

# COMMUNITY NEWS

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

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ARTIST IMPRESSION

EDITION 78  
JUNE/JULY 2022

- COMMUNITY MATTERS MOST - SOCIAL HOUSING NEEDED IN KNOX
- NEW HOCKEY FIELD FOR WANTIRNA RESERVE
- KIOSC CELEBRATES 10 YEARS OF STEM
- SRI VAKRATHUNDA VINAYAGAR TEMPLE MARKS 30TH ANNIVERSARY

## NEW WETLANDS PLANNED FOR KNOXFIELD

(ARTICLE ON PAGE 3)

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## Editorial

Hello Community News readers,  
 This edition, we are including an article on the Knox Wetlands development. It is a significant development on a significant site in Knox.  
 I encourage you to take a look at the Development Victoria website at <https://www.development.vic.gov.au/> where there is comprehensive information available.  
 The article explains some of the ambitions for the Knoxfield site and some of the challenges.  
 We are also please to include information on celebrations from KIOSC (Knox Innovation, Opportunity & Sustainability Centre) who have reached a 10 year milestone and from Sri Vakrathunda Vinayagar Temple who recently celebrated 30 years at the Chariot Festival.  
 So many good things are happening in our community.

Janet on behalf of the SWCN team.

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



## Social Housing Projects Needed in Knox

By Nicole Seymour, Community Matters Most

### Government investment in Social Housing needed in Knox

Access to safe and secure housing is one of the most basic human rights. When people have a safe and stable home their overall health and wellbeing improves. They have greater opportunity for social connection, access to education, employment and consistent health services. Housing security offers a sense of belonging and underpins resilience to life stressors.

In circumstances of housing vulnerability, there can be higher likelihood of at risk behaviours, poor health, psychological stress and relationships breakdown leading to social isolation.

We are living in times of high economic uncertainty with many households experiencing financial stress. Rising cost of living, hefty mortgages, rising rents, low wage growth, and residual financial stresses stemming from the Covid-19 pandemic on businesses especially small businesses are creating household cash flow volatility and challenges week by week in making ends meet.

Here in Knox we have high rates of both mortgage and rental stress. Earlier this year, a report was released which suggested 50.7% of households with a mortgage are experiencing mortgage stress and 60.4% of renters are experiencing rental stress\*.

Knox Council is concerned at the significant pressures on housing affordability across the municipality. Rising rents in the private rental market and insufficient supply of social housing means many people are struggling to find a secure and affordable place to live. Rising property prices is also making home ownership in Knox out of reach for low to medium income earners.

Council is calling on both the Federal and State Governments to invest in housing projects here in Knox that increase the supply of low cost long-term rentals as a matter of urgency. In particular, we know that the groups at most risk in Knox are, single women and children, and single women over the age of 55 years; both groups often impacted by family violence



# KNOX TOPICS

and relationship breakdown as well as heightened financial vulnerability due to low incomes (part time workers, workers in sectors that pay minimum wage or Centrelink).

Council also advocates for increased social housing for Seniors with increasing numbers unable to secure or afford private rentals where there is short supply of housing appropriate for ageing in place (eg: one and two bedroom units are rare in Knox).

Federal and State Government intervention is desperately needed to address the inadequate supply of social housing in our region and it would be great to see this prioritised as an election commitment this year. Knox is regarded as "middle income with pockets of affluence", and driving through our neighbourhoods, you could easily assume Knox residents generally are financially secure. The reality is different, there are many in our Community doing it tough, and who need that hand up. Providing affordable housing that offers long-term security and affords the renter dignity is definitely needed. Let's hope the politicians are listening.

*\*Financial stress is calculated based on having <5% income left over after usual weekly living expenses.*

## Detailed Construction Plan Drafted For New Wetlands at Knoxfield

from Development Victoria

Development Victoria is creating a new neighbourhood at 609-621 Burwood Highway, the site in Knoxfield that is home to the body of water known as Lake Knox. Plans for the site include a range of diverse housing and open recreational spaces, as well as replacing the unsafe artificial dam with a new wetlands system.

A staged construction of new wetlands will be undertaken to ensure the works don't impact the threatened Blue-billed Duck and other species – especially during their breeding season.

The proposed new wetland design is larger than the space of the existing dam and will consist of three key waterbodies. The largest of these is being specifically designed for the Blue-billed Duck and meets Melbourne Water's requirements for wetlands depth.

Any permanent rectification of the dam's significant structural issues would still result in draining the dam and completing earthworks resulting in the subsequent loss of the dam's existing habitat.

Development Victoria have lodged the first subdivision planning permit application for the residential area with Knox City Council for consideration. The planning permit application for the proposed wetland has also been lodged. The draft plan details how Development Victoria – over a period of three to four years - will replace the unsafe, artificial dam currently on site with the vibrant new wetlands system.

The planned staged construction approach means the current dam will exist until the new wetlands are ready to be transitioned across.

Development Victoria's ecologist will be monitoring the works to safeguard existing wildlife and habitat - including the threatened Blue-billed Duck and other species – especially during their breeding season.

Development Victoria's Group Head of Property Development, Penny Forrest comments, "We've been consulting with the community for several years to inform them of the site's development."

A team of experts has worked with Development Victoria on the design for the new wetlands system.

The new wetlands will ensure a safe, suitable and long-term breeding environment for the Blue-billed Duck and other species, resulting in a far better overall environmental outcome and improving the health of local waterways, including Blind Creek.

"The artificial dam at the Knoxfield site is unsafe and has been assessed as structurally unsound and at risk of failure - that's why we've been undertaking repair and maintenance works on the dam to address its ongoing deterioration and reduce any community safety risks." explains Ms. Forrest.

The first step in the process is to construct and then establish the new habitat



Blue Billed Duck (sourced via Pixabay)

wetland and drainage connection into neighbouring Blind Creek. This will be followed by at least 12 months of monitoring by the ecologist to assess the progress around the establishment of the habitat.

"We have committed to constructing the wetlands in a staged manner, providing continual access to a water body for wildlife currently using the existing dam," Ms. Forrest says.

"Ecological monitoring will take place throughout the staged construction process and once the new wetlands has been constructed".

Regular repair and maintenance works will be required on the current dam as it remains in place while the wetlands and drainage connection are constructed. It will remain in place while the wetland continues to establish, before being decommissioned in the third stage.

The final two stages involve construction of the treatment wetland and sedimentary basin, establishing the wetlands and open spaces such as walking trails, a bird lookout, active open space and quality landscaping for the community to enjoy.

The community is invited to view and provide feedback on the draft staged wetland construction plan via the Knoxfield project page on Development Victoria's website at <https://www.development.vic.gov.au/projects/knoxfield?page=overview>

# Dinsdale Ward News with Cr.Sorina Grasso

As always, in the last two months there have been interesting things happening in Dinsdale Ward, and I would like to share a few highlights.

In a fitting end to Cultural Diversity Week it was very special to join Mayor Susan Laukens and members of the Zomi, Iranian and First Nations community for a special event at the Basin Community House. We had a welcome to country from Aunty Joy Murphy, a cultural walk by First Nations, dance performances by the Zomi community and a presentation showcasing Persian history and culture. As Chair of the Knox Multicultural Advisory Committee and an Australian of culturally diverse background it was great to see our vibrant multicultural community as part of this special event organised by Knox City Council.

I also took part in the Eastern Alliance for Housing Affordability executive meeting where, together with the neighbouring Councils of Maroondah, Manningham, Whitehorse, Monash and Shire of Yarra Ranges we continued to advocate for this important issue to all levels of government.

At the first in person Arts and Culture Advisory Committee meeting for the year it was also very informative to hear from representatives of our visual and performing arts community groups in order for Council to work effectively with them so they can continue to entertain, inspire and enrich our lives.

# BAYSWATER NEWS



I also attended a very moving ANZAC Day dawn service at Bayswater RSL, where I had the honour of laying a wreath on behalf of the people of Knox as well as meeting members of the RSL and members of the local Vietnam veterans association. The most poignant part for me was seeing a love heart sticker attached to the wreath from Bayswater College in the blue and yellow colours of the Ukrainian flag. It said Peace for Ukraine. It is horrific to see on our TVs and newspapers every day the unspeakable devastation perpetrated on the people of Ukraine by Russian forces. We ask and hope for peace.



**BAYSWATER RSL SUB-BRANCH Inc.**  
of the RETURNED & SERVICES LEAGUE of AUSTRALIA (Victorian Branch) Inc.



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**The Bayswater Makers' Market**  
Bayswater Senior Citizens Hall  
790 Mountain Highway  
**Saturday 25th June and 23rd July at 10 am to 2 pm**

Our makers and creators would be delighted to see you at our June and July markets.

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](mailto:bw1market@bigpond.com) with photos please.

**Other enquiries Julia 9890 2546**

## Jackson Taylor Update

I am so proud to be your local State Labor Member and voice in the State Government. Together we've got a bit done over the past three years but there's always more to do. So, with the State Government's Budget being handed down recently, I'm excited to bring you some updates on what that means locally and detail some of the significant investment into Victoria.

I've been working on this one for a while now and I'm stoked that with \$11.2 million secured in the Budget, Wantirna College is getting a major upgrade which will deliver a new state of the art sports, learning and performing arts facility which will also include a double court competition grade gym, admin facilities and more. This is going to make a world of difference for the school's 1,500 students and staff and with money in the budget planning starts now.

We're also expanding the \$250 Power Saving Bonus to every Victorian household, and it'll be the easiest \$250 you'll ever pocket. From July 1 you can head over to [compare.energy.vic.gov.au](http://compare.energy.vic.gov.au), log on, compare your rates – and pocket \$250. This is one way in this budget we're helping to address some of those cost of living pressures.

Like we've always done, we're investing heavily in healthcare. When we came to government we ended the war on our paramedics. We took ambulance response times from the worst to our best in history. This Budget backs in our healthcare heroes again. We've announced a \$12 billion boost as part of our Pandemic Repair Plan after unprecedented strain on the system over the past couple of years. We've delivered funding to ease the pressure on hospitals and staff and will mean 7,000 new healthcare workers, more paramedics, nearly 400 more triple zero staff, better hospitals including the major expansion of the Angliss and \$1.5 billion to boost elective surgeries to 125% of pre pandemic levels and much more. This Budget delivers for our healthcare heroes and ensure you get the care you need no matter where you live.

And yes, it's finally happening. We're fixing the intersection of McMahons Road and Burwood Hwy, Ferntree Gully with planning already underway! After over 600 signatures supporting my campaign, I heard from locals loud and clear: we need to get this done. So, I'm proud to have secured funds in this Budget to fully signalise the intersection and deliver traffic lights – making it safer for all road users, more efficient and will improve travel times.

I'm so proud to have secured real funding for real investment that will make our roads safer.

You shouldn't have to choose between a day's pay and looking after you and your loved ones health. That's why the Victorian Government in an Australian first, has introduced the Sick Pay Guarantee. Eligible casual workers in many industries can now register online, and access five days of sick and carer's pay per year. As part of the 2 year pilot, the Government is doing all the admin for the program and making payments directly to workers—meaning no extra paperwork for businesses.

For more info go here - <https://www.vic.gov.au/sick-pay-guarantee>



The Budget also delivers:

- 502 more police (on top of the record 3,135 already delivered) and 52 more PSO's
- \$98,500 for Fairhills Primary for minor works to the school
- \$5.7 million upgrade for Eastern Ranges School
- More secure jobs created for Victorians with 540,000 new jobs since coming to Government

I look forward to bringing you updates on the above and continuing to deliver for our amazing community.

You can call my office on 9738 0577, email me at [Jackson.Taylor@parliament.vic.gov.au](mailto:Jackson.Taylor@parliament.vic.gov.au) or pop in to the office at Mountain High Centre, Bayswater.

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



*Jackson Taylor MP, Member for Bayswater, Minister Merlino and the team at Wantirna College announcing the funds*



**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 MP 📧 [jackson.taylor@parliament.vic.gov.au](mailto:jackson.taylor@parliament.vic.gov.au) 🌐 [jacksontaylor.com.au](http://jacksontaylor.com.au)

03 9800 1333



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**Best Life**



# Three-Year-Old Kinder: the best start for Victorian kids.

To dream big, our kids need the best start in life.  
Enrolments are opening now for Three-Year-Old Kinder in 2023.  
Children are eligible for between 5 and 15 hours per week of funded Three-Year-Old Kinder, no matter where they live.  
Find your local kinder program at [vic.gov.au/kinder](http://vic.gov.au/kinder)



# Move local

*The best is in the heart of  
Wantirna South*



Balmoral is a community within a community. Enjoy safety, security, low maintenance, landscaped gardens with beautifully appointed apartments and villa units.

03 9800 1333

Call us today to make the move to Balmoral.  
Balmoral Village, Ridge Road Wantirna South 3152. [www.balmoralvillage.com.au](http://www.balmoralvillage.com.au)



## Wantirna Author Jeff Steel Has Another Rip

Wantirna author Jeff Steel has another rip-roaring true story about to hit the book shops. 'Dunkirk to D Day' is the story of commando Bill Adlam who went through the sticky end of World War Two. The narrative passes through his hair-raising escape from Dunkirk and into even more hair-raising commando raids.

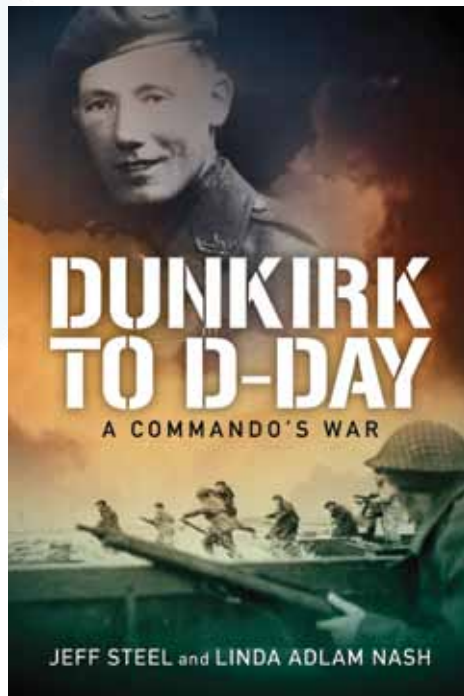
Ian Fleming planned one of the raids; one of the soldiers on the raid – Captain Lord Lovat – was Fleming's cousin and the template for James Bond.

Lovat recommended Bill as a trainer at the top-secret commando training centre at Achnacarry in wildest Scotland. As one of Lovat soldiers said in action 'it's not as bad as Achnacarry, sir.' And it wasn't!

Head hunted back into his Gloucester Regiment, Bill prepares for D Day. The great day comes and Bill lands on Gold Beach. In the next six weeks his unit pushes forward against crack German formations including the dreaded 12th Waffen SS. His unit sweeps mines and makes the way forward safe for the attacks to proceed. He is in front of the front line.

He sleeps under trucks; washes in rivers; every day might be his last.

For enthusiasts of true war books this is essential reading!



ADVERTORIAL

## Balmoral: A New Lifestyle

Why chose a retirement village? For some it's location. Or facilities. Services. Low maintenance. Or new home features. But, for most, it's the promise of a thriving, social, welcoming and supportive lifestyle that is so important.

Balmoral Over 55s Lifestyle Village offers a lifestyle few can match. It boasts an active, fun and happy community in the heart of Wantirna South. Being one of the few privately owned villages in Victoria, it puts people first, and has done for over 38 years. This means that the opportunities to socialise, meet new friends and get involved at the village are encouraged and supported at all levels.

At the heart of the village the Balmoral Community Centre is always busy. Residents come together regularly for a cuppa, an activity or to share a meal in the village restaurant. Residents embrace the over 30 activities on offer as well as events, fundraisers, market days and cocktail parties (to name a few!).

So, whether it be dining events or themed functions such as AFL lunches, Australia Day BBQs, Anzac Day Ceremonies, Spring Carnival celebrations, or St Patrick's Day Lunch. Or monthly activities

such as a trivia competition, Devonshire tea, line dancing, bingo, movie afternoons, craft, crazy whist, book discussion club, speaker's group or computer group. And, for the sports lovers, there's a competition standard bowling green (8-rink), croquet lawn and indoor bowls groups. Whatever your interest. Balmoral could be just the right fit for you.

Choose from newly refurbished one, two and three bedroom villa units or the convenience and ease of one bedroom apartments close to the village club centre.

To see what's on offer, arrange a private tour of Balmoral. Balmoral Village is at Ridge Road, Wantirna South. Phone 03 9800 1333. [www.balmoralvillage.com.au](http://www.balmoralvillage.com.au)



# AROUND KNOX



## Thank You Aston

by Alan Tudge MP  
Federal Member for Aston

By the time you will be reading this article it will be several weeks since the federal election was held.

Although I don't know the result at the time I am writing this, I do want to take the opportunity to thank those who voted for me and showed their confidence in me continuing to be our community's representative in Canberra.

Your support is always humbling and if re-elected I remain committed to delivering the community and infrastructure projects our community needs.

Over the last few years we have made great progress on important local projects including the completion of the Henderson Rd bridge, upgrades almost complete on the Monash Fwy and construction underway on the Knox Netball Centre, Lewis Rd and Boronia Rd intersection traffic lights and the new facility for U3A at Fairpark Reserve to name a few.

If re-elected, I will continue to push to see the rest of the projects completed. This includes extra station parking which are in planning for Boronia and Ferntree Gully and will soon begin construction and the Dorset Rd extension and Napoleon Rd duplication which is in planning and has \$130 million locked in the budget. I will continue to push the state government to start construction on these as soon as possible.

There is a lot to do! And with your support I hope to continue to deliver. Thank you.



**ALAN TUDGE** MP  
Federal Member for Aston

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t 9887 3890   w www.alantudge.com.au

Real Action For Knox





### Community grants

**Open  
30 May**

The Community Development Fund offers grants to not-for-profit community groups for activities and projects that benefit the Knox community.

For more information  
[bit.ly/knoxcommunitygrant](https://bit.ly/knoxcommunitygrant)  
Applications close 1 July.

### Kindergarten registrations

**Now  
open**

Secure your place for 2023.  
Get started at  
[knox.vic.gov.au/kindergarten](https://knox.vic.gov.au/kindergarten)  
or phone **9298 8000**

### Dementia-Friendly Knox

Dementia, including Alzheimer's Disease, is the number one cause of death for females in Australia. Help create a Dementia-friendly Knox and make a difference by joining our Dementia Advisory Committee.

For more information on how to join, call **9298 8827** or contact [kylie.johnson@knox.vic.gov.au](mailto:kylie.johnson@knox.vic.gov.au)

## What's on?

Knox Community Arts Centre, located on the corner of Mountain Highway and Scoresby Road, Bayswater. Visit [knox.vic.gov.au/kcac](https://knox.vic.gov.au/kcac) or phone **9729 7287**



### Showcase of living options for over 55s

Explore different housing options including downsizing, co-housing, home-sharing and retirement villages.

Thursday 9 June, 9am - 4pm

For more information and bookings phone **9298 8828** or email [sally.clark@knox.vic.gov.au](mailto:sally.clark@knox.vic.gov.au)



### The Quizzical Mr Jeff

Circus fun and magic tricks, this show has something for young and old!

Friday 1 July, 11am



### The Kazoos Dress Up Box

A musical comedy that explores character, gender identity and role play through a simple, fun game of dress ups.

Monday 4 July, 11am



### Celebrating NAIDOC week Circling Time by Kutcha Edwards

Share Kutcha's life experiences and Aboriginal culture told through his captivating songs and stories.

Thursday 7 July, 7pm



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



## MAYOR'S MESSAGE

with Knox Mayor, Cr. Susan Laukens

### Memorial

#### Helen Coulson OAM

I wish to acknowledge the passing of Helen Coulson OAM aged 103. The esteemed author of the acclaimed book "Story of the Dandenongs".

Helen grew up in Upwey in the 1920's and 1930's before moving to Horsham in 1948.

Helen Coulson was appointed to the position of Official shire historian for the Ferntree Gully shire after being advertised in the Mountain District Free press on Thursday 17th January 1952. Helen described herself as an ordinary everyday housewife who enjoyed writing as a hobby. Helen would visit the district regularly while researching the book.

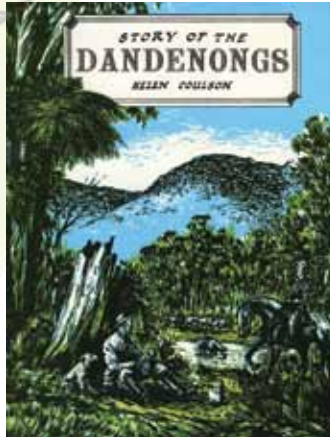
"The Story of the Dandenongs" was published in 1959 chronicling the history of the area and the early pioneer life into the post war era from 1838 to 1958.

The book is still to this day revered as the most reputable resource on the history of the Dandenongs and surrounds.

On behalf of the City of Knox I wish to express our heartfelt condolences to her family and to acknowledge her significant legacy and contribution to our documented history.



Helen Coulson OAM



# KNOX UPDATE

### Draft Budget

Three suburbs of Knox - Wantirna, Wantirna South and Rowville – were recently named in a list of Melbourne's top 20 most liveable suburbs.

The PwC Australia CityPulse analysis looked at how the COVID-19 pandemic had shifted what we all value about where we live during a period when we all spent more time closer to home.

It's the liveability in Knox that is at the heart of Council's 2022-23 budget.

Our budget funds what I call the 'quiet things' in Knox. It underpins services at all life stages from newborns to senior citizens.

The budget invests \$183 million in services and facilities.

A highlight of the capital works budget is \$18.3 million on sporting upgrades, including facilities at Knox Athletics Track in Friberg Ward.

The track is used by clubs including Knox Athletics Club, Little Athletics Centre, Knox Masters Athletics and Knox Triathlon Club.

An investment in sport is an investment in our community. Sporting groups and sporting families play an integral role in creating a sense of belonging to your community.

It's where you create memories, bring memories. Where your family comes together, where you socialise with friends, where you make friends.

The track is a regional facility, used for school sports carnivals within the southern and eastern regions bringing with it all the economic benefits associated with visitors to our area.

### Community Connection

I was recently invited onto ABC Radio National for an instalment of Meet the Mayor.

This was a wonderful opportunity to highlight our beautiful municipality and hear from community members about some of the issues that are important to our community. You can also tune into Radio Eastern FM 98.1 on the first Wednesday of the month at 12.05 pm.

I really value that community connection.



Knox Mayor, Cr. Susan Larkens

### Protecting the Gateway To The Foothills

Our Knox community has strongly indicated that it values the green leafy nature of Knox.

Council recently purchased two parcels of surplus VicTrack land along the Burwood Highway in Upper Ferntree Gully to preserve these sites of biological significance for public use.

The purchase was financed through fees paid by developers to offset the loss of native vegetation

## Cr. Susan Laukens

KNOX CITY COUNCIL FRIBERG WARD COUNCILLOR • PUTTING OUR COMMUNITY FIRST

LET ME KNOW WHAT MATTERS TO YOU

Call or text on 0437 882 913,

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

 SusanLaukensforKnox





## What's New At Community Pharmacy?

by Purnima,  
Pharmacy Manager



Hi everyone,

Winter is here and we are keeping busy (and trying to stay warm!) at Community Pharmacy with flu vaccinations, new RAT travel testing, we have held our Biggest Morning Tea raising funds for Cancer Council Australia and are busy finalising our

upcoming diabetes education day and Christmas in July event.

We really are loving being able to hold more face-to-face events this year, and since our renovations and the addition of extra private consulting rooms, it is great to be able to continue to look at more services to offer you, our customers.

### Diabetes Education Day - 11th of July

This year National Diabetes week falls from the 10th to the 16th of July and we are excited to be holding a Diabetes education Day on the 11th of July. This will be a great event to come along not only if you are diabetic, but also if someone that you live with, or care for is a diabetic. On the day we will have some great offers and Diabetes experts in-store to discuss all things diabetes, including

- FREE Diabetes meds checks with our Pharmacists

- Melina Linardatos, Podiatrist (Wantirna Mall Podiatry)
- Diabetic educator from EACH Knox
- Anne-Marie, representative from Contour Next, providing education on their products and
- FREE meter upgrades
- Discounts on a range of Natural Health products for the day

### Are you eligible for a free Flu Vaccination?

Our 2022 stock has now arrived and we have plenty of appointments available.

- pregnant women (at any stage of pregnancy)
- Aboriginal and Torres Strait Islander people aged six months\* and older
- people aged 65 years and older
- people aged six months and older with medical conditions putting them at increased risk of severe influenza and its complications:
  - cardiac disease
  - chronic respiratory conditions
  - chronic neurological conditions
  - immunocompromising conditions
  - diabetes and other metabolic disorders
  - renal disease
  - haematological disorders

Please speak to our pharmacists if you need more information, or book directly through our website [www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)

\*Please note we only vaccinate in-store from age 10.

### Supervised Rapid Antigen Tests for Travel

#### New Service (RAT) for Travel

Now that travel is back on the cards many countries are requiring proof of a supervised negative RAT prior to entry. We are pleased to now be providing this service at Community Pharmacy.

The cost of this service is \$49.95 which includes the cost of the RAT and appropriate documentation for you to provide as proof of a negative result. Bookings can be made via our website or enquire in store for more details.

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

\*Please be aware that travel requirements vary by state and country so please ensure that you have checked that a supervised RAT is accepted at your destination. Passports are required to be brought to your appointment and the RAT must be supplied by the supervising Pharmacy.

### Meet The Team

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



Hi my name is Danielle Chia, and I am a pharmacist at Community Pharmacy Wantirna.

It's my tenth year being a pharmacist and I'm loving it. It's an honour to be able to serve the community where I live and love!

#### Q. What made you want to become a Pharmacist?

I've always wanted to work in healthcare and enjoy a balanced lifestyle, and being a pharmacist can offer me the work/life balance that I wanted. Sure it is stressful at times (and COVID didn't really help in that regard) but you also get so much out of it knowing your work has a meaningful, positive impact on people's lives.

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

I'm a new Mum (my daughter turns 1 in April) so right now I'm really passionate about postnatal care for women. I've had so much support in my own postnatal care journey that I want to pass it on to other mamas out there.

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

Probably still something to do with healthcare. I can't imagine myself doing anything else.

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

Spending time with my family and creating memories together with loved ones

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

I like to break out a few little dance moves here and there in the dispensary, lol. If you ever caught me doing it, join me, life's too short!

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!



### SAVE THE DATE – Thursday 21st July

Want to warm your insides this winter with a cup of hot chocolate? Maybe spend some time with Frosty the Snowman or nibble on sandwiches while catching up with friends?

This year we are having a Christmas in July event on Thursday 21st of July. Members will receive 20% off all giftware on the day and all attendees will go in the draw for a great door prize!

More information coming out soon, on Facebook and in our monthly newsletter.

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

(03) 9720 2872 OPEN 7 DAYS  
Email: [wantirna@communitypharmacy.com.au](mailto:wantirna@communitypharmacy.com.au)  
[www.communitypharmacy.com.au](http://www.communitypharmacy.com.au)

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



Greetings fellow Knox residents.

It has been a busy couple of months at Council working on the proposed 2022-23 Budget. We're focusing on delivering funding that will help our residents, businesses and community organisations continue rebuilding, as well as programs that are of high priority to our community - things like wellbeing, waste management and investment in community facilities and infrastructure.

I am pleased to see the safety improvements for families and cyclists along Amesbury Avenue in Wantirna. The new 3m wide shared path outside Regency Park Primary School includes an extended waiting bay for the school crossing area and has been a welcome addition to the school and school community. These works are part of the next stage of the Wantirna Cycling

Link with Council also installing bicycle lanes, green intersection treatments to improve driver awareness and visibility of cyclists and a cycling connection to the Boronia Road and Amesbury Avenue intersection.

Get your diaries out and "Save the Date" for National Tree Day which is being held at Collier Reserve (corner Stud Rd and Burwood Highway, Wantirna) on Sunday 31st July (10am-12pm). Come, join myself and Knox City Council's Biodiversity Team to help plant some indigenous trees and shrubs, enjoy a guided nature walk and just get outdoors to connect with nature. Love to see you there! As always if you need help or information then don't hesitate to get in touch via email [marcia.timmers-leitch@knox.vic.gov.au](mailto:marcia.timmers-leitch@knox.vic.gov.au) or phone 0428 162 218.

### New Hockey Field for Wantirna Reserve

I am delighted to announce that the first sod has been turned on the new hockey field at Wantirna Reserve (Koomba Park) on Mountain Highway, cementing a new home for the Knox Hockey Club after some 7 years of advocacy.

This year the club had to move from its home of 20 years at The Knox School to make way for new school facilities. This important sporting facility will provide a home base for the 400-strong Knox Hockey Club members.

Council has been working with the club for several years to find a new home that suits their needs and chose Wantirna Reserve East for its proximity to transport, minimal impact to local residents and ability

to house an appropriate facility that meets the needs of hockey.

The \$3.625M project involves the development of an International Hockey Federation standard synthetic hockey field with associated infrastructure on the existing football and cricket oval, replacement of the existing sports lighting with highly-efficient and focused LED units, two disabled car parking spaces and DDA-compliant access.

The existing pavilion will be retained and become the hockey club's new home base.

Local growth in hockey is higher in Knox than anywhere else in Victoria and now we can provide improved opportunities for Knox residents to play hockey into the future.

Construction is expected to be completed in November 2022.

activities to extend their developmental skills, sense of well-being and confidence. Flamingo's goal is to provide a safe and caring environment, where children can gain a positive approach to learning.

Flamingo Three Year Old Kindergarten is a government funded not-for-profit 3 year old kindergarten run by parent volunteers, dedicated qualified teachers and a business manager. Visit the centre and you will be



### Flamingo Three Year Old Kindergarten

Early learning is a vital time for three year old children as they grow and gain confidence as little human beings. So, choosing the right kindergarten is an important step before your child enters school life.

For over 30 years Flamingo Three Year Old Kindergarten has been running kinder programs specifically for 3 year old children, designed and implemented by highly qualified and experienced teachers.

Located near The Knox School in Wantirna South, Flamingo is the ideal location for families living in the City of Knox. In 2023 they will be offering a 15 hour per week program with sessions running on Mondays, Wednesday's and Thursdays from 8:30am-1:30pm. This allows children to gradually develop self-confidence and social interactions with others before entering 4 year old kindergarten.

During the last two years it has been difficult for children to develop communication and social skills. Flamingo 3 year old Kindergarten provides a bright and friendly environment for your child and plenty of



(Ceremonial sod turn by Mayor Cr Susan Laukens, Cr Marcia (via video link), Council Officer Nicole Columbine and representatives of the Knox Hockey Club)

greeted by friendly educators who will show you the facilities and answer any questions.

Flamingo Three Year Old Kindergarten is located at 21 Merryn Grove, Wantirna South.

For general enquiries or to book a tour, email [flamingo3yroid.enrolments@gmail.com](mailto:flamingo3yroid.enrolments@gmail.com) or call 0422 692 335. To apply for a place in 2023 please use the online application form at [www.flamingo3yokindergarten.org.au](http://www.flamingo3yokindergarten.org.au)

WANTIRNA NEWS & POST

Paul & Kathy Cameron

|   |   |
|---|---|
| <p><b>Wantirna Mall</b><br/> <b>Shop 16, 326 Mountain Hwy</b><br/> <b>Wantirna Vic 3152</b><br/> <b>T: (03) 9720 3100</b><br/> <b>E: <a href="mailto:wantirnalpo@gmail.com">wantirnalpo@gmail.com</a></b></p> | <p><b>Now Open</b><br/> <b>Monday to Friday</b><br/> <b>8.00am to 5.30pm</b><br/> <b>Saturday</b><br/> <b>8.00am to 12.00noon</b></p> |
|---|---|

Your  
local  
voice

# Marcia Timmers-Leitch

**Collier Ward Councillor - Knox City Council**

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

☎ 0428 162 218    MarciaTimmersLeitch    cr\_marciatimmersleitch



## Wantirna Heights Probus Club News

Recently a dozen "Spirited Travellers" from our club, plus a number from a nearby club, began their Tasmanian club trip with the ferry crossing to Devonport, even though they were a little apprehensive after Covid had twice forced the postponement of the plans.

The first experience in the island state was a wet visit to Kaydale Gardens in the locality of Nietta. Design and construction of the gardens were commenced by Kay and Robert Crowden in 1979 from a bare two hectares. The gardens have continued to grow with the building of amazing rooms, structures and rock walls and include Silver Birch walks and meadow to fruit and vegetable gardens.

The group's first two nights' accommodation was in the Stanley Seaview Inn. While at Stanley they visited Highfield House, an historic home and farm overlooking the town, the Nut and Bass Strait. Restored over time, there are convict barracks, barns, stables, chapel, and homestead, surrounded by large gardens dutifully tended by gardeners, staff and volunteers. In the enclosed photo, the Nut could be confused with Uluru / Ayers Rock – except for Bass Strait in the background.

The group's stay in Queenstown commenced with lunch at the historic Railway Station. This west coast location was once the world's richest Copper mining town. This and logging depleted the land to a moonscape with very little vegetation. Now the area has been very successfully regenerated, a pleasant surprise to those of us who had seen it in the 70's.

When in Strahan, accommodation was at Strachan Village and included experiencing a fun historic play 'The Ship that Never Was' telling the story of convict shipbuilding. The weather was ideal for a six hour cruise on the Gordon River Heritage cruise and the captain ventured out through 'Hells Gates, the treacherous entrance to Macquarie Harbour. They also travelled upstream on the Gordon River, bordered by rugged mountains, to Sarah Island where guides described the many ruins and the lives of the convicts. At Heritage Landing there is a walkway which was built in 1989 through river flat rain forest. A delicious, boxed lunch was provided during this wonderful day on a proud family owned nine million dollar cruiser.

After Strahan the group drove through picturesque scenery via Zeehan & Rosebury to Cradle Mountain for a two hour tour of the National Park, Dove

# WANTIRNA NEWS

Lake and Waldheim Chalet. On to Sheffield, where the first mural was completed in 1986. The town is now known as the Mural Town with many buildings displaying wonderful paintings. Due to the onset of heavy rain, the driver took the coach down all the alley ways to show off as many murals as he could. The group photo was later taken at Railton.

At Devonport they farewelled their courteous driver and enjoyed a smooth cruise back to Station Pier in Port Melbourne after having experienced an informative and enjoyable week of touring with the guidance of Spirit Travel Tours.

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.



Wantirna Heights Probus Club Group Members at Railton

## 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  
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**T: 9800 2482**

**M: 0408 395 510**

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

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

## 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.**



## Wantirna FARMERS & MAKERS MARKET

### 2022 Dates

Sun Jun 19th 2022  
Sun Jul 17th 2022  
Sun Aug 21st 2022  
Sun Sept 18th 2022  
Sun Oct 16th 2022  
Sun Nov 20th 2022  
Sun Dec 18th 2022

Local Fresh Produce  
& Handcrafted Goods

3rd Sunday of the  
Month

9AM TIL 2PM

On the grounds of  
Wantirna Primary  
School

120 Mountain Hwy  
Wantirna

[Facebook.com/wantirnafarmersandmakersmarket](https://www.facebook.com/wantirnafarmersandmakersmarket)

email [wantirnafmm@gmail.com](mailto:wantirnafmm@gmail.com)

**The Knox Innovation, Opportunity and Sustainability Centre (KIOSC) is celebrating ten years of providing innovative STEM education!**

Over the past decade, KIOSC has worked in collaboration with six partner schools to provide students across Victoria with the opportunity to pursue impactful careers in science, technology, engineering, and mathematics (STEM) fields. With state-of-the-art facilities and a dedicated teaching and learning unit, KIOSC continuously strives to inspire students in their abilities to understand how to use innovative new technologies to solve some of the world's most pressing problems.

In 2011, KIOSC was conceived by six local school principals in collaboration with Swinburne University of Technology (Swinburne). With funding provided by the federal government, a Trades Training Centre and a Discovery centre were developed at Swinburne's Wantirna campus, which subsequently evolved into KIOSC due to the campus' focus on sustainability. Since its inception, KIOSC has delivered programs that introduce students and teachers to innovative technologies, with a vision to support participants to strengthen their problem-solving skills through STEM education.

By considering this initiative as an extension of their school premises, KIOSC's vision has been supported by these six school principals through their demonstrated commitment to driving this vital initiative for the betterment of their students' educational experiences. In addition to delivering to students, KIOSC has also worked in collaboration with teachers through professional learning programs providing the opportunity for teachers to bring acquired knowledge back to their respective classrooms. Based on the success of this model, the Victorian government has subsequently initiated programs for ten TechSchools across the state to support school students and teachers to embed STEM activities into curricula.

Whilst KIOSC has worked collaboratively with the partner schools since 2011, these innovative educational opportunities are not limited to these six schools; KIOSC also strives to provide STEM



programs to students across Victoria, supporting a plethora of participants in undertaking life-changing educational experiences. In 2021 alone, across all KIOSC programs, 19,000 students have had the opportunity to explore how science, technology, engineering and mathematics knowledge can lead to the development of solutions to some of the world's biggest problems. Some of these problems include achieving ethical and sustainable waste management, mapping and measuring environmental changes, and understanding how to use technologies to ethically and efficiently farm food resources.

KIOSC also strives to support a range of students in dispersed geographical locations, in addition to students with high-achieving abilities, through the Raising Rural and Regional Student Aspirations programs and the Victorian Challenge Enrichment Series (VCES) respectively. The positive feedback received regarding the use of KIOSC's facilities and services has been a point of pride for the centre with students indicating that they have benefitted significantly from the technologies and experiences provided.

Some of this feedback includes:

"can we come back?...I really enjoyed learning new things".

As well as:

"I don't have enough words to thank you for the experience".

With a sustainable funding model and support KIOSC will be able to continuously deliver innovative programs that transform students' lives impacting the world with innovative global solutions.

We welcome all readers to visit KIOSC to explore our tools and technologies, and to understand how STEM can be used to change the world!





Life Activities Club Knox

### Now for June and July.

First Friday of every month you are invited to our Wattle Senior Citizens Hall for Social Games. We have plenty of room for Board Games, Cards, i.e., Bolivia, Canasta, and "500". There is Carpet Bowls and maybe other activities have been suggested too. You are welcome to join us simply for a cuppa and company.

Bring your lunch and \$1:00 for tea or coffee, and we'll be there from 11am.

Wednesdays will keep you busy with Armchair Travel on the 1st. Wednesday, then on the 2nd. Wednesday, Garden Outings are planned. Then on the 3rd. Wednesday, you can join us for lunch. Monica organises to meet at a local Restaurant or Hotel, at 12:00 for a meal at your own expense, usually a Senior's Meal. And a lot of chatter too. This Group is named "Chinwaggers".

Every Thursday, there is a choice of Badminton or Bush Walking. While on the subject of Walking, The Friday Walkers enjoy the 2nd. and 4th. Fridays for their outings. The Sunday Walkers are out there on the 3rd. Sunday each month. To see a film we meet at the Boronia Metro on the 2nd. Saturday at 3:30pm. After the film we meet up for a meal and catchup. AND if you like Live Theatre! in August we will be travelling by bus to Traralgon for a Matinee Performance of "Priscilla Queen of the Desert" stopping for lunch on the way.

A bit of History...Sailing on the Portarlington Ferry was a special day. On arrival at Portarlington Pier,



Knox Over 50s

At Knox Over50s we are a very friendly and sociable group who normally meet on the 4th Tuesday of each month from January to November. We provide guest speakers, day and overnight trips, a book club, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies.

Our next meeting will be held on Tuesday the 28th June at Club Kilsyth.

Last month we mentioned visits to Mont de Lancey and a trip to the Bendigo Art Gallery to see "Graceland – The Home of Elvis Presley". We thought you may like to see photos from both these outings and have included them with this article.

Knox Over50s members really enjoy these day trips and our wonderful social committee ensures we have plenty of them to look forward to during the months ahead.

Earlier this month some of our members attended a performance of "Mama Mia" at the Karralyka Theatre in Ringwood and are now looking to other musical delights later in the year, including "Gems of Jazz" in August and "Some Enchanted Evening" in October.

Weather permitting, we are now able to continue with



we were transported by the Golf Club's Bus to the Restaurant for a 2 course Roast Lunch and dessert. Time was also enjoyed walking the main street and visiting shops. 43 very happy members boarded the Ferry for the return trip to Docklands and home. On the 29th April members were again on the water travelling with the Tram boat Restaurant on the Maribyrnong River. Morning Tea on the way to Poynton's Fantastic Nursery. This 3.1/2-hour tour included lunch on their return trip. Another great day.

For more information about this very friendly social club, a copy of our current newsletter is available, free of charge. Ring Carol and she will be happy to organise a mailout or answer any questions.

CAROL 0419 870 639 or

why not look us up at [www.life.org.au/knox](http://www.life.org.au/knox)



walks around Lewis Park on the third Monday of each month.

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

If you feel you may be interested in joining our group, please contact Jill (on 9801 4363) for further information.

We look forward to hearing from you or, more importantly, seeing you in the near future.

# OUT AND ABOUT

## Probus Association of M.D.E.R

Our Probus Association of Melbourne Outer Eastern Region Inc, were able to hold our annual Fun and Friendship luncheon on the 29th April, 2022, after two years of lockdowns and cancellations.

We were delighted to be able to present our 1st Life Membership since the start of our Association in 1988, to our Treasurer Mr. Clive Manly, who has been with the Association for some 23 years. Clive was very surprised and honored.

At the luncheon we had 72 members of clubs and their friends attend a 2 course meal. We had many lucky draw prizes and lots of fun.

Our next function will be our Annual Spring Luncheon again this has been cancelled for 2 years, but will be this year on the 7th October, at the Kilsyth Club in Canterbury Road Kilsyth. This will be a 2 course lunch with tea and coffee and a complimentary drink on arrival, cost is only \$35 per person.

If you would like any information about our Association please contact the Secretary Zita Ragg on 9764 5233 or by email [lzragg@outlook.com](mailto:lzragg@outlook.com). Our Association has also has a general meeting on the 2nd Monday of the months of May/August and November, with a Guest speaker, these meetings are held at the Senior Citizens Hall, 6 Laurence Grove, Ringwood, starting at 2pm and are finished no later than 3:30pm. We would be so happy to welcome any new members.



**Working hard for  
our local community**

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

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick  
Wakeling** MP

**STATE MEMBER FOR FERNTREE GULLY**



# Save Lake Knox

from Nick Wakeling MP – State Member for Ferntree Gully

The Andrews Labor Government is still committed to demolishing Lake Knox this year. Lake Knox is located behind Fairhills High School on Scoresby Road, Ferntree Gully.

Lake Knox is situated on the 19.2-hectare Department of Environment, Land, Water and Planning (DELWP) site which was formerly used as a horticultural research facility. The lake is the habitat of over 80 diverse wildlife species including the endangered Blue-Billed Duck.

Residents cherish Lake Knox as a unique pocket of biodiversity in their local area and have rallied with me to save the Lake.

The current proposal involves demolishing Lake Knox and constructing a wetland nearby in which the water depth will be reduced by one-third. The Blue-Billed Duck requires a deep-water habitat and the demolition of the lake will mean that Blue-Billed Duck will not return to the area. Currently, the lake is a precious breeding habitat for the endangered species. For example, on 15 January 2022, five blue-billed ducklings were born at Lake Knox, to the delight of the local community.

The Knox Environment Society, First Friends of Dandenong Creek and Friends of Lake Knox

Sanctuary amongst others, have been campaigning to save Lake Knox for many years. In addition, a petition to save Lake Knox on Change.org has received over 20,000 signatures and I also launched a localised petition to save Lake Knox on my website which has received many signatures.

The Andrews Labor Government has viewed Lake Knox as an obstacle to its development plans being willing to sacrifice the lake's valuable biodiversity without first consulting with the community.

My commitment is to preserve Lake Knox and its precious flora and fauna as far as practicable.

I recently announced that I would:

- Stop the lake from being demolished,
- Establish an advisory committee including local representation to make recommendations about the future of Lake Knox and
- Consideration should be given to designating Lake Knox as a sanctuary as campaigned for by local residents.

It is my hope that common sense prevails and that the Andrews Labor Government agrees to Save Lake Knox. Once it's gone, it's gone forever.



## Introduction to Round Dancing



Round Dancing is a social ballroom dancing and is the easiest way to learn to dance. Panda Rounds, our local Round Dance Club in Boronia, is holding its annual introduction session in July. It is sponsored by the Knox Council as part of their Over 55s Zest4Life activity programs.

Teachers, Alison and Phillip, will teach you some basic Rumba steps and by the end of the class you will be dancing round the floor. In addition to the teachers, experienced round dancers will be present to assist you. Come alone or come with friends for an evening of fun. Smooth-soled shoes are recommended. Refreshments provided.

Learning to Round Dance is suitable for all ages. It is a sequential process. You are taught a few steps initially, then a few more each week and before long you'll be enjoying dancing to lots of different music and rhythms! Beginner's lessons will commence on Friday 8 July. As well as Rumba you will be taught Tango.

Panda Rounds 4th Birthday Dance is on Friday 15 July. All beginners will be invited to join in the fun.

### Introduction To Round Dancing

Friday 1 July, 6.30 – 7.30pm

Boronia Progress Hall, 134 Boronia Road, Boronia  
Near the corner of Dorset Road.

(Parking is available at the rear of the hall in the Library carpark off Park Crescent.)

**Bookings:** Please contact David on 0419 337 311 by Friday 24 June.



**Working hard for our local community**

# Nick Wakeling MP

STATE MEMBER FOR FERNTREE GULLY

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

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

Funded from Parliament's Electorate Office and Communications Budget.

# OUT AND ABOUT

## Volunteer Driver Supporting Aged Care Residents



Glengollan Residential Aged Care understands that every person is a valued individual with a unique story.

The Role: We are looking for a reliable driver to take our residents to and from social and recreational activities.

We have a Toyota HiAce Commuter van licenced to carry 10 and will be supplied on the day of driving.

### Requirements:

- Be empathetic and patient
- Must have a current driver's license and good driving history
- Police Check (mandatory)
- Covid-19 Vaccinations (mandatory)

If you are looking for a volunteering opportunity which is rewarding, please send your resume to:-

[info@glengollan.com.au](mailto:info@glengollan.com.au)

## Why not you?



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

Get involved  
Call us today



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- Dog Walkers



☎ 97534577  
✉ [info@bridgescc.com.au](mailto:info@bridgescc.com.au)  
🌐 [www.bridgescc.com.au](http://www.bridgescc.com.au)



# Check out what's on at Your Library

by Karla Simon

# LIBRARY NEWS



Our Winter events guide is bursting with wonderful winter events bound to chase away the blues! This season we are focusing on wellbeing and ways to feel great physically and mentally, with plenty of fun in the mix.

Pick up a free copy from 1 June at Your Library while stocks last or view online: [yourlibrary.com.au/whats-on-winter-2022](http://yourlibrary.com.au/whats-on-winter-2022)

## Winter warmers – brilliant books and DVDs

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

### Top Reads

- The Mother by Jane Caro
- Loveland by Robert Lukins
- When we fall by Aoife Clifford
- Brunswick Street blues by Sally Bothroyd
- Australiana by Yumna Kassab
- The way from here by Jane Cockram
- Don't be too polite, girls: a memoir by Wendy McCarthy
- One Italian summer by Rebecca Serle
- The language of food by Annabel Abbs
- Bob Hawke: demons and destiny: the definitive biography by Troy Bramston

### New DVDs

- The 355
- The Brontes of Haworth: the mini series
- Cliff Richard: the great 80 tour
- Doctor Who. The complete thirteenth series: Flux
- Ghostbusters: afterlife
- The green planet
- The handmaid's tale. Season four
- Limbo
- After we fell
- Death on the Nile

## 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](http://events.yourlibrary.com.au).

### Morning Stretches with Amy

EVERY FRIDAY AT 10:00AM – 10:45AM  
Knox Express

Come and join Amy, our remedial massage therapist as she guides you through stretches that will:

- Improve range of motion
- Decrease risk of lower-back pain
- Increase muscle blood flow
- Reduce pain and muscle soreness
- Prevent injury

### Free Hearing Checks with Hearing Australia

Croydon Library - 9:30am on Wed 8 June & 4 July 2022  
Bayswater 12pm on Thur 9 June  
Mooroolbark 2pm on Mon 18 July

How well do you hear? Find out with our friends at Hearing Australia. They will be talking to people about hearing health and providing free hearing checks and wax checks. Join us and take the first step toward rediscovering the sounds you love! (Bookings not required)

### Hands on Ikebana Workshop for Beginners

1:30 PM THURSDAY 16TH JUNE 2022  
Rowville Library

Would you like to discover the ancient Japanese art of Ikebana? Join Lara Telford, Ikebana artist and Ikebana teacher at this workshop to learn about the history and principles of Ikebana and have the opportunity to create your own!

### New Crime with a Local Flavour: Meet Stephen Johnson and Hugh McGinlay

2:00 PM THURSDAY 23RD JUNE 2022  
Online event

Steve Johnson is an Aussie crime writer who lives in New Zealand. His first crime novel, 'Tugga's Mob', set in both NZ and Australia was shortlisted for the Ngaio Marsh Award. His second novel, 'Boxed' is set in Melbourne and country Victoria north of Geelong. Joining Steve is a Melbourne local, Hugh McGinlay, whose latest book 'Bodysurfing' was published earlier this year. Bodysurfing is set around Brunswick and Ocean Grove. Steve and Hugh will be in conversation with their publisher, Lindy Cameron from Clan Destine Press, to talk about writing, crime fiction and keeping it local.

### Singalong at Miller's - with Rachel Nendick

2:00 PM FRIDAY 15TH JULY 2022  
Miller's Homestead

Let's get happy together and be led in song by qualified music therapist and multi-instrumentalist, Rachel Nendick, as she works her way through a heartwarming repertoire of songs through the ages. No singing experience required.

### Miller's Monthly Plant, Produce, Seed & Recipe Swap

First Monday of the month at 3:30pm  
Miller's Homestead

Join like-minded gardening enthusiasts in the tranquil, historic surrounds of Miller's Homestead, to share seedlings, cuttings, plants, seeds, recipes and gardening knowledge with each other. We will finish each session with a Q&A, an opportunity to ask advice and share garden tips. The Seed Library will be open for donations/borrowing and the kettle will be on for tea and coffee.

### Rowville Craft Group

Every second Wednesday of the month at 2:00 PM  
Rowville Library

Bring along what you are working on; all crafts welcome; ideas shared; no need to be an expert; lots of chat; lots of fun.

### Parlour Games at Miller's Homestead

Third Tuesday of the month at 2pm  
Miller's Homestead

Join us in the beautiful surroundings of Miller's Homestead for a social afternoon of scrabble and card games. Connect with others, learn new card games or pair up for a scrabble challenge over a cup of tea or coffee.

### Get-togethers for seniors

We would love for you to come and join us for a chat and a cuppa - what a nice way to meet new people! Tea / coffee is provided.

### Seniors Get Together

Every second Wed, 1:30 pm - 2:30pm  
Bayswater Library

### Seniors Morning Tea

Every Friday at 11am  
Boronia Library

## Featured Technology workshops:

### Travel Apps and Google Maps

2:00 PM TUESDAY 21ST JUNE 2022  
Knox Express

Everyone seems to have been bitten by the travel bug lately, and who can blame them! Learn how to take full advantage of your phone, and how it can help you travel Melbourne, Australia, and the world.

### Scams

1:00 PM TUESDAY 19TH JULY 2022  
Bayswater Library

Scams. They're everywhere at the moment because Australia is the 4th biggest target in the world for sneaky cyber thieves.

Learn how to protect yourself in this free 2-hour workshop which will cover:

- Steps to Staying Safe Online
- The types of Scams
- Hot-off-the press current Scams
- What to Do If You Think Youve Been Scammed

### Apps and Games to Keep Your Brain Active

2:00 PM THURSDAY 21ST JULY 2022  
Rowville Library

Stay sharp with a range of apps and games to keep your brain active! We'll look at some traditional brain training apps, educational apps to learn new skills, and everyday games to increase your digital literacy.



# SHAUN LEANE MP

## LABOR MEMBER FOR EASTERN METROPOLITAN REGION

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

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



# News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*



## Getting Back to Normal

by Ken Simpson-Bull

After an effective closure of nearly two years due to the pandemic, the museum is slowly getting back to normal. It is once again open to the public, albeit at the moment only on a Tuesday between 10.00 and 3.00. Visitors are reminded however that proof of full Covid vaccination is required and they must wear a mask as a precaution. Bookings for Group visits, which include a tour, a generous morning tea, and a jazz-band performance are now open for advance booking. Contact details are listed below.

During the long closure, sadly some of the museum's long-serving volunteers have passed away. As a result a number of new volunteers have been recruited and are settling in quite well. However more are needed, and anyone who would like to help for one or more days per week, particularly in identifying and sorting various jazz related items, should contact the museum as below.

The museum has received quite a few walk-in visitors in the last few weeks and a number of purchases of CDs from the retail shop have been made. The museum's latest double-CD "The Australian Jazz Explosion of the 1970s – A Tribute to Horst Liepolt" has been a particularly good seller thanks largely to

an excellent review in the Sydney Morning Herald by well-known journalist Eric Myers.

The museum is currently working on the production of another historically important double-CD, this one featuring the works of trombonist Harry Price. Harry, who is now 92 years old, had his last gig only a couple years ago before retiring from playing. During his career he performed with such notable bands as Frank Johnson, Len and Bob Barnard, Kenn Jones, and Tony Newstead. Most of the proposed tracks have never been heard on CD before, and some not at all.

### 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](mailto:mdavies@ajm.org.au)

Visit the interesting web site  
at [www.ajm.org.au](http://www.ajm.org.au)



The Australian Jazz Museum

## THE FERNTREE GULLY ARTS SOCIETY

at  
THE HUT GALLERY  
157 Underwood Rd, Ferntree Gully

### JUNE EXHIBITION "YOUNG @ ART"

An inspiring collection of artworks by the youth in our communities  
This is an opportunity for young artists to display their work in a  
gallery.

**Opens from the 5th to the 29th of June**  
**Friday 1pm - 4pm**  
**Weekends 11am - 4pm.**

Gallery closed Queens Birthday weekend  
**Official Opening, Presentations and Awards**  
**2pm Sunday 19th June**

### ALL WELCOME FREE ENTRY

We have many workshops and classes for children and adults.  
[www.thehutgallery.com.au](http://www.thehutgallery.com.au)

### JULY EXHIBITION "PRINT AND DRAWING"

An amazing collection of works from our Print and Drawing Workshops.

**Opens from the 3rd to the 31st July**  
**Fridays 1pm - 4pm, Weekends 11am - 4pm**

Official opening, Presentations and Awards,  
2 pm Sunday 10th July.

### ALL WELCOME, FREE ENTRY

Pop in and have a look

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# KNOXFIELD & SCORESBY NEWS

## New Playgroup at Scoresby Primary School

EST. 1988

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Scoresby Primary School has always valued connection and community. We practise it every day by actively encouraging our HEART values during school and while we are out in the community.

We also know and understand how important it is to make social connections.

The last couple of years have made this pretty tough on our youngest members of our community.

With this in mind we have made the decision to run a playgroup for kids aged 3 and up here at Scoresby Primary School! School based playgroups have some amazing benefits for children and their families which is why we are so excited to have enrolments.

The playgroup session is being on Tuesday Mornings 9.15-10.45. The session will run out of one of our rooms in the school that, with the help of community donations, has been turned into a great fun place for play! The session is facilitated by two of our ES staff, Sam and Donna, who have experience working in Early Childhood Education.

**If you are interested in enrolling please contact the school office on 9763 7484.**

Our playgroup is open to families outside of SPS as well as those who are already part of our school community!

We are so excited to be able to provide this service and help our smallest humans establish their own community and enjoy some wonderful social and learning experiences.

We would love to welcome you to our wonderful school community.



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\* Subject to availability and valid until 31 August 2022. Terms and conditions apply.

## Tirhatuan Ward Update

with Cr. Nicole Seymour

### Strong Housing Market Pushing Rate Rises Above The "Fair Go" Rate Cap

With cost of living pressures already putting a squeeze on household budgets the last thing you will want to hear is that your rates are going up. We know the last two years have been tough and that the impacts of the pandemic continue to be felt. This is why helping local residents, businesses, and sport and community organisations to recover is at the forefront of Council's agenda, as is maintaining and delivering the services and facilities that our community values.

Overall rates will increase by 1.75% in line with the Victorian Government's rates cap, however the strong housing market across Rowville and Scoresby and growth in property values will see general rate increases in our area likely in the 7.5% - 9.0% range.

To explain this further, the median Capital Improved Value (CIV) of properties in 2021/22 for Rowville was \$775,000 and Scoresby \$730,000. The Auditor General's assessment of property values for 2022/23 is \$935,000 for Rowville and \$880,000 for Scoresby.

How rates are calculated is often confusing especially when your rates go up higher than the rate cap. Rate increases are impacted by the average rate increase (1.75%) and the property valuation increases (or decreases) of individual properties relative to the average across the municipality. If your property increased in value by more than the average for the Council (10.7%), your rates will increase by more than 1.75%. If your property value increased by less than the 10.7% average, your rates will increase by less than 1.75% and may in fact reduce from the previous year. Rowville and Scoresby have seen property value increases over 20% from last year, well above the Knox average.

Realistically, I'd be budgeting for an increase of \$150 on your last year's rates taking into consideration strong property values and a 15.95% increase in the Residential Garbage Charge due to escalating waste management and disposal costs.

The draft budget is available to read on Council's website - <https://www.knox.vic.gov.au/our-council/about-council/annual-budget>

The final budget is expected to be adopted at the Council Meeting on 27 June 2022.

### New Gathering Spaces A Hit With Locals

The new outdoor dining spaces have been created at Scoresby Village and both locations are proving to be very popular with residents and workers alike. Within hours of the first bits of furniture being installed people were sitting there enjoying a meal and drink. Most of the works across the Village have now been complete with a few extra enhancements in the pipeline.



One of the exciting elements is the inclusion of fixed game boards to the tops of the picnic tables. The idea being, community members can use these spaces to play chess, checkers or backgammon, helping to bring people together and create opportunities for improved social connection at neighbourhood level.

The gathering space in the Western Green (west end of Darryl Street) features the dome like dining pods. This area has a really peaceful and relaxing feel about it with plenty of greenery and a delightful family of magpies whose warbling is nothing short of joyous.

### Rowville First To Trial Free WiFi and Smart Phone Charging Station

I am so excited to share with you a pilot project I have been championing for Knox – the installation of an innovative bench seat that harnesses solar power and provides community members with –

- free WiFi
- 4 free charging points for handheld devices such as smart phones;
- local information about air quality, temperature, humidity, air pressure and noise levels through inbuilt sensors.

Located in a sunny spot next to the outdoor basketball courts and adjacent to the outdoor gym equipment at the Rowville Community Centre, this is a first of its kind in Knox.

This location is perfect for the trial given the diversity

of users who recreate at Rowville Community Centre. Whether it be people enjoying leisurely walks, exercising or those shooting hoops, the worry of a flat phone is no more. This is also great for parents knowing their teens / tweens can keep their phones charged and access wifi whilst outside keeping active. Bringing technology like this into our neighbourhoods is intended to encourage people to make the most of our public spaces in a sustainable and contemporary way.

Council will be monitoring usage and community feedback re this new solar bench seat over the next 12 months before determining whether to install more benches in other key locations across Knox.



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## 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](mailto:nicole.seymour@knox.vic.gov.au)

 Cr Nicole Seymour

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



## Knoxfield Ladies PROBUS Group by Marie Baxter

### Making Connections

Autumn has been a busy season for us all with our regular routines broken to celebrate the F1 Grand Prix, Easter, the school holidays (WHEW!) and Anzac Day in style. Quite a change in pace for many of us! During this time many of our members caught up at TOSARIA's in Rowville for our bi-monthly brunch. It is always great to let staff do the cooking and clearing away whilst we chill out and share information about our most recent escapades.

In March, Val Graham presided over the election of our 2022-23 Committee at our AGM, welcoming Val Poll to the position of President after Jan Waters retired from the role which she had competently undertaken for the past two years. Many existing members were re-elected to key roles and certificates were presented to Marion Burles and Jo Robinson for their Committee contributions over the past ten and five years respectively. We would also like to express our thanks to Jan McDonald for her service as Speaker Convenor during a very challenging two years when many cancellations and re-bookings had to be made during lockdowns.

Our AGM concluded with a very professional and polished concert of familiar songs presented by The Frankston Ladies Choir under the baton of Simon Walters.

At our April meeting, Clif Hardy entertained us with tales of his life at sea. Clif joined the Merchant Navy as a deckhand when only eighteen years of age and, over the years, rose in rank to travel the world in the capacity of 2nd Officer Navigator. During May we all had a great day out at the Mount Evelyn Garden Centre where a delicious Devonshire Tea was enjoyed in their refurbished train-carriage cafe, and 'plants galore' admired and purchased from their nursery precinct. Also, at our regular May meeting, we held a 'Bring and Buy' Sale where many pre-loved treasures were exchanged whilst we enjoyed a delicious morning tea treat provided by the Committee.

As we experience the chillier weather of winter our newly elected Committee



hopes that the remainder of the year will continue to provide further opportunities for our club to blossom, old friendships to be sustained and new social connections made.

Our speakers for June, July and August, will be Nadia Porter, Editor of The Rowville Lysterfield News who will speak of her family's early experiences as refugees, John Howard, author of "The Only Woman at Gallipoli" and Susan Hayward-Downward, a collector of various memorabilia which will remind us of an era when folk had fewer mod-cons than in today's society, yet still seemed to get by well enough. We are always open to welcoming new members, so please give Jo a call on 0414 491 091 to express your interest. We meet from 10.00am until noon on the third Wednesday of the month upstairs at The Wantirna Club 350 Stud Road. There is a lift, and often several members stay on for an informal seniors lunch in the bistro. Why not give Jo a call as we would love to include you too!

See You There!

i | s | h | r | e | d

Community Day

5/7 Samantha Crt,  
Knoxfield  
1300 763 688  
[www.ishred.com.au](http://www.ishred.com.au)

Once a month iShred opens the doors of its facility which allow members of the community to have their personal documents professionally and securely shredded at an economical cost, with our mobile shredding vehicle.

Our Community Day caters for shredding of:

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- X-rays
- CDs & DVDs
- Hard Drives
- E-waste (ie. Laptops, Computers, Cables, Keyboards)



Our upcoming Community Days are open from 9.00am—12.00noon  
on 18 June, 16 July, 13 Aug, 10 Sept, 15 Oct, 12 Nov, 10 Dec 2022

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AND KNOXFIELD



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

### Meeting - March

Our March meeting was held in Room 4 Maroondah Federation Estate, Greenwood Ave, Ringwood.

The speakers were two Club members who each gave a short presentation.

1. Alan V gave us an interesting talk titled "Every picture tells us a story" but there may be more to it than meets the eye. He said there were several different sorts of images: naturally occurring, planned, unplanned, optical illusions and others. He then showed us a series of photos that he had taken with unexpected secondary items in them. A lovely example was an image of a shore bird that had multiple legs hanging below the parent bird which belonged to chicks hiding under the mother's wings. He gave many such examples including an orchid with a tiny spider inside the flower.

2. Hazel V gave the next presentation which was about Cape Barren Geese. She took us back to a time when European settlers came to Australia and used these birds to supplement their diets. Easily caught they were soon reduced greatly in numbers, almost to the point of extinction. Six birds were taken to Phillip Island for breeding in the 1980s which was very successful. By 2019 there were over 3,000 birds on the Island. Farmers are now having trouble with them eating their crops and the schools have them making a mess of the school ovals.

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



Cape Barren Geese by Alison Rogers

### Excursion - March

#### Leaders Inta and Roger N - Bunyip State Park

Being a Long Weekend the usual spots where we walk were taken over by campers. We moved on to the Button grass walk which was just a bit further on. This area had been burnt in 2019, but it was good to see that it has come back with a good undergrowth of native vegetation. It was a fairly easy 3 km loop walk through woodland and heath land areas. A good variety of local plants including wattles, tea trees, hakeas and also of course the button grass plants. We moved on to the Four Brothers rocks area for lunch taking the short walk in the afternoon down to the rock area. The views over the mountains and valleys was quite spectacular. Once again the undergrowth was very lush with many present thinking they may go to this area again in spring to look at the flowering plants.

### Meeting - April

Once again the speakers were two Club members who each gave a short presentation each.

1. Warwick D gave us a presentation titled "Varieties in the methods of reproduction among species of sharks."

This was an interesting and informative talk which Warwick had researched for the group. He spoke on the different ways in which sharks reproduce, some laying eggs and some giving birth to live young. Once they have emerged from the egg or born, the shark pups need to look after themselves and they get no maternal care. This was a subject that none of us knew anything about.

2. Roger N gave us the next presentation which was about "Buffel grass - Scourge of the Centre"

Buffel grass is native to Africa and the Middle East, originally coming to Australia as stuffing in the saddles of camels. It is drought tolerant, deep-rooted, responds rapidly to any summer rain, withstands heavy grazing and forms a lot of biomass. This grass is used in Australia as a drought resistant pasture grass that thrives in sandy soils. Many areas particularly in areas near Alice Springs and in western Queensland are trying hard to remove this grass from their areas. It is very invasive and hard to remove.

We are very lucky to have such knowledgeable members willing to present to us.

### Excursion - April

#### Leader Eleanor and Warwick D Cranbourne Royal Botanic Gardens



Planned Garden beds  
by Alison Rogers

On a beautiful autumn morning, the Club members met to wander around the gardens. There is always something out in flower with Banksia varieties being the winner at the moment. Honey eaters were taking advantage of the

flowers that were out. We had lunch in the Stringybark picnic area, accompanied by some Eastern Yellow Robins and Superb Fairy Wrens. An afternoon walk through the bushland area was enjoyed by those present. A total of 20 bird species were seen, including our Club emblem The Golden Whistler.

The next 3 months we are having 'outside' speakers.

- May -Nick Clemans -Declines, denial and disconnect: Victorian reptiles and frogs in a time of mass extinction.
- June-Georgia Angus-Bridging the gap between citizens and scientists. (Author of a recent self illustrated bird book)
- July-Dr Lindy Lumsden-Bats: Fascinating Creatures of the Night.

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

Since my last article three condemned sheds at the gardens have been removed. Prior to their removal we bought a large shipping container to use as storage. What used to be the storage shed is now the workshop and all the gear from the storage shed is now in the shipping container. Pity we can't find anything now – shipping containers are very dark inside!

KCGS has recently formed a relationship with EACH, an organisation that provides a range of health and disability services, including the promotion of healthy eating for children. We are supporting EACH by providing a range of experiences for primary school students to taste the produce from our wonderful environment while learning about the enjoyment of growing your own food!

During first term, KCGS hosted 80 students who rotated through activities to experience the taste of raw and cooked vegetables, viewed our bee hives and tasted the honey produced, explored the gardens and planted seedlings. More students are booked in this term to encourage healthy living and healthy eating.

One of our members was the guest presenter at Boronia Rotary. The presentation ranged from the establishment of the Gardens in the 1980s and the variety of plots to the productivity of the gardens through hard work! Reference was made to the benefits of getting your hands dirty, sharing knowledge and produce with other gardeners, but most especially, enjoying food that you have grown yourself!

Further information about KCGS is available on our website [knoxcommunitygardens.org.au](http://knoxcommunitygardens.org.au), facebook @knoxcommunitygardens or email [knoxcommunitygardens@gmail.com](mailto:knoxcommunitygardens@gmail.com)



## Boosting Your Immune System

As we enter the cold and winter season we can find that that our immune system can become compromised. Colds and flu symptoms are prevalent during this time.

To assist with reducing and preventing cold and flu symptoms:

- Maintain good hand hygiene
- Wearing a mask (especially if unable to socially distant)
- Maintain good sleeping patterns
- Drinking of fluids (water or electrolyte replacement drinks)
- Being active or maintaining exercise
- Eating a balanced diet
- Immunity boosting supplements

Foods that can assist with boosting immunity and fight infection can include:

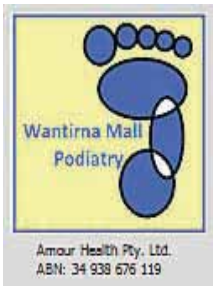
- Citrus fruits – contain Vitamin C and can increase the production of white blood cells which assist in fighting infections
- Citrus fruits – oranges, lemons, limes tangerines and grapefruits
- Capsicums - contains Vitamin C and beta-carotene (converts into Vitamin A within the body and beneficial for healthy skin and eyes)
- Broccoli – enriched with Vitamins A, C and E and is an excellent antioxidant (plus a reliable source of fibre)
- Kiwi fruit – major source of vitamin C (plus potassium, folate, and Vitamin K) Ginger – can

By Andrea Crook, Naturopath

- decrease inflammation and may help to reduce sore throats Spinach – reliable source of zinc
- Yogurts – live cultured-yogurts can assist in stimulating the immune system (combine with frozen/fresh berries and a drizzle of honey)
- Almonds – source of magnesium for muscle fatigue and Vitamin E Green Tea – contain flavonoids (antioxidant benefits)
- Turmeric – yellow spice with anti-inflammatory benefits (muscular pain)
- Oral supplements can include: Vitamin C tablets or powders Garlic
- Horseradish, garlic, and Vitamin C
- Vitamin B complex – for energy

*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.*

To contact Andrea call 9720 2872



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Melina Linardatos

## Plantar fasciitis - Sore heels?

The plantar fascia is a strong band of tissue that attaches to the heel at the bottom of the foot that supports the arches of the foot and helps with shock absorption while walking.

Plantar fasciitis is pain within the plantar fascia with or without inflammation. This pain is caused by repeated trauma causing stress to the attachment of the fascia or the fascia itself usually as a result of an abnormality during walking or the use of feet. There are many other causes of heel pain so a thorough examination by a Podiatrist or health professional is vital to ensure the right diagnosis and treatment regime.

Treatment for Plantar fasciitis may involve an ultrasound or x-ray to confirm diagnosis and a full Biomechanical Assessment to determine an appropriate stretching regime and possible shoe modifications or additions. The Podiatrist may also recommend foot strapping and taping and other physical therapies like heat, ice and massage.

A Foot Orthotic maybe helpful if Biomechanical issues are affecting foot posture. In some cases, surgery or a corticosteroid injection may be required. At Wantirna Mall Podiatry we can help you with your foot care needs, call us on 97201235 to book an appointment today.



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# NEWS IN GOOD HEALTH & WELLBEING

## Hands on Myotherapy

### Pregnancy- Life and Body Changes

with Daleen Wesley, Myotherapist



Having a baby presents many changes. Along with the excitement and joy of pregnancy physical and hormonal changes can often lead to pain and discomfort for the expectant mother. This is especially so towards the end when the baby grows bigger, mum's centre of gravity shifts, and balance and strength become more challenging.

Studies have shown that Myotherapy during pregnancy

is effective in reducing issues such as depression and anxiety and leg and back pain. Other health benefits to prenatal massage include:

- Improved quality of sleep by increasing melatonin and serotonin production.
- Lessens swelling of the joints by stimulating circulation to lower fluid build-up. It also improves the lymphatic system's ability to remove waste from the body.
- Myotherapy can also alleviate nerve pain, muscle pain and cramps by easing muscle tension, swelling and stiffness.

However, the changes don't stop once the baby is born and it is important to maintain mum's physical and emotional wellbeing to help manage the ever-growing load that parenting brings.

Having experienced pain and the benefits of Myotherapy during my pregnancy I now have the personal experience and passion to help other women during this very special time.

I look forward to treating women in their pre-natal and post-natal phases to ease their pain and improve their health thus allowing them to cope with and enjoy the new changes and challenges in their lives.



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## Laughter Yoga 101

Today I am sharing the foundations of laughter yoga and some laughter and breathing exercises for you to do together or alone.

The basics include breathing, singing, dancing, clapping, laughter exercises and affirmations which we shared in the two previous issues.

Laughter clubs run on the premise that we laugh together for fun and fitness. There are many things we can do for fun and fitness, but none as simple as choosing to laugh and consciously do deep breathing exercises. You do not need any props, just a willingness to make it regular and do it. It is easier to laugh together in a group, that's why laughing clubs have taken off all around the world.

Deep breathing has many benefits, some are to oxygenate and circulate our blood around our bodies. It also increases our lung capacity, strengthening the muscles around our lungs. We become more aware of how we breathe too and it encourages deep, diaphragmatic breathing, instead of the shallow upper lungs, which becomes automatic to breathe shallowly when we feel stressed or uptight.

Deep belly laughing gives us an aerobic workout, even more than exercising on a rowing machine, which you may find quite surprising? Then we have little, quiet, gentle breathing, which reminds us to calm down, be quiet, still. How beneficial to receive such a reminder?

Following are just a few of these, to give you a feeling of what we do at laughter club.

Exercises:

Deep breathing – breathe deeply through the nose and out the mouth. We frequently do three big breaths and on the third out breath, we laugh loudly and at times, giggle it out.

Slow breath in short bursts – breathe in with short sniffing breaths, which is a type of basic yogic breath, following by a long slow exhalation through the mouth. Chanting - between the exercises we shout 'ho ho, ha ha ha' three times and as well at times throw our arms up in the air and say 'Very good, very good, yay' twice. Singing for health



I often mention we sing a lot because it helps with establishing brain neurons, known as Neuroplasticity. The songs are often nursery rhymes or very well-known songs – you can do this yourself in the shower! Occasionally we use the song words, however generally we sing the tune with ha ha words, or humming, even he he he, because we mix them up. You can sing the words to remember the tune and switch into non-verbal, because it fires up the right side of the brain, also called the creative side of your brain.

Laughter exercises

We do the laughter exercises as in improvisation theatre which helps extraordinarily, laughter attendees tap into their own ingenuity, to be and feel inspirational and you are never the same again!!! Laughter is often referred to as 'faking it till you make it,' because you may find it difficult at first which is rather to be expected than to the contrary. Because the body cannot differentiate between genuine and fake laughter, it relaxes and gets involved, providing the many and varied health benefits of spontaneous laughter.

Examples of laughter exercises

There are traditional, almost old as time, ones that we regularly do, such as

- Greeting – High fives, Namaste with hands in prayer position, shaking hands, other international ones too.
- Unbuttoning Cardigan – say ha, ha, ha, as one undoes each button and with the final button, a big laugh.
- Lion – good for the thyroid gland also – make like a mane with your hands by your ears, poke your tongue out, growl and laugh, clawing your hands around.
- Cup of tea – we jiggle it to ho, ho, ha ha ha, then throw

the tea bag over our shoulder, put out our pinkie finger and act superior, pretending to be Mrs Bouquet, or have a Twining's, or at the Windsor Hotel for high tea.

- Kookaburra – make Kookaburra sounds.

Basically, laughter exercises are both regular ones and with a lot of spontaneity throughout the session as well. When we do a Zoom one various people from other countries bring the flavour of their country and share their favourite laugh.

Cheerio and do your best to be kind and gentle with yourself, have fun, at the same time exercising a good balance of hope and discipline. Bye for now, until next time, laughter blessings.

Feel free to contact us for a chat as we are a friendly and love meeting people as we are all in this together, this business of living a life.

Thank you for your interest in reading this, we would love to see you sometime. 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](mailto:lynette@laughterforliving.com.au)  
<https://laughterforliving.com.au/>

Meetup: <https://www.meetup.com/ferntree-gully-fun-laughter-club/>

|   |  |
|---|--|
| <p><b>Mr. Mina Williams</b><br/>B.Pod. M.A.Pod.A.<br/><b>Podiatrist</b></p> <p><b>PODIATRY</b></p> <p><b>PhysioSpot</b><br/>1621 Ferntree Gully Road Knoxfield 3180<br/>Telephone: 9764 9359 Facsimile: 9763 3114</p> | <p>Corns and Callus</p>                  |
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|   | <p>Diabetic and Arthritic Foot Care</p>  |
|   | <p>Veterans Affairs</p>                  |



# COMMUNITY NEWS

## Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday (except in December) of each month, and includes a 2-course lunch, tea/coffee at a cost of \$25. We have a meeting, then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support 6 disadvantaged students through the 'Learning for Life' Program with the Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 27th June, 2022 Our Clubs 27th Birthday - Entertainer Geoff Walker & his Didgeridoos.

Monday 25th July, 2022 Speaker: Dr. Trish McCluskey 'Refugee Minor Program'

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 Day 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 an 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 Eastwood Golf Club, Liverpool Rd., Kilsyth for a lunch meeting costing \$27.

The June meeting will be on Friday 17 June at 11.30am.

The speaker will be Jenny Wynd Victorian Advisor, Central and Eastern Metropolitan Melbourne VIEW Clubs. Jennie will speak about the ideals of The Smith Family and give a presentation of The Smith Family support programs.

The July meeting will be on Friday 15 July at 11.30am. The speaker will be The Gadget Girl, Yvonne who will be displaying gifts and gadgets mostly under \$20. E.g. Aids to help older people and many gifts.

There will also be a raffle at the meetings and a trading table and book stall. All monies raised goes to The Smith Family Learning for Life program.

We enjoy the company of women of all ages and backgrounds so do come along and join us. 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<br>62 Coleman Rd ,Wantirna                        | 1300 13 50 50<br>COTA web site  |
| Changing Seasons Cafe                    | Wednesday to Sunday<br>7.30am to 3.30pm                     | 31-34 Elizabeth St, Bayswater<br>Access from the road                       | 8720 1382<br>Facebook @ChangingSeasonsCafe  |
| Wantirna Day View Club                   | 1st Wednesday each month<br>10:30 am for 11:00 am start     | Stamford Hotel<br>Cnr Stud & Wellington Rds, Rowville                       | Kate on 0421 650 684  |
| Ferntree Gully View Club                 | 4th Monday of each month<br>11.30am No meeting in Dec.      | The Knox Club. Cnr Stud and Boronia Rd.<br>Wantirna South                   | Denise Barth 0408 379 935   |
| Boronia View Club                        | 3rd Friday of each month at<br>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<br>Wantirna                               | Zita 9764 5233  |
| Combined Probus Club of Wantirna Heights | First Wednesday of every month<br>at 10am                   | Knox Boat Fishing Club, Schultz Reserve,<br>Kingloch Pde Wantirna.          | Graeme on 0407 331 509  |
| 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<br>7.30pm                       | Room 4, Maroondah Federation Estate,<br>Greenwood Ave, Ringwood             | Alison or Peter on 9801-6946<br><a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a> |
| Lions Club of Wantirna                   | 1st & 3rd Wednesday each month<br>at 7.00pm                 | Lions Club room, Bayswater Community<br>Centre, 739 Mountain Hwy. Bayswater | Paul 0400 823 441   |
| Scoresby 55+ Social Circle               | Thursdays 10am-12.00noon                                    | Scoresby Football Club, Scoresby<br>Recreation Reserve.                     | Jeanette 0407 308 671 or John 0405 698 554  |
| Knoxfield Ladies Probus                  | 3rd Wednesday of the month at<br>10.00am.                   | Wantirna Club, 350 Stud Road Wantirna                                       | Jo 0414 491 091   |
| Lions Club of Knox                       | 1st & 3rd Tues of month at<br>7.00pm                        | Our Saviours Lutheran Church Knox<br>646 Burwood Hwy, Knoxfield             | Sue 0411 529 293  |
| Probus Club of Wantirna Sth              | 2nd Wednesday of the month at<br>10.00 am.                  | Wantirna Club, Stud Road Wantirna   | Helen Dewar 0418 333 022  |
| Scoresby TOWN Club                       | Wednesdays 8.30am   | Bayswater Church of Christ  | 0418 306 104  |
| The Hut Gallery                          | Open Sat/Sun 11am to 4pm                                    | 157 Underwood Rd. Ferntree Gully  | <a href="http://thehutgallery.com.au">thehutgallery.com.au</a>                              |



## Sri Vakrathunda Vinayagar Temple Marks its 30th Anniversary With the Annual Chariot Festival

by Shivali Nayak

The Sri Vakrathunda Vinayagar temple in The Basin held its annual 10-day chariot festival in April this year which coincided with the temple's 30th anniversary celebrations. Officially consecrated in 1992, the temple is dedicated to Ganesha, the Hindu god known to many as the elephant-headed god. It is the first deity that is worshipped in any Hindu event. During the chariot festival, the deity is taken on a hand carved wooden chariot onto the streets of The Basin. Members of the temple community pull it along.

The Sri Vakrathunda Vinayagar temple remains the only temple to take the deity on the streets of Melbourne in a majestic looking, hand-carved chariot made from wood according to Shan Pillai, president of the Melbourne Vinayagar Hindu Sangam which runs the temple. The chariot is taken around the streets on the 9th day of the festival every year, attracting local residents who come to watch the colourful festival. This year

the 9th day was on 23 April which saw the temple beautifully decorated with flowers and South Indian classical music playing throughout the event. The deity Ganesha was first dressed in red to be taken in the chariot along Mountain Highway and Conyers Street. Upon returning to the temple, the deity was dressed in green and taken back into the temple.

This year, the temple's youth group Melbourne YUVA set up food and drink stalls to accommodate the younger devotees during the religious event. The sale of Indian treats such as fresh coconuts, pani poori and falooda, a henna stall for those who wanted to get their hands decorated with henna raised money for the temple's youth activities in the wider community. Melbourne YUVA president Mayuran Sritharan said these activities were organised to help rebuild connections following two years of lockdown and create a sense of belonging among younger devotees of the temple.



Photos by Kadiresan Ramachandran



### Introducing The Basin Backyard

The Basin Backyard started out as a bit of fun with just one beehive but this small family-owned business now has beehives around Victoria and has grown into a fulltime job for owners Michael and Meredith with a factory direct outlet located in Knoxfield.

Visit their shop and you will find this couple don't like waste and they take the time to use their honey and related byproducts in a wide variety of ways, you can even bring your jar back and have it refilled to not only save money but the jars going into landfill.

If you're after Local honey, Beekeeping supplies or some great gift ideas for that person that has everything pop into 1/31 Rushdale Street Knoxfield, open Tuesday to Friday 10 - 3 and checkout their great range.

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IT'S MORE THAN A GAME

## SPORT NEWS

## Father &amp; Son Pull Off Miraculous Three-peat



Heathmont's Darren and Will Mays celebrate with Runners Up Mark Hossen and Barbara Vaughan from Beaumaris after their victory.

The Master and Apprentice Tournament is run annually at Bayswater Bowls Club thanks to the generous sponsorship of William Matthews Funerals and Healthguard First Aid Training Services. This year it attracted 28 teams, with Heathmont Bowls Club strongly represented with 8 teams, and the hosts also fielding 8 teams. Other teams competing travelled from far afield, namely Edithvale, Beaumaris and Dandenong in the south, Berwick and Cranbourne, as well as Middle Park and the MCC.

The tournament is well supported each year as it gives bowlers an opportunity to compete against Club Champions as do their proteges who have not yet achieved that status. The tournament is divided into sections with Section winners advancing to the finals.

Of the Bayswater entrants two teams ended up Section winners, Jim Pumphrey and Paul McNamara and past Runners Up in the tournament Andy Pryor and Barry Smith. All finals were played over three ends with both teams winning their Quarter Final 7-1 and 4-1 respectively.

However, unfortunately, their form could not be carried into the Semi Finals as both were knocked out, Jim and Paul lasting only 2 ends against the eventual winners and Andy and Barry faring no better

losing to the Beaumaris pairing of Barbara Vaughan and Mark Hossen.

The final was an intriguing match watched by many spectators. Let me paint you a picture.

On the first end the Heathmont father/son pairing of Darren and Will Mays collected 3 shots; an exceptional effort. It looked curtains for the Beaumaris pairing as they trailed by 4 shots going into the final end. But Beaumaris fought back strongly in the final end, sitting three bowls close to the jack and held 3 shots with a measure for fourth shot to level the score.

Unfortunately for them the measure went Heathmont's way and that is how Darren and Will Mays, Darren's 16 year old son achieved a miraculous Three-peat.

After the final concluded Darren and Will were ecstatic to win the tournament three years in succession. "I could not be prouder of my son's achievements in this sport we both love. Will has progressed so much under the tutelage of the Eastern Eagles and we will return again next year to defend our crown."

There may be some lawn bowls terms above that you do not understand. Bayswater Bowls Club extends a welcome for families to come to the club and participate in a free Friday Night Barefoot Bowls session. Members will be on hand to offer support and explain the bowls terminology.



## Bayswater Bowls Club

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Fridays 4 - 6:30 pm

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[www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)

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## Templeton Tennis Club News

by Don McCracken , President

Hello again, this time to our autumn edition of Club news although with the recent change in weather it is more like Winter.

All pretty quiet on the tennis front over the past 2 months with the end of one season, a break and the winter season just started again after the school term break.

Our summer season finished over the weekend of 26th/27th March. This season we saw 8 of our 16 junior sides and 2 of our 3 senior teams play finals. A fantastic effort! This led to us as a club being 4th on the WDTA Premier Club award which in itself is a wonderful achievement. Neither of our senior teams progressed to grand finals and 4 of

the 8 junior teams went through to grand finals. Of these 3 were premiers and 1 was runner up. Again a wonderful result and congratulations to all those involved; players, team managers parents, coaches and convenors.

By way of interest, with the opening up from Covid and more particularly the response to Councils upgrading of our facilities our membership has increased by some 43% or 62 new members. A fantastic result and a show of confidence in Councils efforts.

Why don't you come and join the expanding membership and enjoy the facilities.

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

recognition of the need for Multi cultural integration was also acknowledged. There are over 120 Sporting Clubs in the City of Knox who were all eligible for this award. Some of these worthy Clubs were also nominated on the night and should also be congratulated for their work.

We thank Knox Council for this award and also for the support they give the sporting clubs in the Knox area. Many Councillors were in attendance with the Mayor Susan Laukens presenting our award. We also thank Council officers, Daniel Clark, Dayna Nicholas & Suranga Dissakarunaratne for their ongoing support of our Club.

### Juniors

Congratulations to the teams who made it through to finals from the Summer Season.

The standard of play in the Semi and Grand finals was wonderful to watch.

The next season has started with once again many teams being entered for Saturday and Sunday morning tennis at Wantirna Tennis Club.

We hope you all enjoy playing this wonderful team sport and getting to know your fellow team mates.

### Seniors

Special congratulations to our Open Singles/Doubles Section 1 who in their Grand Final defeated Bulleen, 3 rubbers to Nil, 6 to 0 sets 36 to 9 games.

Congratulations to Ayan Keshwani and Warren Seedsman



Ayan Keshwani and Warren Seedsman



## Wantirna Tennis Club News

by Alison Rogers

### CONGRATULATIONS TO WANTIRNA TENNIS CLUB ON THEIR RECENT KNOX LEISURE AND SERVICES CLUB OF THE YEAR AWARD

This award night is held by Knox Council yearly to acknowledge the work that our volunteers and Club members do for their clubs. It was a great night and lovely to hear what these special people do to support sporting clubs in the Knox area.



Club President Greg Dorn with Treasurer Daryl Barrett and Secretary Alison Rogers

The guest speaker on the night was Tess Flintoff, a representative from Women's Cricket.

One category was for 'The Club of the year' award. We were extremely privileged to be presented with this award. The award amongst other things was presented for the Club's implementation of our Club's Strategic Planning and Governance initiatives including Child Safety and Risk Management. Also for attending Council's Club Development Workshops and providing an inclusive and supportive environment to our volunteers. The Club's ongoing focus on community items such as an awareness of Gender Balance issues and

# SPORT NEWS

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

Upcoming events: AGM. The second Tuesday in July 8pm.

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

### Templeton Tennis Club Inc.

Templeton Reserve, Templeton St  
Wantirna 3152. Melway Ref. 63 G9

Membership: Leanne 9887 1957

President: Don 9800 3316 or 0425 748 138

Coaching: Kelly 0414 874 482

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

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

### Troy & Mike Tennis set for a big 2022

Troy and Mike now coach exclusively 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. Day sessions available. Anyone interested in joining any of these programs please call Mike on 0433511904 or email [enquiries@troyandmiketennis.com](mailto:enquiries@troyandmiketennis.com)

### 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](mailto:enquires@troyandmiketennis.com)

Coaching Face book: [www.facebook.com/troyandmiketennis.com](http://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](mailto:wantirnatennis@gmail.com)

Web: [www.tennis.com.au/wantirnac/](http://www.tennis.com.au/wantirnac/)

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