

COMMUNITY NEWS

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

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EDITION 81

DECEMBER 2022/JANUARY 2023

- BAYSWATER LIBRARY'S AMAZING CROCHET CHRISTMAS TREE
- DAHLIAS TO MAKE YOUR HEART SING
- NEW MAYOR AND DEPUTY MAYOR FOR KNOX
- KNOX HOSPITAL "TOPS OUT"
- BACK TO THE FUTURE AT BAYSIE HIGH

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AND HAPPY NEW YEAR

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Ed. 84 June/July Friday, May 12, 2023
Ed. 85 August/September Friday, July 14, 2023
Ed. 86 October/November Friday, September 15, 2023
Ed. 87 December/January Friday, November 10, 2023

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The team at SWCN would like to thank Wantirna College for providing us with an office and home base. We also thank our contributors, advertisers, sponsors and readers.

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Editorial

- Hello Community News readers,
- Wet, wet, wet! That is all I can say about the weather lately.
- Australia is experiencing the third year of the La Nina weather phenomenon in the Pacific Ocean, which causes above-average rainfall. The good news is the rain is predicted to taper off over summer.
- Our thoughts are with the people who have experienced flood damage and the trauma of having to leave their homes. If you have been looking for a charity that supports recovery from floods, you might consider the following charities:
- Foodbank at <https://www.foodbank.org.au/?state=vic>
 - Greater Shepparton Foundation at <https://www.greatershepparton.foundation/post/flood-emergency-campaign>
 - Rural Aid at <https://www.ruralaid.org.au/>
 - Greater Shepparton Foundation at <https://www.greatershepparton.foundation/post/flood-emergency-campaign>

Janet on behalf of the SWCN team.



CNAV Conference 2022

Studfield Wantirna Community newspaper is a member of the Community Newspapers Association of Victoria (CNAV). This association has approximately 100 members across the state, some from small communities who rely on regular news of their local area.

Once a year a Conference is organised for all members to attend, apart from 2019 to 2021, when we only met by Zoom. This year 2022, we were privileged to meet at Macedon in a purpose built Conference Centre. The aim is to share and learn from each other and be encouraged by varied guest speakers.

The speakers this time included a photographer with the Age newspaper who gave some tips on getting the best out of our photographs and a librarian who showed us how to research history on the internet as

well as a journalist giving helpful tips on our reporting. To conclude the conference we celebrate with an annual dinner and awards are presented for articles submitted previously in various categories. This year our paper received an honorable mention in 2 categories but the best result was being awarded the "Best Sports Reporting". Our article from Edition 77, April 2022, for which an article and photo was submitted by Zareen Rahaman, a junior tennis player from the Knoxfield Tennis club with the details of her interview with Ashleigh Barty. The judges' comments read:

"It was great to see some pieces written by young people as they are the future of our communities and our new publications".

Well done Zareen, and thank you from the team of Studfield Wantirna Community News!



Coral and Charles Carew from SWCN with Zareen Rahaman receiving her award from CNAV

Dahlias To Make Your Heart Sing!

Photos and article by Anna Cameron

Gardening is great for the soul!

What other reason do we need to spend time in our gardens tending to our bright and cheery dahlias?

Growing dahlias has long been a way to "plant" some colour in the garden and now is the time to think about getting these beautiful blooms in YOUR garden! Dahlias make a great cut flower and what is even better, the more blooms you cut, the more they flower! A win-win for any gardener. My reward

is to be able to cut dahlias for the home and also have plenty to share with family, friends, neighbours and of course to donate to places such as Aged care facilities and retirement homes.

Some people would say that Dahlias are a showy plant that makes heads turn. They usually are the biggest and brightest bloom in any garden. This often carries the feeling that one may mistakenly think that they don't grow easily. Nothing could be further from the truth. Dahlias really are an easy bloom to grow once you know what makes their hearts sing and their petals shine in the sun.

Like all plants and vegies that we grow, with a little bit of food, water and sunshine: Dahlias really do thrive and are easy to grow! With the right care, they will reward you with many blooms over the growing season which is usually January and all the way through to May.

Dahlias grow well in slightly raised beds as well as pots, which is a great way to grow them if you only have a small space.

There are so many options and resources to learn about growing "show stopping" dahlias available in Victoria, there is no reason not to enjoy the outdoors this season by growing vibrant, stunning dahlias in your garden.

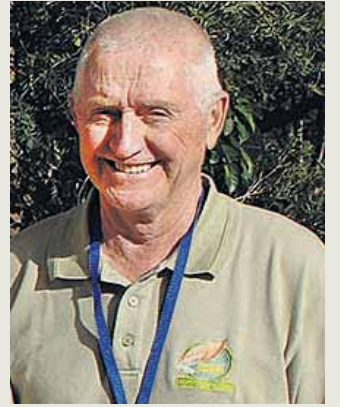
The Dahlia Society of Victoria, Australia have recently redesigned their website and shared many great tips that are easy to follow.



Trengrove Millennium

NEWS IN KNOX

A Heartfelt
Message of
Thanks to
Keith Slater



One of our founding members, Keith Slater has retired from his role with SWCN. Keith's contribution was pivotal in the establishment of our paper and in its ongoing success. From the first edition in Winter 2008 he has been an active and loyal team member.

Keith's contribution cannot be underestimated, he secured advertising content in our early formation years that helped the paper survive financially. His role of School Liaison helped to bring news of activities and achievements from all the local schools to the wider community and gave young children a chance to see their names and faces in print. Something they were always excited to see!

Keith introduced story writing competitions for primary and secondary aged students widening our appeal to families across the suburbs of Knox. Keith introduced the community to Swinburne's KIOSC S.T.E.M. education facility and introduced our readers to Aussie Veteran's Op Shop along with the wider work of the group as well as many other stories of interest. Thank you, Keith for being part of our team for over 14 years.

If it is big showy dahlias you want to see then the Annual State Dahlia show is a must. The show is held at Mount Waverley on the last weekend of February every year where big and beautiful dahlias are showcased for everyone to enjoy.

For more information on growing tips, events, upcoming shows and becoming a member, visit the Dahlia Society of Victoria's website and social media pages for more inspiration.

Website: Dahliasocietyofvictoria.org.au
Facebook: [@Dahliasocietyofvictoriaaustralia](https://www.facebook.com/Dahliasocietyofvictoriaaustralia)
Instagram: [@Dahliasocietyofvictoriaaust](https://www.instagram.com/Dahliasocietyofvictoriaaust)



A selection of dahlias packed and ready to go



News from Bayswater Bowls Club

Grand Final Eve Annual Triples Tournament

A star-studded field of lawn bowlers converged on Bayswater Bowls Club to participate in the 2022 Grand Final Eve Annual Triples Tournament.

The tournament was once again well supported by Bayswater and Heathmont Bowling Clubs. Of the 24 teams that contested the event Bayswater and Heathmont fielded more than half the entries.

In the field of teams were the current Victorian Ladies Pairs Champions of Nicole McKenzie and Barbara Vaughan from Beaumaris Bowls Club, as well as Nic Dawe and Lucas Protopapas from Heathmont who were both heading to Queensland to represent their State in the Over 60's and Multi Disability events respectively.

As Nicole remarked "this tournament is just a pipe opener for myself and Barb as we progress onto greater ambitions of State representation".

Of the nine teams that Bayswater entered only the team of Andy Pryor, John Rovatsos and Chris Powell were "Lucky Losers" in their Section and progressed into the finals to make up the 8 finalists. The team had success in their quarter final over three ends toppling a strong Heathmont combination, defeating them 4-1. Unfortunately, in the Semi Final they succumbed to the eventual winners 6-0.

The final over three ends was an all Heathmont affair. Skipped by Greg Boyd, with team members of Fintan McLoughlin and Ian Schofield, after losing their first end, the team dominated their opponents to win this year's Bayswater Grand Final Eve tournament 4-1 and take home first place prize money. The final was played in great spirit and true camaraderie was displayed.

Tournaments like this cannot be a success without the generous contributions by sponsors. This year we welcomed TJR Gasworks as a new sponsor and also a staunch supporter in Ray White Real Estate of Bayswater who contributed to the prize money.

BAYSWATER NEWS

With COVID abating, daylight saving in full swing and the weather fining up, these three elements are the right recipe for a first time visit to Bayswater Bowls Club to experience the pleasures of lawn bowls. Members will be on hand to demonstrate the skills of the game and explain the rules. So, come along with your partner, family or friends and see what this fabulous game can offer you.

Foot Note: Nicole and Barbara played off for a Bronze Medal in the Nationals but were beaten 10-8. Nic had success in the Over 60's Victorian squad with Victoria taking home a first time Nationals win and Lucas also had success in the Multi Disability Triples.



*Grand Final Eve Tournament Triples Winners and Runners Up.
L to R : Fintan McLoughlin, Ian Schofield, Greg Boyd, Daniel Irwin,
Rod MacGregor and Nic Dawe.*

Bayswater Makers' Market Special Christmas Market

10am to 2pm on 10th December 2022

Bayswater Senior Citizens,
790 Mountain Highway, Bayswater



Find the perfect Christmas gifts for your family and friends. Choose from a wide range of lovingly handmade and often unique items. We have plants, terrariums, cakes, homewares, gifts, toys, jewellery, bags, babywear, cards, candles, soaps, wood crafts, games, glass Christmas decorations and books by a local author. Something for everyone and every age.

Christmas bonus: receive a ticket for an entry in our free raffle with every purchase. Prizes drawn each hour.

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

Other enquiries Julia 9890 2546

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Community Crochet Christmas Tree at Bayswater Library

Bayswater Library have created a stunning crocheted Christmas tree with the support of over 70 participants from the local community.

The aim of the Community Crochet Christmas Tree Project was to bring people together whilst promoting the concept of craft as a positive force for helping with mental health, loneliness and enhancing mindfulness.

Kay Hanley, who is part of the Bayswater Library team, got the ball rolling by offering crochet lessons at the library earlier this year. They were inundated with bookings and had to double the number of classes on offer as everyone was enthusiastic to take part in the project.

"We started with learning how to crochet a traditional granny square and even those who had never picked up a hook before got the hang of it very quickly. We then moved onto making crocheted Christmas tree ornaments which provided a great opportunity to learn several new stitches and techniques. Every granny square was viewed to be making a difference and it was exciting watching the contributions add up" explained Kay. "Many experienced crocheters began to take part in the project too, including members from U3A, Swinburne University, aged care homes as well as individuals who found great enjoyment and purpose in donating their time and skills to a worthy cause. Most of the participant's names are featured near the tree but there were many others who did not wish to be mentioned. Everything for the project was also kindly donated by members of the public, including the yarn, crochet hooks and even

the tree itself. We are so appreciative of everyone that contributed".

One of the participants, Chelsie (age 25), expressed that "It has been so good socially to be a part of a group, I have enjoyed getting to meet new people who enjoy doing crafts".

Doreen (87 years young) said that she has always loved doing craftwork for charity and she really wanted to help with this project. It was so nice getting to know new people. I was lonely at home by myself and this gave me something to look forward to".

"We originally aimed to collect approximately 300 crochet squares to dress the tree with, but the response was so overwhelming that we ended up with over 2300 granny squares! It's been a great community effort" said Jane Ward, the Team Leader at Bayswater Library. "The amazing 3 metre (10 foot) tall tree features over 700 granny squares and 350



Chelsie covered in crochet granny squares.



Kay Hanley teaching participant Diane how to crochet

ornaments. In the new year, all of the crochet squares will be sewn together and made into 40 blankets for donation to the local charity group CHAMPION".

The completed tree can be viewed at the Bayswater Library, which is located in Mountain High Shopping Centre, from Thursday 1st December at 2pm until the end of December.

Back To The Future at Baysie High

New Life For an Old School

The original intake of students at Bayswater High School recently held a reunion recognising it has been over 60 years since the School commenced.

The reunion was held at the Knox Club due to the the current refurbishment works being undertaken at the school, now known as Bayswater Secondary College.

Around 50 attended the reunion of students covering years 1961 and 1962. Bayswater High School wasn't completed until 1962, but some students had commenced in 1961 at Boronia High.

The reunion saw a display of many old Form photos where the names of past students were endeavoured to be matched with their photos.

Lots of discussions occurred with lots of memories jogged for the activities that had occurred some 60 years previously.

One of the past students arrived in his original school uniform – Bri-nylon shirt, tie, jumper and blazer. Surprising many of his past classmates that he could still fit into his uniform, let alone still had it after 60+ years.

The majority of past students were Victorian, but the organiser was from WA, a representative attended from QLD and apologies came from SA and NT.

The current Principal from Bayswater Secondary College, Liz Swan attended and gave an inspiring talk about the current refurbishment and future for Bayswater Secondary College.



Alan Stevens wearing his original high school uniform



Bayswater High School reunion attendees with current Principal, Liz Swan



Bayswater High School reunion attendees

Carols by Candlelight is back live!

Free event

Saturday 10 December

Wally Tew Reserve, Brenock Park Drive, Ferntree Gully



• **Family activities from 4pm** • **Carols show 8pm-10.15pm** • **Fireworks finale**

Find out more knox.vic.gov.au/carols

HAVE YOUR SAY



Kindergarten in Knox

Share what you value about kindergarten as part of a review into Council's future role in providing kindergarten services and ensuring access to services locally.

knox.vic.gov.au/haveyoursay



Respect women

Call out sexism, sexual harassment and disrespect towards women.

If you or someone you know is experiencing family violence help is available.

knox.vic.gov.au/familyviolence



Relocatable pools and spas

Make water safety a priority for your family. Find out what you need to do for relocatable pools and spas.

This may include registration and installing a compliant safety barrier.

knox.vic.gov.au/pools



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Knox Private Hospital Redevelopment 'Tops Out' at Highest Point

Knox Private Hospital celebrated reaching the highest point of construction of its new three-story building today with a topping-out event.

The topping-out milestone is a key step in the hospital's multi-million-dollar redevelopment and expansion.

Knox Private Hospital General Manager Vincent Borg said the new building has now passed the halfway point and is on track for completion in the second half of next year.

"It's very exciting to see the beautiful new three-story building taking shape and knowing that Knox Private will soon be delivering an expanded and enhanced healthcare experience for the growing population in south east Melbourne," Mr Borg said.

Upon completion, the new building will accommodate

an additional 60 patients in brand new private rooms, and a new 16-chair renal dialysis unit.

In addition to the new building, the full redevelopment at Knox Private Hospital also comprises works in the existing hospital. Once all works are complete in the first half of 2024, they will also include:

- upgraded Intensive Care and Coronary Care Units with additional bed capacity
- an upgraded non-invasive / diagnostic Cardiology Unit
- nine new consulting suites to provide doctors with closer access to patients who live in Melbourne's south east communities, and
- relocation of a Pharmacy, Patient Admissions and Café, which will be closer to ward areas to provide greater convenience for patients.

KNOX UPDATE



Knox Private Hospital General Manager Vincent Borg and Director of Nursing Megan Mills

Knox Private Hospital provides a full range of surgical and medical services supported by the latest technology. It has served communities in south east Melbourne for 30 years.

Merry Christmas.....Minimising "Christmas Stress" By Robyn McGregor EACH Financial Counsellor

Christmas is nearly upon us again, and along with fun and festivities, can sometimes come stress and anxiety. Social gatherings, the pressure of Christmas shopping and purchasing gifts, coupled with the expectations of family and friends can all combine to create "Christmas stress".

Remember – large credit cards and multiple Buy Now Pay Later debts can take months to clear incurring interest and late fees if not paid back on time.

This can be a challenge in the 'buy now, pay later' society that we live in, however, taking on the challenge by planning ahead, spending within your means, setting a realistic Christmas budget and implementing it, doesn't mean you'll have less fun.

Tips for reducing Christmas stress and keeping the Christmas budget on track:

- Decide on a spending limit and stick to it.
- Discuss the idea of a Kris Kringle with family/friends, that way everyone gets a gift and spends less.
- Buy presents only for the kids
- Set limits on spend per present per person based on what you can afford
- Make a list of what you want to buy before you shop and stick to it
- Put away money now to spread the cost
- Plan an activity with the people that you love, sharing time is the most valuable gift of all. Give vouchers for jobs such as washing a car, babysitting etc
- Give gifts that reinforce those special relationships among your family and friends –

In the lead up to Christmas, we encourage you to think of ways to celebrate without dragging home a sack load of debt disguised as presents



homemade jams and baked treats are always loved

- If you're hosting Christmas lunch/dinner – ask your guests to bring something. This helps reduce costs and stress in preparation
- Do your shopping early – don't leave it to the last minute you'll spend more and are likely to feel under pressure. Consider secondhand items from Facebook marketplace or Ebay.

These are just a few ways to enjoy the festive season without accumulating debts that may result in the family struggling well into the New Year.

If you are having difficulty in paying your bills or managing your financial situation and require further support, an EACH financial counsellor can assist you:

Contact: 03 9871 1817 or 1300 003 224.

WANTIRNA LIONS CLUB FUNDRAISING



To support the Wantirna Lions Club's numerous community projects, it will again be selling Christmas Trees & Christmas Cakes in your local community in December.

CHRISTMAS TREE SALES

Location: Collier Reserve, Burwood Highway
Wantirna Sth (Cnr of Burwood Highway and Stud Rd)
Weekends of 3rd & 4th, 10th & 11th December



CHRISTMAS CAKES AND PUDDINGS

The fantastic Lions Cakes and Puddings are selling at:

- **Wantirna Mall:** Community Pharmacy, Bendigo Bank, Post Office / Newsagency
- **Studfield Shopping Strip:** Amcal Pharmacy, Bayswater: Commonwealth Bank
- **Mountain Gate Shopping Centre:** Providence Foods, Mountain Gate Post Office
- **Ferntree Gully:** Ferntree Gully Newsagency



Any enquires regarding Christmas Trees, Christmas Cakes, please contact Don Bowran on 0447400049 or Paul Garvey 0400823441



ALAN TUDGE MP
Federal Member for Aston

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

Real Action For Knox





What's New At Community Pharmacy? with Jason, Pharmacy Manager

Hi everyone,
 As another year ends we wanted to take the time to reflect on 2022 and the wonderful customers that have continued to support not only us, but many of the programs and charities that we have been involved in throughout the year.
 This year we have seen such great support from the community in supporting, Share The Dignity, Red Nose Day, Viewmont Terrace, Mental Health Awareness with the Black Dog Institute, Rotary Club of Knox and Australia's Biggest Morning Tea to name just a few.
 With the festive season upon us we are continuing to focus on others. You can find out more information below on how to support Knox Info Link & the Share the Joy campaign.

Meet The Team



My name is Mohammad Hossain and I have recently joined Community Pharmacy as an intern pharmacist and I am looking forward to having a great career. I am happily married, and father of a three-and-a-half-year-old son. I worked in Pharmaceutical Manufacturing back in Bangladesh and this is

my first time working in community pharmacy. I love meeting people, talking to them and do my best to provide the best service that they need. I am very customer oriented and provide my full attention while I work.

Q: What made you want to become a pharmacist?
 A. My interest to become a pharmacist is to help provide people with safer medicine.

Q: Do you have a particular area of Pharmacy/Health that you are particularly passionate about?
 A. In future I would like to work in diabetic management.

Q: If you weren't working in Pharmacy what would you want to be?
 A. If I weren't a Pharmacist I would have chosen to be a CHEF as I have passion for cooking and making people happy.

Q: What do you like to do when you aren't at work?
 A. Apart from my working time I like to spend time with my son and take him to walk in the park and to go fishing. I like to travel and I am a great fan of cricket.

Q: What is the one thing you would like your customers to know about you?
 A. I would like to let all the customers know that they will receive the best service possible all the time with a smile on my face. I am very dedicated to my work and provide my full attention to people and their needs.

Looking After Your Health During The Holiday Season

With this time of year becoming so busy it is important not to neglect our health. When life gets busy it is easy to forget to take medication or keep up to date with things such as vaccinations. We have a range of services to help all year around, but that may become particularly important over the holiday period.

This is a quick checklist of things to think about, especially if you are travelling around and attending lots of events.

Prescriptions
 Do you have enough to cover your holiday period if you are travelling?
 How will you store them? Can we pack them into sachets for you to make them more convenient?
 If you need a repeat while you are away have you made an appointment with your GP?

Vaccinations
 Have you checked if you need any vaccinations if you are travelling?
 Are you up to date with vaccinations such as whooping cough and Covid Boosters? If not make a booking with us.

Other Pharmacy Essentials
 Have you checked that sunscreens are in date?
 Now is a great time to review and stock up your first aid kit. If you aren't sure what you should have come and see us, and we can give you a recommendation on what is essential for your first aid kit.

Going on long car, boat or bus ride – don't forget the travel sickness tablets for anyone who may need them!
 Don't forget if you are just too busy to get down to the Pharmacy we can always deliver directly to your door Monday to Friday.

Pharmacy Update

We now have stock of the Moderna bivalent vaccine. This vaccine can be used as an alternative vaccine for any booster dose in people aged 18 years or older. Eligible individuals can now receive the Moderna bivalent or the original Covid vaccines (various brands) whichever is available to them.
 Both bivalent and original vaccines result in an improvement in the immune response against BA.1 and BA.4/BA.5
 Omicron subvariants, with the Moderna bivalent vaccine showing a small incremental benefit over the original vaccine for Omicron neutralisation.

We are seeing so many fabulous contributions to our Pay It Forward Program developed during the pandemic to ensure that those in our community who were struggling could still continue to access their essential Pharmacy needs. Many customers have donated various amounts of money, to be 'paid forward' to others in need.
 If you or someone you know could benefit from this program, please speak to one of our team members. All conversation will always be kept confidential.

We Care For....

Our We Care For...program continues over the next couple of months with support of Knox Info Link and the Share the Joy Knox Christmas Appeal. We will be collecting both food and toy donations at the store to help assist Knox households at Christmas. We will also again be selling Lions Christmas Cakes in support of Wantirna Lions Club. You will need to get in quickly though as we always sell out.



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!

Collier Ward Update with Cr. Marcia Timmers-Leitch



Greetings fellow Knox residents.

As the end of the year approaches I would like to take the opportunity to wish Knox residents all the best for the festive season, whatever that may look like for you and your family.

If you would like to support locals in need this festive season you might want to consider supporting Foothills Community Care by donating a Reverse Advent Calendar. If you are not familiar with the concept, a Reverse Advent Calendar begins as an empty box or bag. For 25 days, you place one item into the box each day (such as non-perishable food, toiletries, Christmas treat). Then, your filled Reverse Advent Calendar is donated to Foothills who distribute it to people in our Knox community who are in need of some special love and an extra hand up

Mamma Ball at the State Basketball Centre

Mamma Ball is a free basketball program for women and mums in Knox hosted by professional women's basketball team the Deakin Melbourne Boomers.

Open to all ages and fitness levels, Mamma ball is focused on bringing together women in the community. Participants get a great workout and learn valuable basketball skills from the Deakin Melbourne Boomers players and coaches while getting to know women in Knox.

"I really appreciate that Knox Council supports women's health and fitness because ultimately it has a positive impact on our families" said Mamma Ball participant Julia. "The overall vibe of Mamma ball is so welcoming. You can come just as you are!"

"Mamma Ball has allowed me to get back into the sport without having to play an actual game" said Anita, "I am so happy to be back amongst other ladies, to be able to learn and further develop any skills I may have."

Mamma ball sessions are held at the State Basketball Centre in Wantirna South on Wednesday mornings from 9:30-10:30am and sessions are still available for November and December

You can sign up for one or as many as you prefer - there's no commitment and no cost, just a fun environment to take some time out.

The State Basketball Centre is located at 291 George St, Wantirna South. For more information or to register visit <https://www.knox.vic.gov.au/whats-happening/events-activities-and-festivals/events-calendar/mamma-ball>



Mamma Ball participants with Melbourne Boomers players at the State Basketball Centre

WANTIRNA NEWS

this Christmas time. If you would like some more information or to download a list of items visit <https://www.foothillscare.org.au/Christmas/>

I hope you enjoy the local Christmas lights throughout Wantirna in December, including long-time local favourites at Warwick Close, Cherrington Square, Castlefield Square, Brentwood Drive and Kidderminster Drive. A big thank you to all our amazing residents who delight the young and young at heart with their light and sound displays.

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.

New Mayor and Deputy Mayor Elected



Cr. Jude Dwight (Deputy Mayor) and Cr. Marcia Timmers-Leitch (Mayor)

Cr. Marcia Timmers-Leitch has been elected Mayor of Knox City Council, with Cr. Jude Dwight to serve as Deputy Mayor for the next 12 months.

Cr. Timmers-Leitch said it was an honour and a privilege to be elected Mayor.

"I feel I am ready to take on this challenge and look forward to working with and leading this councillor team as we enter into our third year," she said.

"I know we have some serious decisions to make this year on many issues.

I'm looking forward to good quality decision-making and working together as a team to deliver for our community."

Cr. Timmers-Leitch was first elected to represent Collier Ward in a March 2019 by-election. She has lived in Wantirna for the past 15 years, spent over 10 years volunteering and been involved with many local early years facilities and sporting clubs. She runs a franchise with her husband Geoff, with whom she shares three children.

Cr. Timmers-Leitch thanked outgoing mayor, Cr. Susan Laukens, for her service to the community in 2021-22. Cr. Laukens was acknowledged for her tireless service, bringing renewed energy and zest to the role, giving from the heart and being a model of strength.

Cr. Dwight, who was first elected to represent Chandler Ward in 2020, has lived in The Basin for 18 years with her husband and their growing family. She strives for transparency, integrity and a genuine partnership between Council and the community in her role as Deputy Mayor.

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



Girl Guides Pay Their Respects

By Rebecca Whitehead Leader 2nd Wantirna Heights Guides

An Australian Girl Guide promises to live by the Guide law and part of that is to “respect myself and others” and to “be considerate honest and trustworthy”.

Recently we took ourselves off to The Shrine of Remembrance followed by a sleep over at our Guide hall. We explored the forecourt, balcony, crypt, sanctuary and the museum exhibits. The Guides set the pace of the exploration asking lots of questions and learning so much. Learning about the people who served and sacrificed, the different theatres of conflict and the very clever design of the building.

This outing provided a great opportunity for all of us to live the Guide Law, with everyone having a much greater understanding and respect for not only those that served but their families too. The local Remembrance Day March in Ferntree Gully saw us participate to pay our respects and to lay our handmade wreath.

It was a lot of fun catching the train, walking to the Shrine, exploring and then returning to the hall for the night. We cooked nachos for dinner, pancakes for breakfast and enjoyed a midnight lolly feast.

Girl Guides love badges – earning them and collecting them and these activities helped towards the saluting Their Service badge.

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



Wantirna Heights Girl Guides visiting The Shrine of Remembrance

WANTIRNA NEWS

Wantirna FARMERS & MAKERS MARKET

Local Fresh Produce & Handcrafted Goods
3rd Sunday of the Month 9AM TIL 2PM

On the grounds of Wantirna Primary School
120 Mountain Hwy Wantirna

Next Market:
Sunday December 18th

Facebook.com/wantirnafarmersandmakers-market
Email: wantirnafmm@gmail.com

NEWSPAPER

AMERICA'S POST



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- ❖ Art, Mosaic & Craft Classes
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Please see our website for further information on class times and costs and follow us on Facebook.



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Orana Neighbourhood House is helping community members apply for the State Government's \$250 Power Saving Bonus.

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.

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

News from Wantirna Heights Probus Club

A group of "avid science buffs" from our club recently gathered at the ANSTO synchrotron in Clayton for what was a fascinating tour of the facility. Our guide, who had just completed his PhD thesis, gave us a very interesting and informative description of the synchrotron and the many uses for the radiation produced. A wide spectrum of wavelengths can be collected in ten beam lines ranging from low energy Infra-red to high energy X-rays. The radiation in each beam is filtered so that the remaining frequency is appropriate for the research and applications undertaken by the users of the individual beam.

The range and depth of applications, and the current and potential benefits for medicine, forensic science, industry and the extension of our understanding of our world, are nothing short of astounding. We were treated to a description of the results of an analysis of possible contaminants in a hair taken from Phar Lap which clearly showed the presence of a lethal amount of Arsenic.



Group members, Carol and Mary, in front of the electromagnet



Group members at the synchrotron

Our guide is researching ways of targeting cancerous cells with substances which would seek out and eliminate problem cells without affecting healthy tissue and use far smaller amounts of the very expensive drugs which are currently used to combat cancer.

The synchrotron is used by the 4,000 researchers from across the globe each year. It is a device which requires significant funding from the government, but many users are charged nothing. Generally, those involved in a commercial venture are the users who pay a relatively modest hourly rate in comparison to the investment in the facility. An example of the research is to study the interior of lungs of premature rat pups. This then led to a revolutionary treatment for premature human babies.

There are only two synchrotrons in the Southern hemisphere and the device at Clayton produces some beams of particular frequency which are considered the best in the world for certain types of research.

The Club meets at the Knox Boat Fishing Club on the first Wednesday of every month. For further information please phone Graeme on 03 9763 1213.

WANTIRNA NEWS

Wantirna Lions Club Update

Wantirna Lions Club has continued to be active in supporting our community and the various Lions programs.

Champion Community Hub Boronia

Lion Michelle, Siva and Paul presented a donation to Martina & Sarah at Champion Community Hub. The Hub and meeting place in our neighborhood do amazing work with emergency food relief and a host of practical assistance and advisory services to help people back on their feet.



Sri Lanka Crisis

Wantirna Lions has been working with Lions Clubs and other organisations in Sri Lanka to provide some support. Through our sister Lions Club in Batticaloa we have provided funding for uniforms and education materials for 230 students. We have also provided funding to assist with emergency food programs in Kandy.

Xmas Trees will be selling at Collier Reserve Wantirna Sth on weekends 3rd/4th and 10th/11th December. Enquires to Don Bowran 0447400049. Xmas Cakes will be selling at various outlets. Enquires to Paul Garvey on 0400823441.

If you would like to know more about Wantirna Lions Clubs activities or membership please see Facebook page, Website: wantirna.vic.lions.org.au or Email: wantirna@lionsclubs201v5.org

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What's new at Your Library?

by Karla Simon

LIBRARY NEWS

Biodegradable book covering has arrived!

Your Library is the first library service in Victoria and Australia to commit to having environmentally sustainable book covering.

Approximately 30,000 new books are purchased by Your Library annually; until recently, in order to ensure longevity of these items so they can be borrowed by multiple users, they were covered in protective plastic. Working with our suppliers, Your Library has adopted a biodegradable book covering, which breaks down in landfill without leaving microplastics.

The active biodegradable ingredient can produce a slight grain/texture, so a difference in 'feel' may be noted. Come and check out the new coverings at Your Library now!



Celebrate Summer

Summer has finally arrived! As we approach the end of 2022 join us for some relaxing social events celebrating the festive season. Keep an eye on our events calendar for more opportunities to be entertained, or learn something new in 2023. Visit our website events.yourlibrary.com.au.

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

- The girl who fell from the sky: an extraordinary true story of resilience, courage, hope and finding lightness after the heaviest of landings by Emma Carey
- No finish line by Johnny Ruffo
- The tilt by Chris Hammer
- Curlews on Vulture Street : cities, birds, people & me by Darryl Jones; illustrations by Kathleen Jennings
- Maggie moves on by Lucy Score
- The ninth life of a diamond miner : a memoir by Grace Tame
- Dreamland by Nicholas Sparks
- Forever home by Graham Norton
- The seven skins of Esther Wilding by Holly Ringland.
- Life ceremony: stories by Sayaka Murata

New DVDs

- Agent game
- And just like that...the complete first season
- Dexter: new blood
- Don't look up
- The electrical life of Louis Wain
- Elvis
- Marriages
- Mothering Sunday
- The royals. Seasons three & four
- Where the crawdads sing

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.

Ferntree Gully Book Sale

Mon 28th November to Friday 2nd December (during opening hours).

Ferntree Gully Library: 1010 Burwood Hwy

Join us at Ferntree Gully Library for our giant book sale! Bargains include:

- 50c for Junior books
- \$1 for Adult books
- \$5 for a bag

Faux stained glass collage art

with Heather King

2 pm – 5 pm, Monday 5 December 2022 (Free)

Miller's Homestead: Dorrigo Dr & Melrose Ct, Boronia
Join local artist and Ferntree Gully Art Society president, Heather King, in this hands-on collage workshop. Heather will demonstrate how to make laminated paper which you will then use to create your own faux stained-glass artwork to take home. All materials are provided.

Less waste Christmas wrapping & cards workshop

1 pm – 3 pm, Tues 6 December 2022 (Free)

Knox Express: Shop 1001, 509 Burwood Highway Wantirna South (next to Supercheap Auto)

Come along to this free, fun, and hands-on workshop where you will learn how to wrap presents in a way that reduces waste and then go on to create your own low-waste, up-cycled Christmas cards and gift tags. Lots of fun to be had and no previous craft experience required. All materials will be supplied. Presented by the Knox City Council Waste Team.

DIY Hanging Christmas Tree

10 am - 12 pm, Fri 9 December 2022 (Free)

Ferntree Gully Library: 1010 Burwood Hwy
Come along to this workshop and learn how to make a hanging Christmas tree from wool and tree branches. All materials will be supplied.

Book Bingo

1:30 pm - 3 pm, Monday, 12 December 2022 (Free)

Bayswater Library: Shop 26, Mountain High Shopping Centre, 7-13 High St

Join us for a fun afternoon of Book Bingo and Trivia based upon your favourite books. Fantastic prizes to be won!

Plein Air Painting with The Ringwood Art Society

9:30 am - 12pm, Tuesday 20 December 2022 (Free)

Miller's Homestead: Dorrigo Dr & Melrose Ct, Boronia

Bring your own easel and painting materials and join in with the Ringwood Art Society's Plein Air painting group (from the French tradition of painting out-of-doors) in the delightful grounds of Miller's Homestead. Not a painter? Make yourself a cuppa in the kitchen and relax on the verandah whilst watching this talented group of artists at work. (Bookings not required)

Rummikub

1:30 pm – 3:30pm, Thursday 22 December 2022 (Free)

Bayswater Library: Shop 26, Mountain High Shopping Centre, 7-13 High St

Rummikub is a tile-based game, combining elements of Mahjong and the card game Rummy. Come along for a friendly game or two!

Gavin's New Children's Book Brings A Surprise to Christmas



Wantirna resident Gavin Bransgrove has written a children's picture book with a Christmas theme that would make an ideal Christmas gift for children from 3 to 8 years.

Gavin grew up on a dairy farm in Gippsland, Victoria. After completing Year 12 at Warragul High School. He went on to train as a teacher and spent over forty years in education both as a teacher and principal. Now happily retired, he has time to devote to one of his passions - writing for children and young adults.

Crackle's Christmas Surprise emanated from these experiences and his observations of his own children and grandchildren.

Crackle is a pet pig who prefers living inside the house rather than in her pen outside. That is until one Christmas, she does something terrible. Immediately she is banished outside to her pig pen with the threat of NO Christmas presents from Santa.



Then two little boys organise a clever surprise for Crackle. Will she be forgiven?

The book's illustrator, M.K. Perring has brought the story to life with engaging, lively illustrations and commented "Making beautiful illustrations and working with all kinds of authors is a dream come true."

Gavin's book is available online at Shawline Publishing for \$12.95

<https://www.shawlinepublishing.com.au/search/display/284-crackleand%2339%3Bs-christmas-surprise>

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Rare Acquisition *by Ken Simpson-Bull*

The Museum has just received more than 60 boxes of rare jazz memorabilia from the estate of noted Australian Jazz Historian and Discographer Jack Mitchell OAM.

Jack, a former dentist, lived in Lithgow, NSW, and had been a jazz aficionado since his teens. He was a record collector, producer, writer, researcher, discographer, photographer, jazz radio presenter and the author of several books on Australian jazz performers and jazz history. His discography, "Australian Jazz on Record" contains comprehensive details of the personnel and other details of almost every commercial jazz recording ever made in this country from 1923 to the present, the current edition being available on a CD ROM of more than 1,100 pages.

Jack regularly supplied articles and information for the Jazz Museum's quarterly magazine "Ajazz" and frequently donated historic recordings. For instance, for the Museum's "Rare Collectable Jazz" series of CDs "Jazz Masters of the 1940s" Jack provided most of the material from his own collection, as he did for the double-CD "More Jazz Masters of the 1950s".

In early 2020 Jack was diagnosed with a rare heart condition that slowed him down, but sadly he died, peacefully, at Lithgow Hospital on 11 March 2021. The Museum's management and staff thank his widow, Jan Mitchell, and family, for their generous donation and for driving all the way down from Lithgow to Wantirna to deliver this unique and most welcome acquisition.

KNOX ARTS

australian
jazz museum



This disintegrating but still-playable "acetate" 78 recording from 1941 is from Jack Mitchell's rare collection and features three musicians in their youth who became renowned jazz performers. Sadly, George Fong was killed in WWII action in 1945.

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. Group visits, which include refreshments and a live band performance, have now resumed.

For enquiries ring Anne on 0431 522 031.

For volunteer positions 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

Our final exhibition for 2022

"The Alternate Archies"

Opened on November 6th
Fridays 1- 4, Weekends 11 - 4
Closes 4th Dec

All Welcome, Free Entry

FEBRUARY 2023 EXHIBITION

"ANYTHING GOES"

Opens weekends,
Sunday 5th Feb to 26th Feb

All Workshops and Classes
resume in Feb 2023

Children and Teenage classes,
Still Life, Print Making,
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Open Fridays
And Artist Workshops.

info@thehutgallery.com.au

Enquiries Welcome

NEW MEMBERS WELCOME

ROTARY CLUB OF LEONGATHA 46th Annual Arts Prom Country, Art & Photography Show - 3 Week Exhibition

Saturday 14th January - Saturday 4th
February 2023

at Leongatha Memorial Hall

ENTRIES NOW OPEN

Following on from a most successful Art Show last Jan/Feb the organisers are now accepting entries for the 2023 show up until 14th December. Apart from the opportunity to display your work to an interested audience, the show has had a great record of buyers over its long history. The show attracts over 550 entries from artists and photographers from across Gippsland, Melbourne, regional Victoria and interstate. New and established artists of all ages are welcome to enter and prizes totaling over \$6000 which include awards for various mediums, photography, 3D (e.g. sculpture), junior sections and All Abilities section.

You can enter on line and get more information by visiting the website www.leonartshow.com.au

The Annual Arts Prom Country, Art and Photography Show is being held this year from 14th Jan to 4th Feb 2023 at The Leongatha Memorial Hall, cnr Michael Place and McCartin St, Leongatha. This highly successful show is in its 46th year and is organized by the Rotary Club of Leongatha.

The opening hours of the show are daily from 10am to 4pm. Entry to view the show is \$5 per person.

A raffle will also be held and together with other money made over the event go towards many worthy local charities and services.

Don't miss participating in this major South Gippsland event

So artists, junior artists, all abilities artists, sculptors and photographers get your entry in at www.leonartshow.com.au or enquire at rotaryleongatha.artshow@gmail.com



KNOXFIELD & SCORESBY NEWS

Message from Cr. Susan Laukens

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Experience our **Exclusive Opening Offer from \$225* per room, per night** including overnight accommodation in a king or twin room, free Continental breakfast for two, on-site car parking, Wi-Fi for unlimited devices and 24/7 access to the Fitness Centre.

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* Subject to availability. Terms and conditions apply.



Advocacy for our community

Ahead of the November state election it was pleasing that Council made progress in our advocacy efforts.

As Mayor, I've been meeting with our local Members of Parliament and candidates to discuss issues of importance to the community we all represent.

It is pleasing to see funding commitments from different sides of politics for several major projects, including a public hospital for the Wantirna Health Precinct, a feasibility study to extend the Route 75 tram to Knox, the major redevelopment of Lewis Park in Wantirna South and installing traffic lights at the corner of Burwood Highway and McMahons Road in Ferntree Gully.

Our community should know that we are speaking up, lobbying and advocating strongly for increased investment in Knox.

Proposed Knoxfield development

Council has received over 1,000 objections to the two planning applications from Development Victoria for the site at the corner of Burwood Highway and Scoresby Road in Knoxfield.

The proposal includes the creation of 105 lots and a wetland. It includes removal of a dam, often referred to as Lake Knox, after new wetlands are established.

Objectors were invited to attend a planning consultation meeting with the applicant in September. This meeting was well attended and the applications and objections are now being assessed by Council planning officers. The applications are expected to be considered by Council before the end of this year.

Knox Library takes shape

It is exciting to see work starting on the new Knox Library in the old Myer store at Westfield. Knox is our busiest branch and the new library will be twice as big as the old one with a garden room, meeting rooms, computer area, desk spaces, quiet study booths, lounges, a youth area and children's area.

The new library will be a contemporary space where people can meet, read, study, work or just relax, while still enjoying valued traditions like children's story time, school holiday and after-school activities, guest speakers and book discussions.

Council's Youth Information Centre, currently near Headspace behind Knox Ozone, will relocate into the library once complete.

During construction, the temporary Knox 'Express' Library continues to be available, located in the former Cash Converters site behind Knox Ozone.

Thank you

It has been a privilege and honour to represent the Knox community as Mayor. It has been a joy to represent you and your diverse views, and lead with integrity, honesty, and no hidden agendas, bringing my authentic self to my role.

I've enjoyed working with my fellow councillors to develop, shape and review the strategic direction of Council, honouring our Council and Community Plans.

As a collective group of nine councillors, Council has worked efficiently and effectively to represent our community.

It has truly been my pleasure and I thank my colleagues for the opportunity.



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

KNOXFIELD & SCORESBY NEWS

Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

It turned out to be a misty, damp day for our bus trip to the National Rhododendron Garden on the 26th of October but still the gardens were a magnificent sight. Situated in the Dandenong Ranges on the doorstep of Melbourne it is the home to several iconic public gardens with outstanding landscapes, history and botanical features.

These gardens were originally privately owned properties mostly used by the wealthy as their escape from the summer heat of Melbourne to enjoy the cool, lush climate that all plants seemed to flourish in, and so they produced these outstanding gardens due to annual rainfall of 1000mm and rich acidic soil.

These gardens were eventually bequeathed to the Victorian Government who made Parks Victoria the custodian with the responsibility for maintenance and management of the gardens as well as accepting help from many keen volunteers. It was a most enjoyable day even though the weather was a trifle inhospitable. Some ladies did a small bus tour while others strolled along the many paths to see the array of plants and trees while other ladies had coffee in



the snack bar or shopped in the gift shop. The bus then took us to lunch at a local hotel at Olinda where we all had a nice lunch by the open fire. Some ladies left the comfort of our coach to stroll along the shops at Olinda before we travelled home.

High Tea is on the 18th of November at the Zest Restaurant at Glen Waverley, a delicious day out where all ladies enjoy the food delights served to us by the keen hospitality TAFE students.

23rd November is a fun day out for all as we are off to the Mornington Market and then the bus is taking us to lunch at Sunny Ridge Strawberry Farm..... Mmmm Yummy.

Our Probus Christmas lunch for our members is booked for December 7th and we will be sure that a large group will attend. There will be a Kris Kringle for any member that wishes to be included also.

Lastly, I would like to wish all readers a very Merry Christmas. Keep safe and happy and remember any ladies are welcome to join our Club and make friends and share our fun. Please call Jo on: 0414 914091

Please note ladies, our January meeting on 18/01/2023 will be followed with a Bring and Buy sale.

Cricket Club Raises Awareness of Gastroparesis

Rowville Cricket Club hosted a lunch for Gastroparesis Australia to help raise funds and bring awareness to the condition. The lunch, held on October 21, was hosted by 3AW's Bruce Eva and included comedian Des Dowling and special guest speaker Nathan Buckley

Gastroparesis means "delayed gastric emptying" and it is a motility disorder that slows or stops the movement of food from the stomach to the small intestine, causing symptoms such as nausea and bloating.

It is an incurable condition and is extremely debilitating as well as very difficult to diagnose as it does not show up on the standard tests generally ordered by medical practitioners.



The causes of gastroparesis are not all that clear. It seems that in some people, the nerve to the muscles around the stomach, called the vagus nerve, isn't working properly. For some people, the muscles themselves don't work as well as they should.

People are more at risk of developing gastroparesis if they have diabetes. It is one of

the complications of nerve damage caused by poorly controlled blood glucose levels. In some cases, there is no obvious reason for gastroparesis.

Funds raised help to support vital research by the GI Motility Unit of Western Sydney University led by gastroenterologist, Dr Vincent Ho.

Information sourced from: <https://www.healthdirect.gov.au/gastroparesis> and

<https://www.facebook.com/rowville.cricketclub/>

Donations can be made via <http://www.gastroparesisaustralia.com/>

i | s | h | r | e | d

Community Day

5/7 Samantha Crt,
Knoxfield
1300 763 688
www.ishred.com.au

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

Our Community Day caters for shredding of:

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



Our upcoming Community Day is open on 10 Dec 2022 from 9am—12noon

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Laughter Club News

Celebrations, Grief, and Loss

Do you love having birthdays? At laughter club we do and celebrate member's birthdays with a cake. This issue's photo is for the birthday of long-time member Tony. We were at Rapture Café where we usually go after laughter club because it is nice there, the drinks are great, we are welcomed and find it very suitable.

Coming up to Christmas, many of us will find the festive season very difficult. It is all right to be as we are, to take our time with healing and very likely, there will always be a hole, albeit a place of wounding in our heart.

You will no doubt agree that nothing will ever be the same since Covid struck us. I hope you find this piece of writing to be of some comfort and encouragement in your life.

My view is that life is about experiencing living to the fullest, growth, evolution, to be of service to ourselves and to all of life. We need to move on and feel as we feel, which is not go into self-pity, instead to find joy in small everyday things.

Gratitude is another key. Joy and gratitude open our hearts, allow us to feel a connection with our spirit, nature, and God, however you conceive God's energy to be. We sometimes need to regain lost faith in life after losses in our lives. The losses may be personal or the closing of a chapter, unrequited desires or work things going awry.

Okay so that is enough of the doom and gloom. I might add here that I speak from personal experience, as our son died three years ago. He was not sick very long



and we all know that one's kids are not supposed to predecease us, yet they do. We also in the last three years had a brother, sister and two brothers-in-law die. Losing one's pets can also be the most devastating time for animal lovers. Who would disagree with that?

There is a gift in every situation and my understanding is that our hearts need to break, to expand them with deeper love and compassion. Another aspect is the opportunity to reflect on our life and relationships.

Now some cheerful stuff. We can choose how we feel, be self-determining and look to life in a positive way, no matter what we have been through. We can gradually work through healing and integrating our losses, looking forward with hope and understanding. We acknowledge what or who is missing in our life, incorporating new opportunities and a growing awareness of looking after oneself.

We are loved and supported by the Energies of life and can become stronger, more resourceful, after the most difficult times. In fact, I have heard and believe our spirit draws closer when we are in the deepest

trough. We have the opportunity to get up, start again, do better and be a loving, supporting, human being. I believe in you!

Self-Nurture and Service

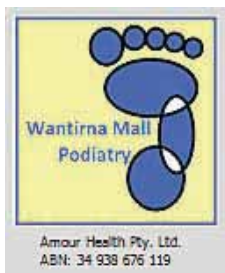
You need to look after yourself first and foremost, as you are no good to anyone or anything else if you are not at your best. This includes having a healthy diet, enough sleep, taking time out for hobbies, meditation if you choose to, and in general, to understand that your body is important.

Part of self-nurture is about Neuroplasticity, to create new brain neurons, through having experiences in your life. Topmost I feel is the value of adding laughter to it daily. The following things are beneficial to rewire the brain.

Being artistic, which can take many forms. Laughing, singing, dancing, gym, or other exercise. Learning a new skill, a musical instrument, or innumerable things. The stimulation that travel can provide, also reading, expanding your vocabulary and sleeping sufficiently. There are many things that will keep your body healthier and allay the effects of aging. I suggest we be vigilant and make every effort to remain involved in the process of living. Good luck to you! Thank you for your interest.

Please message or ring Lynette before you first come. We take a short break over Christmas.

Lots of Love and Laughter, Lynette Mitchell.
Lynette & John Mitchell lead the free Community
Ferntree Gully Laughter Club
at 11am on the 2nd, 4th & 5th Sunday.
Phone: 0425 799 258
Email: lynette@laughterforliving.com.au
www.laughterforliving.com.au



Wantirna Mall Podiatry

Melina Linardatos

(B. Pod, MAPA)

4/322 Mountain Hwy, Wantirna

Ph: 9720 1235

Open: Tues – Fri 9am to 6pm

Sat: 9am to 1pm

www.wantirnallpodiatry.com



Melina Linardatos

Fungal foot infections

There are different types of fungal infections of the skin and nails that occur on feet and can be itchy, contagious and hard to clear. Fungal infections thrive in dark, moist, hot environments. These conditions make feet prone to fungal infections.

Fungal nail infections cause nails to become thick, discolour, have an odour and break easily. However, some nails may look fungal but are not as their appearance may have been caused by different mechanisms such as trauma or a systemic disease such as Psoriasis. If you are worried about your nails a Podiatrist can help diagnose the cause, recommend an appropriate course of treatment and professionally trim and thin the nail. Keeping fungal nails trim and thin can help facilitate anti-fungal treatments.

Fungal infections of the skin can occur on feet between the toes known as Athletes Foot or Tinea Pedis. Fungal infections of the skin can be apparent in three general forms: Vesicular Type Tinea Pedis where there are small vesicles on the feet with fluid inside, Hyperkeratotic Type Tinea Pedis where the tinea causes thickening and dryness of the skin and Interdigital Type Tinea Pedis where the skin become white, flaky with fissures between the toes. These infections also require an anti-fungal preparation for their cure and effort to ensure that you don't reinfect yourself. Again however there are some skin conditions that resemble Tinea Pedis but are treated differently so a proper diagnosis and treatment regime is required.

Please visit us on our website for more handy tips.

Walk from the MCG to the SCG

A Challenge for a Noble Cause

Dr Prabodh Malhotra, a resident of Boronia, is walking over a 1,000 kilometres in support of the McGrath Foundation's mission to raise money to fund McGrath Breast Care Nurses in communities right across Australia and increase breast health understanding and awareness.

At the age of 70, Dr. Prabodh Malhotra (PhD) is taking this initiative to challenge himself physically, to raise the bar for youngsters and to inspire people, who are looking for purpose in life after retirement, to do selfless community service.

Walking from the Melbourne Cricket Ground to the Sydney Cricket Ground is a monumental challenge that requires a great deal of encouragement and Dr Prabodh is looking forward to plenty of support along the way. The walk is expected to take 8 weeks, walking 25-30km each day and reaching the SCG on January 4 in time for the test match featuring Australia vs South Africa.

The Sydney test match, known as the Pink Test Match, is a fundraising event for the McGrath Foundation, created by Australian cricket great Glenn McGrath and his late wife, Jane in support of women who have been touched by Breast Cancer.

The target is to raise 1 million dollars in donations to this worthy cause. Every dollar counts and even small donations add up like little droplets forming a stream.

To donate visit: <https://fundraise.mcgrathfoundation.com.au/fundraisers/prabodhmalhotra/walk-from-mcg-to-scg>

Follow Dr. Prabodh Malhotra's progress here:

- Facebook: <https://www.facebook.com/pcmalhotra/>
- Blog: <https://www.prabodhmalhotra.com/>



Dr. Prabodh Malhotra
Photo via Facebook

NEWS IN GOOD HEALTH & WELLBEING

Hands on Myotherapy

Frozen Shoulder

with Emily Billington



Adhesive Capsulitis also known as 'Frozen Shoulder' is a condition that involves pain and stiffness in the joint. Symptoms progressively worsen and it takes a long period of time to improve. It occurs when the bones, tendons and ligaments thicken around the shoulder joint.

Frozen shoulder can be diagnosed by observing signs and symptoms but scans such as an ultrasounds and MRIs can be most useful in diagnosing the condition and ruling out any other potential problems.

My experience in the clinic is that the majority of people I treat for this condition are usually over 40 and it is more common in women than men. There are other risk factors that can make you more predisposed to Adhesive Capsulitis such as thyroid disease, diabetes, autoimmune disease, injury, prolonged immobilisation and strokes. If you have experienced frozen shoulder in one shoulder, there is a higher chance of you also experiencing it in the other at some stage.

When treating clients with frozen shoulder I use a technique called Functional Cupping, this, along with soft tissue therapy, dry needling and strengthening exercises, have all proven to show a significant improvement in range of movement and lessening of pain.

I understand Frozen Shoulder can be debilitating and frustrating and I work with you to design a treatment and rehabilitation program to help you get back on track.



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

8740 3991

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Wantirna VIC 3152

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

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

News from Wantirna Osteopathy with Dr. Nicole Muley (Osteopath)



Heat v Ice?

1.71 billion people worldwide experience an acute injury each year. When these injuries happen we question what the best management is.

Put some ice on it

"Put some ice on it" is a common phrase when an injury occurs and is often recommended for pain and swelling. So, should you put some ice on it?

Inflammation, ice, and the body

When an injury occurs, your body creates inflammation to help begin healing the tissue. When applying ice, our blood vessels shrink to reduce blood flow and inflammation in the area, reducing pain and swelling.

What does the current research say?

The developer of the term RICE (Rest, Ice Compression, Elevation) in 1987 has since reversed his opinion on ice suggesting it may delay healing. Research shows that while ice may decrease swelling and pain the reduction of inflammation slows down the release of repair hormones.

What about heat?

Research suggests that heat promotes healing. Heat increases blood flow and inflammation in the area by widening blood vessels. Increased inflammation encourages the production of more repair hormones, reducing healing time.

RICE VS PEACE & LOVE

With new evidence coming to light, there is a push to transition from RICE to PEACE & LOVE (Protection, Elevation, Avoid anti-inflammatories and Avoid ice, Compression, Education, Load, Optimism, Vascularisation, and Exercise). PEACE & LOVE is based on updated evidence focused on encouraging healing.

So, should you ice an injury?

PEACE and LOVE is becoming the preferred acute injury management strategy, however, the use of ice can be preference-based. If required, the use of ice should be minimised, applying ice for no longer than 20 minutes an hour for up to 48 hours. Ice may be beneficial in helping decrease your pain and swelling.

If you are experiencing pain and swelling, ice may help relieve your symptoms. However, it is important to understand that this may delay healing times. If ice is not required for pain or swelling, heat may encourage tissue healing.

Our Osteopaths at Wantirna Osteopathy have many years' experience diagnosing and treating acute injuries so ensure you seek expert advice after an injury.



wantirna
osteopathy


For the treatment of:

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

www.wantirnaosteopathy.com.au

NEW LOCATION

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

<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>	<ul style="list-style-type: none"> ● Corns and Callus ● Ingrown Toenails ● Flat Feet ● Children ● Heel, Arch and Forefoot Pain ● Sporting or Occupational Injuries ● Diabetic and Arthritic Foot Care ● Veterans Affairs
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Chris Brownlie
Dental Prosthetist

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

ENVIRONMENTAL NEWS



Knox Community Gardens Society - Where Our Community Can Grow by Rod Felton

The weather has been so cold and wet lately, I have been asking myself if we are in Spring heading into Summer or regressing from Spring back into Winter. I have been a KCGS member for over 30 years and I can't remember so much rain over a long period of time. It was certainly wet in 2010 at the end of the drought but that rain was over a much shorter period of time! Please continue to pray for our fellow Victorians who have been inundated with flood waters.

Many of our seasoned gardeners are reluctant to plant out their summer crops for fear of fungal diseases and the like. This is especially true for tomatoes, which are supposed to be planted out by cup day. Rain and humidity is not a good combination at this time of year. Our new hot house (pictured) is the only place where anything is currently growing. But enough of the doom and gloom, a few sunny days and our gardens will be booming!

In spite of the weather there have been lots going on. The committee held a member's General Meeting on 8th October with many members in attendance and it wasn't raining (much). The theme for the day was Big Blue Table which aims to raise



funds and awareness for mental health. Our special guest from the Victorian Department of Health gave a presentation on current programs aimed at improving mental health across the community.

KCGS participated in the KES Spring Open Weekend on 9th October selling strawberry plants, herb starter kits and a variety of flower and vegetable seedlings. The following weekend KCGS had a stall at the popular Stringybark Festival. Many children benefited from our free activity - a home-made paper

pot filled with soil and a herb, flower or vegetable seedling. We sold lots of seedlings to budding gardeners, but it was very muddy under foot by the end of the day (and no rain)!

As mentioned in an earlier article, KCGS has formed a relationship with Eastern Access Community Health (EACH). Six sessions are planned, the first of which occurred on 18th October. Forty children from a local primary school spent several hours running around the gardens having a wonderful time. As usual it was magnificently organised and run by headmaster John and his group of helpers.

Just this week the garden group from Orana Neighbourhood House came to the gardens for a tour and were most impressed by what they saw. I think it may have been raining! Orana offers a range of programs including adult education classes, hobby and leisure courses, exercise classes, social and self-development groups for people living in our community. So get involved, even if it is raining!

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



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

Meeting - October

Speaker: Ian Moodie on "Insects: I wish they would stop bugging me!"

Ian gave us a presentation showing what is out there in your garden if you have a good look. Dividing information into sections, we heard and were shown about many different bugs, including flies, wasps, beetles, bugs, butterflies and moths.



An interesting fact he mentioned was that insects make up nearly 90% of all animal species. Over two billion people per day have insects as part of their diet. Insects are pollinators, recyclers and decomposers, as well as a food source for many birds and animals.

He also described the way some plants use insects as involuntary pollinators, including orchids and trigger plants, and there are ones which use chemical attractors that mimic female insects.

Insects form an essential part of our ecosystem. We are losing many species and this needs to be reversed.

Excursion - October

No excursion as the Club was having a weekend away.

October

Weekend away to Beechworth - Lead by David and Eeva H

Twenty one members used Beechworth as a base to spend a weekend looking at the Chiltern area. Although there had been heavy rain in the lead-up week the weekend remained fine.

Saturday was spent around Chiltern with highlights being sightings of a pair of Turquoise Parrots and a Dollar bird. There were also a few orchids found during the day. Sunday was spent at the Honeyeater picnic ground, south of the highway, with visits to the Mt Pilot Lookout and Woolshed Falls.

For the weekend around 90 birds and 10 orchid species were recorded.

Meeting - November

Speaker: Peter Rogers - "Wildlife in Maroondah"

In his talk, Peter talked about wildlife that is common in the Maroondah area, the creatures that have now become scarce or extinct in the area and the species that have now decided to call the suburbs home.



Common Maroondah wildlife includes Brush-tailed possums, Water rats, various frog and spider species, and numerous common birds including kookaburras, noisy miners, magpies and Australian ibis. Koalas, Grey kangaroos and

echidnas are now less commonly seen if at all. The Golden whistler, our Club emblem, is also seen less and less.

There are a number of species that have adapted to our suburban environment and have become abundant over the last 40 or 50 years. These include Crested Pigeons, Long-billed and Little Corellas and Grey-headed flying foxes.

Peter's talk showed the amount of wildlife: mammals, reptiles, insects, amphibians, spiders and birds that are able to be observed in and around Maroondah.

Meeting - December

Our meeting on Wednesday 14th December will be held in Room 4 Maroondah Federation Estate, Greenwood Ave, Ringwood. The speaker will be David Hewitt who will be speaking on "Darwin to Broome in half an hour!". This will also be our Christmas meeting, with supper to be held afterwards.

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.

Merry Christmas to all who read our articles throughout the year.

Photos in this edition by Alison Rogers

News from Aussie Veteran's Op Shop

by Kristy Harris, Assistant Manager

It's at this time of the year we stop to reflect and acknowledge the hard work and dedication of our Volunteers and thank our local community for their contributions to our cause.

For many that may not be aware we are proud to support Veterans and the local community running two opportunity stores within Boronia Mall Boronia. Located Level 1, Shop 20c is our well stocked large opportunity store. Ground floor, Shop 10 houses our second-hand furniture store and our Foodbank, which thanks to FARESHARE, is available via walk-in to our local community in need.

Proceeds raised throughout the year are used to fund our Veteran Advocacy Centre also located in Boronia, which is run entirely by hardworking volunteers. Advocating on behalf of our Veterans and assisting with much needed welfare assistance to Veterans and their families.

We are very proud to announce that this year we have managed to disburse funds to those in need totalling approx. \$60,000.00. None of this could be achievable without the help of our Volunteers, local community and Facebook online sales.

We regularly run raffles, events and sales frequently during the year including opening late Friday evenings

from 4pm til 6pm on the 1st -15th December so that we can offer customers HALF PRICE store wide. Every little saving is important at Christmas. Daily updates are available via our Aussie Veterans Op shop Facebook page. We still have much more to do and we always need help. If you or someone you know would like to donate some time to help our cause. Please come down and say G'day.

Wishing everyone a fantastic year ahead.



Wantirna South Probus Club News

Phillip Island Camp

Day 1

When we set off from home the excitement was getting higher, but the weather was getting lower. It didn't matter though; we were off for a few days to Phillip Island. On arrival, as usual, we had the "early birds" waiting for us in the San Remo carpark all rugged up against the cold and by 11am most of the group were assembled and ready to take off on our first walk which was along the coastline before returning for the viewing and feeding of the pelicans. Unfortunately, the few birds that showed up were not particularly co-operative or hungry and we put this down to the clocks going forward for daylight saving. Later we sat in the sunshine in the park and ate our picnic lunches. To fill in time before we could book into the caravan park we wandered up and down the shopping strip and settled comfortably outside one of the pubs for a cool drink.

On checking into Big 4 Inginia Holidays Park at Newhaven we found one of our couple's tents was already set up and another couple's caravan was neatly in place. The race was on to get our cabins sorted out and see who was where. First on the list of things to do seemed to be a cup of tea for everybody before we headed through the side exit of the camp for a stroll along the beach. The freedom and sea air were invigorating. Then back for happy hour in the camp kitchen. The tables quickly became covered in plates of food, and everyone had a glass in their hand, we all settled in very nicely. Later the



Morning tea in the Rainforest at Rhyll

four BBQs were fired up and we played musical chairs eating around the couple of large tables. All of a sudden, we were all best friends, and everyone had stories to tell. Some music and a bit of dancing didn't go astray. All was well in our camp.

Day 2

The next day we woke up to cold, rain and wind and we thought we would be doing the planned walk along "Lovers' Lane" in Cowes all by ourselves. NO..... quite a large group rallied around with umbrellas, coats, gloves, scarves and we had a great walk, didn't even need the umbrellas. The Nobbies were next on our agenda. We all arrived at different



Are you involved in a local not-for-profit organisation? Why not have your next special event, club meeting, fete, concert or exhibition promoted free of charge on our local radio station? Simply contact Radio Eastern FM 98.1 to have your community announcement regularly read out on air. It's as easy as that, and free! Call 9722 9981 or email csa@radioeasternfm.com.au

Make the switch to Radio Eastern 98.1 FM for the latest news, sport and weather on the hour, followed by unparalleled music variety plus Knox and other local community happenings.

If your FM radio doesn't always give you a high quality stereo sound on 98.1 this is easily

fixed by streaming Radio Eastern anywhere in the world on your device or computer. Simply download the Community Radio Plus app, or put Radio Eastern into your internet search.

times but managed to bump into each other on the boardwalk heading to the blowhole. The evening penguin visit was causing a bit of consternation- "not going, too cold, going to rain, I'll just stay home".

A sizeable group of us did go and really enjoyed seeing the little penguins. The whole complex was fabulous, and we got to see the little guys up close as they headed to their nests. Once again, being lucky, we didn't need our umbrellas, garbage bag ponchos, etc. It was just cold. After sitting on the edge of Bass Strait viewing the penguins, we were excited to learn there were going to be hot dogs for our supper at camp.

Day 3

The next day the weather was very threatening and there was not much enthusiasm shown for a walk around Rhyll. When meeting time came, we were pleased to find we had quite a large group of willing walkers. After the walk we had a long morning tea at the Wild Food Farm Rainforest. The surroundings were quite unexpected, and we made sure we enjoyed it fully by rearranging tables and chairs to suit our large group. Phew, from here we went to Churchill Island. The first stop on Churchill Island was the old homestead with its interesting old furniture. There were quite a few farm animals and outhouses for us to check out as well as cow milking, whip cracking, sheepdog action and peacocks showing off their feathers. After an afternoon on the farm, we were invited to enjoy the luxury of a member's holiday home for our happy hour before heading down the road to the Westernport Hotel for our final dinner.

A very happy camp.



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 19th December, 2022 Christmas Lunch & Singer - Laurel McKenna.
Cost of this Lunch is \$30.

No Lunch for January 2023

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.

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 will meet on Friday 16 December at Eastwood Golf Club Liverpool Rd., Kilsyth at 11.30 am with a 2 course lunch costing \$27 followed by an afternoon of "Christmas madness and mayhem".

There will be a book stall and raffle and all monies raised goes to The Smith Family Learning for Life program.

View Clubs raised more than \$1.1m last year to support The Smith Family's vital work and they currently sponsor 1,550 students on the Learning For life program. They also collectively volunteered over 70,000 hours of their time to help young people in their local communities through homework, reading and mentoring programs run by the charity.

So, ladies come along and enjoy the day.

Enquiries to Judith on 9764-8602

There will be no January meeting.

What's On?

Contact organisers to check details over the holiday period

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana NH, 62 Coleman Rd ,Wantirna	Call Orana on 9801 1895 or see the 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
iShred - Community Shedding Day	From 9.00am on 10 Dec 2022	5/7 Samantha Crt. Knoxfield	1300 763 688
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
Rotary Club of Rowville Lysterfield	Tuesdays 6.45pm	Tosarias Restaurant, 60 Henderson Road, Rowville	Kevin Harrison - 0419 919 011
Rotary Club of Knox	Wednesdays 12.45pm	The Knox Club , cnr Boronia & Stud Roads, Wantirna	Harvey Gough - 0407 722 570
Rotary Club of Boronia	Tuesdays 6.30pm	The Knox Club , cnr Boronia & Stud Roads, Wantirna	Greg Mossop - 0437 599 949
Rotary Club of Bayswater	Wednesdays 6.00pm	Rotary Club Rooms , Marie Wallace Reserve, King Street, Bayswater	Ron Bridges - 0414 843 427



Life Activities Club Knox

What a year it has been, and it has almost gone!! But first, on behalf of our friendly club, I wish you, one and all, a very joyous Christmas and love, good health and safety now and for 2023!!

Now what have we done and enjoyed?? 4 night / 5day coach trip to Newcastle where we saw massive sand dunes, more local sites, the very beautiful Christ Church Cathedral, Newcastle, a very impressive city.

Now onto Show business. Journeying to the city we found our seats for Dolly Parton's musical 9 to 5, then to end November, a day out for The Phantom of the Opera .(Same members??)

Wait there's more, a bus load headed to Traralgon for the presentation of "Priscilla Queen of the Dessert", and still more, visits to our local amateur theatres i.e., 1812, and Basin theatre. An 8-day trip to Tasmania included 35 "Happy Members". Exploring the North West of this must-see island. Bruny Island would have been interesting too. Phew!!

Thanks to our committee we had 2 events - a free film day for "Billy Elliot" and another day of entertainment with bread rolls, soup, and afternoon tea.

Remember! We now have our own hall and this year, our 35th birthday and Christmas in July were celebrated on the same day with a 2-course meal catered for and delicious.

Now let's get to December plans. I know it will be busy fitting in breakups, activities, family, but feel free to join us. Friday Walkers will be near Schwerkolt Cottage followed by lunch at the Mitcham Hotel. Water Aerobics will continue, Organ and Painting too. Shuttlecocks ready for Badminton, Bushwalkers every Thursday.

COMMUNITY NEWS

Walks, cinema, armchair travel, dine-outs, lunches, etc. etc. These break-ups are not break-ups because most of the activities continue throughout the year.

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



Knox Over 50s

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

Our next meeting will be held on Tuesday the 24th January, 2023, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North followed by lunch in the bistro for those who wish to stay on. If you are looking to enhance your social life come along and join us.

In an earlier issue, we mentioned that Club members took a ride on Puffing Billy to Emerald in October. We thought you might like to be reminded of years gone by with this photo from the ride. Always a magical day out!!

On Cup Day a group of our members lunched at the Wantirna Hill Club and enjoyed a great meal and a lot of fun and hi-jinks. Not sure if anybody backed the winner but it didn't seem to matter much

Our Christmas Luncheon is to be held on Tuesday, 13th December at the Churchill-Waverley Golf & Bowls Club in Rowville. Music, meal and lots of fun all included.

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.

Best wishes to one and all for a very Merry Christmas and Happy New Year.



Puffing Billy



Cup Day

Boronia Ladies Probus Club Inc.

On the 19th October. 58 ladies and their guests celebrated the 34th Birthday of our club at Chateau Wyuna Restaurant in Montrose, with a special presentation of a Life membership to our long time serving member Margaret Andrews who joined in 1995 and has held several positions including President. This award was received with very loud applause.

Also on the day, President Hazel Winters had the pleasure of presenting our member Grace Currie with her Golden Scarf on attaining her 90th birthday.

23rd November our club will combine with Knoxfield Ladies on a trip to Mornington Market and the Strawberry Farm.

September was our Annual Footy morning and our ladies did not disappoint again this year. They came in their football colours, some even borrowed their children's jumpers, scarves, beanies and one of our winners came in a jumpsuit complete with a tail in the Richmond colours. Special morning tea of pies and sausage rolls was served

25 ladies from our club participated in our local Association Annual Spring Luncheon on the 7th October at the Kilsyth Club where 92 people celebrated this function for the first time in 3 years due to Pandemic lockdowns.

To finalise our year the ladies will have a Christmas Lunch at the Knox Club after our December General meeting on the 21st December.

If you would like any information about our very friendly club, please ring Zita on 9764 5233 or you can email her on lzragg@outlook.com.

Special Olympics
Australia
Melbourne Eastern Ranges



Congratulations to a very happy Melbourne Eastern Ranges Special Olympic Bocci team. They competed in the Special Olympic Games in Tasmania and came away with: 23 Gold medals, 23 Silver, 22 Bronze and 13 4th placings. They are joining with the Knox Italian Community Next Generation group to raise funds as they aim to compete in the World National Games in Germany in June 2023.



K.I.C.C NEXT GENERATION
IN ASSOCIATION WITH
Special Olympics
Australia
Melbourne Eastern Ranges

IS PROUD TO PRESENT
DISCO INFURNO

THIS IS GOING TO HELP RAISE MONEY FOR SELECTED SPECIAL ATHLETES TO COMPETE IN THE WORLD GAMES IN BERLIN GERMANY 2023

Saturday 3rd December, 2022
Knox Italian Community Club
99 Karoo Rd Rowville
7pm til Midnight
BRING YOUR OWN NIBBLES/SNACKS
DRINKS AT BAR PRICES
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BIG RAFFLE WITH GREAT PRIZES TO BE WON
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Knox Over 55s
Zest4Life

Introduction to Round Dancing



Introduction to Round Dancing

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

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

Learning to Round Dance is suitable for all ages. Each tune is choreographed and cued so you don't have to remember the sequence of figures. You are taught a few figures initially, then a few more each week and before long you'll be enjoying dancing to lots of different music and rhythms!

Beginner's lessons will commence on Friday 10 February. As well as Rumba you will be taught Tango and Waltz.

Check out the Panda Rounds website for Round Dancing videos to see what we do.

www.rounddanceassociationvictoria.org.au/PandaRounds.html

Date/Time
Friday 3 February, 6.30 – 7.30pm

Location
Boronia Progress Hall, Boronia Road, Boronia (Across the road from Subway, near the corner of Dorset Road.) Parking is available at the rear of the hall in the Library carpark off Park Crescent.

Bookings
Please phone or text David on 0419 337 311 by Friday 27 January.

Free Event



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Templeton Tennis Club News

by Don McCracken , President

Welcome to the Christmas edition of our club news, another year has all but passed us by.

The summer season is well under way having commenced on time this year. Our junior teams currently have 11 of the 16 teams in top four positions and the seniors 2 of their 4 teams.

Both mid week ladies teams have qualified for finals, one team in fourth spot and the other in second. We wish them well with finals played after lodging of this report.

We have had a council grant approved to instal bollard type sun umbrellas for use during the summer months. We, as always, thank council for their continued support of our Club and sport in general. Victorian Sports and Recreation have also approved a grant for the purchase of balls which is also much appreciated.

Night competitions, Monday and Wednesday nights are all back in full swing and progressing well.

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

Check out our website, www.templetontennis.com.au for details of those who support us, our sponsors, and give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member. Barry Plant Real Estate Wantirna, Integrity Cabinets, Jackson Taylor local MP (when article was written) and we welcome the Bendigo Bank in Wantirna Mall as the new addition to our sponsors. Don't forget these people should you require any of their services.

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

Merry Christmas and a Happy New Year to all!

Templeton Tennis Club Inc.
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Community News

Available online at
www.studfieldwantirnanews.org
 Find us on Facebook



Wantirna Tennis Club - A Special Place to Be by Alison Rogers

YIPPEE - Work has started at Wantirna Tennis Club



Lots of people are asking what is happening down at Wantirna Tennis Club. Great news for us to share is that Wantirna Tennis Club, in conjunction with Knox Council has had construction of our 5 new courts started. This will be a great for our many members and for all our teams that are playing here.

The weather hasn't been kind to the workers, but we hope they will be out there working again soon. We envisage the courts with all the trimmings will be in use by early next year. Keep a look out for the official opening and come down and have a hit.

Our 5 courts out the back are still available to players and social members.

We thank our new Mayor Cr Marcia Timmers-Leitch for her support and interest.

Juniors

The new season has commenced with many teams playing on Saturdays and Sundays.

It is great to see all the Junior players out there having fun. The season continues after Christmas.

A bit of practise over the break will have Juniors ready to put their names down for the next season.

Social tennis

We have a great year of Social Tennis on Tuesday mornings. All standards were welcomed to the Club. With the weather now improving we should be able to get on the court every week. It is lovely to see our group of social players expanding. There is a great group of friendly people.

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.

Coaches Corner at Wantirna Christmas Training Camp for kids

Troy & Mike Tennis will be holding a pre-Christmas Training Camp for kids Wednesday December 21- Friday December 23. 10am-2pm each day the camp consists of:

- a 2 hour morning training session,
- a short lunch break
- an afternoon of supervised match play.

The camp is loads of fun, hard work and open to kids even if they are not currently in the program.

Also the Coaches are currently preparing the 2023 program and are looking to expand all our programs. We are now taking new enrolments for Term1 across Hot Shots, Squad Training, Private Lessons and Cardio Tennis for the adults!

To book in for the camp or enquire about 2023 please contact Mike Ailder on 0433511904 or email coaches@wantiratennisclub.org.au

***** We will have our last hit for this year on December the 13th and commence Social Tennis on Tuesday January 10th 2023.******

Play starts at 9-30am and we enjoy a coffee afterwards. 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 or check out our website to get more details and information on membership or tennis coaching.

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

Club coaching team: Troy & Mike 0424693005 or email enquires@troyandmiketennis.com

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

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

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

Web: www.tennis.com.au/wantirnatc/ WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club

To our facebook and Community News readers we wish you a Very Merry Christmas and a Safe and Healthy 2023

Merry Christmas



From the team at OBrien Real Estate Wantirna, we wish you all the best for the festive season and for a happy new year.