

COMMUNITY NEWS

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

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



THE COLLIER RESERVE BICYCLE SCULPTURE IS BACK TO IT'S BEST!
CR. MARCIA TELLS THE STORY ON PAGE 19

EDITION 77

APRIL/MAY 2022

- BANKSIA NURSERY - END OF AN ERA
- PANDEMIC ECONOMIC RECOVERY - THE JOBS PARADOX
- MY INTERVIEW WITH ASHLEIGH BARTY

FREE

GET 20% OFF WHEN YOU PRESENT THIS AD

AUZ CAR WASH - Get All Your Car Washing Need

Under an Umbrella!

Services - Hand Car Wash Car Detailing Car Waxing

Car Polishing Paint Protection



Contact No.: 040 1458 342

Email ID: auzcarwash@gmail.com

Address: 758 Stud Road, Scoresby, VIC, Post

Code: 3179

Facebook:

<https://www.facebook.com/auzcarwash/>



GLENGOLLAN VILLAGE

A storybook lifestyle where you'll live happily ever after

- **HURRY SELLING FAST ONLY 1 LEFT FROM THE 12 NEW UNITS AT STOREN CLOSE**
- **DON'T MISS OUT ON THIS OPPORTUNITY**
- **2 bedroom, 2 bathroom, single garage with internal entry, Fisher & Paykel cooking appliances including built in microwave. Split system cooling x 2 plus gas ducted heating, private courtyard, pet friendly**
- **Money refunded within 90 days of permanent departure**
- **Everything you need is close at hand, including our Aged Care located within the grounds**
- **Some newly refurbished 2 bedroom units also available starting at \$525k.**
- **One bedroom Rentals available—Terms and Conditions apply**



What the past 2 years has taught us is that during unprecedented times it's important to be somewhere you feel safe, protected, cared for and most importantly somewhere you don't feel alone.



To book a tour or more information
Call Kym
PH: 8706 4502



Information

Published by: Studfield Wantima Community News Inc.
ABN: 98259005633 RAN: A0054764G
PO Box 6159, Wantima Mall 3152
swnewspaper@gmail.com or
swnewspaper2@gmail.com
Telephone: 0407 797 666
<http://www.studfieldwantiranews.org>

Volunteer newspaper production team:

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

Additional Distribution: M.Claringbold & S.Bingham

Front cover: Bicycle Sculpture at Collier Reserve,
Wantima supplied by Knox City Council
Copies: 15,000 copies produced & distributed around
the suburbs of Bayswater, Knoxfield, Scoresby,
Wantima and Wantima South

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

DEADLINE DATES FOR 2022

Ed. 78 June/July Friday, May 13, 2022
Ed. 79 August/September Friday, July 15, 2022
Ed. 80 October/November Friday, September 16, 2022
Ed. 81 December/January Friday, November 11, 2022

Format design by Tamara Bouzo.

Fonts sourced from: <http://www.jennasuedesign.com/>
<http://code.newtypography.co.uk/> - Vernon Adams

Printed by Newsprinters

Distribution supported by Storage King Solutions
Some photos sourced from Pixabay and Pexels

Content

Knox Milestones	Page 3
Bayswater News	Pages 4-5
Around Knox	Pages 6-7
Wantima News	Page 8-11
Education Update	Page 12
Out and About	Page 13
Library News	Page 14
Knox Arts	Page 15
Knoxfield & Scoresby News	Page 16-19
News In Good Health & Wellbeing	Page 20-21
Community News	Page 22-26
Sport News	Page 27
Back Page	Page 28

Disclaimer: Views and comments expressed in this paper are not necessarily those of any member of Studfield-Wantima Community News. Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, Studfield Wantima Community News takes no responsibility for errors. **Copyright:** No reproduction, copy or transmission of this publication may be made without written permission or in accordance with the copyright act.

Editorial

Hello Community News readers,

In June 2008 our very first edition was published featuring a photo of the Collier Reserve Bicycle Sculpture on the front cover.



The photo was taken by Elaine Craig of Knox Photographic Society who provided a series of photos for our front covers at the time.

It is great to see the sculpture revitalised and looking fabulous once more.

Our paper has come a long way since 2008 and we are now bringing you Edition 77 which is chock full of news and information from your community.

Enjoy!

Janet on behalf of the SWCN team.

The team at SWCN would like to thank Wantima 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.



Banksia Nursery: End of an Era by Michelle Kelly

KNOX MILESTONES

Banksia Nursery has always been a family run local business. Started in 1959 by husband and wife, Dirk & Augusta, closely followed by 2 children, they started out on the roadside with 2 plants to sell, leading to 4 plants to sell and so on. In the beginning Burwood Highway was just a single land dirt road and the nursery was surrounded by orchards and fruit growers. Their idea for running a nursery took off over a few years and they had to expand from the roadside and build the first nursery buildings; shade houses, seedling houses, the main shop for all your feeding and maintenance needs.

Beautiful displays of flowering plants were set up and packed up every morning and night at the entrance, when the main doors were on Burwood Highway. This was all in a day's work for the Banksia family, as was Dirk building and manufacturing the nurseries needs which couldn't be easily sourced back in those days; from the nursery trollies to the seedling cutters made out of a repurposed bumper bar, this was back when the seedlings didn't come in plastic punnets but in large wooden trays. They would be cut out of the trays and wrapped in newspaper for you to take home. Plastic pots were not around in the early days either so tin cans were collected from GeeVee and holes punched in the bottom for drainage & the tops folded in; plants would come in wrapped in hessian and then be transferred to the tins to be sold and taken home. Being surrounded by fruit growers, naturally the nursery also grew & sold strawberries from the paddocks that was where High Street now is. Growing & wholesale nurseries in those days didn't deliver either, so weekly trips in the trusted truck would go up into the hills and come back almost overflowing with the best of what our local growers had to offer. Many of these growers are the same ones that supplied Banksia to its final days, running over multiple generations of the same families' just like at Banksia.

As the nursery continued to grow as did the whole area, with new estate being built all around as well as Knox shopping centre, some re arranging had to be done. A carpark had to be put in for the customers, which still left cars parked along Burwood highway on the weekends. The nursery shop entrance was moved from the highway to be accessed in the car park & a new building. At this time there was no High Street, the nursery used the space over high



street for growing and storing plants. As the nursery became a regular weekend outing for many local residences more businesses joined the Banksia family. The garden supplies, glasshouse centre, pool shop all opened to great success as well as some smaller shops selling tents, an aquarium, and sheep skins. Not to mention the donut van that was always a hit on weekends. This made the Banksia complex and family a popular one stop shop for the family on a weekend.

Over the years the family has enjoyed displaying the best local growers had to offer in displays at Eastland shopping centre as well as participating in stunning displays at the Melbourne International Flower and Garden Show. The nursery has also



been used to film parts on TV series from Bellbird, and Kevin Heinz in the 1970s to Garden Gurus, and House Rules in more recent years.

In the late 80s the nursery outgrew the main building and a new larger one was built, which was the one that lasted to the final days. In the late 90s the café came along, run by different families over the years, but always a hit with the customers for a relaxing meal amongst all the plants.

Over the last decade the business attached to Banksia started to close as people looked to retire or to their next adventure.

Due to many factors including the exceptionally high land tax & rates sadly the family had been forced to make the tough decision to close the nursery. It was not an easy decision for the family run business, being established in the area for 60 plus years, with families coming in from 2 or 3 generations & sharing their memories of when they came in as children with their parents. Even some remembering when there were chooks roaming around.

The sad time had come that the doors of Banksia Nursery closed for the last time on December 23rd, 2021. The family would like to thank the customers for the support over the decades and for always sharing your stories, memories and gardens with them and their team.

Stay tuned for a garage sale coming later in the year.

Urgent Need for Social Housing Solution from Knox City Council

Knox City Council is disappointed that the Victorian Government has abandoned a plan to levy developers that would have delivered thousands of homes for the most vulnerable.

Mayor Cr Susan Laukens said local government has long called for legislation to mandate developer contributions, otherwise known as inclusionary zoning, as part of the solution to the critical shortage of social and affordable housing.

"Rising rents in the private rental market and an inadequate supply of social housing means many people on low to very low incomes are struggling to find somewhere to live.

"When people have a safe and stable home, it changes lives for the better," Cr Laukens said.

In Knox alone, a minimum of 1,010 social housing dwellings are needed to house those most vulnerable

by 2041, or an additional 50 social housing dwellings per year.

"Knox City Council has been an active leader in negotiating more social housing when developers have sought to rezone large sites but we only have a few of these sites left," she said.

"The Victorian Government should be commended for finally taking action to invest in social housing and the development sector must play its part.

"We are pleased that the Government's short sighted policy of exempting itself from paying rates on social housing has been shelved. This would have ripped more than \$16 million out of local services over the next ten years.

"Housing the most vulnerable people in our community needs sustained effort and investment, and we urge the Victorian Government to regroup



and resume working with all sectors in the spirit of true partnership to achieve a holistic solution," Cr Laukens said.

Dinsdale Ward News with Cr.Sorina Grasso

Firstly, I was delighted recently to visit and meet staff members Alan and Amy at Knox Express, the Temporary Knox Library relocated to their new premises and offering a great range of services.

Patrons will find a good selection of the main collections there, including books, computers, magazines, an excellent selection of children's books and DVDs as well as young adult fiction and non-fiction. There are also a number of additional offerings including Chinese Story time. The library is easy to find at Westfield Knox City Shopping Centre, where Cash Converters used to be, next to Supercheap Auto, also near Rivers and KFC and just on the other side of the car park from JB Hi Fi & Betta Home Living. There's plenty of car parking all around it and am pleased to tell you it is open 7 days: Monday to Friday 9am-5.30pm, Saturday 10am-1pm & also Sunday 12pm-5pm. The permanent library is expected to open mid-2023 and will occupy 2,000 square metres or approximately half of Level 3 of the former Myer Knox. Thanks to the staff who met me



and showed me the new premises, I was impressed with the set up and how much was available there, I felt very welcome and I encourage residents to take advantage of this excellent free facility.

I also chaired the Knox Multicultural Advisory Committee Meeting and was very pleased to receive feedback from Knox's Culturally And Linguistically Diverse community representatives about bike facilities in Knox as well as other current issues. These included the dissemination of up to date information about COVID-19 vaccination boosters to CALD communities and of useful ways to make the boosters as accessible as possible.

I also participated in the EAHA (Eastern Alliance for Housing Affordability) Executive meeting, where together with neighbouring Councils we discussed Social Housing advocacy for the forthcoming Federal and State elections as well as potential Council strategies including Homes for Homes.

Finally, I enjoyed a fantastic afternoon at the Knox Festival on Saturday the 5th of March. After a year of hiatus due to the pandemic it was so good to see the community out enjoying themselves again, undeterred by the unpredictable weather, and you could feel a great energy all round. It was also great to see so many services & community groups that everyone living in Knox can benefit from. Congratulations to everyone at Knox City Council for organising such a fantastic community event, especially Knox Arts and Events!

BAYSWATER NEWS



Happy Easter & Mothers' Day

With the right people on your side, finding the right home loan is easy.

- First home buyers
- Investors
- Refinance



Nari Khera

Book your free appointment today
 Aussie Knox 9887 4088
 Aussie Rowville 8740 1818
 Aussie Keysborough 8785 6888
 Nari Khera 0409 786 121
nari.khera@aussie.com.au



You don't need to leave home to get home loan help

I am still available for appointments over the phone, video call or email.

Aussie is a trademark of AHL Investments Pty Ltd. Aussie is a subsidiary of the Commonwealth Bank of Australia ABN 48123123124. c 2018 AHL Investments Pty Ltd. ABN 27105265861 Australian Credit 246786.

Open Seven Night
5pm-10pm



THE KNOX CURRY CLUB
 Indian restaurant
 Eat In Take Away Delivery
8838 0444



10% Off with this coupon

440 Burwood Highway
 Wantirna South, 3152

Jackson Taylor Update

As usual, I've been out and about hearing from locals about what matters most to them. I've always believed you can only do so much sitting behind a desk and that's why I've held over 100 mobile offices, made thousands of calls and been on the doors to understand our community's priorities. Call it old fashioned, but I believe it's made me a better MP. Over the course of this year as with every year, you'll continue to see me out and about – if you do, don't be a stranger, come up and say g'day!

In some good news the \$250 Power Saving Bonus has been extended until 30 June. This has been a very popular one! Last year we started giving \$250 payments to Victorians doing it tough to help with their energy bills. And now, we've extended the deadline for applications. The extension will provide support for eligible households who have yet to receive the payment. Households receiving payments through a range of different concession types may be eligible. For more, go to compare.energy.vic.gov.au or call 1800 000 832

More locally I'm excited that the final designs have been released for the new JW Manson Pavilion in Wantirna. I'm proud to have helped secure \$2.5 million to make this a reality. Works start soon and it's due to be complete by the end of 2022.

Quick Updates on local issues and State Government funded projects:

- Great to visit and hear from student leaders and the Principal at Wantirna South Primary
- The new Knox Library at Westfield Knox is on track to be open in 2023 in partnership with Knox Council
- Works on the Marie Wallace new pavilion to begin in April
- Reminder to check out Free TAFE courses at freetafe.vic.gov.au
- Launched the Bayswater Education Plan that aims to improve education outcomes across the 5 local schools in Bayswater, including Bayswater Secondary, where planning for the \$12.43 million upgrade is nearly finalised
- Announced \$150,000 in partnership with Council for new lights at Guy Turner Reserve, Bayswater
- Subsidised solar panels, batteries and reverse cycle AC's are still available for eligible households, go to solar.vic.gov.au for more and start saving on your power bills;



- Met with Principal Kevin Murphy about the future of Wantirna College
- Great to celebrate the Chinese New Year with the Chinese Association of Victoria recently

Also, in a first for the nation, we're setting minimum targets for offshore wind. That means that by 2032, over 1.5 million Victorian homes will be powered by renewable offshore energy. That's the equivalent of 20% of our state's needs - and by 2035, we're aiming for twice that amount. It will bring down electricity prices for millions of Victorians and create thousands of local jobs.

And a reminder that funded three-year-old kinder thanks to the Andrews Labor Government is now available in Knox with up to 5 hours, increasing to up to 15 hours over the next few years.

Finally, I wanted to give a big shout-out to the good folk at Bayswater RSL. With ANZAC Day upcoming please make sure to get behind them and purchase a badge if you see them out and about. As a proud supporter of the RSL I ask all of you to support our veteran's community wherever you can.

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

The Bayswater Makers' Market

Bayswater Senior Citizens Hall
790 Mountain Highway
Saturdays at 10 am to 2 pm
23rd April & 28th May

Our makers and creators would be delighted to see you at our markets at the Bayswater Senior Citizens Hall. Our market is a great place to support local producers, artists and craft people. Our wares include honey, olive oil, cakes, gifts, jewellery, bags, babywear, cards, toys, homewares and plants. Please email any enquiries about stall bookings to bw1market@bigpond.com with photos please.

Other enquiries Julia 9890 2546

Boronia Road UC

(cnr Boronia Rd & Zeising Crt)

MAKERS & GROWERS MARKET

(Indoors / under cover)

SATURDAY 2nd April at 10am to 2pm

Aprons ~ Baby Clothes ~ Bath & Bubble stuff
~ Bags & Buttons ~ Candles ~ Cards ~ Cakes & Biscuits ~ Doggy treats ~ Giraffes ~ Herbs ~ Jams ~ Jewellery ~ Knitted Goods ~ Mosaics ~ Paintings ~ Personalised T.shirts ~ Plants ~ Scarves ~ Succulents ~ Spinning Demonstration ~ Toys ~ Wooden Items (inc Shadow Boxes) ~ and lots more! Refreshments will be available.

Entry by Gold Coin Donation

Book a Stall / Enquiries - 0421 769 067



Jackson Taylor MP

Your Local State Labor Member

Gets Things Done.

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

📞 9738 0577 📧 jackson.taylor@parliament.vic.gov.au 📱 jackson.taylor.com.au

Pandemic Economic Recovery – The Jobs Paradox

By the time, this edition of the paper hits your letterbox it will be April, and I can't help but wonder where these past months went. In many respects, it has felt extraordinarily busy, with many civic events occurring as restrictions relaxed and Community groups started meeting again. It is great to see a slow and steady rebuilding of confidence as people venture out and reconnect with family, friends and community.

The pandemic has wreaked havoc on lives and livelihoods, with the impact on small businesses particularly noticeable. Many were hit hard and unable to survive the repeated lockdowns, sadly closing down. Inability to fill staffing vacancies is also having a major impact across our municipality especially for our hospitality businesses. Many restaurants / cafes have had to operate at reduced hours or close completely due to staffing shortfalls. They are experiencing a double whammy of pandemic pressure, financial drain and workforce pain.

It is strange times when there are people reportedly desperate for work, employers desperate for workers, and yet the demand and supply doesn't reconcile.

There is a strong emphasis on trying to get people back into the workforce and working at optimum capacity. Employment will help drive Victoria's economic recovery from the pandemic. To assist in getting people back into the workforce there is an amazing amount of free resources available to assist job seekers as well as financial incentives to employers.

Back in February, I attended a terrific Women's career forum hosted by Orana Neighbourhood House in partnership with Swinburne Skills and Jobs Centre, Jobs Victoria and the Knox Learning Alliance.

The following are a few key takeaways from the forum I would like to share with you. Note that these services are available to all currently unemployed / underemployed job seekers.



Women's Career Forum at Orana Neighbourhood House

If you are thinking about re-entering the work force, under-employed, dissatisfied and needing a job change, or just want to expand your horizons by exploring what else exists given your interests and skillset, there are so many resources available to assist you and the best part is they are FREE.

Highly trained and experienced Career Counsellors / Practitioners are available to help you navigate the process of determining what kind of job or career path you might be suited to, what strengths you have, any skills gaps that might require training / re-training to fill in. They will guide you with resume and covering letter preparation, help you to understand job advertisements and what they are actually saying / not saying, even help you with preparing for interviews. Again these services are FREE.

Some of the services available include helping jobseekers to overcome barriers that may be preventing them from being work-ready. This can include providing funding support to pre-accredited and accredited courses.

AROUND KNOX

These services are tailored to your individual needs. They happen at your pace. Most importantly, they are easily accessed - you can choose to get help via face-to-face meetings with a dedicated practitioner or you can choose online and via the phone. If you prefer face-to-face, they will come to you and meet you at a community location that is convenient such as local library, community centre, community house even a local café or shopping centre.

Here are some links to find out more -

- **Jobs Victoria** - www.jobs.vic.gov.au Or call our region's Jobs Victoria Advocate, a lovely woman I met last night named Kobie on 0448 879 578 [She looks after Knox, Maroondah, Yarra Ranges and Cardinia local government areas]. They offer pop up sessions at our Neighbourhood Houses and Libraries.
- **Swinburne Skills and Jobs Centre** - <https://www.swinburne.edu.au/.../swinburne-skills-jobs.../> Based at Croydon campus, or by appointment at Wantirna Campus. Phone: 9726 1450, or email skillsandjobs@swinburne.edu.au to consult with one of their caring and friendly career professionals.
- **Knox Learning Alliance** - <http://knoxlearningalliance.org.au/> to connect with one of Knox's Neighbourhood Houses that are part of the Learn Local network
- **RECONNECT** - specialised programme for employment & education support offered through Mountain District Learning Centre especially those job seekers perhaps more socio-economically vulnerable than others. For more information visit <https://www.mdlc.com.au/education-skills/reconnect>

Introducing Mary Doyle, Labor Candidate for Aston



My name's Mary, and I'm your Labor candidate in Aston in the upcoming federal election. I come from a working-class, rural Victorian background and grew up in an area that was kind of rough and tumble. When I moved to the outer eastern suburbs of Melbourne 34 years ago as a teenager it was to be closer to my three older sisters who all lived out this way. My first job in Melbourne was as a 'checkout chick' at Coles. I know what it's like to have real jobs and struggle to get by. I am a breast cancer survivor of 27 years, I have been married and divorced, and I am mum to a 20-year-old son, 17-year-old daughter and am also guardian to my great-niece who is 15. I work full time as a Union Organiser.

Working families are doing it tough right now with the ever-rising costs of living expenses such as petrol, childcare fees, electricity prices and groceries whilst wages have stagnated and indeed are going backwards in some cases. The casualisation of Australia's workforce is rife. This has been the case for a number of years under the current Liberal government. Things are particularly difficult for many people right now. What the constituents of Aston are crying out for is a local member who

can address their concerns and help them get ahead. Should they put their trust in me, as their choice for local member come election day, I would assure them that I would listen to what their concerns are, and work with them on finding solutions together.

An Albanese Labor Government has many family-friendly policies, such as cheaper childcare, involving generous subsidies which includes removing subsidy caps and lifting the maximum subsidy rate to 90%, to assist parents to get back into the workforce. There is also the cost-of-living creep, which is being addressed in Labor's policies that focus on sustainable renewables. Labor also has a huge focus on jobs. Australia rates last in the OECD for manufacturing and manufactures less than 50% of what it did in 1990. The impact has been felt in Aston especially with several industrial parks in Bayswater, Boronia, Rowville, Scoresby and Ferntree Gully. Aston had a thriving manufacturing history which meant local jobs, and the reduction in manufacturing means this is no longer the case, this is something that if elected, I would be advocating for the return of Australian Manufacturing and local jobs.

Local Projects Update

from Alan Tudge MP, Federal Member for Aston

The biggest commitments I made during at the last campaign were road and community infrastructure projects to make Knox a better place to live.

Despite the challenges of COVID, work has progressed on all these commitments and dozens of others.

The short update is:

Belgrave Line parking

Parking upgrades are now complete or underway along the Belgrave Line at Ringwood, Heathmont and Heatherdale with \$35 million secured for upgrades at Boronia and Ferntree Gully which many of you will know is in dire need of extra spaces.

Excitingly, the state government has now completed its feasibility work and is in the process of planning. Construction is then expected to start at Boronia in mid-2022 and at Ferntree Gully in late-2022.

These upgrades will make a big difference to commuters all along the Belgrave Line.

Lewis Rd/Boronia Rd Intersection upgrades

The Lewis Rd intersection upgrades in Wantirna are progressing with planning complete construction soon to begin and work to be completed this year.

These upgrades will make a big difference to the safety of local pedestrians and drivers at this busy intersection.

Knox Netball Centre

Construction is underway on the new Knox Netball Centre! Upgrades will include two new indoor courts, an extra 180 car parks and a general face lift for the complex.

This was an election commitment of mine with \$4 million federal funding secured to kickstart it.

Knox Council and the Victorian Government are also making substantial contributions with work expected to be complete in early-2022.

Henderson Rd Bridge

Henderson Road Bridge in Knoxfield/Rowville is open and provides a new north-south link besides Stud Rd to help cut congestion. I've had some great feedback on how it's already helping local residents and businesses.

In addition, upgrades are now complete on the intersection of Henderson Rd/Kellets Rd and will soon start on the intersection of Henderson Rd/Ferntree Gully Rd.

AROUND KNOX

In addition to these and other large projects I have helped to secure funding for dozens of local clubs and community organisations including:

- Security cameras at Wantirna Mall
- Computer system upgrades for Australian Jazz Museum, Wantirna
- Booking system at Knox Gardens Tennis Club
- Upgraded floodlighting at Lewis Park in Wantirna South
- And many more...

There is still a lot to do locally, but we have made great progress. I will continue to keep you updated in these pages, in your letterbox and on social media.



ANZAC Dawn Services 2022

BAYSWATER RSL SUB-BRANCH Inc.

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

9720 4638

bayswater-rsl@bigpond.com

Opening hours:

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

626 Mountain Highway Bayswater



ANZAC Day Dawn Service at Bayswater RSL

Commemoration Service Sunday April 17th at 10.45am

Dawn Service Monday April 25th at 5.45am

Refreshments will be served in the Sub-Branch after each service

Anzac Day Dawn Service at Boronia RSL

Boronia RSL will conduct our Anzac Day Dawn Service on Monday 25th April at 198 Dorset Road Boronia, commencing at 6AM. The service will be held at the Cenotaph in front of the RSL.

Everyone is welcome so please join us as we remember our fallen comrades who paid the ultimate sacrifice so that we can enjoy the freedom we have today.

At the completion of the service, we welcome everyone to join us inside the Sub-Branch for a gunfire breakfast and refreshments.

RETURNED & SERVICES LEAGUE OF AUSTRALIA BORONIA SUB-BRANCH Inc

198 Dorset Road, Boronia, Victoria, 3155

Email: secretary.boroniarsl@bigpond.com

Telephone: (03) 9762 2314

Website: www.boronia.rslvic.com.au



ALAN TUDGE MP

Federal Member for Aston

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

Real Action For Knox





What's New At Community Pharmacy?

by Purnima,
Pharmacy Manager



Hi everyone,

Well hasn't the first few months of 2022 flown by. As we are heading towards the second half of the year, our minds start turning towards Winter. Below we discuss some of the things that we feel are important to think about regarding getting ready for Winter.

For those that might be planning to escape to warmer climates, whether here or abroad, we can always help you with travel checklists, vaccination requirements and a range of resources to help manage any medications you might be taking.

Remember we are open 7 days so come in and talk to us to see what we can help with!

Meet The Team

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



Hi, my name is India. I am pharmacy assistant in Wantirna and Glen Huntly, I have been working with Community Pharmacy since January and have loved every second of it.

I am originally from Ballarat and make the drive down to Wantirna quite regularly, as my family is based in the area.

Getting Ready for Winter

One of the key things you can do to prepare for Winter is to get a flu shot. April sees the start of our Flu Vaccination season for 2022, with lots of times available with our fully vaccination trained Pharmacists.

All vaccinations are carried out in the privacy of our consultation rooms, and we can provide vaccinations for patients from the age of 10 and above. We have a direct booking link via our website where you book in a time convenient to you. If your workplace is looking to have vaccinations done, please contact us at the

Pharmacy so we can discuss arranging for your staff to come in and see us.

Building up your immunity in the lead up to Winter is another way you can start preparing. Whether it is adjusting your exercise routine, thinking about diet and nutrition, reviewing your medication schedule, or adding some supplements perhaps now is a great time to book a medication review with our Pharmacists or a Naturopathy consult with our Naturopath.

What have we been up to?

Supporting The Community

Throughout the month of March, we again supported Share The Dignity, in their donation drive to help provide Period and Incontinence products to those in need. We had so many donations and are always blown away by the amazing support our customers give whenever we put the call out for those in need.

We also showed our pledge to #BreakTheBias in support of International Women's Day on the 8th of March. We are proud to have a strong team of women in our Pharmacy, working alongside a great team of respectful and supportive men.



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

I like being around people and being able to help people in any way that I can. I was inspired by my eldest brother who is a dispensary technician.

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

I am passionate about all areas of pharmacy and the wellbeing of all the customers that come in.

Q. If you were not working in Pharmacy what would you want to be doing?

I have wanted to be a Zookeeper, specifically for Red Pandas, since I was a little kid. I have even been able to hold one!

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

I like to go for walks around my hometown of Ballarat, finding waterfalls and cool new places and going camping with my scout group on weekends.

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

I also work on my family's potato farm in Springbank, Victoria during the potato picking season. I am about to get a Golden Retriever puppy called Winston in March.



- Has a staff member gone above and beyond? Happy with a service we provide?
- We would love for you to leave us a review on Google.
- Simply scan the QR code pictured here, to take you directly to our Google page.
- We love to be able to pass on feedback to our hard-working team!

COVID VACCINATION UPDATES

We are still providing Covid vaccinations, 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

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
www.communitypharmacy.com.au

Collier Ward Update with Cr. Marcia Timmers-Leitch



Greetings fellow Knox Residents,

It has been a busy couple of months with kids returning to school, new Covid Safe normal practices and Council being back on site, with Council Meetings back open to the public.

Council is busy implementing the actions of the Council and Community plan which was endorsed late last year and have now moved to working through the challenges of the 2022/23 Budget process.

Community sport and community events are back in action. It was wonderful to see so many people out enjoying the recent Knox Festival in early March. A big thank you to all the volunteers

who made the day so activity diverse, multicultural and fun to be a part of.

Another monster shout out to those who participated in the recent Clean Up Australia Day to pick up rubbish throughout Knox. I was pleased to join the Lions Club of Wantirna (Collier Reserve), Wantirna Heights Brownies / Guides (Marie Wallace Train Park) and First Friends of Dandenong Creek (Dandenong Creek Bayswater).

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

Collier Ward - Who Was Samuel Collier?



Samuel Collier 1914

SAMUEL COLLIER (1842 – 1933) served not only Ferntree Gully Shire, now the City of Knox, in an incredible 46 years in public life, but also the Shires of Berwick and Nunawading. His contribution to the development of the district extended from the first rudimentary Roads Board in 1872 to 1916, an achievement few could match.

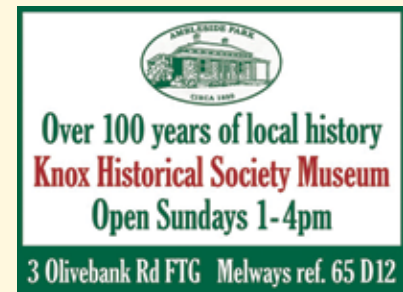
Samuel Collier was born at Merri Creek (now Northcote) in 1842. After early years as a bullockie, Sam became a member of the Nunawading & District Roads Board in 1869, which became the Shire of Nunawading in 1872.

After acquiring the land where Knox City Shopping Centre now stands in 1875, Samuel Collier became the Scoresby Riding councillor with the Shire of Berwick in 1877. He retired briefly in 1880, but was back on Nunawading council from 1892-99, then became a member of Ferntree Gully shire council in 1900-01.

After another break from municipal affairs, Sam was re-elected to the shire council in 1909, serving for a further seven years, including a term as shire president in 1913-14. Samuel Collier's final

retirement from public duty in 1916 was at the age of 74 years; he passed away in November 1933, aged 91 years. Collier Reserve, created on the west side of Stud Road in 1980 by Knox City Council in conjunction with Lions Club of Wantirna, rightly honours the name of Samuel Collier as a true pioneer.

A big thank you to Ray Peace and the Knox Historical Society for putting together this short piece. For more information on Samuel Collier, or the history of Knox, contact the Knox Historical Society via their website <http://home.vicnet.net.au/~khsinc/> FB: @knoxhistoricalsociety call 9758 6722 or visit Ambleside Park on Sundays from 1-4pm.



Collier Reserve Bike Sculpture Back in Action

For those of you (like me) who have been missing the iconic bicycle sculpture at Collier Reserve in Wantirna, I am pleased to announce it has been beautifully restored and is back in action.

Removed in October 2021 for restoration, the sculpture, made from recycled bicycle parts, is a landmark feature of the shared pathway that is Blind Creek Trail and worthy of a visit to see with your own eyes.

The sculpture was originally created by artist Rex Keogh in collaboration with Knox residents. The original artwork was part of Knox's Placemaker Legacy program, an initiative that revitalised urban

spaces with public art by Knox artists during the 1980s and 90s. It was last restored in 2003.

The restoration, completed by Meridian Sculpture, has included new paint, removal of rust and replacement of broken and missing parts. It reflects the original colours used in the sculpture and improves its structural integrity. The materials selected were specifically chosen to ensure longevity.

Knox has over 200 public artworks and Council routinely restores, and repair works as the need arises. This restoration project is the result of a comprehensive audit in 2019 and 2020 which identified a number of key works for restoration.



Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

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



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
or email lillian@knoxtravel.com.au

Wantirna Heights Probus Club Walking Group

Our club has been able to generally continue its Thursday morning walking group despite the limitations of the government lockdowns over the last two years. It meets just before 9.00 am in the car park of the Knox Shopping Centre in Wantirna.

Due to the closure of car parks for construction zones, we will now meet near the embankment at the north corner of the car park behind the undercover car park at the back of Coles. The walk is generally for about 50 minutes but it can be as short or as long as members like followed by a drink and chat in the food court of the Centre, where there is a range of refreshments.

Due to the ongoing major renovations there are very few people entering Knox City from that car park and very few in the Food Court area. Members are most welcome any Thursday whether for walking or just a coffee and chat. One of the enclosed photos shows that the group walks in all types of weather.

The Club meets at the Knox Boat Fishing Club on the first Wednesday of every month.

For further information please phone Graeme on 03 9763 1213.



KNOX KNITTING GROUP

Join a friendly knitting group producing items for the needy.

Time: Thursdays 10am-12oon
Place: Knox Presbyterian Church
358 Mountain Hwy, Wantirna
(Enter from Thaxted Pde)

Basic patterns and needles available. Some wool is provided, but contributions are welcome.

Articles include scarves, beanies, blankets and children's clothes. Beginners are welcome. No contribution is too small.

Enquiries: Christine – 0467 211 356.



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

Best wishes
lillian@knoxtravel.com.au

Lillian Duff

Hebrews 12:1

Call Us Today!

1800 951 862

info@knoxtravel.com.au

2022
Without a Travel Agent you are off your own
KNOXTRAVEL
TRAVEL & CRUISE

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

www.ruthsame.com.au

Wantirna
FARMERS & MAKERS MARKET

2022 Dates	Local Fresh Produce & Handcrafted Goods
Sun Apr 10th 2022	3rd Sunday of the Month
Sun May 15th 2022	9AM TIL 2PM
Sun Jun 19th 2022	On the grounds of
Sun Jul 17th 2022	Wantirna Primary
Sun Aug 21st 2022	School
Sun Sept 18th 2022	120 Mountain Hwy
Sun Oct 16th 2022	Wantirna
Sun Nov 20th 2022	
Sun Dec 18th 2022	

Facebook.com/wantirnafarmersandmakersmarket
email wantirnafmm@gmail.com

WANTIRNA DENTURE CLINIC

- Full & Partial Dentures
- Mouthguards
- Relines
- Veteran Affairs
- Repairs
- Vic Denture Scheme

Chris Brownlie
Dental Prosthetist

Telephone: 9720 1555
487 Boronia Road, Wantirna
Cnr Stud Rd, opposite Knox Club

NEWSPAPER

AUSTRALIA POST



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

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



News from Wantirna Heights Brownie Guides

By Rebecca Whitehead, Leader, 2nd Wantirna Heights Girl Guides

Wantirna Heights Girl Guides recently went on camp in a beautiful bush setting. We stayed in a custom built property, shaped like a tent, with bunk beds – just like a dream cubby house.

The weekend theme was chosen by the Guides – Puzzles. We all tried a word search, sudoku, classic jigsaw, scavenger hunt, night time outdoor torch games and a kitchen themed Escape Room Challenge. These activities gave us new skills, helped us improve existing skills and provided many laughs. Glass jars were recreated into whimsical lights and we made terrariums. Creating and craft are always popular and good for promoting better fine motor skills.

Traditional Guide skills of semaphore, Morse code, gadget making, flag ceremony were also explored. These skills were tackled in patrols, enabling the Guides to support each other, learn together and to succeed.

The Guides cooked pancakes, French toast, roast lamb, apple crumble, nachos and hamburgers, learning and enjoying real life, face to face Guides.

Girl Guides love badges – earning them and collecting them and this camp provided another three for their collections.

You can find out more about Guides in your area by emailing guides@guidesvic.org.au or visiting www.guidesvic.org.au/be-a-guide



Orana Neighbourhood House Men's OM:NI Chat Group



OM:NI (Older Men: New Ideas) group proves to be a much-needed opportunity for men to reconnect after the past two years of disruption. At this informal group, men over the age of 50 discuss wide ranging current issues and all is conducted in a friendly and informal environment. The men share their experiences and wisdom, talk about the ups and downs of life, hopes and achievements in a non-judgmental and confidential environment. The group builds self-esteem, health and wellbeing.

"We chat about ordinary day-to-day things and we entertain and encourage each other by sharing our individual outlook on life"

"This is an opportunity to explore topics you would never normally think about or talk to others about"

The OM:NI group meets every 2nd and 4th Friday of the month at 9.30-11.30 at Orana. This initiative has the potential to make a real difference to the lives of men by lessening a sense of social isolation and encouraging healthy interaction. You can join in anytime, just give Orana a call on 9801 1895 to let us know you are coming along. Morning tea provided!



Orana Neighbourhood House is helping community members experiencing financial hardship to access the State Government's \$250 Power Saving Bonus. To be eligible for the Power Saving Bonus, applicants must hold a pensioner concession card, DVA or Gold card or receive JobSeeker, Austudy, Abstudy or Youth Allowance. **For assistance with accessing the Power Saving Bonus, visit Orana Neighbourhood House at 62 Coleman Road or call them on 9801 1895.**



A COOKS TOUR Saturday 14th May 11.00am – 2.00pm

Come to an entertaining multicultural cooking demonstration with Chef Oddie and enjoy delicious tasters during the session with take home recipes. While you are here take a tour of our house and our staff will chat to you about what classes we have on offer. Bookings essential call 9801 1895.

What's On In Term 2...

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

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

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



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

News from KIOSC (Knox Innovation Opportunity & Sustainability Centre)

by Lucy Anders

VCE BIOLOGY Masterclasses

The start of 2022 has seen our lab here at KIOSC busy with Year 12 Biology students. For the past two years students have been denied excursions, so we are so excited to welcome them back on site. Our state-of-the-art lab enables us to deliver a future-forward Genetic Technologies program that complements the VCE Biology study design for Unit 3. Students use recombinant DNA technology to combine bacterial DNA with a human insulin gene. They then use a variety of genetic tools to confirm whether they were successful in combining the DNA. These tools are the same as those used in industry, which gives students hands-on, practical learning experiences. This process replicates the process used by pharmaceutical companies to produce human insulin using genetically-modified bacteria for people with Type I diabetes. This is an alternative to the historical way of sourcing insulin from cows and pigs, which has many ethical challenges.

Students use the Polymerase Chain Reaction machine to make large numbers of copies of their DNA samples. This is the same technique used in COVID-19 PCR testing. They also use a Gel.

Electrophoresis machine to run their DNA samples, which will separate pieces of DNA based on their size, and give students confirmational data as to whether or not they have successfully combined bacterial DNA with human DNA. Students will be returning for a Photosynthesis practical next term, and again in Term 3 to investigate the evolution of lemurs. We are thrilled to be able to offer so many enriching Biology experiences to students from all across Victoria.



EDUCATION UPDATE

School Captaincy Badges 2022

from Nick Wakeling MP – State Member for Ferntree Gully

A new school year brings new student leaders and it is always a great honour for students to be selected for these important roles and to represent your school.

Over the last couple of months, I have had the honour of visiting our local schools in Knox to recognise their 2022 school leaders and present them with their leadership badges.

I congratulate those who have been chosen to lead their school in various capacities throughout 2022 and wish all students a great year ahead in 2022. I look forward to seeing many of our student leaders in Knox go on to achieve great things in the future.



HEATHMONT EAST
preschool
EXPLORE GROW IMAGINE CREATE

Face Painting Scavenger hunt Sausage Sizzle Fun activities

OPEN DAY

SATURDAY 21ST MAY
10am - 12pm

Learn about our child centred, curiosity driven education program for 3 & 4 year olds. Explore our huge outdoor play space and meet our wonderful teachers.

Find us on www.facebook.com/heathmonteastpreschool

Find out more and register to attend at: www.heathmonteastpreschool.org.au

4A Pleasant Drive
Heathmont 3135

**Working hard for
our local community**

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

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERNTREE GULLY



Clean Up Australia Day 2022

from Nick Wakeling MP – State Member for Ferntree Gully

I was very pleased to join our local community groups for this year's Clean Up Australia Day.

Just over 30 years ago, "average Aussie bloke" Ian Kiernan AO was disgusted by the pollution and rubbish he continually encountered in the local environment. Taking matters into his own hands, Ian organised a community cleaning event to combat the rubbish he encountered around the Sydney Harbour.

This small community event has since grown into the nation-wide Clean Up Australia Day with over one million volunteers taking part each year.

Clean Up Australia Day is a great opportunity for Knox residents to play their part in protecting our local environment and reduce waste in local parks, waterways and along roads. Key locations this year included:

- Blind Creek Trail
- Boronia Retarding Basin
- Dandenong Creek Trail
- Koolunga Native Reserve

Thank you to all the volunteers and organisers who participated on the day. Your support of this strong



tradition goes a long way towards ensuring future generations get to experience our green-leafy environment in Knox.

LIONS CLUB OF WANTIRNA CLEANUP AUSTRALIA AT COLLIER RESERVE, KNOX

by Siva Sivagnanam

Lions Club of Wantirna with volunteers from Headspace, Lions Club of Lysterfield and with friends from these organisations performed a valuable task in cleaning the area around the intersection of Burwood Highway and Stud Road, on March 6th (Sunday).

Cr Marcia Timmers-Leitch and the Hon. Nick Wakeling also participated in this Cleanup Project.



OUT AND ABOUT

KNOX COMMUNITY WELFARE FUND – KNOX GIVES IS IN CRISIS!

For 40+ years the Knox Op Shop has been tirelessly raising funds for the Knox community. Funds are distributed through the Knox Community Welfare Fund – Knox Gives, a local charity that has been supporting 5 essential Knox Programs that assist those doing it tough.

Knox Infolink has been managing the Knox Gives fund providing the administrative support, funding agreements and disbursement of funds to the 5 recipients for the last 3 years.

COVID has severely impacted the Op Shop's capacity to fundraise with multiple lockdowns over the past two years. We need your help to raise \$30,000 to help continue funding these 5 local community programs.

Annually the fund, Knox Gives, supports:

- Foothills Community Care, St Paul's Hot Meal Program and the St Stephen's Big Breakfast program at Bayswater West Primary School.
- The Vincentian's School Scholarship Program that assists 240 Knox children with books, uniforms, and excursions.
- The 'Sharing the Joy' Christmas Support program that supports 1,000 Knox residents with hampers and toys.

We need \$30,000 to continue to fund these programs in 2022/23. Please donate to the Knox Community Welfare Fund – Knox Gives to save the fund and these essential programs.

Visit www.knoxgives.org.au for more information and to donate: www.knoxgives.org.au/donations

436 Knox children
will miss out at Christmas
time this year!

LOCAL KNOX Charity in Crisis!

We need your help!
Donate Now to bring Joy to
those in need at Christmas

**Working hard for
our local community**

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

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP
STATE MEMBER FOR FERNTREE GULLY





What's New at Your Library

by Karla Simon

LIBRARY NEWS

Your Library's 'What's On' guide is back!

Our Autumn edition is loaded with exciting events bound to entertain, enlighten, and inspire! Pick up a free copy from your local library while stocks last or view the digital edition now: yourlibrary.com.au/whats-on-autumn-2022



Cozy autumn reading & viewing

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

Top Reads

- The last beekeeper by Siya Turabi
- Forever young: a memoir by Hayley Mills
- Fancy meeting you here by Ali Berg & Michelle Kalus
- The beasts of a little land by Juhea Kim
- The shattered skies by John Birmingham
- Invisible by Danielle Steel
- Renegades: born in the USA: dreams myths music by Bruce Springsteen & Barak Obama
- To paradise by Hanya Yanagihara
- Rebel homemaker: food, family, life by Drew Barrymore
- Guilt-free snacks: sweet & savoury bites to power you through the day by Luke Hines

New DVDs

- Eternals
- Van Gogh; of wheat fields and clouded skies
- South of Heaven
- Stardust
- The Stand
- British comedy classics. 5, Morecambe & Wise film collection: The intelligence men; That Riviera touch; The magnificent two
- Agatha Christie murder mystery collection
- Ida
- Roadrunner: a film about Anthony Bourdain
- No time to die

Events at Your Library

Attend exciting 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. All in-person events follow strict COVID Safe guidelines.

Hearing Australia at Your Library

1pm-4pm, Friday 1 April 2022
Ferntree Gully Library & 10:30am – 12pm, Monday 4 April 2022 | Knox Express

Free | no need to book, just come along!
How well do you hear? Find out with our friends at Hearing Australia. They will be chatting to people about their hearing health and conducting free hearing checks. Join us and take the first step towards rediscovering the sounds you love!

Gully Gardeners: Autumn produce, plant, seed, and recipe swap

3pm-5pm, Wednesday 27 April 2022
Ferntree Gully Library | Free | Bookings essential
Autumn is the perfect time of year to start off new plants, save seed, preserve your summer garden veg bounty and share your excess with others. Bring along produce, plants, seeds, or recipes to contribute to the swap tables, and you will leave with an armful of garden goodies and some lovely new connections made with like-minded gardening enthusiasts. Afternoon tea is provided and the Seed Library will be open for borrowings and donations.

Meet the Author – Truda Olson

2:30pm – 3:30pm,
Saturday 30 April
2022

Rowville Library
Free | Bookings essential

Truda Olson and our family history genealogist Charles, will take you through a quest to research Duncan and Gertrude for her book 'Good luck, dear girl: a turn of the century romance'.



Hands-on Ancestry and Findmypast workshop

3pm-5pm, Friday 6 May 2022
Knox Express | Free | Bookings essential
Learn some tips and tricks to get the most out of Ancestry and Find My Past for your family history research.

Meet the Author – Simon Rowell

2pm - 3pm, Wednesday
25 May 2022

Online (via Zoom) | Free
| Bookings essential

Join us to meet Simon Rowell, whose first book 'The Long Game' is about a murder on the back beach at Portsea. Simon will discuss his process of writing, getting published and what we can expect from his next book due out in August.



Introduction to napkin decoupage with Kay

1:30pm-3pm, Monday 30 May 2022
Bayswater Library | Free | Bookings essential
Join Kay at Bayswater Library for a beginner-friendly introduction to napkin decoupage. This activity is suitable for ages 12 and above.

Featured Technology workshops

Tech support one-to-one. By appointment at Your Library | Free | Bookings essential.

Book a 45-minute one-on-one session with a Tech Support Officer at any branch of Your Library.

Receive assistance with:

- Setting up your iPad / Android tablet to download or stream a variety of library resources such as eBooks, eAudiobooks, Magazines, and Films (Kanopy)
- Take advantage of free online courses through Be Connected and LinkedIn
- Learn the basics of your mobile phone, iPad / Android tablet or laptop
- General assistance with software and hardware
- Tech troubleshooting

Digital medicine

10am – 11am, Thursday 21 April 2022
Rowville Library | Free | Bookings essential
We live in a world where apps can administer therapies, and smartwatches can monitor conditions. It's not stopping there, with recent technology being developed that can assist with breathing disorders, depression, Alzheimer's and more. Join us to learn how mobile technology can help you manage your health.

Smarter homes

2pm – 3pm, Wed 25 May 2022
Rowville Library | Free | Bookings essential
What makes a home smart? We will demonstrate some of the latest smart devices that can be built into your home, or added into an existing home, from smart speakers, assistants, lights, power outlets, and more!



SHAUN LEANE MP

LABOR MEMBER FOR EASTERN METROPOLITAN REGION

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

PHONE: (03) 9887 0255

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

WEBSITE: WWW.SHAUNLEANEMP.COM.AU

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Museum Reopens by Ken Simpson-Bull

The museum, which has been effectively closed for nearly two years, is now reopened, free to the public, between 10am and 3pm on Tuesdays. Resumption of group visits with lunch and entertainment will be advised at a later date.

Famous multi-instrumental jazz musician, James Morrison AM, will be joined by Paul Grabowsky AO, pianist and composer of music for film, theatre and opera, in order to soon celebrate the Jazz Museum's first quarter-century. Morrison is the Museum's Patron and Grabowsky its newly created Jazz Ambassador.

Because of the prolonged closure more members are sought. At \$50 a year a member receives a free special CD annually, a quarterly magazine, access to the museum's comprehensive library and other resources for research, and a welcome to call in for a cup of tea or coffee.

Also, more volunteers are needed for one, two or three short days per week to help curate over 70,000 recordings, videos, posters, photographs, musical instruments and various other jazz material. Some knowledge of jazz would be an advantage and training will be provided. For further details contact the museum.

In other news, probably Australia's most celebrated jazz clarinettist, Nick Polites OAM, passed away in Melbourne in January – he was 94 years old. Nick played and recorded with innumerable well-known jazz bands. The museum has received a collection of previously unreleased recordings by this great artist in addition to other ephemera donated by his heirs.



Nick Polites OAM

The Australian Jazz Museum (nationally accredited)

15 Mountain Highway, Wantirna is open free to the public on Tuesdays 10.00 am to 3.00 pm

For enquiries ring Anne on 0431 522 031
For volunteers email Margot at mdavies@ajm.org.au

Visit the interesting web site at www.ajm.org.au

THE FERNTREE GULLY ARTS SOCIETY

at
THE HUT GALLERY
157 Underwood Rd, Ferntree Gully

APRIL EXHIBITIONS

"FOUR MEDIUMS"

April 3rd - 1st May. Weekends 11- 4pm
(Closed Easter weekend, April 16th and 17th)

Acrylic, Pastel, Watercolour, and Oil.

A Stunning collection of Art works by many talented artists.
Official opening and presentation - Sunday 10th April at 2pm

Entry Free. All Welcome

"ART IN THE AFTERNOON"

On April 30th

At Bayswater Scout Hall, 2 - 4pm.

Demonstrations by talented artists, from 6 Art Societies, with different techniques and mediums

Entry by Gold Coin donation.

Come along and be inspired. All Welcome.

MAY EXHIBITIONS

In the Gallery

"FAR HORIZONS"

Weekends 14th - 29th of May, 11- 4pm

Closed Mother's Day

A collection of works by members of FTG Art Society.

In the Foyer

A colourful collection of Artworks by Heather King

ALL WELCOME FREE ENTRY



LOCAL SMALL BUSINESS BOOKKEEPERS

Services provided :

- Bookkeeping, Payroll, BAS
- Xero software setup and training

Accreditations :

- Registered BAS Agent
- 10+ years experience
- Xero Certified Advisors

☎ 0406 813 633

✉ info@conqagroup.com

🌐 www.conqafinancial.com

LOCAL SERVICES DIRECTORY

Computer or Home Tech Problems?

Retired gent, 50+ years IT experience, available to assist with your technology or network issues.

Call Les: 0411722234

JG & S
PAINTING
AND
HANDYMAN
SOLUTIONS

John Giacomelli
0409 900 455

DEAN 0403 325 060
jgsphs@optusnet.com.au
Fully Insured ABN55862044667

**JOIN
JOHN, DEAN &
LES HERE!
CALL
CHARLES
ON
0407 797 666**

KNOXFIELD & SCORESBY NEWS

Friberg Ward News

with Cr. Susan Laukens

New exercise park for seniors

The recently opened Seniors Exercise Park at Carrington Reserve in Knoxfield features specialised equipment to build fitness, core strength and balance for older users.

This new park has been created in partnership with the National Ageing Research Institute (NARI), with funding support from the State Trustees. It features exercise stations for at least 16 types of exercise, shade sails, a drinking fountain, bench seating and rubber-cushion flooring.

NARI has done extensive research into the positive effects of physical activity on mental and physical health, through a community-based program at seniors exercise parks. The outdoor equipment features multiple stations specifically designed for older people to improve their balance, strength, mobility and function, and clear instructions at each station. Plus, each station has a QR code that can be scanned on your phone and links to video demonstrations for on-the-spot instructions.

The new exercise park is available for anyone to use but we hope to encourage our senior residents to give it a try.

The park is located next to the new Carrington Park community multipurpose facility at 20 O'Connor Road, Knoxfield.

Retail Activation in Knox

Council is continuing to help transform outdoor areas in shopping centres to encourage residents to get out and safely support their local businesses. With money received from the Victorian Government's

COVIDSafe Outdoor Activation Fund 2021, we are improving shopping centres including Ferntree Gully Village, Knoxfield Shopping Centre, Mountain Gate Shopping Centre, Wantirna Mall, Rowville Lakes Village, Scoresby Shopping Village and Studfield Shopping Centre. Upgrades include new seating, planter boxes, landscaping, fairy lights, hand sanitiser stands and rubbish bins. All this to enjoy locals to Shop Local, Support Local.



Pool Safety

from One Stop Pool Shop - 9753 3929

With warm days continuing, 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 rest of the season.

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 so that you will be compliant before the cut-off date.

Happy swimming.



- ! Pumps
- ! Cleaners
- ! Filters
- ! Chlorinators
- ! Heating
- ! Chemicals
- ! Spas
- ! Toys
- ! Accessories

Ph:9753 3929

info@onestoppoolshop.net.au



facebook.com/onestoppoolshopscoresby

5 Darryl Street
Scoresby 3179

fx:(03) 9753 3091

KNOXFIELD & SCORESBY NEWS

MAYOR'S MESSAGE

with Knox Mayor, Cr. Susan Laukens

Advocating for Knox

As Mayor, I've been meeting with our local State and Federal MPs to continue dialogue about our municipal issues and have that collegiate, open conversation, which is really important.

Last year, Council released its State and Federal Government advocacy document report to ensure our community had an elevated voice in the State and Federal elections.

All levels of government play a role in ensuring our community has access to education, jobs, housing, public transport, services and facilities, while safeguarding our future through adapting to climate change and reducing emissions.

Council seeks Victorian Government funding for five building projects that would provide 163 extra kindergarten places across Boronia, Knoxfield, Rowville, Ferntree Gully and Upper Ferntree Gully.

We seek \$9 million towards a \$13.5 million investment into social and affordable housing.

Council aims to establish a nationally recognised

adult mental health service in the Wantirna Health Precinct

We seek investment in sporting infrastructure, including \$2.4 million towards change rooms and \$1.1 million for sports lighting at several sports clubs and a 50 per cent contribution towards a new \$1.9 million Knox Hockey Club facility.

Council wants \$9 million towards the Lewis Park upgrade.

Investment from all levels of government is needed for the Boronia Train Station and shopping centre renewal.

Council seeks funding for better public transport options in Melbourne's east, including a trackless tram route between Caulfield Station and Rowville, and extension of the Route 75 tram from Vermont South to Upper Ferntree Gully Train Station.

We really want our community to know that we are advocating strongly for them.

Celebrating Cultural Diversity in Knox

I hope you were able to get involved in events during Cultural Diversity Week. With more than 30% of Knox residents born overseas, our community is home to people from more than 130 countries. We

have a very rich tapestry of residents who bring so much to our community. Cultural Diversity Week is certainly a wonderful opportunity to celebrate and share culture through food, music and conversation

International Women's Day

This year's International Women's Day campaign is represented by the #BreakTheBias hashtag. Breaking the Bias is ultimately about calling out gender bias, stereotypes and discrimination to create a gender-equal world. Whether it be an unconscious or conscious bias, this bias exists in our society. The more we speak about these biases, the more it allows you to think about your personal bias and how you can make small changes in your language, your personal interactions, your workplace and on social media. You can make a difference.

It was a pleasure to attend the Victorian Local Governance Association International Women's Day event with my fellow councillors.

Interesting fact: It has taken 20 years to change the composition of councillors in Knox City Council from eight men and one woman in 1992 to eight women and one man at the last election in 2020. I'm very proud to be the Mayor of Knox.

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 or visit www.susanlaukensforknox.com.au

    SusanLaukensforKnox

THERE'S A NEW PLACE IN TOWN.

WELCOME TO HYATT PLACE MELBOURNE CARIBBEAN PARK.



Opened 16 February 2022, this is the story of a different place. A place where 24/7 conveniences, thoughtful service and flexible spaces help guests move seamlessly from work to play, from frenzied to relaxed.

Featuring Archie's Farm Restaurant & Bar, Lobby Lounge, The Market, 24/7 Fitness Centre and flexible event space.

Experience our Exclusive Opening Offer from \$225 per room, per night including overnight accommodation in a king or twin room, free Continental breakfast for two, car parking, Wi-Fi and access to the Fitness Centre.

BOOK NOW
13 12 34

www.hyattplacemelbournecaribbeanpark.com



KNOXFIELD & SCORESBY NEWS

Knoxfield Ladies PROBUS Group

by Marie Baxter – Speaker Convenor

MAKING CONNECTIONS

As I sit down to pen this short article, I am reminded that, not too long ago, we were experiencing significant COVID 19 restrictions, which allowed us limited mobility within our Communities, and restricted access to family and friends. Thank goodness that modern technology provided us with opportunities to connect with those dear to us via phone calls, Zoom and an ever-increasing range of social media applications. As we greet Autumn, and more chilly weather, we will once again be resurrecting our board games, jigsaw puzzles, card games and knitting needles, to help pass time productively whilst engaging “our little grey cells” in meaningful activity. Wordle seems to be all the rage at the moment!

Thankfully, PROBUS Committee meetings are once again able to be held face to face, and a program of guest speakers and outdoor group activities for the coming months is being planned. Our upcoming guest speaker program for this quarter, includes visits from Cliff Hardy to talk on his naval experiences,



Nadia Porter to share her life story as a refugee and later migrant to Australia, and John Howell, author of “The Only Woman at Gallipoli.”

At our March meeting, it was great to meet together in a more relaxed mask free environment to welcome our new Committee and be entertained by the wonderful Frankston Ladies Choir. Life seems to be back on track! Having fun and making connections is so important to our overall wellbeing!

As a music buff, I will close with the well-considered words of Dame Vera Lyn. “We’ll meet again don’t know where don’t know when, but I know we’ll meet again some sunny day.” It currently seems that 2022 may provide us with many such opportunities.

Kim Wells News Spot from Kim Wells MP, Member for Rowville

International Women’s Day in March was a great opportunity to reflect on the enormous sacrifices women have made in the last two years of the Covid pandemic. Women have been at the forefront of the Covid response in Victoria’s health and aged care work forces, saving lives and taking care of patients and aged care residents under extraordinary circumstances. The work of female scientists in medical research has also been highlighted during Covid, with mRNA Covid19 vaccines being developed from decades of research by Hungarian biochemist, Katalin Karikó. Australia’s own female medical researchers and epidemiologists, like Professor Catherine Bennett, and Professor Mary-Louise McLaws, have shared their expertise on Covid variants and vaccines, becoming prominent public figures in the process.

Women were also disproportionately impacted by job losses during Covid, as lockdowns impacted on industries employing more women, including retail and hospitality. It’s hugely important that as Victoria opens up, the government supports businesses to get back on their feet as quickly as possible.

With Mother’s Day nearly here, I wish all the mothers, grand-mothers and great-grandmothers a very happy day celebrating with their families. My own Mum adored her grandchildren. While she lived a few hours away in Bairnsdale, she was always there for a chat on the phone and I’ll be remembering her on Mother’s Day.

I urge everyone to take extra care on the roads, if they are visiting family or heading away for a break over Easter. The national road toll for February this year was 17 per cent higher than for February over the previous five years. With many of us having taken very few long distance trips during Covid, it’s a good idea to check your tyres, make sure your car services are up to date, and plan to avoid driving at night and have a few breaks if you have a long day of driving ahead. SES volunteers do a great job at Driver Reviver centres all over Victoria, offering drivers a cup of coffee and a biscuit and a chance to have a break, so make sure you stop and say hello.

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.

Let Knoxfield help you move

Moving or simply running out of room at home?
Or need the space for your business? Knoxfield has you covered.

Come see the experts that can assist with storage, moving, packing and so much more.

Call now 03 9801 2299

Find us 585 Burwood Hwy, Knoxfield VIC 3180
(Just up the road from Mountain Gate)

Decluttering your home?
Try our Small Box Pack to get you started!

Perfect for packing up a single room of the house.

\$49

Small Box Pack

Why would I Volunteer?

Help other people

Make our community awesome

Feel good about yourself

Discover new skills and friends

You are invited to join our fun, dynamic

Bridges Volunteering Community

- Greeters & Callers
- Groups Outings Assistants
- Dog Walkers
- Shopping Companions
- Minibus & Car Drivers
- Digital Mentors
- Friendly Visitors

URGENT

Please call now ...

- Friday Mini Bus Driver
- Three Digital Mentors

97534577

info@bridgescc.com.au

www.bridgescc.com.au

Kim WELLS MP

STATE MEMBER FOR ROWVILLE

Unit 4, 1335 Ferntree Gully Rd, Scoresby 3179

KimWellsMP

03 9764 8988

KimWellsMP

KimWells.com.au

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

A STRONG VOICE FOR SCORESBY AND KNOXFIELD

Tirhatuan Ward Update with Cr. Nicole Seymour

There are a number of key projects underway across the Tirhatuan Ward that will be of interest to readers of this paper. Unfortunately, a couple of the bigger strategic projects such as the all abilities playground upgrade at the Rowville Community Centre and the Wetlands development at Stamford Park are behind schedule largely due to flow on impacts of the pandemic and to a lesser extent the exceptionally wet start we have had to 2022. Material supply issues are also problematic. I thank our Community for their patience and understanding at this time.

Investing in our smaller activity centres



Thanks to the State Government's COVIDSafe Outdoor Activation Fund 2021, Knox Council received \$300,000 in funding to help transform outdoor areas in and around seven of our smaller neighbourhood activity centres. The purpose of the funding was to breathe new life into these precincts, attracting residents back to their local shops helping local businesses to recover from the setbacks of 2020-21.

I am excited at what this funding means for Scoresby Village. Plans are in place to activate two new outdoor dining zones, complimenting the two existing family friendly zones in the Village Green (between Church and old School house) and playground adjacent to the Scoresby Recreation Reserve pavilion.

The first new zone is on the corner of Lytton Place and Ferntree Gully Road. It will feature two picnic table sets and matching bench seats. The area will be protected from wind and traffic noise by the installation of a glass panel boundary around three sides. This area is sure to be popular with workers from the industrial estates to the south of Scoresby Village as it gives them a place to eat their lunches when purchased from one of the many eateries in the village.



The second new zone is in the 'Western Green', the grassed reserve at the western end of Darryl Street. This area is going to be activated by the placement of two dining pods (pictured below) that are wheelchair accessible. Each table will feature either an outdoor chess board permanently fixed to the table top or a backgammon board. The idea being that locals will enjoy passive recreation, meeting with friends and possibly enjoying something to eat or drink from one of the local businesses. The area will have solar powered pedestrian lighting near the dining pods, to offer safety and visibility at night. As this little pocket of Scoresby Village is activated, imagine the possibilities – lends itself to Tai Chi or Yoga in the park in the warmer months.

CRAFT BEER · BOUTIQUE WINE · LOCAL SPIRITS

TINY'S BAR & BOTTLE SHOP

OPEN TUESDAY-SUNDAY

1/1333 FERNTREE GULLY RD
SCORESBY VILLAGE 8260 5882



100% AUSTRALIAN + INDEPENDENT NACHOS
CRAFT CANS + TAP BEER
COCKTAILS + SPIRITS
WINE BY THE GLASS
FREE TASTINGS ON FRIDAYS

WWW.TINYSBARANDBOTTLESHOP.COM.AU



There is a lot more planned with new bike parking stands, extra seating and planter boxes sprinkled throughout the village. All of these new additions will add to the village vibe and bring our community together in a safe way. Works are planned to be completed by the end of May 2022.

Aside from Scoresby Village, the other activity centres benefiting from some of this funding are Mountain Gate Shopping Village, Knoxfield Shopping Village, Rowville Lakes Shopping Centre, Studfield Shopping Centre, Wantirna Mall and Ferntree Gully Shopping Village.

On the radar for Rowville

Recently I met with Izolde Bensch, the new manager of the Rowville Community Learning Centre. We spent the afternoon thrashing out the immediate needs for the Rowville / Scoresby / Knoxfield communities and brainstorming ideas for courses / programmes that would address these needs and fill gaps in community education and small business training. Watch this space for some exciting new initiatives to be launched in the second half of 2022.

There is a lot going on, too much to cover here. To keep up to date between newspaper editions keep an eye on my facebook page Nicole Seymour – Community Matters Most

May the weeks and months ahead bring you good health and happiness,
Councillor Nicole Seymour – Knox Council (Tirhatuan Ward)



Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox Council

✉ P.O. Box 2168, Rowville 3178

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

0427 245 834

nicole.seymour@knox.vic.gov.au

 Cr Nicole Seymour

www.nicoleseymour.com.au



Sleep – how to get a better night's sleep

By Andrea Crook Naturopath
BHlthSc(Naturopathy)

A good sleep routine is essential. Adequate sleep provides the body to 'rest and reset' for the next day.

Prolong sleep-related issues can cause physical and mental fatigue. Many factors may/can cause sleeplessness. To assist in allaying poor sleep or sleeping patterns management may include:

- Increase bright light exposure during the day – natural sunlight helps to keep circadian levels healthy (improving energy throughout the day but improves sleep quality and duration at night)
- Reduce blue light exposure in the evening – reduces melatonin levels required for relaxation and to achieve a deep sleep
 - blue light – electronic devices (smart phones and computers)
 - melatonin regulates 'internal' clock for sleep
- Listen to music or reading a book to relax
- Minimise caffeine intake – caffeine stimulates nervous system and can reduce ability to relax (introduce chamomile tea to promote a restful sleep due to its calming and relaxing properties)
- Alcohol – can reduce night-time melatonin production and disrupt sleeping patterns

- Room environment – establish a bedroom environment to reduce/eliminate external light and noise to improve sleep
- Room temperature
- Minimise large evening meals at night – can reduce sleep quality and the natural release of melatonin

Exercise – improves mental and physical well-being regular exercise assists with improved sleep quality
Foods that may assist with improving a healthy quality sleep are:

- almonds – source of melatonin and magnesium (may help to reduce levels of stress hormone cortisol)
- kiwi fruit – contains serotonin and antioxidants (may help to regulate sleep cycle and sleep disruptions)
- walnuts – source of melatonin
- dairy products

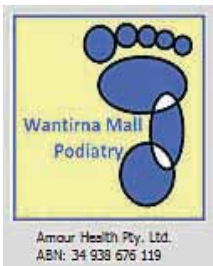
Varied supplements may be beneficial to induce relaxation and assist with sleep:

- Valerian (may help with falling asleep and sleep quality)



- Magnesium (assist with muscle relaxation and enhancing sleeping quality)
- Lavender and Passionflower (calming and induces sedentary effect to improve sleep)

Any of the above medicine may not be right for you. Read the warnings prior to use (as may interaction with certain health issues). Follow the directions for use. If symptoms persist, refer to your health professional.



Wantirna Mall Podiatry

Melina Linardatos (B. Pod, MAPA)
4/322 Mountain Hwy, Wantirna
Ph: 9720 1235
Open: Tues – Fri 9am to 6pm
Sat: 9am to 1pm
www.wantiramallpodiatry.com

Bunions

Bunions known as hallux valgus is a deformity of the big toe joint. This bony bump forms around the big toe joint when some of the bones in the front part of your foot displace, forcing your big toe towards your lesser toes and the base of the toe to protrude. Occasionally a fluid-filled sac called a bursa or corns and callosities may also develop over the area. Smaller bunions called bunionettes or Tailors bunions can also develop on the joint of your little toes.

23% of people aged between 18- 65 and 35.7% over 65 are known to develop Bunions⁽¹⁾. The cause of Bunions is not clear but may be related to genetics, wearing inappropriate or ill-fitting footwear, foot structural variables, poor physical health, injury or related to arthritis. Bunions can be painful and progressive and can cause walking problems and deformity in the lesser digits.

Our Podiatrists can assess bunion deformities and can offer treatment options to help ease your symptoms which may include footwear advice, footwear fitting, padding and foot orthotics. However, these interventions will not cure bunions, surgery through a Podiatry surgeon or Orthopaedic surgeon may be the only option if pain persists.

1. Nix, S., Smith, M., & Vicenzino, B. (2010). Prevalence of hallux valgus in the general population: a systematic review and meta-analysis. *Journal of foot and ankle research*, 3, 21. <https://doi.org/10.1186/1757-1146-3-21>



Knox SOW NEWS



Returning to Jells Park to find hidden clues

The Knox Street Orienteering Walkers walking group is returning to Jells Park in April. They usually walk around the streets and parks in Knox every month finding answers to clues such as fire hydrant locations, letterbox colours, light pole numbers and street names. There are none of these in Jells Park. Luckily there are 2 alternatives: Hidden Control Tags and highly visible Emergency Markers. However, over time some have been removed due to infrastructure repairs and changes. Of the 34 original Control Tags that were maintained by Knox SOW Walk Organiser, David, in the early 2000s, only 20 are left. Some of the original 24 green or black Emergency Marker signs have also been removed. This system has been replaced with the Emergency Plus app on smartphones that automatically displays your exact GPS location coordinates.

The walks in April are at 10.15am on Friday's 1st and 22nd April. They usually walk on the 1st

and 3rd Fridays, but the 3rd Friday in April is a public holiday. The cost is \$1 per person. You will be given a map showing 20 Control Tag and Emergency Marker clues and will have about 1 hour to complete the course. Both courses are between 4 and 5 km long and include the path around the lake so you can get closer to the birdlife. After the walk they shall be having a coffee and chat in Madeline's Café at the Visitors Centre. If you would like to come along and try orienteering, please register with David on 0419 337 311 or david@knoxow.fun. www.knoxow.fun



Above: Clue 15-Control Tag behind the post at the lagoon platform. Below: Playscape at Jells Park



Hands on Myotherapy

Movement is Medicine
with Myotherapist Emily



“Movement is Medicine” Why?

Research shows that maintaining an active lifestyle has a whole range of health benefits. It reduces risk of chronic disease, particularly improving heart and

brain function. You have stronger muscles and bones and it gives you more energy and heightened feelings of wellbeing. It enables positive social interaction and generally lets you enjoy a happier life.

It's important to keep moving, whether it's getting up and taking yourself for a gentle walk, a Yoga/Pilates session, team or social sport or even a HIIT workout.

Less movement leads to shortening and tightening of muscles, fascia, ligaments and tendons and over time and it will restrict your range of motion and can result in pain.

Myotherapy is the evidence-based assessment, treatment and rehabilitation of musculoskeletal pain and dysfunction. It takes a holistic approach when managing injuries and pain and improving your lifestyle.

Movement and Myotherapy paired together, help to get the ball rolling with your injury, pain or stiffness. With our various skilled techniques, Myotherapists can aid in rehabilitation, decreasing pain, reducing the risk of further injury, and improving range of motion.

Call us to book an appointment where we can assess your needs and put together a plan to get you out and about again.

Laughter Affirmations & Anniversaries

Habitual Laughter and Positive Affirmations

Are you shy, introverted, unable to get out of the safety of your own routine and comfort zone? If your answer is a resounding yes, that could be a wonderful reason for you to visit and check out the Ferntree Gully Club. Or join us for an online Zoom session on the 1st Sunday of the month.

Would you like to feel better, lighter, fun filled, authentic, even a little bit silly? To bring about the change, you can easily make it happen. Merely think it, feel it, and agree it would be beneficial to incorporate into your daily life. Then give yourself permission to laugh more. That is, decide to experience laughter as a form of regular exercise in your daily life. You can give laughter a go as an adjunct to your health care program, if you have one, that is.

We all feel uncomfortable in differing degrees about laughing out loud in public. Instead we laugh when prompted by hearing a joke, or seeing or hearing something that we find funny. Human beings are a strange lot, with their different habits and idiosyncrasies and this is the reason, because of our backgrounds and conditioning, why some of us find it easy and others nigh impossible to laugh at things. Then there are those who laugh as a relief, defence, or as a bravado mechanism, which is largely unconscious, to feel protected from outside of themselves.

We can laugh unconsciously due to a self-protective mechanism, which is the direct opposite to how we do it at laughter clubs, which is deliberate laughter, 'for no reason'. The subconscious mind cannot differentiate between real and fake laughter. When we laugh, we receive health benefits and after practice, it is easier for the 'pretend' laughter to quickly become genuine spontaneous laughter.

Some people still laugh a lot, but generally as we grow, we get out of the habit of laughing. As adults we simply forget to laugh as life becomes serious, we work and play hard, get stressed, have not sufficient time to relax and tend to live in the past and future, without being present in each and every moment.



Here are some kind words from such a person who has forgotten the simplicity of childlike laughter after she attended a laughter yoga session recently. “My feedback to Lynette was she brought great fun to all of us. Especially since I have not played as a girl for a while. She reminded us that there was no 'right' or 'wrong' in laughing and playing, as we all knew how to laugh. We forgot as we were held up by other matters only. Thanks for Lynette's work.” Doris Chan.

Come along and give it a shot, join us in the laughter and deep breathing exercises. If you are unable to, then exercise laughter in your own time, choose to laugh more and you will be surprised the difference it makes in your life.

Laughter and Positivity Affirmations

- On another positive note and for those who missed them in the last edition, here are some beneficial affirmations for you to repeat to yourself, which can change your demeanour.
- I am 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 laugh because I can, and laughter is the best medicine.
- Cheerio and do your best to be kind and gentle with yourself, have fun, at the same time exercising a



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

8740 3991

Unit 10/603 Boronia Road
Wantirna VIC 3152

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

www.handsonmyotherapy.com.au
enquire@handsonmyotherapy.com

good balance of hope and discipline. Bye for now, until next time, laughter blessings.

- Feel free to contact me for a chat as I am keen for connections and feel we are all in this together. Thank you for your interest reading this. If you are familiar with Meetup, you can also find us there. 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
<https://laughterforliving.com.au/>

wantirna
osteopathy

For the treatment of:

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

www.wantirnaosteo.com.au

NEW LOCATION

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

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



PODIATRY

PhysioSpot

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

Corns and Callus

Ingrown Toenails

Flat Feet

Children

Heel, Arch and Forefoot Pain

Sporting or Occupational Injuries

Diabetic and Arthritic Foot Care

Veterans Affairs



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

by Alison Rogers

It is great to be back meeting again.

Meeting - December 2021

Our December meeting was held in Room 4 Maroondah Federation Estate, Greenwood Ave, Ringwood. The speaker was past-President Peter Rogers who spoke on 'Australian Peas'. Peter provided information on different groups in the Pea family and how to identify them. Coloured images of pea flowers were provided. Many present only knew of the 'egg and bacon' type flowers and were surprised to see that there were reds, pinks, yellows and more. Something to keep your eyes open for when wandering through our bush land reserves.



Kennedia prostrata - Running Postman. Photo-Marion King

After Peter's talk we had a lovely supper to celebrate not only the Christmas breakup, but also our 60th Anniversary. The Club was started in 1961 by local naturalists Jack Hyett and Bill King.

Our President Jack Airey cut the Anniversary Cake.

Meeting - January 2022

January was our outdoor meeting which this year was held at the 100 Acres in Park Orchards. It was a very warm day, but pleasingly many members turned up for a walk through the reserve. Although the area was pretty dry, there were still many birds to be seen

and the pretty pink *Dipodium roseum*, commonly known as pink hyacinth-orchid was in flower. A picnic tea followed by a quick meeting made for an enjoyable time for members to catch up.

Excursion - January Leaders Eeva and David H Lake Mountain

One of the Club's favourite excursions over the years is to Lake Mountain to see the alpine flowers and orchids.

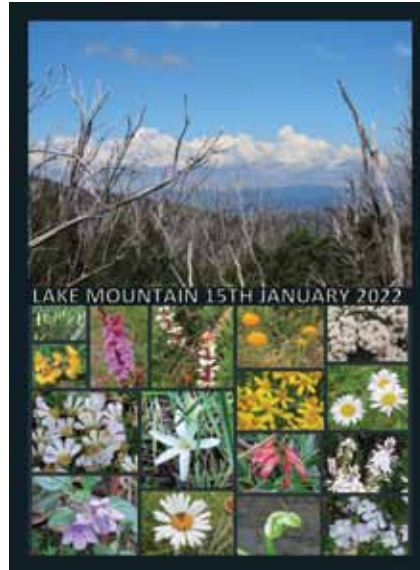
The long drive is well worth doing at this time of year. The flowers and orchids were wonderful and appreciated by the members present. A warm day which was sometimes interspersed with swirls of fog was ideal for the walk up the pathways to Helicopter Flat and the Stockyards. Orchids and flowers many with insects and butterflies on them were identified by those present. It is rewarding to see that the bush is in recovery stage after the fires of 2009 where so much damage was done.

Meeting - February

Our February meeting was once again held back in our rooms at Federation Estate Ringwood. We had two short presentations.

1. Orchid Pollination by David H
2. Wanders around the wonders of the West - Perth to Newman by Shirley S and Barbara L

Both talks were appreciated by Club members present, with much information gained.



We thank Judith C for the photo collage that accompanies this article

Excursion - February - Leader Jack A Coolart Wetlands and Homestead Reserve

Members arrived at Coolart for an excursion around the wetlands and through to the beach area.

It was a very warm day but there was a good breeze to make things more comfortable.

This was mainly a bird excursion and we were really pleased with a great bird count. We expected to see many water birds and were able to get glimpses of bush birds as well. A stunning display of three wedge tail eagles soaring in the breeze with two brown goshawks chasing them was a sight we won't forget for some time. Such magnificent birds.

After lunch we travelled to a nearby reserve and wetlands for another walk around.

More birds were observed with a high light being a swamp harrier. A great day out.

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

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

Check out our Website <http://www.rfnc.org.au> for details of our next meetings.



Knox Community Gardens Society - Where Our Community Can Grow

by Rod Felton

Knox Community Gardens Society (KCGS) was established in 1984 by Knox City Council (KCC). Originally, grape vines, a small orchard and several acres of bushland were also located within the site. Recently, the grape vines were removed and a new fence erected around the garden plots and orchard. Further works are now in the planning stage. The KCGS committee would like to thank KCC for the support provided to us over the last couple of years and look forward to working with KCC into the future.

In recent months, we have been delighted to welcome both Villa Maria Catholic Homes (VMCH) and Knoxbrooke as members of KCGs. Both these organisations provide disability services to local residents and it is great to see how much they enjoy being at the gardens. In addition to tending their own plots, they love whipper-snipping and mowing, so everybody wins! To show their appreciation of being warmly welcomed, Knoxbrooke put on a morning tea for the KCGS committee and garden volunteers. Thanks very much Knoxbrooke, a good time was had by all!

The Knox Festival was recently held at Wally Tew

Reserve in Ferntree Gully and as usual, KCGS were in attendance. As well as selling produce grown by our members, we also had a free activity for little kids (and big kids for that matter)!

The 2020-2021 AGM was held in February 2022, deferred from July 2021 because of Covid-19. We

now have a very eager committee ready to get stuck into a number of projects. Updates on these projects will be provided as the year progresses.

Further information about KCGS is available on our website knoxcommunitygardens.org.au, facebook @knoxcommunitygardens or email knoxcommunitygardens@gmail.com



No Interest Loan Scheme (NILS)

You have a household item that breaks down or the kids need a new tablet for school – how are you going to afford this unexpected expense when you are only just covering your living costs?

This is where NILS saves the day, not a flashy payday loan that is going to charge you establishment fees, monthly fees and fees for everything.

NILS provide individuals and families on low incomes with access to safe, fair, affordable credit with no fees and charges applied.

Please note: NILS needs to be applied for prior to the purchase of goods or incurring an expense.

Borrow up to \$1,500 and pay back \$1,500. No fees. No Charges. Ever!

The No Interest Loan Scheme (NILS) by Good Shepherd provides borrowings of up to \$1500, payable over 12 months, with no fees or interest and no credit check. It is available to those with a health care card or an income under \$45,000 (singles) or \$60,000 (couples or families). You must be able to show that you can afford to repay the loan. EACH can assist you with the NILS application process.

Loans are not available for outstanding bills, cash, debts, food and rent.

CASE STUDY: Sofia is a pensioner living in rental accommodation. When she needed a new fridge,

she contacted EACH to ask about applying for NILS. Sofia came to the loan appointment with a quote for the fridge she wanted to purchase for \$1,100. Sofia and the EACH NILS worker reviewed her income and expenses to see whether she could afford the fortnightly repayments. Sofia was approved for the loan, purchased the fridge and the fortnightly loan repayments were scheduled to be paid directly from her pension via Centrepay. After one year Sofia had repaid her NILS and was able to apply for another loan for a new sofa for \$700 through the same process.

What if I don't have enough money to pay the debts I already have?

Financial counselling is a free and confidential service which can provide you with information, support and advocacy when you are unable to pay your debts.

EACH offers a free and confidential and respectful financial counselling service to anyone living in the Eastern Metropolitan region of Melbourne who is experiencing financial difficulty.

Contacts:**NILS**

EACH 1300 003 224

Financial counselling

EACH financialcounselling 9871 1817

The National Debt Helpline 1800 007 007

Cards, whatever, or just have a cuppa and chat. Girls Coffee and Chat have relocated to Montano's in Bayswater, and always the 1st. Tuesday every month. The Men will meet there too, in May but on the 2nd, Tuesday, they choose variety.

We also get together on the 1st. Sunday each month for PAINTING!! Using water colour, oil or pencil, creativity in progress. Just a few words on Bushwalking, in days gone by, we might have gone up hills, down dales, etc. but we are older, and some are even older, it's nice to walk together, talking, sitting in a lovely spot to eat our lunch.

Just so Social, and it is every Thursday.

Do you want to try Sunday Walking? This month on the 15th. board the 901 bus from Knox City, to Frankston, for a walk, or not?

The Editor has done a wonderful job with the Current Newsletter, ring Carol to request a copy and more information about this club.

CAROL 0419 870 639

Why not look us up at www.life.org.au/knox

Our Friday walkers at the old quarry in Ferntree Gully



Life Activities Club Knox

April/May Activities

First, for \$52:00 pp come sailing to Portarlington, where the Golf Club will provide us with a sumptuous 2 course lunch. Leaving from Bayswater Station on the 9:08 train it will be a wonderful way to spend Sunday 10th. April.

Then on April 27th. we'll sail the Maribyrnong River on the Tramboat with morning tea, and on the return journey, gourmet sandwiches and a cuppa for lunch. And for this delightful day, the cost is \$49:00.pp. Catching the train from Bayswater leaving 9:12am. Poynton's Nursery is the destination. What a day!

There is still time this month for other activities, i.e., Lunch will be at the Wantirna Hill Club, and the Evening Dine-out is going Greek, at Nikos Tavern, in Ringwood East. Most activities are now held at our new home, The Wattle Senior Citizens Hall on Underwood Road, Ferntree Gully. And you will find us there, on Saturday 30th. April, pruning, mowing, cleaning, doing what needs to be done.

The year is moving fast, The Quarterly Meeting, on May 30th. will now be held on a Monday afternoon at 2:00pm, now with an afternoon tea, while we go about Club business.

Before this, on Sunday 22nd. Bring lunch to Eltham to ride the Diamond Valley Miniature Railway. Cost \$4:00 per ride, meeting at 12:00 noon.

Diane and her board games is still on the first Friday of the month, BUT, now at the hall.

Play Scrabble, Upwords, Rummicub, Lawn bowls,

News from National Seniors

The Knox Branch of National Seniors Australia meets in the function room of the Knox Club which is situated on the corner of Stud and Boronia Roads, Wantirna, on the 4th Wednesday of the month at 10am. We are a fun loving group of people of the age of 50 years and meet to discuss Branch business, have a great social contact and a very interesting guest speaker.

We also stay on for lunch and enjoy each other's company.

The last two years have been very hard on society but our members have all pulled together.

We have started back with our fortnightly coffee club, our regular lunch outs and now that we can get out and about, we will be planning a lot of activities and outings.

We are looking for new Members who will be warmly welcomed.

Please join us and be part of a happy and fun loving group of local people.

For further information contact the President Bob Murray on 0407 829 894 or

Rhonda Cowen on 0407 1045 70

Boronia Ladies Probus Club Inc.

It was so good for our ladies to get together for our Christmas meeting and lunch in December and some 54 ladies enjoyed being entertained by St. Joseph's Boys' Choir, good food and lots of catching up with friends. Several beautiful hampers were won on the day.



February meeting: we have the pleasure of Susan Heywood, who came to show us lots of memorabilia, and some of us were able to say we had used it when younger or had seen it before. Susan showed us some very old handbags, and dresses from the early 1900's, and it was amazing the fabric and colours. Also photos of her English family home "the big house" from the 1890's. So interesting.

On the 23rd of February – 19 ladies are going to Rose Cottage in Monbulk for lunch, this is a self-drive outing, and we will have 5 cars going.

We are all hoping this 2022 will be a 'normal' year for our club, no more lockdowns and restrictions. so we can plan ahead for outings in the coming months.

If you would like to visit our club, we meet the 3rd Wednesday of the month at the Knox Club, at 10am. Please ring Zita 9764 5233, we would love to see you, however we all must have proof of our vaccinations to show at reception on arrival.

Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday (except in December) of each month. They include a 2-course lunch and tea/coffee at a cost of \$25. We have a meeting then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support six disadvantaged students through the 'Learning for Life' Program with the Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 11th April, 2022

Lunch (No speaker)

Monday 23rd May, 2022

Lunch - Speaker: Nick Wakeling, MP for Ferntree Gully

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

Time - 11.00am for a 12.00 noon start

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

To book ring Glenys Tucker - 9758 6325

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 Stamford Hotel, Cnr Stud & Wellington Rds, Rowville, VIC, 3178 - 10:30 am for a 11:00 am start. A lift to go upstairs is available. We enjoy a morning tea at a cost of \$10 (which includes a raffle ticket) and each meeting we have an interesting guest speaker. Lunch is available to order at own cost.

We would love new members to join - any age group most welcome.

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

Boronia VIEW Club

Boronia View Club will meet at 11.30 at Eastwood Golf Club, Liverpool Rd., Kilsyth for lunch at a cost of \$27 followed by a speaker

On Friday 22 April (as normal meeting date this April is on Good Friday) the speaker will be Dick Francis talking about "funny things happening at sea".

On Friday 20 May at 11.30 at Eastwood Golf Club, Liverpool Rd., Kilsyth for lunch at a cost of \$27 followed by speaker Rajiv Thacker- Regional Officer for Consumer Affairs, Victoria. He will be talking about scams etc. Should be interesting.

There will be a raffle and trading table and all monies raised goes to Learning for Life students run by The Smith Family.

We enjoy the company of ladies 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
AUZ Car Wash	Open 7 Days 9am to 6pm	758 Stud Road Scoresby	P: 0401 458 342 E. auzcarwash@gmail.com
Tiny's Bar and Bottle Shop	Open Tuesday to Sunday	1/1333 Ferntree Gully Rd. Scoresby	Bookings: 8260 5882
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Jeanette 0407 308 671 or John 0405 698 554
Knoxfield Ladies Probus	3rd Wednesday of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Val 9763 6175 or Bev 9753 3224
Lions Club of Knox	1st & 3rd Tues of month at 7.00pm	Our Saviours Lutheran Church Knox 646 Burwood Hwy, Knoxfield	Sue 0411 529 293
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	thehutgallery.com.au

Give your child a head start.

Registrations for 3 and 4yo
kindergarten open 1 April.

Get started at
[knox.vic.gov.au/
kindergarten](https://knox.vic.gov.au/kindergarten)
or phone 9298 8000

Secure your place for 2023



Coming soon to Knox

**Melbourne
International Comedy
Festival Roadshow:**
28 April

**Don't Mess
with the
Dummies:**
12 April



Check out the full Knox
Community Arts Centre
program and book tickets
at knox.vic.gov.au/kcac
or phone 9729 7287

Save with solar

Find out how solar can
reduce your bills and get
a quote to install a quality
system. Discounts available
to low income households.

For trusted advice go to
knox.vic.gov.au/solarsavers
or phone 1300 548 598

Keep your cat safe

From 10 April, cats
need to stay home to
keep them safe and
protect wildlife.

Find out how to keep
your cat happy at home.

Visit knox.vic.gov.au/cats
or phone 9298 8000

Free workshops

Grants writing:
30 March and 12 May

Governance training:
8 June

For community groups,
clubs and not-for-profit
organisations.

More information
[knox.vic.gov.au/
communitytraining](https://knox.vic.gov.au/communitytraining)
or phone 9298 8000

Sign up to our Newsletter

For weekly updates to your inbox subscribe
at knox.vic.gov.au/email-newsletter

My Interview with Ashleigh Barty

By Zareen Rahaman

My dream of meeting my tennis idol came true when I was selected to interview Ashleigh Barty. The world no. 1 Tennis player is an inspiration to so many people, including me. So when the Knoxfield Tennis Club – where I play tennis – asked me to interview Ash, I was very nervous but super excited!

The night before the big interview, it was so hard to sleep because of the excitement! I had just finished watching the women's final – sitting happily and cheering with my family at home for Ash Barty. I felt over the moon and I was jumping on the couch when Ash won. Then I realised that this means I get to meet her tomorrow!

The next day I was crazy nervous to ask Ash the questions but she was very nice and made me feel like a champion – just like her! I asked her some questions such as who her idols were growing up and what she loved most about tennis.

Ash was so sweet and friendly that I felt there was no need to be nervous. And I got to be on TV on the news which was amazing! I'm so grateful for this chance to meet Ash Barty. I will never forget that moment, it will always be in my memories.

To see Zareen's interview visit https://twitter.com/TennisAustralia/status/1488390696822542336?s=20&t=kIJYwC_MW7dSKF2DJMvtkA

Pictured at right, Ashleigh Barty and Zareen Rahaman



News from Bayswater Bowls Club



BARB AND ANDY ARE BAYSIES BEST

IT'S MORE THAN A GAME

The Bayswater Bowls Club have completed the finals of the Ladies and Men's Singles Championships and are proud to announce that the 2021/22 winners are Barbara Keenan and Andy Pryor.

The Men's Final between Andy Pryor and David Haack was a close tussle early with both players trading single shots and after 15 ends Andy led David 10-6. But the match changed complexion when in successive ends, Andy picked up the maximum of 4 shots and instantly shot to a 18-6 lead. David continued to plug away and lasted another 9 ends before succumbing to Andy's dominance; Andy winning his first Men's Singles Championship, after 10 previous attempts 25-10.

The Ladies Final between Barbara Keenan and Karen Barton followed a similar pattern. Karen was playing exceptionally well early, consistently landing her bowls close to the jack and after 10 ends Karen led Barbara 11-5. However, Barbara turned the match on its head when she found her range and collected 11 shots in 3 ends to gain ascendancy and took the lead 16-11. Despite concerted efforts by Karen, Barb is now displaying her championship qualities and eventually after an enthralling 21 ends Barb claims the title 25-15. Both ladies are to be commended for a game played in high spirits.

Andy and Barbara will now represent Bayswater Bowls Club in the Champion of Champions, a tournament which encompasses all clubs in the Eastern Ranges Bowls precinct. A win in this tournament and subsequent State wins could eventually lead to Australian representation.

Barb has now achieved back to back Club Championships and reflected on her introduction to lawn bowls. Here's a bit of local history. Did you know that in 1968 Bayswater's first lawn bowls green was situated on the corner of Canterbury Road and Bayswater Road (now Anaconda) and was named Fibremakers Bowls Club. Employees of Fibremakers, one of the districts largest employers were encouraged to join and Barb's father took up that option. Barb recalls watching her father play and decided that rather than watch she would participate herself. Barb eventually joined Bayswater Bowls Club and has made multiple life long friendships and thoroughly enjoys the competitive nature of the game.

Similarly, Andy has family connections to lawn bowls. He was encouraged by his uncle Doug, a Foundation Member at Bayswater Bowls Club to join and has not looked back. "I enjoyed golf but lost interest so I needed another outlet. I took up



Bayswater Bowls Club Singles Champions, Barbara Keenan and Andy Pryor proudly hold Bayswaters perpetual Mens and Ladies Singles Trophies

bowls and would recommend people experience the sport. It's not just a matter of rolling up and down for fun; every shot is different".

Barb and Andy, as well as one of our newest members, Rod would encourage Bayswater residents to come along to a free Friday Night Barefoot Bowls session. Through a letter drop, Rod and his mates came to a Barefoot Bowls night, and became hooked. All have experienced competitive Pennant bowls this season. As Rod says "If you're recently retired, lawn bowls is there for you. What attracted us was the free membership for the first year and we can enjoy a social drink in a convivial atmosphere. We recommend you come on a Friday night, enjoy a sausage and meet us."

Templeton Tennis Club News

by Don McCracken, President

Welcome to TTC news for March 2022.

Our summer competitions recommenced over the weekend of the 30th January and will have been completed over the weekend 26/27th March. We had 8 of our 16 junior teams and 2 of our 3 senior teams in finals. We wish all participants the best of luck.

The average ladder position, on which the WDTA Premier Club award is calculated, was 4.01 which placed us 12th out of all the WDTA entered teams. This was a wonderful effort from all players, coaches and support personnel.

The next Saturday season (winter) will be upon us very shortly, commencing 30th April. We have submitted 13 junior, 4 senior and 1 pennant teams for the forthcoming winter season. It is great to see a mixed side from our "now to old" juniors progressing

to senior tennis.

We have two ladies' teams in the Ferntree Gully midweek competition with the new season having just started again after the Xmas break. Both teams are doing well and in good positions on the ladder.

Night competitions: Monday and Wednesday (social) nights are back in full swing and are 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. The numbers are on the website.

Our coach, Kelly Cooper, 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 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 MP.

SPORT NEWS

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

Templeton Tennis Club Inc.

**Templeton Reserve, Templeton St
Wantirna 3152. Melways Ref. 63 G9**

Membership: Leanne 9887 1957

President: Don 0425 748 138

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au



Wantirna Tennis Club News

by Alison Rogers

Australian Open

Once again our Coach Mike was in at the Australian Open for most of January.

We also had 4 of our Junior members taking part in the Ball Kids program. What a great thing to do, meeting up with so many Aussie and International players.

Troy & Mike Tennis set for a big 2022

Troy and Mike are excited to be coaching exclusively now at Wantirna Tennis Club. They are offering all levels of coaching every day with Hot Shots red-green stage, Junior and Senior squads. Adults don't miss out with Cardio Tennis running every day as well. Both day and evening sessions available. Anyone interested in joining any of our programs please call Mike on 0433511904 or email enquiries@troyandmiketennis.com

Cardio ladies class with Mike and Troy. Come along and have fun with others or make up a group of your friends.

Coaches details at the end of the WTC item.

Social tennis

It is lovely to see our group of social players expanding each week. A great group of friendly players. If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down on a Tuesday morning and have a hit with some of the social players at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground you can have a hit. Play starts at 9-30am and it is only \$5 for visitors, members free. All welcome.

About Wantirna Tennis Club

Visit our website for details on how to join our Club. We have excellent facilities, including two BBQs, covered with a shade cloth sail. We have 9 tennis courts and a Coaching area in the terrific setting of Wantirna Reserve.

We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call to get more details and information on membership or tennis coaching.

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

Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com
Coaching Face book: www.facebook.com/troyandmiketennis.com

Wantirna Tennis Club Inc Melway Ref: 63C8
Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna
PO Box 5295 Studfield 3152

Club Secretary: Alison 0408576025 or email wantirnatennis@gmail.com

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

WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club





OBrien Real Estate



Agency of the year.

We're thrilled to have been awarded Agency of the year in Bayswater and Bayswater North, recognising our achievements for exceptional customer satisfaction and property results.

For the best real estate experience, contact the number 1 agency.

Awarded by RateMyAgent – Agent of the Year Awards 2022

Wantirna 207 Stud Road 8820 8338

obre.com.au