

COMMUNITY NEWS

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

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EDITION 73

AUGUST/SEPTEMBER 2021

- BUDGET UPDATES
- NEWS FROM OUR LOCAL COUNCILLORS
- VOLUNTEER FOR KNOX
- VICTORIA DAY AWARDS
- 1500 ATTEND VIGIL FOR VETERANS
- IS UNCERTAINTY HOLDING YOU BACK?



WANTIRNA HEIGHTS ACTIVELY CYCLING OLDIES
(WHACO) GROUP HIT THE ROAD IN BRIGHT

WANTIRNA HEIGHTS PROBUS CLUB NEWS - PAGE 10

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Information

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 ABN: 98259005633 RAN: A0054764G
 PO Box 6159, Wantirna Mall 3152
swnewspaper@gmail.com or
swnewspaper2@gmail.com
 Telephone: 0407 797 666
<http://www.studfieldwantiranews.org>

Volunteer newspaper production team:

Editor: Janet Claringbold	Peter Coluccio
Coral Carew	Keith Slater
Charles Carew	Jenny Slater
Kerrie Ilsley	Fred Stadly

Additional Distribution: M.Claringbold & S.Bingham

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Editorial

Hello Community News readers,
 To those who have been in quarantine over this lock down period and to the people of Knox living under lock down - you are all community heroes.

It's not easy, but it is necessary. This is for all of us, not any one of us alone. People who are following the guidelines, QR coding and registering, are working with the people of your community to keep us all safe.

I have great respect for the people in our community who are keeping up the standards of a Covid Safe way of life. Those who avoid complacency and keep encouraging others, even though it is tough going and anxiety provoking - you are the community heroes we are all relying on.

Thank you people of Knox. The front line workers, the contact tracers, the parents with school students at home, the community leaders and community members. We are all in this together. Keep up the good work. We are all doing an amazing job.

If you're having difficulties, seek professional support early. See Collier Ward Update with contact suggestions from Cr. Marcia on page 9.

Janet on behalf of the team

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



Jackson Taylor Update

Recently the Victorian Government handed down the State Budget and it contained significant investment across the state and importantly, locally too!

Importantly, our budget delivers on our promise to create jobs (with 200,000 new jobs created recently) and delivers on the things that matter. Some of the big projects include:

- \$98.9 million to expand the Angliss Hospital, including a brand new in-patient unit and much more
- Delivering a dedicated children's emergency department at Maroondah Hospital and beginning planning for an expansion to the adult emergency department
- Delivering Airport Rail, the Suburban Rail Loop and building 25 new X'Trapolis 2.0 trains in Victoria
- \$1.2 billion to support children and families, including hundreds of new child protection workers
- More funding for more paramedics and to cut wait times in emergency departments

We also announced a record \$3.8 billion to fix our broken mental health system. This represents the biggest social reform in our state's history and largest investment of its kind in the nation. Most importantly though, this will change lives and save lives.

Everyone has experienced it directly or knows someone who has – and yet mental health and wellbeing has never been given the priority it deserves. We're changing that. This is decade long reform delivering more community-based services, more help for those with acute needs, more early intervention and a new dedicated system to support our kids.

All of this will be underpinned by a massive boost to our mental health workforce supporting around 3,000 jobs – ensuring Victorians can get the care they need while also giving thousands more Victorians the security of a job.

And there's over \$130 million of new local projects (including the Angliss Expansion), which builds on record investment into our community since I was elected to now over \$400 million. Some of the new projects include:

- \$8.6 million to make the intersection of Canterbury and Heathmont Road's Safer
- \$2.5 million for a new double storey pavilion at JW Manson Reserve in Wantirna



Jackson Taylor MP (centre) with healthworkers from the Angliss Hospital

- \$9.19 million to help rebuild Templeton Primary School
- \$178,000 for a brand new inclusive play space for Bayswater West Primary School

Importantly, with now nearly \$3 million in State Government funding announced we're getting on with improving the Boronia CBD. Here's some of the new projects recently announced:

- Erica Avenue Streetscape Renewal
- Business Facade Grants program
- Beautify Boronia by creating 3 large scale mural sites in the CBD
- Lupton Way (next to Station) Streetscape Renewal and Public Art Lighting
- Boronia Big Flix Festival & Pop-Up Events
- 'Boronia's Community Breakfast' run by Knox InfoLink to help those in need.

- Recently the Government provided nearly \$500,000 to local businesses like Electric Vehicles Pty Ltd, Gasco, SDI Limited and Branach Manufacturing to boost local jobs.

And something I wanted to leave you on which I hope will make a big difference to locals trying to start a family is that we've announced \$70 million to establish the State's first public fertility care service. The service will help up to 4,000 Victorians every year – saving them on average up to \$10,000 each starting in 2022.

That's all for now, until next time – stay well.

You can call my office on 9738 0577, email me at Jackson.Taylor@parliament.vic.gov.au or pop in to the office at Mountain High Centre, Bayswater. For anything further you can search 'Jackson Taylor MP' for more and to follow me on Facebook.

VCOSS Responds to the Victorian 2021 Budget

The Victorian Government has unveiled a budget that invests significantly in mental health, matching big promises with significant funding, according to Victoria's peak social advocacy body VCOSS.

In the first budget since the Mental Health Royal Commission recommended a system overhaul, Victoria will invest \$3.8billion to rebuild the system 'from the ground up'.

"The Victorian Government promised to fix a broken system. It's now putting its money where its mouth is," VCOSS CEO Emma King said.

"The government is now starting to fund the recommendations of the Mental Health Royal Commission, and shift the system's focus to prevention and early intervention."

Ms King described the 2021 budget as a blueprint for Victoria's post-COVID recovery.

"The budget strikes a smart balance between funding the urgent support services that are needed right now, and allocating money to protect and empower the state's most vulnerable over the long term."

"VCOSS has long argued for Victoria to become a wellbeing economy, and adopt a wellbeing budgeting approach. We see positive signs in this budget that this formal shift might occur soon," Ms King said.

The full budget analysis from VCOSS can be found at <https://www.vcross.org.au/advocacy/vicbudget2021/>



Jackson Taylor MP

State Member for Bayswater

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

9738 0577 @JacksonTaylorMP Jackson Taylor MP
jackson.taylor@parliament.vic.gov.au jacksontaylor.com.au

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

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News from Bayswater Bowls Club



BRING ON THE SPRING

IT'S MORE THAN A GAME

Baywater Bowls Club applied for a grant under the State Government's (Jackson Taylor) Post COVID Community Participation Program and were successful in attaining the grant. The grant will be used to replace our outdated barefoot bowls with new sets of attractively coloured bowls.

It will be the club's intention to run in the Spring exclusive Barefoot Bowls sessions for local community organisations, in the belief it will help members of these organisations connect with each other in a new and different way.

We will be inviting groups such as PROBUS, Senior Citizens, ethnic associations, schools, health support groups, people with special needs involved in respite programs, groups using Community Centres to come along as a group to a special Barefoot Bowls session. These sessions will be specifically aligned with organisations schedules and Bayswater Bowls Club members will be on hand to assist participants.

By running these sessions, it may help to increase

participation in the sport of lawn bowls which is an extremely inclusive sport catering for people of all abilities and genders, as well as promoting active healthy living among the older population.

As reported in the last edition, Bayswater Bowls Club were undergoing alterations under Knox Council funding. We are pleased to announce that the all accessibility ramp has been completed and this will now allow safe wheel chair access and provide those who use mobility walkers a safer option to the greens.

As the weather fines up, it could be your opportunity to attend a Friday Night Barefoot Bowls session and try out this sport. We have had some success through these sessions in attracting new bowlers to the club.

Make a booking on 0455 441 991 or just turn up as members will be on hand to demonstrate the fine art of bowling, and if you are looking for an outdoor sport, believe me, you cannot go wrong with the choice of lawn bowls, both in a playing and social aspect.



Bayswater Bowls Club member, Jim Sutcliffe

Knox Opportunity Shop News

29/31 Macauley Place, Bayswater

Knox Opportunity Shop, Bayswater survives by word of mouth or being seen by people using Bayswater Coles' escalator. The Op Shop's journey spans 43 years and three moves. Early this year the Volunteers made a brave decision during COVID lockdown to lease the shop next door. A setback facing the Shop now is the closing of through car traffic in Macauley Place. There is very limited foot traffic and this has come about by the extensive changes to the Coles complex known as Mountain High.

Our Shop went through this lockdown of Macauley Place in 2006 when Coles came to Bayswater. At the time the Shop kept open but with limited income. We ask our shoppers/donors to support us as we proudly say "money raised by us stays in Knox". Fortunately the lower part of Macauley Place is open and cars can gain access if bringing donations to us. Please come in and browse through two Shops overflowing with bargains of varied items. Clothing is only a small part of our sales. Our phone number is shop hours, 9729 9844.



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The Bayswater Makers' Market

Bayswater Senior Citizens Hall
Mountain Highway

10 am to 2pm on the following Saturdays:

- 28th August
- 25th September
- 23rd October
- 27th November

The Bayswater Makers' Market plans to be held, covid willing, on the 4th Saturday of each month from August to November

Come and buy direct from local producers, artists and craft people.

Lots of goodies including honey, olive oil, cakes, strudel, gifts, jewellery, bags, babywear, cards, toys and plants.

Please email any enquiries about stall bookings to bw1market@bigpond.com with photos please!

Contact: Julia 9890 2546

Dinsdale Ward News with Cr. Sorina Grasso

A few things to report in Dinsdale Ward, firstly I chaired a productive meeting of the Knox Multicultural Advisory Committee via Zoom where one of the important topics addressed was Emergency Management and Culturally and Linguistically diverse communities. Since then I want to congratulate Joan Pepi Community Development Officer Access and Equity from Knox City Council for being successful in obtaining a \$20,000 grant from the State Government Department of Families, Fairness and Housing for the Priority Response for Multicultural Communities during Coronavirus.

I also attended a Zoom meeting of the Health and Wellbeing Advisory Committee with fellow Councillors Marcia Timmers-Leitch and Susan Laukens respectively. As part of the Health and Wellbeing Committee I saw a presentation by Kylie Osbourne from Knox City Council detailing the important work being done in the area of family violence prevention and assisting victims. I was deeply saddened by the extent of the problem when the Police Sergeant from the unit talked

about cases of elder abuse and also cases where women (and the victims are predominantly women) sustained broken bones as a result of being the victim of family violence. We must continue with our message of zero tolerance to any family violence. It is never ever acceptable in any form.

On a positive note, I also attended the sports ground at Lewis Road of the Fairpark Auskick Junior Football Club, met with President David Cox and Coordinator Andrew Kennedy, saw the young teams training and heard about issues and aspirations and ways KCC can be of assistance.

Of course, throughout I have continued to receive and respond to representations from constituents about issues ranging from illegal rubbish dumping to Lake Knox. I've also highlighted in my social media the assistance available from KCC to residents affected by the recent storms and businesses affected by the recent COVID outbreak, including rates assistance, resources from Council's Business Development Department and the financial assistance provided by the State Government.

BAYSWATER NEWS

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Bayswater Senior Citizens Club

Mountain Highway, Bayswater

We will look forward to welcoming back all our Members after lockdown.

We have been pleased to see most of our Members return as we endeavour to make our Club a friendly place for people over 55 years to gather.

Our activities include playing Cards, Tuesdays starting at 12.30 pm, Bingo, Thursdays with eyes down at 12.30 pm with excellent prizes and Carpet Bowls, Fridays at 1 pm. Once a month we hold our

Movie Day at the Club on a Monday morning. Lunch and theatre outings are also enjoyed.

More information by phoning Sandra, 0448 399 181 or Val, 0400 581 750.

We are next to the Bayswater Hotel and there is a bus stop out the front.

Please come along.



Cr. Sorina Grasso with members of the Fairpark Auskick Junior Football Club



Cr Sorina Grasso

Dinsdale Ward Councillor - Knox City Council

Advocating for local jobs, prosperity &
community.

cr.sorina.grasso@knox.vic.gov.au

M: 0437 853 445  CrSorinaGrasso



Balmoral launches New Dining Experience from Balmoral Village

Balmoral is excited to announce a revamped village dining experience!

Resident dining has always been an important feature of village life. And that's why management and the owners undertook an ambitious (and exciting) program to upgrade the village kitchen and appoint a new village chef to further improve the delicious, nutritious, fresh, healthy and diverse cuisine on offer for our residents. More choice, top quality service with a smile, attention to detail and great fun. The Balmoral Way!

The village kitchen upgrade was completed in early April. It included a full refurbishment - from new floors to walls, new tiling to stainless benches, upgraded shelving to new equipment. We even installed a state-of-the-art walk-in freezer room, upgraded cool room and new exhaust canopy. Basically, a new commercial kitchen!

A kitchen worthy of a talented and dedicated chef. Non-other than new village chef, Peter Prins. Peter brings a wealth of culinary experience to Balmoral and residents have loved welcoming him to the Balmoral team.

Balmoral officially "launched" its new dining experience on Tuesday 20 April with the owners, management, residents committee and a number of happy residents enjoying the choice of a delicious stir-fry beef with egg and vegetable fried rice or chicken curry steamed rice with stir-fry vegetables and roti bread, followed by sticky date pudding. Yum!

By Friday word had spread and over 60 residents

attended the dining room for dinner. The feedback has been incredible. The menu for the month ahead includes roast pork with roasted root vegetables, home-made lasagne, crumbed fish & chips with garden salad, slow braised lamb shanks with mash potato steam vegetables and roasted pumpkin quiche with salad (to name a few). And we can't forget the deserts! Tiramisu, apple crumble, cream brulee, pannacotta or berry cheesecake, anyone?

Resident, come on down. We can't wait to see you.



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Balmoral
OVER 55 LIFESTYLE VILLAGE

Budget 2021 – What's in it for Knox from Alan Tudge MP, Federal Member for Aston

Many in our community of Knox and across Australia sacrificed a lot in 2020 to control the COVID virus and build a foundation for our country to recover. In the face of a once-in-a-century pandemic, the Australian spirit has prevailed.

Unemployment levels have returned to pre pandemic levels with 947,100 Australians getting back to work and Australia's economy has recovered better than almost all other advanced economies. This is great news but we are not out of the pandemic yet.

This year's federal Budget aims to secure our economic recovery, guarantee our essential services and build a more resilient and secure Australia.

The measures we announced in the Budget will really support our community and includes support for families – especially in reducing the cost of childcare and getting into the housing market; cutting tax and the cost of living; support for local businesses and manufacturers; and more support for mental health and our older Australians.

Support for families

- Additional child care support, particularly for those with more than one child in care.
- Helping up to 10,000 single parents buy their own home with a deposit of only 2%. This compliments the existing First Home Loan Deposit Scheme which has been made available to a further 10,000 applicants.
- In addition, the Super Saver Scheme - which allows you to use your super savings for your house deposit

– is being expanded from \$30,000 to \$50,000.

Cutting the cost of living

- Tax Relief for 68,200 Knox low and middle-income workers of up to \$1080 for individuals and \$2,160 for couples.
- To put more money in the pockets of hardworking people we are also removing the \$450 per month threshold on employer super contributions. This means that no matter how much you work a month your employer must contribute to your superannuation. This change especially helps women who often end up with less super than men. Under this change an average person could add around \$85,000 to their super balance over the course of their working life.

Support for retirees

- To help retirees and self-funded retirees boost their income, people aged older than 60 will be able to pay \$300,000 into their superannuation accounts from the sale of their homes. This gives retirees greater flexibility as well as freeing up housing stock.
- Older Australians will no longer be required to meet a work test before they can make voluntary contributions to superannuation.
- The Pension Loan Scheme will also be expanded to allow retirees and self-funded retirees to boost their income by borrowing against their property.

Support for aged care

- Following the findings of the Aged Care Royal Commission we are committing \$17.7 billion to

significantly improve our aged care system. This includes funding another 80,000 for Home Care Packages.

Support for mental health

- A further \$2.3 billion has been committed to fund more mental health support and suicide prevention programs.
- This includes creating more Headspace centres and a new National Suicide Prevention Office.
- Funding will also be provided to expand the Headspace model for those aged over 25 by creating 40 Head to Health centres and an online platform.

Backing local business

- The instant asset write-off has been extended for over 13,000 Knox businesses so they can buy new equipment and immediately write the entire asset off against this year's income.
- The temporary full expensing and temporary loss carry-back have also been extended for another year so businesses can write-off COVID related losses.

I will continue to keep you updated on these measures as they rollout over the coming months. These measures are an important step in giving our community the tools to increase opportunities and build a secure future.

My office is here to support you as always. If you have any questions about the Budget or have any other queries please do not hesitate to call or email my office.

ACOSS responds to the Budget

The Australian Council of Social Service (ACOSS) is a national advocate for people affected by poverty, disadvantage and inequality. Here is an extract of ACOSS CEO Dr Cassandra Goldie's preliminary response to the 2021 Federal Budget:

Investment in services will start to plug yawning gaps

ACOSS welcomes the increased investment in the services that we all rely on in this budget, which will start to plug the yawning gaps that have emerged in our aged care, childcare, dental, mental health and domestic and family violence services. Of course we need to see more investment in future budgets to ensure that everyone gets the services that they need, when they need them.

People need much more help to get into paid employment.

We welcome the Government's commitment to reduce unemployment well below 5% and believe it should go further. The 700,000 people on unemployment payments long-term will need a lot more help to secure the limited jobs available. We welcome the extension of the JobTrainer program and the Local Jobs Program. However, the \$200 million annual cut to employment services, together with tighter job search requirements, mean that employment services will focus more on policing benefit requirements than positive help.

People on income support will continue to live in poverty. This budget failed to lift social security payments above the poverty line: JobSeeker Payment and related

income support remain at \$44 a day, despite the 1.3 million people receiving unemployment payments struggling to keep a roof over their head and eat three meals a day. Brutal cuts to income support for migrant residents mean 45,000 families will be denied income support when they are in need, including single parents.

Nothing to improve access to secure housing for people on low incomes. The Budget does nothing to improve access to secure and affordable housing for people on the lowest incomes, and instead adds fuel to the fire of out-of-control housing costs.

No progress towards Closing the Gap. While we welcome replacement of the discriminatory Community Development Programme, ACOSS echoes the disappointment expressed by First Nations leaders and organisations that this budget fails to fund the measures needed to 'close the gap'.

Budget fails to tackle climate crisis, create clean jobs and ensure no-one is left behind in the energy transition. The budget continues to pander to vested interests in the fossil fuels industry, pouring billions of dollars into subsidising polluting fossil fuels instead of investing in a rapid and fair transition to a clean economy. There was nothing in the budget for workers and communities impacted by the energy transition, and the millions of people who are currently struggling to afford their energy bills and are at risk of being left behind.

Personal tax cuts will come at the expense of future services, and disproportionately benefit

men on higher incomes. The government simply cannot guarantee essential services, including its new investments in care services, as long as \$35 billion in annual tax cuts is baked into future budgets. While people languish on \$44 a day income support payments, people on \$200,000 or more can look forward to a tax cut of \$180 a week unless legislated tax cuts are reversed. This budget also spends \$345 million a year on tax breaks for executive share schemes.

Business tax cuts are a costly and inefficient way to generate jobs. The Budget extends investment tax breaks introduced to speed recovery from the recession out to 2023, at a cost of \$14 billion in 2022, \$345,000 per job created. They may well increase investment but not the investment Australia needs to grow jobs and incomes while pivoting the economy to the environmentally sustainable jobs and industries of the future.

Super policies predominantly benefit the wealthy. Changes to tax breaks for superannuation increase the \$38 billion cost to the budget, with the benefits mainly going to men on higher incomes. Instead of making it easier for wealthy people to shift savings into tax-free super accounts, the government should introduce a levy on untaxed super fund investment income to raise \$8 billion a year to guarantee universal, quality aged care services for the future.

The complete preliminary analysis is available via https://www.acoss.org.au/media-releases/?media_release=federal-budget-acoss-preliminary-analysis-and-briefing. Visit ACOSS at www.acoss.org.au



What's New At Community Pharmacy?

by Purnima,
Pharmacy Manager



Hi everyone,

The year is certainly flying and it has been all systems go at Community Pharmacy Wantirna! If you haven't been in to see our renovations as yet make sure you pop in. We are so excited to have another consulting room built as well as building a dedicated room for our Naturopath to work from. By having extra spaces available it means we have the ability to provide even more health services to our customers.

Our topics of the month: Hay Fever and Asthma

Hay Fever

Hay fever is an acute/chronic inflammation of the eyes and nasal passages that usually occurs seasonally, primarily in Spring and Summer. Pollens and other airborne allergens may trigger an allergic response in people with a range of symptoms that may present. These vary between individuals, not everyone will have the same symptoms nor will the severity of these be the same for all. Persistent on-going symptoms may increase fatigue, irritability, and sleeplessness.

Common symptoms may include:

- Runny nose
- Nasal congestion
- Sneezing
- Itchy eyes, nose, or throat
- Sinus pressure

As well as traditional medications, there are also a range of Natural remedies that may assist in reducing the severity, duration, and frequency of any allergic (hay fever) symptoms.

Some of these include:

- Horseradish, garlic and vitamin C (with fenugreek)** – assists to reduce excessive nasal congestion of the upper respiratory tract and Vitamin C assists in supporting immune health.
- Olive leaf – has an antioxidant and anti-inflammatory effect on allergies
- Quercetin – (antioxidant flavonoid) acts as a natural antihistamine for any allergic reaction (hay fever, asthma, and eczema)
- Probiotics – used to maintain healthy gut bacteria, assisting with immunity
- Essential oils** may offer effective relief against hay fever symptoms and can be used in a vaporiser or as a roll-on.
- Eucalyptus and Australian sandalwood – aids in clearing mucous acting as a decongestant
- Peppermint – reduces inflammation.
- Lemon – sinusitis and to boost alertness and energy.
- Lavender – reduces inflammation.

**always seek professional advice prior to use.

Come in and speak to Andrea our Naturopath for advice in assisting with your Hay Fever and Allergy concerns.

Asthma

The first week of September is Asthma Awareness week. Although we focus on Asthma a lot in Winter, asthma is a year long condition, with Hay fever and Allergies peaking at this time of year we also see a rise in Asthma related illness triggered by things such as weather conditions and pollen. Asthma is manageable, but without the correct medication and not having an up to date and relevant Asthma Management plan, it can become un-controlled. We will be running free Asthma Management clinics for the month of September, see below for the details.



Asthma Management Clinics

When: The month of September - Bookings Essential

Our Pharmacists will be running FREE (normal price \$15) asthma management clinics.

Your consultation includes:

- Personalised asthma control assessment.
- Review of inhaler technique.
- Review & discussion of your asthma care plan and any lifestyle modifications.
- Information about new apps and technology to help you manage your asthma better.

FREE 30-minute Naturopath Consultations*

When: 21st – 27th of September - Bookings Essential

To celebrate Herbal Medicine Week, come in for a cup of herbal tea and a free 30-minute consultation with our Naturopath Andrea. *Free consultations are for new Naturopathy customers only.

Navigating in home-care, with Wendy Miles from Home Instead

When: Thursday 5th August, 10am – 12pm - Bookings Essential

Navigating the maze that is aged care can be daunting! Wendy Miles from Home Instead will be available on this day for senior care consultations, to help you or your carer understand what in-home care options and assistance is available.

Meet The Team

In this edition of the Studfield Wantirna Community News our featured team member is Sam.



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

What drew me to pharmacy was my interest in medications accompanied by the fact that this knowledge would be helpful with assisting the health of friends and family. I enjoy working and speaking with people and helping in this way has been a great motivator in pursuing this line of career.

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

I have a vested interest in the physiology of people, and how we respond to different things. Medications are a way to continuously learn and grow in that space, while also providing a service, whether that be in a work or personal setting.

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

I would have to say that I would remain within the healthcare field due to my interests in people-oriented tasks, but other than a dispense technician/pharmacist, I would have liked to pursue a route in psychology. I feel as though it is another way to get to know people and find satisfaction in everyday life while helping others to do the same.

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

I enjoy spending time with uplifting people, relatives, and close friends. I am also someone who enjoys spontaneous road trips, days out in the sun while working on my fitness, and also making investments for a better future. I am a curious person too, so I tend to find different ways to learn something new.

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

I am always happy to listen, whatever it may be. I am excited to get to know new faces and people's stories, talk about different things in life, and where I can, provide my two cents and humour others for a better day.

Remember to have a look at our website and follow us on Facebook to keep up to date with all our latest news!

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



Greetings fellow Knox Residents,

As I write this edition's column we are starting Stage 5 Lockdown in Victoria. I know it's hard for all of us. Whether we are supporting kids schooling at home, working from home, isolated from family and friends or living alone these are challenging times.

Please take care of yourselves, your family and our community. Most importantly look after your mental health by talking to people you trust, checking in regularly with family and friends, maintaining a healthy lifestyle (good diet,

sleep, exercise) and keeping perspective.

If you feel overwhelmed or are struggling please reach out and perhaps get in touch with Lifeline (13 11 14), Beyond Blue (1300 224 636), Kids Helpline (1800 551 800) or talk to a healthcare professional.

Thank you to all of you who have reached out to me. If you need any help or information then do not hesitate to get in touch via email marcia.timmers-leitch@knox.vic.gov.au or phone 0428 162 218.

Knox City Council 2020/21 Budget Endorsed

Knox, like many local government areas is still feeling the impacts of the pandemic and the new budget funds programs to enable residents, businesses, and community organisations to continue rebuilding and engaging in community life.

The new budget focuses on delivering programs in the following priority areas:

Responding to emerging health and social issues caused by COVID-19

- Prioritising mental health and wellbeing initiatives
- Introducing three-year-old kindergarten
- Implementing the Climate Response Plan
- Building and maintaining community infrastructure

None of this would be possible without the income received from rates. Council aims to balance the financial pressures facing our community with the need for continued investment in community services, infrastructure and reinvigorating the local economy.

The budget sees a 1.5% rate increase and a \$25 increase to the residential waste charge. This equates to around \$18 per year or \$1.50 per month for the average Knox household.

Council recognises that many people are facing unprecedented hardship because of COVID-19, and we are committed to continuing to support those in need with payment assistance. If you need support in this area then please contact Customer Service on 9298 8000 for a confidential discussion about your circumstances.

Local Collier Ward 2021-22 Budget Wins

- Templeton Reserve – New Public Toilets
- Templeton Reserve – Floodlighting Upgrades
- Wantirna Tennis Club – Upgrades Courts 1-5
- Wantirna Rise Estate – Playground Upgrades
- Schulz Reserve – New Shade Structure and Pavillion refurbishment
- Amesbury Avenue – Shared Bike Lane, widening footpath in front of Regency Park Primary School
- Milpera Reserve – Pavillion refurbishment (design only \$20,000)
- Sullivan Court – Footpath upgrades

WANTIRNA NEWS

Safety Upgrades at Templeton Reserve

With the return of local sport to Templeton Reserve, Knox City Council have installed some safety upgrades as a direct response to club and community concerns.

A new ball net has been installed behind the southern (car park) end goal posts. The net will prevent footballs from bouncing onto the main road and carpark, increasing safety for members as well as the wider community.

No Parking and No Standing signs have been installed along the driveway leading into the main carpark.

Cars parking along the driveway (and nature strip) block the pathway for pedestrians and obstruct pedestrian vision for safely crossing between the playground and main oval.



New No Parking signs at Templeton Reserve driveway



New Safety Nets Templeton Reserve and Cr Marcia with Wantirna South Junior Football Club)

Parking vehicles in this area also causes damage to the landscaped areas.

Local laws teams will be monitoring the situation going forward and, if necessary, issuing infringement notices for those not parking correctly. Please park in the main carpark or on Templeton Street and be a good neighbour to local residents.

If you have any safety concerns in regards to our local open spaces and reserves then contact Knox Council Customer Service Team on 9298 8000 or knoxcc@knox.vic.gov.au

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



News from Wantirna Heights Probus Club

A group from our club recently had what they described as a fabulous time in Bright! The weather was good - although commencing the Thursday ride in fog was a bit disconcerting. Crisp, cold mornings turned into sunny days. There were organized activities as well as the freedom to "do your own thing" which allowed getting to know people better during coffee breaks and happy hours.

Great company, great weather, great food and great scenery. The autumn leaves were beautiful and the colours glorious. What more could you ask from a few days away with friends? The new Big 4 social facilities provided a comfortable environment for all the social activities.

The activities included picturesque drives through avenues of late autumn leaves, happy hours and

group dinners and walks along the Ovens river - especially to the brewery. The group also made time for taking in the spectacular views from Mt Buffalo and meeting the animals at the Red Stag Farm. Thanks go to the club's WHACO (Wantirna Heights Actively Cycling Oldies) Group for organising an enjoyable few days in beautiful Bright at its Autumn best.



Orana Neighbourhood House Helping Community Members Experiencing Power Bill Stress

We're helping
eligible community
members access the

\$250

Power Saving Bonus



Orana Neighbourhood House is helping community members experiencing financial hardship to access the State Government's \$250 Power Saving Bonus.

The Power Saving Bonus provides eligible Victorians with a one-off \$250 payment, to assist households with the cost living during the COVID-19 pandemic.

"The pandemic has only exacerbated existing poverty within our communities, and many people have lost work or significant income as a direct result of Victoria's lockdowns," Neighbourhood Houses Victoria CEO Nicole Battle said.

"This bonus offers some financial relief for these community members, many of whom have to choose whether they can pay their next electricity bill or put food on the table."

To help spread the word about the bonus, the Department of Environment, Land, Water and Planning has engaged Neighbourhood Houses Victoria in partnership with Good Shepherd.

"It makes sense to have Neighbourhood Houses spreading the word about this bonus," Nicole said.

"Being such grassroots organisations, they are best positioned to reach people within their communities who already come to them for other support services such as food relief, job seeking support, digital literacy programs and Centrelink assistance."

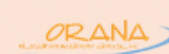
Orana Neighbourhood House Manager Lisa Thomas said the centre was able to help community members complete their online applications for the bonus.

"We know there are members of our community who have never used a computer before or lack confidence and skills to do something like submit an application online," Lisa said.

"We don't want this to be a barrier to them accessing the \$250 payment, so we are available to step them through the process, and make sure they aren't left behind."

To be eligible for the Power Saving Bonus, applicants must hold a pensioner concession card, DVA or Gold card or receive JobSeeker, Austudy, Abstudy or Youth Allowance.

For assistance with accessing the Power Saving Bonus, visit Orana Neighbourhood House at 62 Coleman Road or call them on 9801 1895.



Funded by: VICTORIA
State Government

**Check out our website to see
all the courses and workshops
we are offering in Term 3 at
www.orananh.org.au**



and follow us on Facebook
www.facebook.com/orananeighbourhoodhouse

ORANA
NEIGHBOURHOOD HOUSE INC.

Orana Neighbourhood House | ABN 91 514 980522
62 Coleman Road, Wantirna South VIC 3152
Open Monday - Friday 9.00am - 3.30pm
Phone: 9801 1895
onh@netspace.net.au | www.orananh.org.au

Brownies Enjoy Campfire

By Cassandra Bulman – Brownie Guide Leader

1st Wantirna Heights Brownie Guides is a group of girls aged 7 to 10 years old who have been busy learning all about Guiding history. We started with a promise ceremony where new members promised to do their best and be true to themselves. In our unit, we wrap new members with colourful ribbons to show that they will live by each of the Girl Guide laws.

We also learnt about Guiding history. We learnt about our founders, practiced reef knots and discovered tracking skills. We also learnt lots about Girl Guides and Girl Scouts all around the world. Did you know we have Guiding sisters in 152 countries?

We finished this term off with a campfire, and what campfire would be complete without smoke and campfire songs? We impressed our neighbours with our loudest rendition of our favourite songs but our leaders could have chosen a warmer night for us!

We'd love to make some new friends as well – to find out more about Guides in your area you can email guides@guidesvic.org.au or visit www.guidesvic.org.au/be-a-guide



WANTIRNA NEWS

NEWSPAPER **POST** **N**
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WANTIRNA UNDER NEW Club MANAGEMENT OPEN 7 DAYS A WEEK

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Bring this advert in and when you sign up as a member receive a **FREE** barista coffee and slice of cake.

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Local Volunteers Recognised at 2021 Ferntree Gully & Rowville Victoria Day Awards.

Each year, the Victoria Day Awards are an excellent opportunity for us to recognise the unsung heroes in our community who selflessly dedicate themselves to our schools, emergency services, local sporting clubs, local newspapers, churches, and other groups (the list truly goes on) to the benefit of us all. After a year's hiatus due to the COVID-19 pandemic it was fantastic to be able to come together again to recognise outstanding volunteers in our community at this year's Ferntree Gully & Rowville Victoria Day Awards.

This year's Ferntree Gully Victoria Day Award recipients were:

- Allie Ames (Glengollan Village)
- Ron Ashworth (Ferntree Gully Arts Society)
- Magdi Batty (Armenian Catholic Church in Melbourne)
- Beverley Campbell (Ferntree Gully Friends of Red Cross)
- Peter Chamberlain (Knox Environment Society)
- Wilma Chandler (Upper Ferntree Gully Angliss Hospital Aux)
- Kerry Davis (Knox Park Primary School)
- Alma Grahame (Glengollan Village)
- Elizabeth Habjan (The Knox School)
- Margaret Hawkes (Boronia Lions)
- Tanya Keeghan (Knox Little Athletics Centre)
- Fiona Long (Wantirna Tennis Club Inc)
- Sandor Madai (Hungarian Community Centre)
- Chris Markwick (St Vincent de Paul Society - Ferntree Gully)
- Beverley Mills (Ferntree Gully News)
- Tore Pannuzzo (Rotary Club of Knox)
- Kimberley Price (CFA – Boronia)
- Patricia Rivett (Glengollan Village)
- Jessica Rocca (Wantirna College Parents Association)
- Byron Rutgers (CFA - Ferntree Gully)
- Helen Sefton (CFA Auxiliary – Boronia)
- Shirley Smith (Knox Park Primary School)
- Tan Boon Kong (Knox Chinese Elderly Citizens' Club)
- Paul Waters (Ferntree Gully Eagles Junior Football Club)
- Patrick Young (Outer Eastern Melbourne Vietnam Veterans Assoc (Vic))

I congratulate each recipient on their award and thank them for their important contribution to our community. I also thank the Ferntree Gully and Rowville Community Bank branches for their ongoing support with the Victoria Day Awards (now at 14 years!), Etienne Clauw for his brilliant job as master of ceremonies, and Kim Wells MP.



Group shot of all recipients

OUT AND ABOUT

with Nick Wakeling MP, Member for Ferntree Gully

My Tribute to a Remarkable, Resilient Community

In recent times, there is no question it has been tough for many throughout Knox.

For two weeks or longer, businesses were shut leaving many business owners and employees in financial hardship. Students and their parents were forced to learn and work from home. Local sporting clubs, gyms, dance and fitness studios, local swimming pools (the list goes on) were also shut, leaving many without an outlet for their talents and mental and physical health.

Added to all of this, severe weather events heavily impacted many in our community, cutting them off essential utilities for prolonged periods and leaving many with property damage.

Above all, however, the loss of community felt throughout this time hit hardest. This loss was felt by those unable to see their friends and family, to celebrate a wedding with others, to mourn with others, to worship with others, to be with their teammates or their fellow students (again, sadly, the list goes on).

Yet throughout these recent difficulties, as crushing as they were in the wake of previous restrictions, the resilience of our Knox community was on full display. There are countless examples of this. During the recent severe weather events, our emergency service workers and volunteers were out there in dangerous conditions answering our calls for help and aiding others in neighbouring areas. Community volunteers kept on providing vital support to those in need. Local businesses adapted to restrictions where possible, and their loyal customers came to their support. Religious groups also adapted and continued to worship together. Environmental groups kept up their advocacy for our green spaces, wildlife, and native flora. Local sporting clubs kept engaging with their members as many did throughout last year. The list is truly endless.

Everyone will have an opinion about the necessity of the measures that were imposed, and that is a good thing in a democracy. But what we can all agree upon and pay tribute to is the amazing community we have here in Knox.



Nick Wakeling MP with Cr Meagan Baker and Stephen Barrington, CEO Foothills Community Care, at recent Supporters' Afternoon Tea



Nick Wakeling MP with members of the Knox SES

**Working hard for
our local community**

Unit 4, 91 Dorset Road, Ferntree Gully 3156 | P: 9758 6011

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



Volunteer for Knox

By Co-ordinator Sally Dusting-Laird

It's been 16 months since the COVID-19 pandemic became a disruptive force in all aspects of our lives and forced us to rethink how we engage our community and specifically volunteers. Just when we thought we were over the hump it rears its head to remind us who is in control.

But Volunteer for Knox resource centre in the City of Knox has remained open and extremely active during this period.

Volunteering has many benefits. It can help reduce social isolation and loneliness and increase social inclusion, community resilience, participation and social cohesion especially during these uncertain times.

At the start of the pandemic many organisations in Knox saw a decrease in volunteerism as they were forced to close, postpone or cancel activities, and many volunteers stayed home because of their age and/or health vulnerability.

One of the biggest challenges that organisations faced during the pandemic was that many long-term dedicated volunteers were also those among the most vulnerable to COVID-19.

But non profit organisations are re-opening programs and services. Part of that planning includes welcoming back our volunteers and making sure we create a safe environment for them.

Thankfully we were able to hold a volunteer morning tea on May 19 at the Westfield Knox community space, Level 1, outside Myer, where we celebrated our Knox volunteers during National Volunteer Week.

Volunteer for Knox is jointly governed through a partnership between the five Knox Neighbourhood Houses known as the Knox Learning Alliance that consists of – Coonara Community House, The Basin Community House, Rowville Neighbourhood Learning Centre, Mountain District Learning Centre and Orana Neighbourhood House.

Volunteer for Knox is funded by Knox City Council and its purpose is to increase volunteering opportunities for organisations and individuals in Knox.

Since 2015 we have placed more than 1200 people in volunteer positions. The biggest contributors to volunteer services are aged 25 and under followed by 56-65 year olds.

Fifty percent of Knox volunteers were born overseas in 29 countries from China, Iran, Kenya, Poland, and South America, Switzerland to Croatia. They can speak Arabic, Hindi, Japanese, Persian, Tamil and many more languages. Such wonderful diversity in our Knox Volunteers!

Volunteer roles range from teaching English to migrants and refugees, arts and culture, aged

care, kindergarten assistants, retail assistants in opportunity shops, office administration, gardening, and assisting people with disabilities to get out into their community.

Volunteer for Knox now inducts volunteers on their rights and responsibilities online safely with a YouTube video created by co-ordinator Sally Dusting-Laird. This system is still being used and will probably be a permanent feature as the turnaround for placement is extremely quick instead of waiting for our monthly face to face inductions. Learning to "pivot" was essential during this time.

Volunteer for Knox learned a lot during this period. People were still wanting to volunteer and expressions of interest in positions tripled. Virtual positions including online tutoring, writing letters to people in aged care, business planning and calling people to check on their welfare was extremely popular. The pandemic seemed to bring out the best in people caring for their neighbours and community.

We also learned that for most volunteers who stopped volunteering in-person, their comfort level increases with social distancing practices in place and access to the appropriate Personal Protective equipment, commonly referred to as "PPE". This and many other new words have entered our vocabulary... "self-isolating", "pandemic", "quarantine", "lockdown", "epidemiologist's", "Zoom fatigue", "social distancing", "flatten the curve" and "key workers".

If you would like to volunteer please contact Volunteer for Knox at E: office@volunteerforknox.com.au, check out our website at www.volunteerforknox.com.au or phone: 0429968822



Sally Dusting-Laird from Volunteer For Knox

ACTIVE IN KNOX



**ARE YOU
PASSIONATE
ABOUT
OUR LOCAL
COMMUNITY!!!!**

Do you enjoy communicating with people?

**If so we NEED your help!
Would you like to join our
Team of Volunteers?**

Positions available:

- Support for our Sales and Marketing Supervisor
- Research local memorable stories.
- History writing

And many more vacancies!!!!!!

Call Charles on 0407 797 666

**URGENTLY WANTED
Parent and Grandparent Volunteers
for the Reading Program**



Did you know that Wantirna College has a Reading Program made up of volunteer parents to assist our literacy program? Reading Volunteers are highly valued members of our community who provide a very important service. Each English class (Yr. 7-8 and 9 s) are assigned a Reading Volunteer who visits once a week to conference with students one-on-one, hear them read, and discuss their book with them. Typically, we see 5-7 students per session, and aim to cycle through the whole class each term.

This is a wonderful and rewarding way to get involved with our school. Parents, grandparents, and community members welcome. Volunteers need to have a Working with Children Card. Training is provided and some note taking is required. Interested?

Please email Debbie at mnt@wantirnacollege.vic.edu.au for more information.

**Working hard for
our local community**

Unit 4, 91 Dorset Road, Ferntree Gully 3156 | P: 9758 6011

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY





What's New at Your Library

by Karla Simon

LIBRARY NEWS

Riveting Reads

Enjoy a great selection of the latest books and DVDs at Your Library. To place a free reservation on any of these titles, visit our website www.yourlibrary.com.au/catalogue.

Top Reads

- Who gets to be smart? Privilege, power and knowledge by Bri Lee
- The first day of spring by Nancy Tucker
- The boys' club by Michael Warner
- Malibu rising by Taylor Jenkins Reid
- Mirror man by Fiona McIntosh
- The soulmate equation by Christina Lauren
- The Heights by Louise Candish
- Still life by Sarah Winman
- One hundred days by Alice Pung
- The other black girl by Zakiya Dalila Harris

New DVDs

- Days of the Bagnold summer
- Life
- Love, weddings & other disasters
- Shadowplay
- Yellowstone. Season 3
- Dirt music
- G-loc
- Justice League
- The little things
- Murdoch mysteries. Complete series 14

Staff Pick

Penguin Bloom: The Odd Little Bird Who Saved a Family - by Cameron Bloom, Bradley Trevor Greive

Read the book before you see the film! You will love the beautiful photography; the words that accompany each photograph are just breathtaking.

This is the remarkable true story of Sam Bloom, a mother whose life changed dramatically when an accident left her paralysed.

In this book an injured magpie, named Penguin by the family, helped them all heal after this traumatic event.

- Ajne, Team Leader at Ferntree Gully Library



Events at Your Library

Join us at the library for these exciting events! To book into any of the events below, call 1300 737 277 or book online via our website events.yourlibrary.com.au. All events follow strict COVID Safe guidelines.

Cheesemaking With Anna

10:00 AM, FRIDAY 20TH AUGUST
Free | Bookings essential
Rowville Library

Discover the art of making your own cheese with Anna Ladner from Coldstream Dairy and try some of the exceptional cheeses Anna makes herself.

Jewellery Making Class with The Basin Community House

2:00 PM FRIDAY 20TH AUGUST
Free | Bookings essential
Boronia Library

Join the tutors from the Basin Community House for a jewellery-making taster class!

Celebrate Family History Month

Adoption

1:00 PM TUESDAY 10TH AUGUST
Free | Bookings essential | Knox Library

Are you or someone in your family adopted? Join Patricia from VANISH to find out how to search for historical and current day adoption information.

Immigration

2:00 PM THURSDAY 19TH AUGUST
Free | Bookings essential
Mooroolbark Library

Our ancestors all came from somewhere else. When, how, why are just a few questions many of us have. Join us to discover how and where to answer all your ancestor's immigration questions.

Map Warper

2:00 PM FRIDAY 27TH AUGUST
Free | Bookings essential
Boronia Library

Have you ever seen a historic map and wondered how the same area looks now? Wonder no longer, join us to check out an incredible new program that show this and more. This is a hands-on workshop.

Featured Technology workshops

3D Printing and Design Workshop

2:00 PM TUESDAY 17TH AUGUST
Cost \$5 | Bookings essential
Boronia Library

Come join us for an introduction to the basics of 3D design and printing. You'll learn how to create models in 3D, watch a demo of the printer in action, and design or choose a 3D model to have printed. A small print of your choice (under 25 grams) is included in the cost of this workshop.

Declutter Your Mobile Device: How to Reduce Your Full Storage

2:00 PM THURSDAY 19TH AUGUST
Free | Bookings essential
Rowville Library

Join us at Rowville Library to learn how you can increase the available storage on your mobile phone, tablet or iPad. The session will include a half hour talk where we'll explore a variety of techniques, and an hour of hands-on assistance to put what you've learnt into action.

Online Dating Apps & Services

2:00 PM FRIDAY 17TH SEPTEMBER 2021
Free | Bookings essential
Mooroolbark Library

It's never too late to fall in love! Join us to learn the ins and outs of dating apps and we will teach you skills to stay safe and secure online. We will discuss how to spot and avoid phishing and catfishing scams, how to create a reliable online dating profile and what not to do!



SHAUN LEANE MP

LABOR MEMBER FOR EASTERN METROPOLITAN REGION

OFFICE: SUITE 3, LEVEL 2, 420 BURWOOD HWY, WANTIRNA SOUTH VIC 3152

PHONE: (03) 9887 0255

EMAIL: SHAUN.LEANE@PARLIAMENT.VIC.GOV.AU

WEBSITE: WWW.SHAUNLEANEMP.COM.AU

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

New Storage Space *by Ken Simpson-Bull*

The Jazz Museum is forever increasing the size of its already extensive collection. The word "jazz" is used in a broad context when it comes to the variety of collectible items constantly being added to its collection. Gramophone records, recorded tapes, CDs, photographs, posters, books, magazines and other printed literature, musical instruments, memorabilia, and ephemera are included, much of it also encompassing popular music and the performing arts.

As a result, additional storage space has recently become a necessity. Only two years ago a large insulated metal shipping container with air-conditioning was installed on the museum's site and is already almost full. Now (only a month ago) another shipping container has been purchased and installed, not just free-standing but it will actually be connected to the main building by way of a doorway. Thus, much-needed storage space has been added to the museum and will, in effect, become an extra room. It should be pointed out that items in the museum's collection are conserved and preserved in a professional environment approved by "Museums Australia".

Now that Covid vaccinations are proceeding throughout the community, the Museum's management and volunteer staff hope that it will not be too long before public access and group visits will resume.



The Museum's entrance showing part of the new shipping container.

The Australian Jazz Museum

(nationally accredited)

15 Mountain Highway, Wantirna will again be open free to the public as soon as possible. Resumption of group visits will be advised.

Enquiries: 0412 073 702 or visit the interesting web site at www.ajm.org.au www.ajm.org.au

Community Bank
Wantirna

Inviting all artists

Do you like to draw?
Do you like to paint?
Are you creative?

Community Bank Wantirna would like to invite all members of the community who love to create to be featured as "Artist of the Month" in our branch.

Artists with all level of expertise and age are encouraged to participate, from pre-school children to senior citizens, people with disabilities and people from multicultural backgrounds.

Our aim is to celebrate the talent, diversity, and enthusiasm of local artists.

We welcome all kinds of art from paintings, drawings ceramics, woodwork, art only limited by your imagination and room available to display in our branch.

"The Artist or Artists of the Month" will be featured on our social media platforms as well as on our Community Bank noticeboard in branch.

There is no fee to display any of the art and customers and members of the public are encouraged to view the artwork during our opening hours at no cost.

Where Community Bank Wantirna
Wantirna Mall, 348 Mountain Highway,
Wantirna

Contact To find out more or to book your spot please contact Silvia on 9720 4122 or email silvia.larrosa@bendigoadelaide.com.au

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KNOX
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Immerse.
Art in unexpected places.

33 Artists Exhibitions
EXPERIENCES + PERFORMANCES

11 - 26 September 2021
Immerse 2021 is an arts festival that transforms the City of Knox into a living art gallery. Intriguing art experiences in everyday spaces - inviting community to encounter the unexpected.

For festival details visit knox.vic.gov.au/immerse

ART ACROSS THREE HUBS
The Basin
Wantirna
Rowville

[knoximmerse](https://www.instagram.com/knoximmerse) Artist: Gretel Taylor, Image by Laki Sideris

KNOXFIELD & SCORESBY NEWS

Scott Ward News with Mayor, Cr. Lisa Cooper

Sporting Upgrades

Work has commenced on the Knox Regional Netball Centre, which will add two more indoor courts to allow more all-weather matches and greatly improve accessibility, spectator comfort and visitor parking. Funded by Council in addition to \$5 million from the Victorian Government and \$4 million from the Australian Government.

After next week's sod turning, work will commence on redevelopment of Knox Regional Sports Park, which will deliver 12 new indoor community courts for local basketball competitions as well as new landscaping and administration areas. The redevelopment will cement Knox as the heartland of basketball in the country and provide more people with the opportunity to participate in their favourite sports.

Knox Mental Health Action Plan

This was recently launched at a Mental Health Forum which brought together community organisations, businesses, service providers, state and local government representatives and more met last week to work together on supporting mental health and wellbeing in Knox.

The plan identifies opportunities for us to collaborate with and support local organisations such as community groups, sporting clubs, volunteer and cultural organisations to promote positive mental health outcomes across the city.

As these partnerships and projects develop, we'll share more information on initiatives and programs available to support our community's mental health and wellbeing.

More info: <https://www.knox.vic.gov.au/whats-happening/news/working-together-mental-health>



Concept view of Knox Regional Sports Park

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- ✓ Zero waste packaging philosophy
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Friberg Ward News with Cr. Susan Laukens

Meet and Greet at Mountain Gate and Knoxfield shops.

Local traffic issue, neighborhood barking dogs, overgrown vegetation covering foot paths. These were some of the issues that were brought up during several meet and greet opportunities that I hosted at both Mountain Gate shopping strip and the Knoxfield Shops in the month of May. I will be following up on these issues with residents.

It was an absolute pleasure to meet and chat to residents as they went about their business at the shops. As the ward Councillor it is very important to be visible and available for residents to come and have a chat. I was also overwhelmed by the positive responses I received and that they were delighted to see their elected local representative out and about.

A reminder that you are able to report issues directly to council via Snap, Send, Solve app or via the website Knox.vic.gov.au or phone 9298 8000.

Putting our community first.



Volunteers Needed!

Want to feel good about yourself?

Become a Volunteer

When you are doing good for others you will experience a **Helpers High!**

You will feel healthier and happier!

Want to support our Seniors?

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SusanLaukensforKnox

KNOXFIELD & SCORESBY NEWS



MAYOR'S MESSAGE with Knox Mayor, Cr. Lisa Cooper



Throughout our senior years, feeling connected and valued is incredibly important, and many local clubs and associations play such a vital role in helping locals stay active and engaged. Everyone in Knox contributes something special to our city and to our identity. We are enriched by the participation of our older residents and their enthusiasm and dedication to our community. It is vital to our City that everyone in our community feels a sense of belonging and has the opportunity to connect with others and participate in their favourite activities.

EveryAGE Counts is an advocacy campaign aimed at tackling ageism against older Australians. Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions. Knox City Council has recently signed the EveryAGE Counts pledge which demonstrates

Knox's commitment to ensuring older people can participate on equal terms with others in all aspects of life. We recognise the contribution of older people in Knox. We know that we benefit greatly as a community and individually from their extensive experience, wisdom and skill. We support and encourage the full participation of older people within our society and recognise how valuable their contribution is.

For more information on EveryAGE Counts, please visit: www.everyagecounts.org.au

The 2021 Knox Seniors Festival will take place from Monday 4th to Saturday 16th October 2021 and is run in conjunction with the Victorian Seniors Festival.

Our Festival offers a variety of events and activities and is an opportunity to celebrate and value our older residents.

The 2021 program will be released in September 2021.

For more information: <https://www.knox.vic.gov.au/our-services/children-family-and-community-services/seniors-and-over-55s/activities/knox-seniors-festival>

Council provides a range of services to assist residents aged 65 years and over. We support our older residents living independently and safely in their own homes. We also support a number of groups and provide events and services designed to promote active ageing and social inclusion.

Some of these services include: food services, transport services (our community bus has recently been repurposed to drive older people to attend COVID vaccination appointments), community outings and more; as well as Zest4Life events, Seniors Festival, and the Bright Ideas Network.

For more information: <https://www.knox.vic.gov.au/our-services/children-family-and-community-services/seniors-and-over-55s/services-65-years-and-over>

New Public Toilets

Four new public toilets projects are currently underway and are expected to be completed by the end of August 2021. The toilets have been carefully positioned to be close to newly built play spaces at each of these reserves which is great news for families with young children, and will feature:

- two uni-sex toilets at each site
- paths to link them to the playgrounds
- baby change facilities
- daily cleaning including liquid soap dispenser
- vandal-resistant stainless steel hand basins and toilets
- electronic locking system
- security lighting

The new toilets will be open from 6 am to 8 pm daily.

Reserve locations:

- Tormore Reserve, Tormore Road, Boronia
- Scoresby Recreation Reserve, 4 Gretel Court, Scoresby
- Talaskia Reserve, 20 Talaskia Road, Upper Ferntree Gully
- Templeton Reserve, 43-63 Templeton Street, Wantirna

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Knoxfield Ladies Probus Club By Leonie Taylor

Hello again from Knoxfield Ladies Probus.

The meeting arranged for 16 June 2021 was cancelled due to COVID restrictions.

Our monthly meeting on 19th May was attended by a large group of ladies who enjoyed our Vice President Val Poll stepping in to the President's role as Jan Waters was on holiday. Val loves to tell her jokes and always gets a laugh from us all.

A most wonderful enjoyment was from our guest speaker Ms Beverley Moss who called her memoir "Come Fly with Me". Beverley spoke of her love of flying and becoming an Air Hostess when she was old enough to apply, which she did and joined Ansett ANA in the early 1960's.

Beverley led us on her training days (with photos) through to her flying days on the DC3, DC9's and her favourite the Fokker Friendships. We heard about the very strict code of dress and personal demands of a busy Hostess life. It was told in a most informative, clever way, full of funny anecdotes.

Every one of us was enthralled with her story and Beverley reminded us that back in the 60's it was a luxury to fly and the passengers and crew were always dressed so smartly. It was evident how much she loved her career choice.

How we all miss those days, but maybe not the authoritarian workplace though with all the rules and regulations the ladies (no male hostess back then) had to adhere to!

Our day out on the 4th August, 2021 is a bus trip to Tarrawarra Art Gallery, Healesville with lunch at Beechworth Bakery, Healesville.

A lunch at Zest Restaurant on 1st September is planned. We have lots of fun together as members and friends. Call Val 9763 6175 or Bev 9753 3224

Victoria Day Awards

from Kim Wells MP, Member for Rowville

Some of you may not know that July 1st is Victoria Day. Over 169 years ago on July 1st, Victoria declared it was a separate colony to New South Wales. In order to celebrate Victoria Day, for the last 14 years there have been Victoria Day Awards given to local heroes in the Knox community. I, along with Nick Wakeling, the local member for Ferntree Gully, hosted the Victoria Day Award ceremony this year at the Polish Club in Rowville.

I would like to express my appreciation to the Polish Club for their incredible hospitality, as well as Nick and his staff and my own staff, and of course to our event sponsors, the Ferntree Gully and Rowville Community Bendigo Bank Branches for helping put on such a fantastic night.

The winners of the Victoria Day Awards this year were all incredibly deserving. Far too often volunteers do their work quietly and behind the scenes without any fanfare or attention, therefore it is wonderful to congratulate each and every one of

them for putting in so much time and effort to their local community clubs.

The 2021 Victoria Day Rowville electorate award winners were:

- Ian Bevis – Scoresby Cricket Club
- Harry Birkenfelds – Scoresby Football Club
- Kate Davis – CFA Scoresby
- Lynda Fletcher – Lysterfield Netball Club
- Regina Imbor – Polish Senior Citizens Club
- Michael Migliaccio – Knox Italian Community Club
- Mervat Mishraky – Australasia Coptic Society Inc
- Carmel Quiney – St Vincent de Paul Society – Scoresby
- Antony Singarasa – Lions Club of Rowville
- Honey Preet Singh – Sant Nirankari Mission
- Michael Vanderwal – Knox Churches Soccer Club

Pictured at right: Kim Wells MP and Nick Wakeling MP with Ian Bevis (centre) from the Scoresby Cricket Club. The well-deserving recipient of a Victoria Day Award. A member and player of the Cricket Club for well over 50 years, Ian has held various roles.

Picture sourced from <https://www.facebook.com/KimWellsMP>

News from Scoresby Town Club Inc.

With all the stops and starts (lock downs) for our club our ladies made their time in lock down very productive with their amazing craft work.

Three pieces (2 are pictured) were made by 3 members of our club and donated so we could have an in house special effort. The ladies in the photos were the winners and very happy ladies on the day.

On the 7th July 38 members finally started back and we sincerely hope now that we will continue each week with our club weigh ins and meetings.

If you are reading this article and would like to come and see us one Wednesday morning at the Church of Christ in Mountain Highway, Bayswater (opposite the Knox Medical Centre) parking in the church car park at the back of the church, please give Margaret a call on 0418 306 104 and she would be delighted to meet you and show you around our very friendly club, perhaps even have a cuppa with us and meet some of the members.



Kim WELLS MP

STATE MEMBER FOR ROWVILLE

Unit 4, 1335 Ferntree Gully Rd, Scoresby 3179 | 03 9764 8988 | KimWells.com.au

[KimWellsMP](#) | [KimWellsMP](#)

Authorised by Kim Wells, Unit 4, 1335 Ferntree Gully Rd, Scoresby. Funded from Parliamentary Budget.



A STRONG VOICE
FOR SCORESBY
AND KNOXFIELD

KNOXFIELD & SCORESBY NEWS

Is Uncertainty Holding You Back?

There is no question the pandemic has turned lives upside down, disrupted routines and unsettled any sense of certainty with what the future may look like. The words "new normal" have limited promise for stability, as just when we think there is a predictable rhythm to our lives, a new crisis emerges and the yo-yo of disruption happens all over again.

For many, uncertainty fuels fear and equates to chaos. It may be hard to plan, prioritise and to maintain a positive mindset that things will get better. Fear of the unknown may cloud judgement, make people increasingly risk adverse and unwilling to embrace a mantra of "going with the flow".

One of the impacts uncertainty is having on our community is people have been slow to re-engage with their pre-covid formal and informal social networks preferring to remain in part socially isolated and therefore "covid-safe" through less chance of transmission. Examples include the slow return to public places such as libraries and community


By Nicole Seymour
Community Matters Most

centres. Reduced participation levels in community groups, service clubs and sporting clubs is also an indication that there remains a reluctance to test what is a "new normal". Even our local Churches report reduced numbers attending services when in person participation is permitted.

Meaningful social interaction and having a strong sense of connectedness are important foundations to having a happy life. It is a well-researched fact that loneliness and social isolation are risk factors leading to a shorter lifespan / early mortality due to the impacts on both mental and physical health.

The message here is, cutting yourself off from social interactions to manage the uncertainty and fear of covid-19 may actually do you more harm than good. Rather than isolating yourself, a more measured approach of balancing covid-safe hygiene practices, wearing masks as appropriate and applying common sense to your interactions with others is a better health and wellbeing choice.

Mr. Mina Williams
B.Pod. M.A.Pod.A.
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Tirhatuan Ward Update

By Cr. Nicole Seymour

There is much to update readers of the SWN this month re Council related matters affecting the southern part of Knox.

Cats: I'll start with acknowledging the recent decision of Council to introduce a 24 hour cat curfew from the 1st October has caused upset for many cat lovers and polarised our community between those that support Council's decision and those that don't. The decision to strengthen the requirement for domestic cats to be contained to the cat owner's property day and night, aims to address three core concerns for Council – 1. Reduce the number of Nuisance Cat complaints (neighbourhood disputes) caused by domestic cats trespassing onto the land of another person without that person's permission; 2. Wildlife conservation and sustainability and 3. Cat Health and Safety. Please keep an eye out for more information regarding Council's Domestic Animal Management Plan and cat curfew over coming weeks as it will help allay some of the concerns cat owners have expressed and makes clear the responsibilities expected of pet owners in Knox.

Scouts: Another topic of interest recently has been Council's role in providing ratepayer financial support to our local Scouts groups to assist with the maintenance, refurbishment and upgrading

of their Scout Victoria owned halls. Scouts and Guides make a significant contribution to our community from the perspective of volunteering and local leadership development. Scouts and Guides are important as they create for social connection, life skill development and friendship opportunities for young people of all abilities and background. I was pleased to support the calling for Council to commence the strategic work necessary to determine how Council can support our local Scouts to be more sustainable in 2021 and beyond.

Traffic: There are a number of major road works projects planned for the second half of 2021 into 2022 that are likely to impact traffic flow on major arterial roads including Wellington Road and Kelletts Road. If these roads are part of your daily commute, you will need to allow extra time. There may be some flow on impact to Stud Road and Ferntree Gully Road.

Toilets: Work has commenced on the installation of new public toilets at Tormore Reserve, Scoresby Recreation Reserve, Talaskia Reserve and Templeton Reserve. The toilets being installed at Scoresby are close to the new playground and easily visible with excellent passive surveillance. They will be of great benefit to the Scoresby Tennis





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New toilet block - photo provided by Cr. Lisa Cooper

Centre whose courts are available to the public through the online "Book a court" system as it means casual players will have access to toilets if the tennis pavilion is closed. The new toilets will also be a great asset on footy and cricket match days providing additional amenity for spectators.

Cr Nicole SEYMOUR

**Tirhatuan Ward Councillor
Knox Council**

✉ P.O. Box 2168, Rowville 3178

"Thank you for your on-going support. May we achieve great outcomes for our community together."

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour

www.nicoleseymour.com.au



Laughter Club News

Hello there and please indulge me for a moment to ask you something. How often do you read the laughter club article in this newspaper? Next question – have you ever felt like, or thought to come along and try it out?

Last month we spoke of Faye, a star member, who bakes us birthday cakes. Faye kept the newspaper article for two years before meeting us and has never looked back.

This happens a lot, people see or hear about the laughter club for a long while before making the conscious effort to make it happen. I wonder if you fit into that category.

We have a new member, Heidi, who did just that, kept the Bright Ideas book from the Knox city council for a year before phoning up to see if it was still on. Heidi loves it and has shared with her family members how it is helping her to be lighter. When she tells them about the laughter club she finds both herself and her family members laughing together.

Laughter is very infectious and can become a beneficial habit that can easily be incorporated into our daily lives. Habits are easily formed and can be difficult to break, when they become automatic, mindless, unconscious ones.

Consider this, you make an effort to give up a 'bad habit' such as smoking or eating chocolate for example. You succeed and then one day, feel like just one, it won't hurt me. Then daily you look for it, more likely at a time when you feel a little stressed

and want to do something to make yourself feel better.

This is how easily an unwanted habit can become an unconscious, automatic habit, which is not conducive to living the life you were meant to lead. In a moment we can undo all the good work and consistent effort we have put into establishing a good habit or routine.

What if we choose to implement a new, so called, 'good habit' into our life? It can be easier than you might think and admittedly, we may need some outside support or encouragement to get it going. BUT don't underestimate your value and adaptability, your willingness and wanting to succeed.

My motto is like Winston Churchill's saying, to 'Never, ever give up'. Success is not how many times you have fallen over, but how many times you have picked yourself up and kept on going, trying, persisting. There is a fabulous document I am happy to email or snail mail post to you, about 50 Successful people who failed at first. Such as Henry Ford, F.W. Woolworth, Akio Morita (Sony's founder), Bill Gates, Albert Einstein, Walt Disney, Charles Darwin, Socrates – to name a few.

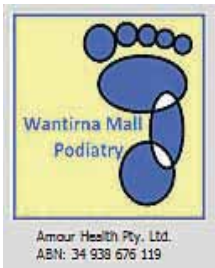
And so, the guidance today is to encourage you, if you so choose, to consider and apply yourself to something new that you have wanted to do.

Or perhaps to believe in yourself to achieve something that has eluded you thus far. Most of us are very good at self-sabotage patterns which can create regrets as to what we did not achieve, had we otherwise made the decision to go after, until success prevails.

If you do choose to look us up at the Ferntree Gully Laughter Club sometime, you will be welcomed and encouraged to stay as regular members. We have loads of fun and usually go for a hot beverage at a nearby café afterwards. If you wish to come along, we meet behind the Ferntree Gully Library in person on the 2nd, 4th & 5th Sundays. On the 1st and 3rd Sundays, we laugh with international and distant ones, using Zoom.

Cheerio for now. Until next time, love and laughter blessings. I look forward to hearing how you go with these ponderings.

Lots of Love and Laughter, Lynette Mitchell.
Lynette & John Mitchell lead the free Community Ferntree Gully Laughter Club,
Phone: 0425 799 258 or John on 0425 798 115
Email: lynette@laughterforliving.com.au



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Melina Linardatos

Cold Feet in Winter: Chilblains

What are chilblains? During winter, some people will experience burning and itching on the tips of their toes. When warming up the feet quickly the itching and burning can become worse with also swelling, pain or redness and sometimes open sores may develop. These open sores can expose the feet to possible infection.

Chilblains develop when the blood vessels in the toes open up quickly after being constricted in cold conditions, the rush of blood into the toes causing damage to the surrounding tissue. Not everyone will develop Chilblains, development of Chilblains is dependent on your circulation and environment. People with poor circulation and other health problems like Diabetes or Heart Disease are prone to developing chilblains or those exposed to damp or draughty environments.

You can prevent chilblains by avoiding extreme temperature differences between cold and hot. For example walking barefoot on cold tiles then jumping into a hot shower. Keep your feet and body warm, if your feet become cold warm them up gradually by putting warm socks and shoes on.

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

KNOX
your city

Community Training

Do you volunteer for a community group, club or not-for-profit organisation in Knox?

Knox City Council's Community Training Program offers a range of free workshops designed to help individuals, community groups, clubs and not-for-profit organisations in Knox to develop new skills and thrive.

Bookings are essential.
For a list of workshops or to book, visit Knox.vic.gov.au/communitytraining or phone 9298 8000



NEWS IN GOOD HEALTH & WELLBEING

News from Wantirna Osteopathy
by Dr. Matthew Snowball (Osteopath)

COVID Restrictions Are More Than Just a Headache

After 18 months of Covid-19 we have all been forced to learn to live with the disease and the laws designed to minimise the virus's negative impact on the health of the citizens. Whilst protecting the people, the regulations are causing some unintended side effects, however we can take further action for our health and discomfort.

At Wantirna Osteopathy we are seeing greater amounts of headaches and jaw (TMJ) pain that appear to be aggravated by wearing masks. These observations are supported by research linking the use of masks for extended periods to headaches, anxiety, tremors, and muscle cramps. Filtered masks such as the N95 are shown to cause these side effects more frequently than surgical masks - partly due to altering subconscious breathing to a state of hyperventilation over extended periods, causing low levels of carbon dioxide in the blood. Tension from masks pulling on the face for hours may also be a part of the problem. Surgical masks appear to cause less side effects, whilst reducing

the spread of Covid-19 and should be used instead, especially if any symptoms have been experienced. Additionally, reducing the amount of mask use, such as when driving alone should be a part of your daily routine.

With increased studying and working from home, zoom meetings becoming standard, and a reduced need to leave the house as often, movement is



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not as incidental as it once was. We all know it is important to get up from the desk, take a break and move for our low back but often we forget about our neck. With phones, computers and driving we often spend most of our time looking straight ahead and slightly down. Incorporating daily head movements and stretches as a 'break for your neck' can be an effective method of improving, reducing, or preventing headaches and neck pain, along with your desk ergonomics and activity.

If you have any pain, discomfort, or concerns your local health care professionals at Wantirna Osteopathy are more than capable of assessing, managing, and treating your Covid-19 related headaches and neck pain.



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Development at what cost??

by **Richard Faragher**
President, Knox Environment Society

An important body of fresh water known to us as Lake Knox is slated for destruction if the State Government has its way.

Development Victoria, the State Government's agency has been given the task of controlling the development of the former Horticultural Research Station at 621 Burwood Highway which runs along the highway and down Scoresby Rd towards Blind Creek. The plans see around 450 dwellings as well as a commercial zone along Burwood Highway.

As part of the plans the former dam built at the bottom of the hill where the bike track meets Blind Creek will be filled in and be turned into a siltation pond to collect the sediment running off the hard surfaces before flowing into the creek. This is, for Development Victoria, the simplest, easiest and most importantly the cheapest solution to their planning problem.

A coalition of local environmental and friends groups, as well as businesses and local residents have been fighting to prevent this happening. So why is this lake so important?

1. It is a large body of fresh water that maintains a constant water level at all times.
2. Since being built in the 1950's it has developed into a mature and self-sustaining ecosystem that contains its own unique assemblage of plants and animals.
3. It has areas of deep water that suit a number of important bird species.
4. It has a fringing layer of vegetation that provides protection and nesting sites.
5. It is fenced off from disturbance from people and pets.
6. It provides a peaceful and calming image close to houses, industry and recreation zones

7. It is an important linking zone to the Areas of Biological significance close by.

It has become one of the few sites in Melbourne where the rare and threatened Blue Billed Duck has been able to breed. There are very few wetlands, 8 in total in all of Victoria where there is publically available and documented evidence, through photographs and anecdotal notes of Blue-Bill ducks breeding. This make Lake Knox incredibly rare

The assertions made by Development Victoria that the trajectory for success of Lake Knox is a certainty if it were to be replaced with a traditional stormwater system, have been clearly refuted in Prof. Paul Boon's report (see the KES website)

Development Victoria has in its plans a new wetland to the north east of the current lake that they claim, without any supporting evidence, will be 'better' than the current Lake. None of the wetlands built by Development Victoria so far contains the elements listed above or has seen the Blue Billed Duck undertaking breeding. The local groups do not believe the destruction of an ecosystem is worth the cost.

As all government bodies do, Development Victoria has assured us all that community consultation and our thoughts and ideas are important. However, in all the consultation undertaken by representatives from local groups and individuals, the submissions given, the letters written, the phone calls made, the people who gave their time to sit on the Community Working Group and the 16,000+ signatures on the petition there has not been a single change made by Development Victoria to any of their plans despite all our requests and arguments.

Even Melbourne Water who, as the body responsible for rare and threatened species on water bodies in Melbourne is deafening in their silence and seem happy for an ecosystem to be bulldozed for silt collection.

ENVIRONMENTAL NEWS



Blue billed duck on Lake Knox : Nalini Scarfe

Development Victoria has lodged their planning documents with Knox City Council and we would love to see the people of Knox voice their opinion over this important issue.

Things you can do:

1. Visit the KES website at Knox Environment Society - Save Lake Knox (kes.org.au) and look at the raft of information available
2. Sign the petition at Petition · Save Lake Knox from being bulldozed · Change.org
3. Write to your local councillor – email addresses at the KES website
4. Write to Councillor Sorina Grasso, who has the Lake in her ward : Dinsdale Ward Cr.Sorina. Grasso@knox.vic.gov.au
5. Write a submission to the planning department at Knox City Council expressing you views. An 11 point summary is available to help you. [lake_knox_key_points.pdf](#) - Google Drive
6. Print off a poster(s) and put them up in prominent places.

Please feel free to contact us if you want to know more or if you would like to join our campaign president@kes.org.au



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

by Alison Rogers

We are now meeting back at Maroondah Federation Estate. Although we are restricted when lock downs are sprung on us. Details at end of items.

Now is the time to walk around your local reserves. There is much to see with fungi, orchids and our lovely indigenous flowers. We are lucky to have many of these reserves in the Knox area.

Below: *Calochilus robertsonii* Purple Beard Orchid - photo Alison Rogers. Right: Buff-banded Rail - photo Roger Needham



Meetings

July - Speaker: Graham Thomas

"Wild Orchids of Victoria" - a DVD compiled by Graham

It was lovely to meet up with fellow naturalists and friends after a break due to the Covid restrictions.

Graham had put together a wonderful selection of Victorian orchids that he and his parents (Life Members of the Club) had found over many years throughout Victoria. Many of these orchids had not been seen by many of the members before. Filming these in the bush, the photos were accompanied by beautiful bird calls from our Australian native birds. Graham had divided the orchids into sections showing many from the same families in each segment.

After the DVD, members were able to share their own images from different parts of Victoria and interstate.

Excursions

May - Leaders: Inta and Roger

Wilson Reserve Ivanhoe

On a cool Sunday morning Inta and Roger took us for a bird walk along the river edge of Wilson Reserve in Ivanhoe. A busy little area with shared paths for walkers and bike riders. The usual birdlife was observed with a close up look at a couple of Buff Banded Rails, always a pleasure to see. A second walk further along the river was taken before a picnic lunch. 32 varieties of birds were seen on the excursion.

Due to covid restrictions we are not planning our meetings and excursions very far ahead. Keep an eye on our website for updated information.

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

Meetings are held on the second Wednesday of each month at 7-30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melway 49 H10). All visitors are welcome. For more details phone Alison or Peter on 9801-6946.

Check out our Website <http://www.rfnc.org.au> there is so much more to see and find out.

1500 Attend Vigil to Remember Veterans by Michael Quinn

The 24th of April 2021 was set to be the biggest Rally organised on the steps of parliament calling for a Royal Commission into Veteran Suicide. Instead the Rally changed to a vigil to remember those veterans that had taken their own life. The Prime minister called for the Royal Commission into Veteran Suicide.

350 Veterans rode bikes on Parliament and 1500 attended the vigil. Politicians, Veterans and family members gathered with a common theme; "to remember the veterans; our mates, husbands, sons, daughters, sisters and brothers who had taken their own lives". They will not be forgotten.

In 2016 a small group from Aussie Veterans started this campaign by nailing 242 crosses in the ground

in front of Parliament House. Jacquie Lambie stood in Parliament and called on the government to support this Royal Commission in her maiden speech in Parliament. The group grew and the veteran community slowly supported. With loss of Jessie Bird and David Finney to suicide during the campaign many family members started to campaign strongly with us. A vote from the senate in support was the final straw, a conscience vote from the floor in Parliament forced the hand of the Prime Minister.

We finally won. A big thank you to all those that supported this call; a big initiative by a small group that will change veterans' services, assistance and treatment for ever.



The "Running Rabbits" Military Museum from Upwey RSL

A fascinating, entertaining and educational experience for people of all ages

The Running Rabbits Military Museum is situated in Upwey not far from the thousand steps walk and the Kokoda monument in the Ferntree Gully National Park. This museum is also dedicated to the heroism of the men involved in the battles along the Kokoda track.

In 1942 a determined group of Australian soldiers withdrew in the face of overwhelming odds along the Kokoda track. Their task was to prevent the capture of Port Moresby by the advancing Japanese who may have used it to invade Australia. When relieved they were castigated by General Blamey and accused of running like rabbits. This Museum is dedicated to the memory of those brave men and Brigadier Arnold Potts – those glorious Running Rabbits – the saviours of Australia.

The Museum houses a large array of weapons, uniforms, equipment and other memorabilia ranging from trench art to an Australian Navy Ikara Missile and a

Leopard Tank all relating to conflicts in which Australia has taken part from the Boer War through to Afghanistan and to the current day.

There are a number of hands on displays which allow visitors to touch and hold while guides explain the significance and operation of these items.

Dioramas on display include the depiction of images of the Kokoda Campaign of WW2 as well as diverse scenes from WW1 and a helicopter medivac in Vietnam.

Opening hours:

Thursday 10.00 am to 2.00 pm

Sunday 11.00 am to 3.00 pm

Other times by arrangement

Entry gold coin donation

Tours by schools, groups or individuals by arrangement.

Running Rabbits Military Museum

1 Mast Gully Road Upwey Vic 3158

E: museum@upweybelgraversl.org.au



COMMUNITY NEWS



Boronia VIEW Club

Boronia View Club will next be meeting on Friday 20th August at 11.30 am at Eastwood Golf Club, Liverpool Rd., Kilsyth for a lunch meeting at a cost of \$27. The speaker will be Dick Francis talking about "Funny things happening at sea" Could be good for a laugh!!

Boronia View Club will also be meeting Friday 17th September at 11.30 am at Eastwood Golf Club, Liverpool Rd., Kilsyth for a lunch meeting costing \$27. The speaker will be Wally Ballout talking "all things NBN". He is the National Broadband Network Community Ambassador. He will give an update regarding NBN and answer any questions. Should be quite informative.

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

For enquiries please ring Judith on 9764-8602

Wantirna Evening View Club

Wantirna Evening VIEW Club is a group of friendly women who meet and enjoy a social environment whilst knowing we are raising valuable funds for The Smith Family Learning For Life Program. We currently sponsor 6 students through the dedicated efforts of our ladies.

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

We meet on the 1st Wednesday of the month (except in January) at The Wantirna Club, 350 Stud Road, Wantirna 3152 – 7 pm for a 7:15pm start. A lift to go upstairs is available. We enjoy a delicious 2 course meal plus tea and coffee for \$30.00 and each meeting we have an interesting guest speaker.

We would love new members to join – any age group most welcome. Being an evening club our meeting time is suitable for the working lady or the lady who has day time commitments.

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

Ferntree Gully VIEW Club

Our monthly luncheon meetings are held on the 4th Monday (except in December) of each month and includes a 2-course lunch, tea/coffee at a cost of \$25. We have a meeting, then a speaker or entertainment.

We support The Smith Family and raise money through our luncheons and in-house functions. We support 6 disadvantaged students through the 'Learning for Life' Program with the Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 23rd Aug, 2021 - Speaker from 'Mercy Ships'. Hospital ships which deliver world class health care services, wherever they are needed.

Monday 27th Sep, 2021 - Speaker Nick Wakeling, MP - Member for Ferntree Gully.

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

Time - 11.30am for a 12.00 noon start

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

To book ring Denise Barth - 0408 379 935

What's On?

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana Neighbourhood House 62 Coleman Rd ,Wantirna	1300 13 50 50 COTA web site
Tempting Treats Cafe	Open 11am to 4 pm	Inside Tabulum Templar Reception 31-34 Elizabeth St, Bayswater	8720 1333
Wantirna Evening View Club	1st Wednesday each month 7pm for a 7.30pm start	The Wantirna Club, 350 Stud Road Wantirna South	Kate on 0421 650 684.
Ferntree Gully View Club	4th Monday of each month 11.30am	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	Denise Barth 0408 379 935
Boronia View Club	3rd Friday of each month at 11.30am	Eastwood Golf Club Liverpool Road Kilsyth	Judith 9764 8602
Boronia Ladies Probus	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Zita 9764 5233
iShred - Community Shedding Day	Sat. Aug 14 & Sat Sept 11	5/7 Samantha Crt. Knoxfield	1300 763 688
Tiny's Bar and Bottle Shop	Open Tuesday to Sunday	1/1333 Ferntree Gully Rd. Scoresby	Bookings: 8260 5882
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Jeanette 0407 308 671 or John 0405 698 554
Knoxfield Ladies Probus	3rd Wednesday of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Val 9763 6175 or Bev 9753 3224
Lions Club of Knox	1st & 3rd Tues of month at 7.00pm	Our Saviours Lutheran Church Knox 646 Burwood Hwy, Knoxfield	Geraint 0450 923 437
Probus Club of Wantirna Sth	2nd Wednesday of the month at 10.00 am.	Wantirna Club, Stud Road Wantirna	Jo 0414 914 091
Scoresby TOWN Club	Wednesdays 8.30am	Bayswater Church of Christ	0418 306 104
The Hut Gallery	Open SatSun 11 am - 4 pm August "Winter" "Skatedeck and Sneakers"	157 Underwood Rd. Ferntree Gully	thehutgallery.wordpress.com/

Financial Counselling at EACH By Melinda Kearsley

- Are you making promises to pay amounts you can't afford?
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- Are you avoiding your mail?
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EACH offers a free and confidential and respectful financial counselling service to anyone living in the Eastern Metropolitan region of Melbourne who is experiencing financial difficulty.

Clients do not need to be receiving a Centrelink payment or have a low income to receive this service.

A financial counsellor will assess your financial situation then inform you of all available options depending on your circumstances.

EACH Financial Counsellors can support you by providing information and options to help you develop the skills, knowledge and confidence to take control of your financial situation. This may include managing creditors, mortgages, loans, credit cards, Centrelink debts, utility bills, fines and more.

They can inform you of your rights and responsibilities under the law.

They can provide information regarding access to insurance and superannuation. They can inform you of what government assistance may be available.

They can explain the role of ombudsman services and dispute resolution agencies.

They can provide information on bankruptcy and assist in the application process.

If you need further support, a financial counsellor will correspond and negotiate with creditors on your behalf.

The service does not provide loans, take over your finances or deal directly with money, offer investment advice or do tax returns.

Appointments are held in private rooms or over the phone if you prefer. You can bring a friend or family member for support if you wish, and interpreters are available if required.

The service is accessed by phoning the EACH Intake Line on (03) 9871 1817. A recorded message will ask you to leave your contact details and the suburb you live in. An intake worker will then call you back to discuss your financial issues and provide information regarding action you can take until a financial counsellor is available for an appointment.

If your matter is urgent, you can phone the National Debt Helpline on 1800 007 007 and speak to a financial counsellor on the phone.

CONTACT US:

Phone: 9871 1817

Email: fcintake@each.com.au

Web: <https://each.com.au/service/easternfinancial-counselling>



COMMUNITY NEWS



At Knox Over50s we are a very friendly and sociable group who normally meet monthly from January to November and provide guest speakers, day and overnight trips, a book club, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies.

Subject to Covid rules, we hope to hold our next monthly General Meeting at 10.30 am on Tuesday, 24th August, 2021, at Club Kilsyth. If you will be attending the meeting and would like to stay for lunch in the Club's Bistro, please telephone Bronwyn King on 9762 2015 to book. (Bookings are not required for the meeting.)

Following the ups and downs of recent months, we hope to return to our regular activities as listed above. Weather permitting, we may also be able to continue with walks around Lewis Park on the third Monday of each month.

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

If you feel you may be interested in joining our group, please contact Jill (on 9801 4363) for further information. We look forward to hearing from you or, more importantly, seeing you in the near future.

Boronia Ladies Probus Club Inc.

Our ladies were lucky to get in a bus trip on the 27th May to the Carriage Café and Dixon's Creek Café the day before the last lockdown. Although it was a rainy day, morning tea at the Carriage Café with scones/jam/cream and coffee/tea taken inside the train, then onto Dixon Creek Café for lunch. 42 ladies with friends really enjoyed this day out.

Our May meeting was our Cancer Biggest Morning tea and we were delighted to be able to donate to the Cancer Foundation a cheque for \$485 collected that day.

On the 2nd July 16 ladies and their friends enjoyed morning tea and a performance by Rhonda Burchmore at Karralyka Theatre in Ringwood.

Our meetings start again in August on the Wednesday of the month at the Knox Club, sign in at 10am. Our next guest speaker will be Katherine King and her topic will be Brain Gym – simple movement and exercises.

For more information about our friendly ladies club, please call Zita on 9764 5233 and perhaps arrange to come and visit us, we are always happy to meet new ladies.

News from Rotary



Knox Rotary's Covid Year

The Rotary year of 2020/21 is now over and in itself was a year like no other. Rotary in Australia is now 100 years old and like always, it is focused on providing service to our local and the international communities to bring about an improvement in the lives of people.

This past year, our efforts to raise funds and provide service have been more challenging due to the presence of the Covid-19 pandemic. Our traditional fund raising avenues in the Rotary Club of Knox were the Knox Show-N-Shine and Bunnings BBQs, along with some personal donations and pursuing grants for projects. Covid impacted our car shows and the BBQs significantly. Our service projects within the local community generally centre about Youth. However, once again Covid decimated the physical element of providing this service and, within the District, all youth programs were cancelled due to safety concerns and Covid restrictions.

In spite of these restrictions our Club had a successful year holding 48 Club meetings, 11 Board meetings and 5 social events, many using the now popular "Zoom" when re-restrictions forbade us to meet in person. We also successfully raised funds to support donations to our International programs - a total in excess of \$4000.

Further to this, we launched a Mental Health support project called "Simple Steps" in January 2021. This entailed establishing an independent Incorporated entity - Simple Steps Solutions Inc, to manage this delicate area of support. The support took the form of providing access to and funding for professional counselling services for members of the Knox Community who could not receive these services through any other means. The recipients, all youth, were identified and referred through HeadSpace, Knox, and in 5 months approximately 140 counselling sessions occurred. This represented a funding effort of more than \$19,000, raised from grants from Knox City Council, Rotary District 9810, Rotary Club of Knox and some personal donations.

In our Club, the Rotary Club of Knox, we meet at lunch time weekly (at the Knox Club, Wantirna), on Wednesdays (members aren't expected to attend every week), in project teams and occasionally at other times for Fellowship. Our focus for the next year is to provide service to our local community, to attract new active members and to have fun.

Our Club was chartered in 1980, yes we as a group are only 41 years old, just a baby compared to the original Australian Clubs, but we are functionally active and striving to improve the local community we reside in.

If you would like to know more, please come and visit one of our weekly meetings as a guest and talk to us about what we do and why we do it. Feel free to call our Past President Alan on 0419 153085 and arrange a visit.

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News from U3A KNOX

A Morning Walk

Crystal Brook car park in Cardinia Reservoir Park at 9.00 on a brilliant winter day—the sky is a spotless blue, there is no wind and the temperature in the sun isn't bad. The open area of Kangaroo Flat looks frosty in the morning sun but that may be a heavy dew. It is Wednesday morning in the school holidays and the Knox U3A bushwalking groups are gathering for a combined holiday walk. Knox U3A closes down for a term break in line with schools but some of their activities continue if members are willing; this group certainly are. There are walking poles, light packs, hiking boots as well as hats, gloves and extra jackets that are likely to be removed as the walk progresses. The group gather to hear the walk leader describe the route and then they number off around the circle. We start with 24 walkers this morning.

There are three bushwalking groups— Monday and Wednesday half a day and Wednesday full day. David is leading this group and it is up a path to the road near the top of the dam and then down a track that leads to one of the boundary fences. It is green, the white heath is in full flower and the track not too wet. The surroundings are quiet but many of the walkers are chatting away.

David joined U3A 21 years ago on retirement and hadn't done any hiking previously. His wife suggested joining the group and although she went on to other U3A activities, he stuck with the walking. He is 87 years old.

Josef is the whip today, following on at the end of the group to make sure we don't lose any stragglers. He has been walking with U3A for 25 years. Before that he hiked regularly, often on overnight camping trips walking in with all his gear and then out again. He is 87 in four days. In his early days with U3A Josef also went bike riding regularly and a friend suggested he started a cycling group. There are now three cycling groups in Knox U3A.

After about 45 minutes we have circled back to the car park, picked up a couple of members who only wanted a shorter walk today and headed up to Duffy's Lookout for a 15-minute morning tea break. It is an opportunity to sit down and catch up. The sun is still shining and a passing Parks Victoria truck gives us a wave.

Judy leads the Wednesday half day group. She's 72 years old, has been a member for 15 years and, together with her husband, was a regular walker before that. When she joined, Nancy was the leader and gave Judy the opportunity to lead a walk of her own. She hasn't looked back. Members are encouraged to suggest and lead walks if they wish, providing good opportunities to explore new areas. The walking groups are mixed, many are experienced walkers who want to continue the activity in a friendly, supportive group and there are some who haven't been hiking

before. Judy says one of her group had never been in a National Park before she joined.

Now we follow the circuit track back up to the road by the dam and then back down to Kangaroo Flat and the car park. It is nearly 11.30 am and we have done about 8 km. Another circle for a head count to make sure we haven't lost anyone and the group breaks up until next week.

Knox U3A is for people over the age of 45 who are retired or semi-retired. All our tutors and leaders are volunteers. As well as bush walking groups we also have other walking options including strollers who tend to use the shared bike tracks around Knox and surrounding area as well as a Melbourne city explorer group.

See our website at u3a.knox.org.au for full details.



Life Activities Club Knox

To introduce you to our friendly club we invite you to come to any 3 activities which are listed in our Newsletter FREE, but after 3, we would like you to become a member. For an annual fee, only \$25:00, you will receive the quarterly newsletter, no charge for quarterly meetings and a warm welcome to all activities. I'm thinking that it's possible that we have new residents in the area and maybe some retired persons looking for an outlet. We are here for you! Meet us at Water Aerobics when we join an organised 10 am class with a great instructor, or/ and join the Badminton played every Thursday afternoon. It's fun. There are 3 walking groups also. These activities will raise the heart rate and also include fun, laughs, and conversation.

Ready to sit now? Come to Armchair Travel, Musical Appreciation, lunch somewhere, this month at the Stamford Hotel, or find us at the Village Cinemas in Knox. Coffee Mornings are also

enjoyable with topics and conversations leading anywhere. Other activities are cards, probably this also gets the heart rate up. Play Bolivia, Canasta, or/and 500.

Outings for AUGUST: 25th we'll tour the Moorabbin Airport and the entry fee is \$7:00.

CINEMA AT KNOX 3:30, DINE OUT AT TOSARIAS, Rowville. Licenced. COFFEE MORNINGS every month AUG.11th. Travel to Burnley Gardens for a guided tour of their extensive gardens, and for this we'll each pay \$8:00. On the 13th the Friday walkers will be enjoying the sights, sounds and smells of the famous Sherbrooke Forest walking to the lovely Sherbrooke Falls.

Then it becomes Spring. September 6th. Girls Coffee and Chat will meet in Banksia Nursery, the Men's Coffee and Chat will meet at Rapture Café in Ferntree Gully, Chinwaggers, our lunch group, will meet at the Lilydale International Hotel. On the 19th we'll be

attending Live Theatre at the 1812 presenting "A Flea in her Ear", this being a comedy should give us a few laughs. DINE OUT on the 22ND. Destination "Billy's Kitchen, in Knox Ozone.

Then on the 29th. Play Time!! After a tour of the Gingerbread Factory, we will decorate our very own gingerbread man to take home for show and tell. \$9:00 each for this tour.

Give us a try, we are a friendly club with an aim to keep well, get out of the house, and enjoy retirement.

To learn more about our friendly club, i.e. Life Activities Club Knox Inc., and /or for a copy of our current newsletter please ring: CAROL 0419 870 639. Look us up at www.life.org.au/knox



Templeton Tennis Club News

by Don McCracken , President

Hello and welcome to our Winter edition of Club news. The club's AGM was held on the 13th July with all incumbent people being re-elected unopposed.

As everyone is well aware there has been varying forms of tennis and coaching over the past 3 months but at least we are still operating, or were as I prepare this report. Fingers crossed we can maintain control here in Victoria.



Thursday Ladies Premiership Team



The mid week ladies have completed their seasons and what a season they have both had! Premiers on both Wednesday and Thursday, congratulations!

Our weekend competitions both junior on Saturdays and Sundays plus senior on Saturdays are progressing well with minimal interruption from weather and Covid. We are looking forward to successful season from them all.



Wednesday Mid Week team premiers

SPORT NEWS

Night competitions, Monday and Wednesday nights are back and operating, as allowed. It is good to see everyone back and enjoying court time.

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. Melways 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



Wantirna Tennis Club News

by Alison Rogers

Recently the Committee of Wantirna Tennis Club had the honour of nominating our very own Fiona Long for the Nick Wakeling award for volunteering. Fiona is a committee member, junior convenor and Communications officer with Wantirna Tennis Club. She lives in Wantirna with her husband and two sons and is also involved in supporting her local community school and sports.



President Greg Dorn with Fiona Long and Nick Wakeling at the award ceremony. Photo James Long

She is a willing volunteer and alongside our Coaches has become the principle driver in growing our junior tennis competition to be the largest in Knox.

Her social media initiatives via Facebook, Twitter and Newsletters has significantly contributed in enhancing the operations of the club and increasing its membership.

All her inputs are appreciated and we highly recommended her for this award.

Juniors

Our juniors are playing in the Eastern Region Tennis Association Winter competition. We have juniors

Coaching

Troy & Mike Tennis set for a big 2021

Coaching is now underway with all ages out there on the courts. Group lessons and private lessons available. Adults don't miss out, we have Cardio tennis available with the Coaches, which is a great way to have a quick fitness pickup and is a lot of fun. This is run every day.

Troy and Mike are excited to be launching our brand new coaching program now exclusively at Wantirna Tennis Club. We will be offering all levels of coaching every day with Hot Shots red-green stage, Junior and Senior squads. Anyone interested in joining any of our programs please call Mike on 0433511904 or email enquiries@troyandmiketennis.com

See you on the court, Troy, Mike, Billy & Dan.

playing both on Saturday and Sunday mornings at the Club. This caters for those who need to play 'School sports' on the weekend and also those who need to attend language schools. Our club has the highest number of junior teams in all of Knox.

We wish all the juniors luck with their tennis and hope they have great fun out there on the courts.

Social tennis

In recent months we have welcomed many new members to our Social Tennis Group on Tuesday mornings. It is lovely to see our group of social players expanding each week. A very friendly group of male and female players. If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down on a Tuesday morning and have a hit with some of the social players at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground you can have a hit. Play starts at 9-30am and it is currently only \$5. Along with our Juniors, this is our largest growth area. All welcome.

Midweek Ladies

Season one has finished and we are all looking forward to getting out on the courts to start season two. At

the moment we are looking for new players for our midweek ladies teams. Did you play tennis when you were younger, or maybe have been playing in a cardio session? Why not come down to Wantirna Tennis Club and join one of our teams. Senior Ladies tennis is held on Thursdays with two seasons of competition per year. This is a good way to stay fit and meet new people. If you would like to play competition give us a call. Rotating teams are available so you can have the occasional day off. If you like, bring a few friends and have your own team. All standards are catered for. It is great fun.

About Wantirna Tennis Club

Visit our website for details on how to join our Club. We have excellent facilities which include two BBQs covered with a shade cloth sail over our picnic area. New tables and seats under cover for enjoying picnics or for watching your children play. We have 9 tennis courts and a Coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

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

Club coaching team: Troy & Mike 0424693005 or

email enquires@troyandmiketennis.com

Coaching Face book: www.facebook.com/troyandmiketennis.com

Wantirna Tennis Club Inc Melway Ref: 63C8

Wantirna Reserve, Cnr Mountain Hwy and

Burwood Hwys Wantirna

PO Box 5295 Studfield 3152

Club Secretary: Alison 0408576025 or email

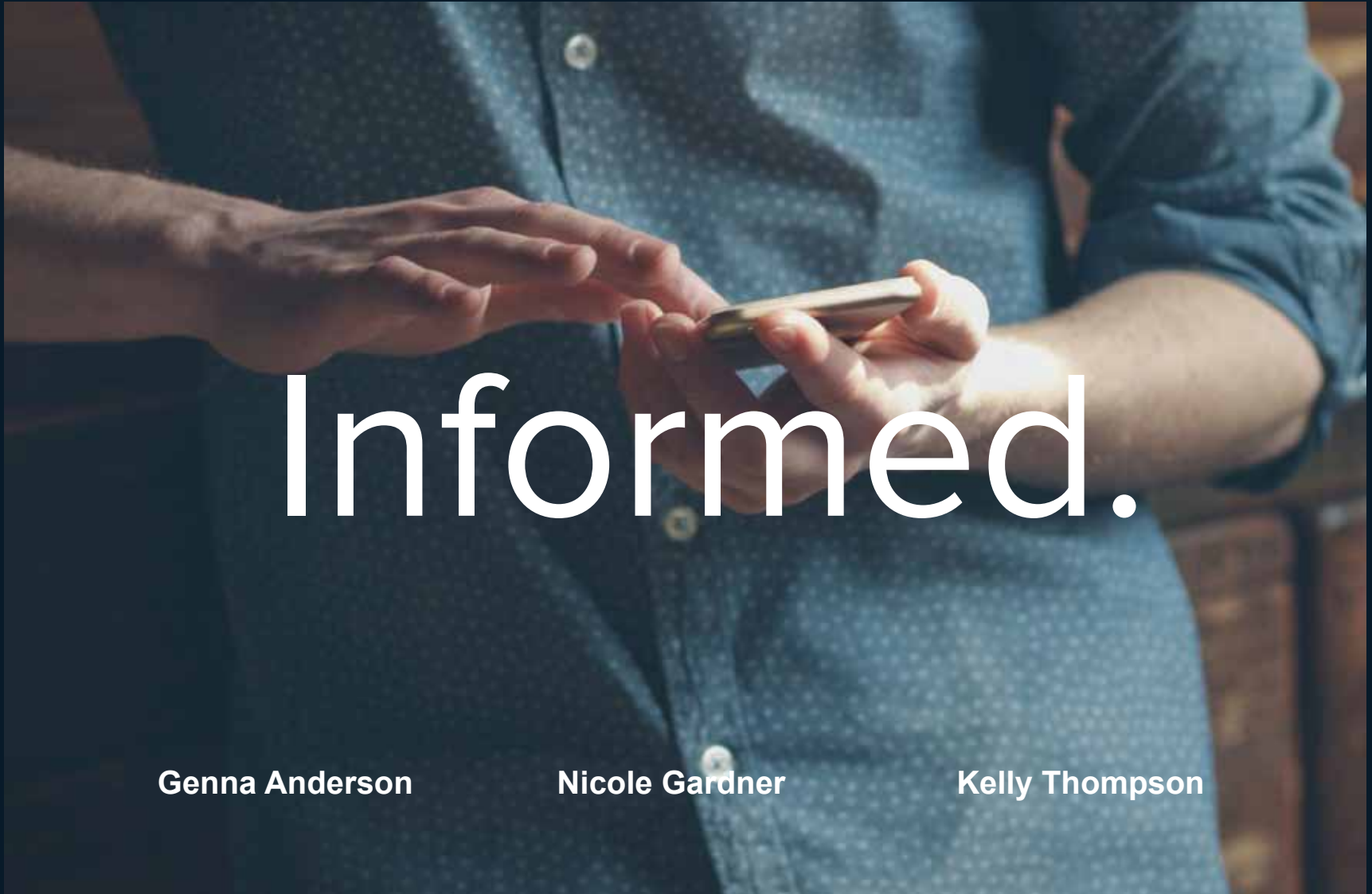
wantirnatennis@gmail.com

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

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