

# COMMUNITY NEWS

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

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EDITION 83

APRIL/MAY 2023

- ASTON BY-ELECTION
- AUDREY OGDEN REACHES 102
- VINTAGE FASHION COMES TO THE EAST
- NEW LOW CARB CLINIC
- BAYSWATER NEWBIES TASTE BOWLS SUCCESS
- FOOD AND GARDEN BIN ROLLOUT
- NEW OSTED GYM

MULLUM MULLUM INDIGENOUS GATHERING SPACE  
FINDS A HOME IN KNOX

(SEE THE MAYOR'S MESSAGE ON PAGE 11)

FREE

# What's On at Orana in Term 2, 2023

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- ❖ 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.



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

**A new round is starting on 24<sup>th</sup> March 2023 so if you have previously successfully applied you will be able to submit a new application.**

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

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



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

## Information

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[swnewspaper@gmail.com](mailto:swnewspaper@gmail.com) or  
[swnewspaper2@gmail.com](mailto:swnewspaper2@gmail.com)  
Telephone: 0407 797 666  
<http://www.studfieldwantiranews.org>  
Volunteer newspaper production team:

Editor: Janet Claringbold Jenny Slater  
Coral Carew Kerrie Ilsley  
Charles Carew Fred Stadly

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

### DEADLINE DATES FOR 2023

Ed. 84 June/July Friday, May 12, 2023  
Ed. 85 August/September Friday, July 14, 2023  
Ed. 86 October/November Friday, September 15, 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,  
We all know people who are struggling. But how can we help?  
Our community is strengthened by the compassion shown by ordinary people in many different ways. Acts of kindness go a long way and don't have to cost anything. They help to build trust, confidence and foster positive connections between people. Compassion can help to build the collective wellbeing of everyone in our community. When compassion is absent the opposite occurs, people retreat and fear and suspicion build. Compassion improves relationships and contributes to a life of purpose and fulfillment. We can all show more compassion by:

- listening carefully and without judgement,
- accepting people more readily,
- showing understanding and forgiveness,
- participating in acts of kindness.

I see compassion shown regularly by the people in this newspaper every edition.

If each of us shows more compassion we will all benefit by having a stronger, more connected and prosperous community.

Janet Claringbold, Editor



## Candidate Messages

### Mary Doyle, Australian Labor Party

I'm Mary Doyle. I'm a mum of two, I live in the outer-east and I want to stand up for locals as your Federal Member for Aston.

From my earliest years, my family and I have seen firsthand how Labor Governments deliver positive and vital changes to people's lives.

Of course, it was the Hawke Government which brought back Medicare after the Liberals dismantled it.

Sadly, the importance of that became crystal clear to me as a young adult.

I was shocked to be diagnosed with breast cancer when I was only 25.

Under the same circumstance, if I'd been born in the US I would probably not have survived. But I am here.

That is the value of Medicare and why I will always, always fight to defend it.

It's no secret people around Wantirna are doing it tough. People tell me that every day and, frankly, I feel it myself.

I want to be part of the team delivering on the Albanese Government's commitments for the people of Aston, the people of Victoria, and the people of Australia.

I want to be part of the team that's –

- delivering cheaper medicines, saving Victorians millions of dollars already since it came into force on January 1
- delivering fee-free TAFE to train the next generation for good, secure jobs

### Roshena Campbell, Liberal Party

As the Liberal candidate for the Aston by-election, I offer energy and experience and I will always listen to you.

My parents came to Australia in the 1970s and worked hard to build a small business, raise a family and contribute to their community.

Their support helped me become a barrister. I have worked on complex cases for large companies, but some of my most important work has been representing local small businesses, and individuals and community organisations on a pro-bono basis.

As a Councillor, I have supported small businesses and community groups and helped deliver infrastructure and attract investment.

As a mother of three, I know grocery and energy bills keep going up.

This by-election is also an opportunity to send this Labor Government a message.

They need a plan to tackle the highest inflation in 33 years and the highest interest rates in a decade.

And they shouldn't be able to take the Outer East for granted.

While congestion is a big problem, Labor's first budget cut funding for infrastructure like the Wellington and Napoleon Road Duplications, Dorset Road Extension and Rowville Rail.

I know how to take a stand. I will always listen and fight for you.

# ASTON BY-ELECTION



**Mary Doyle**

Putting Locals First

Cost of Living

Health

Roads

ASTON BY-ELECTION APRIL 1

Authorised by C. Ford, ALP, 438 Docklands Drive, Docklands VIC 3008.

- fixing our roads and investing in properly funded infrastructure projects, and
- delivering cheaper child care for 5,700 families in Aston.

I'm not a career politician. I don't talk in soundbites and I probably won't be on the news every day.

But I can promise you this – if I'm elected as your local MP, I'll work hard every day to stand up for the outer east and improve cost of living, health, education and roads.



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FOR ASTON**

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## Celebrating The Wonderful Life of Audrey Ogden

Audrey Ogden (1921 --)

On February 16th 2023 Audrey Ogden turned 102.

For many years she lived on her own in a lovely unit in Ferntree Gully and was quite independent until just a handful of years ago. These days she lives in Glengollan Nursing Home. Where she moved into care in her late nineties.

She's still sharp as a tack though, and despite having to depend on a walking frame to get around, she still participates in an exercise group, attends a card-making group and she knits; she also reads a lot, and is a regular at the Elderly Citizens Club in Bayswater.

What she loves most though is seeing her family, being taken out for a meal by her grandchildren and seeing her great-grandchildren which happens quite regularly.

When Audrey reached her 100th birthday in February 2021 Victoria was in deep lockdown and not even family members were permitted to visit her. In February last year Covid restrictions still applied and only small gatherings were allowed under certain conditions and at certain venues but definitely not in a retirement home, so once again she missed out on a celebration.

She was born Audrey Florence Nankervis in South Caulfield in 1921 when George the Fifth was King making her one of the few people whose lifetime spans the reigns of four British monarchs. She has also seen twenty-four Australian Prime Ministers come and go, some of them more than once. Audrey attended State school in Gardenvale then went on to Richmond Girls' School until she was fifteen or sixteen when all she wanted to do was become a hairdresser. That wasn't to be, however, and she endured working in a city office until her marriage in 1942. She was clever with her hands, knitting



*Audrey Ogden Celebrating Her 102nd Birthday*

and creating anything pretty and crafty, and in her spare time she loved skating with her friends at the Melbourne Glaciarium in City Road, South Melbourne. It was there, at twenty years of age, that she met her future husband.

It was 1941. Jack Ogden was a young farm worker and it being in the midst of the Second World War, he, like so many other young men, had just signed up for the Army. Almost straight away he was sent off to training camp. His relationship with Audrey from then on was conducted almost entirely by mail apart from the odd few days when he could return home on leave. His first overseas posting was to Syria, then to Darwin to defend our northern shores. From there he was sent to the Pacific Islands. It was while he was there that he wrote Audrey and told her he was coming home on a few days leave and

# BAYSWATER NEWS

wanted to marry her. Excited and thrilled, Audrey and her mother took the train into the city and chose a wedding dress then arranged for the ceremony to take place. Audrey had only one week to prepare for the wedding. They were married in the local Presbyterian Church in December 1942 and, after a brief honeymoon in Daylesford, Jack returned to the Islands where he remained until peace was declared in 1945.

Jack built a house on a newly-opened housing estate in East Bentleigh, which at the time was surrounded by paddocks and bush, and there they started their family eventually producing three sons and a daughter. Over the years Jack's job took them to various places in country Victoria but after the children had grown and left home, as he was approaching retirement age, Jack and Audrey decided to return to Melbourne.

Jack's heart gave out suddenly when he was only 66 years old. He and Audrey had been married for forty years. They had been living with Audrey's mother, and, as the old family home was quite large, the two women decided sell up and move to the foothills of the Dandenongs where they could enjoy the fresh air and the bush but still remain within easy reach of the city. They bought a unit and lived together in Ferntree Gully where Audrey remained after her mother died a short time later.

Sadly all three of Audrey's sons have predeceased their mother and that left only her daughter, Marita, who, together with her husband, has been a great help to Audrey as she has become older.

Audrey appears to have longevity in her genes. She possesses an old yellowed newspaper cutting from the Geelong Advertiser featuring an aunt of hers who lived to over 108 years of age. Audrey lives a quiet but fulfilling life and it seems likely that she will see a number of birthdays yet.

### Ruth Same Pty Ltd ACCOUNTANT

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ABCM Inc.  
is hosting a

**SWAP & SELL DAY**  
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**SATURDAY 15TH APRIL**  
9.00am - 3.30pm  
at

Hungarian Community Centre  
760 Boronia Road, Wantirna  
(just off Eastlink)

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## Jackson Taylor Update

In good news for locals, the new intersection to be installed at McMahons Road and Burwood Highway will start construction this year. After many years of talk I was stoked to secure funding in the Budget last year for this. Locals living around this spot will continue to receive updates as the project progresses. Keep an eye out for these and road signs to indicate works in the coming months on site to make it safer.

In some big news for the East major works have kicked back up on the Andrews Labor Government's North East Link for 2023 marking the start of a massive year for Victoria's largest ever road project. This year will see the completion of Bulleen Park and Ride, contracts awarded for the Ring Road upgrade and the first section of the Eastern Freeway overhaul, as well as a tender process for the remaining Eastern Freeway upgrades which will add 45 kilometres of new lanes saving drivers 11 minutes.

It's also been a busy period in Term 1 for our schools and there's been lots happening with delivering better facilities for lots of local schools including:

- Construction underway on the over \$8 million in work at Fairhills High
  - Construction has begun on the new learning facilities at Templeton Primary
  - Architect appointed for the new double court competition grade gym and performing arts space at Wantirna College
  - Over \$12 million to deliver new middle and senior school buildings at Bayswater Secondary
  - Works nearly complete on the major upgrade at Our Lady of Lourdes Primary
- The new inclusive playground at Bayswater West Primary has now been delivered. The new playground means kids of all abilities are able to participate, stay active and make friends in the playground.

Works to create the 'Green Heart of Knox' - the biggest environmental project in Knox in a generation has started delivering the activation of 33 hectares of open space, nearly 700,000 new plants, nearly 2,000 new trees, un-piping 1.65 km of water along Blind Creek from Fairpark Reserve (FTG) to Lewis Park (Wantirna South) where there'll be 3 new wetlands and lots more. We live in the most beautiful part of our state, in the foothills of the Dandenong's, so it's no surprise we love to get out and about whenever possible! And the new Green Heart of Knox will make that all the easier with over 6.3km of new paths

I know how important sport is for our youngest locals. Joining a team means making friends, developing skills, and exploring new passions. That's why we've

# BAYSWATER NEWS



*Architect Illustration of the Proposed New Building at Wantirna College*

kicked-off another round of Get Active Kids Vouchers. They'll give eligible families up to \$200 to help buy sports equipment and uniforms or pay membership fees. For more info visit [getactive.vic.gov.au/vouchers](https://getactive.vic.gov.au/vouchers)

And while on sport, the new JW Manson pavilion in Wantirna is nearing completion as are the new cricket nets and lighting at Guy Turner Reserve and the new pavilion and upgrades at Marie Wallace Reserve is nearly finished too! I'm proud to back in local sport.

We're also continuing to support people to get the skills they need for the jobs they want with our Free TAFE program which now has over 70 courses and we've recently added Auslan to the list. Free TAFE has been accessed by thousands of Victorians and you can check if you're eligible too by going here - <https://www.vic.gov.au/free-tafe>

Also, a quick reminder the \$250 Power Saving Bonus new round is now open (24 March) – you can claim yours by going to [compare.energy.vic.gov.au](https://compare.energy.vic.gov.au) or call 1800 000 832 for assistance.

Finally, a big shout-out to all the Knox SES Unit volunteers who I was pleased to hold my annual BBQ again for them to say, thanks! If you've ever thought of becoming a volunteer, you can email them at [knox@ses.vic.gov.au](mailto:knox@ses.vic.gov.au)



## 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](mailto:jackson.taylor@parliament.vic.gov.au)

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**ANZAC Day Dawn Service at Bayswater RSL**

**Commemoration Service Sunday April 16th at 10.45am**

**Dawn Service Tuesday April 25th at 5.45am**

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

**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**

# News from Bayswater Bowls Club



IT'S MORE THAN A GAME

# BAYSWATER NEWS

## BAYSWATER NEWBIES TASTE BOWLS SUCCESS

Bayswater Pennant sides have had a mixed season. Our two weekend sides were unable to participate in this year's finals.

Our top team, Bayswater 1, finished on 6 wins and 8 losses to finish in 5th ladder position and Bayswater 2 could only muster one win for the season and as such will face relegation.

But it was our Midweek side that did the Club proud.

Bayswater's second Midweek team were most consistent throughout the Pennant season finishing atop their Section Ladder with 9 wins and just 2 losses thus qualifying for a finals berth. The team proved too strong at home in their Semi Final comfortably defeating Heatherdale BC 85 shots to 37 to advance into the Grand Final.

The Grand Final played on a neutral green at Mitcham against Healesville BC proved to be an exciting contest. Bayswater trailed by as much as 16 shots early in the game but with the support of many enthusiastic Bayswater onlookers the margin was slowly whittled away. With just two ends to complete Bayswater finished powerfully to overhaul Healesville in an impressive display winning 66-53.

The win was more special as the team included four first year bowlers. "Since joining the bowls club my



Bayswater team members celebrate their Grand Final victory.

wife Frances and I have had a marvellous time and we, being part of this victorious team is just the icing on the cake", remarked first year bowler and local resident Peter Commene.

Bayswater Bowls Club will be looking to increase membership for the next season and we offer Barefoot Bowls, free of charge, on any Friday evening and we invite patrons to visit our club just like Peter and Frances did to experience lawn bowls or take advantage of our bar facilities, especially Happy Hour on Thursday between 4.00pm and 7.00pm.

For more information visit our website [www.bayswaterbowlsclub.com](http://www.bayswaterbowlsclub.com)

## DOT TURNS 100 AND RECEIVES A SURPRISE VISIT

Local Bayswater resident Dot Coutts has been an inspiration to us all at the Bayswater Bowls Club and she celebrated her centennial birthday with her family including her six grandchildren and ten great grandchildren, friends and members on Sunday 19th February at the Club.

Dot actually turned 100 on Tuesday 14th February and on the following day she received a surprise impromptu visit from AFL and Essendon Football Club Legend, Kevin Sheedy. Dot has been an avid supporter of the Essendon Football Club as her late husband Eric pulled on the Essendon jumper for one game back in 1936. Kevin brought one of his four Essendon Premiership Cups to her home and presented Dot with a commemorative Sherrin football and an Essendon jumper both signed by current Essendon players.

Despite her age Dot can still manage to fit in a social lawn bowls game each Wednesday and she still hasn't lost any of her co-ordination or bowling guile.

And Dot was asked "How does she account for her longevity" and she offered her valued advice. "I was brought up on meat and three veg so maintaining a sensible diet is essential, I keep active in the garden and spending time with others is vitally important as it gives me a sense of belonging. And of course, a small glass of Chardy doesn't go astray either".

We all wish Dottie many more Happy Birthdays.



## 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  
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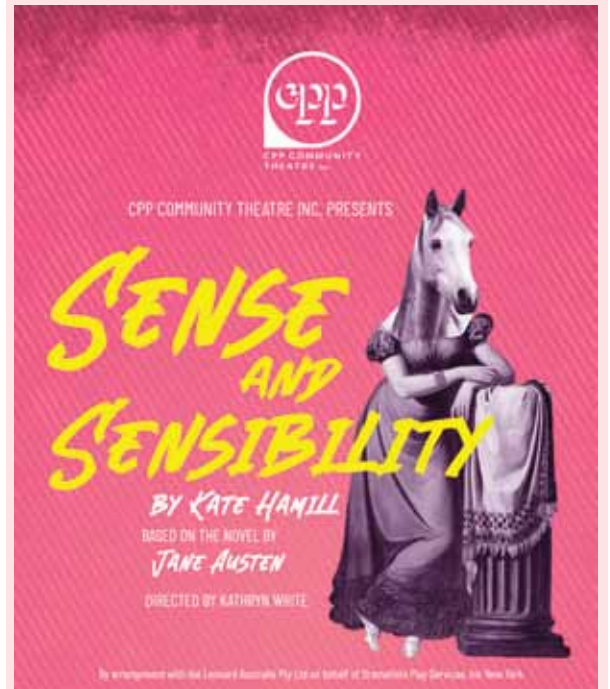
Ideal outing for groups or individuals

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

"Friendship through Bowls"

## CPP Community Theatre Presents... Sense and Sensibility



CPP, based in Bayswater, are a not-for-profit amateur theatre group encouraging an appreciation and understanding of dramatic art.

We are very excited to announce that our play for 2023, Sense and Sensibility, is coming to live audiences this April.

Adapted by Kate Hamill, based on the novel by Jane Austen and directed by Kathryn White, this whimsical and amusing play rollicks about the English countryside following the fortunes and misfortunes of the Dashwood sisters as they navigate their way through life and love accompanied by a colourful cast of characters.

In this production by Kate Hamill (Pride and Prejudice, Vanity Fair, Little Women), Jane Austen's classic novel gets a theatrical re-imagining of hysterical proportions.

It's Sense and Sensibility as you know it, but with an energy and pace not previously seen.

### SEASON DATES

Friday 14 April, 8pm, Opening Night  
Saturday 15 April, 2pm, Matinee  
Saturday 15 April, 8pm, Evening Show  
Thursday 20 April, 8pm, Evening Show  
Friday 21 April, 8pm, Evening Show  
Saturday 22 April, 5pm, Early Show  
\*All tickets are General Admission\*

### TICKET PRICES

Adults \$29  
Concession (students / pensioners) \$27  
Child (15 & under) \$19  
Family (2 adults & 2 children) \$80  
Group Bookings: (10 or more) \$27 per ticket

### PERFORMANCE VENUE

Boronia K-12 College, Performing Arts Centre  
Albert Avenue, Entrance & Parking at Rangeview Road, Boronia.

### TICKETING

Call 0450 804 856 or book via  
<https://www.trybooking.com/CGHZK>

## Dinsdale Ward News with Cr. Sorina Grasso

It has been a busy time in Dinsdale ward and for the Knox municipality with a number of significant events taking place. Firstly, I would like to congratulate over 530 Knox residents from over 25 different countries who became citizens at three citizenship ceremonies at the Civic Centre and Rowville Secondary College. We heard inspiring speeches from Senator Linda White, Senator for Victoria representing the Hon Andrew Giles MP, Minister for Immigration, Citizenship and Multicultural Affairs, Jackson Taylor MP, Member for Bayswater, and Marcia Timmers-Leitch, Mayor Knox City Council. A big thank you also to the staff of Knox City Council for organising and running the events.

I was also delighted to join Marcia Timmers-Leitch, Mayor Knox City Council at Shree Swaminarayan Temple Melbourne, Knoxfield for India Republic Day on 26 January. The various performances, the vibrant, welcoming atmosphere and the amazing fireworks at the end, were all fantastic! It was also special to be joined by Dr Sushil Kumar, Consul General of India in Melbourne.



*India Republic Day*

Of course, for our biggest annual event, I had a fantastic day joining Marcia Timmers-Leitch - Mayor Knox City Council and fellow Councillors Cr Meagan Baker and Cr Susan Laukens at the Knox Festival on Saturday 4 March. From the greatest prosperity toss in the Southern Hemisphere with Lillie Giang, The Food Affectionist, to the welcome to country and smoking ceremony by Wurundjeri man Uncle Thane Garvey, to the many community groups and huge range of services that Knox has to offer being showcased, not to mention the fantastic performances, the rides, food vans and other amusements, it was a tremendous event. It was also great to see the primary school buntings and art creations, remembering the delightful days I used to go with my daughter Angie to see her own school's work being proudly exhibited. Many thanks to the



*The Prosperity Toss at Knox Festival*

Knox Arts and Events team for organising another successful Knox Festival.

I was also delighted recently to join the Hungarian Community for Hungarofest at the Hungarian Community Centre in Wantirna on the weekend of 3-5 March. I had the honour of meeting the Ambassador of Hungary to Australia, the Hon Zsolt Csenger-Zalain and Mr Mihaly Geiger, Head of Office, Consular General, Hungarian Consulate in Melbourne and enjoyed cultural performances and an exhibition of Hungarian arts and culture. Many thanks to Marta Marot, Chairperson, Hungarian Community Centre, Melbourne Australia and everyone who made me feel so welcome and congratulations on organising such a fantastic event.

Finally, it was also great to join the Greek community right here in Dinsdale Ward for the 2023 Ouzo Palesviaki Festival on the 5th of March. I had the privilege of representing Knox City Council and meeting and spending time with the Greek Vice Consul General of Melbourne, Dimitris Linardos and his family and enjoying the fantastic atmosphere and wonderful Greek culture in action with dancing and bouzouki band. I would like to thank Stella Corlentinis, Secretary and John Karanikolas, President Lesvos Culture Club - Palesviaki Enosis of Melbourne and Victoria for inviting me and congratulate them on organising such a successful well-attended event.



*Ouzo Palesviaki Festival*

# BAYSWATER NEWS




**BAYSWATER  
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## Bayswater Makers' Market

An arts and crafts market

**Bayswater Senior Citizens Hall**  
790 Mountain Highway

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

**Saturday 22nd April & 27th May**  
**from 10 am to 2pm**

Our market is a great place to support local producers, artists and craft people. Our wares include confectionery (9 varieties of rocky road), cakes, ceramics, jewellery, bags, babywear, cards, toys, homewares and plants. Creations from glass, wood, clay, fibres, flour, chocolate, and more.

**Please email any enquiries about stall bookings to [bw1market@bigpond.com](mailto:bw1market@bigpond.com) with photos please.**

**Other enquiries Julia 9890 2546**

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## Cr Sorina Grasso

Dinsdale Ward Councillor - Knox City Council

*Advocating for local jobs, prosperity & community.*

[cr.sorina.grasso@knox.vic.gov.au](mailto:cr.sorina.grasso@knox.vic.gov.au)

M: 0437 853 445  CrSorinaGrasso





## What's Happening At Community Pharmacy? with Jason, Pharmacy Manager



As we head into the colder months of 2023 it's more important than ever to focus on our health and well-being. Our pharmacy is here to help you stay healthy and protected and we've got some exciting events and offers coming up in April and May 2023.

### Flu Vaccinations

One of the most important things you can do for your health during the colder months is to get vaccinated against the flu.

The flu can be a serious illness, particularly for older people and those with weakened immune systems. Our pharmacy offers flu vaccinations and we encourage everyone to come in and get vaccinated as soon as possible. Stock has arrived and bookings are now available via our website.



Scan the QR code above to be taken through to book your next Flu Vaccination with us.

### Cancer Council Biggest Morning Tea

We're excited to invite you to our Biggest Morning Tea event which will be held in store on Thursday 25th May 2023! This is a wonderful opportunity to come together with friends, family, and the wider community to enjoy delicious treats and support a great cause. The biggest morning tea event is an annual fundraising initiative by the Cancer Council to raise much-needed funds for cancer research, prevention, and support services. At our event, you can look forward to a morning filled with scrumptious treats, hot beverages, and delightful company. You'll also have the chance to win some fabulous prizes! So, mark your calendars for Thursday 25th May 2023 and look out for more announcements about booking your spot with us for a morning of community, generosity, and delicious treats.

**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!**

**Facebook: [www.facebook.com/communitypharmacywantirna/](http://www.facebook.com/communitypharmacywantirna/)  
Instagram: [www.instagram.com/communitypharmacywantirna/](http://www.instagram.com/communitypharmacywantirna/)**

### COVID-19 Booster Vaccinations

As of February 2023, the eligibility for the Covid-19 booster vaccination has been expanded opening the opportunity for more adults to be eligible for this important vaccination. According to the latest advice from the Australian Technical Advisory Group on Immunisation (ATAGI), adults aged 18 years and over who have received their second dose of a Covid-19 vaccine at least six months ago are now eligible for the booster vaccination. This is an important development as it means more people can take steps to protect themselves and their loved ones from the ongoing threat of Covid-19.

We're proud to be offering Covid-19 booster vaccinations in-store and we encourage all eligible adults to come in and get vaccinated. Our expert pharmacists and healthcare professionals are here to provide you with the support and advice you need to stay healthy and protected.

Scan this QR code to be taken through to book your booster with us.



### Community Pharmacy - A Not-for-profit Model

At Community Pharmacy, we pride ourselves on being different from other pharmacy businesses. We are a not-for-profit model, meaning that we exist solely to provide quality healthcare and medication services to our community. Unlike traditional pharmacies we reinvest our profits back into our business and community which allows us to focus on providing exceptional customer service and supporting our community.

Our team of experienced pharmacists and healthcare professionals provide personalised care and advice to our customers. At Community Pharmacy, we believe in giving back to our community, and by choosing us, you are supporting our mission to care for our community.

### We Care For.....Local Community

We are committed to supporting our community through various programs and initiatives. Our "We Care For" program is one of the ways we give back to our community. This program has allowed us to support a range of causes, from providing funding for local schools to supporting health research. Our two recent organisations that we have supported include Share the Dignity and Vinnies.

In addition to the "We Care For" program we also run a "Pay It Forward" program in our stores. This program is designed to support those in need of healthcare who are experiencing financial hardship. Customers can donate a "Pay It Forward" voucher for a denomination of their choice which can be redeemed by individuals in need of healthcare services. This program has allowed us to support many customers of our community who

may otherwise have struggled to access essential healthcare services.

At Community Pharmacy, we believe that everyone deserves access to quality healthcare regardless of their financial situation. Our "We Care For" and "Pay It Forward" programs are just two examples of how we are working to support our community and make a difference in the lives of those around us.

### We Care For...Victoria Police Legacy

In the month of April 2023, our "We Care For" initiative will be supporting Victoria Police Legacy, a charitable not-for-profit organisation that provides a range of services to police families throughout Victoria who have suffered the loss of a loved one. We believe that it's essential to support our police officers who work hard to keep our communities safe. Should a serving or retired police officer or protective services officer, or their spouse/partner pass away, Victoria Police Legacy is there to provide ongoing support to the spouse/partner and children. As part of our We Care For initiative we will be raising funds and awareness of this incredible organisation and encouraging our community to donate to their cause. By doing so we hope to make a meaningful contribution to the support and well-being of police families throughout Victoria.

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

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



# Collier Ward Update with Cr. Marcia Timmers-Leitch



Greetings fellow Knox Residents,

It has been a busy couple of months with Council working through the challenges of the 2023/24 Budget process understanding cost of living pressures and impacts to the Capital Works program with inflation impacting the delivery of many projects.

It was wonderful to see so many people out enjoying the recent Knox Festival in early March. A big thank you to all the volunteers who made the day so activity diverse, multicultural and fun to be a part of.

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

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

## Lease Proposed for New Telstra Telecommunications Pole at Templeton Reserve

Knox City Council are considering a lease request from Telstra to increase the height of the telecommunications pole at Templeton Reserve.

Telstra currently uses a small area of land at Templeton Reserve for a telecommunications pole and equipment shelter. Telstra would like to install a new telecommunications pole to provide the local community access to 5G technology, which is currently not available in the local area. This will enable Telstra to provide better service to support residents working from home, local schools, and industries.

Knox Council is proposing a lease with Telstra that will allow the following changes.

- Replace the existing 25 metre light tower with a 35 metre telecommunications pole
- Remove the existing 18 metre telecommunication pole.

The lights on the existing light tower will be transferred to the new telecommunications pole to maintain safe night-time use of the sportsground.

The proposed lease is for an initial 10-year period and it includes the option to extend the lease for a further 10 years. If the lease proposal is approved by Telstra will be required to apply for a Planning Permit for installation and removal of the poles at Templeton Reserve.

Information on the proposal can be found at <https://haveyoursay.knox.vic.gov.au/changes-monopole> and any concerns or questions can be emailed to [propertymanagement@knox.vic.gov.au](mailto:propertymanagement@knox.vic.gov.au) or by phone on 9298 8291.

A decision on this issue is due to come to the May Council Meeting.



At Templeton Reserve there are a number of other light towers and one other telecommunications pole shows here. There is no change proposed to these poles.

Existing 25m light tower that would be replaced by a 35m telecommunications pole with lights.

Existing 18m telecommunication pole would be removed.

# WANTIRNA NEWS

**Paul & Kathy Cameron**

Wantirna Mall  
Shop 16, 326 Mountain Hwy  
Wantirna Vic 3152  
T: (03) 9720 3100  
E: [wantirnalpo@gmail.com](mailto:wantirnalpo@gmail.com)

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

## Food and Garden Bin Rollout

Knox residents will soon be able to put food scraps into their greens waste bins. Food makes up 43% of all rubbish that goes to landfill in Knox. Instead of going to landfill your food scraps will be turned into compost and this will reduce harmful greenhouse gases. The new service will start rolling out from mid-April. Look out for a letter in the mailbox telling you what you need to do.

If you already have a greens waste bin Council will replace the current red lid and deliver a kitchen caddy and a year's supply of compostable liners. The new lime green lids have information about what can and cannot go into the bin and will be in line with Australian standards. The old red lids will be recycled into new bins.

If you don't already have a bin we will deliver one along with your caddy and liners. The food and garden bin collection will remain unchanged until the end of June. From 1st of July the food and garden bin, with all the stinky stuff, will be collected weekly and your household rubbish bin will be collected fortnightly alternating with your recycling bin collection.

There is clear evidence that weekly collection of the food and garden bin together with fortnightly collection of the rubbish bin is most successful in diverting food waste from landfill.

If your household has additional waste needs such as two or more children in disposable nappies or person(s) with a chronic illness, disability or medical condition with additional waste needs, you can apply for an extra 120L rubbish bin at no cost.



Cr Marcia & Cr Baker with the Council Waste Team at the recent Knox Festival Information stand

If you live in an apartment block or retirement village, we will be discussing your service requirements directly with your body corporate. You will hear about what you need to do by November this year.

If you have any questions or want more information about the changes, please contact Council via the website [knox.vic.gov.au/foodandgarden](http://knox.vic.gov.au/foodandgarden) or phone 9298 8000.

Your local voice

# Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

0428 162 218 MarciaTimmersLeitch cr\_marciatimmersleitch



# St. Lukes Primary School Striving Forward in 2023

On a school tour, prospective families want to know, "Why should I enrol my child at St Luke's" and "What makes St Luke's different from the schools in the area?"

## STUDENT WELLBEING

Embedded into our learning and everything we do is our student and family wellbeing. St Luke's believes wellbeing is integral to optimum learning, good health and life success. A positive sense of wellbeing nurtures higher levels of engagement, school connectedness, emotional vitality and academic performance. It is a key factor in enabling children and young people to enjoy meaningful and spiritually enriched lives. At St Luke's we work together with our families to promote the health and wellbeing of all of our students by:-

- Commencing the school day with silent meditation and prayer
- Teaching Social and Emotional Learning competencies throughout the school through our Wellbeing programs
- Underpinning our school values of respect, integrity, resilience, empathy and responsibility in all teaching and learning outcomes.



At St Luke's we run programs that support and promote positive relationships and connectedness. These consist of Religious Education, Values Education, Bounce Back!, Restorative Practices, Friendship Groups, Student Representative Councils, Year 6 leadership program and our Foundation - Year 6 buddy program.

Our curriculum is developed to ensure the needs of individual students are met, and the multiple and diverse needs of our students are catered for.

We also have our rabbits and our chickens who free range through the school grounds during the day and then happily go home at night. The students and the staff love our school pets and we are looking forward to getting some more feathered friends later this year.

## MINI VINNIES

St Luke's is proud of our involvement in the Mini Vinnies program. Our students meet regularly to explore social justice issues, develop leadership skills and engage with the wider St Vincent de Paul Society community. Mini Vinnies prepare "blessing bags" containing toiletries for distribution to families in need in our community, co-ordinate the Caritas appeal and raise money through second hand toy sales and our popular cake stall. We are looking forward to making blankets in Term 2 to help our community in the Winter months.

## STEPHANIE ALEXANDER KITCHEN GARDEN PROGRAM

All of our students participate in a four-week Stephanie Alexander Cooking Program throughout the year. This year's theme is "Flavours of the World" and each week we focus on a different culture. Our first Year 5/6 students have prepared, cooked and shared together dishes from Vietnam, Australia, Indonesia and Italy. The vegetables used are grown in our school garden. Our parents are invited to help out too and the students love having their Mum's, Dad's and Grandparents help out. Then we all sit down together to enjoy the food together.



## CLUBS

St Luke's offers lunchtime clubs every day to allow our students to participate in a number of extra-curricular activities during play time as we recognise that not everyone wants to do the same activities during break times. We have Mini Vinnies, Glee Club, Games Club, Sports Club, STEM Club and Gardening Club. Clubs are also a great way for the students to mix with peers in different year levels. The clubs are very popular.

We also have Running Club and Walking Club where students can gather before school and participate. Our dedicated and caring staff give up their time to coordinate all of the clubs.

# WANTIRNA NEWS

## REIMAGINING LANGUAGES - INDONESIAN

Research shows that after learning a foreign language for 7 years during primary school, students acquired very little language, mainly basic introductions, colours, numbers, days of the week and food. St Luke's have embraced a new approach and changed language to Indonesian focussing on:-

- Use of time - daily learning and use of language with classroom teachers
- Use of language - functional communicative language for spontaneous production and interaction
- Use of data - to monitor progress, inform teaching and celebrate learning



The frequency of exposure to the language increased the ability of students to recall and meaningfully use the language being learned. Intentional gestures are a key part of the program to aid with recall and retention. A new strategy, "Teachers as Co-Learners", has proven to be effective as students see their teachers learning alongside them and with the added benefit that the teacher can incorporate the target language into other areas throughout the day. We are all learning together at St Luke's.

You are warmly invited to have a tour at St Luke's and experience for yourself our wonderful school.

Please contact the school office on 9801 6917 or [info@slwantirna.catholic.edu.au](mailto:info@slwantirna.catholic.edu.au) to discuss the fantastic opportunities available to you at St Luke's Primary School.



Department  
of Transport  
and Planning

## Proposed planning changes Wantirna Health Precinct

The Minister for Planning received a request to change the planning provisions at the following site owned by the Department of Transport and Planning (Transport) (DTP) and Aussie Asian Group Pty Ltd:

- **706, 750, 750A and 760 Boronia Road Wantirna**

DTP has requested that the planning provisions for the site be changed to facilitate the implementation of the Wantirna Health Precinct West Comprehensive Development Plan January 2023.

The Minister for Planning, the Hon Sonia Kilkeny MP, is seeking the views of interested parties before making a decision on the amendment.

To find about more about the proposed planning scheme changes and how to make a submission see <https://engage.vic.gov.au/glps>

Documents can also be viewed at:

Knox City Council, Knox Office, 511 Burwood Highway Wantirna

**Submissions close at 5pm, Monday 3 April 2023.**

Customer Service Centre: Phone 136 186

# Mayor's Message

with Cr. Marcia Timmers-Leitch

Thank you to everyone who joined us at the recent Knox Festival. It was wonderful to see so many families, community groups and local business out together enjoying the day. I am pleased to bring you some of the latest news from Knox City Council.



### Ferntree Gully Community Safety Grants

Foothills Community Care is among the recipients of Council grants to enhance safety in Ferntree Gully. Foothills received \$207,355 for an 18-month pilot program to improve experiences of safety and community connection in Ferntree Gully Village. Other recipients include Rotary Club of Ferntree Gully which received \$112,655 for the Knox Nocturnals Youth Group and Mountain District Learning Centre which received \$46,500 to provide activities and experiences for young people outside school hours and during holidays. A total of \$467,000 will be awarded under the Victorian Government's Empowering Communities initiative as part of the Building Safer Communities Program.

### Charged Up Over Electric Vehicles

In a Victorian first, Australian company JOLT will install more Electric Vehicle fast charging stations in Knox. Up to seven chargers in select shopping centres will benefit local businesses and the environment. On-road transport accounts for 13% of emissions in

Knox. More chargers will support and encourage people to choose zero-emissions transport and help our community achieve net zero emissions by 2040 as set out in our Climate Response Plan. The chargers are supplied by 100% renewable power and installed at no cost to Council with the first coming to Station Street, Ferntree Gully.



Community Safety Grants Cheque Presentation

# KNOX UPDATE

### A New Home For Mullum Mullum Indigenous Gathering Place

Mullum Mullum Indigenous Gathering Place (MMIGP), a First Nations not-for-profit operating across seven council areas, has a new base at HV Jones Community Room in Ferntree Gully. It marks the first time an Aboriginal Community Controlled Organisation has been located in Knox under a five-year licence agreement with Council. MMIGP will provide cultural, wellbeing and community support programs for the First Nations community in Knox which represents the second largest indigenous population in South East Victoria. This agreement reflects Council's commitment to working with First Nations to ensure understanding, trust and respect.

### Knoxfield Development Update

Development Victoria (DV) is appealing Council's refusal to grant two planning permits for its proposed Knoxfield development. In December, Council refused two planning permit applications for DV's proposed 105-lot residential subdivision and construction of wetlands at the corner of Burwood Highway and Scoresby Road (621 Burwood Highway). Its proposal included the removal of a dam, often referred to as Lake Knox, after the new wetlands were established. Council received more than 1170 objections in total across both applications to DV's proposals. Objectors will be notified by DV, outlining what they need to do to become a party to the VCAT appeals.

**Knox Italian Senior Citizen Club**  
99 Karoo Rd, Rowville

**MARCH 30th 2023**  
**LUNCH DANCE**

• Live music • One piece band • Raffles • 3 course lunch  
Come and enjoy a day of fun with friends and family

**DOORS open at 12pm**  
**Lunch served at 12:30pm**

**BOOKINGS**

• Zina: 0415 276 132 • Lina: 0405 571 832  
• Angela: 0422 917 228

Happy Easter and Mothers' Day

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## KNOX KNITTING GROUP

Join a friendly knitting group producing items for the needy.

**Time: Thursdays 10am-12pm**

**Place: Knox Presbyterian Church**  
**358 Mountain Hwy, Wantirna**  
(Enter from Thaxted Pde)

Basic patterns and needles available.  
Some wool is provided, but contributions are welcome.  
Articles include scarves, beanies, blankets and children's clothes.  
Beginners are welcome.  
No contribution is too small.

Enquiries: Christine – 0467 211 356.



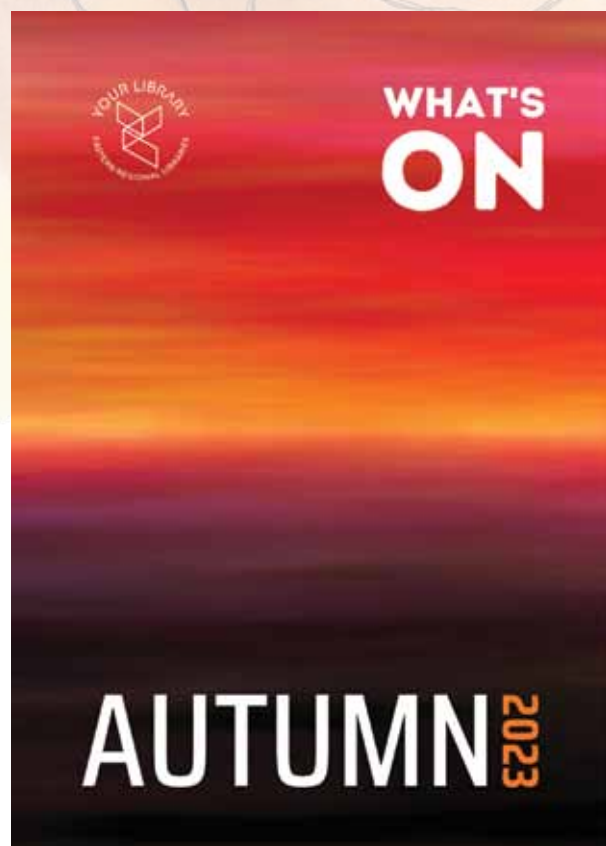
# What's new at Your Library?

by Karla Simon

# LIBRARY NEWS

## Autumn is here!

The Autumn What's On – is hot off the press and available at all libraries now! It's jam-packed with amazing events to keep you busy all season. Pick up a copy from your favourite library or view online at [yourlibrary.com.au](http://yourlibrary.com.au) from the comfort of home.



## New books and DVDs

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

## Top Reads

- The neuroscience of excellent sleep by Stan Rodski
- Wild card by Simon Rowell
- The villa by Rachel Hawkins
- Bulldozed: Scott Morrison's fall & Anthony Albanese's rise by Niki Savva
- The house of now and then by Jo Dixon
- A heart that works by Rob Delaney
- Age of vice by Deepti Kapoor
- An afterlife for Rosemary Lamb by Louise Wolhuter
- Waxing on: the Karate Kid and Me by Ralph Machio
- Red dirt road by SR White

## New DVDs

- Wire room
- Both sides of the blade
- Clean
- Don't worry darling
- Lamborghini: the man behind the legend
- Prizefighter: the life of Jem Belcher
- Smile
- Penelope Keith's Coastal villages. Series 1
- Doctor Who: the power of the Doctor
- The last manhunt

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

### Knox City Council's Food and Garden Bin Service - Information session

Miller's Homestead – Tues 4 April, 10:30am  
 Ferntree Gully Library – Thur 27 April, 2pm  
 Rowville Library – Thur 4 May, 6:30pm  
 Boronia Library – Sat 20 May, 10:30am  
 Knox Express – Mon 22 May, 10am  
 Bayswater Library – Wed 24 May, 2pm

Come along to one of our free information sessions to find out more about the new food and garden bin service and how you can help reduce your household waste going into landfill. (Free)

### Downsizing Seminar

1:30 PM WEDNESDAY 5TH APRIL 2023  
 Bayswater Library  
 Shop 26, Mountain High Shopping Centre  
 7-13 High St

Helpful information to assist people planning to downsize to retirement living or smaller apartments. With Rajiv from the Department of Justice and Community Safety. (Free)

### Soap Making

2:00 PM THURSDAY 20TH APRIL 2023  
 Knox Express  
 Shop 1001, 509 Burwood Highway

Wantirna South (next to Supercheap Auto)  
 Learn how to use simple ingredients to create your own soaps at home. Participants will also receive a pre-made ready-to-use bar of soap to take home. COST \$5

### Meet the author: Cheryl Adam

1:30 PM WEDNESDAY 26TH APRIL 2023  
 Bayswater Library  
 Shop 26, Mountain High Shopping Centre  
 7-13 High St

Come and meet Cheryl whose first book 'Lillian's Eden' was published at the age of 74. (Free)

### Scams

1:00 PM TUESDAY 9TH MAY 2023

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

Learn how to protect yourself in this free 2-hour workshop which will cover: Steps to staying safe online, types of scams, hot-off-the press current scams, and what to do if you think you've been scammed. (Free)



Want to play some fun and engaging games?  
 Looking to stay in touch with your community and young people?

We are seeking expressions of interest for participants to join our board games group where people of all ages can share and learn from each other. We anticipate the group will commence in mid 2023.

If you would like to register your interest or seek further information please contact Knox Express or email [intergenerational@knox.vic.gov.au](mailto:intergenerational@knox.vic.gov.au)

### Wine Tasting Night with MT Wines

6:30 PM MONDAY 22ND MAY 2023

Boronia Library  
 Park Cres, Boronia

Join Marco and Portia from local Ferntree Gully winery, MT Wines, and find out about their journey together owning and producing their own wines. Cheese and crackers provided. (Free)

### Rose Pruning Made Easy

10:30 AM FRIDAY 26TH MAY 2023

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

Learn when is the best time to get those rose bushes back to their best, maximising the number and quality of blooms from each bush, with international rose judge, Beth Williams. (Free)



Join the friendly library team for a delicious morning tea while helping to raise funds for the Cancer Council with your gold coin donation. No need to book!

Fri 18 May, 10am-12pm  
 Rowville Library  
 Thur 25 May, 10am - 12pm  
 Ferntree Gully Library  
 Mooroolbark Library  
 Thur 25 May, 10am-11am  
 Bayswater Library

## East City Sound Chorus is Welcoming All Women Who Love To Sing

East City Sound chorus sings four-part a-capella harmony in the barbershop style. Barbershop is unique and exciting to sing. It is different from any other kind of choral or group singing.

Specific chord structures, delivery and interpretation all contribute to the 'lock-and-ring'. This sound is created by perfectly balanced and in-tune chord producing harmonic overtones. Members enjoy the stimulating, challenging journey to master this art form and they are serious singers having serious fun.

Robyn Westwood, the musical director of the East City Sound chorus, is incredibly skilled.

The chorus is being eagerly led and inspired by Robyn to achieve barbershop greatness.

They may be women, but they sing in the traditional male barbershop style. And they may be local, but they belong to a global network of singers whose motto is to 'harmonise the world'.



Studies reported the following benefits of singing in groups:

- Increased self-confidence, empowerment, wellbeing and interpersonal skills.
- A general lifting of the spirits and a sense of joy and accomplishment.
- Lowered feelings of social isolation, depression and anxiety.
- Increased social capital through participation in social, cultural and community activities.
- Denser social and friendship networks.

Women of all skill levels join us. Musical knowledge is not necessary. Voice training and music education are valuable components of member benefits.

Come along to a Thursday night rehearsal to experience the sound of barbershop a-capella four-part harmony. Enjoy a fun, friendly, inclusive chorus where the joy of singing is as important as the quality of singing. Cheryl said 'singing barbershop is addictive and seriously good for your health.'

The East City Sound chorus is engaged to perform for a wide variety of audiences with a large repertoire of songs including contemporary and favourites from various genres providing entertainment enhanced with colourful costumes and expressive visuals.

**East City Sound is a not-for-profit organisation rehearsing every Thursday night at Boronia West Primary School, Tormore Road, Boronia.**

**Website: [www.eastcitysound.org.au](http://www.eastcitysound.org.au)**

**Facebook: [www.facebook.com/EastCitySound](https://www.facebook.com/EastCitySound)  
[www.sweetadelines.org.au](http://www.sweetadelines.org.au)**

# AROUND KNOX

## THE FERTREE GULLY ARTS SOCIETY AT THE HUT GALLERY 157 Underwood Rd, Ferntree Gully APRIL EXHIBITION "FOUR MEDIUMS"

An exciting, awarded exhibition by our members and the public displaying their artworks done in any of the four mediums, Acrylic, Oil, Pastel or Watercolour.

Open Fridays 1-4 and Weekends 11-4, from 2nd of April to the 30th.

We are closed for Easter.

Official opening and presentation of awards 2pm Sunday 16th

ALL WELCOME, FREE ENTRY

## MAY EXHIBITION In the Gallery "MECHANICAL"

A members Exhibition, displaying the many wonders of Mechanisation.

Open Fridays 1-4 and Weekends 11-4 from the 7th to the 28th May

ALL WELCOME, FREE ENTRY

For information on workshops and classes and events visit [www.thehutgallery.com.au](http://www.thehutgallery.com.au)

## Cr. Susan Laukens

KNOX CITY COUNCIL FRIBERG WARD COUNCILLOR • PUTTING OUR COMMUNITY FIRST

LET ME KNOW WHAT MATTERS TO YOU

Call or text on 0437 882 913,

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

 SusanLaukensforKnox

### News from Friberg Ward with Cr. Susan Laukens

**Visit to BioGro, where your Green Waste is processed and recycled.**

We know the council delivers hundreds of services to our community each year and waste management is a service that affects us all. The State Government Recycling Victoria reform and waste collection bin lid colour changes are coming to Knox and with the introduction of a Food and Organic waste service starting on July 1st, it was a timely visit to BioGro Organic waste production plant in Dandenong to see how our waste will be processed. My first impression was how earthy the smell was, not putrid or completely offensive. The process from street collection to end product, compost was explained. The microbes are the champions of the process but a massive shout out



Visit to BioGro

to the staff that remove the unwanted, non-organic material that unfortunately ends up in the green waste bin. Some of the household waste that was found in the green waste was old dog bedding, plastic bags, gardening tools, metal, garden hoses and dog poo bags. Contamination of the green waste is a huge issue that we all have a responsibility to reduce. Council will be conducting an extensive education program and together we can keep contamination rate down by putting the right stuff into the right bin.

#### International Women's Day

It was my pleasure to attend a couple of events to celebrate International Women's Day 2023, with the theme #Embrace Equity. Celebrating this day with incredible women in our community and Councilors across the state. It is so important to highlight that society has come a long way from women having the right to vote but we still have a long way to go to ensure equity for all in our community.

A take away that I would like to share is how Incivility and gendered abuse in Local Government needs to be addressed. The poor behaviors in our local government sector needs to be called out, not tolerated and not dismissed as "just politics."

These are confronting and uncomfortable discussions to have however they are truly necessary. I encourage all to reflect on how we as a society can make local government more inclusive and a safe space of all regardless of gender.



Cr. Susan Laukens with Sandra Romero, Manager of Coonara Community House at the IWD event

#### New business opens in Mountain Gate.

I had the pleasure of meeting Christine the owner of a new Cafe, Break 40 in Mountain Gate shopping centre. It was interesting to hear of her experiences and the highs and lows, of opening up a business.

Knox City Council provides a service to support new businesses called The Business Permit Support service. This program allows businesses to gain coordinated advice from planning, building, health and local laws as to whether or not a permit may be required to start or expand a business in Knox.

Business customers can lodge a request by calling through to Customer Service or by completing a request online at [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

## Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Hello Everyone,

As the months go by I must tell you about some fun bus trips we have had and are looking forward to in the coming months. Firstly our bus trip took us to see the Sand Sculptures at Boneo Park. They were pretty amazing and very well done as the details were incredible. It was the Dinosaurs' show, and being a nice sunny day, we were all able to wander and enjoy all the sights.

The bus then took us to the Rosebud RSL where we enjoyed a very nice lunch and then to "top off" our day out we wandered through the Rosebud Mall and looked at all the shops. Good fun day.

Next bus trip was a joint day with Boronia Ladies Probus Club. Morning tea at Tooradin and then the bus took us on to Inverloch where we lunched at The Inverloch Esplanade Hotel.

We all enjoy our joint Club outings and enjoy new company and friendships as well as sharing the costs. Members are all invited to Tosarias Restaurant again and remember it's Self Pay and drive. I can taste the smashed avocado, and it's always delicious.

A most important date is our AGM where the Committee is chosen and the President and Vice President also. Hopefully some members will apply for a Committee position as new members are



*Guest Speaker, Bev Moss*

welcome and as the Committee is the "engine" of our Club new members bring new ideas and that's always a benefit.

Our guest speaker last month was Bev Moss. Bev is one of the most interesting speakers and we have had the pleasure of her company and stories before. This time Bev told us all about the Queen Mother and her art collection. A fact I knew nothing about but what an interesting topic and Bev had a slide show to go with Her story. I was fascinated at the information she gave us and that she had worked in Clarence House with The Queen Mother and had

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actually seen her artworks. Look forward to having Bev again with her great facts and stories.

Entertainment after our AGM will be a Jazz Quartet so that will get our toes tapping. Lots more to come for future bus trips and our new Dinner Group as well as 1812 Theatre shows.

**If you would like to be a new lady member of our Club please call Jo, our membership officer on: 0414 914 091....there's lots of fun ahead for all.**

**Take care everyone, until next edition.**

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## Tirhatuan Ward Update with Cr. Nicole Seymour

### Council Not Immune From Economic Woes

Here in Council we continue to experience similar financial challenges as experienced by our residents and businesses – rising costs and interest rates with little opportunity to offset with new diversified income streams. Australian inflation is most commonly measured by the percentage change in the price of goods and services typically consumed by households (CPI), and as at the time I am writing this article, inflation is estimated to be around 7.8%.

The challenge for Local Government is the calculation of CPI is not reflective of the goods and services provided by Councils. Major infrastructure projects and civic infrastructure maintenance and renewal are key deliverables of Councils. The past 12 months has seen Knox Council hit with cost escalation upwards of 20% as well as significant delays in raw material supply. Early indications suggest there is no immediate relief in sight.

Council is currently preparing its' draft 2023/24 budget due for adoption in June. There are some real risks to the financial resilience of our Council which is driving consideration of what levers Council has to keep the budget balanced and in the black. Council is considering its' current services provision, re-evaluating what is essential versus the responsibility of other tiers of Government.

Investment in new major capital projects will be reined in from years past seeing less new sporting and community infrastructure than previous years. Consideration is being given to the sustainability of offering a pensioner rebate, possible future land sales and acceptance general rates will need to increase to the full 2023/24 rate cap. It is also likely most ratepayers will see an increase in their waste charge as the cost for rolling out the State Government's waste reform initiatives are passed on to reflect full cost recovery. Cost shifting from other tiers of Government is also an ongoing concern.

Sharing this in the hope that it can alleviate possible "bill shock" when the 23/24 rates notices are issued.

### Marvellous March

March is a month of great celebration with many festivals and major community events taking place. It was fantastic to see the huge turnout to this year's Knox festival estimated at over 20,000 people attending across the day / evening. We have also seen a number of wonderful cultural festivals hosted across our city. The return of the terrific Hungarofest at the Hungarian Community Centre after a four year hiatus due to the pandemic was fabulous to experience. The cultural performances, Hungarian cultural exhibition and celebration of traditional food and beverages was enjoyed by all. There were also a number of Holika Dahan, Indian "Festival of Colours" held including the Hindi Niketan event I attended. It was such a joyous occasion with plenty of smiles all round. We are blessed to have such a diverse and vibrant multicultural community here in Knox.



*The Hindi Niketan - Indian "Festival of Colours"*

### Local Knox Spiritual Leader meets with Pope Francis to talk Climate Change

One of the most fulfilling parts of being a Councillor in Local Government is the role we play in community strengthening and advocacy serving as a conduit between residents and/or business owners and the Council organisation.

Through my role as Chair of the Knox Multicultural Committee I was introduced to the Venerable San Sochea, spiritual leader at the Samana Gottamaram Temple in Wantirna South. Venerable San Sochea is a veteran Cambodian monk who is extremely well respected in Australia and overseas for his Buddhist teachings and charitable actions.

I share this because in January this year, Venerable San Sochea and a delegation of Buddhist monks from Cambodia met with His Holiness Pope Francis at the Vatican in Rome to discuss the importance of caring for the earth. The meeting of Buddhist and Catholic religious leaders premised a view expressed by His Holiness Pope Francis that faith based organisations have a duty to cultivate "ecological responsibility" through interfaith cooperation.

This meeting was incredibly significant as the first Cambodian dignitary to meet the Pope was King Norodom Sihanouk in 1950. It wasn't until 1986 that the first Cambodian monk, Samdech Preah Maha Ghosananda, met with the then Pope about bringing peace to the suffering of Khmer people during the civil war.

Whilst it is wonderful to be able to acknowledge the honour bestowed upon Venerable San Sochea in having such important discussions with His Holiness Pope Francis and other international Leaders, what I personally found interesting was the global call to

action for ecological responsibility from a spiritual perspective as opposed to the social-political and big business perspectives usually driving global narratives on renewable energy, waste management, carbon emissions, climate change mitigation etc..

It will be interesting to see what comes from these meetings and from an Australian perspective how they might connect with Aboriginal Elders and community leaders to appreciate their spiritual connection to Country and traditional knowledge in being ecologically responsible.

Wishing you a joyous month ahead.

*Nicole Seymour,  
Tirhatuan Ward Councillor*



*Venerable San Sochea with His Holiness Pope Francis at the Vatican in Rome*

## Cr Nicole SEYMOUR

Tirhatuan Ward Councillor  
Knox Council

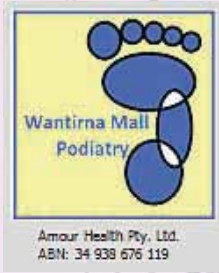
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📘 Cr Nicole Seymour





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## Thick Toenails

Thick toenails are a common medical problem that can make toenail cutting very difficult. Thick toenails can be painful, discoloured and can cause problems with footwear fitting. Occasionally, thick toenails can have corns and calluses underneath causing more pain, trauma and bruising. There are various causes for thick toenails for example; dermatological conditions, circulation problems, trauma, walking pressures or ill-fitting footwear so it's important to get thick toenails checked by your GP or Podiatrist.

At Wantirna Mall Podiatry we can help identify the potential cause of thick toenails and most importantly reduce the thickness and length of the nail using our mechanical file called a burr. We can also remove any under nails corns or calluses, advise on footwear and help develop a plan to help manage your thick nails in the future which may involve regular foot care or foot care as needed. In extreme cases where thick toenails do not respond to regular foot care surgical options may be required.



## Hands on Myotherapy



### TMJ - Bruxism Pain

Do you suffer from head, neck, jaw, or face pain? Do you sometimes struggle with clicking or popping when you open or close your jaw? Are you a teeth grinder?

These conditions, often diagnosed as Temporomandibular (TMJ) pain or Bruxism, can lead to a variety of problems including headaches and sensitive teeth. A sore jaw, headaches, migraines and pain in your face and neck can be quite debilitating and not only affect physical well-being but patients

## Laughter Club News

### How Laughter Affects One's Judgment and Self-Acceptance

This issue addresses how many of us as humans are full of crippling self-judgment, lacking in self-love and self-acceptance and the great news is that laughter can help alleviate that. Our habits are developed from a very young age as a survival mechanism, even from a baby, we instinctively and unconsciously develop ways to have our needs fulfilled, even when so tiny and unable to express ourselves clearly.

As we learn we are drawn to having pleasure and avoiding pain. In fact, it is said we learn best through painful times, which by far motivates us towards growth, rather than when things are going well. Most of us can attest to that.

Words can hurt and we cope the best we can which may be to have a warped sense of humour as it may help us get through life. We can learn the habit of self-criticism, because subconsciously, we feel criticism outside ourselves cannot then hurt us.

When we are moulded by feelings of being judged we can feel that we are wrong and others are right, they are ok and we are not ok, and feel lost. It can be felt like a background whisper and we can feel isolated. We have taken it on board and our lives are filled with the taste of criticising ourselves and others and somehow we do not feel okay within. We experience a harmful stress, (beneficial stress can actually be necessary at times in order to fulfil a goal) a need to please, the list goes on.

The good news is that once we become aware of something not being 'right', we can begin to do something about it. As we realise unhealthy habits we can work on them and live a happier, more purposeful, fulfilling life.

### How Laughter Can Help Us

Being in a group of laughter club people can make a huge difference in our life and how we feel about ourselves. We can let go of anxiety tied in with self-judgment as we practice accepting each other and they of us. We acknowledge and honour everyone's uniqueness, contributions and belonging in the group. We listen, we care and have drawn to us lovely people who appreciate one another. Gradually, coming from feelings of being 'not quite right', needing to change to feel loved and fit in, we discover that we are, in fact, very ok!



Self-consciousness certainly effects our sense of purpose, our wellbeing, of feeling okay within oneself and laughing out loud can be a hurdle to overcome when experienced for the first time, especially in a group, to the full extent. When people first attend laughter club they feel uncomfortable to some extent. Even I remember feeling self-conscious despite embracing the new experience wholeheartedly.

Laughter Club is very social, we are a small number of people, about six or eight as a rule and like many other social clubs there develops a sense of camaraderie and total acceptance of each other. I believe this helps us to accept ourselves, to feel safe, nurtured and to feel we belong.

Overall belonging to a laughter club enhances our lives, as we bear in mind the founder's motto of 'World Peace Through Laughter'. We would love to see you at a meeting and you are very welcome to join us and try it for yourself.

### Summing Up

The Ferntree Gully Laughter Club is having its 18th Birthday in April and if you were to come along on a regular basis I am confident to say that you could expect judgmental and low self-esteem issues to radically improve. Give it a try this 2023. What a momentous year it will be in many ways if you embrace, flow and run with it.

Lots of Love and Laughter, Lynette Mitchell.

**Lynette & John Mitchell lead the free Community Ferntree Gully Laughter Club at 11am on the 2nd and 4th Sunday of the month behind the library. If you are attending for the first time, please contact Lynette in case there's a meeting change.**

**P: 0425 799 258 E: [lynette@laughterforliving.com.au](mailto:lynette@laughterforliving.com.au)**

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

can develop 'brain fog' from sleeping difficulties and their inability to concentrate on simple daily tasks.

Perhaps you have been told that nothing can be done? Well, the good news is that here at Hands on Myotherapy there is a solution.

Breaking the cycle of jaw pain can help people enjoy better quality sleep and lift the 'brain fog' thus enabling them to live fuller lives.

Our initial consultation will involve a thorough consultation that looks at potential triggers and lifestyle factors as well as a full neck, jaw, and shoulder assessment. Gentle yet effective hands-on techniques such as massage, dry needling and joint mobilisation will then be applied to the affected areas.

So, if you have jaw pain or any of the associated symptoms, come on in for a chat, I would love to meet you!

*Dominique Harrison*

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## What is our New Osteo Gym & How Can it Help Me?

Wantirna Osteopathy has offered exceptional care to our valued patients in the local community for many years. During the end of 2022 and into 2023 we have expanded our services with our big new gym space.

- Do you ever experience any pain with exercise?
- Have you ever wondered whether or not you are performing exercises correctly?
- Did you suffer an injury with exercise or in the gym?
- Have you thought about doing more for injury prevention & performance?



- Are you avoiding rehabilitation for your current injury?

We invested in force analysis technology, the AxIT system, to provide our patients with the most accurate data related to their movement. This system can measure your strength and speed of force in almost any direction. The system consists of two force plates on the ground, a hand held force measuring device (dynamometer) and a strain gauge. Standing, jumping or pressing on the AxIT force plates can measure your force into the ground, whilst the AxIT Pull-IT and Push-IT equipment can measure pulling and pushing forces respectively for both the upper and lower body. We have already been out in our local sports community testing athletes to identify areas of weakness or risks for future injury.

Regardless of your goals from completing pain-free group gym classes to elite performance, Wantirna Osteopathy, our new gym, AxIT and our lovely staff can help you achieve more than you thought in 2023! How to book in at Wantirna Osteopathy with the new gym in mind

- Book in for a 1 on 1 testing screen with the AxIT devices and one of our staff. This will involve a discussion of your injury history and goals, specific tests relating to you, and a report emailed to you with your results which could be

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shared with your coach, personal trainer or other healthcare professional.

- Attend your regular osteopathy consultation and mention your exercise related concerns or goals where the gym and AxIT may be beneficial.
- Book in any consultation with Wantirna Osteopathy and if the Osteopath thinks something in the gym may be of benefit within the consultation they will take you into the gym.

Bookings can be made online at [wantirnaosteopathy.com.au](http://wantirnaosteopathy.com.au) or via phone call at 9800 0388

Wantirna Osteopathy, Level 2, 171 Stud Road, Wantirna South, 3152

## New Low Carb Clinic Opens in Wantirna

The problems of obesity and chronic conditions are growing in our society resulting in our health as a nation deteriorating.

As a family doctor for 20 years working in Wantirna, Dr. Avi Charlton is familiar with this problem. Obesity, diabetes, mental health conditions, irritable bowel syndrome, inflammation, fatty liver disease, cancer, heart disease, etc. are all medical conditions that are becoming more prevalent.

After a personal weight loss journey, Avi discovered the method of a low carbohydrate diet, suggested by her gym, to lose weight and gain health. She looked into the science and did many nutritional courses and discovered it enables the body to function properly. It helps the body heal from previous stresses, insults and hormonal imbalances. This way of eating enables weight loss, improves energy, reduces both hunger and brain fog.

After 2 years of incorporating low-carb nutrition into her usual GP practice, she decided in August last year to start a clinic called the Melbourne Low Carb Clinic which she operates two days a week. The aim of this clinic is to provide longer 30 – 45 minute consultations to thoroughly discuss nutrition and lifestyle. She works on improving nutrition and discusses other pillars of lifestyle medicine, including sleep, exercise, stress, mindset and relationships.

As well as helping patients on an individual basis, Avi hosts educational events in the clinic. The February event focused on the background of low-



*Dr. Avi Charlton*

carb nutrition and the effect of eating sugar and low fat. The keynote speaker was Dr Peter Brukner who is currently involved in reversing obesity and diabetes with the Defeat Diabetes and Sugar By Half campaigns.

**The Melbourne Low Carb Clinic is located in the Wantirna Mall Clinic, 632 Boronia Road, Wantirna. Telephone: 9738 0009**

**For more information go to [www.mlcclinic.com.au](http://www.mlcclinic.com.au) or via Facebook or Instagram @dr\_charlton\_low\_carb\_GP**

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

### St Andrews Cross Spiders

By Alison Rogers

I wonder if like us you have been inundated with the very pretty St Andrews Cross Spider. During January and February we have had over a dozen of these spiders in our native garden with as many as 7 in the one bush at one time. I hear from others that they have been seen in their exotic plant gardens as well. We have watched with interest these creatures as they go about their daily business. Luckily they tend to build their web in bushes and not over pathways like some of the other varieties.

These spiders get their name from the shape of their web decorations, the white silk that they spin through the centre of the orb web in the shape of a cross. The spider also sits in the web with its legs in pairs forming the shape of a cross.

Usually flying prey is caught in the web. Before biting their prey, all except the smallest prey is first wrapped up and secured in silk. Prey of the St Andrew's Cross Spider includes flies, moths, butterflies, bugs and bees. There is little risk of humans being bitten by these spiders although they might bite if handled. Their venom is not regarded as a serious medical problem.

Females can be quite silvery and have a silver, yellow, red and black banded upper abdomen with two longitudinal yellow stripes below. The brown and cream coloured males are smaller than females. The cream-coloured young spiders make a circular web decoration (like a white silk doily) that disguises them well and may also act as a sunshade. As the spider grows the 'doily' is gradually transformed into a 'cross'.

Mating occurs from summer to autumn and can be hazardous for the small male St Andrew's Cross Spiders. One or more males sit in the upper parts of the web - some may be missing legs, survivors of encounters with unreceptive females. The male constructs a mating thread within the web onto which it attracts a receptive female by vibrating the thread. The female suspends its pear-shaped egg sac in a network of threads, often among leaves where the sac's greenish silk disguises it. Despite this, the egg sacs are often the target of parasitic wasps and flies.

These spiders only have a one year life span. The St Andrew's Cross Spider is found in eastern Australia in habitats ranging from rainforest margins to open forest and heath land in Queensland, New South Wales and Victoria.

We have enjoyed our little visitors for the time they were with us but the St Andrew Cross spiders in our garden are now moving on.



*St. Andrews Cross Spider  
by Alison Rogers*

### Meeting - February

**Speaker: Graham Patterson.**

**He titled his talk "Nature on the coast of western Victoria".**

Graham spoke about his latest book which is a Coastal guide to nature and history 3: Western Victoria: covering Point Lonsdale to the South Australian Border.

He has walked every kilometre of the coast between South Australia and New South Wales. Well almost - he had to paddle the kayak past some mangrove shores and missed a few places where access to the coast is forbidden. In his presentation he questioned 'What was this place like 150 years ago?' What were the animals and plants he was seeing? And how were the rock layers in the cliffs formed? An interesting talk and the book is a good read.

### Excursion - February

**Point Cook - Leaders: Roger & Inta N**

Recently Ringwood Field Naturalists had an outing to Point Cook Coastal Park. The Park of over 800 acres is located between Port Phillip Bay and the housing estates of Point Cook. The Park surrounds a Homestead built in 1852 by the Chirnside brothers who also built Werribee Mansion.

The area is well known for its bird life. Often in summer, waders which breed in Siberia and Alaska, feed in the shallows at the Point and along the beach.

Our group visited the Beach Picnic area, RAAF Lake, two small wetlands and the Homestead beach and Point

Cooke itself. We saw 42 different bird species including a Black-shouldered Kite, Pied and Black-faced Cormorants, Golden-headed Cisticola and Crested and Common Terns.

Point Cook Coastal Park is a pleasant, interesting and surprising site on the western shores of Port Phillip Bay.



*Black  
shouldered  
kite  
by Roger  
Needham*

### Future Program

#### Meeting - April

**Speaker: Alex Maisey**

**"Lyrebird conservation in the face of Australian megafires"**

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.

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

For more details phone Alison or Peter on 9801-6946.



## Knox Community Gardens Society

Where Our Community Can Grow

by Rod Felton

There was a significant change to Scoresby's weather patterns, particularly rainfall, post New Year's Day 2023. Looking back to last year, Scoresby's rainfall in August was 115mm, September 51mm, October 204mm, November 161mm and December 62mm. Looking at the positives though, high rainfall means low water bills! However, in January this year only 24mm fell and in February only 30mm, both well under their long term averages (information sourced from [www.bom.gov.au](http://www.bom.gov.au)). The sun finally made an appearance and our fruits and vegetables finally started growing. Tomatoes still struggled a bit but most other vegetables really kicked on and are still producing even now.

Rotary Boronia joined us in January 2023 and have two plots planted out with all sorts of vegetables. We welcome them with open arms and look forward to developing a strong relationship over the coming years. If you would like to find out more about Rotary Boronia, please consult the website <https://rotaryboronia.org.au/about>.

In addition to tending our plots, we have also been very busy with other business. In January quite a few members attended our Australia Day 2023 barbeque lunch. It was a great way to celebrate this wonderful country we live in. In early February we held a General Meeting at which the committee provided members with updates on all developments at the gardens. In particular, time was spent discussing the Queensland Fruit Fly issue, which is causing us concern.

In the last month or so, we have been involved in two offsite events. Firstly, on a hot day in February, we ran the Bunnings barbeque stall at Bayswater. Secondly, last weekend we had a stall at Knox Festival (refer photo), another hot day! Both these successful events were well supported by the public and as fundraisers provided valuable funds for our club.



In other news, our composting system is now fully operational producing up to a cubic metre of compost every two to four weeks. The challenge is to get your hands on some! We splashed out and bought ourselves a wheeled whipper-snipper to help maintain our five acres of gardens. We also bought ourselves a new marquee with our trademark orange pumpkin on the roof. There is no excuse for not finding us at local festivals in future!

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

## Scouts Water Activity Adventure

by Nicole Klep, District Leader of Cub Scouts.

On Saturday the 25th of February 78 Cubs and many leaders/parents from the City of Knox descended on the Guide and Scout Water Activities Centre in Sandringham for a day of adventure.

Cubs got to have a go at paddle boards, canoes and yachts. Some Cubs spent time building sand castles and burying one another.

They learnt how to put on PFD (personal flotation device), how to care for their PFD and how to care for the equipment they used. They had to wash the PFD's and boats. The day of fun also went towards badge work.

Many Cubs are keen to go again.

If you are interested in trying Scouting go to: <https://scoutsvictoria.com.au/locations/all-groups/>

2nd/3rd Bayswater, 1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 4th Knox are the local Scout Groups. You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 5 to 26 years and after 26 lots of fun is to be had by becoming a leader!



## Girl Guides Strengthen Friendships

By Rebecca Whitehead Leader 2nd Wantirna Heights Guides



One of the best things about being young is spending carefree hours with your mates, whether you are relaxing and sharing laughs, out and about exploring or learning a new skill together.

Our program has been providing all of these opportunities in abundance and a non-competitive way through our regular weekly meeting throughout the school terms and on selected weekends.

Weekly meetings have kept everyone engaged with re-connecting face to face, learning first aid, extending our cooking skills beyond baking, some painting and some craft.

Camping was at a Guides Victoria established site, battling the heavy rain and winning, campfire with marshmallows and plenty of laughter. A spot of orienteering in groups and the obstacle course as whole for team building skills followed by lounging in the shade letting the afternoon pass us by.

Out and about exploring the city lights is an annual event from Federation Square to Bourke Street Mall to Docklands. We travelled the globe enjoying different foods in a progressive style dinner, everything from garlic naan to slurpees. The train and tram journey were filled with happy chatting, laughter and smiles.

You can find out more about Guides in your area by emailing [guides@guidesvic.org.au](mailto:guides@guidesvic.org.au) or visiting [www.guidesvic.org.au/be-a-guide](http://www.guidesvic.org.au/be-a-guide)

Our Girl Guide groups currently have vacancies for girls aged 6-16 and provide a welcoming space for girls to make friends, laugh and learn new skills – and the first three visits are free.

## VINTAGE FASHION COMES TO THE EAST

by Kristy Harris

### Who doesn't love divine Vintage fashion?

Volunteering here at The Aussie Veterans Op shop we have been very fortunate over the years to have been donated some beautiful "GEMS" in the form of vintage frocks, display pieces, unique garments and bric-a-brac items. Recently we were lucky enough to receive a wonderful heart felt donation of a vintage clothing collection from Eileen Ervine - Author of the book "Memories of Melbourne: Parades, Promotions and people". Along with these donations came a wonderful idea to host a Vintage Fashion event. What better place to have such an event than the Nostalgic Boronia Mall located at the base of the foothills of beautiful Mt Dandenong.

This event will be a wonderful opportunity for those in the local community to enjoy a fashion parade of genuine vintage garments that were on display at the Hyatt Melbourne in 1992 celebrating 150 years of Melbourne. On the day we will have stalls of vintage items available for purchase, racks of vintage clothing will also be sold with proceeds supporting The Aussie Veterans association. Funds raised directly support the Veterans Advocacy Centre with much needed funds to Veterans and their families in the form of Welfare, Advocacy and Support to the local community.

So, mark the date in your calendar and come down and check out this great event for a great cause. While you're here take a wander around The Boronia Mall. Support the many stores and make sure to check out our large Op Shop (upstairs Shop 20c) and also our second-hand furniture store (downstairs Shop 10) choc a block full of great items at fantastic affordable prices.

Follow us on Facebook for regular updates and sales: <https://www.facebook.com/VeteransOpShop/>

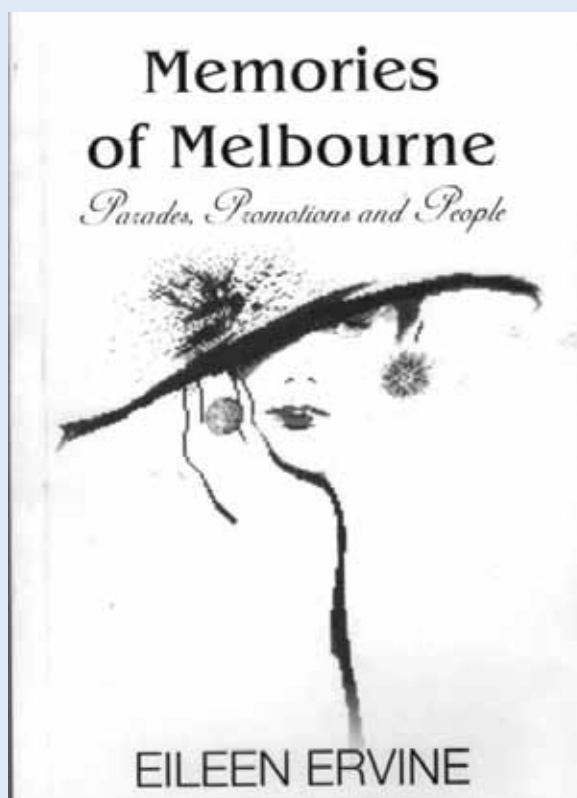
### Vintage Fashion Event

Saturday April 29th

11am – 2pm

BORONIA MALL CENTRE STAGE

50 DORSET SQUARE BORONIA





## Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday 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 24th April, 2023: Speaker on 'Quilts for Orphans'

Monday 22nd May, 2023: Speaker - Elida Brereton 'Education Then & Now'

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 (Voice, Interests, and Education of Women) is a group of friendly women who regularly meet and enjoy social interaction whilst also raising valuable funds for The Smith Family Learning For Life Program. We currently sponsor six Learning for Life students through the dedicated efforts of our members. We raise funds in a variety of ways, including but not limited to, raffles at our meetings; BBQs at Bunnings; going to the movies; trips to the theatre (local and into the city); excursions to venues in Regional Victoria, 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 on the corner of Stud & Wellington Roads, Rowville – 10:30 am for a 11:00 am start. The meeting room is accessible by lift and stairs, and there is ample parking available on site. Members contribute a small fee of \$10 per meeting which includes morning tea and a raffle ticket, and contributes to the cost of the room. Lunch is available to order at your own cost. Most meetings

also host a guest speaker/entertainment for members' enjoyment.

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

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

## Boronia VIEW Club

Boronia View Club meet at Eastwood Golf Club, Liverpool Rd., Kilsyth at 11.30am with a 2-course lunch costing \$27 followed by a guest speaker. The next meeting is on Friday 21 April.

On Friday 19 May the speaker will be Alex Maisey talking about Lyrebirds.

At each meeting there will also be the usual bookstall, raffle and trading table with all monies raised going to The Smith Family Learning for Life program to help underprivileged Australian children with their educational needs. Ladies of all ages and backgrounds will be warmly welcomed.

Enquiries to Judith on 9764-8602

## What's On?

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana NH, 62 Coleman Rd ,Wantirna	Call Orana on 9801 1895, call 1300 13 50 90 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. April 15 & May 13	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 <a href="http://www.rfnc.org.au">http://www.rfnc.org.au</a>
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 Wed. of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Jo 0414 914 091
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	<a href="http://thehutgallery.com.au">thehutgallery.com.au</a>
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
CPP Community Theatre Sense and Sensibility	Season commences April 14 and concludes April 22 (See Pg. 6)	Boronia K-12 College, Performing Arts Centre, Albert Avenue.	Enquiries: 0450 804 856



## Life Activities Club Knox

First, let me brag about March outings.

Herring Island Sculpture Park, it's an artificial island on the Yarra River. A 3.2 hectare sanctuary for the Yarra's original trees, grasses, and indigenous animals. It's the only island on the Yarra and can be reached by a free punt from the bank. That's where we were on March 26th. There are picnic tables and toilets.

February and March's Picnics in the park were well attended at the Tim Neville Arboretum and it's great to see brand new members arrive and join in. Such a friendly club.

APRIL; A couple of live shows this month, with " & JULIET " and "The International Comedy Show" to be held on April 27th at the Knox Community Arts Centre in Bayswater. Tickets are \$37:00 each. April 12th. an outing to Coombe Cottage with seven acres of historic gardens, terraced lawns, native, Italian and vegetable gardens, a croquet lawn, etc. and we'll get to see the oldest swimming pool in Australia! \$15:00 entry.

Coffee Mornings this month (2) both at Montanos in Bayswater. Ladies on the 4th. Men meet on the 11th. As for eating out, The Cinema group usually visit a local Eatery, "Chinwaggers" Luncheon group will meet at the Wantirna Hill Club, and the Evening Dine-out group, are going to Malaysian at Kotajay restaurant in Bayswater. In between these our Walkers still do walk and other activities continue too.

MAY 8TH TO 11TH a trip to King Island!! Well I never, what a wonderful experience this will be for members taking part.

MAY 10th. This outing is to the Ferny Creek Horticultural Society and the scenery to even get there is absolutely Sherbrooke. Girl's coffee and chat is again at Montanos in Bayswater and Men's Coffee and Chat will meet in Wheelers Hill at the MGA Café.

# COMMUNITY NEWS



*Picnic at the Arboretum in Ferntree Gully*

SOCIAL OUTING: Beleura House and Garden, National Trust, Mornington. Cost \$35:00pp for a tour of the house and including morning tea, so many of these grand houses to see.

INVITATION: to the Quarterly Meeting on May 29th at 2:00pm. Get to know more about this club and our own clubrooms, The Wattle Hall, 160 Underwood Road, Ferntree Gully. Afternoon tea provided. Call Carol for your own copy of the current newsletter or for any other enquiries on 0419 870 639.

## News from EACH Financial Counselling

by Bridget Morcom

### Do you have an overdue gas, water or electricity bill?

You are may eligible for a Victorian government grant....URGS – Utility Relief Grant Scheme.

#### What is URGS?

It is a Victorian government grant for households who pay for mains water, gas and/or electricity and are struggling to pay those bills. It can help reduce outstanding utility debts or pay some of your bills to prevent you being disconnected.

#### Am I eligible?

You are if you have a:

- Pensioner or Healthcare card or a Veterans Affairs Gold card
- or are on a low income and have a utility bill overdue.

#### How much will I get?

A maximum of \$650 per utility type. That is \$650 for each - water, gas and for electricity. You have two years to use up the grant before you can apply again. The grant directly reduces your utility bills. It is not given as cash.

#### How do I apply?

By calling your water, gas or electricity retailers and saying that you wish to apply for the 'Utility Relief Grant'. They will ask some questions to check if you are eligible for the grant and can complete the application process with you over the phone or can post/ email a form for you to complete.

#### What do I need?

Your name to be on the utility bill and the amount be overdue. You will need your Centrelink reference number or a payslip and to be able to explain why you are struggling financially (for example- increased

out of pocket medical bills, accommodation cost is more than 30% of income, one-off large expenses, family violence, decrease in income etc)

Once your application is completed it will take 4-6 weeks to be processed. During this time, you may still receive statements from your provider, however you will not be chased for any debts.

Here is an example:

If you have an electricity bill of \$1000 when the grant is approved the URGS grant of \$650 will go directly towards this leaving you with \$350 left to pay.

However, if you have a gas bill of \$200, when the grant is approved \$200 of the \$650 will directly pay the entire amount overdue. You then have another \$450 left that you can put towards a future bill, so long as it is within two years. You can choose which bills to use it for. Some people prefer to save it for their higher winter invoices.

More information:

If you are unsure if you are eligible, call your utility retailer and they can check for you.

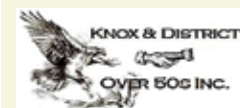
For more information phone your retailer or call 1800 658 521.

You can also go to: <https://services.dffh.vic.gov.au/utility-relief-grant-scheme>

If you need assistance you can contact a financial counsellor or local community organisation to assist. You could also get a friend or support worker to assist you.

If you are having difficulty paying your bills or managing your financial situation, an EACH financial counsellor can assist you:

**EACH Financial Counselling on 9871 1817 or 1300 003 224**



## 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.

Our next meeting will be held at 10.30 am on Tuesday the 23rd of May, 2023, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch in the bistro for those who wish to stay on. (Please note, the April General Meeting has been cancelled as it will fall on Anzac Day).

We provide guest speakers, day and overnight trips, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies. If you are looking to enhance your social life, come along and join us.

Our General and Social Committees are both working hard on planning various activities for the rest of this year. They have already come up with "The Songs of Eva Cassidy" during May; a visit to the 1812 Theatre in June to see "Waiting for God" (comedy); Morning Melodies "Night & Day" (songs of Shirley Bassey & Doris Day) during July.

Also, plans are well underway for the annual overnighter and this year's trip will be to the wonderful Newcastle/Port Stephens area during October/November.

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.



Coming soon

## Get ready for your new bin service

If you already have a green waste bin from 1 May put it out on your usual collection day, even if its empty, and leave it out all day. If we miss you put it out again the next fortnight.

If you don't have a green waste bin we'll deliver one from 20 April.

**Find out more** [knox.vic.gov.au/FoodAndGarden](http://knox.vic.gov.au/FoodAndGarden)

## School holiday fun!

Check out all the theatre shows and workshops these holidays at [knox.vic.gov.au/SchoolHolidays](http://knox.vic.gov.au/SchoolHolidays) or call 9729 7287.



### Chemistry Chaos Workshop

**Thursday 13 April, 11am**

Colour changes, smoke, fizz and foam!

Tickets: \$15

Ages: 5-8

### Bunkasaurus

**Friday 21 April, 11am**

Theatre show with clowning, puppetry and silent comedy.

Tickets: Adult \$18, child \$15,

family (4 people) \$52

Ages: 6+

### Shadow Puppet Workshop

**Friday 21 April, 12.30pm**

Create your own shadow puppet and put on a performance!

Tickets: \$15

Ages: 7+

All 3 activities held at the Knox Community Arts Centre, 790 Mountain Hwy, Bayswater

knox



## Templeton Tennis Club News

by Don McCracken , President

### Welcome to TTC news for March 2023

Our summer competitions recommenced over the weekend of the 4th February and will have been completed over the weekend 25/26th March. We had 8 of our 16 junior teams and 2 of our 4 senior teams in finals. We wish all participants the best of luck.

The next Saturday season (winter) will be upon us very shortly, commencing 29th April. We have submitted 13 junior, 4 senior for the forthcoming winter season. It is great see a mixed side from our "now to old" juniors progressing to senior tennis.

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

Night competitions; Monday and Wednesday (social) nights are back in full swing and are progressing well. Come for a look and maybe join us. If you are interested in any level of competition be it day, night,



social or just looking for some exercise give us a call. The numbers are on the website.

We are currently hosting teams from a sister Club in Eildon Park, on both Thursday nights and Saturdays due to court renovations that are being done at their courts. We trust they enjoy our facilities.

We have recently had the last of our planned works completed with the installation of two sun umbrella bollards in the artificial grass areas. Many thanks to Knox Council for their support with \$4500 to help with the cost of these bollards and umbrellas. (see photo)

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

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

**Templeton Tennis Club Inc.**  
**Templeton Reserve, Templeton St**  
**Wantirna 3152. Melway Ref. 63 G9**  
**Membership: Leanne 0493 450 111**  
**President: Don 0425 748 138**  
**Coaching: Kelly 0414 874 482**  
**Website: [www.templetontennis.com.au](http://www.templetontennis.com.au)**  
**Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)**



## News from Knox SOW

### Wonderful Weird Letterboxes !

The Knox Street Orienteering Walkers group walks twice a month in and around the City of Knox. They walk in teams of 2 – 5 people and have to find the answers to 20 clues shown on the map sheet and be back within one hour. It is quite a challenge and a lot of fun. 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, street names, phone numbers, etc., but most of all they love weird letterboxes! A special page in their website gallery shows some of their favourites. One of the pictures below is a clue in their May walk. Which one? If you know of a weird letterbox, please take a photo and send it, together with the street address, to David (details below) and he'll include it as a clue in a future walk.

The group is walking from Sasses Reserve, Bayswater, in May; Carrington Park, Knoxfield, in June and Chandler Park, Boronia, in July. After each walk they go to a nearby café for a coffee and chat.

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@knoxow.fun](mailto:david@knoxow.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.knoxow.fun](http://www.knoxow.fun)

**Street Orienteering is Fun**



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!





**Find out why we are one of the highest rated businesses on Google.**

**Scan to view our Google reviews.**

You could be our next very satisfied landlord, tenant, purchaser or seller.

