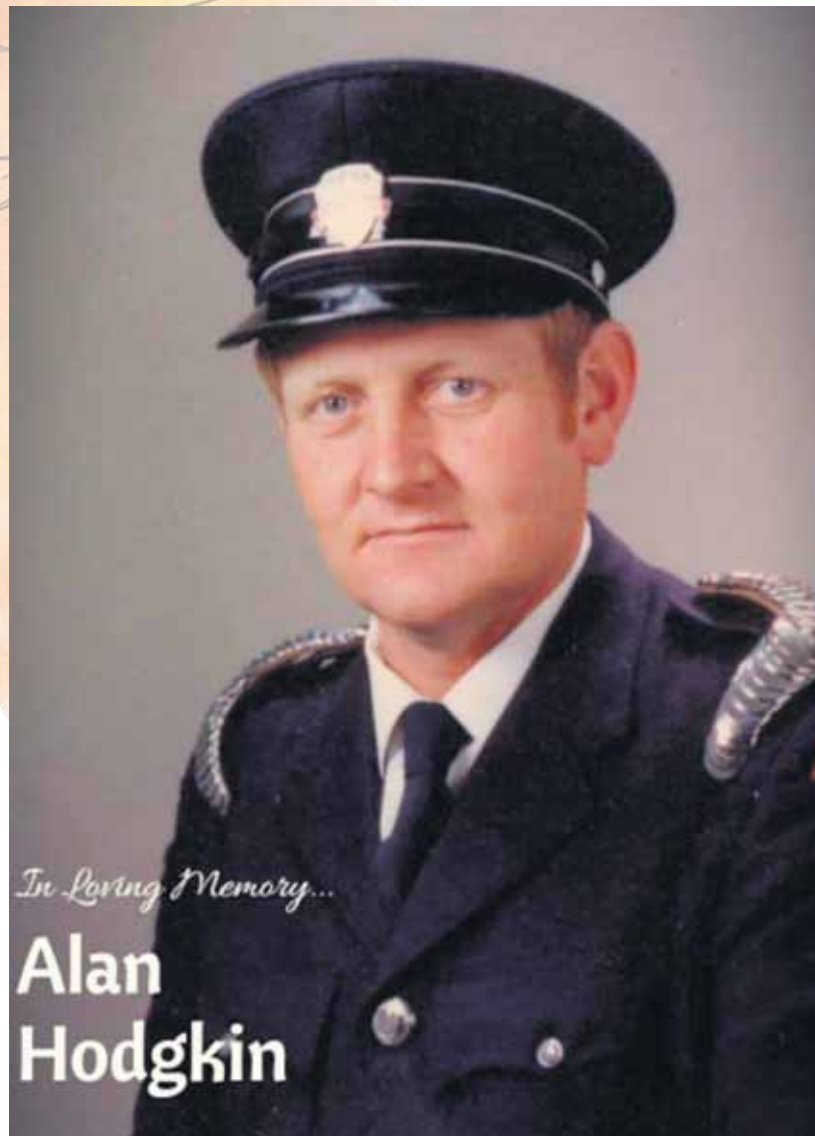
An incredible firefighter who will never be forgotten.

Alan began his CFA service with Boronia Fire Brigade in December 1967. In June 1969 he became their Apparatus Officer. At that stage there was no brigade in Bayswater. However that soon changed with Alan's persuasiveness and persistence. In November 1969 Alan resigned from Boronia, and became the first Captain of Bayswater. He held this position until December 1973 when he became a career officer.

Alan's staff CFA career began in November 1973 holding positions at Dandenong, Traralgon, Eltham, Belgrave and Boronia fire stations. Alan retired from CFA with the rank of Station Officer III in 1992. Alan was also an ADI (advanced driving instructor) and was a guest instructor at Fiskville on numerous occasions even after his retirement.

Throughout his service career Alan remained an active volunteer turning out under the name 'FF Smith' (as apparently back then turning out while a staff member was not permitted!)

Alan used his skills and knowledge not only for the Bayswater brigade but the Knox group in general. He held DGO (deputy group officer) positions within the group from 1995 – 1998 (DGO 4 & 3).



Alan received the following awards and medals:

- CFA Service Awards – 12, 20, 25, 30, 35, 40, 45 and 50 Year Service Medals
- Bayswater Fire Brigade Life Membership
- National Medal with 1st, 2nd & 3rd clasps for Diligent Service
- CFA Honorary Life Membership
- National Emergency Medal – Victorian 2009 Fires
- Australian Fire Service Medal AFSM awarded in 2018
- Bayswater Pumper dedicated in his name.

Alan's service to the community reaches further than just the Bayswater Fire Brigade. Alan was dedicated to preserving much history through his involvement with the following historical and community groups;

- Fire Services Museum Victoria and
- Historic Puffing Billy Railway.

Of course none of Alan's service would have been possible without the equally committed contribution of his beautiful wife Evelyn Hodgkin and family.

Bayswater Fire Brigade will be forever grateful for his dedication to the Fire Service, leadership and most importantly his friendship. We will remember your stories Alan. We will remember your smiles and laughter. We will remember the lessons you taught us. We will remember you.

Alan Hodgkin you were a loving husband, Father, Grandfather, great Grandfather, friend, mentor, Captain and a true gentleman.

News from Bayswater Bowls Club

WE'RE BACK, BUT RESTRICTED

Bayswater Bowls Club has reopened its' greens but unfortunately COVID requirements have restricted access to members only at this stage.

Our first social bowls event under strict COVID protocol conditions was attended by enthusiastic members who had been eagerly awaiting the reopening of the greens and catching up with their bowling friends.

With the kitchen renovations fully complete, a dedicated group of members have worked tirelessly during the COVID shutdown to clean up and revitalize the club rooms. Members returning will be overwhelmed by the transformation that has taken place. It's amazing what a lick of paint and some refurbishment will do to brighten up areas and installation of shelving in the foyer now gives the clubs' trophies pride of place. We look forward to being able to welcome visiting clubs to our newly renovated club rooms if and when the Pennant Season resumes.

Regrettably, only two days before the closure of articles for this edition of the Community News, the Premier announced that central Melbourne will again be forced into another 6 week lockdown.

It now puts doubt on the resumption of the scheduled Pennant Season and further delays our new bowler recruitment program.

Keep up to date on any progress at the club by visiting our web site www.bayswaterbowlsclub.com



Greenkeeper, John Rouse admires new trophy display

Vote [1] Sorina Grasso

For Dinsdale Ward - Knox City Council Elections 2020

I love living in Knox and have lived here my entire adult life. I have been a teacher/coordinator, Health and Safety Rep, volunteered at Orana Community House and contributed to Studfield-Wantirna News and raised a 21 year old daughter in that time.

I strongly support & will advocate for:

- Stimulus and infrastructure projects to support and create new local jobs
- Greater support for local small businesses
- Access to high quality education, from early childhood to adult education
- Improved community safety
- Well-resourced libraries and community houses
- Keeping rates as low as possible
- An inclusive Knox which sees multiculturalism as a strength
- An effective waste management & recycling scheme
- Improvements to our sporting and recreational facilities
- Supporting community groups
- Appropriate development that respects our unique environment



E: sorina4dinsdale@gmail.com f: [@sorina4dinsdale](https://www.facebook.com/sorina4dinsdale)

Introducing Sorina Grasso Candidate for Dinsdale Ward

I love living in Knox and have lived here my entire adult life. Having raised a family, I understand the challenges faced by ratepayers across Dinsdale. My goal is to make Knox an even better place to raise a family – so I'll always fight for affordable housing, childcare, as well as maternal and child health services. I'm committed to doing everything I can to help our local community recover and come out even stronger after COVID.

For over twenty years, I have worked as a teacher, Coordinator, Project Manager and Assistant Director of Studies in the post-secondary sector. Access to good quality education is something I feel strongly about and will advocate for, from early childhood to adult education.

Local businesses are the backbone of Dinsdale's economic prosperity and I'll always support measures that attract local jobs into our community. My partner runs a small business, so I know first-hand the challenges involved.

Businesses and locals must also be the first to benefit from a strong program of infrastructure projects to create and maintain local jobs. I will fight to get Dinsdale ratepayers the quality infrastructure they deserve and need.

Being a qualified Health and Safety Professional and regular user of Knox services, I am committed to enhancing community safety and had input into the Knox 50th community forums in this respect.

Multiculturalism is Knox's greatest strength, and I will strongly advocate for an inclusive Council where Dinsdale continues to be enriched by our many cultural backgrounds.

I am passionate about volunteer and community work, a good listener and committed to consultation and working collaboratively to improve the standard of living of Dinsdale ratepayers. I'll advocate for appropriate development that respects our unique environment, improved sporting and recreational facilities, as well as support for community groups and keeping rates as low as possible while delivering the services Dinsdale expects and deserves.

I am an experienced community advocate and am committed to fighting for our area so we receive our fair share of government grants. I will be a strong voice for Dinsdale Ward and Knox.

Introducing Robert Williams Candidate for Dinsdale Ward

Having grown up in Knox since I was a young kid, and now with my wife and 2 kids here – Oriana and Sean, Knox is our family home and what a lovely home to be proud and a part of! Knox is all about community spirit and of opportunity.

Having started my small business in Knox some 22 years ago, Knox is truly a place for businesses to thrive. We are blessed with the lovely hills in our landscape, the lovely views and the great places to picnic and enjoy. It is truly a great spot to raise a family.

As a volunteer Lieutenant (Firefighter) at Bayswater Fire Brigade, a 100% volunteer brigade, I am also proud to also serve my local community, something I have been proud to do for the past 12 years. Giving back to our local community is what I am all about.

Working on the Knox Youth Advisory Committee (or Knox Youth Council as it was once known as) also in the past, gave us the opportunity to give back to the local Youth of Knox. This was truly a wonderful opportunity. The youth of Knox are Knox's future and to be part of this was an amazing experience.

Being engaged on assisting the local churches and supporting homeless programs to also help the homeless, Knox is also a great spot to volunteer.

Volunteerism is truly a big part of Knox's culture and community. We all do our part to make a change in our local community, and between SES, U3A, Rotary, Lions, CFA, Men's Shed, Football, Basketball, Cricket, Tennis, Kinder and other organisations – volunteers truly make things happen here.

I want to bring these values with me to Knox City Council.

I have seen the importance of connecting people with communities and the services these communities provide. From mental health to business networks, kindergartens to schools, the services that our local Knox community provides are fantastic and allow us to thrive.

I want to be your contact on council who can help you navigate through Council and be a true representative for you.

I want to listen and plan to hold regular meetings with residents so I can hear their concerns, and to be the conduit to Council to ensuring they are heard. I want to be the true connection between residents and Council removing any red tape to make Council's services accessible to all.

Robert WILLIAMS

a real ACTION plan for Knox

Dinsdale Ward. Knox City Council Election. October 24



Caring. Listening. Local.

My Priorities:

- Appropriate development to be consistent with our area.
- Backing Local small businesses.
- More efficient rubbish and recycling.
- Lower rate rises.
- More accessible public transport.

I'm listening, and would love to hear what you think is important. Please contact me via:

📞 0413 64 64 64

✉️ robertwilliamsknox@gmail.com

f [robertforknox](https://www.facebook.com/robertforknox)



Delivering the Bayswater Education Plan

The Member for Bayswater Jackson Taylor has announced a ground-breaking revolution for education in Bayswater, with \$500,000 being allocated for detailed planning on the Bayswater Education Plan. Students across Bayswater are one step closer to having the first-rate education facilities they deserve with this planning allocation, thanks to the Andrews Government.

The Bayswater Education Plan is the State Government's long-term plan to make sure local students have access to the best facilities and can reach their full potential. This will build on the successes of our local schools.

The Bayswater Education Plan will primarily focus on addressing enrolment imbalances across secondary students in the Bayswater area.

Place-based Education Plans are a way for the State Government to collaborate with local communities and education partners to transform local education outcomes – they help identify and address the unique challenges and priorities of a local community.

These Education Plans have been very successful in the past having been undertaken in Frankston North, the Lilydale and Upper Yarra region and Shepparton.

At the very heart of the Bayswater Education Plan is consultation. To ensure that the whole community is brought along this journey extensive community



consultation will be undertaken which will include key community stakeholders as well as the broader community at large.

This will be a game changer for education in our area and will work closely with all Bayswater schools,

including Bayswater Secondary College, Bayswater Primary School, Bayswater West Primary School, Bayswater South Primary School and Bayswater North Primary School. Member for Bayswater Jackson Taylor said "I'm so pleased to have been able to get this Plan off the ground and up and running – it will absolutely transform how we view and deliver education here in our community."

This is an important first step of a journey that will see further investment into Bayswater schools and importantly, will change the course of education in Bayswater. "This is an important start of a journey that will see further investment made at Bayswater schools to see students get the first rate facilities they deserve and, importantly, build on the great work of our local schools" Jackson Taylor said.

The Bayswater Education Plan is part of a massive investment in education in which \$1.18 billion in education infrastructure projects were announced that will create space for more than 21,000 extra students in Victoria's education system and create more than 1,600 local construction jobs.

Across the state we are building ten new schools delivering a further four stages of new school projects, upgrading or modernising 57 schools, purchasing and refurbishing relocatable school buildings, making modifications for students with disability as well as carrying out fast and job-creating maintenance on schools and TAFEs across the state.

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What's New At Community Pharmacy?

by Purnima,
Pharmacy Manager

Hi everyone, well another two months have passed since I wrote for the last edition of the Studfield News, and again we have had a bit of a roller coaster ride here in Melbourne. With the uncertainty of lockdowns, reduced social interactions, remote learning and financial pressures, to name just a few issues, the increased stress on our customers health and wellbeing is something that we are really focused on at Community Pharmacy Wantirna.

The importance of looking after both your mental and physical health in times like this is more important than ever. All our staff are here to help and we are continuing to run health checks such as blood pressure monitoring, flu vaccinations, naturopathy consultations, home delivery and pre-ordering through our medAdvisor app to help reduce the stress of your day to day routine. We are also here just to make sure that you are ok, so please reach out at any time.

Meet The Team

In this edition of the Studfield news our featured team member is Andrea, our Naturopath and Pharmacy Assistant.



About Andrea

My name is Andrea and I have been in pharmacy for over 25 years and have been with Community Pharmacy since 2007. I am married with one daughter and extremely passionate about nutrition, health and well-being.

Q. What made you want to have a career in Pharmacy & Naturopathy?

I started in pharmacy in a part-time role while at university and realised that I had a real enjoyment to helping others. After many years in pharmacy I decided to return to study to become a naturopath (specialising in men's health).

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

I qualified as a naturopath nearly 9 years ago and I am currently furthering my studies with a Bach of Science in Nutrition (Dietetics)

Q. If you weren't working in Pharmacy what would you want to be?

If I was not working in pharmacy I would love to be a photographer and travel the world

Q. What do you like to do when you aren't at work?

I love travelling around the world (with my family) and to experience different cultures. I travelled last year to Panama for 3 weeks to attend a wedding – which was fantastic

When not working I love to socialise with my friends, read, cook, play tennis and to travel.

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

I have a goal to attend all major tennis tournaments around the world.



Naturopathy Consultations Available

- Andrea is available for Naturopathy consultations to help with a range of health conditions, including assistance with sleep, stress and anxiety
- 15-minute consultations: \$15*
- 30-minute consultations: \$30*
- 60-minute consultations: \$60*

*members receive a 10% discount off these prices

Bookings required

Our topic of the month – Dealing with Stress and Anxiety

Although it feels like this pandemic has been going on forever it is still ok to not be OK! 2020 has been a year like no other, and the ongoing stresses to people's Mental Health is a big concern, especially if people aren't reaching out for help. Our Pharmacists and pharmacy staff are here and we will continue to be open to trade as an essential service no matter what is happening, so that means that we are able to help whether it be to chat, to refer you to additional services or to help you with a new medication regime.

It's ok to be feeling unsure about things. Feeling unsure or anxious is normal, the important thing is to access some help.

- acknowledge feelings of distress, it is nothing to be embarrassed about.
- Activate your support network. It may be face to face or it may via Zoom but it can be done even if we are restricted!
- Seek professional support early. We can help and refer you to appropriate services if necessary.
- If you are already managing mental health issues, continue with your treatment plan and monitor for any new symptoms

Take a Break!

Reduce your exposure to social media and the news. It is important to stay informed and up to date with what is going on, but make sure it is from a trusted source such as;

- Department of Health: www.health.gov.au
- Health Direct: www.healthdirect.gov.au
- VIC State Government (DHHS): www.dhhs.vic.gov.au

Incorporate exercise & mindfulness into your day

- Even a short walk around the block will do wonders for both your mind and physical health
- Stretching or yoga can be a great way to clear the mind
- Deep breathing and meditation can assist in reducing feelings of being overwhelmed. There are many free apps available.

Reach out

Check on others; send a text, make a call, Facetime, and if you think that someone is not ok offer to help.

If you don't want to reach out to someone you know there are many organisations available such as;

- Beyond Blue: 1300 22 4636
- LifeLine: 13 11 44
- Kids Helpline: 1800 55 1800
- MensLine Australia: 1300 78 99 78

What services are available to 'reduce the load'?

- Get groceries delivered online
- Pre-order medications and pharmacy essentials through our medAdvisor app and have them delivered
- Reach out to your local council to see what is available for you in the way of clothing, food and financial assistance if required
- Ask us about our Pay It forward program to help with the cost of essential medications

Whatever you do remember you're not alone whether you are suffering from anxiety because of stresses caused by the current pandemic or due to any other issues there is help available.

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. Work has been continuing at Council with priority support to Knox Residents, Local Business and Knox Council staff.

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.

Collier Ward Budget Wins

The 2020/21 Budget has been prepared under what are still very uncertain times and needed to strike a careful balance between maintaining core services and supporting those in our community who are most in need.

Construction projects totaling \$114 million will provide critical stimulus to the local economy, investing in our community and providing almost 700 jobs.

Local wins for the Collier Ward include:

- Templeton Reserve – Safety Netting behind carpark end Goal Posts, improved Drainage System, Cricket Pitch Renewal, synthetic grass installation for entry points and Coaches boxes
- Templeton Tennis Club – Court dimension upgrades, resurfacing, lighting upgrades and drainage works
- Milpera Reserve - Lighting Upgrade
- Wantirna Reserve – first stage Tennis Courts renewal, cricket nets safety upgrade
- Billoo Park Playgroup – minor outdoor upgrade works
- Billoo Park Kindergarten – heating and air conditioning, possible verandah extension design works
- Mariemont Preschool – fans, lighting and guttering works
- The rate increase has dropped to 2% in line with the State Government's Fair Go Rates System. The additional Council eligible pensioner rebate of \$100 will be maintained.

In recognition of the very real hardship in our community Council have broadened payment



Cr Marcia with Budget Winners Templeton Cricket Club and Wantirna South Junior Football Club (Picture taken Pre Covid-19)

assistance arrangements and are waiting interest on late rates and charges until 30 September. If you need help in paying your rates, visit <https://www.knox.vic.gov.au/ratesassistance> for the process and online application. If you are unable to apply online, please call 9298 8000 and speak to a member of the Customer Service Team.

Wantirna Cycling Link

Cycling upgrades are coming to Wantirna with improved cycling links being constructed from George Street to Mountain Hwy and Coleman Road.

The cycle links connect residential areas with nearby schools (The Knox School, Wantirna College), shops, reserves (Templeton Reserve, Lewis Park) and existing cycle trails.

The project has already begun on the Renou Road and Coleman Road sections.

Works include line marking, painted road surface treatments and modifications to some slow point devices. They provide bicycle access for the whole community, not just the residents of the street with a bike lane.

Parking is permitted in a bike lane unless signed otherwise. Motorists should note that they are only allowed to drive in a bike lane for up to 50 metres when turning into a driveway or side street.

The links aim to improve cycling safety by creating a low stress environment for cyclists whilst maintaining the existing car parking lanes. Some safety features are:

- Bike lane marking - to improve on-road facilities encouraging cyclists to cycle on the road rather than on the footpath.
- Green intersection treatment – to improve driver awareness and visibility to cyclists at intersections where there is a potential for conflict.
- Sharrows – to advise both motorists and cyclists, on the most appropriate position for cyclists to travel where the road narrows, such as at chicanes and roundabouts.
- Rumble strips - to remind cars that they are entering the cycle lane.



Cr Marcia at Renou Road Bike Path



Map of Wantirna Cycling Link

WANTIRNA NEWS & POST

Paul & Kathy Cameron

Wantirna Mall
Shop 16, 326 Mountain Hwy
Wantirna Vic 3152
T: (03) 9720 3100
E: wantirnalpo@gmail.com

Now Open
Monday to Friday
8.00am to 5.30pm
Saturday
8.00am to 12.00noon

Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

☎ 0428 162 218 MarciaTimmersLeitch [cr_marciatimmersleitch](https://www.instagram.com/cr_marciatimmersleitch)



Reflections on Teaching Remotely During Pandemic by Sorina Russo

Due to the COVID-19 pandemic, like many other teachers in Knox, I have been working from home, teaching remotely via Zoom, a type of Web conferencing software whereby the students have their teacher with them for the entire teaching day, can see the teacher talking to them in real time and ask the teacher questions. Although for me the experience has been a little different because I teach in adult education, I found the experience to be rewarding and overall very positive.

Firstly, it was fortunate that many teaching materials I had to use were already on an online learning platform. It was then very encouraging to see how effective the virtual classroom can be because in some ways this mode of delivery can be more personalised than face to face teaching, since the teacher is literally face to face with all their students, (I always request "cameras on"). Even when students are in breakout rooms working in groups they don't know when the teacher will join the breakout room and this can certainly keep them on their toes.

Also, via Zoom, I have enjoyed assisting students with their everyday conversational skills at Orana Neighbourhood House. The students have increased in confidence while talking about current events and topics ranging from dealing with the impact

of the pandemic on the local economy to the multi-cultural cuisines offered by local restaurants.

A fellow educator teaching in the secondary school sector locally has also found that teaching remotely has meant teachers have had to step up and become computer literate using Google Classroom, another online learning platform whereby teaching materials can be put online for students to access. Unlike Zoom, this platform uses Google Meet for small group work and it also offers some important benefits as it enables students of all abilities to access the educational content they need to be successful. This includes students who may not be able to attend school regularly, offering a more inclusive way of teaching.



Sorina with two of the learners from Orana Neighbourhood House

Wantirna South Probus Club News

PAV 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 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 at paowen23@icloud.com or on 0423023112 or Chris Day at chrisday@outlook.com or on 0418315902



Orana Neighbourhood House | ABN 91 514 980522
62 Coleman Road, Wantirna South VIC 3152
Open Monday - Friday 9.00am - 3.00pm
Tel: 9801 1895 | Fax: 9800 3192
onh@netspace.net.au | www.orananh.org.au

What's Available at Orana

- ❖ Beginner & Intermediate Computer & iPad/Tablet Classes
- ❖ Horticulture and Hospitality Classes
- ❖ English Conversation Classes
- ❖ Yoga (Wednesdays & Saturdays)
- ❖ Tai Chi, Yoga & Fitness for Over 40's
- ❖ Walking Group
- ❖ Art & Mosaic Classes
- ❖ Patchwork
- ❖ Bollywood Dancing
- ❖ Support Groups
- ❖ Cooking classes and more!

Please see our website for further updates on class times and costs and follow us on Facebook.



We are seeking Volunteer General Committee Members

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 phone: 9801 1895 for more details.

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Museum Hit by Covid-19 Shutdown

by Ken Simpson-Bull

The Australian Jazz Museum has been preserving and sharing Australia's Jazz heritage for close on 25 years. As a not-for-profit, volunteer-run organisation, the museum receives no ongoing funding from Federal, State or local government but relies for its operation on the generosity of members, volunteers and supporters.

In early March, the Covid-19 pandemic forced the cancellation of Group Tours already booked for the remainder of 2020 resulting in the loss of a major source of income amounting to around \$15,000.

In the meantime, expenses involved in maintaining operations, the buildings, and the irreplaceable collection continue to accrue. Because of the confined space within the Museum, a resumption of Group Tours is not foreseen anytime soon, despite the easing of lockdown restrictions. Important is the health of the volunteers, most of whom are in the older age group, as well as visiting parties such as Probus clubs whose members are also largely in the age group to whom the virus is most dangerous.

Fortunately, some ongoing work is able to be performed from home by a number of the staff. However, the Museum urgently requires funding at this time from those in the community who are lovers of jazz and believe that its rich heritage in Australia is worth preserving for future generations.

The Museum is thus seeking urgently-needed financial support, and reminds prospective donors that their contributions are tax-deductible. The purchase of CDs from the on-line shop or joining the Museum as a member are two rewarding ways of helping to maintain the Institution.



The Australian Jazz Museum

(nationally accredited)

15 Mountain Highway, Wantirna
will again be open free to the public on Tuesdays and Fridays from 10am to 3pm when it becomes safe to do so.

Resumption of group visits will be advised.
Enquiries: (03) 9800 5535 or visit the web site at www.ajm.org.au



The Australian Jazz Museum

A better banking experience

Right on your doorstep

At Wantirna Community Bank we deliver the products and technology you'd expect from a big bank, plus the personal service you wouldn't. And while we've grown into Australia's 5th biggest retail bank, our heartland remains firmly local. As does our focus. On you and the quality banking products you need.

Find out more. Search Bendigo Bank near me.
Community Bank · Wantirna 9720 4122



 **Bendigo Bank**

**Community Bank
Wantirna**

WHAT'S COOL AT SCHOOL?

News from St. Lukes

St Luke's 2020 - forging ahead in partnership with our families FOUNDATION 2021

At St Luke's we pride ourselves on how we work in partnership with our families to achieve the best outcomes academically, socially and spiritually for our students. We are very excited to be offering two Foundation classes for 2021 as our school continues to grow in our community.



We believe in running a number of transition sessions to allow our new students and families to become familiar and comfortable with the classroom, the other students and ensuring St Luke's is a welcoming

and happy place once school begins in 2021. Apart from these formal visits we encourage our families to visit on the weekends and utilise our playgrounds and spacious grounds. Our playgroup operates on a Wednesday and Friday morning from 9.00am - 11.00am in our school hall and this is also a great opportunity to connect with our current and future families.

STUDENT WELLBEING

Embedded into our learning and everything we do is our student and family wellbeing St Luke's believes wellbeing is integral to optimum learning, good health and life success. A positive sense of wellbeing fosters higher levels of engagement, school connectedness, emotional vitality and academic performance. It is a key factor in enabling children and young people to enjoy meaningful and spiritually enriched lives. At St Luke's we work together with our families to promote the health and wellbeing of all of our students by:-

- commencing the school day with silent meditation and prayer.
- teaching Social and Emotional Learning competencies throughout the school
- underpinning our school values of respect, integrity, resilience, empathy and responsibility in all teaching and learning outcomes
- utilising our Wellbeing Action Team to oversee a whole school approach to student Wellbeing

At St Luke's we run programs that support and promote positive relationships and connectedness, consisting of Religious Education, Values Education, Bounce

Back!, Restorative Practices, Friendship Groups, Student Representative Councils, Year 6 leadership program and our Foundation - Year 6 buddy program.

Our curriculum is developed to ensure the needs of individual students are met, and the multiple and diverse needs of our students are catered for.

You are warmly invited to have a tour at St Luke's and experience for yourself our wonderful school.

There are still places available for 2021 in all year levels, including Foundation so please contact the school office on 9801 6917 or mplimmer@slwantirna.catholic.edu.au to discuss the fantastic opportunities available to you at St Luke's Primary School.



Wantirna College's New Outdoor Facility

from Nick Wakeling MP, State Member for Ferntree Gully

Wantirna College is one of Knox's great local schools. The school provides a range of subjects for around 1400 secondary students in the City of Knox.

Great schools, need great facilities, and that's why I was pleased to recently open Wantirna College's new outdoor facility with Alan Tudge MP.

The new facility is a covered outdoor space which can be used for a range of sports and other educational purposes.

Congratulations to the Wantirna College school community for self-funding this important facility.



Nick Wakeling MP joins Alan Tudge MP, Principal Kevin Murphy and students at Wantirna College

Keep 1.5m apart from others



BE COVIDSAFE



WHAT'S COOL AT SCHOOL?

Celebrations Galore At Wantirna South Primary School

From humble beginnings, Wantirna South Primary School turns 80!

These children from Wantirna South Primary School were not around when the school was established in 1940, but they will now be part of its ongoing history.

The staff and students will welcome Wantirna South Primary School into its 80th year.

In 1937 Mrs. S.H. Grogan wrote to Lieutenant Colonel the Honourable G.H. Knox, M.L.A. for Upper Yarra requesting the establishment of a school for the growing number of children in the Wantirna South area.

This application was initially rejected, but through fundraising, and the support of Ferntree Gully Shire Council, a site of 2.5 acres on Tyner Road was purchased in 1938 for £120, and the school was subsequently built in early 1940.

Miss Claire Duggan was appointed as the first and only teacher with 16 student's enrolled at the school. The school, which opened on July 16th, 1940 spent its early days surrounded by orchards and market gardens, a rural farming setting.

To this day the school "house names", are in honour of the community members that tirelessly worked to get the school up and running for the local children and residents of Wantirna South.

Duggan - Named after Miss Clare Duggan, the first Head Teacher of Wantirna South Primary School when it opened in 1940.

Knox - named after Lieutenant Colonel the Honourable G.H. Knox, M.L.A. for Upper Yarra who supported the original application for the establishment of the school.

Tyner - Named after William Tyner who was an original landowner in the area that now includes the school site.

Wallace - Named after Mary Riddell Wallace, wife of Thomas Grogan and mother of four boys including Riddell Grogan the first President of the Wantirna South Primary School Committee.

With a new Principal, Mrs. Kerri Emonson and Assistant Principal Mr. Andrew Moore brings excitement to Wantirna South Primary School along with its 42 staff members and 316 pupils.

Mrs. Emonson has been teaching at Wantirna South Primary School since 2006 where both her daughters attended. While at WaSPS. Mrs. Emonson has over the years introduced a big focus on sustainability with the chickens and vegetable garden and connecting intergenerational relationships with aged care and students. Focussed on seeing the whole child, Mrs. Emonson engages many opportunities for children to be their best, it's not about who is the fastest, quickest, smartest, best – everyone has success if they learn



through making a mistake and changing their actions to achieve a personal best. Mrs. Emonson has strong values aligned with the school's values embedding all that she does around respect for everyone and promoting an inclusive society for all to flourish.

We take pride in our school values Respect, Inclusion, Care, Honesty, and Responsibility, and this is attributed to the RICHaR values embedded throughout the community.

Wantirna South Primary School Community is one that once you are involved you remain a member for life. We have a number of families at the school where the parents attended the school. And now their children are students. Many past students and families regularly call in, while past students will return to the school for work experience, placements, volunteer work when school is finished or employment. A number of staff members over the years have been past students or friends of past students looking forward to returning to the community the education that they received.

Mrs. Emonson said, "If you haven't been to visit us, I would strongly encourage you to do so, as I feel sure that a walk with me around the school is the best way to demonstrate what we have to offer". Here's to celebrating many more years of community, action, and success at WaSPS!

Wantirna South Primary School
Principal: Kerri Emonson
16 Tyner Rd Wantirna South
Telephone: 9801 1900

Email: wantirna.south.ps@education.vic.gov.au
Web page: www.wantirnasouthps.vic.gov.au



MELBOURNE AND

MITCHELL SHIRE

STAY HOME

Stay at Home restrictions are now in place for
Melbourne and Mitchell Shire.

There are only 4 reasons to leave home.



Shopping for food
and supplies that
you need



Care and
caregiving



Exercise



Work and study
if you can't do it
from home

And if you have symptoms, get tested

For all current restrictions go to
vic.gov.au/CORONAVIRUS

STAYING

APART **KEEPS**

US **TOGETHER**

Hello from Cr. Lisa Cooper

At this point in time Covid-19 has had a profound impact on our community's health, well-being and economy. As your Councillor I have been working with Council on your behalf to immediately adopt a range of local relief and emergency measures in order to lessen the impacts of Covid-19 on our community.

Some of these include:

New Playground at Egan Lee Reserve

Whether it be through direct service delivery or sub-contracted works on infrastructure projects, Council is a major generator of local employment. Throughout this very difficult time Council has been committed to the retention of staff and the delivery of projects and services.

One project which is particularly exciting for local children (and parents), is the new playground recently installed by Glascott (a local Knoxfield business) at Egan Lee Reserve. The playground will feature: brand new equipment for both younger and older children, timber multi-play towers, slides, climbing walls, gym equipment, swings and more. The playground will be completed and ready for use once lockdown restrictions have been lifted.



- Rate Support
- Food Relief Services
- Domestic Violence Support Services
- Mental Health Support Services
- Sleeping Rough Support Services
- Business Support
- Community Group Support

If you require any assistance please call 9298 8000.



SCOTT WARD NEWS

Knox City Council Elections 2020

The State Government has confirmed Local Council Elections will go ahead this year on the 24th October, via postal voting.

In addition to this, the over 70's voting exemption has been removed. This means residents who are aged 70 and over are no longer exempt, and will be compulsorily (required) to vote.

You will receive your postal vote ballot papers early October via the mail.

I will be seeking re-election this year and would once again love your support.

I have really enjoyed representing you and working with many representatives across the municipality.

My hope is that together we can continue the great work which has made Knox a wonderful place for our families to live, grow, and thrive in.

Best wishes for you and your families,

Cr Lisa Cooper

Scott Ward Councillor (Wantirna South & Knoxfield)

Cr Lisa COOPER

Knox City Council
Scott Ward Councillor

0407 240 275

lisa.cooper@knox.vic.gov.au

www.knox.vic.gov.au

Cr Lisa Cooper



Putting our local community first



Knox Council Elections
October 24, 2020
Candidate for Friberg Ward

VOTE 1
Laukens, Susan

#susanlaukensforknox
#timeforachangeinfriberg

Let me know what matters to you.

Call on 0492 820 666

or email friberg@susanlaukensforknox.com.au

Authorised by K Davis, 4 Rickards Avenue, Knoxfield 3180

Introducing Susan Laukens, Candidate for Friberg Ward

My name is Susan Laukens and I have lived in Knoxfield for over 13 years with my husband and two daughters. I am a registered nurse and have been caring for our community for 26 years. I have been approached by many residents and community groups to stand as a candidate for Friberg ward, which includes the areas of Knoxfield, Ferntree Gully and Rowville. I am also the president of Knox Community Gardens Society Inc.

I have heard first hand from many of you that "a change is needed". You have told me loud and clear that you no longer have confidence in the current regime and that your concerns are not being taken seriously regarding development and increasing charges, particularly during these challenging times.

I am a truly independent candidate putting our community first! I will be held accountable to the residents of Friberg and greater Knox, I will NOT be influenced by party politics, and I will uphold your trust and serve my full four year term. My loyalty is to the people of Knox, not using local government as a spring board to State or Federal positions.

Importantly, these elections will be held by postal voting only in October 2020 due to the pandemic.

KNOXFIELD & SCORESBY NEWS



Knoxfield Ladies Probus Club
by Beverly Bishop

July is usually the month in which the Knoxfield Ladies Probus Club members celebrate with a winter festival lunch known as "Christmas in July". A bowl of hot soup, followed by a main course of turkey, pork, ham and roast vegetables is usually topped off with plum pudding for dessert. This cold weather lunch is enjoyed by all as we celebrate surrounded by the out of season decorations, gifts, hats and jokes.

Unfortunately this year it is unlikely that we will be able to enjoy our usual July Christmas celebration due to the Corona Virus restrictions. Our expected theatre trips to the 1812 Theatre in Ferntree Gully to see Agatha Christie's "And Then There Were None", and "Mamma Mia" at the Whitehorse Theatre Nunawading



are also on hold for now. In addition, a planned visit to the Healesville Glass Blowing Studio for a demonstration with hand-made items for sale has also been postponed, as has another delicious Sunday Brunch at Tosaria's Restaurant in Rowville.



In spite of these disappointments, we are truly grateful for our State and Federal Governments' swift actions, and our wonderful medical and other first responders' bravery. Unfortunately we are now seeing another spike in infections, and we must all play our part in once again lowering the numbers. We are keen to welcome new members who are full or part retirees once we are able to resume our regular meetings and activities. Although it may be some time before we can, we all must endeavour to eat well, keep fit and stay in touch with family and friends as best we can. Better days surely lie ahead for us all! Further details are available from Jo on 0414 914 091 or Jan on 0407 577 921.

VICTORIA, AUSTRALIA

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Message from Kim Wells MP, Member for Rowville

These are incredibly trying times. No one in Victoria wanted to undergo another round of restrictions, therefore it is incredibly disappointing that this has happened. After visiting several local businesses in Scoresby, I have seen firsthand just how damaging these restrictions have been. Many businesses have had to make the incredibly hard decision to close throughout this period. It is tragic that small businesses such as cafes and restaurants are having to close, after temporarily having the restrictions eased, allowing 20 customers to dine in. I encourage all residents in Knox to continue supporting local businesses whenever possible, whether it's ordering products online or just picking up a takeaway coffee. The recent announcement of \$534 million to help small business is welcome.

The new restrictions that have been put in place mean that you can only leave the house for four reasons which are, to travel to work or school, care or care giving, daily exercise and buying food and other essentials. It is so important that these restrictions are taken seriously. It can be easy to forget just how dangerous this virus is but we must continue to stick together and support each other. Please remember to check up on friends, family and elderly neighbours throughout this period of lockdown. A phone call or a message can be extremely helpful when someone is struggling with isolation. Most importantly, please look after yourselves and do not be afraid to reach out for help. There is a 24/7 phone counselling coronavirus support service. Please call 1800 512 348 if you feel you need some help through these challenging times.



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

MESSAGE FROM THE MAYOR

Cr Nicole Seymour

July 2020

How are you? Are you doing ok? It has been an incredibly tough 6 months and who would have thought we would face yet again such disruption to our lives with a return to Stage Three "Stay At Home" restrictions in play. Australian's are known for their resilient, "can do" / "she'll be right mate" attitudes, and this was evident when the Covid pandemic first broke. People heard what was needed to "flatten the curve", and even though it was difficult both from a personal and financial perspective, everyone pulled together and got the job done. There was an outpouring of kindness and strong sense of duty to each other.

Fast forward to now and there is a different mood. I am sensing many in our community are tired, stretched, and fragile and some at breaking point. This is resulting in some having less patience, less tolerance and a waning of the resilience displayed at the start of the pandemic. Many small businesses aren't sure they'll survive this time.

Your Council understands the issues our Community faces and is actively doing all it can to provide timely and targeted Relief, Response and Recovery efforts from both a community health and wellbeing perspective as well as economic perspective. It is an evolving situation, which is requiring Council to juggle the immediate needs of a Covid response with ongoing delivery of the core services our Community expects of us – a mammoth task not experienced before.



Acknowledging the mood change and the greater burden a second lockdown has had on many, I ask that each of us dig deep and find the resolve to soldier on. To remember to be kind to each other, no matter what adversity we are presented with. Council is here for you. We have a range of Relief, Response and Recovery efforts in play and are already casting our minds to what more is needed in the months ahead. Everything we

do aims to compliment State and Federal Government initiatives to ensure there is no duplication of effort and that no-one falls through the gaps.

If we all do our bit, following the guidelines re staying at home, social distancing, displaying cough and sneeze etiquette, wearing masks as appropriate, using hand sanitizer etc we will get through this and life will return to some form of new normal.

Council Budget & Rates for 20/21

Council undertakes an exhaustive process in determining what its' budget will be for the next 12 months as well as across a 10-year Long Term Financial Forecasting horizon. The task of developing the 20/21 budget is an exhaustive process that includes reviewing key service and capital works priorities. The budget made more difficult this year given the extraordinary financial implications of the Covid pandemic on Council from both a revenue and expense perspective.

Our budget strikes a balance between maintaining our core services, supporting the people in most need and setting us up to recover from the pandemic.

We've dedicated \$3 million for a range of relief measures and resources, many of which are already underway, helping households and businesses across the community.

The budget includes a capital works program of almost \$114 million. This will provide a critical stimulus for the local economy. Modeling has shown that \$114 million investment will deliver \$254 million in benefits for our city and create almost 700 new jobs.

In setting the budget, there will be a nominal increase to rates for the 20/21 year. We recognise that these are financially challenging times for many and a rate increase even if within the 2% rate cap, may not be what many would have hoped for. Unfortunately, rates are the primary source of Knox's revenue to pay for the services and infrastructure investment our Community expects of us. In times where we are needed to deliver more support, especially in terms of direct Covid response, there has never been a year when a rate increase has been more needed.

We do understand that for some, rates will be challenging to pay this year. To help, we have broadened our payment assistance arrangements to support those who are experiencing financial hardship at this time.

Please take care, and keep safe.

Knox has done relatively well thus far, and I sincerely hope it stays this way.

Cr Nicole Seymour, Mayor & Tirhatuan Ward Councillor

Scoresby Update

Cr Nicole Seymour, Mayor Knox City Council & Tirhatuan Ward Councillor

Playground Upgrades Proving Popular

Covid may have stopped or slowed many of our typical daily activities, but it did not stop Council from continuing works in upgrading local parks and playgrounds in Scoresby.

On the weekends, I do the rounds of our public open spaces. I like to see if they are being used and how people are using them, especially with respect to balancing social distancing with physical activity. At every opportunity, I'll chat with people whilst I'm there. Community feedback is essential to continually improving what we do with our open spaces.

On the afternoon of Saturday 18th June, I visited Benedikt Reserve in Scoresby. Even though works on the playground are still progressing, I am absolutely delighted by the number of families enjoying the new

tennis court and half basketball court. What I was particularly pleased with, was the very respectful and considerate way people were sharing the facilities. Taking it in turns to use the tennis court and the basketball ring. In the time I was there, I observed a husband and wife playing tennis, two families enjoying multiple activities (tennis, basketball and bike riding),



Scoresby village green upgrade

and a couple of mates. All waited and took turns. It made me proud to live in Knox to see this level of cooperation and community spirit.

Other works in Scoresby included the recently completed playground in the Scoresby Recreation Reserve adjacent to the Woolworths carpark at Scoresby Village. Finished a matter of weeks ago, it was immediately proving popular. Unfortunately, Stage 3 restrictions mean it is off limits for now.

There is something really exciting currently underway and I can't wait to see it complete. The village green between the old school house and church in Scoresby Village is getting a major makeover, with elements unique to this special historic place. Works are currently well in progress and I'm not going to give too much away. Something to watch for over the next month or two.

We are blessed to have great pocket parks, playgrounds and sporting reserves in Knox. They are part of the fabric that makes Knox such a family friendly place to live.

Cr Nicole SEYMOUR

Mayor & Tirhatuan Ward Councillor
Knox City Council

0427 245 834

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

Saving Energy In The Colder Months from Knox City Council

With social distancing measures in place many of us are spending more time at home. While this means more home cooking and cosy evenings in it can also mean an increase in energy bills.

Here are some tips to save on gas and electricity year-round and particularly while the cold weather is still upon us.

Keep the warmth where you want it

- Insulate to stay warm and reduce heat loss through windows. Choose the right curtains and blinds and install them properly to keep the heat from escaping.
- If you're not using your fireplace, block your chimney with a chimney balloon to stop heat escaping.
- Close doors between heated and unheated zones of the house.
- If you're renovating, consider where you want to keep the heat, and ensure that space is well sealed.
- Fit weather stripping and seals around door and window frames.
- Install a high-efficiency heater and make sure it is maintained to ensure your safety and keep it running well.
- In some cases, it might be cheaper to run the heater on your reverse cycle air conditioner than use gas heating.

Use timers and thermostats

- Install a timer to allow you to turn the heating on

before you get up in the morning and switch off automatically when you don't need it.

- Set your thermostat for between 18 and 20 degrees and adjust as necessary. Every extra degree adds 10% to your heating bill.
- Wear warmer clothes and add blankets for cosiness in living areas.

Go solar

- Consider installing a solar energy system on your home. Solar Savers is a local government initiative designed to make solar easy and more affordable for Knox residents. Additional financial support is available for pensioners and low-income households www.solarsavers.org.au
- If you already have solar, you may be eligible for a rebate on a battery. Visit www.solar.vic.gov.au to see if your suburb has been designated for rebates.

Get advice from the experts

Knox City Council has partnered with the Australian Energy Foundation to help residents and businesses get free expert advice on how to improve energy efficiency, minimise their carbon footprint and even save money on their energy bills.

Knox residents and businesses can call 1300 23 68 55 or email advice@aef.com.au to speak with an experienced energy advisor.

AROUND KNOX

Local Government Elections 2020

The 2020 Knox City Council elections will be held by full postal voting. This means ballot packs will be mailed to every person enrolled on the Knox City Council voters' roll, from Tuesday 6 October.

Voters must have posted or hand-delivered their completed ballot material by 6pm on Friday 23 October 2020 for their vote to count. It is important to note that as the election is being held entirely by postal voting, there will be no voting on Election Day (24 October 2020).

Voting is compulsory. If you are enrolled to vote, you must vote or risk being fined.

You must be at least 18 years of age to vote in Australia. There is no upper age limit so unlike previous local government elections, people over the age of 70 are required to vote.

If you are yet to enrol or want to update your enrolment details, you need to do so by 28th August 2020. For more information, regarding information on who can vote, different entitlements, how to apply to vote, voters' roll privacy and what happens if you don't vote visit the Victorian Electoral Commission (VEC) website at <https://www.vec.vic.gov.au/>.

More information will be communicated by the Victorian Electoral Commission (VEC) over coming months.

COVID Not Stopping Construction

from The Hon Alan Tudge, Federal Member for Aston.

The COVID-19 pandemic has stopped a lot of things, but not our local infrastructure improvements.

During the crisis important progress has continued to be made on key local road and rail projects; projects I committed to at the last election to address the ever-worsening congestion.

This includes projects that have been on the drawing board for decades, but have never got traction, such as the Dorset Road extension.

One of the big developments last year was opening the Henderson Rd Bridge in Rowville. This provides another north-south link between Ferntree Gully Rd and Kelletts Rd and I've received great feedback on how it is helping locals and businesses by providing an alternative to Stud Rd.

The final pieces to this project are the traffic lights at the Kelletts/Henderson Rd intersection and slip lanes at Ferntree Gully/Henderson Rd intersection. Planning is well underway on these and work is expected to begin in September of this year.

Regarding the Dorset Rd extension and Napoleon

Rd duplication, work is well underway. Millions in federal funding has now been released to the state government to conduct detailed planning work. The projects will be staged together with Napoleon Rd done first so there is extra capacity. Construction is expected to commence in late 2021/early 2022 on this huge \$130 million project

Those starting to drive to the city again on the Monash Fwy will see that Stage 2 of the Monash Fwy upgrades is now underway. This will add 36 km of new lanes including from Eastlink to Warrigal Rd. We added an extra \$184 million to start it more quickly. It will be completed in 2022.

And for those who travel by train, planning work is currently underway with Knox Council and the state government for additional parking at Boronia Station and Ferntree Gully Station. \$35 million in federal funding is secured and locked in the budget. These are complex projects and we want to ensure we get it right. We still haven't settled on the design of these so there is a bit to go.

For Rowville's own rail, the first massive instalment of \$475 million remains secured. However, I have yet to convince the state government, who own the rail network, about this important project. So, there is still work to do on this.

Overall, it's exciting to see infrastructure that our community has needed for so many years now complete, underway or beginning soon. For those not started yet, my expectation is that nearly all of these will have started construction by the end of next year or soon after.

As usual I will keep you updated on all our local projects through Facebook, email and letterbox.

Thanks for your patience and support as we get these local projects done.



ALAN TUDGE MP
Federal Member for Aston

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

Real Action For Knox





News & Events at Your Library

by Angus Cooke

Click for Home Delivery is back!

What is it?

Click for Home Delivery is a postal service that allows you to keep on borrowing from the library under Stage 3 stay-at-home restrictions. A box of library items will be delivered to your address by courier.

How do I get started?

You can place holds on items that you want or ask the library to make a selection for you by logging into your account on the catalogue, phoning your local branch or 1300 737 277.

You will need your library card number and PIN to place holds through the online catalogue.

How often can I borrow?

Each member can request one delivery every 3 weeks.

We will fill all boxes that are sent out. If there is room, library staff will include other material based on your request or we will make a selection for you. It may not be possible to include all your requests in one box; we will do our best.

When will my package arrive?

Depending on where you live, your parcel will be delivered by courier or Australia Post eParcel service.

If your parcel is being delivered by courier we will email you the day before it will be delivered. If you already have a box you can place items out for return using the supplied return sticker.

Unfortunately, we can't tell when your parcel will be delivered if it is sent via Australia Post.

How can I speed up the process?

If you place holds on items that are on shelf at your usual library, these items will be picked, processed

and sent with little delay. Items that are on loan, in transit or available at another branch may be subject to delays.

How do I return my items?

Please return your items when you are able. You may be able to return via the courier service if you request a further delivery.

Our library return chutes are open 24/7, but please only return items if you leave home for one of the four allowable reasons.

- Shopping for food and supplies
- Care and caregiving
- Exercise
- Study and work

Please note: there may be a delay of 48 hours before the items are removed from your account as we are quarantining all items that are returned.

What if I don't want my holds posted to me?

You can suspend your hold/s for a designated time (e.g., six months) and you will return to the same queue position when the time is up or you choose to unsuspend your hold.

You can either do this by logging into your account online or getting in contact with our friendly staff.

What else do I need to know?

- Staff are available to take your call between 9am-5pm on weekdays.
- Practise good hand hygiene when handling any materials from the library.

If you, or anyone in your household, has been unwell please do not return library materials until everybody has fully recovered.



Knox & District Over 50s

Well would you believe it? Last time I was talking about the relaxation of restrictions and since then we have been on a real roller-coaster ride. Just when we were looking forward to an improvement in our social lives, things went pear-shaped! What next? Time will tell.

Just as well we Over 50s are a resilient lot! It takes a lot of inner strength to stay positive at a time like this and we hope you have been managing as best as only you can through all the recent turmoil. Stay positive – a wise person once said “this too shall pass”. Everything does.

If you are in need of assistance please reach out to family, friends or local community groups as soon as possible. Don't be afraid to say you are struggling – a lot of people do under such trying circumstances. Contact the Knox Council offices if you are unsure of where to obtain help. Telephone number is (03) 9298 8000. Or, if you are tech savvy, information is available at knox.vic.gov.au.

Usually, Knox Over50s meet monthly from January to November and provide 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.

Although all our meetings and other activities have been cancelled or postponed for some time now, we remain hopeful that we will be able to resume our usual activities – slowly, but surely. As soon as we have any inkling of when that will be, we will let you know.

In the meantime, if you would like to check with us regarding any changes to the situation, please contact Jill on 9801 4363.

Best wishes from all of us to all you Over 50s. Take care of yourselves and those around you.

NEWS IN GOOD HEALTH & WELLBEING

A Readers Story by Susan Laukens

As a local resident, a registered nurse working within the community and a community leader, I have seen firsthand the impact the bushfires and Health pandemic has had on our community.

I'm sure I am not the only one in Knox that had relatives, friends, and family in the fire zone and trying to coordinate and assist from a distance. All this impacting on our mental health and wellbeing.

The COVID 19 health pandemic was then upon us all so quickly and has had a massive immediate effect. On our residents, family members, local businesses, sporting groups and all community support services. Every aspect of our lives has been affected in one way or another.

Personally, I remember going into what I called "survival mode" working out how as a mother I was going to make sure our children felt safe, were fed and manage home schooling as well as ensuring how our house remained virus free as both myself and husband continued to work. After a week or so I came

to realise I was going to survive, my family was going to survive and thrive with extra family time.

The stay at home orders for our senior residents was in place to protect their health but the effect on the quick change was immediately evident as I worked nursing within the community. With their regular social outings, coffee catch ups and sports cancelled all in the space of a week or two, the shock of the changes was overwhelming for many and took a couple of weeks for an adjustment to their everyday lives to become the "new normal". I heard in my work travels that local retirement village residents would sit at their front door and converse at a distance, "happy hour isolation style".

Our health and emergency services were absolutely phenomenal with the pace they were able to move to the new COVID 19 regulations. As a registered nurse I was able to continue my job seeing clients in their home.

The Knox community gardens, of which I am President, was able to remain open to members only with a raft of policies and guidelines in place so that our members

could access their own "supermarket" of food and exercise. So important to their overall mental health and wellbeing.

As a resident I have been absolutely humbled to see how our local services have adapted to the changing environment, meeting the demands and meeting the needs that were still there within our community despite residents having to remain at home.

The Eastern regional library is an organisation close to my heart, and I have enjoyed assisting the library with activities. The Eastern Regional librarians moved to online story time in a heartbeat. Keeping up routine for young children so important to their overall health.

Our community has shown so much resilience and adaptability. Inspirational to say the least.

As we transition to a new normal I am absolutely sure that we will continue to work together as a community and be much stronger.

Our community can do anything we set out to achieve. It takes courage, communication and a strong sense of togetherness. We can do this.

Laughter Club News

Laughter Clubs Continues with New Vim and Vigour During COVID-19.

You will all agree that our lives have been radically rearranged since the advent of fears and restrictions due to COVID-19. The virus brought with it many ongoing challenges, heartbreak, both personal and professional. We have been stretched beyond our limits, making it harder for many to stay positive in their mind, emotions and body.

Simultaneously, many individuals, businesses and organisations are thriving as they can rise to the challenge, reinventing themselves. People often share having a deeper appreciation of things that were taken for granted. There has been a bonding of relationships and ties, people finding new ways to reach out, stay

connected and value each other more. The garden industry is thriving, as the public have the time and inclination to be outside, tidying, pruning, replanting, growing vegetables and feeling a stronger connection with nature. Many express gratitude for the shutdown, staying at home has provided time for things that were left until they 'got around to it'.

This has been the case with Laughter Yoga and Laughter Clubs, new opportunities. We have gone online and laugh using Facebook Live and Zoom. They provided us with ways to continue, rather than go into hibernation. Now we embrace people who join us from all around the world, as we also join with laughter clubs in other countries. The laughter community is growing, resilient, connected and letting go of the stress that is so prevalent due to the virus.

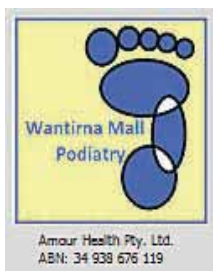
We open our hearts in joy as we laugh, as laughter truly is the best medicine. This we choose to do as an aerobic activity, because the body does not know the difference

with real and pretend laughter. Laughter strengthens the immune system, supports the heart and has many other health benefits which help sustain us to be in optimum health, as far as is possible.

At this stage we plan to stay online and when permitted will meet outside in the park again. This will give you the ability to stay at home and experience laughter clubs as if you were in person. It does work and you will enjoy the laughter sessions as we do by running them. Do contact me with any questions you may have about the Zoom invitation or how to connect with our Facebook Live Saturday sessions. See you soon? Love and Laughter, Lynette and John.

Lynette & John Mitchell lead 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 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.wantirnamallpodiatry.com



Melina Linardatos

Heel Pain

Heel pain or pain in the bottom-most area of the foot is a very common problem seen at Wantirna Mall Podiatry. Pain in the heels is a protective message from our body signalling that our body has sustained an injury or is at risk of damage. Heel pain can occur at all ages usually in those who play sport or are on their feet for many hours.

The causes of heel pain vary and can be due to the way one walks and the position of the foot which can place too much stress on the heel bone and the tissues attached to it. Certain diseases can also contribute to heel pain. Complications such as a bony growth called a heel spur may be the result of too much strain on muscles and tissues of the foot. Pain along the long band of tissue that connects the heel and the ball of the foot called plantar fasciitis can also occur which can become a chronic problem if constant irritation occurs. Other causes of heel pain may be rolling in feet, bursitis, neuroma, other soft tissue growths, bony enlargements, bruising or fractures.

Treatment is dependent on the diagnosis. A podiatrist may send you for further investigation involving an ultrasound or x-ray. The treatment of the majority of heel pain cases involves simple physical therapy and shoe recommendations after assessment. These treatments are effective in the majority of cases avoiding the need for surgical intervention. Recovery can be dependent on one's health and may take 6 - 8 weeks for a healthy individual to recover with consistent treatment.

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NEWS IN GOOD HEALTH & WELLBEING

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

Soft Tissue Injuries

It's a phrase that's regularly thrown around by sporting commentators and athletes but never heard the phrase 'soft tissue injury' and wondered exactly what it means?

Soft tissue relates to any structures that aren't bone. This can include, muscles, tendons, ligaments, bursae etc. These can all be injured as the result of trauma such as hamstring strains and ankle sprains while playing sport. However, we regularly see inflamed tendons and chronic muscle strains due to overuse or degeneration.

What causes soft tissue injuries on the sporting field?

To some degree luck is involved. An unexpected bump or landing on an uneven surface can definitely contribute to these injuries. However, there are a lot of preventable factors to consider as well:

- Excessively tight muscles
- Inadequate warm up
- Fatigue or overuse
- Reduced joint mobility and stiffness
- Poor technique



- Previous injury
- Poor motor control

What causes chronic soft tissue injuries?

These are typically the result of repetitive strain. We regularly have office workers presenting with strain in their arms resulting from too much keyboard and mouse use as well as tightness in their neck and back from poor posture. We also see repetitive strain in tradies, students, mothers and a variety of other presentations.

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For the treatment of:

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

www.wantirnaosteopathy.com.au

NEW LOCATION

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(03) 9800 0388

As with acute injuries, there are preventable factors here as well:

- Too much time spent in one position
- Poor desk set up
- Poor muscle flexibility and joint mobility
- Limited or no breaks in work

Come and see us today at Wantirna Osteopathy to help reduce the impact of soft tissue injuries on your day to day life.

Hands on Myotherapy



LOWER BACK PAIN

Many of us are all too familiar with lower back pain and the restriction it causes to our daily lives. Whether it be a constant dull ache or a sharp pain that comes and goes; there are many reasons for lower back pain.

Some of us accept that lower back pain is normal and this is far from satisfactory. Sitting for long periods, poor posture, inactivity or repetitive movements are just some causes for lower back pain. Along with these, we know that muscle weakness and muscle tightness is also a major contributing factor.

We test and assess areas such as abdominals, glutes, erector spinae, hamstrings and hip flexors for weakness or tightness. By identifying these, we can better provide a treatment plan and prescribe appropriate exercises.

Exercises to help strengthen and lengthen the glutes, core muscles and hip flexors are vital in providing support for the lower back. In most cases lower back pain will continue or reoccur, without a strong and functional core.

Once our practitioners have assessed and tested you, they are able to establish an appropriate treatment plan and rehabilitation program that suits you as an individual.

There is no one size fits all when it comes to managing and eliminating lower back pain.

 **Hands On Myotherapy**

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

8740 3991

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

There was a thought of resuming excursions this last month, but this was again suspended when the Victorian Government restricted group limits back to ten.

With this in mind we have once again postponed all meetings and outings until further notice.

Enjoying Our Bushland Reserves

Although we can't get out with others, this doesn't mean we can't get out and walk/look at our own areas for both exercise and enjoyment.

Lately we have been walking around our local Reserves. Those of us who live in Knox are lucky to not only have playgrounds for the children to enjoy, but also some lovely Bushland Reserves, 70 in all.

Knox Council have a brochure that lists some of the Bushland Reserves that are in Knox. If you don't have one of these they are available at the Council Offices. 'Enjoying Bushland Reserves in Knox'. 27 Reserves are listed in this brochure. (Available via <http://www.knox.vic.gov.au/bushlandreserves>. Ed.)

Most of these Reserves have walking paths through them. It is encouraged to look at the fauna and flora but staying on the paths is appreciated.



Tall greenhood



Nodding greenhood

Today in one of our local patches of bush we were lucky to see two different types of orchids flowering in good numbers. *Pterostylis nutans* - The Nodding Greenhood and *Pterostylis melagramma* - The Tall Greenhood

Leaves of other varieties are showing as well and hopefully will produce flowers this spring. From the track edge we could see *Epacris impressa* - Common White Heath - *Correa reflexa* - Native Fuchsia (green form) in flower, these were enticing the Eastern spinebills. Other birds in the Reserve were Grey butcherbirds, Brown thornbills, Noisy miners, Yellow tailed black cockatoos and Rainbow lorikeets to name a few.



Ants nest

At ground level we observed ants building nests with high edges in preparation for the predicted rains, different varieties of fungi, including Earth Star Fungi and many others in varying sizes and colours.



Earth Star Fungi

An alarm call of a flock of Noisy miners led us to a tree with a male Grey butcherbird in it not seeming to mind being 'dive bombed' by the agitated miners.

High in the eucalypt trees there were flowering mistletoe *Amyema pendula* - Drooping Mistletoe, with their beautiful red flowers.

The sun was out, the weather fine, all in all a lovely experience right here on our doorstep for everyone to enjoy and to learn a little more about our local environment.



Drooping mistletoe



Native fuchsia

Photos by
Alison and Peter
Rogers



White Heath

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.



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Templeton Tennis Club News

by Don McCracken , President

Hello and welcome to our Winter edition of Club news. The club's AGM has been postponed at this time until after the lockdown.

As everyone is well aware there has been little, if no tennis played in this past quarter due to Covid 19. We have, in the past month, been able to have limited coaching and just recently we were able to hold our social Monday night tennis, keeping in mind the guidelines relative to total numbers and social distancing. This now has ceased.

The mid week ladies were about to start their new season on the 22nd July however this has been deferred at this time.

Night competitions, Monday and Wednesday nights did have a couple of nights so that we didn't forget what tennis felt like and it was good to see all enjoying some time together again.

For those of you who have visited the Templeton Reserve area recently you will have seen the considerable works that have commenced at our Club. We are indeed indebted to Council for their commitment to completely refurbish our court complex. This includes court extensions, new drainage, new court surfaces, new fencing and lighting for all 8 courts. A total commitment of over \$1million.



When complete we feel this will be a place to be for all tennis players and all being well all abilities as well. Come along and join us.

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

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

Upcoming events:

Junior Club Championships (date to be advised)

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 0425 748 138
 Coaching: Kelly 0414 874 482
 Website: www.templetontennis.com.au
 Email: president@templetontennis.com.au

SPORT NEWS



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WANTIRNA SOUTH CRICKET CLUB | WALKER RESERVE, TYNER ROAD, WANTIRNA SOUTH | WSCDEVILS.COM.AU

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

Hi Studfield Community,

From all St Andrews, we hope you are all keeping safe and hope the kids are keeping up their fitness and communication with their friends. We would like to take this opportunity to talk to the community about the upcoming summer season of cricket. We feel for the kids that have missed out on their Winter sport due to COVID-19 and can only hope those sports can be played again next year.

In terms of playing cricket this Summer, we are somewhat fortunate that cricket is a non-contact sport so social distancing is easier to manage. The guidance in June was that cricket was able to return with appropriate hygiene/social distancing measures in place, so provided the community is not in lockdown, we will be playing from October to March as per normal.

We cannot stress enough the importance of team sport for children. It breeds friendships, teamwork, self-pride and accomplishment. We would love all boys and girls to come give it a try at St Andrews Cricket Club and for all new players under 12 our membership is free! If you wish to give cricket a go this Summer, please do get in touch - we would love to hear from you. We are based in Wantirna and field over 15 teams (both boys and all-girl teams) of all ages from u10's right up to u16's.

You can register your interest for the new season by emailing standrewscc.jnr@gmail.com or registering online at www.playcricket.com.au (search for St Andrews RDCA in the club finder)



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Don Mitrevski

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Linda Mitrevski

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