

COMMUNITY NEWS

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

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EDITION 79

AUGUST/SEPTEMBER 2022

- THE GREEN HEART OF KNOX
- 1ST BAYSWATER SCOUT HALL UPGRADE COMPLETE
- LEWIS ROAD LIGHTS OFFICIALLY OPEN
- ST. JUDES SCHOOL CELEBRATES 50 YEARS!

THE MELBOURNE EASTERN RANGES TEAM GET READY FOR
THE NATIONAL GAMES IN LAUNCESTON IN OCTOBER

THIS TEAM ARE LOOKING FOR SUPPORT (SEE PAGE 26)

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Editorial

Hello Community News readers,

I hope you are all keeping warm and safe this winter.

The message we are hearing is that the COVID pandemic is not over! It is concerning for those who are most vulnerable. We can all help the situation and keep ourselves and the people in our community safe, by getting vaccination booster shots.

Health advice is to get your third shot and if you are eligible, your fourth shot as soon as you can. It's the best way to minimise serious cases and support our health system and health workers.

The picture posted on page 3 in our previous edition of a Blue Billed duck was in fact a Ruddy Duck from North America and not our local species of Blue Billed Duck. This was my error and not that of Development Victoria. Thank you to John Cull for pointing out the error.

Stay positive, be kind and look after each other.

Janet on behalf of the SWCN team.

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



The Green Heart of Knox

From Knox City Council

A 1.6 kilometre stretch of Blind Creek at Lewis Park will be restored from an underground concrete pipe into an aboveground natural waterway for the community's enjoyment.

Council has worked closely with Melbourne Water to reimagine Blind Creek as part of our bigger plan to turn Lewis Park into the green heart of Knox.

The project will also involve the creation of wetlands with pedestrian bridges, waterway crossings and boardwalks.

Knox Mayor Cr Susan Laukens said the project will create an incredible place for the community to enjoy and enhance biodiversity within the 40-hectare parkland.

"In 2020, a section of Blind Creek was daylighted from Manuka Drive to Scoresby Road. When you walk along that section of creek now it is bursting with wildlife and people enjoying the area for exercise and recreation," she said.

"Lewis Park is one of the largest open spaces in Knox. It is in a critical location with a surrounding population expected to grow to 61,284 by 2041. This project will improve its connection with some of our busiest community hubs.

"As Melbourne continues to grow, fewer residents will have their own backyards and investment in public open space will be important for all levels of



Artists impression of the site when the project is delivered.

government to ensure the health and wellbeing of communities.

"It takes all levels of government working together to respond to the changing needs of our community and I am grateful to the Victorian Government for partnering with us to deliver this first stage of our vision for Lewis Park.

"We have an ambitious plan for Lewis Park that includes sporting upgrades, recreational facilities, restoring habitat, a civic precinct and cultural trail featuring public art. I look forward to working with the Victorian Government to deliver our plan."

Minister for Water Lisa Neville and local Member for Bayswater, Jackson Taylor joined Knox Mayor, Cr. Susan Laukens and CEO of Melbourne Water, Nerina Di Lorenzo to announce \$2.5 million in funding from the Victorian Government as part of an \$18 million Integrated Water Management program.

The State Government via Melbourne Water is contributing \$12 million and Knox Council is contributing \$3.5 million.

Left: Jackson Taylor MP, Minister for Water, Lisa Neville, Mayor of Knox, Susan Laukens and CEO of Melbourne Water, Nerina Di Lorenzo – making the announcement.



Donate to the local fund that supports local community needs

The Knox Community Welfare Fund has been operating for over 40 years to support local community groups helping Knox people in need.

Your donation will contribute to community meals programs, assisting families with school expenses and provide Christmas hampers, toys and gift cards for those struggling to make ends meet.

Every donation makes a big difference and encourages the volunteers who run these programs.

All donations to the Fund are tax-deductible.

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DONATE NOW

www.knoxgives.org.au/donation

NEWS IN KNOX

Knox Leading Towards Net Zero

Knox City Council has joined forces with 23 other Victorian councils to push for greater sustainability requirements for new development.

Council has lodged a planning scheme amendment with the Victorian Government, seeking to elevate sustainability requirements for new buildings and encourage a move towards net zero carbon development.

The amendment seeks to build on the current Environmentally Sustainable Development (ESD) requirements for new developments and in doing so, better protect the natural environment, reduce resource and energy consumption, and support the health and wellbeing of future occupants.

Knox Mayor, Cr Susan Laukens said Council was leading the way on tackling climate change with these real-world tangible actions.

Along with the amendment, Knox City Council has written to the new Minister for Planning, Lizzie Blandthorn asking her to support the amendment and to acknowledge that the current planning requirements do not reflect the urgency needed to tackle climate change.

The amendment is the next step in improving ESD requirements with detailed, measurable targets that will deliver meaningful outcomes in practice.

Under the proposed changes, new developments would:

- Produce net zero carbon emissions
- Reduce household bills by making buildings more energy efficient
- Provide a healthier and more comfortable environment for building occupants
- Better manage water quality, use and collection
- Protect and enhance greening and biodiversity
- Be more resilient to changing climate impacts

Knox City Council is undertaking this work as a member of the Council Alliance for a Sustainable Built Environment (CASBE), supported by the Municipal Association of Victoria (MAV).

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1st Bayswater Scout Hall Upgrade Complete

Scout and community groups will now have a safer and more accessible Bayswater Scout Hall, thanks to a much-needed upgrade.

The Andrews Labor Government contributed \$100,000 to improve safety and access at the hall and make it a more modern facility for Bayswater Scouts to call home.

Works included the replacement of gutters, repairing the roof and brickwork, upgrades to windows, the front door, ramp and facilities, as well as exterior painting.

The investment is part of the Labor Government's 2018 election commitment of \$5.5 million over four years to build, upgrade or refurbish 23 Scout Halls across Victoria. Funding is matched by Scouts Victoria, bringing the total investment to \$11 million.

Scouts Victoria is one of the state's largest youth organisations and has a membership base of more than 20,000 young people and 5,000 adult volunteers. The number of young people participating in scouting activities has grown by 30 per cent in the last 10 years.

Acting Minister for Youth Shaun Leane said, "This investment ensures that Bayswater Scouts have the modern facility they deserve – and have an accessible and safe place to call home for years to come."

Scouts Victoria has a rich history of fostering teamwork, care for community and leadership skills among young Victorians.

Access to scouting activities supports young people's positive development and growth by creating opportunities for them to work with others, tackle

challenges and lead in their communities.

Member for Bayswater Jackson Taylor said, "We're helping to support and grow Scouts groups – and this investment will ensure our Bayswater Scouts have the facilities they need to keep operating well into the future."



Jackson Taylor MP, Member for Bayswater with the Leaders and Scouts from 1st Bayswater Scout Group

Happy Fathers Day Celebration in September

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BAYSWATER NEWS



The Bayswater Makers' Market

Bayswater Senior Citizens Hall
790 Mountain Highway
Saturday 27th August and 24th September
10 am to 2 pm

A mainly indoor arts and crafts market.

Our local producers, artists and craft people will be happy to show you their wares include pottery, olive oil, cakes, gifts, jewellery, bags, babywear, cards, toys, stained glass, wood crafts and plants.

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

Other enquiries Julia 9890 2546

Jackson Taylor Update

BAYSWATER NEWS

It's been a cold start to winter, particularly in our part of the world, so I do hope you're keeping warm! I wanted to tell you about a few things that will help put money back in your pocket and some quick local updates.

Free Kinder and Early Childhood Reform

It's been great getting around to some of our fantastic kindergartens locally and to talk about game changing reforms to early years in Victoria. From next year, the State Labor Government will be making kinder free. This will put money back in parents' pockets - up to \$2,500 per child, per year. And from 2025, we'll be opening 50 government owned childcare centres across Victoria, and we'll transition the 15 hour four-year-old-kinder to a new year of 'Pre-Prep'. These are big changes. And they'll make a big difference. For family budgets, for parents, for our economy. And most importantly of all - for our kids.

\$250 Power Saving Bonus Now Open

Every single Victorian Household can now head to the Victorian Government's Energy Compare Website (www.compare.energy.vic.gov.au) and apply for their \$250 Power Saving Bonus. For assistance you can also call 1800 000 832.

Green Heart of Knox

We're creating the green heart of Knox by reimagining Blind Creek and Lewis Park. Recently, I announced the single biggest local environmental project in Knox's history which will reimagine Blind Creek and Lewis Park and in turn create the Green Heart of Knox and spans three suburbs. This project will restore a 1,650 m section of Blind Creek to the surface, returning our waterways back to the community to connect with and enjoy. It will also improve the health of local waterways and create 33 hectares of open space or to be exact, around 17 MCG's.



It'll also mean: the creation of 3 new wetlands, over 6km of new walking paths, nearly 700,000 new plants, improved waterway quality, nearly 2,000 new trees, a boardwalk through the new wetland system at Lewis Park and lots of community infrastructure such as steppingstones, benches, viewing platforms and more! And it's going to create lots of good jobs!

Supporting Local Schools

It was great to have the Premier, Dan Andrews out at Templeton Primary recently to check plans on the new \$9.2 million upgrade which will deliver new facilities for students. Big thanks to the community for coming along to celebrate this event as we get close to starting work.

And excitingly the \$12.43 million build at Bayswater Secondary is soon about to start. It'll deliver new middle and senior school facilities among a few other things. And I was down recently to congratulate new student leaders and to get an update on this.

And with over \$60 million in local school funding delivered since I became your proud State Labor Member, I don't plan on slowing down!

Delivering Locally:

- Added Auslan to the Free TAFE courses
- \$1,000 grant for Wantirna Tennis
- \$250,000 to help upgrade Knox Athletics Facilities
- Putting mental health practitioners in every local Primary School
- Delivering the Sick Pay Guarantee for eligible casual and contract workers
- Providing a \$3,000 winter retention and surge payment to every worker in public hospitals and ambulance services
- Construction has begun on the Suburban Rail Loop East connecting the middle suburbs
- \$150,000 for new lighting at Guy Turner Reserve in Baysie
- Construction has started on the new Knox Library

And finally a massive shout-out to the entire 1st Bayswater Scout Group for your patience whilst your hall was upgraded. I was proud to officially open the new facilities of which the State Government provided \$100,000 and delivered this in partnership with the group and Scouts Victoria.

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**HAVE
YOUR SAY**

Safety in Knox

How can we improve safety in Knox?

This project is funded by the Victorian Government's Empowering Communities initiative as part of the Building Safer Communities Program.

Feedback closes
Sunday 7 August

Stud Park playground

Find out how your feedback has shaped the design for the new playground. Tell us if we've got it right.

Feedback closes
Thursday 18 August

Lewis Park upgrades

Find out how your feedback has shaped plans to upgrade sports and play facilities in Lewis Park. Tell us if we've got it right.

Feedback closes
Friday 26 August

How well are we communicating with you?

Tell us how we can improve how we keep you informed.

Feedback closes
Friday 30 September

To find out more about any of these projects, provide your feedback and sign up for alerts when there are new opportunities to have your say go to knox.vic.gov.au/haveyoursay

What's on

Gardening @ Millers Homestead

Learn how to produce fantastic backyard fruit and veg in a hands-on workshop.

Monday 8, 15 & 22 August, 4pm - 5.30pm

Book online at events.yourlibrary.com.au or phone **0438 284 989**

Community training workshops

Free workshops for community groups.

How to acquit your Council grant

Thursday 11 August, 6.30pm - 7.30pm

Community events - Make it happen!

Wednesday 24 August, 7pm - 8.30pm

Book online knox.vic.gov.au/events or call **9298 8000**

Game Boys Cinematic Universe

Book now for this comedy extravaganza! Join this fun-filled Hollywood backstage tour.

Friday 19 August, 7.30pm - 8.30pm
Knox Community Arts Centre

Visit knox.vic.gov.au/events



For weekly updates to your inbox subscribe at knox.vic.gov.au/enews

Lewis Road Lights are Officially Open!

by Alan Tudge MP
Federal Member for Aston

As many of you will have already seen the upgrades to the Lewis Rd and Boronia Rd intersection in Wantirna South are now complete!

Over the past two months traffic lights have been installed along with pedestrian crossings and turning lanes which will make a big difference to the safety of pedestrians and motorists.

In 2019 I secured \$4 million of federal funding and it is great to see it finally completed.

Recently I caught up with Bradley who is vision impaired and has advocated for years along with many other locals to get these traffic lights installed.

Prior to the upgrades he would often have to ask for help to cross the road and get back home but he is now easily able to cross and catch his bus.

To celebrate this and thank him for his advocacy we held a small ribbon cutting ceremony to officially open the intersection.

It is always wonderful to see the grassroot impact that these kinds of projects have on the lives of locals.

Thank you for your patience as we get these important projects done. I'll continue to keep you updated as work progresses on all these commitments.



Alan Tudge MP with Bradley



Life Activities Club Knox

Our hall is open if you would like to come for a cuppa and chat at the Social Games Day, 11:00am, first Friday every month. Coffee or Tea \$1:00, bring your lunch and take a seat. Just to be social is good.

What a lively month this will be. We have a date at the Yarra Valley Racecourse in Yarra Glen. If betting is O.K. with you, take a plunge, and \$40:00 covers entry fee and a 2-course lunch. This on August 18th.

Next, the bus trip to Traralgon for the performance of Priscilla, Queen of the Desert. This will be held at the Latrobe Arts Theatre presented by the Latrobe Theatre Company. \$85:00pp for this outing, and there will be a stop in Yarragon, bring your own lunch, or purchase from the many cafes or the pub. The date for this is August 28th. It's too early to share our thoughts on Dolly Parton's show, 9 to 5. This was on August 3rd.

The Garden Outing this month takes us to Narre Warren for Atilla's Garden. This is a very interesting garden, as I'm sure with the last visit, Atilla stated that he didn't need to go home for lunch as he had enough to eat walking through the plants.

Then on September 9th, the Friday Walkers will travel to Williamstown, with beaches, old and new homes, sea going vessels, famous for fish and chips. The Men's coffee and chat will be held in the café once known as Mish Mash, now with a new name. The Car Park Café, Boronia,

Next outing is to the Tram Museum in Hawthorn on September 24th. They have the 'Toast Rack' tram, V class from 1906, Z class which ran until 1975, very interesting.

All activities are listed in our quarterly newsletter, and if you would like to add to the list, all ideas are welcome. For more information about meetings, receiving a newsletter, activities, how to join, etc. contact Carol, 0419 870 639

AROUND KNOX



Are you organising a special event such as a fete, exhibition, club get-together or outing? Whatever it is, if it's a non-profit organisation in Knox and surrounds, why not have it promoted on your local radio station absolutely free of charge? Contact Radio Eastern FM 98.1 a few weeks in advance, and have your community announcement regularly read out on air. It's as easy as that. Call 9722 9981 or email csa@radioeasternfm.com.au

Did you know Radio Eastern FM 98.1 broadcasts Eastern Football & Netball League's Match of the Day each Saturday at 2pm, followed by a 5:30pm score wrap? Listen to FM 98.1 or stream on any device at www.radioeasternfm.com.au

If you're home during the day, you might enjoy Town Talk (Mon 11-1) or Midweek Magazine (Wed 11-1) with monthly studio guests, the Mayor of Knox City Council, Eastern Community Legal Centre, Eastern Emergency Relief Network, Eastern Access Community Health, Eastern Regional Libraries, Eastern Health and other Knox community groups. Local community is our focus.



ALAN TUDGE MP
Federal Member for Aston

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

Real Action For Knox



Take Charge. Save on Bills.
Visit the Victorian Energy Compare Website



From the Hon. Shaun Leane MP

Member for Eastern Metropolitan Region
Minister for Commonwealth Games Legacy
Minister for Veterans

Comparing your electricity and gas prices is not an easy task, that is why The Andrews Labor Government set up the Victorian Energy Compare website to let Victorians find the best deal available.

This year, with rising energy prices, we are encouraging Victorians to compare their prices with a \$250 cash incentive.

Seven out of the ten Victorians who log on can find a cheaper deal. You don't have to make the switch either to claim the \$250.

This is the easiest money you'll ever pocket.

The big power companies rely on us not bothering to find a cheaper deal, but the Energy Compare website helps you find one.

This website has been designed to help every Victorian ease cost of living, save money and receive a better deal on their energy bills.

All you need to do is log into the Energy Compare website compare.energy.vic.gov.au with your most recent electricity bill and follow the prompts to claim your \$250.

If you do not have access to a computer and require assistance in applying for this bonus or if you need any help with a State Government matter, please call my office on (03) 9887 0255.

Editor's note: Assistance is also available through Orana Neighbourhood House (See information below.)



KNOX KNITTING GROUP

Join a friendly knitting group producing items for the needy.

Time: Thursdays 10am-12noon

**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.



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



Orana Neighbourhood House is an official Power Saving Bonus Outreach Provider who is ready to help you with your Power Saving Bonus application.

We were thrilled to have the Minister for Energy, The Hon. Lily D'Ambrosio MP, and our local State government representative Jackson Taylor MP, visit Orana to launch the new program that is in now in place. From 1st July every Victorian household is eligible to access the State Government \$250 power savings bonus to help ease cost-of-living pressures and encourage them to compare energy offers and save money. Previously this bonus was only available to concession card holders, but now EVERY household is eligible for the payment, so even if you received a payment last year, you can apply again!

Applications for the Power Saving Bonus are made online however, we understand that many people in our communities either lack access to devices, the internet or lack confidence and skills in using technology.

To ensure no one gets left behind, Orana Neighbourhood House is ready to help people complete their Power Saving Bonus application.

Please note: You must phone ahead to book a time slot (allow approx. 15 minutes for your application).

If you would like assistance applying for the Power Saving Bonus please call 9801 1895 to book a time.



From left, Jackson Taylor MP, The Hon Lily D'Ambrosio MP, Lisa Thomas (Orana Manager), Shima Ibuki (NHV President)

Check out our website to see all the courses and workshops we are offering in Term 3 and subscribe to our email list to get all the news on what's coming up at www.orananh.org.au



and follow us on Facebook
<https://www.facebook.com/orananeighbourhoodhouse/>

MAYOR'S MESSAGE with Knox Mayor, Cr. Susan Laukens

Circular Economy

Very happy to find this business right in our backyard!! Foamex, an Australian owned and operated business in Bayswater North that provide these bins for Polystyrene recycling.

You can drop off your unwanted clean polystyrene Mon - Fri 8am - 4pm.

So happy that my polystyrene will be reused, then end up in landfill.

Reducing our waste that goes to landfill is something we can all be a part of.

Foamex is located at 31-33 Gatwick Rd, Bayswater North



Wonderful Birthday milestones for Swinburne University

What a year for Swinburne University of Technology with a couple of wonderful milestones to celebrate. 30 years Young, 1992 Swinburne officially gained University status and 10 years of KIOSC (Knox Innovation Opportunity Sustainability Centre).

2012 a Knox Consortium of Secondary School and Swinburne come together in partnership to give our students an opportunity to be inspired to learn.

It was a pleasure to meet the Vice Chancellor Professor Pascale Quester and Director KIOSC Dr Kulari Lokuge to be inspired by their vision, passion and aspiration for the future of higher education. Such a privilege to have a world class university right here in Knox.



The Graze Away Goats come to Koomba Park

What an amazing experience, together with 35 volunteers to construct a temporary fence for the amazing GrazeAway goat under the watchful guidance of Colin.

Such a success story that starts out as a conversation 2 years ago between First Friends of Dandenong Creek and Friends of Dandenong Valley Parklands is now a first of its kind project with goats on Crown land doing their magic, eating the weeds so 4000 indigenous plants to be plants hopefully later this year.

I am so proud of what our local friends' groups can achieve, working together supported by Melbourne Water and Parks Victoria.



News from Aussie Veterans OpShop

by Kristy Harris

We are pleased to report that our recent Biggest Morning Tea fundraiser was a complete success. With the help of our local community, family, friends and our wonderful volunteers baking up a storm we were able to raise over \$1200 for the Cancer Council. Well done everyone involved, that's a lot of hot drinks and cakes!

For more information about volunteering or to avoid missing out on our daily sales and events please follow Aussie Veterans Opshop on Facebook.

We are proud to support The Veteran Free Riders, a group of serving and ex-military personnel, first responders and supporters who are proud to be dedicated to looking after Australian Veterans. They also happen to share a love of motorbikes and cars!

The last week of July saw us helping The Veteran Free Riders raise much-needed funds by way of a bric-a-brac fundraising table in-store to help go toward supporting projects for the Veteran community. Monetary donations also help fund transport and entry fees for events. They are also always on the lookout for donations of motorcycle race suits and gear.

If you are interested in learning more about VFR or helping out in some way find them at www.facebook.com/groups/242975160877447.

Thank you again for all your support. We look forward to keeping you all posted on what's happening in the next community news edition.



Cr. Susan Laukens

KNOX CITY COUNCIL FRIBERG WARD COUNCILLOR • PUTTING OUR COMMUNITY FIRST

LET ME KNOW WHAT MATTERS TO YOU

Call or text on 0437 882 913,

email me at cr.susan.laukens@knox.vic.gov.au or visit www.susanlaukensforknox.com.au

    SusanLaukensforKnox



What's New At Community Pharmacy?

by Purnima,
Pharmacy Manager



Hi everyone,

Hopefully everyone is keeping warm and you have been in and bought some of our wonderful warm slipper socks over winter. If I could get away with wearing them in the dispensary, I think I would!

All jokes aside, as we head into August and September, hopefully we will see the tail end of this horrible flu season. Unfortunately for many this will bring the start of both asthma and allergy season. We have put together a handy list of things to help manage your allergies below.

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!

Throughout the months of August and September there are a number of child health related awareness days. These include RedNose Day, World Breastfeeding awareness week, Childhood cancer awareness week and Jeans for Genes Day, just to name a few.

Therefore this August we are focusing on Mums and Bubs, including special member only offers, a complete review of our Baby care ranging and collaborating with our local Maternal and Child Health network to see how we can work together to create a Pharmacy that provides for our youngest customers (and their families of course!)

If you have a suggestion, or something you would like to see in-store please let us know!



Asthma & Allergy What Can I do?

Allergy treatment has certainly come a long way over the years, and can be managed with a combination of options that may include:

- nasal sprays to relieve congestion,
- eye drops to reduce inflammation and itchiness of the eyes,
- tablets to dry up mucous and
- a range of Vitamins and Natural health products to compliment more traditional medicines.

Now is the perfect time to review your allergy plan ahead of the season. By speaking to our pharmacists we can review any regular medications that you take and come up with a plan of products that will work for you should you need them.

As allergies can trigger asthma for many now is also the perfect time to review things such as

Inhaler technique and ensuring that you are using your preventer and that your asthma management plan is up to date (for both you and anyone you care for with asthma). For those with young kids look at the condition of spacers and masks and ensure that all are clean and in good condition.

Many people find that Naturopathy, for both young and old, has some great benefits in assisting with allergy and asthma management so a pre-allergy season appointment with our Naturopath Andrea may also be a great part of your care plan.

Diabetes Education Day Thank You

We had a fantastic morning discussing all things Diabetes on the 11th of July. We worked in partnership with local organisation EACH who provided us with their Dietician Steph, and Diabetes educator Eva for the morning.

Melina from Wantirna Mall Podiatry worked with us on educating our customers (and staff!) on Diabetic Footcare, Anne-Marie from Contour Next was in-store doing free Blood Glucose Meter upgrades, Andrea our Naturopath did some free product sampling and our pharmacists were on hand for free meds-checks. We had some great feedback and hope to another day in the future.



Our August Charity Partners

This month we are selling Red Nose Day merchandise to raise funds www.rednose.org.au to support ongoing research into Sudden Infant Death Syndrome (SIDS). Although SIDS has reduced by 85% and there has been more than \$17 million invested into lifesaving research, 3,000 babies and young children still die suddenly and unexpectedly each year in Australia, and 1 in 4 pregnancies ends in miscarriage.

We will also continue our partnership with Share The Dignity to provide sanitary and incontinence products to those in need. Please drop in and purchase a product to donate to this fantastic cause.

COVID Vaccination Update



Recently ATAGI have expanded the criteria for eligibility for a 4th Covid vaccination for many age groups. We are still providing covid vaccinations and all bookings can be done online via our website www.communitypharmacy.com.au or speak to one of our staff and we can help you make a booking.

You can also scan the QR code to take you directly to our website and make a booking

We Care For Local Community



It is great to see both kids and adults sports up and running this year. Sport and exercise are such an important part of both physical and mental health and we are proud to play a part in this by sponsoring the Wantirna South Devils Junior Football Club. Go Devils!!

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

(03) 9720 2872 OPEN 7 DAYS
Email: wantirna@communitypharmacy.com.au
www.communitypharmacy.com.au

Collier Ward Update with Cr. Marcia Timmers-Leitch



Greetings fellow Knox residents.

As I write this edition we are in the depths of winter with people, workplaces and schools having to adjust to the amount of Covid, Flu and winter illnesses that are prevalent in our community. I hope that you and your family are taking care during this challenging time.

Thank you to all of you that joined me for National Tree Day at Collier Reserve on Sunday 31st July. It was great to see so many of you there to help Knox City Council's Biodiversity

WANTIRNA NEWS

Team plant some indigenous trees and shrubs for this wonderful space. A big shout out to the Lions Club of Wantirna for providing the BBQ and feed all the hungry workers. It was wonderful to plant a memorial tree together to acknowledge the contribution Lions have been making in Australia for the past 75 years and Victoria for the last 70.

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 or phone 0428 162 218.

Little Library Comes to Studfield Shopping Centre

It was a cast of thousands as the Rotary Club of Boronia launched its fifth Little Street Library at Schokolade Café on Thursday 21st July. Mayor Susan Laukens and Cr Marcia Timmers-Leitch joined Rotary Club Members, St Joseph's Primary School Art Captains and staff, as well as Schokolade Café owners Adrian and Justine for the joyous occasion.

Created by Boronia Rotarian Chris Karajas using recycled timbers, the Little Library was then lovingly decorated by students at St Joseph's Primary School in Boronia in vibrant patterns and colours.

"Involving a local School to paint the library is not just a wonderful way to get children involved, it is also essential to keeping the library protected from vandalism and graffiti" said Rotarian Project Manager Lance Deveson.

This launch follows the other four Street Libraries created by the Club located at Alchester Village

Boronia, The Basin Shopping strip, Wantirna Mall and Boronia Mall. Over the past four years the Rotary Club of Boronia has received support for this project from Knox Council, Diamond Creek Men's Shed and Rotary District 9810.

"We are thrilled to be hosting a Little Library in our outdoor dining space and look forward to locals enjoying and sharing books" said Schokolade Café owners, Adrian and Justine.

Rotary Club of Boronia Little Libraries are registered with the Street Library Association of Australia, <https://streetlibrary.org.au> and the aim of this



Little Library Launch at with Mayor Susan, Cr Marcia, Rotary Club of Boronia, St Joseph's Primary School and Schokolade Café owners

Association is to encourage community members to "Take a Book Give a Book Share a Book".

Goats Cleaning Up at Koomba Park Wantirna

First Friends of Dandenong Creek have been successful in securing funding from Melbourne Water for a two-year weed and revegetation trial using goats instead of pesticides. "We are thrilled to be working with joint partners Friends of Dandenong Valley Parklands and Parks Victoria, as well as goat and revegetation expert, Colin Arnold from Graze Away to conduct this trial" said Anthony Bigelow, President of the First Friends of Dandenong Creek. Over 35 volunteers assisted in the installation of 200m of temporary fencing at the northern section of Koomba Park, south of Boronia Road (near the bridge), and between the shared path and Dandenong Creek. The hungry goats have now arrived and have already started munching in preparation for the upcoming planting season.



Cr Marcia with Anthony Bigelow, President of First Friends of Dandenong Creek visiting the goats at Koomba Park

"What's really exciting news is this will be the first time goats have been used on Crown Land to conduct weed removal and prepare for revegetation," said Anthony. Revegetation will include over 4,000 indigenous plants grown by Friends of Dandenong Valley Parklands and this is scheduled to occur in

late August/early September depending on how the site progresses over the coming month.

So next time you are along the Dandenong Creek Bike Path near Koomba Park why not check out the goats and say hello.



Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

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



St Jude's Celebrates 50 Years!

In 1972 St. Jude's was founded amongst fields of Brussels sprouts. The outer east was a thriving food bowl and developing commercial centre. The school and parish flourished over decades and our sister schools Holy Trinity and St. Simon's were opened in the 1980s. St. Jude's grew and grew into the strong, full flourishing community that it is today.

In the Knox community St. Jude's is well known for our hospitality and care for others. Thousands of families have journeyed with us through their primary school years and in this 50th year we welcome a new generation. We partner with parents to develop character strengths in children, resilience and the best educational outcomes.

The parish of St. Jude's grew under the leadership of Fr. Noel Mackay for over 40 years. It was further nourished by the leadership of the Salesian sisters in their guidance of the school over many years. Our community is now flourishing under the leadership of Fr. Mark Reynolds and Principal Tim McMullen in partnership with the parish and school leadership teams. The community's liturgical and sacramental life brings joy and strengthens us to live as people of hope in the wider community, especially though supporting others who are in need. St. Jude's school spirit is guided by our house patrons Mackay, Mackillop, Bosco and Mazzarello. The inspiration provided by these patrons focuses the expression of our catholic identity by calling us to: See the Need, Lead the Way, Nurture our Gifts and Build Community.

On our school's 50th birthday in 2022, we have our sleeves rolled up ready to shape the next 50 years. You are welcome to tour the school and join us for our celebrations – simply contact the office for more information 8761 9600 or office@sjscoresby.catholic.edu.au.



EDUCATION UPDATE

50th Birthday Fun!

St. Jude's Fair

19th Nov

Step back in time...

Save the date and help us celebrate!

St. Jude's School was founded in 1972 and this year we turn 50! We are well known in the community as a wonderful school and we do host an amazing Fair!
Everyone is welcome to join in the fun!
www.sjscoresby.catholic.edu.au

St. Jude's
Primary School

News from Waverly Christian College

Year 9 Students' City Experience

In the final week of Term 2, the Year 9's had a fantastic time in Melbourne on their City Experience!

The program was designed to help students understand and experience many different aspects of life in our great city. Students spent Term 2 planning in groups how to travel to different locations around the city, and it was great to see them become more confident in their navigation and communication skills.

From fun activities such as food walks, rock climbing and street art tours, to more serious discussions on homelessness in Melbourne, students have learnt a lot about themselves and their opportunities - both for their own enjoyment and opportunities to care for those around them. It has been a great way to end the term!

Here are some student reflections:

'I have enjoyed walking around the city, taking pictures and solving puzzles with my friends for the Maths Challenge. I'm looking forward to the lunch and cruise on Friday and creating more sweet memories!'

Gaby (Year 9C)

'City Experience has been such an amazing opportunity to grow both in independence and to learn more about the city of Melbourne in general. My favourite activities have definitely been tasting the multi-cultural cuisine during the Food Tour and exploring the city whilst solving questions regarding certain places for the 'Maths Amazing Race'. Overall, it has been an amazing experience.'

Caitlyn (Year 9C)

'I've enjoyed spending time with friends because I frequently go out with family, but being out in the city with friends is a new experience.'

Ethan (Year 9C)

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St. Luke's Primary School - A Place To Thrive!

Our School Vision

"I have come that you may have life and have it to the full" - John 10:10, encompasses our philosophy and commitment to providing a holistic educational experience for our students and their families. Through our school values of respect, responsibility, resilience, empathy and integrity, and our learning programs we strive to nurture the full flourishing of each child by attending to their spiritual, physical, cognitive, and emotional and social learning development. This year we have been fortunate to have had 2 terms onsite and we have been making the most of it!

Sporting opportunities

Our senior students have participated in a number of activities - cross country, interschool sports, twilight sports, swimming carnival and this term there will be HoopTime basketball and the athletics carnival.

Weekly Clubs

St Luke's offers lunchtime clubs every day to allow our students to participate in a number of extra curricular activities during play time. We have Mini Vinnies - a social justice initiative, Glee Club, Games Club, Sports Club, STEM Club and Gardening Club. It is also a great way for the students to mix with peers in different year levels. The clubs are very popular. We also have four free range chickens who love playing in the gardens during the day and two rabbits. The students love them and our Year 6 Environmental Leaders are responsible during the day for looking after them.



Opportunities



Term 1 and 2 allowed our students to once again have excursions. Our Year 5/6s students had a day trip to Sovereign Hill and the Year 3/4s discovered Melbourne on a day out in the city. Our junior students visited our local Mall to discover how our local community runs and had community helpers day with the police, fire brigade and local council visiting the school. Our staff love getting involved too!

We are still accepting Prep 2023 enrolments and there are also limited vacancies in all year levels, so please contact the school office on 9801 6917 or email info@slwantirna.catholic.edu.au to organise a school tour.





EDUCATION UPDATE



ST LUKE'S Wantirna








Book Any Day!

Tours run at
9am, 10am,
12pm or 2pm

Book your tour at
info@slwantirna.catholic.edu.au
or call 9801 6917



Sri Vakrathunda Vinayagar Temple's Youth Group Lead Indian Classical Dance Show

by Shivali Nayak

Pranavam: A Dance Odyssey, a youth-led Indian classical dance show, featuring six of Melbourne's premier dance institutions was held on 25 June 2022 at George Wood Performing Arts Centre.

Exploring the theme of Navarasas - or nine emotions - through bharatanatyam (a form of South Indian classical dance), each piece portrayed various emotions experienced over the last two years because of the COVID-19 pandemic.

Conceptualised and executed by Melbourne YUVA, the Sri Vakrathunda Vinayagar Temple's youth group, the five-hour show was a resounding success with Bayswater Member of Parliament the Honourable Jackson Taylor as guest of honour and more than 700 people in attendance. The event was organised to support Melbourne YUVA's commitment to social services. In addition, it also marked the Sri Vakrathunda Vinayagar Temple's 30th anniversary. At the event, Mr Taylor announced a grant of \$48,000 for this year's Ganesh Chaturthi (Lord Ganesh's birthday) celebrations in recognition of the temple and Melbourne YUVA's commitment to the community.

Melbourne YUVA president Mayuran Sritharan said the aim of this show was to give the youth a platform to showcase their talents, which is quite rare in the post-pandemic world we now live in. "Throughout the pandemic we truly missed these interactions and the experience of going to live performances. Hence, the youth committee decided to put forth a dance program to reinvigorate the community and the youth arts scene in Melbourne," he said.

Pranavam means to give life in Sanskrit and the show did just that. Through each performance the talented dancers from Victoria's leading Indian classical arts schools brought nine emotions to life, enthraling audiences with their personal interpretation using their lived experiences. Accompanying each bharatanatyam performance was a live orchestra featuring up-and-coming talented musicians.

The president of the Melbourne Vinayagar Hindu Sangam Shan Pillai said: "The fact that the youth of our community chose to create a show, anchored in our traditional Hindu culture, is indeed a source of great pride for me and many parents."

The six dance schools who collaborated with Melbourne YUVA for this production were: Bharatha Choodamani School of Indian Classical Dance, Naatyalayaa Dance School, Nrithakshetra School of Indian Classical Dance, Narthana Sorubalaya Bharathanatya School, Bharatha Kalanjali Naatyam School Melbourne and Nadanayala Academy of Indian Classical Dance.

The nine emotions chosen and explored during the show were: Shringara (love), Hasya (laughter), Karuna (compassion/kindness), Raudra (anger), Veera (courage), Bhayanaka (fear), Bibhatsa (disgust), Adbutha (wonder/surprise) and Shantha (peace/tranquility). Each dance school explored and interpreted three of these emotions.

Using a combination of Nritta (rhythmic dance



movements), Nriya (expressive dance movements) and Natya (the combination of Nritta and Nriya), the dancers portrayed the feeling and intensity of the different human emotions. In addition, they displayed rigorous and rhythmic hand and feet movements, flexibility and stamina as they acted out the depth of each emotion, bringing the engaged audience along with them.

The show featured a number of innovative music and dance compositions composed and choreographed by the young performers themselves, a skill they were able to develop and showcase, veering from tradition where the guru (teacher) usually composes or choreographs a piece.

About Melbourne YUVA:

Melbourne YUVA is the youth group of the Sri Vakrathunda Vinayagar Temple, founded in 2016. Melbourne YUVA's aim is to have an impactful presence within Victoria. They are focused on engaging the youth within the community via social service activities and hosting charitable fundraisers. They dedicate their time and talent to foster the brightest young minds of their community to benefit all Victorians.

Key highlights of Melbourne YUVA's work include: Kriti: \$25,000 raised for Kriti: a musical wonder music and dance concert in 2018; \$10,000 donated to the Salvation Army's bushfire appeal in 2020; packed and delivered hundreds of food parcels to those who needed it the most during the pandemic; food parcels donated to Knox InfoLink in 2021; Over \$5000 raised for the 2021 Cancer Council's Relay for Life; Supported the MS Walk, Roll and Run 2022.



OUT AND ABOUT

ABCM Inc. is hosting a
SWAP & SELL DAY

SATURDAY

3rd SEPTEMBER 2022

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Hungarian Community Centre

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(just off Eastlink)

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Incorporation Number: A00459748

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With more than 150 members, our activities include dining, barbeques, away trips, film, theatre, dancing, walking and golf.

MINGLES NIGHT

On the 3rd Friday of every month, we organise a "Mingles Night" designed to make it easy for you to come along and meet us in a relaxed atmosphere before you decide to join.

MEMBERSHIP COSTS

Because Friends Getting Together Inc. is run by volunteers, the cost of membership is minimal. Refer to our website for current subscription, more information on the club, and view our newsletter.

CONTACT US BY

email: friends@friendsgettingtogether.org.au
website: www.friendsgettingtogether.org.au
phone: John or Joan 9887 9019
or Carol 0403 871 117

WE WOULD LOVE TO HEAR FROM YOU ©

**Working hard for
our local community**

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

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

Funded from Parliament's Electorate Office and Communications Budget.

**Nick
Wakeling** MP

STATE MEMBER FOR FERN TREE GULLY



Victorian Day Awards 2022

by Nick Wakeling MP – State Member for Ferntree Gully

On July 1 in 1851 Victoria was declared a separate colony to New South Wales, and 'Victoria Day' was celebrated as a public holiday on July 1st each year until the First World War.

To mark the 15th Annual Knox Victoria Day Awards, I joined with Kim Wells MP to celebrate Victoria Day by recognising the hard work and dedication of the wonderful volunteers in the Knox community. Every community group recognises a special and important member of their own organisation to receive an award. Each member has gone above and beyond what is normally expected of a volunteer and has been chosen for their extraordinary contribution to the Knox community. This year, forty-one recipients from across Knox were recognised.

These outstanding volunteers have provided thousands of their own hours benefiting the Knox Community. This year's recipients were drawn from a wide range of community groups, whether they are sporting, service, religious, emergency support, or neighbourhood groups.

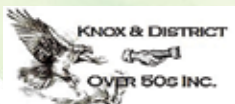
As a local State Member of Parliament I believe it is fitting to recognise and sincerely thank all recipients for their selfless contributions to our community.

I would also like to take this opportunity to recognise and thank our sponsor the Community Bank Group, Ferntree Gully & Rowville branches who have sponsored this event since its inception in 2008.

OUT AND ABOUT



Nick Wakeling MP with Wes Gleeson from the Lions Club of Wantirna receiving a Victoria Day Award & others



Knox Over 50s

At Knox and District 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 23rd of August at Club Kilsyth, 1-15 Canterbury Road, Bayswater North

During June, a group of members visited "ACMI – The Story of the Moving Image" at Federation Square in the city. Those who attended had a wonderful time. The group also visited St Pauls Cathedral to check out the "Gaia" globe, an artwork by Luke Jerram. The globe features detailed NASA imagery of the Earth's surface.

During July, members attended the Jazz Museum in Wantirna, including morning tea and a performance and this month attended "Gems of Jazz" at The Stairways, Rooks Road, Vermont. The next musical interlude will be "Some Enchanted Evening" during October.

As well as these musical performances, we are currently looking forward to a bus trip to the Werribee Zoo in September.

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.

BRAINPARK RESEARCH PROJECT

Monash University's BrainPark wants to better understand how decision-making – the mental processes that happen when you acquire knowledge, understand, experience, and think about things – impacts behaviours, habits, and wellbeing. BrainPark is a world-first research clinic dedicated to using neuroscience to create healthy habits, brains, and communities.

The BrainPark team is developing digital assessment tools and lifestyle and technology-based therapies to improve Australians' physical, mental and brain health. BrainPark's latest study, the Decision-Making Study, aims to investigate how decision-making styles impact behaviour.

Our research is trying to pick apart what makes us different, and how this may impact our likelihood of developing unhealthy habits. The BrainPark team have developed interactive games that measure aspects of decision-making. These games will eventually form part of a mobile application the team hopes to make publicly accessible so the general community can gain insights into their own decision-making styles, but we need your help!

We are recruiting 45–65-year-olds to participate in the Decision-Making Study. The study involves completing questionnaires and games, broken into three 1-hour blocks across three days. You will be reimbursed with a \$45 e-gift card for your time!

To express your interest, follow this link:

https://monash.az1.qualtrics.com/jfe/form/SV_8861rfpf7Rtv6rc

Or scan the QR code.

We look forward to hearing from you!



Working hard for our local community

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

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

Funded from Parliament's Electorate Office and Communications Budget.

Nick Wakeling MP

STATE MEMBER FOR FERNTREE GULLY





Check out what's on at Your Library

by Karla Simon

LIBRARY NEWS

As winter winds up we'll be releasing our sensational Spring What's On guide in time for September. Keep an eye on our social media or pick up a free guide from any of our libraries from 1 September 2022. 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.

Top Reads

- Sunbathing : a novel by Isobel Beech
- The impulse purchase by Veronica Henry
- Bedtime story by Chloe Hooper
- Unknown: a refugee's story by Akuch Kuol Anyieth
- The German Wife by Kelly Rimmer
- Home cooked: recipes from the farm by Kate Humble
- Here goes nothing by Steve Toltz
- Managing expectations: a memoir in essays by Minnie Driver
- Portable Magic: a history of books and their readers by Emma Smith
- The Palace papers: inside the House of Windsor by Tina Brown

New DVDs

- The Aurora Teagarden mysteries
- Belfast
- Death on the Nile
- The King's man
- West side story
- State of Happiness – Season one
- Laura Ingalls Wilder : prairie to page
- The worst person in the world
- The luminaries
- I am mortal

Events at Your Library

Attend exciting events at Your Library! To book into any of the events below, call 1300 737 277, book in person at any library branch, or book online via our website events.yourlibrary.com.au.

August is National Family History Month!

Throughout the month of August, we will be offering an amazing range of family history related workshops, helping you to begin or continue your research as well as some fascinating local history events. Pick up a program from Your Library or download from our website yourlibrary.com.au.

Meet the author: Eliza Henry Jones

5:00 pm Friday 2 September 2022

Miller's Homestead, Dorrigo Dr & Melrose Ct Boronia
Join us for a wonderful evening, drenched in folk tales, magic and mystery, as author Eliza Henry Jones shares her brand-new book, Salt and Skin, a haunting and evocative tale set on a remote Scottish Island. Enjoy a wonderful performance of traditional, acoustic Scottish music before Eliza's talk. Tea and coffee will be served.

Meet the Author: Emma Viskic in Conversation

2:00pm Tuesday 13 September

Croydon Library - 5 Civic Square, Croydon
Hear award-winning author Emma Viskic discussing her new novel, the addictive new thriller Those Who Perish. Emma Viskic's critically acclaimed Caleb Zelic novels have been published worldwide. The series has won numerous prizes, including a Ned Kelly Award and an unprecedented five Davitt Awards.

When life gives you melons, you're dyslexic: with Catherine Deveny

6:30 pm Wednesday 21 September 2022

Realm Library - Ringwood Town Square
179 Maroondah Hwy, Ringwood
"Growing up I was told: "You'll never be a writer because you can't spell." I'd respond "but I don't want to be a speller, I want to be a writer." - Catherine Deveny.

Named one of the top 100 most influential Melbournians, Catherine is not afraid to say what she thinks, so expect a hilarious breath of fresh air as she talks about writing, motivation, and her new memoir True North.

Crafternoons at Miller's Homestead

2:00 pm Wednesday 17 August & 21 September 2022 (Third Wed of the month)

Miller's Homestead, Dorrigo Dr & Melrose Ct Boronia
Craft, chat, drink tea, share skills, and chat some more at this monthly gathering of craft-lovers at the beautiful Miller's Homestead. Bring whatever project you're working on and spread out on the large table in The Boardroom.

What's For Tea? - With Tracey

2:00 pm Tuesday 6 September 2022

Knox Express - Shop 1001, 509 Burwood Hwy
Wantirna South

Due to popular demand, Tracey is taking her much loved lockdown cooking demonstration videos on tour live this Adult Learners Week. Join her when she whips up a dish of Spanish inspired Chicken and Chorizo Paella. Once you taste this, it will be a regular on your menu at home!

Miller's Matinee

1:00pm Friday 12 August & 9 September 2022

Miller's Homestead, Dorrigo Dr & Melrose Ct Boronia
Enjoy an afternoon movie and popcorn in the cozy Parlour at the beautiful Miller's Homestead. We'll be showing everything from classics to the latest flicks!

Gardening at Miller's - Love Your Soil

4:00pm Monday 15 August 2022

Miller's Homestead, Dorrigo Dr & Melrose Ct Boronia
Join Ella from Compost Community as she shows us how to build rich, living soil for our edible gardens. Learn about mulching, composting, organic additives, and green manures that will help increase your soil's moisture-holding capacity and bring all the worms to your yard!

Living our best life - Connecting to community for seniors

1:00pm Friday 16 September 2022

Boronia Library Park Crescent, Boronia
Do you wonder if there are more opportunities in your community than you know about? Would you like to meet new people who share your interests? The 'Living our best life' project aims to connect people to other people and organisations in their neighbourhood. Presented by CHAOS (Community Houses Association of the Outer Eastern Suburbs) this project will unveil a world of opportunities that can be found close by.

Featured Technology Workshops:

Digital Wellbeing

2:00pm Friday 5 August 2022

Bayswater Library Shop, 26 Mountain High Shopping Centre, 7-13 High Street, Bayswater
Give your mental health a boost with helpful apps on your phone. We'll look at a variety of services including guided meditations, an app to help you build healthy habits, and a friendly AI to work through problems with.

Smart Phones with the Everyday Tech Skills Program

1:30pm Wednesday 3 August 2022

Rowville Library
Everyday Tech Skills Program with Bridges offers fun and interactive sessions for over 50's, to develop their technology skills. You will be supported and encouraged to learn and make the most of your technology in a safe and inclusive learning environment. Come along and learn more!

Digital Storytelling

1:00pm Wednesday 7 September 2022

Ferntree Gully Library
Presented by an award-winning videographer, this workshop will give you the opportunity to learn the basics of how to create your own digital storytelling including editing and creating narration for your photos and videos.

WANTIRNA NEWS & POST

Paul & Kathy Cameron

Wantirna Mall Shop 16, 326 Mountain Hwy Wantirna Vic 3152 T: (03) 9720 3100 E: wantirnalpo@gmail.com	Now Open Monday to Friday 8.00am to 5.30pm Saturday 8.00am to 12.00noon
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SHAUN LEANE MP

LABOR MEMBER FOR EASTERN METROPOLITAN REGION

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

WEBSITE: WWW.SHAUNLEANEMP.COM.AU

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Local MP and State Minister Visit the AJM

by Ken Simpson-Bull and Melvyn Forbes

In March the local MP, Jackson Taylor, made a visit to the Jazz Museum, having already been a supporter from his time as Deputy Mayor of Knox Council. At this visit Jackson undertook to get the Victorian Minister for Creative Industries to visit the Museum. Pulling off a visit by a very busy Minister to a little-known museum in Wantirna is not the easiest thing to do, but Jackson accompanied by the Minister for Creative Industries, the Hon. Danny Pearson, visited the museum on Tuesday 1st June. Minister Pearson said that he was a Wantirna boy and that he grew up and went to school in Wantirna. He had driven past Koomba Park many times but did not realise that the Museum was there.

David Canterford, the AJM's General Manager, gave the party a tour of the Museum and the group discussed two major infrastructure goals, namely a Melbourne city Arts Precinct presence for the AJM, and a new performance room at the Wantirna premises. Both visitors were very supportive and alerted the AJM to a possible significant grant opportunity.

Speaking of visitors, the Museum's first Group Tour since the start of the pandemic was held on Friday 3rd June and it was a great success. Barry Boyes, the music director, was able to call on some of the Museum's muso friends to perform and it was great to see them again after the disruptions of the last couple of years. After a loss of some members over the past two years, three new members signed up on the day, with pledges from a couple more.



AJM General Manager David Canterford with MPs Danny Pearson and Jackson Taylor. Photo: Noel McInnis

The Australian Jazz Museum (nationally accredited)

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

For enquiries ring Anne on 0431 522 031

For volunteers email Margot at mdavies@ajm.org.au

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

THE FERNTREE GULLY ARTS SOCIETY

at THE HUT GALLERY

157 Underwood Rd, Ferntree Gully

AUGUST EXHIBITIONS

In the Gallery: "HOMAGE"

A collection of our members Artworks, paying "Homage" to famous artists from the past.

In the Foyer:

"REFLECTIONS OF NATURE"

A colourful collection of Artworks by Diane Glenane, displaying her unique expression of creativity in her Artwork.

Open weekends from Sunday 7th - 28th of August 11am - 4pm and Fridays 1pm - 4pm

ALL WELCOME FREE ENTRY

SEPTEMBER EXHIBITION

"WORKSHOP WONDERS"

A mixed collection of Artworks created during our many workshops, Still Life, Life Drawing, Creative Circle, Polymer Clay and our Monday and Thursday nights open workshops.

Open Weekends from September 10th to 25th 11am - 4pm and Fridays from 1 - 4pm.

We are closed Father's Day.

ALL WELCOME, FREE ENTRY

Pop in and have a look

Intergenerational Art Project Designed to Challenge Ageism

from Eastern Community Legal Centre

My Generation Project is a diverse, dynamic public art initiative that is colourful, quirky, and aims to challenge Ageism within the community.

The project connects primary school children with older community members in order to break down barriers and encourage engagement between the ages, and is a first for the region.

Project participants will work together to create a collaborative series of artworks in weekly workshops, while a documentary film is being created to capture the interactions and the art process between participants in each group.

There will also be a series of public events including screenings of the documentary and an exciting art dining experience in August and September.

Art workshops will commence in mid-July, led by Community artist, Alisa Tanaka-King at Progress Hall in Boronia. The final stage of the project will see the finished artwork being launched and displayed in the local Boronia community.

Member for Bayswater, Jackson Taylor MP expressed his excitement about My Generation. "This is a fantastic project which is tackling a real issue within our community," he said. "In a first for our region, it's great to see so many organisations coming together to help combat elder abuse with practical steps and I'm proud the State Government is supporting this work." CEO of ECLC, Michael Smith believes the project presents a great opportunity for community members to interact with each other. "There is so much we can learn from one

My Generation



another, and My Generation creates an ideal arena for intergenerational collaboration," he said. "ECLC is proud to be taking the lead in this partnership project that aims to diminish stereotypes, break down barriers and engage participants creatively while giving them an opportunity to make a real difference in the community." added Smith.

Project Activities will take place between June – September 2022 in the Boronia Township

My Generation is a partnership between ECLC, The Basin Community House, EACH, Eastern Regional Libraries (Boronia branch, Knox City Council, Knox Leisureworks, Mullum Mullum Indigenous Gathering Place (MMIGP), Swinburne University and Women's Health East (WHE).

My Generation is funded by the Victorian Government and supported by the Boronia Revitalisation Board. To find out more about My Generation, or to be kept in the loop regarding public events, please visit <https://eclc.org.au/what-we-do/partnerships-and-projects/mygeneration/> or call 1300 325 200

KNOXFIELD & SCORESBY NEWS

Kim Wells News Spot

by Kim Wells MP,
Member for Rowville

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Melbourne Caribbean Park

Victoria has chalked up another birthday with 1st July 2022 marking the 171st anniversary since the State of Victoria officially separated from the then colony of NSW in 1851. Shortly afterwards, gold was discovered and Victoria became a destination for people from all over the world seeking their fortune on the goldfields. In 2022, it's still a day to celebrate all the wonderful benefits of living in our beautiful State and the diverse community of people who call Victoria home. For Nick Wakeling MP for Ferntree Gully and myself, Victoria Day is an opportunity to publicly acknowledge local volunteers who put in so much of their own time to improving our community. Our Victoria Day award celebration was hosted by the Hungarian Club in Wantirna where we presented the volunteers nominated by their local organisations with their awards. It was fantastic to meet these volunteers and see the pride and enthusiasm they have for their clubs.

The 2022 Victoria Day Awards were presented to:

Ferntree Gully Tennis Club - Ann Bailey
Knox Churches Soccer Club - Anne-Marie Balej
Scoresby Football Club – Damian Bardsley
Scoresby Football Club - Jennifer Hehir
Knox Freedom Family – Glyn Hennessy
Knox Obedience Dog Club Inc. – Margaretha Hovens
Polish Senior Citizens Club, Rowville – Krystyna Klepacz
Eastern Districts Polish Association, Rowville – Andrzej Markiewicz
Knox Churches Soccer Club – Joanne McGary
Rotary Club of Rowville-Lysterfield – Jenny Moran
Rowville Lions Club – Suresh Shanmugam
Sant Nirankari Mission, Rowville - Sangeeta Sharma
Rowville Primary School – Reiha Ternes
Eastern Districts Polish Association, Rowville – Margaret Walerian
Scoresby Fire Brigade – Dean Walker
Knox & District Woodworkers Club Inc – Rodney Williams

Congratulations to everyone who received an award and a big thank you for all that you do to make Knox a great place to live. If you need any assistance with Victorian State issues or concerns, my office can be contacted on 9764 8988 or by email at kim.wells@parliament.vic.gov.au.



Nick Wakeling MP and Kim Wells MP with recipients of the
2022 Knox Victoria Day Awards

Kim WELLS MP

STATE MEMBER FOR ROWVILLE

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



**A STRONG VOICE
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AND KNOXFIELD**

Tirhatuan Ward Update

with Cr. Nicole Seymour

Council not immune to pandemic triggered building crisis

Council manages \$1.5 billion in property, infrastructure and plant and equipment on behalf of the Knox Community. Infrastructure asset classes include buildings, roads, footpaths, bridges, drainage, off street car parks and recreational, leisure and community facilities.

The magnitude of assets managed includes but is not limited to – 724kms of local roads, 258 community buildings, 211 public playgrounds and 57 sports grounds / major reserves.

In its recently adopted 2022/23 budget, Council has committed \$81.8 million to capital works projects. Of this 48.5% is to be spent on renewal of existing infrastructure and 27.9% on upgrading existing infrastructure. \$12.4 million is allocated for new infrastructure and \$6.9 million for expansion of existing infrastructure.

Residents of Knox value their recreational, leisure and community facilities and are highly invested in seeing projects delivered across the municipality.

In the latest budget, Council has committed \$16.369m spending on recreational, leisure and community facilities. This is in addition to \$15.1m spending that had to be carried over into this new financial year because the works weren't started / completed in the 2021/2022 budget period.

Why is this relevant?

In a nutshell, Council has a large capital works program ahead of itself over the next 12 months which includes a significant amount of works that were supposed to happen last year and didn't.

Council has not been immune to the extraordinary market factors that are causing substantial delays and cost blowouts to the building industry. Timber, structural steel, concrete for example are all in short supply. Another example includes playground equipment taking 4+ months to land at Melbourne docks. Shortages in trades and labour is also affecting major projects, causing delays. Then there are internal staffing pressures resulting from ongoing staff absences due to covid and flu illness. The domino effect on project disruption / delay cannot be underestimated.

Every effort continues in delivering Council's capital works commitments, with priority given to undertaking safety and legal risk works first. We ask that our Community bear with us, as we get on with delivering these important projects.

Calling for feedback on Rowville All Abilities Playspace design (Stud Park Reserve)

Knox residents will be pleased to see some action in relation to the rebuilding of Knox's only all abilities playground at Stud Park Reserve. A small but important step, residents are being called upon to provide feedback on revised design concepts before final designs are committed to. Initial concepts following a farm theme were presented to the Knox community in early 2022. Taking on board the feedback previously received, a refined concept is now out for public consultation.

You can view the design and provide your feedback by visiting Council's Have Your Say page - <https://haveyoursay.knox.vic.gov.au/stud-park-playground>

Residents have until mid August to submit their feedback. Assuming no issues, the new play space will be complete and ready in mid 2023.

Final stage of Stamford Park has commenced..

It was with much excitement that Council officially 'turned the sod' heralding the commencement of the final stage of works at Stamford Park, Rowville. This milestone moment occurred in June and represents the commencement of a \$9.5 million project to transform parkland surrounding the historic Stamford Park Homestead in Rowville. Council is contributing \$8.9 million, with Melbourne Water's Liveable Communities, Liveable Waterways Program contributing \$600,000 towards the project.

The new and expanded wetlands will have shared walking and cycling paths, boardwalks and landscaping and revegetation works, including a



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lookout tower and village green for community events. There will be a specially-designed habitat for the local platypus colony. There will also be an intergenerational play space nestled between the homestead gardens and new wetlands precinct. Works are expected to be completed by the second half of 2023.

Stamford Park Restaurant Update

Like many hospitality businesses, the pandemic has not been kind to our beautiful Stamford Park restaurant. Forced closures, staffing issues and escalating operating costs took its toll on restaurateurs Jason and Brahman. As such, the business is in the process of changing ownership with new owners keen to add their own flare whilst sharing Council's vision for this historic homestead. It is anticipated the restaurant will re-open later in 2022. More details will be shared in coming months.



Cr. Nicole Seymour with Knox Mayor, Cr. Susan Laukens turning the sod at Stamford.

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
 Knox Council

✉ P.O. Box 2168, Rowville 3178

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

0427 245 834

nicole.seymour@knox.vic.gov.au

Cr Nicole Seymour

www.nicoleseymour.com.au



KNOXFIELD & SCORESBY NEWS

Knoxfield Ladies PROBUS Group

by Marie Baxter

During July the weather kept many of us indoors for most of the time with outings being limited to indoor venues. On July 6th, thirty of our members attended a specially prepared three course lunch at the Wantirna Hill Hotel to celebrate Christmas in July. The tables were set with a Christmas theme in mind and all agreed that the meal and service were to a high standard. The club organised a raffle and ten lucky members took home a gift, the main prize being a large box of Darrell Lea chocolates which was kindly donated by Nick Wakeling our local MP.

On July 20th we were visited by John Howell, author of "The Only Woman at Gallipoli". John engaged us with his tale of this mystery woman whose identity has only quite recently been revealed. It kept us guessing until the end.

Our outing this month will take place on August 3rd when we will travel by bus to the Tarrawarra Art Centre in Healesville to view their current exhibition. This will be followed by lunch at the local Beechworth Bakery. Our August speaker will be Susan Hayward-Downward. Susan will share stories and artefacts



from the days of yore reminding us that folk in the past survived well enough without the 'mod-cons' which we take for granted today.

At our September meeting, we will welcome Spring with a Postie Fashion Show presented once again by Carole Falcone. Later in October, we will be visited by Peter Milic 'The Bee Man', in keeping with our spring theme. In November, we will farewell spring with an hour of light entertainment and song

delivered by Pat Rivett and close the year with our customary Christmas Lunch arrangements for which are well underway.

Our friendly group is always open to welcoming new members, so please give Jo a call on 0414 491 091 to express your interest in our group. Your initial visit is complimentary and membership fees are not due until after your third visit. 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, after the meeting, we book a couple of tables in the bistro, where at more than half our member stay on for an informal Seniors lunch. Why not give Jo a call as we would love to meet you and include you too.

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

Meeting

May - Nick Clemans - Declines, denial and disconnect: Victorian reptiles and frogs in a time of mass extinction.

Nick focused on threatened fauna and species.

The biggest threats are habitat loss, overfishing, pollution, use of fossil fuels, invasive species, eg feral horses in the alpine area. The increase in the human population tracks a line which matches the increase in loss of species.

Another difficulty is that the invertebrates, the largest group by far in terms of animals on the planet, are not "popular" in the way that mammals and birds are. eg- koalas. Reptiles, amphibians and fish are three-quarters of the invertebrate group, with reptiles being the least popular. Yet invertebrates are incredibly important to the whole system, for example as food for other animals and as pollinators.

Work is being done to help some of the problems such as chytrid fungus which is killing so many of our amphibians. But we must remove other threats to give our frogs a fighting chance - feral animals such as deer and horses - and stop the destruction of habitat. There are some wins and solutions. But action must be taken urgently and consistently.

He provided a lot of insight into what can and should be done to assist these "unpopular" species..

Excursion

May Saturday 14th - Leaders Lynn and Neal S - The Ada Tree

Members met at Starling Gap for Morning tea, before moving on to the Ada Tree. A sighting of a Lyrebird low down in a shrub was wonderful for everyone to see. This is not often seen so was quite a treat. The new pathways at the Ada Tree made the short walk easier than on previous trips. Birds were quiet, but members were treated to many different types of fungi.. A great day out.

Field Care Day: Planting Day Leaders: Hazel and Alan V - Evelyn Road Reserve, Ringwood North.

Eleven members came along on a lovely sunny day and planted 600 plants in about an hour. The ground was very dry but we hope they are now well watered in. The group is involved with many different Field Care events.

Meeting

June - Georgia Angus-Bridging the gap between citizens and scientists. (author of a recent self illustrated bird book).

Georgia said she had been enjoying bushwalking and nature since childhood, going out with her parents and sister. She and her partner Orien started photographing birds, and decided to aim to see 100 birds on a trip away.

The question is, how to bridge the gap between the scientists and citizens, because of the necessity of getting the average citizen engaged in their surrounds. It was decided to do a beginners guide to Australian birds and Georgia was invited to take on the task, both to write the information and to illustrate it. She tried to choose 100 birds which are for the most part accessible to a beginner in city parks etc, but also to include a few very important and hard to find birds such as the Mallee fowl.

Georgia then talked us through the process of writing the descriptions and of doing the drawings. There was also the need to choose birds to which people can relate across the country, not just in Victoria for example.

She was thrilled that the publishers were able to get Professor Tim Flannery to write a foreword for the book. She has now started work on a book about Australian insects and showed us a few images she has already done for that.

Excursion

June - Saturday 4th - Leaders - Shirley Smith, Barbara Lloyd and Kim Mc Kee. Devilbend Reservoir

Twenty members participated in a trip to a new area for us. We did three walks, one around part of the Devilbend Reservoir, one along part of Bittern Lake, and then a walk through bushland to the southerly end of Devilbend. We had special sightings of a Sea-eagle, a distant Swamp Harrier and a close-up of a Royal Spoonbill.



Black Swan
Photo Eleanor Dilley



Fly agaric fungi
Photo Graeme Ellis

The Next meeting: Wednesday 10 August. Speakers: Don R on 'South West Western Australia' Peter R on 'Is it a tortoise or a turtle'?

Sunday 14 August - Excursion to Heathcote Pink Cliffs. Leaders Helen and Graeme F.

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 Council's Bin Inspection Program Update from Knox City Council

A residential Bin Inspection Program started in Knox on the 19th April 2022 and ran for two months. One-thousand, six-hundred households had their bins inspected. 1,500 had their recycling and garbage bins inspected, and 100 had their green waste bins inspected.

Bagged recycling and soft plastics such as food wrappers, plastic bags, bubble wrap, plastic sheeting, postal satchels and cling wrap were found to be the most common incorrect items in resident's recycling bins. Over 40% of inspected recycling bins were found to contain the wrong items. Yellow or red tags were placed on these bins to educate residents on how to recycle right, and just under 60% of recycling bins inspected had got their recycling right.

Wooden items and garden waste that had been bagged were found to be the most common problems in the green waste bins. Just under 20% of green waste bins inspected were found to contain contamination, yellow or red tags were placed on these bins to educate residents on how to sort their green waste correctly.

Recyclable items were found in 33% of garbage bins inspected that could have



been placed in the recycling stream. Soft plastics, that can currently only be recycled at Woolworths and Coles, were found in over 90% of garbage bins inspected. And food waste was found in just under 70% of garbage bins inspected, which when sent to landfill creates Methane that has 80 times the warming power of carbon dioxide on our atmosphere.

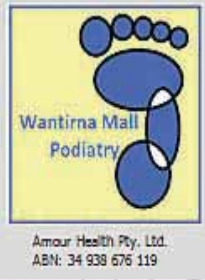
Repeat inspections are underway for households that were found to have the incorrect items in their recycling and green waste bins to gauge knowledge gained and behaviour change.

Should you like to know more about how to get your bin right on bin night, please attend one of our many FREE, Waste Education Sessions at Knox Libraries over this September/October or come and visit the Knox Waste Education Tent on Sunday, 16th October at the Stringybark Festival.



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Melina Linardatos

Diabetes and Feet

People with poorly controlled Diabetes after a period of time may experience damage to the nerve endings, blood circulation and joints in their feet.

Nerve damage related to Diabetes is called "Diabetic Peripheral Neuropathy" which is a lack of feeling/sensation in the feet or painful sensations in the feet such as pins and needles, numbness and sharp pains. Due to the lack of sensation people with nerve damage are at risk of not detecting an injury to their feet which can lead to an infected wound or ulceration which can go to the bone.

With nerve damage some people may also develop a neurogenic arthropathy that affects the joints in the foot called Charcot Foot. In Charcot foot, pain perception and the ability to sense the position of the joints in the foot are severely impaired and muscles lose their ability to support the joints properly. This inability can result in traumas such as sprains and stress fractures to go undetected leading to joint damage and deformity of the foot.

Damage to the blood vessels of the foot can occur with poorly controlled Diabetes leading to "Peripheral Vascular Disease."

People with decreased circulation to the feet may take longer for injuries to the feet to heal due to the decreased supply of nutrients and immune factors.

Our Podiatrists can detect any changes to the feet early before they become a problem with a Diabetes Foot Assessment and will also look for general foot conditions that may lead to future problems. They will work with you to show you how to monitor your own feet in between consultations. It is recommended that people with Diabetes have a Diabetes Foot Assessment on at least an annual basis and people with Diabetes related foot complication access a Podiatrist for routine care of their skin and nails at least every 8 weeks.



What is Fibromyalgia?

By Andrea Crook Naturopath
 BHlthSc (Naturopath)

Fibromyalgia is a long-term or chronic condition that affects more females than males.

Symptoms of fibromyalgia can include any or all the following:

- Pain (including musculoskeletal) in the muscles and bones (pain can be dull and consistent in multi regions of the body)
- Muscle tenderness
- Fatigue
- Cognition and sleep disturbances – cognition can include memory lapse, poor alertness and/or concentration difficulties)
- Headaches

Diagnosis is often difficult and there may be periods when symptoms are less severe. Treatment may include medication, therapy, and lifestyle changes.

- Risk factors can be:
- Age (most diagnosis is middle age)
- Sex
- Family history
- Medical conditions – rheumatoid arthritis may increase risk (and some other autoimmune diseases)

Diet that may benefit to reduce symptoms of fibromyalgia are:

- Fruit and vegetables (dark green vegetables)
- Whole grain cereals
- Nuts - almonds
- Low-fat dairy products
- Lean meat (chicken and fish)
- Increasing water intake
- Reduce sugar intake
- Limit caffeine intake – when symptoms are acute
- Reduce saturated foods (processed or fried)
- Limit salt intake – when symptoms are acute



Supplements that may benefit symptoms of fibromyalgia are:

- Vitamin D and/or calcium
- Magnesium
- Omega 3
- Turmeric

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

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NEWS IN GOOD HEALTH & WELLBEING

Hands on Myotherapy

Neck and Shoulder Pain

with Dominique Harrison



Is neck and shoulder pain getting in the way of enjoying your everyday life? Spine degeneration and changes in muscle mass are a common part of aging leading to aches and pains in the neck that are exacerbated by our modern lifestyles. Poor postural

habits; sitting, hunching over computers, iPads and phones place stress on joints and muscles of the neck.

Symptoms associated with neck pain include headaches, numbness, tingling, muscle tightness and spasms. Leaving these untreated can develop chronic conditions where emotional and psychological wellbeing is affected.

Two years of Covid have highlighted the importance of looking after your health and the best part is we are here to help! Many have suffered enormous stress and even though we are seemingly out of lockdowns I'm seeing patients who are still feeling the effects of restrictions.

Myotherapy is a manual therapy that treats the patient from a holistic perspective and looks at what is driving a person's pain and treats it accordingly.

You don't have to live with neck and shoulder pain. I have helped many people; I understand what it takes to reduce stress, manage a person's pain and achieve a balanced happy state of living.

Come and say hello, I would love to meet you.



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Laughter Yoga 101

Energetic Energy Clearing & Laughter Club Sessions

Hello there! This issue is about the energetic clearing of your aura and how it ties in with the laughter that we do in our laughter club. Energy clearing is a regular activity in my life and I share it after every laughter yoga session as a short harmonising meditation. The purpose of introducing this subject is it could be of interest to any of you may not have heard about energy hygiene. If you want to learn more about this free resource called Basic Energetic Hygiene please contact me. Thank you.

Here is its' introduction – "How would you expect to feel if you carried around years' worth of accumulated debris and toxins? Probably pretty terrible. Without our being aware of it our auric field (which consists of the physical body, emotional body, mental body and spiritual body) collects and stores all kinds of things: mental debris, emotional residue, negative energy, pollutants, accumulations of old energy that has never been cleared, energy from others and stagnant energy etc. Just as we shower and bathe our physical bodies to keep them clean so we need to do the same for our energetic bodies. It is essential that we regularly cleanse and clear our system."

Cutting the Cords that Bind

Have you heard reference to cutting cords with people? It is a commonly used expression within Christianity, self-help and spiritual groups. Essentially, it is a beneficial recommended daily practice that we can do. The benefits include learning to be empowered around others and becoming more present and aware with our own energy.

We have connections with things, people, animals, hobbies, jobs and so on and these connections are unseen energetic electromagnetic cords that can transmit either way. People in our life can influence how we are feeling. An obvious example, if someone is angry or sad we can empathically take on their feelings. It can be unconscious and we can react which may not be a good thing to do, bringing guilt and regrets.

Inbuilt into the Basic Energetic Hygiene resource is a



sentence regarding the cutting and clearing of these cords. You would be familiar with this example of thinking of someone and then you see them soon, or they call you. Our cords do need to be cleared daily. If this is something that resonates with you, then great. You are welcome to contact me to talk about it and receive the resource if you wish.

How Energy and Laughter Work Together

Well, everything is energy. Can you think of anything that is not energy? We feel greater inner peace when we take responsibility for what we do with our energy, for instance, how we speak to other people. What we do resounds out into the world and comes back to us like a boomerang.

Whatever I am referring to here is to point out that everything is energy vibrating at various speeds. We are responsible for our energy, no one else. Whatever we do when we get together to laugh is for the purpose of uplifting ourselves. We exercise our body, mind, emotions, and connect with our spirit, individually and as a group.

The Ferntree Gully Laughter Club understands that we need to energetically and enthusiastically throw ourselves into the exercise of laughter. We deliberately laugh and spend time together as adults, in playful, childlike fun. We act silly, sing songs, breathe deeply, clap and laugh. By throwing ourselves into the activity, over time we naturally let go of inhibitions, raise our energy, feel uplifted, joyful and ready to go forth into the

world again with hope and positivity. Who can do with more of that?

Covid 19 is still with us which brings more reason to make the effort to create more stimulation in our lives as stimulation helps our demeanour and creates new brain pathways. I feel it is super important to remain active in whatever way we can, to never ever give up, to keep on learning and each and every day challenge ourselves in some way. It is more difficult to do that alone and far easier in a group such as ours because we benefit and lend our energy to the group making it whole.

New people are ALWAYS WELCOME! It does not matter what age or anything else that you can imagine.

For over seven years I have written about the benefits of laughter, encouraging you to join our club's laughter sessions, or as a minimum, to take my advice and incorporate laughter more into your daily life.

You are welcome to contact me for a chat and share if you are thinking of coming along. Remember, it is free and will most likely be a very positive experience for you. Note, we do go behind the building when it is cold, wet and windy and afterwards, to a cafe for a coffee or tea.

*Lots of Love and Laughter, Lynette Mitchell.
The Ferntree Gully Laughter Club - 2nd & 4th & 5th
Sunday & Zoom 1st Sunday.*

*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

www.laughterforliving.com.au

<p>Mr. Mina Williams B.Pod. M.A.Pod.A. Podiatrist</p> <p>PhysioSpot 1621 Ferntree Gully Road Knoxfield 3180 Telephone: 9764 9359 Facsimile: 9763 3114</p>	<p>Corns and Callus</p>
	<p>Ingrown Toenails</p>
	<p>Flat Feet</p>
	<p>Children</p>
	<p>Heel, Arch and Forefoot Pain</p>
	<p>Sporting or Occupational Injuries</p>
	<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 22nd August, 2022

Speaker: Eric Panther who will take us 'Down Memory Lane'.

Monday 26th September, 2022

Speaker: Jennifer Evans - 'Horizon of Hope'.

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 a 11:00 am start. A lift to go upstairs is available. We enjoy a morning tea at a cost of \$10 (which includes a raffle ticket) and each meeting we have an interesting guest speaker. Lunch is available to order at own cost.

We would love new members to join – any age group most welcome. For more information, please call our President – Kate on 0421 650 684.

Boronia VIEW Club

Boronia View Club meets at Eastwood Golf Club, Liverpool Rd., Kilsyth on Fridays at 11.30 am for a lunch meeting costing \$27.

On Friday 19 August the speaker will be Marina Villani who is a glass maker and she will show us how she makes the products and will have jewellery and ornaments for sale.

On Friday 16 September the speaker will be James Nicolas talking about his book "The Mystery of Fairyland" - a house in Kew. James will show a short Video.

There will also be a book stall, trading table and raffle with all monies raised going to the Learning For Life program run by The Smith Family. VIEW (Voice, Interests and Education of Women) is a national women's organisation and support network, bringing together women to enjoy social activities, develop skills, and make connections-all while supporting Australian children experiencing disadvantage. So, ladies of all ages and backgrounds, come along and join us and you will be warmly welcomed.

Enquiries to Judith on 9764-8602

What's On?

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana Neighbourhood House 62 Coleman Rd ,Wantirna	1300 13 50 50 COTA web site
Changing Seasons Cafe	Wed to Fri 10.30am to 3.30pm Sat & Sun 9.00am to 4.00pm	31-34 Elizabeth St, Bayswater Access from the road	8720 1382 Facebook @ChangingSeasonsCafe
Wantirna Day View Club	1st Wednesday each month 10:30 am for 11:00 am start	Stamford Hotel Cnr Stud & Wellington Rds, Rowville	Kate on 0421 650 684
Ferntree Gully View Club	4th Monday of each month 11.30am No meeting in Dec.	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	Denise Barth 0408 379 935
Boronia View Club	3rd Friday of each month at 11.30am. Dec. 17th 11.30 am.	Eastwood Golf Club Liverpool Road Kilsyth	Judith 9764 8602
Boronia Ladies Probus	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Zita 9764 5233
Combined Probus Club of Wantirna Heights	First Wednesday of every month at 10am	Knox Boat Fishing Club, Schultz Reserve, 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 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Jeanette 0407 308 671 or John 0405 698 554
Knoxfield Ladies Probus	3rd Wednesday of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Jo 0414 491 091
Lions Club of Knox	1st & 3rd Tues of month at 7.00pm	Our Saviours Lutheran Church Knox 646 Burwood Hwy, Knoxfield	Sue 0411 529 293
Probus Club of Wantirna Sth	2nd Wednesday of the month at 10.00 am.	Wantirna Club, Stud Road Wantirna	Helen Dewar 0418 333 022
Scoresby TOWN Club	Wednesdays 8.30am	Bayswater Church of Christ	0418 306 104
The Hut Gallery	Open Sat/Sun 11am to 4pm	157 Underwood Rd. Ferntree Gully	thehutgallery.com.au
iShred - Community Shedding Day	Saturday, 13 Aug, ust & 10 Sept	5/7 Samantha Crt. Knoxfield	1300 763 688

News from EACH Financial Counselling

by Robyn McGregor

Are you struggling with Mortgage Stress as Interest Rates go up?

Mortgage stress is the feeling people experience when their monthly repayments are so high that they struggle to pay the bills. While there's no official threshold, the consensus is that people begin to suffer from mortgage stress when their mortgage repayments exceed 30% of their household income.

If you answer yes to most of these questions, that's a good indication that you have mortgage stress.

- Do you have rates arrears?
- Are you struggling to pay your utility bills?
- Are you worried about how you will pay for your car registration or other large expenses?
- Are you managing to make your mortgage repayments but incurring debt for other household and living expenses or using Buy Now Pay Later arrangements to juggle payments for essential items?

If you think you are under mortgage stress then you can follow these tips to get help:

Create a budget:

- Work out what you can afford to pay by doing a simple budget – you can refer to the Moneysmart Budget planner at <https://moneysmart.gov.au/budgeting/how-to-do-a-budget>

Contact your lender:

Contact your lender as soon as possible. Ask to speak with the hardship department and explain that you are in financial hardship. The hardship staff should explain your options.

Contact a Financial Counsellor

If you need help creating your budget, you can't afford to pay anything towards your mortgage or the lender does not offer a reasonable option contact a Financial Counsellor at the National Debt Helpline on 1800 007 007 or EACH Financial Counselling on 9871 1817 straight away for assistance. These are both free and independent services.

This is a summary of some of the steps you can take, for the full outline of your options please refer to the National Debt Helpline website at:

<https://ndh.org.au/Debt-problems/Housing/Home-loans/>

Don't forget to claim your \$250 Power Saving Bonus Payment from the Victorian Government

This is available to all Victorian households and is accessed by visiting the website compare.energy.vic.gov.au. The offer expires on 30th June 2023.

Contacts:

EACH financial counselling 9871 1817
The National Debt Helpline 1800 007 007



Community Action Needed To Address Rising Domestic Violence



By Nicole Seymour,
Community Matters Most

Knox is highly regarded as a great place to raise a family. In terms of Local Government areas, Knox has excellent family and children's services including maternal child health, kindergarten, and immunisation, which set it apart from other Councils.

Unfortunately, there is an unpleasant truth embedded across our suburbs that needs outing. Knox for all the goodness it embodies has the worst record when it comes to reported incidents of Domestic Violence compared to the Eastern Metropolitan Region (EMR). In the last year (2020-21), 1950 incidents of domestic violence were reported, up 13.4% on pre-pandemic reports and an increase of 22% over the last four years.

Looking more deeply at the available Domestic Violence data, it is evident that the issue of domestic / family violence is widespread across the entire municipality, with certain suburbs more problematic. Based on the raw number of reported DV incidents in 2020-21, the suburbs of significant concern are – Ferntree Gully (400), Boronia (378), Rowville (327) and Bayswater (230).

Further analysis of the data, highlights two other suburbs as being of concern – The Basin (76) and Scoresby (93). This is because, both of these suburbs have much smaller populations therefore when you consider reported incidents per 1,000 of population, they both have a much higher rate of reported DV compared with neighbouring suburbs.

The graph below shows the reported incidents per 1000 of population for all Knox suburbs. Based on this data, the worst areas for DV are Bayswater (17.7), The Basin (16.1), Boronia (15.8), Scoresby (14.6) and Ferntree Gully (14.3).

It is never okay for someone to:

- Control where you go or who you speak to
- Physically attack or hurt you
- Threaten you or your loved ones, including a pet
- Limit your access to necessities, including face masks or healthcare

- Stalk or monitor you, including online
- Force you to do sexual things you don't want to do
- Regularly put you down, humiliate you or attack your self-esteem
- Control your finances and financial decisions
- Threaten to take away something you value, like custody of your children or your visa status
- Stop you from practising religious, spiritual or cultural beliefs and rituals
- Make you feel scared to say 'no' to doing something

Source: <https://areyousafeathome.org.au/what-is-family-violence/>

What is Domestic / Family Violence?

'Family violence is when your partner, ex, carer, family member or someone you're in a 'family-like' relationship with uses threatening, controlling and violent behaviour that makes you scared for your own – or someone else's – safety and wellbeing.'

In the majority of reported incidents, women and children are the victims, however this is not always the case.

Men can be victims too and sadly due to social expectations around masculinity and the perceived shame of being a male victim, many men don't report the abuse that is happening to them.

Domestic Violence is often attributed to power and control over another person to that person's detriment. Victims can be older persons (eg: elder abuse of a parent / grandparent) or abuse of teens / children, not just between spouses / partners in a relationship.

Rising Domestic Violence A Concern For All Residents

In times past, society may have turned a collective blind eye to issues of domestic violence across our neighbourhoods, reinforced by community norms of maintaining privacy and keeping out of other

people's personal business. This mindset has allowed domestic violence to fester, whilst hidden within households and signs of concern ignored. The impact of domestic violence is far reaching, from a public health and economic perspective.

Time for Community Action

Acts of domestic / family violence are unacceptable and criminal, punishable by law. There is absolutely no excuse for it and every effort needs to ensure the safety and protection of victims in exiting toxic and dysfunctional relationships.

Are You Safe At Home? is a project funded by a collaboration of several Charities / Not For Profits and the State Government, to encourage Communities to start having open and supportive conversations about domestic violence. It is based on the premise that it is often difficult for victims to reach out and access help. It encourages family, friends and colleagues to look out for each other and if something seems off / not quite right, to ask the gentle and non-judgemental question "are you safe at home?" This just might be what it takes, for a victim to have the courage to seek help. There are some helpful resources available at <https://areyousafeathome.org.au/someone-you-know/>

Knox Council is actively advocating for improved services and supports for Knox victims of domestic violence, in addition to preventative programs that work on building respectful relationships across all facets of our Community. Counselling, crisis accommodation and long term affordable housing for DV victims are key focus areas for Council. Council has been vocal in calling on the State Government for an Orange Door service to be located here in Knox. A request so far falling on deaf ears.

If you're worried about the safety of someone you know or a community member that may be experiencing family violence, help is available.

In an emergency call 000

For confidential support and information call:

-Safe Steps 1800 015 188 (24/7)

-Eastern Domestic Violence Service-9259 4200

-Eastern Centre Against Sexual Assault - 9870 7330



IT'S MORE THAN A GAME

You're Never Too Old; Just Ask Dot!

If you think you are too old for the sport of lawn bowls take some inspiration from Dot Coutts from Bayswater Bowls Club.

At 99 years young Dot has been playing lawn bowls for 40 years. In fact, Dot only retired from competitive Pennant bowls last year as she found the length of the game too tiring, but she still manages to front up each Wednesday to the club to play social bowls.

Dot actually was an avid golfer before she found the terrain of the golf courses too steep and elected to take up the gentler sport of lawn bowls. Dot remembers fondly yearly trips with her husband to Tweed Heads,

playing lawn bowls together and just having a fun time visiting interstate clubs. "I adored playing with Eric and the clubs always made you feel most welcome," she reflects.

Dot also recalls the ridiculous rules that woman bowlers had to abide by. Ladies had the length of their skirts checked prior to play. Skirts had to be well below the knee. She also remembers that the ladies had to wear hats and were not permitted to remove such until the Lady President removed hers.

Gone are those Draconian rules and Dot would like to invite prospective bowlers to Bayswater Bowls Club to experience the pleasures of lawn bowls and the friendliness of the members who partake in the sport. "I have made wonderful life-long friendships through lawn bowls."



Dot gives our youngest member 15 year old Charlize Rouse a few pointers while new members Peter and Frances Commane and Juancho Natividad watch on.

Bayswater Bowls Club has been successful in the signing of new members, including our youngest member 15 year old Charlize Rouse through their participation at Friday Night Barefoot Bowls but we are still seeking bowlers to bolster our Pennant teams this year.

If you would like to try out the sport do come along to a Friday Night Barefoot Bowls session and give lawn bowls a go. You are under no obligation to join our club but once you have experienced the sport and the facilities on offer lawn bowls could be the sport for you and your family.

SPORT NEWS



Bayswater Bowls Club

43 Phyllis St, Bayswater

(Just off Stud Rd.)

Fridays 4 - 6:30 pm

Come Join Us for

BAREFOOT BOWLS



It's free!

And so's the sausage sizzle!

DRINKS AT CLUB PRICES

Ideal outing for groups or individuals

A game anyone can play. Gentle exercise, fresh air and fun. If coming as a group please call 0455 441 991 first so we have enough people on hand to help, otherwise just turn up on the night.

www.bayswaterbowlsclub.com

"Friendship through Bowls"

Special Olympics National Games Launceston Tasmania by Michael Migliaccio

The Melbourne Eastern Ranges Team for the National games to be held in Launceston starting 17th October 2022 include 9 of the 20 MER athletes, also 27 from the Victorian State Team.

Most of these MER athletes are from our Local Knox area and train fortnightly at the Indoor Bocce Courts of the Knox Italian Community Club in Rowville.

Our selected athletes, with the Team-Vic Bocce Coach are fundraising towards the fees necessary to attend the National Games. The athlete's goals are to achieve their position in the team and attend the National games, aiming to bring home Gold, Silver or Bronze medals. At least they will be pleased just to attend the National games and do their best, which ever medal is won will be a bonus!

Our Local SOA Melbourne Eastern Ranges Club is a Club for people of all ages!

We have over 90 athletes that train weekly and fortnightly. Currently we are looking for keen players for our sports which include Bocce, Basketball, Bowling, Swimming, Athletics, Tennis and Soccer to join our club to get active, meet people, improve their sport and learn new ways of achieving!!! This can lead to Interclub Tournaments, State, National and World Competition Games.

The club is looking to the Local Community to support these special athletes with donations that can be made on the Special Olympics Australia web

page and Facebook page, as well as checking the Special Olympics Melbourne Eastern Ranges social Facebook page.

For further information regarding fundraising and more about SOA Melbourne Eastern Ranges please contact the following:

Michael Migliaccio SOA TeamVic Bocce Head Coach on 0419 330 977

Email: melbourneeasterranges.vicechair@specialolympics.com.au

Also The Sports Coordinator Theodora Niakolas on 0407 848 607, email: melbourneeasterranges.sport@specialolympics.com.au

Please give this Team your full support!



Melbourne Eastern Ranges Team Members

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TEMPLETON

tennis club

Templeton Tennis Club News

by Don McCracken, President

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

We have recently upgraded setting on the grassed areas with new tables and chairs. This will be added to in due course with in ground bollards for the use of shade umbrellas during the warmer weather.

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

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

Upcoming events:

- Junior Club Championships (date to be advised)
- Family Fun Day (also date to be advised)

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

SPORT NEWS



Templeton Tennis Club Inc.
Templeton Reserve, Templeton St
Wantirna 3152. Melway Ref. 63 G9
Membership: Leanne 9887 1957
President: Don 0425 748 138
Coaching: Kelly 0414 874 482
Website: www.templetontennis.com.au
Email: president@templetontennis.com.au



Wantirna Tennis Club - A Special Place to Be

by Alison Rogers

Holiday Junior Training Camp/Clinic

After the great success of the Easter Camp/Clinic, the Coaches were once again out in the school holidays with Juniors having a wonderful time. Lots of learning going on, but most of all just fun.

Keep an eye out for their next event as these Clinics fill fast.

Adults don't miss out with Cardio Tennis running every day as well. Day and night sessions available. Anyone interested in joining any of these programs please call Mike on 0433511904 or email enquiries@troyandmiketennis.com

Juniors

Our juniors are halfway through the Winter season. At time of writing 8 rounds have been completed so far, with 6 rounds remaining before finals – and currently there are 5 Wantirna teams sitting in first or second on the ladder which is amazing!

We have both Saturday and Sunday teams for Juniors at the Club. This helps cater for those who have school sport on a Saturday and/or language school.

We hope they are all enjoying playing this wonderful team sport and getting to know their fellow team mates.

Social Tennis

Lately there has been a few wash outs, but a coffee and a chat is still available. 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.



Photo Left to Right: Mike, Troy and Bill

Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com
Coaching Face book: www.facebook.com/troyandmiketennis.com
Wantirna Tennis Club Inc Melway Ref: 63C8
Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna
PO Box 5295 Studfield 3152
Club Secretary: Alison 0408576025 or email wantirnatennis@gmail.com
Web: www.tennis.com.au/wantirnatc/
WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club

Wantirna

FARMERS & MAKERS MARKET

2022 Dates

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

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120 Mountain Hwy Wantirna

Facebook.com/wantirnafarmersandmakersmarket
email wantirnafmm@gmail.com



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