

# COMMUNITY NEWS

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

15,000 COPIES DISTRIBUTED AROUND THE NORTH & WEST OF KNOX



EDITION 76

FEBRUARY/MARCH 2022

- 1ST KNOXFIELD SCOUT GROUP CELEBRATES 50 YEARS OF SCOUTING
- KNOX AUSTRALIA DAY AWARD WINNERS
- WANTIRNA MALL FAREWELLS A FAVOURITE
- PANDEMIC FINANCIAL SUPPORT
- COMMUNITY EMERGENCY RELIEF

SHORT FILM "THE EELS OF DANDENONG CREEK" WINS  
PREMIERS SUSTAINABILITY AWARD

(see page 9 for details)

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Dandenong Creek by Elaine Craig

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## Editorial

Hello Community News readers,

Welcome to edition 76, our first for 2022! We are having a challenging start to the year, but as I write, things seem to be improving slightly following the outbreak of the Omicron variant of COVID 19. Here's hoping the situation gets more stable as the year goes on. It is great to see our vaccination rates at over 95% in Knox as that is making the biggest difference in keeping our community safe.

I would like to thank one of our readers, Marion, who emailed to let me know that I had incorrectly labelled a photo in the Ringwood Field Naturalist's article as a Pacific Gull rather than as a Sea Eagle. It is great to know our readers are paying attention. Well done Marion!

A number of achievements are highlighted in this edition including 1st Knoxfield Scouts 50th anniversary, Australia Day award winners and a short film award to the First Friends of Dandenong Creek.

Stay safe, keep well and look after each other.

Janet on behalf of the SWCN 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.



# KNOX CELEBRATIONS

## 1st Knoxfield Scout Group Celebrate 50 Years of Scouting by Michael (Fozzy) Macfarlane

Scouting is alive and well in Knox district with no shortage of scouting for 5 to 26 year-olds and beyond. Twenty twenty-two is a milestone year for the 1st Knoxfield Scout Group which held its first ever youth member meeting 50 years ago in the GP (General Purpose) room of Knoxfield Primary School on 3rd March 1972. That first Cub Pack meeting had 6 cubs and 2 leaders, and the pack quickly grew to 35 cubs, becoming one of the larger Scout groups in the Knox (west) district.



*1st Knoxfield Scout Hall community build 1978*

The group are now preparing to celebrate 50 years of successful and continuous scouting even through that pandemic bit with Joeys, Cubs, Scouts, Venturers & Rovers.

A few things have changed over the years for Scouts as the Khaki uniforms are now navy with unit colours, the lemon squeezer hats are replaced with sun safe hats for outdoor activities, and we don't do the "dyb-dyb-dob" so much anymore but our motto of "do our best" survives.

1st Knoxfield still boasts a unique scarf of royal blue, gold and green representing the sky, the sun and trees of the great outdoors where we usually have the most amazing adventures. The former Scoresby Sea scouts wear the same scarf, and some say the colours represent the sea, the sand, and the grass. We still tie a few knots, take a few calculated risks, Scouts still love to cook over an open fire, camp out as often as we can and are pretty much always prepared.



*Scout Hall Opening Ceremony 14-Dec-1980*

In the back of Carrington Park, you will find our well-seasoned log Cabin Hall that is the home of the 1st Knoxfield Scout Group which was built by volunteer parents, families, and friends, our Scouting community. Scouts has always been a volunteer and not for profit organisation and it took our group some three years to establish our functional but unheated hall and leave the GP room behind us in 1980.



*1st Knoxfield Flag Raising Ceremony at Knoxfield Primary School 1972*

The continued success of our Scouts can be measured by our youth members and how they grow into such well-rounded adults and take with them experiences and leadership skills into everyday life and careers. The hall is filled with memorabilia from the last 40-50 years; something of a time capsule if only the walls could talk, we might be able to capture all that rich history.

These days, the Scouts normally meet on a weekly basis during school term and we have separate unit meetings for the Joeys, Cubs, Scouts, Venturers and Rovers on different nights of the week. As the youth member progresses through the Scout unit sections, the challenges and skills progressively advance from participation to assisting, leading, and even planning activities for the other younger

members of the group. Scouts recently introduced a new program of achievement pathways to provide structure for every Scout's scouting journey inclusive of Outdoor challenges, Community Challenges, Personal Growth Challenges and Creative challenges. Most of all, Scouting is an opportunity to break away and form new social circles, meet new friends, have fun and adventure, learn new life skills and discover yourself and what you can really do.

To find out more or if you want to know where to find a scout group near you to join the adventure; please visit Scouts Victoria online or reach out to the 1st Knoxfield Group Leader Michael (Fozzy) Macfarlane at [gl.1stknoxfield@scoutsvictoria.com.au](mailto:gl.1stknoxfield@scoutsvictoria.com.au)



*Scouts on Camp hike Gilwell Park, Gembrook, 20 March 2021*

## News from Bayswater Bowls Club

### OUR SEASON SO FAR

The Club may be temporarily down on its knees with the unexpected departure of a number of experienced seasoned bowlers, in fact two complete Pennant fours, but the spirit of Bayswater Bowls Club members is showing through with all Saturday teams competing to the best of their ability.

It will be a long season with our Division 2 side yet to win a match and the Division 3 team having just two wins for the season to date. With the loss of the players we have had difficulty in fielding our Third team with members facing the unenviable task of competing against full opposing teams, but rather than forfeit matches, in true Bayswater determination and their love for the game our members have been resigned to losses but are still eager to wear our colours and represent the Club.

On a brighter note, it's our Midweek Pennant teams that are performing exceptionally well. To date both teams having played five matches sit in second place on the Pennant Ladder with four wins and one loss. If both teams can sustain this winning vein of form a flag or two may be beckoning at the end of the season for the Club



IT'S MORE THAN A GAME

Bayswater Bowls Club are continuing with Friday Night Barefoot Bowls and invite neighbours to our Club to come along during daylight saving and experience lawn bowls. Members will be on hand to offer assistance and provide tuition so that your experience will be loads of fun.

If you are not inclined to try lawn bowls, Bayswater Bowls Club is fully licensed so just pop in for a social drink with friends or neighbours and enjoy all the facilities that we have on offer. Happy Hour on a Thursday afternoon (4.00 – 6.30pm) offers drinks at Happy Hour prices so feel free to come and join

As Bayswater Bowls Club is a hospitality venue COVID regulations stipulate that all members and visitors must show proof of full vaccination status before gaining entry to our club rooms.





at  
**Bayswater  
Bowls Club**

*We welcome new and experienced bowlers*

*it's a game for young and old, male and female  
and people of all abilities. Try it and see for yourself  
at barefoot bowls on Fridays.  
Free tuition in a friendly atmosphere.  
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(Subject to Covid)*

Check our website for more info:  
[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)  
or  
Phone 0455 441 997



**Centrally located at  
43 Phyllis St, Bayswater**  
*(Just off Stud Rd.)*

*"Friendship through Bowls"*

## Bayswater Senior Citizens Club News

The Bayswater Senior Citizens Club reopened on Thursday the 13th of January for the 2022 calendar year.

Situated at 790 Mountain Highway, Bayswater the club can be contacted by phone on 97207232

Come along for bit of fun and a laugh with a happy group of over 50s.

Club activities include Bingo on Thursdays from 12.30 p.m. until 3.00 p.m.

Carpet Bowls on a Friday from 1p.m. until 3.30p.m.

On Tuesday it's cards (canasta) from 12.30 p.m. until 3.30p.m.

Other activities include:

- Monthly movie days at the club.
- Day trips and excursions.
- A monthly light lunch day.

The hall is for hire, has a good stage and full kitchen facilities

The centre is home to a monthly Makers market.

Operating under the auspices of the Knox Council the Club helps out with local charity organisations.

If you are over 50 and looking to join a group of friendly people then you will find a warm welcome awaiting you.



## The Bayswater Makers' Market

**Bayswater Senior Citizens Hall  
790 Mountain Highway**

**March 26  
10 am to 2 pm**  
(Covid willing)

The Bayswater Makers' Market plans to be held, covid willing, on Saturday 26th March at the Bayswater Senior Citizens Hall, 790 Mountain Highway, from 10 am to 2pm.

If we are able to go ahead with this market it will be under covid safe guidelines and we appreciate customers and stall holders following the rules in place at the time

Our market is a great place to support local producers, artists and craft people. Our wares include honey, olive oil, cakes, strudel, gifts, jewellery, bags, babywear, cards, toys, homewares and plants.

**Please email any enquiries about stall bookings to [bw1market@bigpond.com](mailto:bw1market@bigpond.com) with photos please.**

**Other enquiries Julia 9890 2546**

## BAYSWATER RSL SUB-BRANCH Inc.

of the RETURNED & SERVICES LEAGUE of AUSTRALIA (Victorian Branch) Inc.

**9720 4638**

[bayswater-rsl@bigpond.com](mailto:bayswater-rsl@bigpond.com)

Opening hours:

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

**626 Mountain Highway Bayswater**



## Jackson Taylor Update

I wanted to start my first column of 2022 by saying a big thank you to all of you. As we've moved into 2022, I again couldn't be prouder of our community. Among the challenges to the start of the year, we've continued to help others around us and do incredible things. We're also one of the most vaccinated places in the nation with around 95% of us having two doses of the vaccine.

It's clear that it's not over yet and while I do want to talk about other things happening locally, that as we are continuing to support the Commonwealth's vaccine rollout, I wanted to remind you that if you are due for your third dose (4 months after your second dose) then please go and get it, as it offers the protection needed to help significantly reduce the chances of hospitalisation and serious complications if you contract COVID. And a reminder that 5-11's can now also get vaccinated. For more info go to [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) or call 1800 675 398.

Onto other matters, you would recall in 2018 we said we'd build the Suburban Rail Loop which is an underground rail line that will link up our middle suburbs to stop you having to go into the City Loop and out again. Well, construction is kicking off this year. The first stage will involve digging 26 kilometres of underground rail tunnels and six new underground stations between Cheltenham and Box Hill. It'll create 8,000 jobs, wipe up to an hour off travel in each direction and will take hundreds of thousands of cars off roads.

It will mean we'll have a train system that works like those of Paris and London— where you can turn up and go wherever you need to. Just like removing level crossings (54 of them to date) and building Metro Tunnel. This is a huge project - it's going to reshape our city and we're getting on with it.

Recently I highlighted the importance of bringing our waterways back to life along Blind Creek in Parliament. We have already done the section next to Fairpark Reserve, but I've been working with the Minister on securing a further section to be daylighted and revitalised between Scoresby Road and Lewis Park (behind Knox City shops), as per some of the work Knox Council has done with it's planning. Funding would be required from the State Government which would daylight around 1.65 km of waterways in that section and would support local biodiversity and create exciting open spaces. The Minister has advised there's a lot of interest in this project. I will keep you updated about its status as this would be a huge win for community!



### Quick Updates:

- \$100,000 for new cricket nets at Guy Turner Reserve, Bayswater for Bayswater Park CC and community to use
- \$175,000 for upgrades to Wantirna Primary School
- North East Link designs revealed with 45km of new and upgraded lanes to overhaul the Eastern Freeway to get you home sooner – go to [bigbuild.vic.gov.au](https://bigbuild.vic.gov.au) for more; 2
- Upgrades to 1st Bayswater Scout Hall nearly complete
- \$500,000 for new facilities at Regency Park Primary, Wantirna
- Nearly 400 new jobs announced in our mental health system
- \$20,000 for a new permanent shade structure at Knox City Tennis Club.

Finally we've strengthened protections for electricity and gas customers. From Friday 31 December 2021 the following have been prohibited:

- Unsolicited door to door sales
- Cold calling
- Retailers seeking to 'save' or 'win back' customers attempting to switch providers

We want retailers to provide fair offers to customers upfront, so they don't have to change providers.

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](mailto:Jackson.Taylor@parliament.vic.gov.au) or pop into the office at Mountain High Centre, Bayswater.**

**For any further you can search 'Jackson Taylor MP' for more and to follow me on Facebook.**



# Jackson Taylor MP

Your Local State Member

Proudly Supporting **Our Community**

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

📞 9738 0577 📧 [jackson.taylor@parliament.vic.gov.au](mailto:jackson.taylor@parliament.vic.gov.au) 🌐 [jacksonstaylor.com.au](https://www.jacksonstaylor.com.au)

## A Message About Australia Day from ANTaR

*ANTaR is a national advocacy organisation dedicated specifically to the rights - and overcoming the disadvantage - of Aboriginal and Torres Strait Islander people. We do this primarily through lobbying, public campaigns and advocacy.*

On 26 January 1788, Captain Arthur Phillip raised the flag of Great Britain and proclaimed a colonial outpost at Warrane (Sydney Cove), on the sovereign lands of the Eora Nation. This act commenced the invasion by British colonisers of lands already owned across the continent. A continent that was home to over 250 individual, sovereign nations, inter-connected by trade, sharing knowledge, cultural values and spirituality.

The date marks the start of the Frontier Wars, a period of armed conflict between settlers and Australia's First Peoples that lasted at least until the Coniston massacre in 1928 (arguably even later). It was a period of dispossession, oppression, acts of violence and the spread of disease.

Since 26 January 1788, the way of life of Australia's First Peoples has continually come under threat, and families and communities have been fighting to protect their country, people, culture and history.

After all it was not until 1935 that all Australian States adopted the term Australian Day, it has only been celebrated officially as a national public holiday since 1994, and numerous other dates have been celebrated in the past.

For many Aboriginal and Torres Strait Islander people, the date is a reminder of the pain and suffering of their ancestors, the invasion of their lands and enormous loss of life in the Frontier Wars, the massacres, and the intergenerational trauma that comes with that history.

And yet, resistance, resilience, and survival, have been hallmarks of the Aboriginal and Torres Strait Islander lived reality every day since invasion.

### Why should we rethink the date of our National Holiday?

Aboriginal and Torres Strait Islander peoples and many non-Indigenous Australians believe that 26 January cannot be a day of national unity given that it marks the date of invasion and the start of dispossession.

Celebrating on this day ignores the truths of our shared history and is akin to asking First Nations people to celebrate the atrocities committed against them. At the heart of reconciliation is an acceptance of the history of past grave injustices towards Aboriginal and Torres Strait Islander people.

We know Australia still has a long way to go to achieve reconciliation between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians. We must accept the historical truths of past injustices to First Nations people, and an important step in this journey of acceptance, truth-telling, and healing, will be to change the date of our national day.

# AROUND KNOX

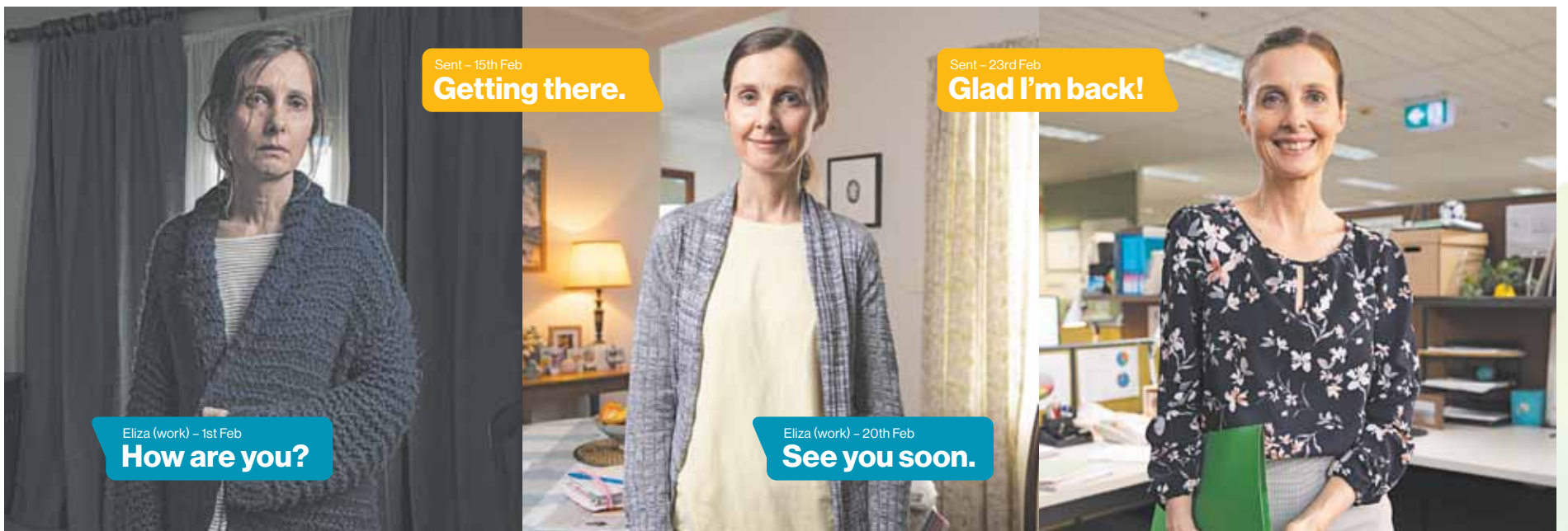
Changing the date of our national day would be a definitive act of healing. Rather than unifying Australians, the celebration of January 26 alienates our First Peoples.

### What is Invasion Day and Survival Day?

'Survival Day' emphasises the survival of Aboriginal and Torres Strait Islander people and culture in the face of colonisation, dispossession, and ongoing inequality. It reflects on the resilience and endurance of First Nations people, whose cultures are one of the oldest continuing cultures in human history.

'Invasion Day' emphasises the British invasion and occupation of First People's land and the ongoing struggle for self-determination and social justice.

Sourced from <https://antar.org.au/campaigns/survival-day-and-a-new-national-holiday>



### The sooner you get in touch after an injury, the better the return to work journey.

If you're recovering from a psychological or physical workplace injury, or if you are an employer supporting an injured worker, make contact as soon as possible. It just takes a few simple words to make a big difference.

### The sooner, the better.

[worksafe.vic.gov.au/thesoonerthebetter](https://worksafe.vic.gov.au/thesoonerthebetter)



Improving outcomes  
for injured workers.



## Australia Day Awards recognise inspiring Knox locals

from Knox City Council

Knox City Council has recognised five inspiring local residents in the Knox Australia Day Awards.

Knox City Council Mayor, Councillor Susan Laukens said there are many high achievers, local heroes and unsung volunteers who work tirelessly for the Knox community and that Australia Day is an opportunity to congratulate the everyday heroes in our midst.

"We pay tribute to all our nominees, who are our community's unsung heroes," Cr Laukens said. "They do not put their hand up to be recognised but consider their

achievements as 'just what they do'. They're not paid to do this: they're using their own resources, their own time and their own energy, expertise and passion to support the community."

The 2022 Knox Australia Day Awards winners are:

- Citizen of the Year: Gayle Dye
- Young Citizen of the Year: Sophie Ashdowne
- Elder Citizen of the Year: Barbara Edwards
- Volunteer of the Year: Margaret Hawkes
- Sustainability Leadership Award: Anthony Bigelow

# AROUND KNOX

The award winners were recognised for the generosity, passion, courage and sense of justice they demonstrate through their everyday lives, and the significant contribution they have made to the local community.

Cr Laukens said: "Australia Day is an important day to reflect on the story of Australia and acknowledge the past, particularly the Aboriginal and Torres Strait Islander peoples who have lived on these lands for many thousands of years."

This year's Awards took place virtually, with videos of the award recipients shared through Knox's social media channels.

## About the Australia Day Award Winners

### Citizen of the Year: Gayle Dye

Citation: The Knox Citizen of the Year is awarded to a citizen who has given selflessly of themselves to others. Gayle Dye has been nominated as Citizen of the Year by Cheryl Stephens, Carmy Ogley and Sall Kumruyan. This nomination recognises Gayle's selfless service and generosity that helped the Knox community during COVID-19.

On her own initiative, Gayle launched Gayle's Share Space that provides material assistance for local people doing it tough. From her own garage, the Share Space has grown into a mini-supermarket providing food, hygiene products and household items. Gayle coordinates the donations of items from the Knox community and local businesses, including the two local Bakers Delight stores who give bread every Friday and Sunday night.

Gayle spends four to five hours a day sorting and stocking items, and creating packs for families in need. She also makes weekly deliveries to people unable to make it to the Share Space. Up to 120 families per week receive help from the Gayle's Share Space, including people experiencing family violence or homelessness.

Gayle experiences major health issues that require daily chemotherapy. Despite these challenges, Gayle continues her work in the Share Space in a time when need continues to grow. A well-known resident of Rowville, people describe Gayle as "generous, genuine, humble, and selfless". And today, we would like to add one more word: "outstanding". Gayle Dye, congratulations on being the 2022 Knox Citizen of the Year.

### Young Citizen of the Year: Sophie Ashdowne

Citation: The Young Citizen of the Year award recognises community members under 25 years of age who make an outstanding contribution to their community. Sophie Ashdowne, a student at Our Lady of Sion College, has been nominated by Kate Austin from Pinchapoo. This

not-for-profit redistributes hygiene products to Australians experiencing disadvantage. Sophie has been nominated for consistently lifting people's spirits and helping anyone she can, even during COVID lockdowns. Sophie is an important presence at the Pinchapoo warehouse. She takes new volunteers under her wing, and teaches them the ropes. She is also known for being a vibrant presence for Pinchapoo publicity. As Kate says, "at times when media have visited the warehouse, Sophie is the first in front of the camera, completely owning who she is". Not to be deterred by COVID lockdowns, Sophie even started a mini Pinchapoo warehouse from her home with her mum. This kept the organisation's production work alive, as well as promoting the mission of Pinchapoo through her photos. Sophie is a proud member of the Knox community who will continue to serve others with her gusto, love and magic. Congratulations, Sophie Ashdowne, Knox Young Citizen of the Year for 2022.

### Elder Citizen of the Year: Barbara Edwards

Citation: Barb Edwards, has been nominated by Dianne Firth for Elder Citizen of the Year. The nomination celebrates Barb's tireless commitment to looking after those who care for others, especially those caring for a person living with mental health challenges. After a long career in teaching, Barb is now at the forefront of Ferntree Gully Family Support Group. This group provides compassionate and non-judgemental support to carers, many of whom are experiencing crisis. Barb also leads a support group for people who have lost loved ones to suicide, and has continued this work even with the challenges of COVID-19. Barb's journey has not been without challenges yet she can always be relied upon as a tower of strength in life's dark moments. For this important service, Barb Edwards is the Knox Elder Citizen of the Year for 2022.

### Volunteer of the Year: Margaret Hawkes

Citation: The Volunteer of the Year is awarded to recognise outstanding dedication to serving the Knox community.

Maggie Hawkes has been nominated for Volunteer of the Year by Lois Bannister. While some may see retirement as time to kick back and relax, Maggie has actively worked to make the world a better place. Many local organisations have benefited from her fundraising efforts, including Heathmont Bush Care, Friends of Sassasfras Creek, Habitat for Humanity, the Epilepsy Foundation and Vision Australia. Maggie is an active member of Boronia Lions Club, and serves as Vice Treasurer of the Knox branch of Victorian Masters Athletics. She also volunteers in the emergency department of Angliss Hospital, providing comfort and support for patients. The sheer diversity and breadth of Maggie's volunteering efforts is nothing short of outstanding. Knox is proud to name Maggie Hawkes as Volunteer of the Year of 2022.

### Sustainability Leadership Award: Anthony Bigelow

Citation: The Sustainability Leadership award is a new award that honours individuals making a significant positive impact on our local environment. Anthony Bigelow has been nominated by Darren Wallace for his outstanding commitment and service to Dandenong Creek. Anthony has served as both Vice President and President of First Friends of Dandenong Creek for the last six years. During this time, Anthony has initiated important sustainability projects that protect local flora and fauna, and reduce creek pollution. Anthony has successfully lobbied for funding for several grants. This funding has promoted awareness of Dandenong Creek and ensures proper monitoring of creek water quality. One of the grants was used to fund a short film about the eels of Dandenong Creek, the film focuses on the importance of eels for the Wurundjeri people, as well as the impact of urbanisation on creek life. The First Friends of Dandenong Creek has flourished under Anthony's leadership. He has boosted new memberships and encouraged strong participation in group projects. Congratulations, Anthony Bigelow, the first winner of the Knox Sustainability Leadership Australia Day award.

**ALAN TUDGE** MP  
Federal Member for Aston

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

Real Action For Knox



## What's New At Community Pharmacy?

by Purnima,  
Pharmacy Manager

Hi everyone,

Great to be back for the first edition for 2022, so a big Happy New Year to everyone in our local community!

How has everyone's New Year's resolutions gone so far? Although many don't make them, we actually think that they are a really good starting point to get yourself motivated for 2022. Traditionally people tend to think of big commitments such as weight management goals

or quitting smoking (which are great ideas!!), but why not try something small? Some ideas might be, I will smile at a stranger every day, I will check in on those around me or even I will laugh every day. To some these might seem silly, but with the pressure many of us have felt over the last two years, small achievable goals that can both positively impact ourselves and others are a great New Year's resolution!

## Meet The Team

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

## What have we been up to?

### CHRISTMAS VIP EVENTS

We were so happy to be able to hold our Christmas VIP events in person. It has felt like forever since we have been able to celebrate the festive season with our wonderful customers. This year we held two events, one for our little VIP's and one for the adults. Both events saw a great turn out, and both staff and customers alike had a great time eating, chatting and if course shopping. A big thank you to the Bayswater CFA who helped with a very special Christmas delivery to our kids VIP Day – the man himself, Santa!!



were out on display! We also held a gift drive for the Knox Community Christmas 'Share the Joy' Appeal. As always, the local community came together and supported both of these great causes. If you know of a local Community or school group that would like some exposure for their fundraising activities this year contact us to ask about our We Care For... program.



### VACCINATION UPDATES

We are still providing Covid vaccinations and are also able to provide boosters and children's vaccinations. It has certainly been a busy time and we do tend to book out so please ensure that you make a booking via our website [www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)

Soon it will be time to start thinking about your annual flu vaccination too. It is important to be aware that if you are having a Covid vaccination or booster and your annual flu shot, there needs to be a break of at least 7 days between the two. We normally get flu vaccination stock mid to late March and will provide more details via both our Facebook page and newsletter once we have more definitive dates, so make sure you are following our Facebook page and are signed up to our newsletter.

### SUPPORTING THE LOCAL COMMUNITY

We were able to again support local by selling Christmas cakes and puddings for Wantirna Lions Club. Luckily the staff didn't eat them all before they

### Community Pharmacy Wantirna services

- Naturopath
- Medication Management/packing service
- Home delivery
- Vaccinations – Flu, Covid, MMR, Whooping cough
- Impromy Weight Management program
- Health Checks
- Meds checks and Diabetes meds checks
- NDSS agent
- Sick Leave Certificates
- Ear Piercing
- Blood Pressure, Cholesterol and Blood Glucose monitoring
- Equipment hire – crutches & breast pumps

For a full list of services have a look on our website or ask one of our staff members next time you are in-store!



My name is Corey. I'm a dispensary assistant and I've been in pharmacy for about 5 years.

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

I didn't find the job, the job found me. The first pharmacy I worked at in Ballarat were having an incredibly busy day coming up to the end of the year and they needed an extra

staff member to get extra tasks done. My resume just so happened to be on top of their pile! One text message and a phone call later and I was hired to start 'in the next half an hour, and wear something nice', haven't changed occupations since. The tech position was a natural progression for me as that side of the pharmacy always interested me.

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

I really enjoy learning about medications/supplements and how they interact with the body to achieve specific health outcomes for all and matching the right item with the right person is always satisfying.

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

Either a professional athlete or a touring musician as those are my passions. If I had to pick a 'normal' profession, it would be an osteopath or a doctor.

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

I like practicing my sprint training on the athletics track and at the gym, as well as compete at multiple competitions across the state. I also enjoy listening to and playing music as well as relaxing at home with a book, playing a video game, or spending time with my girlfriend.

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

I have competed at multiple national and state championships for sprinting in the 100 and 200 meters, as well as a few runs in the Stawell Gift! You may have even seen me racing over Easter on channel 7 if you watched the live broadcast.

**Remember to jump on to our website and sign up to our newsletter.**

**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](mailto:wantirna@communitypharmacy.com.au)  
[www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)



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



### Happy New Year fellow Knox Residents,

I hope that you have enjoyed the festive period being able to spend time with family and friends and that you have been keeping safe and well through this very challenging time. It has been wonderful to see people out and about in our community, enjoying our open spaces, supporting our locals businesses and reconnecting face to face with loved ones.

Our open spaces are more important than ever and I am pleased to announce that upgrades to Collier Ward favourites, Flamingo Reserve (Wantirna South) and Schultz Reserve

(Wantirna) are planned for 2022. Community consultation on both of these projects will be happening in February and I would encourage locals to register your thoughts on the improvements you would like to see at these reserves. Please visit <https://haveyoursay.knox.vic.gov.au/> for more information and to let Council know what you think of the proposed plans, as well as register your own suggestions.

As always, if you need any help or information then do not hesitate to get in touch via email [marcia.timmers-leitch@knox.vic.gov.au](mailto:marcia.timmers-leitch@knox.vic.gov.au) or phone 0428 162 218.

## First Friends of Dandenong Creek Short Film Wins Premiers Award

Congratulations to First Friends who were the winners of the 2021 Premiers Sustainability Award for their short film 'The Eels of Dandenong Creek'.

The group won the category ('Healthy Environment - Community Champion') for their film, which highlights the short-finned eel's amazing lifecycle, their importance to Australia's indigenous nations, and to educate the wider community around the consequences of pollution. All of which is not just unique to Dandenong Creek but covers the creeks and waterways across Victoria and the eastern seaboard.

The film has been viewed over 35,000 times on their social media platforms so far.

Anthony Bigelow, president for the group said "With education at the forefront of our thinking, we were able to bring together a story that discusses how the actions of urban society have impacted the eels – a species many were unaware of.



Cr Marcia with President Anthony Bigelow.

We were able to work with a group of amazing people to achieve this result, and who added their own unique perspective. We are truly thankful for all of your support, insight and guidance."

Since a major pollution event in 2017, the group has been yearning to tell the story of the eels, not just for their creek, but for all the waterways across Melbourne and further afield, and to explain how pollution was affecting their lifecycle.

"It's been a fascinating journey for us to understand how all of our creeks across the east coast are essential to the eels. It was critical to explain their journey out to the Coral Sea to mate, and then return to live in our waterways for many years, and to then repeat that journey back to their spawning location." said Bigelow.

If you would like to see the short film, simply google The Eels of Dandenong Creek.



Premiers Award at the Dandenong Creek.

# WANTIRNA NEWS

## New Knox Library Express Now Open for Business

Knox Express is the temporary library at Westfield Knox Shopping Centre while the new permanent Knox Library is built as part of the centre redevelopment. Located next to Supercheap Auto (near Rivers and KFC), Knox Express has a small collection, including picture books, junior books, adult fiction, selected adult non-fiction and magazines. It also features an after-hours return chute, 10 publicly accessible PCs, bookable meeting pod and photocopying (black/white and colour). Please note that there are no public toilets on site, with the closest being available behind JB Hi-Fi.

Knox Express will be open Monday to Friday, 9am-5.30pm, Saturday 10am-1pm and Sunday 12pm-5pm.

The permanent library is expected to open mid-2023 and will occupy 2,000 square metres or roughly half of Level 3 of the former Myer department store.



Your  
local  
voice

# Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

☎ 0428 162 218 📱 MarciaTimmersLeitch 📷 cr\_marciatimmersleitch



## Post Pandemic Travel 2022

with Lillian of KnoxTravel

Many of us expected 2022 to be a post pandemic travel era! The reality is 2022 has arrived with new challenges.

The continuous changing bans and restrictions imposed by the various authorities have created a minefield. Planning travel is meant to be exciting, not any more.

Do you know that you can travel as long as the international borders are open? However, the onus is on the traveller to ensure that rules and regulations are complied with. Although much of Asia has emerged from lock down, along with numerous other progressive destinations, many travellers are still wary of the uncertainties.

Planning your next holiday?

Don't trip over the wires, start with due diligence.

The solution is perhaps to seek the services of an accredited travel agency who can hold tentative reservations with no obligation.

For more information look up [knoxtravel.com.au](http://knoxtravel.com.au)



# WANTIRNA NEWS

**Welcome 2022**  
The past year was a test.  
Serving the discerning traveller with utmost care.  
For the seamless travel services you deserve in 2022.  
Look us up at [knoxtravel.com.au](http://knoxtravel.com.au)

Best wishes  
[lillian@knoxtravel.com.au](mailto:lillian@knoxtravel.com.au)  
*Lillian Daff*  
Helenas 121

**2022**  
Without a Travel Agent you are on your own!

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TRAVEL & CRUISE

**NEWSPAPER** **POST** **N**

**WANTIRNA NEWS & POST** **Newsagent**

**Paul & Kathy Cameron**

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

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

## Ruth Same Pty Ltd ACCOUNTANT

ABN: 83 137 077 680

**EXPERIENCED  
F.C.P.A / TAX AGENT**  
Wantirna South

**All Tax Returns/Financial  
Statements**

**Discounted rates  
Self Managed Super  
Bookkeeping**

**T: 9800 2482**

**M: 0408 395 510**

Email: [accountant@ruthsame.com.au](mailto:accountant@ruthsame.com.au)

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

## What's On In Term 1, 2022 At Orana Neighbourhood House



There are lots of exciting new classes and workshops starting in February. Here are just a few...

### ❖ Stories On A Plate - February 2022

In this exciting new class we will create a delicious dish based on themes from classic books. A different literary theme paired with a scrumptious dish each week! Share the dish and discuss the story and characters in a relaxed and fun environment. All ingredients supplied.

### ❖ Women's Career Forum – February 2022

Are you looking at returning to work, perhaps starting up your own business or changing career? Register now for this informative afternoon in a relaxed environment with guest speakers, lots of short course ideas on updating your skills and an opportunity for a one on one consultation with representatives from the Swinburne Skills & Jobs Centre.

### ❖ Monthly Community Lunches

Join us for our Free Community Lunches which will be held on the last Friday of each month. Bookings Essential.

### ❖ Community Talks

Throughout the year we run Free Community Talks on various topics. Please check our website for details. Bookings Essential.

### ❖ Volunteers Wanted

We are always seeking volunteers for our community garden and front reception. Please email expression of interest to [onh@netspace.net.au](mailto:onh@netspace.net.au)

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

### Plus many more classes & groups...

- ❖ Computer & iPad Classes
- ❖ English Conversation
- ❖ Tai Chi
- ❖ Fitness For Over 40's
- ❖ Gentle Yoga
- ❖ Walking Groups
- ❖ Art & Mosaic Classes
- ❖ Mosaic Community Project
- ❖ Patchwork Community Project
- ❖ Research Your Family History
- ❖ Book Club
- ❖ Women's Support Groups
- ❖ Men's Social Chat Group
- ❖ Cooking classes and more!

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

## Wantirna Mall Bids a Fond Farewell To a Local Business by Coral Carew

### Hosking music shop may be closing but Graeme Hosking is **MOVING UP!!!!!!**

The music shop has been his love for over 28 years and is still located in the same position at Wantirna Mall. Prior to Graeme starting his business only two other businesses were open and still trading today. Hairdresser Joe Manfre and Gino at the Pizza parlor.

Graeme and his wife Carole, both musicians themselves in the 1960/1970, are now joined by their sons, Wayne who has performed in Las Vegas in The Bee Gees Show and Mark with a popular band in Perth called "Karnivool". An extremely talented musical family.

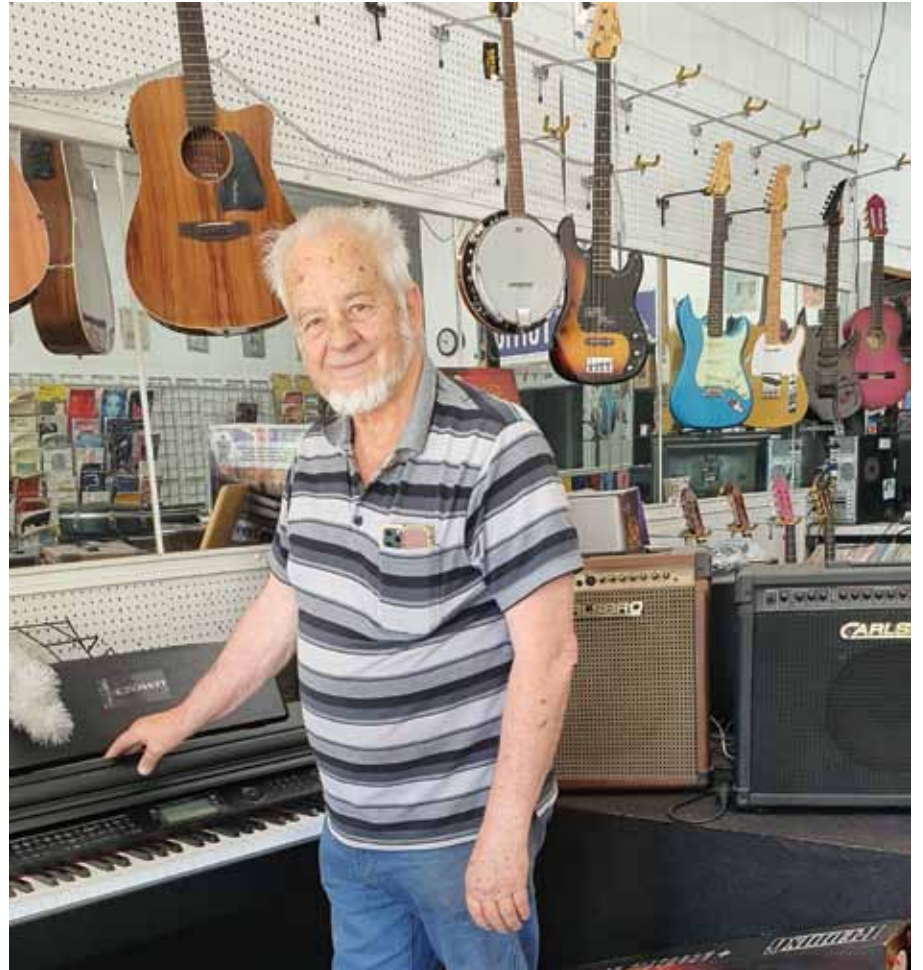
The business grew over the years guiding 160 to 200 students per year. Most of the lessons were held out of school hours which meant long trading hours but Graeme can proudly say that the business can boast teaching up to three generations of the one family.

Graeme has been part of the Traders Association for Wantirna Mall and has seen many changes as the local community moved from a mature age group to an area where many young families have moved in. The new venture that awaits for Graeme, "The Music Cave", will see him as a Franchise Agent to the music industry guiding and encouraging teachers to begin their own businesses. He will remain as a teacher and his reputation, for service and repairs will continue on.

While the interview was being conducted a local resident, armed with a gift, came in to say farewell and to thank him for his care and service.

This is what Wantirna Mall can boast, good customer service to the local community.

**Please continue to contact Graeme for sales, service and advice on:  
0419 367 645.**



## Progress at 56 Kingloch Parade

Onsite display suite now open! Everyone is welcome to come and check out the plans, renders and materials for the future of 56 Kingloch Parade, Wantirna.

The development on the site of the Wantirna Heights School will be a 51 home community that features a collection of homes, townhouses and terraces with 11 different types of floorplans. So there is something for everyone.

The history, community spirit and playfulness of the old Wantirna Heights School has driven the development ethos. So open spaces will be broken into zones to harness the social spirit of the area and create a strong sense of neighbourhood. The

internal roads will be designed as shared spaces to encourage a sense of play as a nod to the old school.

It will be the most sustainable development of its kind in the suburbs with an ambitious target of 7 Star NatHERS ratings and BESS Design Excellence.

The display suite is generally open Saturday and Sunday from 2-4pm, but you can register on our website [kinglochparade.com](http://kinglochparade.com) to book a time and download the brochure and masterplan for the community.



## Rita Lang Announces Her Retirement by Coral Carew

Twenty years ago, Rita Lang resigned from her fulltime job in the city to spend more time with her young family and joined Bridges as a volunteer driver transporting clients to their weekly social group as she wanted to give back to the community.

Rita joined staff as the Transport Coordinator in 2003 and was promoted to the role of CEO in 2015.

Rita's Business degree complemented the management of Bridges, the Fleet, 14 staff members and 260 volunteers.

Bridges Connecting Communities started in 1975 as a mobility solution for transport to seniors living in Knox and the Southwest Yarra Ranges. Bridges today still transports seniors by a wonderful group of volunteer drivers who have empathy and compassion for our older community as the need still exists. No doubt you will see Bridges fleet on the road as they have been working to support our clients through COVID as an essential service.

Rita states: "I have thoroughly enjoyed my time with Bridges, there is no greater privilege than to lead

an organisation that is embedded in your heart that does so much good in our community for so many people. The one constant throughout the life of Bridges is our Volunteers who continually give, I am inspired by their commitment, loyalty, passion and dedication. If you want to have that fuzzy feeling, that will give you purpose and meaning in life come and join Bridges."

Rita would like to thank the Board for their support and her Staff who continue to deliver high quality programs. Rita knows that Bridges is in a great position with an amazing, proactive, caring team of board, staff and volunteers, a young and reliable fleet and financial security. Clients can be assured that the new era and CEO will bring a great future for Bridges.

Rita leaves to spend more time with her extended family, but her time with Bridges will not be forgotten. Congratulations!



*Pictured at right: Rita Lang, Bridges CEO.*

## News from Wantirna Heights Brownie Guides

**By Cassandra Bulman**  
Leader, 1st Wantirna Heights Brownie Guides

Wantirna Heights Brownie Guides hope you have had a lovely holiday filled with family and friends!

We loved catching up outside last term. We visited Marie Wallace Reserve twice to play games and get out and about. We also spent a night playing water games and another making gingerbread houses for Christmas.

This year we're looking forward to a year of friendship and reconnecting with the community. We're excited for Knox Festival and Clean Up Australia Day later this term, and we'll also be going on camp!

You can come and say hi to our leaders at Bayswater Bunnings on 29 January. We'll be there all day selling sausages!

**You can find out more about Guides in your area by emailing [guides@guidesvic.org.au](mailto:guides@guidesvic.org.au) or visiting [www.guidesvic.org.au/be-a-guide](http://www.guidesvic.org.au/be-a-guide)**



**Working hard for  
our local community**

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

 [nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au)  [www.nickwakeling.com.au](http://www.nickwakeling.com.au)

Funded from Parliament's Electorate Office and Communications Budget.

# Nick Wakeling MP

**STATE MEMBER FOR FERNTREE GULLY**



## Saving Lake Knox

from Nick Wakeling MP – State Member for Ferntree Gully

The Knox community prides itself on our green, leafy environment. That is why many residents are concerned about the proposed demolition of Lake Knox in Knoxfield (located behind Fairhills High School). The lake is an important breeding ground for the blue-billed duck.

I recently met with a number of local environment groups including the Friends of Lake Knox Sanctuary, Friends of Blind Creek Billabong, Knox Environment Society, First Friends of Dandenong Creek and Friends of Koolunga Native Reserve to hear their concerns about this important issue.

I would like to thank these groups for their dedication to protecting our local environment in Knox for future generations to come. These local volunteers do tremendous work to protect the unique character of Knox.

As always, if I can be of any assistance to you, please contact me anytime via email at [nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) or during business hours on (03) 9758 6011.



# OUT AND ABOUT

with Nick Wakeling MP, Member for Ferntree Gully

## Best Local Cafe Competition

from Nick Wakeling MP – State Member for Ferntree Gully

Recently, voting finished for the Best Local Café Competition in Knox. An initiative I was pleased to support, it was a resounding success for our local community. Over two months of coffee-tasting and voting saw Knox residents come together and endorse over 60 local cafes as their favourite local café.

For the better part of two years, our local small businesses have been under the immense pressure of lockdowns and COVID-19 restrictions. Knowing that our community has a fantastic hospitality industry, I was very pleased to be able to shine a light on our local cafes and to join forces with Knox residents to help support local businesses during such challenging times.

Wantirna South's Schokolade Café received enormous support from the entire Knox community crowning it the overall winner as the Best Local Café in Knox.

Survey entrants consistently praised the delicious food, friendly service and great coffee of all the local cafes in Knox.

I would like to thank Knox residents for joining with me and supporting our local small businesses in this community initiative.



**Working hard for  
our local community**

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

[✉ nick.wakeling@parliament.vic.gov.au](mailto:nick.wakeling@parliament.vic.gov.au) [www.nickwakeling.com.au](http://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

## Knox Express has opened!

Big things are afoot for Knox Library! After 44 years in one location, Knox Library has moved to a temporary premises "Knox Express" while construction on a brand-new library begins!

Knox Express is located at:  
Shop 1001, 509 Burwood Hwy  
Wantirna South  
(Westfield Knox, next door to Supercheap Auto)

Knox Express is open Monday-Friday 9am-5:30pm, Sat 10am-1pm, & Sun 1pm-5pm.

For more information, visit [yourlibrary.com.au/locations/knox-express](http://yourlibrary.com.au/locations/knox-express).

Come along and say hi to Alan and the team; we'd love to see you!

## Sizzling summer reading & viewing

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 [yourlibrary.com.au/catalogue](http://yourlibrary.com.au/catalogue).

## Top Reads

- Nadiya's fast flavours by Nadiya Hussain
- Unforgiven by Sarah Barrie
- My adventurous life by Dick Smith
- Ciao bella! : six take Italy by Kate Langbroek
- 7 1/2 by Christos Tsiolkas
- Where the river bends : recipes and stories from the table of Jane & Jimmy Barnes
- by Jane & Jimmy Barnes
- How to end a story: diaries. Volume III, 1995-1998 by Helen Garner
- The way it is now by Garry Disher
- Wish you were here by Jodi Picoult
- The one impossible labyrinth by Matthew Reilly

## New DVDs

- The equalizer. Season one
- Hide and seek
- Infinite
- Grey's anatomy. Complete seventeenth season
- My name is Gulpiil
- Star trek: Discovery. Season three
- Annette
- Don't breathe 2
- The ice road
- Kennedy: the mini-series

## Events at Your Library

Welcome back to exciting in-person events at Your Library! To book into any of the events below, call 1300 737 277 or book online via our website [events.yourlibrary.com.au](http://events.yourlibrary.com.au). All events follow strict COVID Safe guidelines.

### Gully Gardeners: Keeping Chickens with Ella from Chooktopia

3:30pm Wednesday, 23 February 2022

Ferntree Gully Library  
Free | Bookings essential

Come along to this workshop by Ella and learn how to create a healthy, happy chooktopia of your own. Ella will cover: chook health, nutrition, housing, protection from predators and pests, as well as the sustainability and circular economy benefits of keeping these delightful animals. Ella will also talk about Council and local law considerations and guidelines to help you plan out a productive chook yard.

### Recipe Swap Social Afternoon

First Monday of the month beginning 1:30pm  
Monday 7 February 2022

Bayswater Library  
Free | Bookings essential

Join us for a monthly casual get-together as a great way to have a chat about food and cooking!

This is a fun social activity to share some of your recipes as well as expanding your personal recipe book.

### Our Favourite Plants

2:00pm Friday 25 February 2022

Boronia Library  
Free | Bookings essential

It's important to celebrate our gardening successes! Is there a plant that has succeeded beyond your expectations in your own patch? Are you growing something unusual or just plain gorgeous? Bring along a picture/sample of the plant and tell us a bit about it. Put those public speaking fears aside and let's all share our gardening knowledge with each other over a cuppa!

### Book Launch With Margaret Pearce

10:30am Saturday 26 March 2022

Ferntree Gully Library  
Free | Bookings essential

Come along to Ferntree Gully Library for morning tea and meet local author Margaret Pearce, as we launch her recent book 'Not mentioning any names'.

Life with children is composed of confrontations, truces, compromises and intermittent battles'. In this book Margaret soon finds out that after many 'bewildering and incomprehensible incidents' with her children that maybe she has not read the right child raising books. Margaret will also talk about her writing and publishing journey.

### Sleep, Our Super Power - Turning Sleep into Wellbeing

1:00pm Wednesday 16 March 2022

Rowville Library  
Free | Bookings essential

Join Annette Subhani for an exploration of this super power including developing a clearer understanding of the science of sleep and creating a personal Sleep Diary to help record sleep patterns and enhance sleep habits.

Family & Local History Help  
Available at various locations  
Free | Bookings essential

Make an appointment with our specialised staff and receive help with local or family history research, newspaper articles, library databases and any other research questions.

Please see our website for dates and locations [events.yourlibrary.com.au](http://events.yourlibrary.com.au) or call 1300 737 277.

### Featured Technology workshops

Digitize Your Photos  
2:00pm Friday 18 March 2022  
Boronia Library  
Free | Bookings essential

Learn to use Google PhotoScan, Notes apps and other various apps to digitise your photos and documents.

We will demonstrate how these apps crop and enhance documents, options for saving these documents or photos, and why it is so important to digitise.

### Getting To Know Your Phone

2:00pm Thursday 24 March 2022

Ferntree Gully Library  
Free | Bookings essential

Want to learn more about your tablet or smartphone? Join us for an introductory session on Apple and Android mobile phones. We'll go through the basics on your mobile, including the most common apps. There will be time to assist you with your device and answer any questions you may have!



# 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](mailto:SHAUN.LEANE@PARLIAMENT.VIC.GOV.AU)

**WEBSITE:** [WWW.SHAUNLEANEMP.COM.AU](http://WWW.SHAUNLEANEMP.COM.AU)

## News from Knox Infolink

### Community Information and Emergency Relief for the City of Knox

Knox Infolink is a community information centre for the people of Knox, that provides confidential and impartial information with the aim of empowering individuals to make informed decisions which will enhance their quality of life.

Knox Infolink is located at 136 Boronia Road, Boronia (walking distance from the Boronia station).

As the main provider of Emergency Relief assistance for the City of Knox, Knox Infolink offers relevant, comprehensive and accurate information, food, material aid, casework support and referral services between 10am – 3pm, Mondays to Thursdays.

Knox Infolink, with support from the State Government and Knox City Council, also offers the Knox community members' additional programs:

#### The Connecting Kids to the Knox Community Project

A pilot program providing children aged 5-18 years, in the Knox community, with access to sport and recreational activities, they usually would not have access to. This program operates with support from local businesses and sporting and recreational clubs. Knox Infolink have a Register of Clubs and Activities that are willing to offer either a free or reduced fee place to you or your child.

#### Boronia Community Breakfast Program

The one year pilot project provides a free breakfast meal, five days per week, to guests who are vulnerable, homeless, disadvantaged, or socially isolated. The program aims not only to ensure that all local community members can start their day with a nutritious meal, but that they also have a chance to connect and build links with their community and know how they can access services and resources as required.



Shri sorting donations

# KNOX CARES

#### Can you help?

Knox Infolink relies on a team of amazing volunteers to deliver these programs and services. If you have a spare couple of hours or more per week and are interested to volunteer in any of Knox Infolink's programs, please contact via phone: 9761 1325 or email: [info@knoxinfolink.org.au](mailto:info@knoxinfolink.org.au). Or, if you or someone you know in Knox is in need of support, don't hesitate to call and have a chat with one of the caring and supportive team.

#### CONTACT:

Penny Robinson  
Breakfast Program Coordinator  
Knox Infolink, 136 Boronia Road  
BORONIA VIC 3155  
Ph: 9761 1325 or 0493 270 202  
E: [breakfast@knoxinfolink.org.au](mailto:breakfast@knoxinfolink.org.au)



Knox Infolink building mural

## A single ember can spread bushfires as far as 30km.

Burning embers from bushfires can travel up to 30km, starting new fires in seconds, destroying homes and making escape impossible. If the Fire Danger Rating is ever extreme or above, don't hesitate. Leave early.

How well do you know fire?

Plan. Act. Survive. Go to [emergency.vic.gov.au](http://emergency.vic.gov.au)



# KNOXFIELD & SCORESBY NEWS

Friberg Ward News with Cr. Susan Laukens

## Golf Practice Nets in Knox

I am one very happy golfing Mayor. I was proud to officially open our Golf practise net at Wally Tew Reserve. These training facilities are specially designed to practise your golf swing without having to walk too far to retrieve your golf ball.

This is one of 4 to be available for use in the Knox Municipality.

<https://www.knox.vic.gov.au/whats-happening/news/new-golf-facility-wally-tew-reserve>




**VOLUNTEER DRIVERS URGENTLY NEEDED**

Volunteer drivers play a key role in supporting members of our community to remain active and engaged in the community. We are looking for volunteers to support our local seniors to attend their medical, allied health and social group appointments. If you enjoy driving and having a chat, then give us a call. You will be rewarded by meaningful volunteer experience and the opportunity to meet some great people.

Find out more at [www.bridgescc.com.au](http://www.bridgescc.com.au)  
 Email: [info@bridgescc.com.au](mailto:info@bridgescc.com.au)  
 or call 9753 4577 or 0476 470 030

## Pool Safety During Summer

from One Stop Pool Shop - 9753 3929

With summer well and truly here it is important to ensure your pool /spa is chemically safe to enjoy. Regular water testing and balancing will ensure a fresh and sparkling pool for the coming months. Frequent use and unusual weather patterns will affect your water quality

Feel free to visit the store for a free water test and advice on maintaining your pool/spa.

We also offer onsite servicing and repairs, replacement of pool equipment like pumps, chlorinators, filters and heaters.

As a second matter the pool fencing inspections

have been extended for the first round and are now due by the first of June 2022.

We can offer you a pool fencing pre inspection to advise you if any works are required prior to booking the inspection with our qualified inspector Andrew Peck.

You will require the letter issued by the council which states the regulations you are being assessed on and the due date.

Please contact the store to arrange an appointment in February so that you will be compliant before the cut-off date.

Happy swimming.





**KNOXFIELD NEWSAGENCY**

1597 FERNTREE GULLY ROAD KNOXFIELD VICTORIA  
 TEL: 9764 8260 FAX: 9764 9215  
 EMAIL: [knoxfieldnewsagency@hotmail.com](mailto:knoxfieldnewsagency@hotmail.com)

Monday to Friday 7.00am to 5.30pm  
 Saturday 7.30am to 3.30pm  
 Sunday 7.30 am to 10.30am



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**5 Darryl Street  
Scoresby 3179**

fx:(03) 9753 3091



# KNOXFIELD & SCORESBY NEWS

## MAYOR'S MESSAGE

with Knox Mayor, Cr. Susan Laukens

As 2022 gets under way my New Year message is, 'Be kind'. Be kind to yourselves, each other and support local businesses.

### Be Kind

If you do need support please speak up - there are Council services and supports available for you personally.

We've had an uncertain continually changing start to the year with COVID and restrictions. Some people in our community have coped better than others. Have the courage and vulnerability to ask for support if you need it - it's OK to ask.

We know that these are tough times for our community and we're here to support so please reach out. You don't have to do it on your own - as a Council, we are here to support you.

Visit the Knox website for information: [knox.vic.gov.au/our-services/children-family-and-community-services/mental-health-and-wellbeing](http://knox.vic.gov.au/our-services/children-family-and-community-services/mental-health-and-wellbeing)

### Towards Zero Waste

Do you have a New Year's resolution for 2022? Maybe it is to reduce the amount of your household waste ending up in landfill and to recycle more. Knox City Council recently released and distributed the 2022 household waste calendar which has

heaps of information on how to reduce waste. Many individuals, groups and businesses in the City of Knox are working towards zero waste and thinking of ways to recycle. I encourage people to visit [knox.vic.gov.au/reduce-waste](http://knox.vic.gov.au/reduce-waste) for tips.

### Return To School

The last two years have been challenging for both parents and students. As Knox's youngest residents either start or return to kindergarten and school remember to celebrate the small to achieve the big.

Don't forget, school zone speed limits and parking restrictions around schools are in place for the safety of our precious kids. Slow down and allow a bit of extra time to get to school in a happy frame of mind.

Remember, you don't have to do it on your own - it's OK to ask for help and support.

I wish everyone a safe and successful return to school and a good year ahead.



Knox residents are excellent recyclers but there are even more steps you can take to reduce waste:



## Cr. Susan Laukens

KNOX CITY COUNCIL FRIBERG WARD COUNCILLOR • PUTTING OUR COMMUNITY FIRST

LET ME KNOW WHAT MATTERS TO YOU

Call or text on 0437 882 913,

email me at [cr.susan.laukens@knox.vic.gov.au](mailto:cr.susan.laukens@knox.vic.gov.au) or visit [www.susanlaukensforknox.com.au](http://www.susanlaukensforknox.com.au)

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# KNOXFIELD & SCORESBY NEWS

## Kim Wells News Spot

from Kim Wells MP, Member for Rowville

As Victorian students head back to school for the 2022 School Year, I'm reminded again of the huge adjustments that students and teachers have made throughout the Covid19 pandemic. Through many frustrating weeks of home-schooling, without the support of classmates, the resilience of school students and their teachers was tested by these very unexpected circumstances. After months of school closures, being able to present the Rowville Endeavour Awards in person to the students of 2021 was a very significant occasion.

Every year these awards are given to students who are nominated by their school for outstanding effort with their peers or as student leaders contributing to the school and the community above and beyond their academic results although many award recipients also do well in their studies. The extra

burdens that students dealt with in 2021 made this year's awards all the more important.

Students were nominated for supporting their fellow students by having compassion and empathy for teachers and their classmates, for showing persistence and determination in their school work and for students who always strived to achieve more.

While these last two years have been difficult with many important school milestones missed along the way, I am sure the lessons of resilience and adapting to new circumstances will stay with these students and give them the extra grit they need to achieve their goals in the future.

I'd like to extend my thanks to the wonderful teaching staff who I meet, who have also gone to extraordinary efforts to keep their classes going throughout the disruptions and challenges of 2021 and who made an extra effort to recognise their students with this award.

Congratulations to all 2021 Endeavour Award recipients for achieving so much last year.

### Scoresby Primary School

- Ehen Chua

### Rowville Secondary College

- Jaymee Wadey

### St Joseph's

- Millar Hansford

Scoresby Secondary College

- Storm Pascua

### St. Judes Primary School

- Harjas Kaile

### Lysterfield Primary School

- Samara Trimble

### Karoo Primary School

- Skye McMullen

### Park Ridge Primary School

- Lucy Nevett

### Heany Park Primary School

- Emma Hardy

### St Simon's Primary School

- Tayla Franes

### Carrington Primary School

- Maddison Fraser

### Rowville Primary School

- Zarah Molnar

### Rowville Primary School

- Claudia Ciechowicz

If you need any assistance with Victorian State issues or concerns, my office can be contacted on 9764 8988 or by email at [kim.wells@parliament.vic.gov.au](mailto:kim.wells@parliament.vic.gov.au).



The Hon. Kim Wells MP presents Ehen Chua with his award.  
Photo sourced from <https://www.facebook.com/KimWellsMP>

**Keep 1.5m apart**  
from others



**BE COVIDSAFE**

# Kim WELLS MP

STATE MEMBER FOR ROWVILLE

Unit 4, 1335 Ferntree Gully Rd, Scoresby 3179 | 03 9764 8988 | [KimWells.com.au](http://KimWells.com.au)

[KimWellsMP](https://www.facebook.com/KimWellsMP) | [KimWellsMP](https://www.instagram.com/KimWellsMP)

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



**A STRONG VOICE  
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AND KNOXFIELD**

# Latest from Knox

**KNOX**  
your city

## The Bobby Darin Story



Featuring Rod Gilbert  
**1 March - One show only**

Check out the full Knox Community Art Centre program and book tickets at [knox.vic.gov.au/kcac](http://knox.vic.gov.au/kcac)

*You must be fully vaccinated to attend*

## Boronia Big Flix Festival



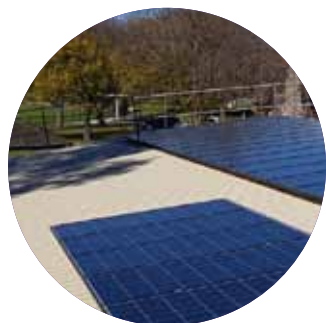
**Over three weekends**  
**19 March - 2 April**

Featuring delicious take away food from local businesses, food trucks and kids' activities.

More information [knox.vic.gov.au/bigflix](http://knox.vic.gov.au/bigflix)

## Go solar and save

Check if solar is suitable for your business or home - including rental properties. Find out how much it will reduce your bills and get a quote to install a quality solar system. Discounts available to low income households.



For advice you can trust go to [knox.vic.gov.au/solarsavers](http://knox.vic.gov.au/solarsavers) or phone 1300 548 598

## Cat curfew begins

**10 April**



Cats must be kept on your property at all times to keep them safe, protect wildlife, and reduce nuisance cat complaints.

For more information, including cat curfew resources, visit [knox.vic.gov.au/cats](http://knox.vic.gov.au/cats)

## Shape where you shop and dine

Have your say on the draft Retail Activation Strategy by 25 February.  
More information [knox.vic.gov.au/haveyoursay](http://knox.vic.gov.au/haveyoursay)

**HAVE  
YOUR SAY**

*Keep up to date*

For weekly updates to your inbox subscribe at [knox.vic.gov.au/email-newsletter](http://knox.vic.gov.au/email-newsletter)



## FERNTREE GULLY T.O.W.N CLUB

Have you added a few extra Kilo's over the last couple of years?

Looking for inexpensive support to help you lose weight that will educate and help you achieve your weight loss goal?

Then Ferntree Gully TOWN Weight Loss Club could be the club for you.

At every meeting at Ferntree Gully TOWN Weight Loss Club we have an educational section, designed to educate, motivate, and inspire you to make changes to your lifestyle.

We meet every Wednesday night from 5.30pm to 7.30pm at the Elderly Citizens Hall in Underwood Road Ferntree Gully.

No Gimmicks. No Set Diets. Just the knowledge on how to successfully lose weight and keep it off. Joining fee is \$60.00, and our weekly fee is \$8.00.

Whether you are a new member or have previously been a member of any TOWN Group you will certainly be made welcome at our club. Come and check out Ferntree Gully TOWN Weight Loss Club.

You want to, You can, You will achieve your Weight Loss Goal at Ferntree Gully TOWN Weight Loss Club.

Contact Therese 0417 351 898 or email her at [ftgtownleader@gmail.com](mailto:ftgtownleader@gmail.com)



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(03) 9800 0388

## Are all Oils Equal?

from Ferntree Gully TOWN Club

We are not talking about motor oil or two stroke oil, we are talking about consumable oils. If you look at any supermarket shelf you will see many different oils. All have a slightly different purpose. Some are healthier than others and some are not healthy at all.

But one thing that they ALL have in common is that all Oils are 100% fat, and ALL Oils have 37 kilojoules per gram.

That is where the similarities end, even though many edible oils are loosely thrown together and misleadingly described collectively as Vegetable Oils.

Vegetable Oils come from three different sources:

- Fruit – olives coconuts, avocados, palms.
- Nuts – macadamias, peanuts, pecans.
- Seeds – canola, sunflowers, soybeans, cotton seeds, grape seeds, rice, and bran

The vegetable oils from the Fruit and Nut groups are relatively harmless to our health.

The opposite applies to the Seed Oils group and unfortunately these compose most of the so-called vegetable oils in our foods, be they packaged or takeaway. They can be found in potato chips, muffins, frozen foods, canned soups, salad dressings, pesto,

soy milks and liquid versions of breakfast cereals, etc., all designed to enhance flavour and texture. All contain dangerous levels of omega-6 fatty acids.

If you are buying vegetable oils directly off the shelf in the supermarket it is helpful for you to know that all oils have been given a health rating as set out in the following listing, with five star (\*\*\*\*\*) being the healthiest.

The characteristics of various types of cooking oils are quite complicated - eg light/extra light oils; saturated/unsaturated fat content; trans fatty acids; and omega fatty acids. But these details are typical of the issues which we as a club discuss to help our members to make better decisions about what they eat and what they use in their cooking at home.

If you are serious about losing weight and want to have a support network around you then check out Ferntree Gully TOWN Weight Loss Club.

We meet every Wednesday night from 5.30pm to 7.30pm at the Elderly Citizens Hall in Underwood Road Ferntree Gully.

Contact Therese 0417 351 898 or email her at [ftgtownleader@gmail.com](mailto:ftgtownleader@gmail.com)

Type of Oil	Health Rating	Comments
Olive Oil	*****	Best in salads. Not good for frying as it has a low heat tolerance.
Vegetable Oil	**	Generally healthier than animal fat. Use for frying because of its high smoke point.
Sunflower Oil	***	Popular for baking and frying.
Canola Oil	***	Useful for most Culinary uses.
Grapeseed Oil	*****	Light pleasant taste in food.
Coconut Oil	**	Can be used as a replacement for butter when baking or frying.
Peanut Oil	****	Traditionally used in Asian cooking. Good for frying.
Avocado Oil	*****	Great replacement for butter on bread, stir frying and in salads.
Macadamia Oil	*****	Ideal for salad dressings due to nutty flavour. Good for frying as it has a high smoke point.
Rice Bran Oil	****	Use in stir fries. Has a nice delicate flavour and is heat stable.
Flaxseed Oil	*****	Not suitable for cooking. Has a nice nutty flavour in salad dressing.
Soybean Oil	**	Is mainly used in frying and baking.
Palm Oil	**	Ethically we should avoid use of this oil because some countries are destroying native habitat at an alarming rate.

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

PhysioSpot  
1621 Ferntree Gully Road Knoxfield 3180  
Telephone: 9764 9359 Facsimile: 9763 3114

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## Hands on Myotherapy

All Things Feet  
with Myotherapist Laura



Since the start of Covid lots of things have changed, more people are working from home, trading work shoes for slippers and our feet are suffering the consequences.

One of the most common types of foot pain is Plantar Fasciitis which is when the fascia on the underneath of the foot becomes inflamed and causes a stabbing pain on the heel. The pain is commonly worse in the morning.

People of all ages and demographics can experience Plantar Fasciitis although flat feet, tight calves, bad footwear, standing for long periods of time and pregnancy can increase the likelihood.

In lockdown, walking was a great way to pass the time and get some fresh air. However, the change in people's exercise routine, without proper stretching, supportive footwear and suitable muscle maintenance has shown an increase in clients presenting at the clinic with foot pain.

At Hands on Myotherapy we can successfully treat Plantar Fasciitis using a combination of massage, cupping, dry needling and taping. Clients can expect relief after treatment and symptoms significantly decrease with the correct management plan. We will also prescribe corrective exercises to help with flat feet and tight calves and we recommend supportive shoes to help you become pain free.

Are you experiencing foot pain? It could be Plantar Fasciitis! Visit Hands on Myotherapy and start your care plan to be pain free.



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

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



## Laughter Affirmations & Anniversaries

It feels timely to share about putting time and energy into looking after oneself, which is particularly directed to the older generation, like myself and my husband John. Be consistent with regular movement, any exercise that you can manage, and be involved with life in whatever way suits your personality. We regularly see a chiropractor and acupuncturist for support and preventative treatment which benefits us enormously. Health professionals encourage clients and patients to just keep moving as much as you can because of a variety of reasons.

That is partly why we have kept the laughter club going now for 17 years in March to keep up an interest and involvement in life, in addition to the plethora of benefits that laughing together brings. You can feel flat when you start a laughter club session changing to becoming upbeat and enthusiastic at the end of the half hour.

Another anniversary for which I am most grateful is to have the opportunity to share about the benefits of laughter and other beneficial things, attitudes and ideas in this medium. I have been writing for 7 years beginning the 8th year. Wow, whoever would have thought at the start for it to be a continuing regular chance to share in this fabulous community newspaper. So much gratitude to the team and supporters ongoing, my, how time flies.

Another anniversary, or rather birthday, I confess to becoming 80 in April which I share with you to encourage you to never ever give up, keep on keeping on, don't stop, you will stagnate and go backwards. That being said, it is also necessary to become more aware of your physical, mental, emotional bodies and take time to nurture and



revitalise them. It is good to be busy, but not good if we do not allow yourself recoupment time, to sit quietly by a stream, on a park bench, whatever works and you will know what will be a good thing to make more time for if you have let it slip.

### Laughter Affirmations Guide

You can enhance your life by thinking positively and using affirmations helps to do this. Last edition we talked about Neuroplasticity and creating new habits. Affirmations tie in with that concept. Endeavour to occupy your attention on laughing more and choosing to focus on positivity which may mean needing to look for the silver lining in the clouds.

Energy follows thought and so, unknowingly, we attract what we focus on, which may be more like an ongoing internal dialogue or narrative. But I encourage you to include positive sayings, thoughts and affirmations each day and see how your life will support you for the better.

Your energy and mind will create it for you, even when you are occupied with other thoughts and concerns. You are programming your subconscious mind with beneficial energy to help you manifest and become who you would truly love to become. In other words, you are working with the Law of Attraction.

### Laughter Affirmations

Here are some great affirmations for you to start with: I've got this. (And laugh).

I am amazing and you too are amazing.

I am happy, I am healthy, I am abundant.

Laughter and fun come my way when I am being authentic.

I choose feelings of laughter and joy wherever I go.

I always laugh when I can because laughter is the best medicine.

Cheerio and Have a Great and Positive 2022, no matter what it may bring forth.

Cheerio for now and until next time, laughter blessings. Do contact me for a chat as I look forward to hearing how you are and whether these ideas were helpful. Thank you.

Lots of Love and Laughter, Lynette Mitchell.

The Ferntree Gully Laughter club meet behind the library at 11am on the 2nd & 4th & 5th Sunday and on Zoom the 1st Sunday. Feel free to join us and be uplifted too!

**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](mailto:lynette@laughterforliving.com.au)  
<https://laughterforliving.com.au/>**

## Pandemic Financial Support

by Melinda Kearsley  
EACH Financial Counselling

### Financial support for pandemic leave

In Victoria, we are currently experiencing a surge in positive Covid-19 cases and the subsequent requirement for people to isolate. For many, this means lost income.

The Victorian Government is providing several grants for those affected and these include:

- Covid-19 test isolation payment – for eligible applicants awaiting the result of a PCR test (this does not cover Rapid Antigen Tests)
- Pandemic Leave Disaster Payment – For eligible applicants quarantining at home due to testing positive or being a close contact of someone who has tested positive.
- Extreme Hardship Support Program – for Victorian residents with urgent needs. You must also not be receiving any Commonwealth payments, have no to very little income, savings or community support and be a temporary or provisional visa holder or undocumented migrant to be eligible for this support.

Unfortunately, for many people, these support payments will not cover the financial losses of losing work. Many others are experiencing financial difficulty regardless of the pandemic and isolation.

### What can you do if you are experiencing financial difficulty?

- Contact creditors early. If the changes to your income will mean you can no longer afford to pay your debts ask your lender how they can help you to manage the debt. The sooner you contact them the better.
- Reach out to your utilities companies. Let them know you are in financial difficulty and ask how they can help. If you are already in arrears, hardship arrangements are available to help you.
- Avoid the temptation to take on more debt or high interest loans. This can lead you into a spiral of debt that can be very hard to get out of.
- Help to pay your rent. If you are in a private rental and you're behind in rent, you may be

eligible for a one-off payment through the Private Rental Assistance Program (PRAP).

- Know your rights. The Consumer Affairs Victoria website provides information on your rights during this time.
- Know what you are entitled to. There are many concessions available through the DHHS website to those on low incomes or experiencing financial hardship you may not be aware of.
- Seek help from a Financial Counsellor. This is a free and confidential service and you do not need to be receiving Centrelink benefits to access supports. Financial Counsellors can provide information and options available to you, advocate on your behalf, and empower you to regain control of your financial situation.

Regardless of the reasons for experiencing financial hardship, help is available.

THE SOONER YOU REACH OUT, THE MORE THAT CAN BE DONE.



### Contacts:

Coronavirus Victoria Isolation Support  
<https://www.coronavirus.vic.gov.au/isolation-support>

Department of Health and Human Services:  
<https://services.dhhs.vic.gov.au/concessions-and-benefits>

Consumer Affairs Victoria:  
<https://www.coronavirus.vic.gov.au/renting-laws-and-support-during-coronavirus-covid-19-pandemic>

Housing Vic:  
<https://www.housing.vic.gov.au/help-renting/rentrelief>

Uniting Outer East Private Rental Assistance Program:  
[https://www.ehn.org.au/practitioner-resources/uniting-outer-east-private-rental-assistance-program\\_245s91](https://www.ehn.org.au/practitioner-resources/uniting-outer-east-private-rental-assistance-program_245s91)

Financial counselling: EACH Financial Counselling  
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## VMCH Aged Care Home in Wantirna

Villa Maria Catholic Homes (VMCH) Aged Care Wantirna was significantly redeveloped in 2012. The facility, at 355 Stud Road, Wantirna is situated within a beautiful garden setting.

There are 96 beds in total over 3 floors, made of 6 separate houses of 16 beds. Each house has separate dining and sitting rooms and there are tea/coffee facilities for both residents and families, conveniently located on each floor.

The VMCH Care Practice is designed to support residents to live the life they choose. They are all about independence, engagement and collaboration. VMCH Wantirna supports residents to achieve their full potential, maintain dignity, foster choice, promote wellbeing and keep community connections alive and well.

Knox resident Lilian Davison was so impressed with her recent experience of VMCH Wantirna she wrote the following article to share her story.

## A Heartfelt Thanks to Villa Maria by Lilian Davison

My husband George was a resident in Villa Maria for six months. Sadly he passed away on the 18th of November 2021. He had dementia and other problems. I believe most people think that all age care homes are the same, and some do have a bad reputation. My children and I could not be happier with the love and care shown to George at Villa Maria by the wonderful Manager and staff.

On Meridian level, where George was, we were extremely happy with the care shown to him throughout his stay and especially in the last few days of his life. I frequently asked George if he was happy and if the staff were good to him. He always said that the food was very good and everyone was friendly and kind. He often asked if he could come home so sometimes, I would leave in tears but if the staff noticed me, they would comfort me and assure me that George was in the right place.

Two registered nurses on day and afternoon shift would always be available for a chat and I could tell that they truly cared about George and his welfare.

The lifestyle co-ordinator was particularly fond of George as he always liked a sing a long and she took many photos and videos for me. During lockdown this was a great comfort.

Near the end of George's life, the Pastor was particularly supportive, and my family and I felt respected and understood.

During his last days many staff came into his room to farewell him and pay their respects, often crying with us. We never felt alone, our grief was shared and we feel blessed to have had such caring, kind, thoughtful people surrounding us during such a very sad time.

I would like to recommend Villa Maria, Wantirna to anyone in the situation of looking for aged care. It is a difficult decision to have to make, as there are many choices available. We were very lucky to have picked this home and I cannot speak highly enough of the facility and the Staff.



News from...  
Knox Over 50s

A belated Happy New Year to all Over50s in our community. Let's hope this new year brings with it increased opportunities for improvement in our social lives. Each and every one of us has been missing our get-togethers with family and friends and it would be wonderful to freely enjoy the company of others.

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.

We were able to hold a Christmas Luncheon at the Knox Club on Tuesday, 14th December 2021 and a wonderful time was had by all. It was great to catch up with everybody and just enjoy good company and lots of fun.

At this stage, we envisage holding all of our 2022 meetings at indoor venues. Authorities have impressed on us how important it is to be fully vaccinated, as currently all indoor venues will accept only fully-vaccinated patrons.

In the meantime, we are going ahead with plans for our Club trip to Bright during March 2022 and Committee members are working with increasing optimism on a return to our other regular activities, as listed above. Weather permitting, we are now 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.



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Plans for February and March are GO, and Conveners are planning for months to come. Let's start with February 2022. The good news is that if you would like to join in on any activity, you can in fact, try three (3). But after these we will ask you to decide whether or not you would like to become a member. For only \$25.00 pp you can enjoy any or all activities during the year. No extra costs! Of course, with carpooling, we ask you to pay a set donation to the driver. There could be entry fees, train or bus travel costs. Let's get on with opportunities for you to join in.

A group of ladies meet for a cuppa and chat on the first Tuesday each month.

Then on the second Tuesday each month a group of men do the same. Every Tuesday some gather at Knox Leisureworks for Water Aerobics. Sorry for this - we need to pay the entry fee. Wednesdays consist of monthly outings. That is ARMCHAIR TRAVEL, GARDEN VISITS, CHINWAGGERS AND AN EVENING DINE OUT. Bushwalkers go every Thursday and so do the Badminton group. There is also Cuppa and Craft at 10 am on the 4th. Thursday.

Then Fridays there's board games and the Friday walkers are out there on the 2nd and 4th week.

Now, the weekend. Cinema on the 2nd Saturday afternoon and on the third Sunday another group of Walkers will be in the great outdoors somewhere. SO, I haven't mentioned the Card Players.

"500" is played every Monday evening at 7pm. Week 3, Canasta is the highlight, Bolivia is week 4 on a Tuesday evening at 7pm.

On week 4 Monday 2 pm is Music Appreciation and a group of Organ players meet 4th. Friday at 2pm.

INVITATION: 17th. February at 5pm. Bring your own meal to the Tim Neville Arboretum for our PICNIC IN THE PARK. It's always fun and we're home before dark. THEN, on Monday 28th February we'll hold our Quarterly meeting in the Wattle Senior Citizens Club Hall!!!

OUR NEW HOME!!! Yes 2 clubs become one now that the Wattle group have amalgamated with us,

this hall is now the Clubrooms of Life Activities Club Knox in Ferntree Gully 3156

MARCH, another Picnic in the Park, same place and time, then on the 24th. March take part in a guided tour of the Moorabbin Airport. Carpooling. No entry fee.

This could be a lot to take in, but if you ring Carol, she will post a copy of our current newsletter. In it you will find more details of all activities, conveners' phone numbers, and these you can call for more details. Carol is also happy to give details.

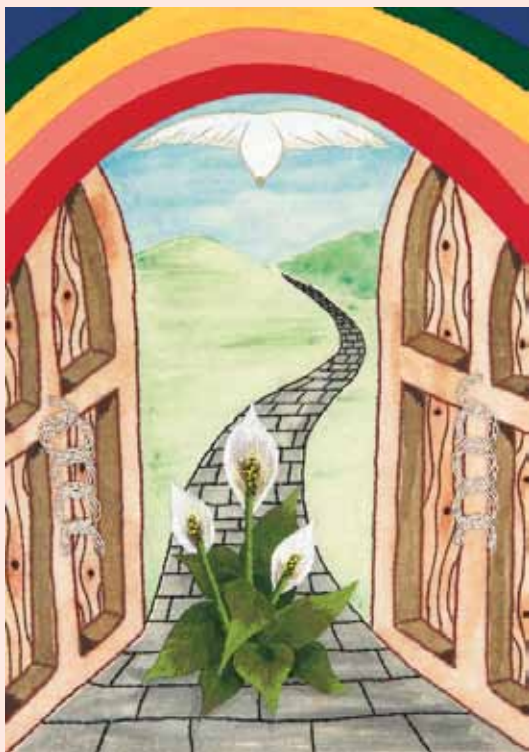
CAROL 0419 870 639

Or look us up at [www.life.org.au/knox](http://www.life.org.au/knox)



## World Day of Prayer

Friday 4th March 2022  
at 10.30am



World Day of Prayer has been prepared by the women of England, Wales and Northern Ireland.

**The theme is: I know the plans I have for you.**

Knox Community Baptist Church is hosting this year's day of prayer on behalf of World Day of Prayer Boronia District, (which comprises of seven local Churches, who take turns each year to host the service).

Artwork by Angie Fox

**Knox Community Baptist Church**  
17-19 Falconer Rd, Boronia VIC 3155

Everyone is warmly welcome to attend.

For further information: <https://www.worlddayofprayeraustralia.org>



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## News from Aussie Veterans by Michael Quinn

We enter into a new year with the hope that our crazy world will normalise and business will return back to normal. It has been an emotional time for many with social isolation and uncertainty regarding government policy, business and the many flow on effects to family and love ones.

Our volunteers have been keen to get back to work but like all businesses we are short of volunteers owing to absences caused by some awaiting negative tests to avoid endangering our other volunteers to the virus.

Our business model remains intact and we are excited to be back and trading and providing our services to our veterans and the food bank to the community.

I must put out a special thanks to our local council and state member Jackson Taylor for support over this period and also for a grant provided that enables us to upgrade our computer systems for general use and administration. We have also had financial assistance through grants from the Federal Minister of Veterans Affairs.

The Victorian Veterans Minister Shaun Lean has also visited and assisted over a number of issues during the past 2 years.

Most importantly, through the assistance of local, state and federal governments our dedicated management team and executives will be able to continue to provide our much-needed services into the future.



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## How friendship can make an extraordinary difference.

**VIEW is a national women's organisation with over 15,000 members in more than 300 communities who volunteer, fundraise and advocate for children's education charity The Smith Family.**

We sponsor more than 1,200 disadvantaged students and donate more than \$1 million each year to help fund learning and mentoring programs for disadvantaged children.

Our members have been making the most of friendship and support to help change the lives of thousands of children. They meet regularly to share their passion and experience, build lasting friendships and make a tremendous difference to the young students we support. We welcome women from all walks of life to join us and make a difference today.

### Wantirna Evening View Club

Wantirna Day 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 – 10:30 am for a 11:00 am 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.

### Boronia VIEW Club

Boronia View Club will meet on Friday 18th of February at 11.30 at Eastwood Golf Club, Liverpool Road, Kilsyth for lunch at a cost of \$27 followed by an afternoon of fun, fellowship and laughter and general "catch up" as we haven't seen each other for a while. There will be raffles and a trading table of lovely homemade produce.

The following meeting will be on Friday 18th of March at 11.30 also at Eastwood Golf Club Liverpool Road, Kilsyth and it will be the Club's birthday so come along ladies and celebrate with us with a \$27 lovely lunch and special guest entertainer Elia Cannizzo. Again there will be raffles and a trading table with lovely homemade produce.

We enjoy the company of women of all ages and backgrounds so come along and you will be warmly welcomed.

Enquiries to Judith on 9764-8602

## 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
Changing Seasons Cafe	Wednesday to Sunday 7.30am to 3.30pm	31-34 Elizabeth St, Bayswater Access from the road	8720 1382
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 No meeting in Dec.	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. Dec. 17th 11.30 am.	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	Saturday, February 12th and March 19th	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 <a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>
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	Helen Dewar 0418 333 022
Scoresby TOWN Club	Wednesdays 8.30am	Bayswater Church of Christ	0418 306 104
The Hut Gallery	Open Sat/Sun 11am to 4pm	157 Underwood Rd. Ferntree Gully	<a href="http://thehutgallery.com.au">thehutgallery.com.au</a>

## Templeton Tennis Club News

by Don McCracken, President

Welcome back to TTC news for 2022.

Our summer competitions recommenced over the weekend of the 29th January. Accordingly, there aren't too many weeks left until this season is complete with finals in March.

At the time of writing, (mid Jan) we have 8 of 16 junior teams and the seniors have all 3 teams currently in the top 4. Let's hope the good form stays with us after the long Christmas break! Mid week ladies, Wednesdays and Thursdays recommenced the first week of February.

The next Saturday season (Winter) will be upon us very shortly so if you are interested in playing competition commencing in April please make contact with one of our conveners. Seniors, Brad King 0437 856 393 or juniors, Pam Stewart 0402 080 054.

Night competitions: Monday and Wednesday nights are back in full swing as of the 31st January and progressing well. Come for a look and maybe join

us. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call on 0425 748 138.

Final touches are being done to complete the refurbishment of our complex with the last of the windbreaks installed late December. These were funded through Councils Community Development Fund program. Thank you to Knox council for their continued support of our club and sport in general. New tables, all being well, will be in place by the time you are reading this report.

Like many sporting clubs we too have been the recipient of State Government support during these Covid times for which we are most grateful.

Our coach, Kelly Bisinella, runs a highly successful coaching program at the club for all levels. Give her a ring! Straight Sets 0414 874 482.

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

# SPORT NEWS

Come and join us at the family club, your club, the Templeton Tennis Club.

All the best for 2022.

**Templeton Tennis Club Inc.**  
**Templeton Reserve, Templeton St**  
**Wantirna 3152. Melway Ref. 63 G9**  
**Membership: Leanne 9887 1957**

**Clubhouse: 9887 3505**

**President: Don 0425 748 138**

**Coaching: Kelly 0414 874 482**

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

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



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