

# COMMUNITY NEWS

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

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EDITION 85

AUGUST/SEPTEMBER 2023

- WINTER APPEAL FOR CHAMPION
- NEW SAINTS SPORTS PAVILLION
- SURFS UP FOR GIRL GUIDES
- TEMPLETON CRICKET CLUB TAKES OUT TOP AWARD
- PETER ROGERS 1000 GAMES FOR RINGWOOD SAINTS BASEBALL CLUB



THE BAYSWATER COMMUNITY'S CHAMPION EFFORT TO  
MAKE BLANKETS FOR WINTER APPEAL

(SEE THE ARTICLE ON PAGE 3)

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## Editorial

Hello Community News readers,  
Here is some information from Environment Victoria.

All around the world, extreme weather events are becoming more intense and destructive. In Victoria, more extreme drought, longer bushfire seasons and heatwaves make life more difficult and dangerous. But we still have time to act and avoid the worst outcomes. Rapid and deep cuts to greenhouse emissions this decade will save lives, livelihoods, species and ecosystems.

Victoria uses significantly more gas than any other state in Australia, and most of that is for the 2 million Victorian households and businesses hooked up to the gas network.

As winter bites and with gas bills skyrocketing, there has never been a better time for Victorians to switch to efficient, electric appliances in our homes.

Victorians can save up to 75% on their heating bills over winter. Heating homes with electric reverse cycle air conditioners also significantly lowers harmful greenhouse gas emissions.

Janet Claringbold, Editor

<https://environmentvictoria.org.au/>



## Winter Appeal For CHAMPION Bayswater Library Have Done It Again!

After the success of the Community Christmas Crochet Christmas Tree project last year at Bayswater Library, once the 14ft tree was packed up and the many squares were packed into bags, the New Year brought in the beginning of the 2023 Winter blanket appeal for CHAMPION.

CHAMPION (Community Hub and Meeting Place in Our Neighbourhood) is a community service established by the Temple Society Australia (TSA). It offers emergency food relief and a host of practical assistance and advisory services to help people get back on their feet.

Bayswater Library have built a fantastic relationship with CHAMPION, they work very closely with Martina Eaton, the Community Care Worker, in promoting any of their events, referring any customers and in particular being a collection point for CHAMPION'S Christmas Hamper Appeal and Winter appeal.

For the blankets to become a reality we would need

our community to donate their time and ability. So many volunteers offered their assistance once again.

With over 1500 mixed crochet squares in bags, they were quickly distributed to our many volunteers. This included the Libraries regular Knit and Natter group that meet regularly at Bayswater Library and within weeks of putting the call out for help all of the bags were gone and we couldn't wait to see what the finished products.

Special mention to Heather who is the Mum of a fellow ERL staff member, not only did she make up a lot of our blankets, she also donated a bag of her homemade quilts to CHAMPION.

We decided the best way to celebrate such a great cause was to have the handover of the blankets on the same day as The Biggest Morning Tea that was being held on Thursday 25th May at Bayswater Library.

We proudly handed over 50 crochet blankets to Martina, explained Kay Hanley from Bayswater Library who organised both the Christmas tree project and the Winter appeal.

Direct Chemist Outlet, Bayswater also donated a massive box of brand new beanies as well.

A fantastic morning tea which became afternoon tea as there was so much food we were able to raise almost \$400 for Cancer Council Victoria.

Another successful get together for our community members for Cancer Council Victoria, CHAMPION and Bayswater Library.



## Mates Are Cooking Up A Storm And Cheering From The Sidelines!

**MATES matter**  
SOCIAL GROUP

**COOKING WITH HEINZ**

**SAT 5 AUGUST**  
**11AM-2.30PM**

Join Heinz in preparing and cooking a hearty, delicious beef goulash and Spätzle (noodles) to warm you up while having a good ol' natter.

BYO drinks.

To book, phone or text Heinz Wagner on 0401 817 029 before **FRIDAY 28 JULY.**

**51 ELIZABETH ST, BAYSWATER (MEMBERS' CLUBROOM)**

On Saturday the 5th August, a group of men from all walks of life are coming together to create a delicious meal together. "Mates matter", a men's social group proudly supported by the Temple Society Australia (TSA) and the Ringwood, Bayswater and Boronia Bendigo Bank Foundation has been meeting for a little while and warmly welcome newcomers to the group.

Activities such as this August's cooking event is held in the Bayswater TSA hall at 51 Elizabeth St from 11am-2:30pm and the blokes will cook up a batch of delicious beef goulash, spatzle (German noodles) and yummy, fresh pretzels!



The men will all be encouraged to participate in the cooking of the meal and then the eating will be enjoyed even more. For more information or to book in to this event, please call Heinz on 0401 817 029 before the 28 July. Bookings are essential.

Coming up in September the blokes will meet again to watch the AFL grand final on Saturday 30 September from 1pm until stumps. From the comfort of the tennis clubroom in Bayswater, put on your footy teams colours (regardless of who is playing) and join in an afternoon of excitement and mate-ship, food and entertainment. BYO drinks. For more information, please contact Heinz for catering purposes before 28 September.

**MATES matter**  
SOCIAL GROUP

**GRAND FINAL SATURDAY!**

**AFL TOYOTA GRAND FINAL 2023**

**SATURDAY 30 SEPTEMBER**

**1PM TO STUMPS**

Join us to watch the AFL Grand Final and cheer on your team (or someone else's). Wear your team colours - even if they are not in the GF - to join in the excitement of the day. Everyone 18+ welcome. BYO drinks.

If drinking alcohol, please arrange a driver for your ride home.

To book, phone or text Heinz Wagner on 0401 817 029 before **THURSDAY 28 SEPTEMBER.**

**51 ELIZABETH ST, BAYSWATER (MEMBERS' CLUBROOM)**

# News from Bayswater Bowls Club

## BAYSWATER – A CLUB ON THE MOVE and 我们欢迎你

You may have heard about the luck of the Irish, but what about Pilipino Good Fortune. Well, Bayswater Bowls Club has had that good fortune with the induction of new member, Juancho Natividad, a true Aussie now, but formerly from the Philippines.

Juancho was introduced to the Club through a letterbox pamphlet drop promoting Friday Night Barefoot Bowls. "I had played tennis, but having never experienced lawn bowls before I was curious to find out more about the sport and turned up one Friday night", the retiree said. "The members were so friendly and made me feel most welcome". Juancho ultimately joined the club and has not looked back tasting success in a winning Pennant team last season.

At the recent AGM, Alistair Smith stood aside after spending six years as President and Peter Commene was elected as the new President. Peter is a very progressive leader and is keen to implement new ideas to revitalise the club. Peter appointed Juancho as Community Liaison, a role that is well suited to



IT'S MORE THAN A GAME

Juancho because of his friendly and approachable nature.

Bayswater Bowls Club embraces all forms of multi culturalism and Juancho in his new role would love to invite all nationalities to the club to experience the pleasures that lawn bowls can offer. "My ultimate goal is to one day have a complete multi-cultural Pennant team at Bayswater".

Rosalie, although not retired, was also introduced to the club through a leaflet in her mailbox and has been playing lawn bowls for 4 years. "I needed to find a sporting interest and lawn bowls seemed to be a logical choice. The relaxing and gentle sport appealed to myself and I have gained a new circle of friends since joining Bayswater Bowls Club."

Rosalie enjoys the competitive nature of Saturday Pennant matches and would encourage anyone, at all interested, to visit the club and just try out the sport.

Rosalie, Juancho and Peter would be pleased

# BAYSWATER NEWS



Come and meet Juancho, Rosalie and new President Peter Commene.

to welcome prospective bowlers to our club for a guided tour of our facilities and to assist participants in demonstrating the finer points of the lawn bowls game.

As the heading says a Club on the Move and 我们欢迎你 (We Welcome You).

More information can be found on our Face Book BayswaterBowlsClubVic

## RSPCA Victoria needs op shop volunteers and donations in Bayswater

Numbers yet to recover from pandemic impact.

RSPCA Victoria is looking for nearly 60 new volunteers to help run its Bayswater store after numbers dropped during the pandemic. "We rely on op shops like our Bayswater store to fund our work caring for and protecting animals, and we can't do this without the help of volunteers," Nadine Hutchins, RSPCA Victoria Volunteer Program Manager said. "Like many other charities, our volunteer numbers dropped during the pandemic which is why we're calling on locals to sign up and help us out."

RSPCA Victoria is looking for people aged 18 years and over from all walks of life to volunteer at the Bayswater op shop every day, in particular on Mondays, Tuesdays and Wednesdays. Op shop volunteers are asked to commit to regular weekly or fortnightly three to four hour shifts where



possible however casual volunteering is also appreciated. All volunteers receive full training and perform a range of tasks including customer service, sorting goods and merchandising.

They also get access to other RSPCA Victoria perks like a 30% discount at its pet retail stores.

The RSPCA Bayswater op shop is also looking for more donations of winter clothing and some homewares. RSPCA Victoria cares for over 14,000 animals every year and by volunteering in our op shops you can make a real difference for them.

To apply to be a volunteer please visit: <https://rspcavic.org/rspca-victoria-op-shops-volunteer/>

The RSPCA Bayswater op shop is located at 716 Mountain Highway and is open Tuesday to Saturday 9am to 5pm.

## It's a fun game ...it's a social game Why not make lawn bowls your game?

If you have never tried out the gentle sport of lawn bowls, why not venture down to the Bayswater Bowls Club with your partner, friends or family and enjoy a **FREE Friday Night Barefoot Bowls** experience.

**Location: 43 Phyllis Street, Bayswater**

**Time: 4:30pm-7.00pm**

**Bar: Drinks at club prices**

No experience necessary, lawn bowls is a sport suitable for persons of all ages and abilities. All equipment is supplied.

For further information check out our Facebook Page:  
[www.facebook.com/bayswaterbowlsclubvic/](http://www.facebook.com/bayswaterbowlsclubvic/)



"Friendship Through Bowls"

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# Jackson Taylor Update

# BAYSWATER NEWS

## McMahons Road intersection update

Works are now underway at the intersection of McMahons Road and Burwood Highway in Ferntree Gully to fix this problem intersection once and for all.

I want to thank locals for their patience as these works get started – over the course of construction it'll include some lane closures, speed reductions and changes to access so it's important to slow down and follow signage to ensure everyone is able to keep safe. I was so proud to have secured funding to see this intersection fixed. It'll make it safer for locals as well as helping to get you home sooner.



McMahon's Road Project

## Local Priority Primary Care Centre

Bayswater Priority Care Clinic is open at the Mountain High Centre in Bayswater. We've opened 25 free primary care clinics so Victorians can get the care they need when they need it. They'll support you if you need urgent care but not with the lights and sirens. These GP-led centres can treat patients suffering from mild cuts, burns and infections and they're staffed by trained GPs operating seven days a week, 16 hours a day. Not only do you get the care you need it also frees up valuable resources in our emergency departments. It'll mean that our EDs can focus on the most urgent care to the people who need it most and people with less serious conditions get care faster. Call 9344 6888 for more info.

## Quick Budget Update

- Planning funded for rebuild of Maroondah Hospital
- \$490,000 for a new dog park and playground at Wantirna Reserve
- \$60 million fully funded to upgrade Boronia Station and deck over southern rail trench to create open space
- \$10 million for free rego for eligible apprentices
- \$50,000 for Foothills Community and \$100,000 for Knox InfoLink fully funded
- \$11.07 million fully funded to upgrade Bayswater South Primary
- \$10,000 for Templeton Tennis funded.
- School Projects Underway

There's lots happening across many of our local schools. Bayswater Secondary College's new middle and senior school buildings are due for completion at the end of this year. Wantirna College's new double court gyms and drama facilities are starting construction hopefully later this year and Templeton Primary's new double storey learning hub is due for completion next year with works well and truly underway on-site!

## Putting Money Back in Your Pocket

Don't forget to claim your \$250 Power Saving Bonus if you haven't already – call 1800 000 832 for more info. It closes 31 August.

In some other ways we are helping to put money back in your pocket. I'd encourage locals to check out the Victorian Governments Savings Finder online tool if you go to [service.vic.gov.au/services/savings-finder/](http://service.vic.gov.au/services/savings-finder/) there is a wide range of rebates, discounts or even unclaimed money you may be eligible for.

For people looking to enter home ownership we also have the Victorian Homebuyer Fund which is a shared equity scheme making it easier to get into the market. If you have a 5% deposit the Victorian Government could contribute up to 25% of the purchase price in exchange for an equivalent share in the property. This will save you money by reducing your mortgage and removing the need for LMI. For more info you can call 7020 1549.




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## The Bayswater Senior Citizens Club Invites New Members

Situated at 790 Mountain Highway Bayswater

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

**For further details contact our President Rick on 9762 5806**

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



**9720 4638**

[bayswater-rsl@bigpond.com](mailto:bayswater-rsl@bigpond.com)

Opening hours:

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

**626 Mountain Highway Bayswater**



## Community News

Available online at  
[www.studfieldwantirnanews.org](http://www.studfieldwantirnanews.org)  
Find us on Facebook



**Jackson Taylor MP**  
Member for Bayswater  
*Delivers for Knox*

Suite 2, Mountain High Centre, 7-13 High Street, Bayswater Vic 3153 ☎ 9738 0577  
f @ Jackson Taylor MP 📧 [jackson.taylor@parliament.vic.gov.au](mailto:jackson.taylor@parliament.vic.gov.au)

## Dinsdale Ward News with Cr. Sorina Grasso

It was an honour to join Marcia Timmers-Leitch - Mayor Knox City Council, the Federal Minister for Immigration Andrew Giles MP, Mary Doyle MP, Member for Aston, Nick McGowan MP and Uncle Ringo Terrick at the Citizenship ceremony on the 27th of May where 251 Knox residents from 38 different countries became Australian citizens. Diversity is strength and it is great to see it here in Knox.



As the Chair of the Arts & Culture Advisory Committee of Knox City Council, I was delighted to present a token of our appreciation to the representatives of several visual and performing arts community groups here in Knox. Art enhances our lives and it is a treat to be able to enjoy a performance locally, whether it be musical or dramatic. It was fitting to express our appreciation to the volunteer committee members who have reached the end of their term, for their input over the last two years.



As one of the Councillors on the Knox Rec & Leisure Advisory Committee, I was also thrilled to join the Mayor at the Knox Sports and Leisure Awards and present one of the trophies. These awards recognise the contribution made by the volunteers who run our community sports organizations in Knox, making it possible for participants to enjoy the benefits of playing their favourite team sport locally: the



physical exercise, social and mental health benefits, camaraderie, team spirit and more. It was also very interesting to hear from guest speaker AFL legend David Schwarz who shared his story of overcoming gambling addiction and his appreciation for the community sports volunteers who played a big part in the early stages of his career. Congratulations again to Bayswater Strikers Soccer Club, Ferntree Gully Tennis Club, Templeton Cricket Club and all the other winners and nominees.

Most recently, I joined the Mayor, CEO and two fellow Councillors at the ALGA National Assembly conference in Canberra where we met with Mary Doyle MP, Federal Member for Aston and advocated for social housing, citizenship ceremonies and Lewis Park, the green heart of Knox. I also attended the Australian Local Government Council with the Prime Minister and Senior Ministers giving reports on their portfolios as well as senior public servants from their department giving reports, taking questions and updating us on everything from Housing to Cybersecurity, Education, and Infrastructure to Liveability, Mental Health and Suicide Prevention. The Albanese Government has brought back this Council after ten years in an effort to strengthen engagement with Local Government.



### Bayswater Makers' Market

A mainly indoor 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 - 10am to 2pm**  
**August 26 and September 23**

Enjoy browsing and shopping at our warm market!

Our market is a great place to support local producers, artists and craft people. Our wares include cakes, jams and chutneys, as well as various arts and crafts. We have creations made of china, clay, cotton, flowers, glass, leather, fabric, wood and wool.

On your way into the hall or going home there is the Creperie for a freshly made crepe as well as plants and wooden wheelbarrows.

**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



# 7 A Message from the Mayor

with Cr. Marcia Timmers-Leitch

It has been a busy and productive time for Council. We have endorsed the annual budget for 2023-24 and the changes to our rubbish bins are now in full swing with your Green Lid bin now being collected weekly and your Yellow Lid bin moved to fortnightly. I am pleased to bring you some of the latest news from Knox City Council. Cheers Marcia



# KNOX UPDATE



Lyrebird – Juzpop

## VARMS Club Spreads Its Wings

Knox City Council has officially opened the new clubhouse for local model aircraft flying group, the Victorian Association of Radio Model Soarers (VARMS).

Established in 1968, the club is run entirely by volunteers and has over 180 members. VARMS contributes to members' health and wellbeing and helps them maintain social connections through a shared interest.

The clubhouse, car park and runway at Rowville Recreation Reserve, Stud Road Rowville, have been purpose built to meet the needs of the club which relocated due to the State Basketball Centre expansion. It's an energy-efficient, sustainable clubhouse that incorporates solar panel and rainwater treatment systems.

VARMS welcomes new members who are interested in building and flying radio controlled gliders. For more information about VARMS visit [www.varms.org.au](http://www.varms.org.au)



Members of VARMS at opening with Mayor Marcia and key Knox Council staff



Undergrowth – Jack Rowlands

## Creative Placemaking at Ferntree Gully Village

Two new murals have been created in Ferntree Gully Village as part of the Ferntree Gully Creative Placemaking Plan.

At the Apollo Service Station, on the corner of Forest and Underwood Roads, is Jack Rowland's Undergrowth (ferns and fungi), while between The Gully Fish Shop and Fitness Foundry on Station Street is the image of a majestic Lyrebird by artist, Juzpop which reflects the iconic lyrebird gateway signage into the village centre.

Council's plan, as identified through local consultation, uses art to beautify, activate and improve safety within the village along pedestrian walkways with engaging artworks and outdoor light box galleries that also help illuminate dark laneways.

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

Follow this project at [haveyoursay.knox.vic.gov.au/FTG-Placemaking](http://haveyoursay.knox.vic.gov.au/FTG-Placemaking)

## Congratulations To Our Winners

Knox City Council were excited to host the annual Knox Sport and Leisure Awards celebrating the amazing contributions our volunteer sports and leisure clubs and their members have made to the community.

Templeton Cricket Club was named Club of the Year, recognising their commitment to being an inclusive club, one that is supportive of volunteers and has good governance structures.

Ferntree Gully Tennis Club received the Best Club Initiated Program Award for the All Abilities Program. The club collaborated with Council, Tennis Victoria, VicSport and the NDIS to establish the program.

Other winners included Club Person of the Year (Adult) Joel Clarke of The Basin Cricket Club, Club Person of the Year (Junior) Lily Vlahogiannis of The Basin Wildcats and Jade Ruighaver of Ferntree Gully Netball Club and the Women in Sport Leadership Award Eva Orlovski-Oliver of Bayswater Strikers Soccer Club

Congratulations to all nominees and winners for their achievements and their contribution to sport in Knox.



## Australia is having a conversation about the Voice referendum being held later this year

It's about whether we should change the Constitution to recognise the First Peoples of Australia by establishing a body called the Aboriginal and Torres Strait Islander Voice. Voting in the referendum is compulsory for all eligible Australian citizens aged 18 years and over.

What is the Voice?

- The Voice would be an independent and permanent advisory body.
- It would give advice to the Australian Parliament and Government on matters that affect the lives of Aboriginal and Torres Strait Islander peoples.
- Aboriginal and Torres Strait Islander people have called for the Voice to be representative of First Nations peoples from across Australia, be gender balanced and involve young people.
- It would be accountable and transparent

For information visit: [Voice.gov.au](http://Voice.gov.au).

## OPINION

### Why I Support The Voice

There are many disadvantaged groups in Australia, all of whom would surely like to have a greater say in government matters affecting them. So why should one group, Indigenous Australians, be given a special and constitutionally-enshrined voice to parliament? There is no doubting the extreme level of disadvantage in many Indigenous communities: the statistics on, for example, life-expectancy and imprisonment, are shocking and unacceptable. But while that is an often-stated reason for the Voice, it is not, in my view, a sufficient reason. So why do I support the Voice?

Firstly, the proposed Voice is intimately connected to the proposed recognition of Indigenous Australians in the words of the constitution - a recognition (widely supported) that they were the custodians of this land for thousands of years before colonisation. Such recognition is central to what defines Australia, so it should be more than just words. It needs to be more substantial. In my mind this justifies giving Indigenous Australians their own Voice to Parliament: that would be tangible recognition.

Secondly, the disadvantage that many Indigenous Australians experience has a different genesis from that of other disadvantaged groups. Much is the result of colonisation: their land was taken from them, many of their children were taken away, they were omitted from the national census, they lacked electoral franchise, they have been subjected to paternalistic laws. The impact of colonisation on them and their way of life has been nothing short of catastrophic, and warrants redress in a tangible way.

Thirdly, modern Australia has much to learn from the traditional practices and beliefs of Indigenous culture. Top of mind here is "connection to country", respect for non-human life, living in harmony with nature, being custodians not owners of the land. In contrast, modern Australia, with its worship of wealth, consumerism and exploitation of nature is demonstrably unsustainable both environmentally and ethically. It is perhaps wishful thinking on my part, but a louder indigenous voice could show us a way towards a brighter future.

by Ian Penrose





## What's Happening At Community Pharmacy?

with Jason,  
Pharmacy Manager



As we step into the vibrant month of August we would like to take this opportunity to celebrate and appreciate each one of our esteemed members.

At Community Pharmacy Wantirna we firmly believe in the strength of community and mutual support and it is our members who truly exemplify this spirit. Without your unwavering support we wouldn't be where we are today.

Thank you for being a part of our journey. We also look to prepare to welcome the enchanting season of spring. While the beauty of spring blossoms is a delight for many, it also marks the onset of allergies and asthma triggers for some individuals.

Our dedicated team are well-equipped to offer expert advice and recommend allergy relief solutions tailored to your specific needs. Whether it's over-the-counter antihistamines, nasal sprays, or soothing eye drops, we have a wide range of allergy-friendly products to help you enjoy the season to the fullest.

## Asthma & Chronic obstructive pulmonary disease (COPD)

As pharmacists, we recognise that filling your asthma or COPD prescription is just the initial step in managing your respiratory condition. Our commitment is to ensure that our patients engage in regular reviews of their condition and discuss numerous factors that may influence it.

Our primary goal is to empower our patients by providing tailored education, resources, and connections to support for better management. Our service is centered around:

- Educating you about your specific condition and offering supportive resources.
- Assisting you in improving your inhaler technique and ensuring correct frequency of use.
- Revisiting your Asthma or COPD Action Plan and referring you to your doctor when needed.

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

## Member Referral Offer

In August, we will be running a Member Referral incentive. Sharing the benefits of Community Pharmacy Wantirna with your family and friends not only helps them access our exceptional services but also rewards you for your support. Spread the word about the benefits of being a member of our Friendly Society, and for every successful referral, both you and the referred member will receive exclusive benefits and discounts. Please either visit us during August or keep an eye out for member email for further information about this offer.

## Champion Community Hub

We would like to extend our heartfelt gratitude to each and every one of you who contributed to the incredible success of our initiative for the Champion Community Hub throughout the month of July. Your generosity and kindness have made a significant difference in the lives of many in need. Thanks to your unwavering support we were able to provide essential food and toiletries to the Champion Community Hub thus empowering them to continue their vital work in our community.

The Champion Community Hub remains a beacon of hope for those facing challenging times and they continue to welcome further donations of food and toiletries to support those in need. Let's join together in ensuring that no one goes without the necessities during these times of uncertainty.

## About Us - Not for Profit

Our values set us apart from traditional pharmacies. As a mutual organisation, our financial interests are fundamentally different and our focus is solely on the well-being and satisfaction of our local community. Unlike conventional pharmacies we are driven by a deep-rooted commitment to our members and customers. Being part of a Friendly Society Pharmacy means that every decision we make is aimed at providing the best possible service, affordable products, and personalised care to enhance your health journey.

We reinvest any profits back into the community supporting initiatives and programs that benefit you directly.

## Meet The Team



Hello, I am Carolyn Nguyen, your new pharmacist at Community Pharmacy Wantirna. I have been in pharmacy for nearly twenty years predominantly in community and compounding pharmacy.

**Q: What made you want to become a pharmacist?**

A: I wasn't sure what I wanted to do after school so I attended a few Uni open days. One of the senior lecturers at Monash Pharmacy gave an inspiring talk about how helpful pharmacists were to their patients; he is the reason why I signed up for pharmacy.

**Q: Do you have a particular area of pharmacy/health that you are particularly passionate about?**

A: I am drawn to bigger picture issues. How do we safely get back to the new COVID normal? Is it possible to make pharmacy more environmentally friendly? That sort of thing.

**Q: If you were not a pharmacist, what would you want to be?**

A: A vintage clothes retailer.

**Q: What do you like to do when you are not at work?**

A: I have been trying to learn how to skateboard as an adult. It is very hard and the concrete is very hard when I fall onto it.

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

A: I am looking forward to practicing my Vietnamese with some of my new patients.

## Community Pharmacy Wantirna

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

(03) 9720 2872

OPEN 7 DAYS

E: [wantirna@communitypharmacy.com.au](mailto:wantirna@communitypharmacy.com.au)





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



Greetings fellow Knox Residents, Council has endorsed the 2023-24 Budget in what has been my toughest budget to date. Just like households, local governments are experiencing the challenges of increased costs especially when it comes to delivering services for the community and capital works programming.

The budget seeks to maintain services, improve infrastructure and deliver on the council plan, all whilst ensuring that Council remains financially sustainable.

I am pleased to confirm the following local Collier Ward projects planned for the next year:

- Templeton Reserve – Cricket Net Renewal

# WANTIRNA NEWS

- Wantirna Reserve – Pavillion upgrades, Masterplan and Carpark Design
- Schultz Reserve – Landscaping Stage 1 delivery
- Milpera Reserve – Pavillion redevelopment (design work)
- Castlefield Rise – Playground upgrade
- Templeton Road resurfacing (design work)
- Barmah Drive West – Linemarking and Green Intersection Treatment
- Burwood Highway – Shared path lighting (between Stud Rd and The Knox School)
- Teddington Way – Splinter Island Treatment
- Knox Library – construction and opening

For any help with an issue then do not hesitate to get in touch with me via email [marcia.timmers-leitch@knox.vic.gov.au](mailto:marcia.timmers-leitch@knox.vic.gov.au) or phone 0428 162 218.

### Hockey Has A New Home At Wantirna Reserve

After 20 years the Knox Hockey Club has a permanent home at the newly opened state of the art hockey pitch at Wantirna Recreation Reserve on Mountain Highway in Wantirna.

The completed \$3.625M hockey facility includes a synthetic hockey field, players' shelters, LED sports field lighting, fencing, pathways and two accessible car spaces. The new facility establishes Knox as a regional centre for hockey and caters for growth in the sport.

After a long seven-year assessment of various sites and following community consultation, Wantirna Reserve was selected for its proximity to transport, minimal impact to local residents and ability to house an appropriate facility that meets the needs of hockey.

Mayor, Cr Marcia Timmers-Leitch said the new facility will allow more opportunities for local players. "Hockey is a family-orientated sport that encourages

diverse participation. It has a strong history of women's participation as well as welcoming older adults into their later years," said Cr Timmers-Leitch. "This new facility will establish Knox as a regional centre for hockey and allow the club to welcome new players and spectators". The club are thrilled with the new facility after moving from their previous location at The Knox School. Knox Hockey Club President, Stephanie Mann said "We are delighted that hockey finally has a permanent home in Knox at Wantirna Reserve."

Knox Hockey Club is a welcoming family club and warmly invites any local kids or adults with an interest in hockey to visit Wantirna Reserve to play or watch the sport in action."

Interested Knox residents can find more information at [knoxhockeyclub.com.au](http://knoxhockeyclub.com.au), on Facebook, or by emailing [info@knoxhockeyclub.com.au](mailto:info@knoxhockeyclub.com.au).

### Templeton Cricket Club takes Out Top Award

Templeton Cricket Club have been awarded Club of the Year at the recent Knox City Council Sports and Leisure Awards. The award recognises the club's commitment to being inclusive, one that is supportive of volunteers and has good governance structures. Templeton Cricket Club President Sean Meehan was thrilled to see the work of the club being recognised.

"Our Club's vision is "To provide a safe & inclusive environment to enable all members to develop, enjoy, succeed & realise their full potential" said Sean." And that is what we strive to deliver." During the 22/23 season Templeton fielded 15 Junior, five Senior Men's and one Senior Women's team making it one of the biggest cricket clubs in Knox.

Off the field, the Club continued to focus upon the key areas of female cricket, their junior program and community engagement. They continue to strengthen their female cricket program and develop a broad offering that provides females an opportunity to participate in the sport regardless of age and ability.

Templeton Cricket Club operates out of Templeton Reserve in Wantirna. For more information on the club visit <https://www.facebook.com/Taipans/>



Cr Marcia with members of the Knox Hockey Club and Knox City Council Officers at the opening of the Hockey Pitch at Wantirna Reserve



Cr Marcia with Ben Morris, Ryan Gill, Sean Meehan (President) and Jess Mikecz of the Templeton Cricket Club

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



## More Female Players To Enjoy New Saints Sports Pavilion

The St Andrews Cricket Club, Ringwood Soccer Club and Aquinas Old Collegians Football Club are back in the game with the completion of a new pavilion at JW Manson Reserve supported by the Andrews Labor Government.

Minister for Community Sport Ros Spence today joined Member for Bayswater Jackson Taylor MP, Maroondah City Mayor Cr Rob Steane and local clubs to officially open the new female friendly pavilion made possible by a \$2.5 million investment from the Labor Government.

Jackson Taylor said, "I am so stoked for the clubs and community on this amazing new bespoke pavilion which replaces an outdated venue which simply wasn't fit for purpose. A profound investment in local grassroots sport and one the community absolutely deserves."

"With the huge growth in female participation in sport, this investment will ensure more girls and women can get involved in the game they love".

With growing numbers of juniors and women and girls joining the ranks of local clubs this upgrade will boost the capacity and accessibility to more players.

The new pavilion at JW Manson Reserve features four female friendly player and two umpire change



rooms, a first aid room, and a multipurpose space, as well as a kitchen, office, and storage areas.

Matt Millar, President of St Andrews Cricket Club commented, "This has been a long time in the making and will mean our huge club can now have the facilities that will cater for growth and encourage more people to play cricket".

The new facilities also provide room to grow with extra spaces for local clubs to host the big games and extra room for nearby community groups and schools to host local events and celebrations.

The Victorian Budget 2023/24 is providing more than \$213 million to deliver and improve community

sports infrastructure and support initiatives that boost participation and inclusion in local sports clubs and organisations.

This brings the Government's investment into community sport and active recreation infrastructure to more than \$1.9 billion since 2014.

From pavilion redevelopments to pitch upgrades, investments like these are all about creating jobs, stimulating local economies and improving the health, wellbeing, and social outcomes for Victorian communities. Minister Spence acknowledged Maroondah City Council for its financial contribution towards the project.

For more information about infrastructure grant opportunities available through the Government visit [sport.vic.gov.au](http://sport.vic.gov.au).



**WANTIRNA NEWS & POST**

**Paul & Kathy Cameron**

<p><b>Wantirna Mall</b>                  Shop 16, 326 Mountain Hwy                  Wantirna Vic 3152                  T: (03) 9720 3100                  E: <a href="mailto:wantirnalpo@gmail.com">wantirnalpo@gmail.com</a></p>	<p><b>Now Open</b>                  Monday to Friday                  8.00am to 5.30pm                  Saturday                  8.00am to 12.00noon</p>
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**GIRLS, COME GIVE CRICKET A TRY WITH THE MIGHTY SAINTS THIS SUMMER!**

**REGISTER ONLINE**

St Andrews Cricket Club field all girl teams in the RDCA under 12, under 14 and under 16 Stars Girls League. Matches are played Sunday mornings with all equipment provided by the club and upon registration, all girls receive a St Andrews T20 playing shirt. We currently have the highest number of junior girls participating in the RDCA.

Matches commence in October with training from 13th August.

Come along and see why cricket is such a fun sport to play with your friends and why cricket is the number one growth sport for girls!

**SCAN HERE TO REGISTER ONLINE**



**ABOUT US:**

St Andrews Cricket Club is your local family cricket club situated on Selkirk Avenue, Wantirna (Off Wantirna Road) in the leafy surrounds of the Dandenong Creek Walking trail. We are the largest local cricket club in the area with a brand new modern double storey pavilion offering a large function area upstairs with viewing balconies, dedicated changerooms and restrooms as well as bar, kitchen and canteen facilities.

Follow us:  [/StAndrewsJuniorCricketClub](https://www.facebook.com/StAndrewsJuniorCricketClub)

For all queries or to register today, please contact:  
 Shane Mayoh 0416 296 720 | [standrewscc.jnr@gmail.com](mailto:standrewscc.jnr@gmail.com)  
 Scott Muir 0409 161 883  
 St Andrews Cricket Club | JW Manson Reserve, Selkirk Avenue, Wantirna 3152



## HAPPY FATHER'S DAY!





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**Aussie Rowville** - Stud Park Shopping Centre 8740 1818

**Nari Khera 0409 786 121**  
[nari.khera@aussie.com.au](mailto:nari.khera@aussie.com.au)





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## The Cubs Learn About Leadership!

By Nicole Klep, District Leader of Cub Scouts.

On Saturday the 20th of May, 15 Cubs from 5 Cub Units in the City of Knox attended a District Cub Leadership Course which is now a requirement for achieving their Grey Wolf. The Grey Wolf Award is the highest award a Cub can earn and requires the Cub to challenge themselves and be self-motivated to earn certain badges and complete a number of tasks.

The Cubs participated in 10 sessions over the day. They learnt the duties of a patrol leader and assistant patrol leader. What makes a good patrol leader and assistant patrol leader? They played a

game about the promise and law and had great fun with the practical skills. It is not easy to work out how to get a bucket outside a circle with only the use of ropes or to be blind folded and directed by the rest of your Cub patrol to find yogurt containers to put on the ends of the chair legs (see pictures).

They also learnt about unit councils and how they can voice their choices and concerns. We had a fun activity of pinning all the different badges you can be awarded onto a Cub shirt and discovering the Cubs are better at this than the leaders. They did some work on behaviour management and also participated in a youth forum where they reviewed the course they attended and contributed to the District Cub program.

Overall the day went really well and the Cubs worked well as a team and individually.

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!



## Surf's Up! For the Girl Guides

By Rebecca Whitehead Leader 2nd Wantirna Heights Guides

With such fine weather and our very own Guide Victoria property at the beach the attraction was too strong to resist. So we packed our gear, made our bedrolls and loaded up the trailer and after climbing into the mini bus we were off on our adventure.

Friday night we sang songs and played Spotto on the trip down to camp and were spoilt to find our tents were already set up at the property. Actually it was more like glamping – glamorous camping – with stretchers, extra mattresses and even a side table. The fire place was huge and part of the main covered activity area so we had fireside songs on both nights.

Surfing was the big activity on Saturday with the local learn to surf company whose staff were engaging and supportive. We began on the sand making sure our technique was understood and we knew what we were aiming for. All the Guides were able to stand on the boards!! We spent a couple of hours catching waves and having a simply wonderful time.

Beach exploring was the second most popular activity. We explored several beaches in the area, the sand, the waves, the base of embankments

and the rock pools. We made sand sculptures and laughed and played games.

We explored the local lighthouse and taught the Guides the "Round The Twist" tv show theme song which was well before their memory! We then explored the local beach before devouring hot potato cakes from the local fish and chip shop.



This camp achieved so much for our Guides. They extended their skills, camping skills, surfing skills, observation skills and team work. Their confidence in their own physical abilities, mental function was strengthened and resilience were also increased. As a bonus we also earned badges for our uniform!

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 skill – and the first three visits are free.

## Be Your Best Self at St. Jude's!

At St. Jude's Scoresby our Grade 5/6 students support the eSmart learning of their Junior School Buddies. It is a very empowering opportunity for students to collaborate, share their thinking and take ownership of their digital footprint.

The power of having students teach other students about being safe and smart online is enormous. For the older children they firstly have to:

- A - Learn and be aware of strategies to be safe online
- B - Describe the issues they might encounter when using devices, apps and the internet
- C - Demonstrate insights in preventing and resolving online issues.
- Grade 5/6 students are then challenged to:
- D - Explain to younger students how to put this knowledge into practice in proactive and resourceful ways.



Having an authentic audience that they care about (their buddies) enables a deeper level of learning and consideration. Consideration not only for how they might be impacted by issues online, but also how they might impact others when online themselves.

The Digital Technologies program at St. Jude's teaches students to Be Safe, Responsible and Respectful when online. We also use these themes in our Positive Behaviours for Learning initiative which helps us identify our expectations regarding how we help ourselves be ready to learn, engage with others and the broader community. If you would like to learn more about our learning experiences and school visit us online, and remember to be e-Smart!

**St Jude's Scoresby**  
53 George Street

<https://www.sjscoresby.catholic.edu.au/>

## The King and Queen Come to Heathmont

Heathmont College, in conjunction with Northern Star Chess, will be hosting the Interschool Chess Competition on August 14th.

The college's competitors will consist of students from neighbouring schools.

Weekly lunchtime chess tournaments are now underway for Heathmont students in preparation for this event.

Those pupils who are in the top 30% of results will qualify to play in the Secondary Open Chess Finals in October.



# Interschool CHESS Competition

**REGISTER NOW**

- Play 7 rounds of chess against competitors
- Top 30% qualified for the Secondary Open Chess Finals
- Train now at Chess Club in A1 on Fridays
- Register and Registration Fee \$25

**14 AUGUST**

Students qualified to play in the Secondary Open Chess Finals on Monday 9th October in Pascoe Vale.  
Event cost covers tournament entry with Northern Star Chess, who will run the event on-site



## Wantirna College News

### Celebrating 40yrs Service to State Education

This year, Wantirna College Assistant Principal, Mr Andrew Lewis, celebrates 40 years of service to State Education. Mr Lewis is a long serving and widely respected member of faculty at Wantirna College. His passionate about education and dedicated to the growth and improvement of both the College as a whole and students individually. Amongst other things, he is particularly dedicated to Wantirna College Performing arts and he has always been at the helm of the incredible annual Wantirna College Productions (this year, Disney's The Little Mermaid – tickets available through Trybooking). Last term, Mr Lewis was honoured with a Certificate of Recognition from the Minister for Education, The Hon. Natalie Hutchins MP, at a Presentation Ceremony last term.

Mr Lewis, we thank you for your contribution to Wantirna College.



*Mr. Lewis with Minister for Education, Natalie Hutchins MP*

### College Production

Tickets are now available for the greatly anticipated 2023 Wantirna College Production of Disney's The Little Mermaid running over eight nights from Wed 2 to Sat 12 August. Wantirna College Productions are renowned for their fantastic sets and costumes, live orchestral music conducted by the Leader of Performing Arts, Mr Daniel van Bergen, and above all else, the outstanding acting, singing and dance performances of the students directed by Mr Surya Ganesan and Miss Evie Ball.

Tickets are available through Trybooking: <https://www.trybooking.com/events/landing/1075448>



### Gala Concert

The students and staff of the Wantirna College Performing Arts program are looking forward to this year's Gala Concert at Bunjil Place Theatre, Narre Warren, on Tuesday 12 September 2023. Wantirna College is a leading school for the Performing Arts in Victoria and provides outstanding Performing Arts education. The Gala Concert is an annual celebration of Instrumental Music, Dance and Drama. Tickets are available through the Bunjil Place Theatre website.

## St Lukes Primary School has Impressive Specialist Classes

St Luke's has a diverse and impressive range of Specialist Classes that our students undertake on a weekly basis. We believe in providing as many opportunities as possible for students to communicate, collaborate and create to enhance their learning experiences

### PERFORMING ARTS

Performing Arts promotes creativity through dance, singing, acting and performing. Students develop their knowledge of several areas of music including listening and analysis, composition, performance, basic keyboard and percussion skills, and note reading. Our students have been rehearsing for our upcoming whole school production, "When I Grow Up" where they can showcase their talents. They are very excited.

### VISUAL ARTS

Visual Arts allows our students to express their creativity through painting, drawing, sculpting, constructing and art appreciation. Our students have the opportunity to design, create and present their artworks and there have been some amazing pieces produced this year. Our Year 5/6 students have made 3D portraits using paper sculpture techniques. Our Year 3/4 students have been exploring creating textures. Fish were created with a torn paper stencil and dabbed with cool or warm colors of paint.



Our Year 1/2 students are exploring printing, line and shape. They made amazing zebras using a stamping technique. Our Preps are exploring line, shape and color and have produced some lovely pieces in their first 6 months.

Our students also experience Digital Technologies, Physical Education, Perceptual Motor Program (PMP), Indonesian and the Stephanie Alexander Kitchen Garden program. This year we had our first daytime sports carnival and it was a fun day for all.

### NEW ARRIVALS

We are very excited with the arrival of our 5 new chickens which have instantly become friends with our 2 rabbits and Brittany, our "mum" chicken. Sadly 3 of our chickens passed away this year. Our Environmental Leaders assist in their care and we



can't wait until they are a little bit older and can free range in the school grounds during the day.

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.



## Build Connection In Your Community

The Melbourne AMEP Volunteer Tutor Scheme matches volunteers with people from migrant and refugee backgrounds learning English.

With 1 hour weekly session, volunteers support learners to:

- Gain confidence with conversational English.
- Learn more about life in Australia.
- Access services and explore pathways into further study or employment.

Importantly, volunteers connect people to community. No teaching experience required, training provided.

Sign up to volunteer: <https://www.melbourneamep.com.au/volunteer/>

Contact us: [amepvts@melbournepolytechnic.edu.au](mailto:amepvts@melbournepolytechnic.edu.au) or 03 9269 1514

"Each class builds on the previous lesson. We also learn about each other's cultures, refugee experiences, have fun, and look forward to the next session of 'English Class'.

It's always a pleasure to teach such highly motivated learners." - volunteer tutor, Rose



# Have your say on what matters to you



10

languages  
available

To view our community engagements and provide feedback in your language, go to [knox.vic.gov.au/HaveYourSay](https://knox.vic.gov.au/HaveYourSay)

أعرب عن رأيك في المواضيع التي تهتمك. للاطلاع على مشاركاتنا في المجتمع المحلي ولتقديم الملاحظات والتعليقات بلغتك، يرجى زيارة الموقع الإلكتروني [knox.vic.gov.au/HaveYourSay](https://knox.vic.gov.au/HaveYourSay)

在你所关心的事情上，发表你的意见。请访问 [knox.vic.gov.au/HaveYourSay](https://knox.vic.gov.au/HaveYourSay)，浏览我们的社区合作项目及以你的母语发表反馈。



## New vaccines available

We are now offering vaccines for Meningococcal B, Meningococcal ACWY and Whooping cough.

**For bookings and information, including costs, visit [knox.vic.gov.au/immunisations](https://knox.vic.gov.au/immunisations)**



## Honouring life and memories

Ferntree Gully Cemetery offers a scenic and peaceful resting place. New ashes positions are available.

**Book an appointment to discuss options and your needs, call 9298 8000 or email [ferntreegullycemetery@knox.vic.gov.au](mailto:ferntreegullycemetery@knox.vic.gov.au)**



## Knox Youth Summit

**Wednesday 23 August, ages 12-18**  
**Saturday 9 September, ages 16-25**

Youth are invited to come along and share what's important to you now and into the future. Both will be held at the Knox Civic Centre.

**Register now at [knox.vic.gov.au/youth](https://knox.vic.gov.au/youth)**

knox





# What's new at Your Library?

by Karla Simon

# LIBRARY NEWS

## Spring is just around the corner!

While we're all looking ahead with anticipation of the warmer days ahead we invite you to see out the last days of winter and indulge in some comfort reading with the 'Warm Winter Read' running until 31 August 2023. It's free to take part and there's a chance to win a prize! To find out more and register visit [yourlibrary.com.au/warm-winter-read](http://yourlibrary.com.au/warm-winter-read).



The Spring What's On will be available in branches from the second week of September and it will be bursting with fantastic events to launch you into the new season! The What's On will also be available to view online from the comfort of home during the last week of August via [yourlibrary.com.au](http://yourlibrary.com.au).

### 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

- Queen Charlotte by Julia Quinn and Shonda Rhimes
- The crossing: a memoir of love, adventure and finding your own path by Sophie Matterson
- Don't look back by Jo Spain
- The rush by Michelle Prak
- August blue by Deborah Levy
- The ferryman: a novel by Justin Cronin
- Honey, baby, mine: a mother and daughter talk life, death, love (and banana pudding) by Laura Dern & Diane Ladd
- The heart is a star by Megan Rogers
- Atlas: the story of Pa Salt by Lucinda Riley & Harry Whittaker
- The covenant of water by Abraham Verghese

### New DVDs

- Handmaid's Tale, The: Season 5
- The amazing Maurice
- Avatar: The Way of Water
- Babylon
- Book Club: The Next Chapter
- Call the midwife. Series 12: Christmas special
- Cold Feet: Series 1-5
- Dirty Dancing: Havana Nights
- Emily
- Hacks. Season 2

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).

## Events at Your Library

### Celebrate Family History Month

AUGUST 2023 – At Your Library

Throughout the month of August, we will be offering an amazing range of family history workshops helping you to begin or continue your research, plus, hear some fascinating speakers present on a variety of topics. Pick up a copy of the program from Your Library or view online at [yourlibrary.com.au](http://yourlibrary.com.au).

### Meet Joyce Agee, author of The Newcomer's Dictionary

WEDNESDAY 9 AUGUST 2023 AT 5:30PM - 7PM

Miller's Homestead - 30 Dorrigo Dve, Boronia

Joyce Agee began to write 'The Newcomer's Dictionary' after she moved back to Australia with her family in 2016. This experience plus her history of frequent relocations as a child and as an adult became the impetus to write her serial newcomer story. Featured in the top 10 expat book list by 'Expat Nest', the 'Newcomer's Dictionary' will be available for purchase at the event and complimentary refreshments, tea and coffee will be served. Bookings required. (FREE)

### Origami Dream World – An exhibition by the Melbourne Origami Group

14 AUGUST – 28 SEPT (During opening hours)

Miller's Homestead - 30 Dorrigo Dve, Boronia

Miller's Homestead will be showcasing the incredible world of Origami in partnership with the talented Melbourne Origami Group. Visit anytime during opening hours to view the exhibition and make your own Butterfly origami piece to add to a vibrant community display. Look out for a series of workshops in September, learn some skills and see if you get the origami bug too! Happy folding! (FREE)

### Pain and its causes

THURSDAY 24 AUGUST 2023 AT 6:00PM – 7:30pm

Knox Express, Shop 1001, 509 Burwood Highway

Wantirna South (next to Supercheap Auto)

Are you sick and tired of being sick and tired? Is your body not doing what it's supposed to without pain? Are you constantly in pain and nobody and nothing has been able to help you? Come to this presentation by Dr. Huan Tran, Osteopath, Myotherapist, and Personal Trainer, for some insights! Bookings required. (FREE)

### Meet Carol Cooke AM PLY - Author and Paralympian

THURSDAY 31 AUGUST 2023 AT 1:30PM – 2:30PM

Bayswater Library - Shop 26, Mountain High

Shopping Centre, 7-13 High St.

A three-time gold medal Paralympian and author, Carol is an accomplished motivational speaker



known for her insightful talks and inspiring books that touch upon topics of determination, overcoming adversity and accepting change. Whether speaking to a corporate audience or a community group, Carol's energy and passion connect with her listeners, encouraging them to find their own strengths and reach for their goals. Bookings required. (FREE)

### Caring for your climbing rose with Beth from the Rose Society

TUESDAY 5 SEPT 2023 AT 1:30PM – 2:30PM

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

Join Beth for an informative session on ways to encourage a healthy flowering climbing rose. Learn about pruning, feeding and lots of other tips! Bookings required. (FREE)

### Life less cluttered

FRIDAY 8 SEPT 2023 AT 2:00PM

Boronia Library, Park Cres, Boronia

Do you feel you have too much clutter and don't know what to do? Do you want to help someone else who is in this situation? Join us for an informal talk about clutter and what Knox City Council can do to help. Bookings required (FREE)

### DYI green cleaning

TUESDAY 26 SEPT 2023 AT 1:00PM – 2:30PM

Knox Express - Shop 1001, 509 Burwood Highway

Wantirna South (next to Supercheap Auto)

Learn the why and how of household cleaning with easy simple low toxicity recipes with Michelle, founder of Here and There Makers using simple ingredients like Castile soap, bi-carb soda, washing soda, borax powder, vinegar and essential oils. Bookings required. (FREE)



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## Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Hello to all.

Although the day was a bit damp and cold on the 28th of June a group of ladies from our club happily joined members from the Boronia Probus Club who had invited our members to join them on a bus tour to Marysville and a good time was had by all twenty-eight who attended.

The bus stopped in a carpark at the Maroondah Dam for morning tea and we feasted on delicious (member made) muffins and tea and coffee. Then we travelled on to Marysville where we strolled along the main street shops and then lunched at The Bakery. All really enjoyed the food and sitting chatting in the very pretty and peaceful Marysville township. Roger, the bus driver was his usual happy and helpful self and his fun personality made the daytrip so enjoyable.

The Dining Club had their dining night on the 7th June and 8 members enjoyed the traditional Thai food at The Bangkok Whistle Restaurant at Endeavour Hills. Next Dining Club will be at the Catalina Kitchen

Restaurant at Wantirna South, where the Lasagna is delicious and lots of pasta dishes as well to choose from.

Coming up will be an exciting change as The Dining Club will be trying a Polish Restaurant called Kluska, which is in Knoxfield. The members who attend are loving the change of venues and tastes.

A lunch date was held at Stonez Restaurant for all members. This restaurant is at Stud Park which also has a large and very good shopping Centre nearby for any member who wanted to "walk off" their lunch.

Our Christmas in July luncheon will be held at the Sandown Greyhounds Racecourse and everyone is looking forward to a festive afternoon and meal to be our "dayout" for July. I am very much looking forward to Plum Pudding and custard....but that's just me.

Finally, our club has had many very interesting people as Speakers for after our meetings. There was Greg Lynch who had many varied experiences in the entertainment field in which he worked,



as well as including stories about his Hollywood connections. We have Rosemary Hermans coming up who will educate and advise us all about avoiding scams. This will be of great interest to all members.

Our Club will celebrate our members Birthdays and achievements as well as caring for any unwell members and always we enjoy each other's company and friendship. This is what a Probus Club does at meetings and our day trips. We also welcome any new members.

## A Few Words From Cr. Susan Laukens Friberg Ward Councillor

### Budget Approved: Wins for Friberg Ward

Council delivers many more services than just roads and rubbish and the budget for 2023-2024 reflects this. Council hasn't been immune to the pressure of doing business in the current economic environment however. Council has sort to balance the many demands for our services and infrastructure using sound financial management principles. Consultation on this budget occurred at the start of the process with many local organisations and residents letting us know what was important. I am proud that the \$100 pensioner rebate in relation to rates and charges has continued for all eligible recipients.

Some great wins for Friberg ward with regards to Capital works with investment in track upgrades at the Knox BMX track, FTG. Gilbert Park reserve wetlands to compliment the recently completed change rooms, pavilion upgrade and new batting cage. We will also see in the ward several long awaited car park upgrades at Knox Skate and BMX park, Carrington Park and Knox Park Reserve all of which residents have spoken to me about.

Windermere reserve will receive cricket Net renewal, floodlighting to also compliment the recent oval renewal. This is certainly not a complete list of all the works happening in the ward. Please continue to

reach out to let me know what matters to you. The link to the Annual Budget 2023-24 <https://www.knox.vic.gov.au/our-council/about-council/annual-budget>

### The Power of Partnerships

Our community is filled with incredible organisations, multicultural groups, services, and sports clubs. It's amazing to see how working together can make a real difference. Recently, Knox City Council awarded \$232,097.02 through our Minor Grants program during our monthly council meeting for the financial year 2022-23. This money is available to support the needs of our community groups. It's an honor to be able to help and see the positive outcomes of collaboration.

Photo Share Space Sanctuary launch, Council, Rowville Uniting Church and Scoresby Bunnings all working together in partnership.



### Celebrating NAIDOC in Knox

The theme for NAIDOC week this year is "For our Elders", an opportunity to recognise and celebrate the amazing contribution our First Nations Elders have in our community. I had the pleasure attending two events with Ricky Baldwin, Gunaikurnai man and 2023 Knox Citizen of the Year over the week. One at the Knox Citizenship ceremony listening to Ricky give the acknowledgement of Country and speaking to our new Australia Citizens and also at the Knox Basketball NAIDOC game. Both occasions gave an opportunity to learn about our first Nations stories and culture.



## 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





# KNOXFIELD & SCORESBY NEWS

## News from Scoresby Primary School

In an ever-evolving digital landscape primary schools are increasingly recognising the importance of introducing robotics and coding education to young learners. At Scoresby Primary School teachers are equipping their students with these skills from an early age to not only foster their creativity and problem-solving abilities but also prepare them for a technology-driven future.

Under the guidance of the Assistant Principal Nicole Rheumer and supported by a variety of different technologies, teachers at Scoresby Primary School have been learning how to successfully integrate robotics and coding into their curriculum captivating the imaginations of students and igniting their interest in the wonders of robotics.

The introduction of the robotics program has been met with excitement and enthusiasm from both students and parents. It offers a dynamic learning environment where children can explore, experiment, and collaborate, fostering teamwork and encouraging the exchange of ideas. This forward-thinking approach not only engages students but also empowers them to become active participants in their own education.

The robotics program at Scoresby Primary School features a comprehensive range of activities and robots tailored to different age groups ensuring that students from all grade levels benefit from a variety of experiences. From coding and programming robots to building and designing their own robotic creations, children have the opportunity to delve into the realm of robotics through hands-on projects that cultivate their problem-solving.

To facilitate the robotics program Scoresby Primary School has invested in a variety of robotics kits and equipment. These resources allow students to experiment with different robot models, sensors, and programming languages thus empowering them to



take ownership of their learning journey and explore their unique interests in the field of robotics.

Principal, Sue Hartley, expressed her enthusiasm for the robotics program, stating, "We believe that introducing robotics at the primary level will not only ignite a passion for STEM education but also develop critical skills that are essential for the future job market. We are excited to witness our students' growth as they immerse themselves in the world of robotics and discover their potential."

**Contact Information: Scoresby Primary School**  
 11 Ingrid Street, Scoresby  
 Scoresby.ps@education.vic.gov.au  
 9763 - 7484

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**Community at Cavell**

One Hope Community Church has recently reopened our Community@ Cavell hub at Cavell Street in Scoresby where we offer a range of free services.

For more details about our community programs and Sunday service, visit our website and Facebook page:  
[ohcc.com.au/community](http://ohcc.com.au/community)  
[facebook.com/CommunityatCavell](https://facebook.com/CommunityatCavell)

**Cr Nicole SEYMOUR**  
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 Knox Council  
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 Cr Nicole Seymour

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# ENVIRONMENTAL NEWS



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

2023- Meeting - June

### Speakers: Member's night. Peter Rogers -. 'Local wildflowers in Maroondah.'

Peter Rogers talked about "Local wildflowers in Maroondah". He showed us a series of beautiful images of plants to be found in Maroondah, each with a map indicating how widespread the plant is. We have about 460 indigenous species in Maroondah which provides 13 distinct habitat types.

### Jack Airey. ' Tips for identifying raptors.'

Jack Airey gave an entertaining and informative talk entitled "Tips for identifying raptors".

We have 24 species of diurnal birds of prey. They are usually very distant and/or moving through the area rapidly. He recommends using both camera and binoculars if possible to observe behaviour. He also recommended different books to help with identification.

### Alison Rogers 'Merlo Homestead. Then and now.'

Alison Rogers gave a talk on "Merlo Homestead, then and now." She had various images of the Homestead and of Lake Eildon. When the lake was formed it drowned many buildings, farms and roads, along with culturally significant areas for First Nations' people.



Photo: Marion King

Giovanni (later John) Merlo came to Australia for the gold rush, did not do well and later moved to the area where Lake Eildon is now. His homestead was one of those drowned but subsequent droughts have exposed it.

This became quite a tourist attraction. Lake Eildon is currently 93% full so the homestead is back under the water for now.

## Save Lake Knox by Anne Morton, Knox Environment Society

Save Lake Knox from being destroyed to make yet another high-volume housing estate

The Knox Environment Society (KES) is challenging Development Victoria in court in a few short weeks in a last-ditch attempt to save the Lake from being trashed to make room for yet another high-volume housing estate.

### What is Lake Knox?

Lake Knox is a deep-water lake in the heart of Knox. Part of the open land on the corner of Burwood Highway and Scoresby Road, Lake Knox is located close to the Blind Creek Trail. Acting for the State Government, Development Victoria intends to fill in Lake Knox so that they can build a medium-density housing development onsite. The Development Victoria proposal would disturb and destroy the home of endangered species.

### Selling Off Threatened Habitat

The current proposal will see crucial deep-water habitat for the Blue-billed Duck lost. This duck is listed as endangered in Victoria and the government's own action statement for the duck recommends ensuring important breeding sites are secured from further environmental degradation, as well as protecting,

Excursion – June

### Upper Yarra Dam - Leader - Lynn S

On a cold and cloudy winter day 22 members attended the RFNC excursion to The Upper Yarra Dam. We met at McVeigh's Water Wheel at 10.30am and walked to view the Water Wheel and down to the river.

Work started on the Upper Yarra Dam in 1948 and was completed in 1957. It is an earth and rockwall dam and associated spillway, pipeline and aqueduct. Water from the Dam flows by an open aqueduct and 88 inch (2.235m) pipeline carries the water to Silvan dam. Capacity is 200,00 ML.

Pink and white heath was in flower, ferns were plentiful and several species of fungi were seen. Sightings of Eastern Yellow Robins, Yellow-tailed Black Cockatoos, Rosellas and Superb Fairy-wrens were in this area and a Lyrebird was heard singing.



Photo: Graham Ellis

Meeting – July

### Speakers: Deakin University Powerful Owl Research Team Speakers: Associate Professors Raylene C and John W - Powerful Owls: Ecology and tracking research

Raylene gave us an overview of the Powerful Owl, Australia's largest owl and the apex predator in many Australian ecosystems. In the past it was believed to be confined to old growth forests but their research has found that they are in many urban areas.

Males can be up to 65 cm and weighing up to 1700 grams. Females are up to 54 cm and weighing up to 1600 grams. The sexes are very similar but they have established that by looking at the face mask the female can be identified by having feathers which go a bit beyond the edge of the head, while the male's feathers don't go right to the edge of the head.



enhancing and restoring key sites in parks, reserves and on private land.

Lake Knox is a deep-water lake with its surrounds covered with native plants, including rare and endangered species. Those plants form the base of the food chain for the rest of the wetland organisms from invertebrates to frogs, to fish and waterbirds.

As well, Lake Knox is one of the few breeding places left for the threatened Blue-billed Duck. As these ducks require a large, deep body of water for their habitat requirements, they will not return once the lake

They need a supply of Possums and Gliders, and they eat up to 300 Possums a year. They are nocturnal birds, and nest in hollows in trees for breeding. They need trees of different heights in their territory and perch in different places according to the weather.

John then spoke to us about the research he has been doing particularly after a number of dead birds were found in 2020 and 2021. His research has shown that 88% of Powerful Owls have had anti-coagulant rodenticides (brands like ratsack) detected in their bodies. Rodenticides are also found in Tawny Frogmouths, Boobook Owls and Barn Owls. For the Owls this comes particularly from Brush-tailed Possums, and in Frogmouths it is because they will on occasion eat mice. Ringtail Possums are not a problem because they only eat leaves.

What we can do to help:

- Sightings of Powerful Owls should be reported to the Deakin team, not to social media! The team are particularly interested in roosting and breeding locations.
- We should plant trees and understorey
- Also avoid use of second-generation rodenticides.

### Future Program

August: "The wonderful diversity of Wattles" Bill Aitchison

September: AGM. Presidents Address.

October: Member's night. 'Wandering with Nature in Australia'

As you can see we have a very varied program and members enjoy learning a little about nature and this wonderful country we live in.

Meetings are held on the second Wednesday of each month at 7.30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melway 49 H10). All visitors are welcome. For more details phone Alison or Peter on 9801-6946.

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

is infilled to become a stormwater and runoff wetland. But what does Development Victoria want to do? They want to overturn Knox Council's decision to reject their application for an intensive housing development.

They're appealing to the Victorian Civil and Administrative Tribunal (VCAT) to allow them to infill the lake to make room for a smaller storm water management system as part of the new housing development. It will mean losing this irreplaceable biodiversity forever.

The irony is that Development Victoria have stated in their own biodiversity assessments that Lake Knox is of 'high habitat significance'. Instead of honouring their pledges to protect areas of high significance they're siding with large developers.

But not if we can stop it! KES is a group of concerned citizens who have launched a crowdfunding campaign to save this precious ecosystem. Please visit our website at <https://www.kes.org.au/home/campaigns/lakeknox> for more information or to help us to challenge the government's appeal at VCAT by making a donation.

[info@kes.org.au](mailto:info@kes.org.au)

## News from the Australian Jazz Museum

*Proactively Collecting, Archiving and Disseminating Australian Jazz.*

australian  
**jazz**  
museum

### Australian Jazz Divas *by Ken Simpson-Bull OAM*

Recognising the great importance and unique style of female singers of jazz, the Museum has recently delved into the depths of its archives to extract a selection of the recordings of prominent Australian singers over the past ten decades (yes, nearly 100 years) with the intention of producing an historic double-CD. The earliest Australian female singer found to record in the jazz form was Des Tooley. Known as the lady baritone, most of her many recordings were popular standards, however she did sing with some well-known supporting jazz musicians. The item chosen, "Was I Blue", was from 1929.

#### The Australian Jazz Museum

(a nationally accredited museum), 15 Mountain Highway, Wantirna (Melway Reference 63, C8) is open free to the public on Tuesdays from 10am to 3pm. For group visits, which include refreshments and a live band performance please ring (03) 9800 5535 or visit the web site at [www.ajm.org.au](http://www.ajm.org.au)

From 1936 we chose a recording by Australia's Marjorie Stedeford with an English jazz group, and from 1938 Alice Smith who sang with the well-known Jim Davidson band. Our selections eventually encompassed lady jazz singers from every decade all the way though to 2013. Although few readers will remember many of the early vocalists it is interesting to hear the talents of these Australian Jazz divas over the years.

Several of the more recent singers will be better known to the current generation – Judy Jacques who first recorded with the Yarra Yarra Jazz Band in 1961, Judith Durham (who sang more jazz than her "Seekers" tunes), Beverley Sheehan (Judith's sister), Pippa Wilson (still active after her first jazz recording in 1979), Kate Ceberano, Janet Seidel, Anita Harris, Hetty Kate and many more.

All the selected recordings have been fully restored and are available on a double-CD with appropriate liner notes on the Museum's "Rare Collectable Jazz" series. It is hoped that this release will act as a tribute to their talents and to remember those who are no



longer with us. "Australian Jazz Divas" AJM 053 is available by contacting or visiting the Jazz Museum. (Proceeds from the sale of this CD help support the ongoing preservation of Australia's Jazz heritage.)

## Murders and Mysteries in Ferntree Gully

KNOX Historical Society has released a revised and updated version of Murders & Mysteries in Ferntree Gully Shire, by local historian, Ray Peace.

The book, first published in 2021, details stories of people, children and adults alike who vanished into the forest, never to be seen alive again, murders,

attempted murders, even a ghost story. Two new chapters, and updates to others, are included in the new volume.

The book costs \$20, from 'Ambleside' homestead & museum, 3 Olivebank Rd, Ferntree Gully, open Sundays, 1 – 4 pm. Details: ph. 9758 6722

**Murders & Mysteries in Ferntree Gully Shire**

IN THIS updated edition of the history of Ferntree Gully Shire, local author, Ray Peace, catalogues local tales of crimes and disappearances, from the early years of settlement to the post-war era. Whilst some murderers almost literally 'got away with it', others were not so fortunate.

This compendium of criminality ranges over the comic to the tragic. Many well-known local families were peripherally involved in many cases. On some occasions, prominent local figures provided crucial evidence at the trial.

Many of the cases unearth new details about local families, whose lives were enlivened by crimes of passion and jealousy.

**Ray Peace** published his first book in 1981; this is his twenty-fifth in print. Ray has lived, off and on, within the City of Knox for over thirty-five years, and has taken a close interest in the fascinating details of local history in the district. Ray is also the author of *Behind the Curtain—The Story of the 1812 Theatre*

**Murders & Mysteries  
In Ferntree Gully Shire**

**Ray Peace**  
Knox Historical Society  
Revised & Updated

Murders & Mysteries in FT Gully Shire—Ray Peace—Knox Historical Society

### THE FERNTREE GULLY ARTS SOCIETY

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#### AUGUST EXHIBITIONS

Gallery: 'Dreams & Fantasies'  
Foyer: 'Tribute to Margie' by Geoff Eady  
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#### SEPTEMBER EXHIBITIONS Gallery: 'Sunlight & Shadow'

Foyer: 'Nature's Essence' by Karen Cooper  
**Open Fridays 1- 4 & Weekends & 11- 4,  
from Sept 2 - 24th**

Sunlight – soft, comforting or hard and binding. Is it constant and totally revealing or does it allow for shadows and hidden places?

Shadow – havens and safe places or menacing and heavy on the spirit.

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## Laughter Club News

### Minimising and Decluttering With the Help of Laughter Yoga

Hello Dear Readers

Decluttering has been part of many people's intentions over recent years and, quite a mini revolution in many homes.

I have accumulated a lot over my 81 years. Many people have referred to me as a hoarder. We can all be hoarders of a variety of objects and not others. Our interests can change, yet we usually accumulate more things, rather than letting go of what has passed to make room for the new.

I prefer the term 'collector,' it is kinder, and I feel has a depth of understanding, of emotions or reasons why we like to keep things.

#### Why do we have Clutter?

We become who and what we are in our upbringing. Added to this has been the outer influences in our lives, radio, television, YouTube, Facebook, the list grows exponentially.

There is less time, less sitting quietly in stillness, more of being busy being busy. Our minds and lives become cluttered as we tend to rush and try to fit more and more into our lives.

#### Low Self Worth and Wanting a Happy Fix

A major reason we hoard or collect things to excess that is most commonly spoken of is due to our lack of worthiness. Many of us have unconscious needs to be fulfilled, as we struggle with feelings of unworthiness. Buying or acquiring something makes us feel better for a short time.

The temporary fix may be objects or activities, we develop a life and habit to be so busy so as not to feel negative things such as sadness, anxiety, depression or empty. It could be an unresolved loss in our life, something so horrible that we have not been able to accept or get over it is occurring.



#### Minimalisation.

I love this one, as I am learning that to minimise which is like a higher turn of a spiral, a more evolved, less mental way of looking at our possessions. It is feeling based, less thinking involved, it is gentler, with one being able to do it slowly, gently, learning and appreciating ourselves and life itself.

What we really and truly need in life is unique to us and ever changing, as we discover how free-er we become with less accumulated stuff around us.

Essentially developing this way of living is having a growing appreciation of what life has to offer and to value it, unburdening ourselves of much that gobbles up our time and money.

We can then feel enthusiastic about our future, to find time to do what is important in our lives and develop greater appreciation of who we are and our direction.

#### How Decluttering and Minimalisation Links With Laughter Club and Laughing

Part of the benefits of laughing together are psychological and social. When we come together in group harmony as we do, we feel many beneficial things. A sense of belonging, being loved, accepted for who we are, without judgment. Over time our sense of humour hones itself in ways that we do not ourselves notice. Simply put, many wonderful things change in our lives which naturally induces greater self-appreciation, as well as compassion for ourselves and humanity. As our belonging grows, we

feel sucked into place and hold hope in our hearts. The hope is unique for each individual person.

Gradually, people who come regularly somehow feel a greater hope and connection with mother nature, with spontaneity. Gathering afterwards for a social chat and cuppa helps as we have an opportunity to share with others who feel like family. I firmly believe and have observed people feeling better about themselves, simply by coming and being part of the group and what it offers.

Over time these improvements add to the way we view life and, in this way, we ever so gracefully, with courage and conviction, let go of stuff we have gathered around us to feel better or to cover up feelings of inadequacy.

#### A Golden Rule to Live By.

William Morris's famous quote is "If you want a golden rule that will fit everybody, this is it: Have nothing in your houses that you do not know to be useful, or believe to be beautiful." I have also heard and live by an additional item, 'Is it necessary?.' Many necessary everyday items these days and neither useful nor beautiful, possessing them brings ease into our lives. Necessary examples could be having a roof over our head, a car to drive, a television set.

#### Get in Touch?

Lynette is available to talk with you about this or other blog subjects, if you feel to reach out to her sometime. Also, she runs self-help classes, if you want to find out about that, you certainly can.

Cheerio for now and all of us at laughter club are looking forwarding to seeing you sometime!

Lots of Love and Laughter, Lynette Mitchell.

Lynette & John Mitchell lead the free Community Ferntree Gully Laughter Club on Sundays, usually at 11am on the 2nd and 4th Sunday of the month, behind the library. First timers, please contact Lynette in case there is a meeting change.

Phone: 0425 799 258

Email: [lynette@laughterforliving.com.au](mailto:lynette@laughterforliving.com.au)

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

## Hands on Myotherapy



### Hip Pain?

with Emily Billington, Myotherapist.

Could it be Greater Trochanter Bursitis? What is it and how is it treated?

The bursa is a small fluid sac that acts as a cushion for your bone, muscle and tendon. It's located in the joint and bursitis is inflammation of that sac or bursa.

When someone presents with a deep ache or sharp pain in the hip we know it can be debilitating and uncomfortable. The outside point of the hip is the Greater Trochanter and when the bursa becomes irritated or inflamed it is called Greater Trochanter Bursitis.

Common symptoms are pain on the outside of the hip and around the glute, when lying on affected hip, when pressure is applied to the affected area, which can look swollen and red and after walking upstairs and moving from sitting to standing.

It can occur from overuse, impact injury, poor posture, weakness in the muscle, age, rheumatoid arthritis and thyroid disease.

Myotherapy helps in recovery by using soft tissue techniques of dry needling, cupping, taping and corrective exercises. It's important to do your exercises so that injury doesn't reoccur. Maintaining and increasing strength can help reduce the load on the bursa.

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## A Headache is Not Just a Headache

By Nicole Muley (Osteopath)

Have you ever had a pesky headache? Or a headache so debilitating it stops you in your tracks? You are not alone. Over 95% of the population has experienced a headache at one point or another causing physical, financial, and social life challenges. Although it does not have to be that way- there are a variety of management strategies and treatments that can help manage your headaches. You can get help.

What are the common types of headaches?

**Tension-type headaches**

Often associated with a stress headache, a tension-type headache is one of the most common headaches. Typically, the individual will experience mild-moderate pain on both sides of their head lasting between 30 minutes to 7 days.

**Migraine**

A common condition with a variety of possible symptoms. A moderate to severe pain or throbbing on one side of the head lasting 4 to 72 hours. Individuals experiencing migraines may suffer from nausea, vomiting, and sensitivity to light or sound.

**Cluster headache**

Cluster headaches are a rare form of headache but can be extremely painful and debilitating. This type of headache is called a "cluster" as the attack typically occurs in groups. These severe headaches occur on one side of the head and can last from fifteen minutes to three hours up to eight times a day.

**Neck and Jaw headaches**



Commonly headaches can result from tight muscles and joints of the neck, shoulders, face, and jaw. Muscular tension, joint inflammation, and restriction can irritate the nerves in these areas, resulting in pain. Often these headaches will occur with the onset of the jaw or neck pain.

Other forms of headaches:

- Medication overuse headache
- Sinus headache
- Infective headache
- Menstrual/hormone-related migraines
- Blood pressure headache
- Alcohol-induced headache

How can osteopathy help my headache?

The common relationship we find with headaches regardless of the type, is an increase in muscular tension and a reduction in neck movement. Osteopaths can assist in treating headaches by releasing your tight muscles and helping improve your joint movement through a range of techniques to reduce the pressure on the nerves running throughout the neck. Osteopathic treatment can help in the short-term and long-term management of a headache. In addition to providing treatment, your osteopath will help you identify your triggers and the appropriate management strategies for you. Your osteopath will go that extra step to give you postural, ergonomic advice and any stretches or rehab exercises required to reduce the increasing pressure on your neck and shoulders.

wantirna

# osteopathy

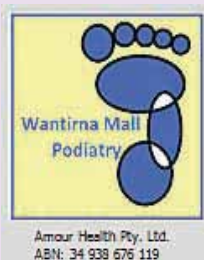


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Melina Linardatos

### Achilles Tendinopathy

A tendon is a thick band of connective tissue that attaches muscles to bone. The Achilles tendon is the largest tendon in the human body and attaches your calf muscles to the back of your heel bone. The Achilles tendon works with your calf muscles to lift your heels when walking, running and standing on tiptoe.

Achilles Tendinopathy is a combination of pathological changes to the Achilles tendon is usually due to over use or chronic stress to the tendon with or without an Achilles tendon tear. Symptoms include pain in the back of the heel bone, warmth, swelling and tenderness. Achilles tendinopathy can vary in degrees of severity and can occur in both athletes and non-athletes. Surgery may be required if treatments fail.

If you have Achilles pain a Podiatrist, Physio or your GP can help you with diagnosis, the possible cause of the problem and treatment. At Wantirna

Mall Podiatry we can help you with the diagnosis and provide a comprehensive treatment plan for your foot problems. Achilles Tendinopathy treatment aims at reducing strain on the tendon to allow it to recover and prevent further injury. Foot position malalignments or foot problems such as flat feet may need to be addressed; flat feet that turn inward while walking can be prone to Achilles Tendinopathy due to the foot position keeping the Achilles tendon under strain.



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## Wantirna Heights Probus Club News

"THE OTWAYS" is a well-known name to most Victorians BUT how many of us have visited this incredible area? Not that many judging by yarning to the twenty eight of us who ventured into the Great Otway National Park from April 30 to May 3 for our Club's third long weekend get-away. It is a little bit off the beaten track so to speak, but well worth the effort once you get there.

Yes, we have been to Yea, Phillip Island, and now add Gellibrand in the heart of the Otways to that list. All thanks to our popular Vice President who single-handedly spear-headed all the arrangements necessary to make this trip the success that it was. We had three action packed days away and it was nonstop!!

How were the three waterfalls in one? Appropriately named the Triplet Falls! The incredible forest with the awesome Mountain Ash giants reaching high into the sky. The picnic in the dark prior to the glow-worm grotto. The Otway Fly Tree Top walk. The BBQ dinner. The circle of chairs around the log fire brazier. Toss in a birthday along with hilarious games on the last afternoon and that was just three days of Fun Fellowship and Friendship. How lucky we are to have all these fascinating places only several hours drive from where we all live. And how lucky we are to be a part of Probus and experience the companionship and genuine friendship and the benefits from our hard-working committee members who organise these events. All three of our camps have been an outstanding success.



# COMMUNITY NEWS



## Knox Over 50s

At Knox & District 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 22nd of August, 2023 at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch in the bistro for those who wish to stay on. 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.

In addition to our normal monthly activities, during July we have had Morning Melodies "Night & Day" (showcasing the songs of Shirley Bassey & Doris Day) and a tour of the MCG.

In August, some of our members will be attending the Knox Community Arts centre to see "Elvis Forever" and during September we are going to visit the Islamic Museum in Thornbury. Then, in October, "Those Were the Days" a tribute to the British female singers of the Beatles era.

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

If you are 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.

## Knox Community Gardens Society

Where Our Community Can Grow by Rod Felton

Earlier this year Knox Council provided funds for a number of enhancements to our clubrooms and the immediate area. We now have a small kitchenette with hot and cold running water in our clubrooms. There is also a new roof over our outdoor area which is great because now when it rains we don't get wet! We also have a new barbeque which will be initiated at our upcoming AGM. Finally and most importantly, we now have lights in the toilets! The KCGS committee would like to thank Knox Council for providing funds for these improvements which are of great value to us.

Recently two big groups of young school children visited the gardens as part of the EACH program, designed to encourage children to eat healthy foods, especially fruits and vegetables. The children were split into groups and rotated through five activities and without stating the obvious, the kids had an absolute ball. The five activities are (1) walking around the gardens to see how different veggies grow (above and below ground); (2) visit the bees to see what they are doing (very little when the weather is cold); (3) have a look at the composting system ("there is no waste in nature" says Geoff our compost man); (4) make and eat okonomiyaki (Japanese pancake – the kids love them) and (5) plant a vegetable seedling to keep (lettuce or something similar).

I was helping with the vegetable seedling activity and the funniest thing is watching the kids trying to put their gloves on. They usually squeeze three fingers into where one is meant to go. But we got there in the end! At the end of this activity we showed them the hothouse and invited them in so they could see

how warm it is.

For the first time in many years the waiting list for a plot is quite short. If you are interested in joining, please make contact via one of the methods below. There are four plot sizes to choose from, large (approx. 40sq m), medium (approx. 30sq m), small (approx. 20sq m) and raised (approx. 5sq m). Membership is only \$20 per year plus the annual cost of your plot which varies according to size. We have an enormous amount of equipment available for all our members to use including battery and petrol powered whipper-snippers, barrows, forks, spades, mowers, the list is endless!

We now have two hot-houses available for members to use. We recently acquired a second one (thanks to sponsorship from Boronia Rotary) because last spring the only one we had was full to overflowing. We also have a shade house which is currently undergoing an upgrade. So if you would like to grow your own veggies in a safe and secure environment but don't have room at home now is the perfect time to join us.

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)



**Knox  
Community  
Gardens Society Inc.**

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## Introducing Hunter Russell to Community News!

I am an 18-year-old year 12 student at Scoresby Secondary College with a keen interest in writing. My name is Hunter Russell. I've grown up in the foothills of the Dandenong Ranges in a family of 4: Mum, Dad, my younger brother and, of course, myself. I relish the opportunity of a regular writing position for the Studfield Wantirna News as a steppingstone to a future career in journalism. I hope to be able to bring a youth perspective to news from both the local area and further afield.



## Train of Lights by Hunter Russell

Recently, the hills have been lit up by a kilometres-long display of brilliant lights. Of course, I'm talking about the Puffing Billy "Train of Lights" – a school-holiday-long program where the Puffing Billy is illuminated with coloured lights and travels through the night from Emerald Lakeside to Gembrook, then back again.

As it runs every night in the school holidays, families of all kinds can attend the event. Tickets sell out fast, but those who miss out on the ride can watch from any safe vantage point along the route. My brother, mother and I parked in the bush and walked a short track to stand at the tiny Wight Station in the Wight Forest. Joining us were not only about 10 or so other families, but a fire engine there to watch the train as well.

As the Puffing Billy came chugging past, both spectators and surrounding bushland were engulfed by the coloured fairy lights lining the train, with coloured spotlights placed along the top of the train for added affect.

Despite not being able to see them from the outside, the delighted screams and cheers of passing onboard passengers echoed out into the cold air around us, creating a temporary atmosphere of excitement as the small crossing was lit up in a plethora of colours.

My only criticism is that the light show didn't last longer, so I'll definitely be going back next time it runs to witness it again and be a part of such a fun and creative community event.



## Life Activities Club Knox

Halfway through the year, and also halfway through winter, warmer times are ahead!! Whether hot or cold we can still do our outdoor activities, you can bet your boots that the Bushwalking group will still walk every Thursday. That's keen. Sunday Walkers will be around Montrose in August and elsewhere in September. Westerfolds Park and Ruffey's lake are 2 of the shorter FRIDAY walks. August is busy with live theatre, "Picnic at Hanging Rock" at the 1812. "Queen Rocks" at the Knox Community Arts Centre on 11th. This will be high energy.

Then there are the horses!! Social outing this month will see us inside at the Yarra Glen races. A race programme, entry fee and we'll be served with a 2 course lunch for \$38pp. Garden outings include Burnley University Gardens and Dandenong Ranges Botanic Gardens in Olinda.

August lunch meeting at Lilydale International Hotel and in September at the Stamford Hotel.



Another fun day on the 18th of August. We're holding a fashion parade. This will also be at the Wattle Hall, (our hall). All welcome, please book online or ring Judy 0466 234 777 before the 11th as lunch will be provided at \$5:00 pp.

But I must mention August 28th. 2 p.m. at our hall in Ferntree Gully. Time to vote for a new President and Committee. Yes Sandra has done a sterling job these past 3 years and we all thank her for her time and effort and now it is time to hand over the reins.

Please ring our Membership Secretary Carol for more details or leave a message requesting a copy of our current newsletter. Contact: Carol 0419 870 639

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## Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month, and include a 2-course lunch, tea/coffee at a cost of \$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 28th August, 2023

Speaker: Alex Maisey - 'Lyrebirds'.

Monday 25th September, 2023

Marina - Handmade, Glass-blown Jewellery.

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 raise funds in a variety of ways, including raffles at our meetings; Bunnings BBQs; movie and theatre outings; excursions to 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 \$10 per meeting which includes morning tea and a raffle ticket. 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 will meet on Fridays at Eastwood Golf club Liverpool Road, Kilsyth at 11.30am with a 2 two course lunch costing \$27.

On the 18th August the lunch will be followed by an afternoon of "madness and mayhem".

On Friday the 15th September the lunch will be followed by June Rushton speaking about "Lighthouses and living in Tasmania".

Trading table and book stall and raffle will be available with all monies raised going to The Smith Family learning for life program to help needy Australian children with their educational needs. The club is looking for new members so ladies of all ages and backgrounds come along and join us and you will be warmly welcomed. There is also opportunity for outings, morning coffee days, film days etc.

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.	Michael on 0439 551 209
iShred - Community Shedding Day	From 9.00am Sat. 16th Sept and 14th October	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



## News from EACH Financial Counselling by Bridget Morcom

### SCAMS....

Nearly everyone knows someone who has been the victim of a scam crime.

They come in many forms – romance scams, investment scams, employment scams, extortion, product scams, unexpected money. Many scams are now very realistic and it can be difficult to tell if they are in fact a scam or not.

So how can you avoid becoming a victim yourself? 'Scamwatch', the ACCC government website [www.scamwatch.gov.au](http://www.scamwatch.gov.au) suggests the following:

- 1. STOP** – don't give out your personal information or banking information unless you are absolutely certain – even if you think they are from your bank, a government department, the fraud team or the ATO.
  - Many scams rely on your making rushed or impulsive decisions or purchases
  - Do not click on a link. Remember, government departments, like Centrelink or the ATO will not send you a link.
  - Verify phone numbers from another source and call them back.
- 2. THINK** – could it be false? Have you done any checks to see if it is true or not?
  - Ask yourself – does it sound too good to be true? What is your 'gut feeling'? If it feels not quite right there is a high chance it is a scam. Ask someone you trust what they think.

- Always check the website or email address being used to see if it looks legitimate and separately confirm any bank accounts you are paying money to.
- Banks will not ask you to transfer money to a new account to avoid further losses.
- Financial institutions will also not ask you to do anything urgently
- Be wary if you are asked to pay for purchases with iTunes vouchers, pre-loaded cards, bitcoin etc.

**3. PROTECT** – contact your bank immediately if you think something is wrong.

- Put daily limits on your bank account withdrawals.
- Do not let anyone else access your banking.
- Report scams to Scamwatch or seek help from IDCARE : <https://www.idcare.org/>
- Watch out for 'follow up' scams. Once they have your details they may try to scam you again in a different way.

Unfortunately, most people do not get their money back once they have been scammed. However, if you have been scammed, and have lost or owe money, you can speak with a Financial Counsellor to see if there is anything more that can be done. They offer a free, independent and confidential service.

**Call EACH Financial Counselling on (03) 9871 1817 or the National Debt Helpline 1800 007 007**



Office of the Public Advocate

### VOLUNTEERS NEEDED URGENTLY

Do you want to make a difference to the lives of people in your community and also hold an important volunteer role?

The Office of the Public Advocate is seeking volunteers in the Outer Eastern area to become Community Visitors.

Community Visitors are the eyes and ears of the community and perform an important role of upholding the human rights of people with a cognitive disability who are living in supported care.

Community Visitors monitor and report on the adequacy of services being provided to residents. They talk to residents to identify issues of concern and write a brief report at the conclusion of the visit.

Training and reimbursement of expenses are provided for this role.

For more information email: [opavolunteers@justice.vic.gov.au](mailto:opavolunteers@justice.vic.gov.au) or call the Volunteer Coordinator on 0418 931 247.

## The Arpad Elderly Welfare Society

### Interested in a Board career or would like to build your Board portfolio?

The Arpad Elderly Welfare Society Inc (the Society), which is responsible for the Arpad Aged Care facility in Wantirna, Victoria, is seeking expressions of interest from individuals interested to join its governing Committee.

Whether you're new to the workforce or you've had a 30-year career finding fresh ways to apply your knowledge and talents is key to professional and personal growth. Joining a board is a great way to build and develop those professional skills.

Good governance is at the heart of what our governing Committee does and is a requirement of the Aged Care Quality Standards. The Committee is dedicated to retaining the facility's cultural heritage and enduring legacy as a home for ageing Hungarians. This is reflected in our 4-year strategic plan.

If you are interested in promoting the wellbeing of older people and preserving the rich cultural legacy of the Hungarian community please email [com@arpadagedcare.com.au](mailto:com@arpadagedcare.com.au) to express your interest along with a few details about your background, experience and what you could bring to the Arpad committee.

Those new to governance and board roles will be provided with professional development opportunities including online learning, in-person



learning along with coaching and mentoring. The professional development program is available to those who commit to joining the Arpad Aged Care committee and support its mission and purpose.

### About us

Our vision:

We will provide older people, their families and carers with homely environment to feel valued, respected, independent and safe with high quality services, meaningful connections with Hungarian cultural heritage and legacy.

Visit our website: Arpad Aged Care – Arpad Aged Care ([arpadhomecare.com.au](http://arpadhomecare.com.au))



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Did you know we broadcast EFNL's Match of the Day each Saturday from 1:15pm followed by a 5:15pm score wrap of all EFNL games.

Organising a special event such as a fete, exhibition, club get-together or outing? Whatever it is, if it's for a non-profit organisation in Knox and surrounds, why not have it promoted free of charge?

Contact us a few weeks in advance and have your community announcement regularly read out on air. It's as easy as that.

Call 9722 9981 or email [csa@radioeasternfm.com.au](mailto:csa@radioeasternfm.com.au)



## Congratulations Peter Rogers 1000 Games

by Aaron Holloway.



Saturday 8th July 2023 saw a remarkable achievement take place not just for baseball but across all sports.

Long time life member and club stalwart Peter Rogers played his 1000th game for the Saints. A feat not likely to be seen again for quite some time. In fact, as President Luke Painter informed those present at the pre-game presentation the

next crop of Saints players who could potentially play 1000 games would need to play for at least another 22 years to get there!

Peter is one of the few founding members still associated with the Club when it started in 1968. There is not much for the Club that he has not done or been involved with, both on and off the field. He has been continuously involved on the committee since 1976 (only missing 1987 through injury) either in a social/fundraising role, as President, Secretary, Club Coach, grounds and pavilion manager.

Although awarded an Honorary Life Membership in 1989 Peter has continued promoting and developing the Club wherever and whenever he can.

By his side though almost all of those 1000 games has been his wife Alison (Also a Saints Life Member). Peter's & Alison's children Cameron, Jonathon & Emily are also heavily involved with the club in multiple roles, as players, coaches, scorers and committee members.

More recently Peter's grandson Mason has also started playing seniors. We can't put an exact figure on it but we can confidently estimate that between games played and scored, Peter and his family have tallied over 3000 games for the Ringwood Saints Baseball Club. A priceless contribution and one we will be forever grateful for.

Thank you and congratulations Peter – 1000 games played is an awe inspiring achievement and one you can be deservedly proud of.

## Panda Rounds 5th Birthday Dance

Panda Rounds Round Dance Club held their 5th Birthday Dance on Friday 7th July at the Boronia Progress Hall. Over 40 dancers enjoyed the festivities. Despite the cold night they soon warmed-up with Foxtrots, Rumbas, Cha Chas, Waltzes, Two-Steps and Tangos. As well as Club Teacher, Alison, guest Cuers, Ann and Coral, kept the dance party going.

During supper there was a special announcement. After 5 years, the Teachers decided to update the Club logo with 'more mature' pandas! David & Glenys, who helped establish the Club in 2018, entered the hall carrying the new red banners.

Round Dancing is cued social ballroom dancing. Once you have been taught the dance moves, you just have to do what the Cueur tells you – in time with the music. Simple and easy and fun! Panda Rounds is named after the teachers: PandA = Phil and Alison. It is supported by the Knox Council's 'Over 55s Zest4Life' social connections program. They dance most Friday nights from 6 – 9pm.



Club Teachers, Alison & Phil, and the Birthday Pandas

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**Our upcoming Community Days are on Saturday 16th September and 14th October from 9am — 12noon**

## Templeton Tennis Club News

by Don McCracken , President

Hello and welcome to our Winter edition of Club news.

The club's AGM was held on the 11th July with all incumbent people being re-elected unopposed. We did welcome a new committee person in Chris Jones and look forward to his input to our Club.

The mid-week ladies have completed their first semester season with both teams playing finals. The new season commenced the week of the 12th July.

Our weekend competitions both junior on Saturdays and Sundays plus senior on Saturdays are progressing well and nearing their completion. We are looking forward to a successful season from

them all. A special thanks to Luca Castellan who filled in as Junior Convenor whilst Pam was absent. Well done Luca.

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

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

Check out our website, [www.templetontennis.com.au](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, Bendigo Bank Wantirna Mall and Jackson Taylor.

Upcoming events:

Junior Club Championships (date to be advised)

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 9800 3316 or 0425 748 138**

**Coaching: Kelly 0414 874 482**

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

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



## Wantirna Tennis Club The Place to Be in 2023

by Alison  
Rogers



### Much excitement is happening at Wantirna Tennis Club

The new courts are causing a lot of interest at Wantirna Tennis Club. We have five new classic clay courts available for play and five en tout cas courts as well. The comments on the new courts are very complementary with players both from the Club and the Public enjoying the new surface which is very kind on the body.

*A late night visitor*

The new 'book a court' is up and running with courts being booked on line both day and night. It is so easy to get a game at all times of the day and every day of the week available. So come on down and have a hit. Keep an eye out for the opening of the new courts in November. All are welcome.

### Juniors

25 Junior teams are playing this season for Wantirna. These teams are playing on Saturdays and Sundays. After the school holidays the teams are back out there playing. The Coaches provided a winter holiday training camp for the juniors which was enjoyed by all. Great seeing all the courts in action.

### Coaches Corner at Wantirna

Troy and Mike Tennis at Wantirna Tennis Club offer tennis programs for all ages & levels. Whether you're looking to start your kids in tennis or keen to get on the court yourself we'd love you to come and try Hot Shots lessons or Cardio Tennis for FREE! Complimentary free trial for either hot shots or cardio as we know once you start you won't stop!! We also have advanced Squad training and Private Lessons available for the more serious players.



Contact us via our Facebook page [www.facebook.com/troyandmiketennis](http://www.facebook.com/troyandmiketennis) or Mike on 0433511904

### Social tennis

Social Tennis is still going strong on Tuesday mornings. Even if the weather is hot or cold come on down and join the others or just have a coffee and a chat. It is lovely to see our group of social players expanding. They are a great group of friendly people.

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down and have a hit with some of the social players at the Club. You don't know till you have a go. All standards are welcome.

Enclosed grounds keep young children safe and while they enjoy the playground, you can have a hit. It is only \$5 for visitors, members free. All welcome.

### About Wantirna Tennis Club

Visit our website for details on how to join our Club. We have excellent facilities including two BBQs, covered with a shade cloth sail. We have 9 tennis courts and a Coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call or check out our website to get more details and information on membership or tennis coaching.

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

**Club coaching team: Troy & Mike 0424693005**

**or email [enquires@troyandmiketennis.com](mailto:enquires@troyandmiketennis.com)**

**Coaching Face book: [www.facebook.com/troyandmiketennis.com](http://www.facebook.com/troyandmiketennis.com)**

**Wantirna Tennis Club Inc Melway Ref: 63C8Wantirna Reserve, Cnr**

**Mountain Hwy and Burwood Hwys Wantirna PO Box 5295 Studfield 3152**

**Club Secretary: Alison 0408576025 or email [wantiratennis@gmail.com](mailto:wantiratennis@gmail.com)**

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

**WTC Face book: [www.facebook.com/.../Wantirna-Tennis-Club](http://www.facebook.com/.../Wantirna-Tennis-Club)**

Have you heard about  
Knox Nocturnals?



**FREE**

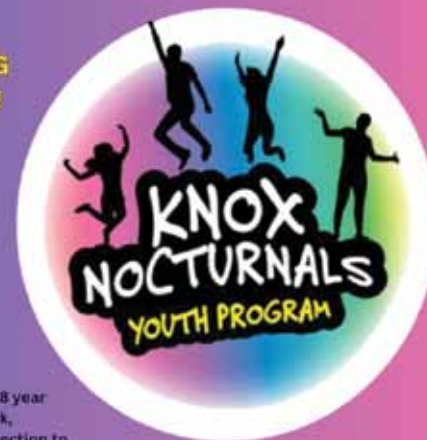
**ACTIVITIES FOR YOUNG  
PEOPLE 12-18 YEARS!!**

Have fun and make  
friends in a fun and  
inclusive environment!  
Fortnightly on Fridays  
6.30pm to 9.30pm

July to December 2023

It is a free social inclusion program for 12-18 year  
old's living in Knox or who go to school, work,  
volunteer or who have another strong connection to  
Ferntree Gully

Register at <https://knoxnocturnals.org/>



The Knox Nocturnals Youth Group is a Knox Empowering  
Communities project funded by the Victorian Government's  
Empowering Communities Initiative as part of the Building Safer  
Communities Program.



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