

COMMUNITY NEWS

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

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



A SOLAR CELEBRATION
AT BAYSWATER BOWLS CLUB IN BAYSWATER
(SEE ARTICLE ON PAGE 4)

EDITION 82

FEBRUARY/MARCH 2023

- INTRODUCING MATES MATTER MENS SOCIAL GROUP
- FLAMINGO KINDERGARTEN EDUCATOR CELEBRATES 20 YEARS OF SERVICE
- LOOKING AFTER YOUR HEART HEALTH DURING "RED FEB"
- PRIORITISING SOCIAL WELLBEING FOR BETTER HEALTH

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Editorial

Hello Community News readers,
January 26 is a day of celebration for some but a day of mourning for others. How can we bring our community together, help people heal and make our community stronger?

Here is some information from Reconciliation Australia via <https://www.reconciliation.org.au/reconciliation/support-a-voice-to-parliament/>:

The Voice was proposed in the Uluru Statement from the heart by delegates to the First Nations National Constitutional Convention in 2017.

A Voice to Parliament will give Indigenous communities a route to help inform policy and legal decisions that impact their lives. Giving people a say will lead to more effective results.

Embedding a Voice in the Constitution would recognise the special place of Aboriginal and Torres Strait Islander people in Australia's history.

81% of Australians believe it is important to protect an Indigenous Body within the Constitution, so any government can't remove it.

History is calling.....

Janet Claringbold, Editor



Mayor's Message

with Cr. Marcia Timmers-Leitch

A Happy New Year to you and your family. As the newly elected Mayor, I am pleased to bring to you some of the latest news from Knox City Council in each edition.

Knoxfield development refused

Council has refused two planning permit applications for Development Victoria's land at the corner of Burwood Highway and Scoresby Road (621 Burwood Highway) in Knoxfield.

The proposal was to remove vegetation and the dam (often referred to as Lake Knox), and subdivide the site to create 105 housing lots and establish a wetland.

Council's grounds for refusal included the extensive removal of native vegetation, its impact on a site of biological significance, including the Blue-billed Duck and potential impact on the endangered Dwarf Galaxias fish. Other issues included the appearance of the development from Scoresby Road and the balance of housing and other types of buildings such as shops and offices.

Council received more than 1170 objections which were carefully considered in the decision.

Activating our shopping centres

A strategy developed in collaboration with our business community will breathe new life into Knox's main shopping precincts in Bayswater, Boronia, Ferntree Gully, Knoxfield, Lysterfield, Rowville, Scoresby, The Basin, Upper Ferntree Gully, Wantirna and Wantirna South.

The Retail Activation Strategy includes about 40 ideas and maps out ways to support local businesses



over the next three to five years with a particular focus on independent retailers.

The last two years weren't an easy time for Knox traders. COVID-19 took its toll and made it clear how important our shopping villages and retail centres are to their local neighbourhoods.

Council has allocated \$150,000 over three years to support the strategy.



Outdoor dining pod at Studfield Shopping Centre

NEWS IN KNOX



Artwork in Horologist Lane, Ferntree Gully

Public art to transform Ferntree Gully Village

Public art will be installed at key locations in Ferntree Gully Village to restore pride in this once-vibrant centre.

The public art, including light box galleries, creative play elements and murals, will brighten this historic community and retail precinct.

Our plan is a direct response to feedback from traders and residents who were concerned about the poor state of the village with significant vandalism, graffiti and empty shops. This plan will help Ferntree Gully Village realise its potential as a tourism destination and gateway to the Dandenong Ranges.

The Ferntree Gully Creative Placemaking Plan is being delivered by Council in partnership with the Victorian Government. Council is contributing a \$130,000 towards the project and has received \$110,000 from the Victorian Government's Living Local Fund Suburban Grants.

Prioritising Social Wellbeing For Better Health

By Nicole Seymour, Community Matters Most

With the summer holidays behind us, and new routines being settled into, many use this time of year to re-evaluate goals, resetting priorities for the year ahead.

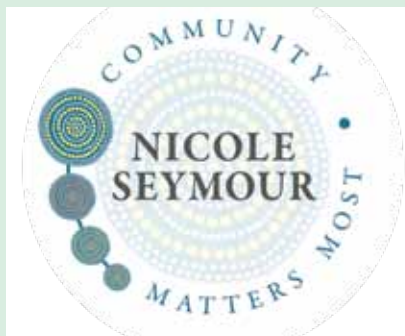
I'd like to encourage you to think about prioritising your social wellbeing this year.

Sure post pandemic financial insecurity and rising cost of living may be of concern and holding you back from investing in yourself. However, there are many opportunities to improve social wellbeing that are low cost or no cost and that have a positive flow on benefit to one's overall general physical and mental health.

Social wellbeing is one of the dimensions of "Wellness" and is about feeling connected to others and having positive social relationships that make you feel like you matter and belong.

Focusing on your social wellbeing can reduce the risk of long term health conditions affected by chronic loneliness at the same time also having a positive impact on one's mental health.

To nurture your social wellbeing involves fostering



meaningful relationships with others, whether it be family, friends, neighbours, like-minded others in local community / sporting clubs or even casual interactions with retail staff in your local shops or library. Meaningful in this context means having a conversation and face to face interaction where smiles can be exchanged creating a sense of human connection and familiarity.

A great way to improve social wellbeing is joining local coffee and chat type groups offered through community houses, libraries and churches. These are generally low cost to participate and offer the flexibility of you attending when you can rather than a fixed weekly commitment. For seniors, there is also the Knox U3A and various seniors groups that offer opportunity for company and outings.

As a starting point check out the "what's on"

section of this paper for local ideas or contact Orana Neighbourhood House about their current programs.

May you enjoy good health and happiness in 2023.

What's On at Orana in Term 1, 2023

- ❖ Beginner & Intermediate Computer & iPad/Tablet Classes
- ❖ Horticulture and Hospitality Classes
- ❖ Everyday English Classes
- ❖ Research Your Family History
- ❖ Tai Chi, Yoga & Meditation
- ❖ Fitness for Over 40's
- ❖ Walking Group
- ❖ Art, Mosaic & Craft Classes
- ❖ Patchwork
- ❖ Book Club
- ❖ Free Community Talks
- ❖ Men's Social Chat Group
- ❖ Cooking classes and more!

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

W: www.orana.org.au T: 9801 1895

News from Bayswater Bowls Club



IT'S MORE THAN A GAME

CLUB GOES SOLAR – AND THE PREMIER IS IMPRESSED

Bayswater Bowls Club has gone solar – and Premier Dan Andrews was so impressed by what we've done that he decided to drop in and see it for himself and to use it as a back-drop for a major announcement regarding the use of batteries. The project involved installing 36 solar panels covering most of the clubroom roof in Phyllis St., Bayswater, with an output of 16.2 kilowatts, supported by a 13.5 kilowatt Powerwall battery.

The battery is a key element for the success for the project in that they enable the club to continue to receive benefits even when there is no sun, not just on dull days but during evening functions or play under floodlights. And in the event of power black outs, refrigeration and security systems keep working.

The calculation is that over the life of the project the club will save \$180,000 in electricity bills – money that can be used not just to continue upgrading and improvement, but to enable us to make our club available for others to use at the lowest cost possible. It also sees 24.4 tonnes of CO2 emissions abated annually.

The \$40,000 project was enabled by a 50-50 State Government grant through Sustainability Victoria, with our submission strongly supported by our local Bayswater MP, Jackson Taylor. It was after she had seen what was happening and spoken to club members that the Minister for Climate Action, Lily D'Ambrosio, suggested to Mr. Andrews that he, too, might like to visit, which he did along with a large media contingent resulting in State-wide publicity for the club.

Bayswater Bowls Club is open on Fridays for Barefoot Bowls from 4-6.30 for free barefoot bowls. All equipment is provided and members are on hand to offer



Victorian Premier Dan Andrews, Minister Lily D'Ambrosio and Member for Bayswater Jackson Taylor MP join the members of Bayswater Bowls Club

assistance and provide tuition so that your visit will be a memorable one.

Or make it your "local" by taking advantage of our bar facilities, especially Thursday Happy Hours between 4.00pm and 7.00pm.

For more information visit our website www.bayswaterbowlsclub.com

Introducing...

Mates Matter

by Martina Eaton, Community Care Manager, Temple Society Australia

In 2022 the Temple Society Australia was grateful to receive support from the Bendigo Bank: Ringwood, Boronia and Bayswater to run our "Mates Matter" Men's Social Group.

This group offers men over 18 the opportunity to hang out with other men, participate in a social activity and connect. Every two months this event is held in or around the Bayswater area and is either free or very low cost (subsidies available for people who may need) and is facilitated by Heinz Wagner.

The dates for the year are 11th Feb, 1st April, 3rd June, 5th August, 7th October and 2nd December.

Our first event for the year is watching The Three Stooges in black and white with afternoon tea. BYO drinks. Please book for the February event with Heinz on 0401 817 029 or contact Martina Eaton, Community Care Manager on 0433 335 815 for more information or to be placed on the mailing list for information on future events.

MATES *matter*
SOCIAL GROUP



**SATURDAY
11 FEBRUARY
1PM ONWARDS**

JOIN US IN 2023!

Join us for our **FIRST EVENT** for 2023 - a relaxed get-together to watch Larry, Curley and Moe in the original Three Stooges movie. Nibbles provided. Please **BYO** drinks.

To book, phone or text Heinz Wagner on 0401 817 029 before **WEDNESDAY 8 FEBRUARY**.

**51 ELIZABETH ST,
BAYSWATER
(TENNIS CLUBROOMS)**

HOSTED BY:  CHAMPION FOODBANK AND COMMUNITY HUB

PROUDLY SUPPORTED BY:  Bendigo Bank  Temple Society Australia



Bayswater Bowls Club

43 Phyllis St, Bayswater
(Just off Stud Rd.)

Fridays 4 - 6:30 pm

Come Join Us for

BAREFOOT BOWLS



It's free!

And so's the sausage sizzle!

DRINKS AT CLUB PRICES
Ideal outing for groups or individuals

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

www.bayswaterbowlsclub.com
"Friendship through Bowls"

Jackson Taylor Update

Welcome to 2023! I hope you all had an opportunity to enjoy a well-deserved break over the Christmas and New Year period with family and friends and a big thanks too, to all those who worked over the Christmas break, I hope you find a moment to get a break in.

It would be remiss of me to not start by saying, thank you.

Thank you so much for the greatest honour and privilege to continue to serve as your Labor Member for Bayswater and to represent this community I love in our State Parliament. Four years ago I said I would never take for granted this opportunity and that I would be a strong voice for our community and I would get things done. I said I'd get out there and listen to you about what matters most. And I believe I've done exactly that - because you deserve nothing less. My appreciation and love for Knox has grown each day in this job and my resolve to keep delivering for our community and putting in the hard yards has too! I was back to work the day after the election to continue to deliver for our community because there's plenty to get on with.

Boronia Station Major Upgrade

We are going to deliver \$60 million for a major upgrade to Boronia Station and deck over the southern railway trench. I fought tooth and nail to secure this funding with the community and I'm so excited that we'll be delivering it with works starting in 2024. The major upgrade will change Boronia as we know it and will unlock lots of new open space for locals. It will create the heart of Boronia and a CBD we can all be extremely proud of.

Backing in Sport

We are also going to deliver \$2 million for a major upgrade at the Wally Tew Pavilion in Ferntree Gully and \$1.2 million towards a new pavilion at Tormore Reserve in Boronia after a long battle to secure this funding to back in grassroots sports. Work is already underway on the new pavilions at JW Manson in Wantirna and Marie Wallace Park in Bayswater.

Support Education

Education is one of my most important priorities locally. That's why we are delivering \$11.07 million to upgrade Bayswater South Primary and \$2.1 million to upgrade St Joe's Primary in Boronia.

Free Kinder also started this year and will put money back into family's pockets and each child who attends a service will receive a free kinder kit packed with goodies.



Supporting Healthcare

We are also delivering an up to \$1.05 billion rebuild of Maroondah Hospital creating significantly more capacity, new facilities, and the health service the Outer East needs and deserves. This is in conjunction with the \$112 million major upgrade of the Angliss which is starting construction this year.

Free Degrees for nursing and midwifery also start this year which is part of our plan to recruit and support 24,000 more healthcare workers.

We are also going to deliver a new dog park and playground in Wantirna for families and we are going to deliver \$100,000 to support Knox InfoLink.

Finally we are bringing back the SEC with an interim CEO and expert panel already set-up and we're bringing back government-owned renewable energy to drive down power bills, which will create thousands of jobs, billions in investment and achieve our nation leading 95% renewable energy by 2035 and net zero by 2045 targets.

I will keep you updated on all these major local priorities secured (and many more not mentioned and underway already) and am excited at the great opportunity to continue to deliver even more for our amazing community over the coming years as your local Member for Bayswater.

BAYSWATER NEWS

BAYSWATER RSL SUB-BRANCH Inc.

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

9720 4638

bayswater-rsl@bigpond.com

Opening hours:

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

626 Mountain Highway Bayswater



The Bayswater Senior Citizens Club Invites New Members

Situated at 790 Mountain Highway Bayswater

If you are over 50 and interested in joining a friendly club which provides Bingo, Cards (canasta) and carpet bowls as well as movie mornings in the clubrooms then you will find a warm welcome awaiting you.

For further details contact our President Rick on 9762 5806

Bayswater Makers' Market

An arts and crafts market

Bayswater Senior Citizens Hall

790 Mountain Highway

Saturday 25th March

10 am to 2pm

We have a wide range of locally made wares including cakes, homewares, gifts, jewellery, bags, babywear, cards, toys, stained glass, wood crafts and plants. Enjoy a freshly made sweet or savoury crepe from Kellie's Creperie.

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

Other enquiries Julia 9890 2546



Jackson Taylor MP

Member for Bayswater

Delivers for Knox

Suite 2, Mountain High Centre, 7-13 High Street, Bayswater Vic 3153 ☎ 9738 0577
 📱 Jackson Taylor MP 📧 jackson.taylor@parliament.vic.gov.au

Dinsdale Ward News with Cr. Sorina Grasso

It was great to celebrate recently the successful Community Development Fund and Leisure Minor Capital Works grant recipients at Knox Civic Centre together with Mayor Marcia Timmers-Leitch and fellow Councillor colleagues Cr Susan Laukens and Cr Nicole Seymour. With these grants from Knox City Council, the good work carried out by the recipient community groups will be able to continue in an enhanced way and that is fantastic news.



Knox Community Grants Celebration

I was also delighted to join Mayor Timmers-Leitch, Cr Nicole Seymour, CEO Bruce Dobson, Officers and members of the public for the tree plaque-unveiling event held at Stamford Park Homestead and Gardens to commemorate the platinum jubilee of Her Majesty, Queen Elizabeth II, and to honour her life's achievements. The Australian Government provided a grant as part of a community-based tree-planting program for this commemoration and it was great to be there and learn more about Stamford Park and its fascinating history from Cr Seymour who has been a tireless advocate for this outstanding community asset

and continues to have tremendous vision for it. I look forward to the reopening under the new lessees in 2023.

Stamford Park homestead gardens was chosen as a suitable location to plant this feature tree, Taxodium distichum, commonly known as Swamp Cypress in order to enhance the homestead's garden and add to the green canopy of our municipality here in Knox.

As one of the last remaining stately homes in the region Stamford Park homestead is a magnificent example of 19th-century architecture featuring Gothic gables, fretted barge boards, intricate wrought iron and five-metre high ceilings. When Knox City Council acquired it in 1988, the homestead was in an advanced state of disrepair, but it has since been restored and the expansive six acres of parkland are now graced with this new feature tree.



Tree Plaque Unveiling Event at Stamford Park Homestead

There are some fantastic officers working at Knox city council and I also want to acknowledge Star Awards recipients Kristy Lawrence (Making a difference daily) and Adrian Greenwood (Exceptional Leadership,) and Long Service Award recipients: Dominique Hayes (25 years) and Megan (35 years)! These awards were presented at an end of year ceremony at Knox City Civic Centre to them and several other worthy recipients. Congratulations to everyone nominated and everyone who received an award.



Award Recipient, Knox Council Officer Adrian Greenwood

Finally, what a great win for Melbourne Boomers WNBL over in Adelaide at the State Basketball Centre just before Christmas, on the 22nd of December! My heart skipped a beat a few times, that's how close it was!

It was exciting to see our elite athletes fight so hard to win in a very close match that went into overtime after a draw.

Knox City Council's partnership with the Boomers inspires more female participation in sport, connects elite athletes with grassroots participants and contributes to making Knox the home for basketball in Australia. In fact, I am pleased to inform you Wantirna College's Paige Burrows is one of the new recruits to the club.



Cr Sorina Grasso

Dinsdale Ward Councillor - Knox City Council

Advocating for local jobs, prosperity & community.

cr.sorina.grasso@knox.vic.gov.au

M: 0437 853 445 CrSorinaGrasso





ARE YOU PASSIONATE ABOUT OUR LOCAL COMMUNITY!!!!

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Would you like to join our Team of Volunteers?

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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	
• CDs & DVDs	
• Hard Drives	



Our upcoming Community Days are on Saturday 18th Feb & 18th March from 9am — 12noon

Knox Festival

Free event

Saturday 4 March

10am - 10pm

Wally Tew Reserve, Ferntree Gully



knox.vic.gov.au/KnoxFestival





What's Happening At Community Pharmacy?

with Jason,
Pharmacy Manager



Happy New Year!

We hope that our customers had a wonderful Christmas and New Year and are keeping safe over the summer period.

We have seen some extremely hot weather recently and we just wanted to remind everyone on the importance of keeping hydrated as we are seeing a lot of sunburn and dehydration in our customers. It is always handy to keep some hydration products at home. Hydralyte electrolyte ice blocks pre-frozen in the freezer can really help if a day in the sun has become too much.

And of course, remember to SLIP, SLOP, SLAP! It's a saying that has been around for years, but never becomes irrelevant.

Looking After Your Heart Health - Red Feb

Heart disease is Australia's leading cause of death affecting families and communities around the country. Heart research Australia encourages people to wear red this Feb to raise awareness of heart disease and its impacts. We will be wearing red on the 14th of February to support this worthy cause. Pop on some red and come and visit us to discuss your heart health.

We have a number of services at the Pharmacy that can help you with your heart health.

Blood Pressure Checks

- Did you know we offer FREE blood pressure checks?
- We can regularly monitor your blood pressure on a monthly basis to ensure any abnormalities are seen.
- You will be provided with a copy of your results so you can show to your GP as required

Cholesterol Checks

- Regular cholesterol testing is important to detect the

early warning signs of high cholesterol that can lead to many heart related issues

- The test is simple. A single drop of blood gives us a reading within 5-10 minutes.
- We recommend Cholesterol testing be done every 6 months.

Naturopathy

- Did you know our Naturopath Andrea is also a qualified Dietician?
- Reviewing your diet can make a significant impact to your heart health
- There are a number of vitamins and supplements that can help with managing cholesterol and blood pressure. Many of these work side by side with prescription medications, but you must ensure you liaise with a Naturopath and Pharmacist to ensure there are no contra-indications.

Pharmacy Update

We had a great time celebrating Christmas with our customers, with another fantastic turn out to our VIP Christmas events. We ate, chatted and shopped the night away, grateful for an in-store event shared with the wonderful local community.

Our customers were entertained with carols from the wonderful kids from St Luke's Primary, Santa Mail was again a hit with the little ones and Santa himself came for a visit via Fire Engine, thanks to the fantastic team at Bayswater CFA Fire Brigade for delivering him to the store!



We Care For...Local Community



Our We Care For...program continues in February with our supported organisation being, St Vincent de Paul society (Wantirna conference).

We are accepting both physical donations of items such as First Aid items, body sprays & deodorants, shampoo & conditioner and hair care products or you can make a monetary donation into our We Care For...donation box.

Meet The Team



Hi, my name is Vansh, and I have been a Pharmacy Assistant at Community Pharmacy Wantirna for almost three months. I am a year 12 student, and I would like to pursue an environmental engineering career.

Q: What made you want to become a pharmacy assistant?

A. I wanted to become a Pharmacy Assistant as I wanted to help people in the community and a local pharmacy was exactly what I was looking for.

Q: Do you have a particular area of Pharmacy/Health that you are particularly passionate about?

A. I like to understand how the different medicines work and how they can benefit those in need. This helps me to better aid anyone who comes into the pharmacy and also gives me some useful knowledge.

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

A. If I were not a Pharmacy Assistant, I would like to be a lab assistant as I love science and being able to work under a scientist and learn hands on would be a dream come true.

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

A. When I'm not working, I like to read books, play basketball and hang out with my friends.

Q: What is the one thing you would like your customers to know about you?

A. I would like my customers to know I'm here to help to the best of my abilities to ensure you have a quick and easy experience with us.

Remember to jump on to our website, sign up to our newsletter and follow us on Facebook & Instagram to keep up to date with all our latest news!

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

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

Collier Ward Update with Cr. Marcia Timmers-Leitch

WANTIRNA NEWS



Happy New Year fellow Knox Residents,

I hope that you have enjoyed the festive period spending time with family and friends and that you have been keeping safe and well. I am hoping that you are feeling as optimistic as I am about 2023 and together we have a wonderful year ahead.

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

Flamingo Kindergarten Educator Celebrates 20 Years of Service

Current and past families gathered to celebrate the dedication of Leanne Mason, Flamingo Three Year Old Kindergarten's educator, for 20 years of service to the Knox community with a morning tea held in her honour.

Leanne started her career by completing a Diploma of Teaching in Early Childhood and then a Bachelor of Educational Studies at Monash University. Her first position was at Olive Phillips Kindergarten in Beaumaris teaching 3 year-olds.

Leanne moved to Rowville with husband Rob and, after completing their family, returned to work part time. A friend asked if she was interested in working at Flamingo Kindergarten and that is where it all began.

Flamingo is a community run 3 Year Old Kindergarten which could not have survived without Leanne's dedication and commitment. Over the years Leanne has been challenged with fluctuating enrolments,

yearly turnover of volunteer committees, Covid, and shifting Government reform including the change to National Regulations and increased contact hours to 15 per week.

Leanne has established a solid reputation in the Knox Community and has taught over 700 children from the area. She has built a family friendly culture at Flamingo often teaching younger siblings and even cousins.

"Many families in our community have had a wonderful experience with Leanne at Flamingo" said Wendy Hays, Leanne's assistant educator of the past seven years, "She should be congratulated on such a huge milestone and for her 20 years of service to the Knox Community".

Flamingo Three Year Old Kindergarten is located at 21 Merryn Grove, Wantirna South. For general enquiries or to book a tour email flamingo3yrold.enrolments@gmail.com or call 9801 3122.

Next Chapter for Miller's Homestead



Miller's Homestead, corner Dorrigo Drive and Melrose Court, Boronia

Eastern Regional Libraries (ERL) will continue to run arts, history and literature activities from Miller's Homestead in Boronia following a successful trial over the past year.

Council has extended ERL's tenancy for a further four years until January 2027.

Knox Mayor, Councillor Marcia Timmers-Leitch said the homestead was an iconic and much-loved part of Boronia's history.

"After many years of under-utilisation, Miller's Homestead has been re-opened to the community with great success," she said.

"This unique heritage homestead holds great significance for our community and Eastern Regional Libraries' use of the space enables people of all ages and diverse interests to enjoy fantastic programs in an idyllic, historic setting including a picturesque garden". Programming includes creative writing and literature events, children's activities, community and cultural events, music evenings, art exhibitions and genealogy services.

Local gardening, photography and other special interest groups have seen the venue filled with regular group bookings, workshops and social activities.

"Your library is pleased to be able to continue to host community events at Miller's Homestead for the next four years and see residents and visitors alike enjoy this incredible heritage facility," said ERL corporate manager Sarah Hopkins.

In 2018, Council overturned a decision to rezone and sell the property in response to community opposition.

Miller's Homestead on the corner Dorrigo Drive and Melrose Court in Boronia is one of three historic homesteads owned by Council. It was built about 1888 for James John Miller, the first President of Ferntree Gully Shire.

Millers is open from 9:30am to 12pm & 1-5pm Monday to Friday.



Educators Leanne Mason & Wendy Hayes with Cr Marcia, and families of Flamingo

Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

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Brownie Guides Ready for 2023!

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

Wantirna Heights Brownie Guides hope you had a safe and enjoyable holiday season with your loved ones!

We had a big year in 2022, filled with sleepovers, badges, craft and lots of other fun activities. We worked on our 'Ears' badge in Term 4. We listened and learned sounds in and around Bayswater. We also listened for cars as we completed a chair chase, and learned how to say our Girl Guide promise in Auslan.

We also participated in a local Remembrance Day march to honour those who have come before us. We marched down Dorset Road and laid a wreath for the first time in 3 years.

A special highlight in Term 4 was a trip to Healesville Sanctuary followed by a sleepover. We loved seeing all the animals and keeper talks, particularly the bird show. We learnt lots about goannas and their keeper answered all of our questions. We even got to travel in a minibus!

We're looking forward to an action-packed 2023, including a couple of camps, Bunnings BBQ fundraisers, lots of badgework and of course lots more fun.

We'd love to have some new friends join us on Monday nights. If you're interested, you can find out more about Guides in your area. You can email guides@guidesvic.org.au or visit www.guidesvic.org.au/be-a-guide.



Wantirna Heights Girl Guides visiting Healesville Sanctuary, (above and top right) and enjoying a "chair chase" activity (right).

News from Wantirna Heights Probus Club

Just looking at the perfect green surface of the MCG stirs all sorts of emotions. There have been momentous times here, magnificent wins, marvellous achievements, crowds when the Queen visited in the 1950s, the biggest crowd ever of 130,000 to see and hear Billy Graham in the 1950s, rock concerts, marathons, Olympic Games and so many other memorable events.

We had such a great time exploring all parts of the building and grounds, the change rooms, scoring room, media room, corporate boxes, seats the rich and famous have occupied, restaurants, bars etc. All this has grown from a meeting of five men who met to form the Melbourne Cricket Club on November 15 1838.

The museum has all sorts of memorabilia from running shoes worn by some of the champions at the Olympic Games to a hologram featuring Shane Warne talking about when he became a cricketer for Australia, that is spine tingling!

This visit by members of our club proved to be a great experience and some photos are included.

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.



Group members at the MCG visit

St Luke's Primary School - Welcome to 2023!

After a well deserved break after a full year onsite at St Luke's in 2022, the staff and students have sprung into 2023 from Day 1. We welcome four new staff to the team and have commenced the year with 8 classes and 167 students. With small class sizes throughout the school, there is room for additional enrolments across all year levels.

2023 welcomes curriculum additions in Visual Arts as a specialist class as well as our LOTE (Language Other Than English) moving to Indonesian. These will run alongside Physical Education, Performing Arts, Digitech and the Stephanie Alexander Kitchen Garden program.

Student Wellbeing is the core of St Luke's and we ensure that our students have multiple opportunities to shine and be involved in numerous activities. We offer intervention and extension programs in Numeracy and Literacy that focus on the students' individual needs. We have our SRC (Student Representative Council) who are the "student voice" and are a representation from across all levels who come together and present the school Leadership Team with ideas that become reality. In 2022, the SRC was responsible for a plastic bag recycling program and the introduction of "Waste Free Wednesday". Friendship Groups also run every fortnight and this is a great way for the students to meet and mingle with their peers across the school.

St Luke's offers a number of before school and break time clubs and welcomes all students to attend. Walking and Running Club meet once a week before school and are very popular. In 2022, the total kilometres travelled was over 700 kilometres - a trip to Sydney!

During lunch times staff volunteer their time to run clubs to cater for those students who may not want to play in our large and spacious playgrounds every day. We offer garden club, games club, STEM club, Glee club and Mini Vinnies.

We also have our "school pets" consisting of 2 gorgeous rabbits and 5 chickens. The chickens free range during the day in the school grounds and the students (and staff!) just love them. The Year

6 Environmental Leaders assist with the care and upkeep of our pets.

St Luke's is having a cake stall at the Knox Festival this year on Saturday 4th March so come on down and buy a cake and meet some of our staff and families.

Please contact the school office on 9801 6917 or email info@slwantirna.catholic.edu.au to organise a school tour for 2024 Prep or enrolment in 2023 in any level.





WANTIRNA NEWS & POST

Newsagent

Paul & Kathy Cameron

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St Luke's Primary School

EVERY DAY IS OPEN DAY

Prep 2024 Tours at 10am, 12pm, 2pm and 4pm on:

- * Tuesday 21st February
- * Wednesday 3rd March
- * Thursday 9th March

To book a tour

☎ 9801 6917

✉ info@slwantirna.catholic.edu.au

25 Stokes Rd, Wantirna
www.slwantirna.catholic.edu.au



Centenarian Shares Memories From Across The Globe from Bolton Clarke at home support

At 101, Wantirna centenarian Maria Blanco has spent more than a century travelling around the world.

The Bolton Clarke at home support client celebrated her 101st birthday last November – although she is in disbelief that she has reached the milestone.

"She is so optimistic," daughter Marina said.

"She keeps asking us, 'are you sure that I'm going to be 101?' and we have to keep telling her 'yes, you were born in 1921!'"

Maria called Uruguay home from the moment she was born up until 1977 when she and her late husband migrated to Australia to join their daughter Marina. She continued to travel internationally until she was 90.

"My parents would always travel to Europe, especially northern Spain because that was where



Maria Blanco celebrates 101 years

my father was from," Marina said. "When my mother was around 70, she said to my father that she wanted to go to Disneyland and so the two of them went without being able to speak English - they had a great time.

They also went to London because she wanted to see the changing of the guards and the Queen, and when she turned 90 we took her to Bali!

My mother has always been a good knitter and an excellent cook. She is a very humble person and always puts others first.

She also now adores her two grandchildren, two great grandchildren and one great, great grandchild.

She always has five teaspoons of sugar in her coffee and an occasional wine with dinner so maybe that's the secret!



What's new at Your Library?

by Karla Simon

LIBRARY NEWS

A sizzling new year of great reads and events!

There's nothing better than escaping the summer heat as you enter the cool comfort of our libraries. Come on in, pick up a great new read or take in one of our fabulous events. We'd love to see you!

Keep an eye out for our Autumn What's On – hot off the presses and available at all libraries from 1 March 2023.

View our latest events program at 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

- Madly, deeply: The Alan Rickman diaries by Alan Rickman
- What I cook when nobody's watching by Poh Ling Yeow
- Murder in Williamstown by Kerry Greenwood
- Friends, lovers, and the big terrible thing by Matthew Perry
- Beyond the wand by Tom Felton
- The glass house by Brooke Dunnell
- Ashes in the snow by Oriana Ramunno
- The song of the sun god by Shankari Chandran
- The butterfly collector by Tea Cooper
- Not now, not ever by Julia Gillard

New DVDs

- The Beatles: Get back
- Bullet train
- Flux gourmet
- Good girls. Season four
- Law & order. Organized crime. Season two
- The railway children return
- Royal matchmaker
- Australians at war film collection
- Cryo
- Diana's wedding

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.

Fun and Brains

11:30 AM – 1:30 PM, WEDNESDAY (Weekly session)
Knox Express - Shop 1001, 509 Burwood Highway Wantirna South (next to Supercheap Auto)

Come along for some fun games and puzzles to socialise and exercise your mind. Join Henk from Mountain District Learning Centre for this fun session. (Bookings not required)

Jigsaw puzzle swap

10:30 AM – 12 PM, 1ST SATURDAY OF THE MONTH
Bayswater Library - Shop 26, Mountain High Shopping Centre, 7-13 High St

Tired of completing the same puzzle over and over again? Bring it along and trade it for one that is new to you! Puzzles must be at least 500 pieces, in good condition, with no missing pieces. No children's puzzles please. (Bookings not required)

Your backyard zoo

1:30 PM – 2:30 PM, TUESDAY 7 FEBRUARY 2023

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

In this session we will identify and wonder at some of the commonly seen insects and other small creatures that can be found in a suburban garden. Most insects are welcome, but some are not, so we will consider ways of dealing with garden pests without destroying the creatures we need.

Presented by Olwyn Smiley from 'The Backyard Vegetable'. Booking essential

Morning stretches with Amy

10:00 AM – 11:00 PM, FRIDAY (weekly)
Rowville Library - Stud Park Shopping Centre
Stud Rd, Rowville

Come and join Amy, our remedial massage therapist every Friday 10am as she guides you through stretches that will improve range of motion, decrease risk of lower-back pain, increase muscle blood flow, reduce pain, and muscle soreness, and prevent injury. Booking essential

Help reduce waste and recycle properly within Knox

1:00 PM – 3:00 PM, THURSDAY 9 FEBRUARY 2023
Ferntree Gully Library - 1010 Burwood Hwy, Ferntree Gully
Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up, and what are these new Food & Garden bins that are being rolled out and why are your waste bins going to fortnightly? Come and have all your questions answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly within Knox. Bookings essential

Ferny Crafternoon

2:00 PM – 3:30 PM, FRIDAY 24 FEBRUARY & 24 MARCH 2023 (Fourth Friday of the month)

Ferntree Gully Library - 1010 Burwood Hwy, Ferntree Gully
Come in and join our group of like-minded crafters for a laid-back afternoon of crafting. Make new friends and learn a new craft or two whilst also showing others your own pride and joy. All crafts are welcome. Bring your own crafting materials and supplies. Bookings essential

What's for Tea - with Tracey (Chicken risotto)

2:00 PM – 3:00 PM, THURSDAY 9 MARCH 2023

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

Do you love food and want to try something new? Learn how to cook this popular dish and have a little taste! Join Tracey as she whips up a dish of Chicken Risotto. Once you taste this, it will be a regular on your menu at home! Booking essential

Meet the Authors of Undeclared: Christine Pow & Pilar Oyarzun

6:30 PM – 7:30 PM, THURSDAY 9 MARCH 2023

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

Undeclared is a collection of 118 stories from 90 migrant women, who against all odds, overcame the challenges and barriers of living in a foreign land. This book is a celebration of their journey, their power, and their contribution to a multicultural Australia. Come and meet the co-authors Christine and Pilar, who want to share their migration journeys to inspire others. Booking essential

Which app is right for you?

6:00 PM – 7:00 PM, MONDAY 13 MARCH 2023

Boronia Library - Park Crescent, Boronia

With so many apps to choose from, sometimes it's hard to know exactly what is right for you. Join us as we go through a hand-picked collection of useful apps for cooking, travel, shopping, and much more to help you out with whatever you may be searching for. Bookings essential

Selling secondhand items online

2:00 PM – 3:30 PM, TUESDAY 14 MARCH 2023

Boronia Library - Park Crescent, Boronia

Want to know how to create some extra cash for the piggy bank? Let us show you how! We'll cover the best places to sell items online, how to enhance the quality of your listings, how to safely receive payments and the fees and costs are involved. We will cover popular sites like eBay, Gumtree and Facebook Marketplace, along with specialty second-hand sites, or niche handcrafted sellers like Etsy. Bookings essential

Armchair Travel - Bhutan and the Golden Triangle of India

11:00 AM – 12:30 PM, MONDAY 20 MARCH 2023

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

Visit the fascinating kingdom of Bhutan and the Golden Triangle of India from the comfort of the library. Join Nicole as she recounts her adventures with photographs and anecdotes. Booking essential

Newspaper seedling pots with Heather

10:30 AM – 12:00 PM, MONDAY 27 MARCH 2023

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

Get your seeds off to a great start and learn how to fold your old newspapers into eco-friendly seedling pots. Fun and easy to make, they are a wonderful way to recycle your old newspapers and a sustainable way of raising seedlings. Booking essential

Readings from Tales from the pandemic

6:30 PM – 7:30 PM, TUESDAY 28 MARCH 2023

Ferntree Gully Library - 1010 Burwood Hwy, Ferntree Gully

Join us for bubbles, brie, and readings from Tales from the pandemic. Local entrants Jessica, Zoe, Mandy, and Frances will be reading their stories while we sip and snack. The anthology contains stories depicting life in the most extraordinary times of COVID-19 lockdown. Some stories are fiction, some factual, however all capture a moment in time that touched us all. Books will be available for purchase after the readings for \$24.95. Bookings essential

Knox Environmental Society - Local native plant display THROUGHOUT MARCH (DURING OPENING HOURS)

Ferntree Gully Library - 1010 Burwood Hwy, Ferntree Gully
Knox Environmental Society will be holding a month-long native plant display at the Ferntree Gully Library. See how the KES Indigenous Nursery promotes sustainability within Knox and the wider community by engaging in projects and activities that monitor, protect, and enhances our environment through sustainability policies, programs, and practices. (Bookings not required)

Yoga with the Basin Community House

2:00 PM – 3:00 PM, FRIDAY 31 MARCH 2023

Boronia Library - Park Crescent, Boronia

Come and try Yoga with Wendy from the Basin Community House, who is an experienced teacher of almost 30 years. BYO mat and rug. Bookings essential

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Volunteer is a Notable Musician *by Ken Simpson-Bull*

The Australian Jazz Museum is run entirely by volunteers of which there are currently around 30, although not all are present on-site at the one time. Among the volunteers are several with musical skills, some of whom play in jazz bands.

One who should be singled out for his vast musical experience is saxophonist Barrie Boyes. Barrie has been a volunteer at the Museum for many years as bookkeeper, exhibition planner, and music director involving arranging jazz bands to entertain at the Museum premises during "Group Visits".

Barrie started learning the saxophone when he was nine-years-old. His first "gig" was at the age of eleven with his sister on piano and brother on drums at a "Carry-on Club" dance. In his youth he performed in several variety and vaudeville shows at the Tivoli and the Plaza Theatre as well as on radio

talent broadcasts.

From the early 1950s he played with various groups which included "The Autocrats" and "The All Stars". He was with the "Ron Trigg Sextet" playing at the Orama Ballroom, Ziegfield's, Leggett's, Hawthorn Town Hall, and Springvale Town Hall up until the 1970s. Other groups included "Effects", "The Jack Morris Big Band" and "Top Brass", and he is still actively playing with "The Ruby Page/Joe Ruberto Jazztet", "The Groovin' Easy Orchestra" and "Spellbound".

In addition, Barrie has performed at Jazz Festivals in Merimbula, Inverloch, Newcastle, the Grampians, and Port Fairy and at a number of Australian Jazz Conventions. The Museum is lucky to have such an experienced jazz musician on staff. (Incidentally, Barrie and his wife are Wantirna residents.)

KNOX ARTS

australian
jazz
museum



Barrie Boyes

The Australian Jazz Museum (nationally accredited)

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

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

It's hard to believe the end of another summer is here. This summer has stood out as the first time in several years where we could truly relax, break out of our usual routines and reflect on everything that happened in 2022.

Only a few weeks ago I was attending graduation ceremonies at schools across my electorate to present students with the Rowville Endeavour Awards. It was a great opportunity to see how much our students have thrived and contributed to their friends and school communities in 2022.

Every year I present the Rowville Endeavour Awards to local students in my electorate who are nominated by their school for making an exceptional effort with their peers or as student leaders. The award acknowledges students who make a contribution to their school and community above and beyond their academic results, although many award recipients achieve well in their studies. Students were nominated for supporting other students and teachers, for showing persistence and effort in their school work, and for making big improvements in their studies.



Kim Wells MP with award recipient Anna Harper of Scoresby Secondary College (Photo sourced from Facebook)

Meeting so many bright, optimistic students was a wonderful reminder of how much the next generation will contribute. My thanks also go to our talented teachers and principals for all the extra effort they

put into teaching and taking care of our students, including organising and running these ceremonies.

Congratulations to all 2022 Endeavour Award recipients for showing that everyone can make a difference to those around them. I wish all the students in my electorate the best for 2023.

Scoresby Primary School

St. Judes Primary School

Lysterfield Primary School

Karoo Primary School

Park Ridge Primary School

Heany Park Primary School

St Simon's Primary School

Carrington Primary School

Rowville Primary School

Knox Gardens Primary School

Knox Park Primary School

Holy Trinity Primary School

Wantirna South Primary School

Rowville Secondary College

St Joseph's College

Scoresby Secondary College

The Knox School

St. Andrews Cristian College

Jonelle Wong

Daksh Barsiwal

Charlie McLennan

Dylan Ackland

Jessica Vaughan

Taysha McGillien

Olivia Giuliano

Jacinta Cairnes

Olivia Hor

Zac Chan

Jaxon Chenoweth

Ella Devlin

Taani Patel

Ethan Williams

Ben Cross

Anna Harper

Elizabeth Collins

Sarah Lo

Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Hello to everyone. I hope you all had a fun filled Festive Season. It is exciting to start a new year and it is good to be alive so I never feel anything but happiness as I start this year's adventures.....hope you all feel the same way.

Our Christmas Probus members' lunch was held at The Wantirna Club where we also have our monthly meetings and what fun and good food we had. The Kris Kringle was very popular again and all the ladies enjoyed their surprise gifts, beautifully presented by our "stand in" Santa (Jan, Vice President) and ably assisted by her cheeky elf (Val, President) who both did a fine job. Our meal was delicious and mmmm just loved the plum pudding and custard. The whole experience was full of laughter and chatter and popping Christmas crackers and it was held on 7th December so we were all ready for Christmas with our family and friends in the next few weeks.

On 14th December the Club Committee members gathered for a lunch together and lots of ideas came up for 2023. It was a pleasure to be part of the "brain storming" as we all plan to enjoy our days out and the invited meeting guests for the coming months ahead. It's all in good hands so all members will be enjoying lots of fun times together.

First meeting for members will be on January 18th at 10 am. Meeting will be followed by a "Bring and Buy" table where you can donate any goods you wish and hopefully purchase someone's goods too.

Love this idea as I have been having so much fun at all the sales this month and I can donate all the goods I don't need and shop all the other goods that I may need....even pass on a few unsuitable presents from Christmas that I received. Sounds like fun....

First Brunch for members will be on 29th January (Sunday) and will be held at a new venue, The Eating House Restaurant at the Wellington Village Shopping Centre in Wellington Road, Rowville at 8.45 am. Please note it is still Self Pay and drive. Hope smashed avocado is still on the menu?

Lots more to come in the coming months so if any ladies reading this wish to join in the fun and frivolity at Knoxfield Ladies Probus Club please call Jo our Membership Officer on 0414 914 091.

We are always hoping and happy to welcome new members who will enjoy friendship and good company. Have a healthy 2023 and stay happy everyone.



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KNOXFIELD & SCORESBY NEWS

Tirhatuan Ward Update

with Cr. Nicole Seymour

Having enjoyed a much needed break during the summer holidays it is with renewed energy and strong resolve that I look ahead as to what 2023 will herald for our Community.

There is no sugar coating the fact that it is going to be a challenging year for most as we continue to manage in a period of ongoing financial uncertainty. Inflation is unlikely to ease with rising costs continuing to adversely impact households, businesses and Council. Budgets will be tightened and non-essential spending clamped down on.

From a Council perspective financial pressures are significant however not insurmountable. As work commences in preparing the 2023/24 budget significant effort will be invested into finding operational savings / efficiencies as well as an open-minded review of all aspects that shape Council's income including rates, fees and rebates. There will be no sacred cows with every element of Councils income and expenses under review. I do want to flag that you should be prepared for an increase in your 2023/24 rates.

Good news on horizon

Looking to the months ahead, life is not all doom and gloom. Expect to see significant progress on the Rowville All Abilities Playground as well as the wetlands at Stamford Park. Stamford Park Homestead restaurant will also reopen in coming months, once the new conservatory has been built.

We all have a role in making our neighbourhoods great

Over the holidays I have been reflecting on what makes our neighbourhoods and community great. Whilst attractive streetscapes, with lush canopy trees, well maintained homes, plenty of open space, great local amenities all play a part, the reality is people are what make places great. Neighbourhoods where kindness, courteousness and civic pride are commonplace, and where there is an unspoken mutual respect for all to live peacefully and privately.

Are you a good neighbour? Do you contribute to making your neighbourhood a great place to live?

Do you know someone who you think is a fantastic example of quietly getting on with life whilst being a terrific neighbour and role model for civic pride?

I would love to hear your example. Please email me at nicole.seymour@knox.vic.gov.au to share your story with me.

May 2023 be a year of good health, happiness and simple pleasures for you all.



Stamford Park Concept Plan

Visit <https://www.knox.vic.gov.au/whats-happening/major-projects-and-initiatives/stamford-park-redevelopment>

KNOXFIELD NEWSAGENCY

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Community News

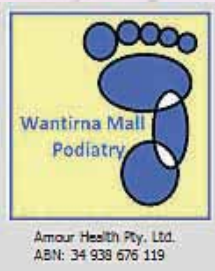
Available online at www.studfieldwantirnanews.org
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 Tirhatuan Ward Councillor
 Knox Council
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If the cracks and dry hard skin become unmanageable to clear our Podiatrists' at Wantirna Mall Podiatry can remove the heel fissures for you and help clear up any cracks by sharp debridement and using a sanding disc. The treatment is simple as sharp callus debridement involves only removing the hard dry skin on the surface of the foot, there is no cutting. The sanding disc then polishes any leftover dry parts leaving the skin on the heel relatively smooth. Any deep open cracks are cleaned and treated to prevent infections. Please visit us on our website for more handy tips.

Looking After Your Feet In Summer

There are several foot health concerns that can occur more readily in the summer months due to our hot dry climate. One of the most common summer foot problems is cracked dry heels known as heel fissures.

Heel fissures occur on the bottom of the foot mainly on the outer edge of the heel. Occasionally these heel fissures can become very deep and bleed causing pain and becoming infected. Open and bleeding heel fissures can be especially risky for people with diabetes or compromised immune systems.

Dry heels and heel fissures can be treated by gently using a pumice stone to decrease the thick dry layer of skin and regular application of moisturiser containing Urea. Moisturisers with Urea have been found to penetrate the skin further than other general creams. Also the avoidance of walking barefoot or wearing open-backed footwear will help to prevent the skin on feet from drying out.



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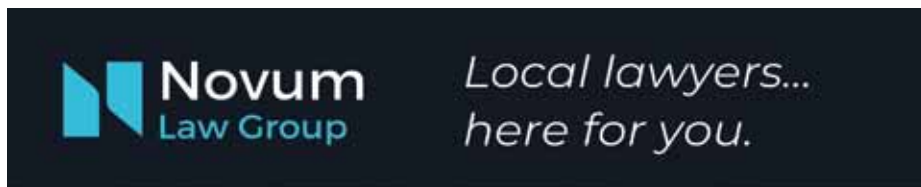
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Hands on Myotherapy

Dry Needling with Dee



One of the treatment options I commonly use with clients is Dry Needling. I'm often asked what it is and what the difference is between Dry Needling and Acupuncture.

Acupuncture is a treatment method used in Traditional Chinese Medicine. Its aim is to treat both musculoskeletal and internal disorders by inserting needles into meridian points to stimulate Qi (energy).

Dry needling, used by Myotherapists, is where fine

solid filament needles are inserted primarily into trigger points. If you have an irritable or sore spot, like a 'knot', that is painful and restricting muscle function, we refer to this as a trigger point. Trigger points can develop for many different reasons including from repetitive activity, overuse, postural stress, injury or trauma, chronic pain or emotional stress.

Dry needling is a very effective method to reduce or eliminate trigger points and restore muscle performance. This treatment is aimed at deactivating a trigger point by stimulating blood flow and circulation and thereby alleviating its associated pain.

During my sessions I perform an assessment to formulate the best treatment options for your needs. Dry needling is one of the tools I use in conjunction with other techniques such as deep tissue massage, cupping, stretching, joint mobilisation and exercise prescription to get your body functioning in an optimal way.

Daleen (Dee) is available for treatment;

- Tuesday 12pm-5pm
- Wednesday 9.30am-3.30pm
- Friday 12pm-5pm



- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- 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

Laughter Club News

Covid, Groupness, Laughter, Talking, Support

The practice of regular laughter helps to ground you, that is to increase your awareness and presence in your physical body because laughter is a physical exercise akin to rowing. At laughter club, we interact with laughter yoga and breathing exercises, becoming energised, improving our quality of living. We usually go for a tea or coffee afterwards for social interaction about life in general and what we have been doing or just general information sharing. I hope to see you some day, it is always a joy to be doing things together in a group and please consider yourself invited!

Now my message today (besides to share yet again about how good it is for you to come and laugh together) is about when we are down, at our lowest, to get up, dust ourselves off and keep going. I contracted Covid 19 three days before Christmas and it felt like a mild case overall. Regardless, it affected me in ways that I could not imagine, psychologically, physically, emotionally and spiritually.

I felt a tiredness and over time, felt down, depressed, like giving up on life, which is not like me at all. I judged myself for being tired and felt I had to keep doing things, rather than allow myself to rest, which I felt made the healing quicker once I was aware and rested my ailing body.

Ultimately, it was a beneficial experience, as my malaise led me to review my life and put into place actions, letting go of attachment to the 'stuff' I have accumulated over my lifetime. This practice creates a space for new experiences to be drawn forth and I feel freer already. That was my experience, and any life changing event will allow us the opportunity for a life review and to reset our focus. Alternatively, we may become bogged down in a rut and bored,



without realising it. Here is a quote by Jan Glidewell that echoes my sharing. "You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present."

It is good to have an open mind and heart and look to others for support when we need it. I believe that no one is immune to feeling down in various ways, at some stages of their lives. This sharing with you is to encourage any of you who are reading this today going through a difficult phase of your life to acknowledge how it is and do your best to pull through over time and not beat yourself up, do not judge how you feel, it is valid. We do not need to wallow, but we need to be real and to honour ourselves, as only we know how we feel and we need to regain trust in that, as well as asking for help if we need it. It is there for the asking and of course, be kind to yourself, be kind and compassionate.

Would you agree that in all situations, experiences, endeavours we go through, there will always be opportunity for growth and learning? We are evolving, growing and if we do not do so, when we get lazy, give in, give up, we devolve. I suggest we enjoy each day of life, starting with waking up and

remembering something nice or funny that will bring a smile to your face, even some laughter upliftment. Have something to look forward to, to do with friends, in a group, or get out there in nature. Just do it, take time for yourself. No putting it off.

Speaking of a new situation, attending a laughter club would be one for most of you who see this article. Hubby John often shares to allow yourself to get out of your comfort zone and it is quite normal for people to feel pretty odd joining in, as we laugh for no reason. That is no joke or funny thing to look at. As the body does not differentiate between genuine laughter and when it is done for an exercise, you will find that you will feel quite a different person for joining in and giving it a go.

Some health benefits to mention are – a greater sense of well-being, social group interaction, improved breathing and blood circulation, positive endorphins released into the bloodstream, muscles relax, feel energised and uplifted, a massage for your internal organs, mentally sharper, energised, a sense of well-being, improved creativity, feeling light-hearted, blood pressure and depression is lowered. You can see overall it is highly beneficial to everybody who comes along and joins in and the more you put into it, the more you will get out of it. At first, you may only be able to participate a little bit and pretty quickly, you will be feeling very jolly indeed. Give it a try this 2023. What a great year it will be in many ways if we but choose to embrace it and run with it.

For first timer people, it is suggested you contact Lynette on the off chance of a meeting change.

Lots of Love and Laughter, Lynette Mitchell. Keep on keeping on.

**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**

ENVIRONMENTAL NEWS



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

Meeting - December

Speaker: David Hewitt on "Darwin to Broome in half an hour!".

David and Eeva were able to take a couple of trips north last year which they took 'back to back'. David showed us many images of the birds they saw on these trips including between Darwin and Broome. Many of the birds in the north of Australia are quite different to what we see on trips in the South.



Plumed whistling ducks

Forty of the birds were ones he had never seen before. Places they visited included Fogg Dam, Mamukala Wetlands, Ubirr, Yellow Waters, Pine Creek, Lake Argyll, Drysdale River Station, the Mitchell Plateau, Winjana Gorge, Geike Gorge and Broome. I think by the end of his presentation we were all itching to go on a trip North.

As this was the Christmas meeting we enjoyed supper afterwards.

Excursion - December

No excursion in the month of December.

2023 Meeting - January

January was our outdoor meeting which this year was held at Jells Park.

This year we reversed proceedings by having our picnic tea first, then our January meeting, followed by a walk around the lake. This worked in our favour as it had been a very hot day and had cooled down a bit. Heading off at around 7pm we walked through the woodland area first. We were lucky to see the resident pair of Tawny Frogmouths that looked at us intently. More bush birds and parrots in the bush area and we were serenaded by Reed Warblers. Walking on the path that circumnavigates the lake we were able to see many waterbirds including ibis, spoonbills, ducks, moorhens and many more.

A lovely night out with a soft breeze cooling us down after a very hot day.

Excursion - January

Our first excursion for the year was to Mt Baw Baw for a look at the gorgeous alpine flora. An early start had us up at Tanjil Bren for a quick morning tea. Once again it was a hot day in Melbourne, but temperatures were a lot more manageable in the mountain tops. A stop on the way up to the Baw Baw picnic area showed us Greenhood orchids and beautiful hot



Dusky moorhen



Alpine Trigger plants

pink trigger plants. The butterflies were plentiful, landing on the flowers, especially the yellow senecio daisies and the patches of buttercups. Moving up to the picnic area we had an early lunch. We then headed along the Summit Trail looking at the many flowers/plants and insects. Our destination was the Downey's Picnic area. While there we were all able to get a good look at Crescent Honeyeaters, a bird we don't see in Melbourne. Native violets, trigger plants, sky lilies, olearia daisies, white mint bushes and so much more were seen on the walk through the lovely colourful barked snow gums.

Meeting - February

Our meeting on Wednesday the 8th February will be well known Victorian author Graham Patterson.

He will be speaking on his latest book "Nature on the coast of western Victoria" and will be held in Room 4 Maroondah Federation Estate, Greenwood Ave, Ringwood.

Meeting - March

Our meeting on Wednesday the 8th March will be held in Room 4 Maroondah Federation Estate, Greenwood Ave, Ringwood. The speaker will be John Thompson who will give us a presentation entitled "Early Botanical Exploration in Australia"

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.

Photos this edition by Alison Rogers

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COMMUNITY NEWS



Radio Eastern FM 98.1 is the pulse of the community and a constant companion wherever you are.

Find out what's happening now in the community, such as special events, news and weather updates, sport and entertainment. Local not-for-profit organisations can have their event, meeting, fete, concert or exhibition promoted free of charge. On-air sponsorships are great value and highly sought after by local service businesses who need to reach people in Knox and surrounding areas.

We also welcome volunteers from all walks of life to help operate our community radio station. Interested? Simply call 9722 9981 for information - or come and say g'day to our team members at the Knox Festival on Saturday 4th March.

For unparalleled music variety, make Radio Eastern 98.1 one of your pre-set FM radio stations.



Charles and Coral Carew of SWCN with Radio Eastern FM's Robert Arthur (Centre)

World Day of Prayer 2023 - Taiwan

Friday 3rd March 2023 at 10.30am



Taiwan has a history of being colonized by different foreign governments which led to experiences of ethnical, cultural, social, and political conflict and integration. The artist used several motifs that highlight Taiwan's best-known features to express how the Christian faith brings peace and a new vision to Taiwan. The women in the painting are sitting by a stream, praying silently and looking up into the dark. Despite the uncertainty of the path ahead they know that the salvation of Christ has come.

Geography of Taiwan: Its tallest mountain, Yu Shan (Jade Mountain), is almost 4,000 metres high. The western third of the island, consisting of plains, basins, hills, and plateaus is home to over 20 million. The capital city, Taipei, sits in northern Taiwan. Railroads, high speed rail and highways connect urban and rural areas with mass rapid

transit systems (MRT) between major cities. There are nine national parks in Taiwan.

Because of its location in the Ring of Fire Taiwan experiences approximately 1,000 earthquakes each year, seldom leading to serious damage. They have brought about a valuable underground resource: geothermally heated groundwater. Hot and cold springs are found throughout Taiwan.

Wantirna Seventh Day Adventist Church

119 Mountain Highway, Wantirna

Please join us in prayer and stay for morning tea afterwards.

For further information:
www.worlddayofprayeraustralia.org

Artwork at left:
 'I have heard about your faith' by Hui-Wen HSAIO



ALAN TUDGE MP
 Federal Member for Aston

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

Real Action For Knox



Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month and include a 2-course lunch, tea/coffee at a cost of \$30. We have a meeting then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support 6 disadvantaged students through the 'Learning for Life' Program with the Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 27th February, 2023 - Our AGM - No speaker
Monday 27th March, 2023 - Speaker - Angus Horlock 'Trip to Antarctica'.

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

Contact: Romaine on 0421 400 549

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 again on Friday 17 Feb. at Eastwood Golf Club, Liverpool Rd., Kilsyth at 11.30am with a 2-course lunch costing \$27. It will be a day of "fun and frivolity", being our first meeting for the year. Anything could happen but there will be a trading table, book stall and raffle with all monies raised going to The Smith Family learning for life program. So, ladies of all ages and backgrounds, please come along.

Boronia View Club will also meet on Friday 17 March at 11.30am at Eastwood Golf Club, Liverpool Rd., Kilsyth with a 2-course lunch costing \$30 as it is the club's 33rd birthday with extra treats so come along dressed in green (if you wish) as it is also St. Patrick's Day. There will be the usual trading table, book stall and raffle with all monies raised going to The Smith Family Learning for Life program. So, come along ladies of all ages and backgrounds.

Enquiries to Judith on 9764-8602

What's On?

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana 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	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	Romaine Meadowcroft - 0421 400 549
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 Club	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 Sat. 18th Feb & 18th March	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

Ready, set, go!! NO, not this friendly club, our activities were available all the way through, so to continue, HAPPY NEW YEAR ONE AND ALL and let's make the best of 2023, meeting new people, starting something new.

And one new activity was BAREFOOT BOWLS followed by a SAUSAGE SIZZLE!!!! Great fun. Then a delicious catered AUSTRALIA DAY LUNCH with entertainment. Crikey, how can we outdo this?

In between these The Walkers were out there, the Coffee and Chat team got together for fellowship, and the Dine-out group went to Tosarios Restaurant in Rowville. Of course we didn't miss Social Board Games.

Now what's on??" Keep February 27th free for our quarterly meeting at 2:00pm (14.00hours).

Following club business, meeting conveners and committee, a delightful afternoon tea will be served. Time for a chat. (Another one)

LIVE THEATRE!! Our conveners are always on the search for entertainment and what have they found for us...September 27th MOULIN ROUGE and coming in June, The Rocky Horror Show and there are also our local amateur theatre groups, 1812 theatre in Upper Ferntree Gully and the Basin Theatre.

Dine-outs in February with the Cinema Group, Lunch @ Mulgrave Country Club and Dine-out with friends @The Holy Smoke Gourmet House in Upper Ferntree Gully. In March we will have a bus trip to the very large Holden Museum in Trafalgar with an additional lunch stop in Yarragon on the way.

So many places to go, people to meet and we'd like you to join us. Feel free to participate in 3 of

our activities and only after this will we ask you to become a full member for a yearly \$25:00 pp.

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 on 0419 870 639



Trafalgar, Vic - Holden museum



Knox Over 50s

A belated Happy New Year to all you Over50s out there. We hope you had a joyful and safe Festive Season.

As a small reminder of what fun can be had by all, we have included a photo taken at the Knox Over50s Christmas Function and showing Mr & Mrs Claus in action, along with everybody's favourite elf!! The members enjoyed a beautiful meal, music and dancing and lots of fun and frivolity. All of this was organised by our wonderful Social & General Committees who always come up trumps with each and every one of our activities.

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.



Merimbula



Christmas 2022

Our next meeting will be held at 10.30 am on Tuesday the 27th of February, 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.

Also included is a photo of the happy group who took part in the Knox Over50s annual trip during November 2022 – which on this occasion was to Merimbula in New South Wales.

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.

News from Knox SOW

Looking for a new way to give your body and brain a boost? Searching for an outdoor activity and want to see new places and meet new faces? Why not give Street Orienteering a go!

The Knox Street Orienteering Walkers group walks twice a month in and around the City of Knox. They walk in groups of 2 – 5 people and have to find the answers to 20 clues shown on the map sheet and be back within one hour. After the walk they go to a nearby café for a coffee and chat. This activity is supported by the Knox City Council's Over 55s Zest4Life.

The clues can be the location of fire hydrants, light pole numbers, letterbox colours, street names, phone numbers, etc. It is quite a challenge and a lot of fun.

In February they are walking in Rowville at 10.15am on Friday 3rd and 17th. They will start and finish in Arcadia Reserve in Turrumurra Drive. After the walk they will be going to the café in Wellington Village Shops nearby.

Where is this letterbox?

If you would like to give orienteering a go, register with the Walk Organiser, David, by phone, text message or email: 0419 337 311 david@knoxsow.fun. You



will be accompanied by an experienced orienteer on your first walk. Members of local seniors activity groups are most welcome. Scan the QR Code to go to the website for more details: www.knoxsow.fun

Street Orienteering is Fun



The S.O.W. Secret

Street Orienteering ticks all the 'great activity' boxes

- Exercise your body
- Use your brain
- Challenge yourself
- Enjoy social interaction
- Have fun





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Templeton Tennis Club News

by Don McCracken , President

Welcome back to TTC news for 2023.

Our summer competitions recommence over the weekend of the 4th February.

Accordingly, there aren't too many weeks left until this season is complete with finals in March.

At the time of writing, (mid Jan) we have 9 of 16 junior teams and the seniors have all 3 teams currently in the top 4. Let's hope the good form stays with us after the long Christmas break! Mid week ladies, Wednesdays and Thursdays recommenced the first week of February.

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

Night competitions; Monday and Wednesday nights are back in full swing as of the 30th January and progressing well. Come for a look and maybe join us. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call on 0425 748 138.

We are about to have sun umbrellas installed for use with the new tables and chairs. These were funded through Councils Community Development Fund program. Thank you to Knox council for their continued support of our club and sport in general.

Sanding of courts 1 to 6 to improve the surface will have been done by the time you read this report.

Like many sporting clubs we too have been the recipient of State Government support during these Covid times and look forward to the promised forthcoming grant of \$10,000.

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

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

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

All the best for 2023.

Templeton Tennis Club Inc.

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

Membership: Leanne 0493 450 111

President: Don 0425 748 138

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au



Wantirna Tennis Club - A Special Place to Be in 2023

by Alison Rogers

New Courts

When driving past the Club, you will have seen some progress in the construction of our front 5 courts. The Christmas break has slowed things down, but the construction guys are back at it. It looks like we will be playing on the new courts by the end of March. Amazing. Wantirna Tennis Club will be the place to be in 2023. Keep an eye out for the opening of the new courts and come down and have a hit.

The Australian Open

At the time of writing we are in the middle of The Australian Open. As usual we have heat, rain, and all sorts of struggles with players health and fitness. Birrell, Kokkinakis, Kubler, Peers and Popyrin to name a few all putting on a great show in their home country... So sorry that Nick couldn't get out there and show the world what a great player he is. Sam Stosur has finished her playing career, but I am sure she will stay in media or something similar. Alex de Minaur is hanging in there and is the great hope for Australia. What a great player he is.

One of the Wantirna Tennis Club Coaches is in at Melbourne Park for the two weeks and is always pleased to see members of the Club when they are in there. Sam and Zac had their photo taken with him when they were in there this week.



Sam L, Mike Alder and Zac L at The Australian Open

Ball Kids

Look at our Junior Club Members who are attending the 2023 Australian Open as Ball Boys/Girls. We hope you had a great time and got to meet some of the World's best players.



Juniors

Play is currently half way through the season with many teams playing on Saturdays and Sundays.

It is great to see all the Junior players out there having fun. Teams are being selected soon, so talk to the Coaches and give them a show of interest.

Coaches Corner at Wantirna

The Coaches are currently preparing the 2023 program and are looking to expand all their programs. We are now taking new enrolments for Term 1 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 Alder on 0433511904 or email coaches@wantiratennisclub.org.au

Social Tennis

Social Tennis has resumed on Tuesday mornings. Even if the weather is hot or cold come on down and join the others or just have a coffee and a chat. It is lovely to see our group of social players expanding.

They are 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 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 .

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

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