

COMMUNITY NEWS

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

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EDITION 86

OCTOBER/NOVEMBER 2023

- NEW FOOD DISTRIBUTION HUB FOR WANTIRNA
- 105TH ANNIVERSARY OF THE ENDING OF THE GREAT WAR
- OLYMPIC MEDALS FOR BORONIA SWIMMING CLUB
- CHANGES AT WANTIRNA BENDIGO BANK

THE ASTON COMMUNITY COMES TOGETHER
TO YARN ABOUT THE VOICE
(SEE THE ARTICLE ON PAGE 3)

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AO, Pamela Anderson, Uncle Vincent Peters and
Australian Local Hero for 2023, Amar Singh.

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

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Editorial

- Hello Community News readers,
Spring is here and while it is very welcome after a cold, wet winter, we are also being warned we are in for a long, hot summer.
Here are some tips to cope when the weather is hot from the Victorian Department of Health:
- Drink plenty of water, even if you don't feel thirsty
 - Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
 - Spend as much time as possible in cool or airconditioned buildings (shopping centres, libraries etc.)
 - Block out the sun at home during the day by closing curtains and blinds.
 - Stay out of the sun during the hottest part of the day.
 - Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
 - Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen. Eat smaller meals more often and cold meals such as salads.
 - Avoid heavy activity like sport, renovating and gardening.
 - Keep in touch with sick or frail friends

Janet Claringbold, Editor



Community Come Together To Yarn About The Voice

A Community event hosted by the Yes For Aston group was held in Bayswater recently to hear from First Nations People about why voting YES for the Voice to Parliament is so important.

Pamela Anderson the organiser of the event is a Yorta Yorta and Gunaikurnai woman who tries to speak language whenever she can. Pamela explains that when colonisation occurred, one of the first things that was taken from Aboriginal people was their language. They lost access to their culture when they were taken off their land, they lost their children when they were taken away. The fear of removal of children was so great that many first nations people hid their heritage. Pamela describes the Uluru Statement from the Heart as a generous invitation to walk as one, to share our culture and to heal from the past. "The Voice is hope, it is knowing that the policies of the past won't happen again. It means we don't have to fear who we are, and we can be who we are". "I am voting YES for my ancestors in the Dreamtime and for future generations who deserve to have a voice" she says.

Aunty Jill Gallagher AO—is a very proud Gunditjmarra Woman, signatory to the Uluru Statement of the Heart & CEO Victorian Aboriginal Community Controlled Health Organisation (VACCHO).

Aunty Jill explains that on Saturday, October 14 Australians have an opportunity to create their own legacy by being on the right side of one of the biggest moments in this nation's history. Aunty Jill does not want people to feel guilty. "No one is responsible for our ancestors, but we are all responsible to stop being bystanders" she says. "Our struggle is not about us being more important than the rest of the Australian population, it is just about basic decency and acknowledgement". "All human beings are important and should be valued, the Voice will bring benefits to all Australians".

Aunty Jill explains that it has been over two centuries since the brutal and rapid colonisation of Aboriginal lands. "When the lands were invaded our people were completely and utterly disempowered." "Our



Aunty Jill Gallagher AO

ways of knowing, our ways of being and our ways of doing were taken from us" says Aunty Jill.

Her mother's experience was one of being told what to do and what not to do and whether she could see her children or not and if she could or could not leave the mission. Aunty Jill recommends people read Letters from Victorian Aboriginal Women which is available online.

Aunty Jill describes how the impact of the brutality of colonisation is still apparent today with Aboriginal children still being taken into care, high rates of psychological distress, appalling rates of suicide and deaths in custody continuing to occur. "The Voice to Parliament will hold Governments to account on these failings" she says.

Aunty Jill believes that as one of the oldest living cultures in the world Aboriginal culture should not be invisible. "In Victoria, we have a World Heritage listed site of Aboriginal fish traps". "It is the oldest aquafarm on the planet!". "A Voice can highlight Aboriginal culture as a part of our national fabric" she says.

Aunty Jill is voting YES because it will put the Aboriginal culture on a national platform, because it is the right thing to do, and it is a great step forward.

Ricky Baldwin is a Gunaikurnai Man, founder of Koorie Academy and Knox Citizen of the Year 2023. He spoke of his experience as part of the stolen generation and the disruption to his family and their connections to each other. He reflects on the

shorter life expectancy for Aboriginal people and the need to know about the true history of Australia and colonisation. He explains that education through truth telling can help foster empathy and understanding, leading a way for true reconciliation to happen. Ricky speaks of his great grandfather's experience of begging to get his daughters back. If he left the mission to try to get them back, his wages would be taken.

Ricky reminds people not to believe everything that is in the media and encourages people to reach out to Aboriginal people, who can explain their viewpoint.

He comments on the lack of equality, lack of inclusion and how systems of government push down on Aboriginal people thinking they know best. He believes that with knowledge and understanding and by taking a learning journey together, attitudes can change. "The Voice will be community led; people will learn from Aboriginal people the gap will start to close" he says.

Ricky reflected on the contrast in the positive attitude and respect shown to Maori people and how their culture is embedded in New Zealand ways of life.

Ricky says, "Kids deserve the opportunity for a better tomorrow". "If we invest in the kids and lay the foundation, plant the seed and provide a culturally safe space they will blossom". "It's our moment in time to create history, so jump on board and vote YES!"



Knox Citizen of the Year 2023, Ricky Baldwin

MDLC Nominated as Finalist in Victorian Training Awards

Anxiety and related mental health issues amongst young people has been increasing to alarming levels in recent years. A recent survey by the Australian Psychological Society (APS) has reported significant increases in Social Anxiety Disorder, Generalised Anxiety Disorder, Depression, suicidality or self-harm and peer relationship difficulties in the 13-18 age group.

APS President Dr Catriona Davis-McCabe commented "While for many adults the pandemic is becoming a distant memory, its affects continue to devastate children across the country."

Increased anxiety amongst teenagers is a contributing factor in the higher than usual rates of school refusal where the idea of attending school causes severe distress resulting in long periods of absence and potential long term disengagement from school.

Mountain District Learning Centre in Ferntree Gully runs a specialist education re-engagement program, known as The Cottage Program which was created

to accommodate young people 14 to 19 years who have acute social anxiety and other related mental health issues and have significant barriers to attending mainstream school.

The Cottage Program is unique in its design offering a holistic approach to learning by providing education, in a non-school, small-group setting alongside a strong support system of youth workers, wellbeing programs and access to external programs and services.

Mountain District Learning Centre was recently recognised for the success of The Cottage Program as a nominated Finalist in the 2023 Victorian Training Awards, acknowledging that it has achieved a 95% success rate. Out of 80 students enrolled over the past 3 years, 74 achieved a Year 10 alternative pass, 8 went on to employment and 66 continued into further study.

Mountain District Learning Centre CEO, Janet Claringbold and Board Chairperson, Robyn Burke (pictured) were honoured to receive recognition

in the Community Training Provider of the Year category. They are proud of the efforts of MDLC's Education & Training Manager, Alison Percy and the teachers and youth workers who run the program for the benefit of young people who need an alternative pathway to continuing education.



News from Bayswater Bowls Club



IT'S MORE THAN A GAME

AN INSIGHT INTO LAWN BOWLS

As we approach the upcoming Pennant Season, Bayswater Bowls Club are on the lookout for prospective new and experienced lawn bowlers. However, in this current economic climate where finances are a little stretched, the thought of joining a sporting association could be the last thing on your mind. But all participation in a sport, whether it be golf, tennis or our sport, lawn bowls has some cost involved like joining fees, equipment to play etc.

The following Frequently Asked Questions (FAQ) has been designed to introduce you to the sport of lawn bowls and to give you a better understanding of the costs involved to get you started.

Q : What is Lawn Bowls?

A : Lawn Bowls is an outdoor sport where players roll biased balls toward a smaller target ball (jack) on a flat, rectangular grass or synthetic surface known as the green.

Q : How do you play Lawn Bowls?

A : Players take turns rolling their bowls towards the jack, aiming to get their bowls as close as possible to the jack to score points.

Q : What equipment do you need to play Lawn Bowls?

A : You need a set of approved lawn bowls (4), a jack (club provided), a positioning mat (club provided) and flat soled shoes.

Q : What is the price of lawn bowls?

A : A typical set of new lawn bowls will cost between \$600 - \$700 depending on the brand, however, a search of EBay or Gumtree could provide you with a set of pre-loved bowls complete with bag for around \$350 - \$500.

Q : How do I tell the age of pre-loved bowls?

A : All lawn bowls are stamped with an expiry date. The stamp on lawn bowls lasts 10 years before the set needs to be re-tested by an authorised tester. The cost to re-test the bowls after expiry is approx. \$65.

Q : What is the joining fee at the Bayswater Bowls Club?

A : The Annual Subscription fee for Full Membership at Bayswater Bowls Club is \$200. This membership entitles you to play Pennant Bowls for the season. As an incentive to join as a full member, we waive the annual subscription for 12 months, however, a joining fee of \$75 is required to cover your bowling registration with Bowls Victoria.

Q : What are my options if I do not wish to play Pennant bowls?

A: You can join as a Social Bowl Member for an Annual Fee of \$100. This will enable you to participate in Wednesday and Saturday social bowls. Alternatively, you can join as a Social Member for \$30 to take full advantage of the club facilities and bar.

Q : Do I have to pay when I play Social Bowls or Pennant Bowls?

A : All clubs charge a Green Fee to play Social or Pennant Bowls. Bayswater charge a \$10 Green Fee which goes towards maintaining the green and its surrounds.

Q : Do I have to pay when I practice?

A : You can practice at any time free of charge. The club will provide a code to allow entry to the premises and once inside you can then access the cupboard that contains the jacks and mats.

The above Q&A may have answered some of your concerns, but as we approach daylight saving and the weather fines up, why not take the opportunity to visit our club on a Friday night and we can answer any of your questions and more importantly, you can give the game of lawn bowls a go and you may find, as we all have at Bayswater Bowls Club that lawn bowls is truly a Game for Life.

More information can be found on our Face Book BayswaterBowlsClubVic

BAYSWATER NEWS

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/



"Friendship Through Bowls"

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

 
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Jackson Taylor Update

BAYSWATER NEWS

How fantastic has it been to have some warmer weather, finally! I hope you've all been keeping well and as always I appreciate the opportunity to keep you up to date on a few things happening.

Our veterans have made an enormous contribution to our state and our nation. That's why the State Government is delivering on our promise to introduce the Veterans Card - Victoria. The card will help more than 100,000 veterans who call Victoria home with cost-of-living relief through discounts on car rego, trailer and caravan registration, free fishing licence and access to Victorian Government employment programs. Sign up for the Veterans Card - Victoria now at: <https://service.vic.gov.au/services/veterans-card-victoria>

Now there's an extra reason for smiles at Bayswater Primary School because the Smile Squad is in town! I popped down to check out the van myself (pictured) and met some of the very happy students who've already had their check-ups. And you'll be seeing more and more of these as every Government school in Knox will be getting visits.

We're making it Free to Study Secondary Teaching

We've recently announced that we will make studying to become a teacher in secondary schools in Victoria free, with scholarships covering the cost of degrees to help boost our school workforce and support hardworking teachers. The scholarships will be available to all students who enrol in secondary school teaching degrees in 2024 and 2025 with final payments if they then work in Victorian government schools for two years after they graduate – supporting around 4,000 future teachers each year.

In other news

- The Nazi salute and the vile ideology it represents, has no place in Victoria. That's why we've passed Legislation in Parliament to ban the salute and Nazi symbols. Because Victorians don't tolerate this kind of hatred - not now, not ever.
- The construction of the upgraded toilets at Regency Park Primary is nearing completion
- Major construction on Templeton Primary's new Senior Learning building is due for completion in the coming months.
- Works on the new middle and senior school buildings at Bayswater Secondary College are also approaching completion.
- A reminder that if you want to go green and save money the Andrews Labor Government have solar homes grants that are helping to do exactly that. Go to www.solar.vic.gov.au for more.
- New pavilion in Wantirna at JW Manson Reserve now open.
- Metro Tunnel trains are now running through at speeds of 80km/h and is still on track to open a year ahead of schedule in 2025.



Jackson Taylor MP at Bayswater PS with the Smile Squad dental van, students and Principal Brooke Cross

The Sick Pay Guarantee

Last year, we introduced an Australian First. The Sick Pay Guarantee. It means eligible casual and contract workers can sign up to claim up to 38 hours a year of sick and carer's pay at the minimum wage. And we've recently added over 400 jobs to the list. It's funded by the Victorian Government and all the paperwork is covered by us too. The pilot has been extended to 2025 and it's ensuring working Victorians don't have to make difficult choices. For more call 1800 979 641.

Quick Reminder

The State Revenue Office has \$109 million of refunds, bonds, interest and unclaimed cash just waiting for Victorians to collect. All you have to do is visit the website and check if you're on the list. The State Revenue Office has \$109 million of refunds, bonds, interest and unclaimed cash just waiting for Victorians to collect. Check if you're on the list here <https://www.sro.vic.gov.au/unclaimed-money>

Local Shout-Out

Another massive Gala Concert done and dusted at Wantirna College- amazing performances all round! Well done to the students for their dedication and commitment - you should be very proud.

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REMEMBRANCE DAY SERVICE

Our Remembrance Day Service will be held at the Cenotaph outside the Sub Branch at 626 Mountain Hwy, Bayswater on Saturday the 11th of November, 2023 commencing at 10.45 am.

Light refreshments will be served after the service in the Sub Branch.



Jackson Taylor MP
Member for Bayswater
Delivers for Knox

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

Dinsdale Ward News with Cr. Sorina Grasso

On a sunny Sunday morning on National Tree Day at the end of July, I was excited to join 200 members of the Knox community in planting 3,000 indigenous trees, shrubs and ground covers to add to the green canopy of our fantastic municipality. Together with Mayor Marcia Timmers-Leitch, Cr Susan Laukens and Cr Yvonne Allred, it was exhilarating to participate in the event, enjoy the BBQ lunch afterwards and catch up with some of the volunteers who assisted on the day. Many thanks to Knox City Council Biodiversity team as well as Lions Club of Wantirna, KES Knox Environment Society, Friends of Old Joes Creek, Friends of Blind Creek Billabong, Friends of Koolunga Native Reserve, Friends of the Gully, Lions Club of Boronia and all the other volunteer group members who participated.



I also recently saw The 1812 Theatre production of Picnic at Hanging Rock and am delighted to share what an excellent production it was, capturing all the mystery of the great Aussie classic, with the fantastic young cast under the capable direction of Dexter Bourke. You can see me in the foyer after the show with all the actors and the Director which ran until 26th August at 3 Rose Str., Upper Ferntree Gully. Although I went as a private citizen with friends, as the Chair of the Arts & Culture Committee of Knox Council, it pleases me greatly to experience such quality theatre offerings right here in Knox.



A few weeks ago I had the pleasure of reading two delightful stories to a group of youngsters during Storytime at Bayswater Library! I can tell you, the cuteness factor in the room was very high that morning. As always, the libraries in Knox have some great community programs, including Recipe Swap, Bookchat, Crochet and more for people of all ages. Check it out at <https://www.facebook.com/yourlibraryltd>

It was also a delight to join the community taking in the magical fairyland atmosphere at the 2023 return of the Wonders of the Arboretum at The Time Neville Arboretum in Ferntree Gully. Families and kids of all ages loved the colour and excitement of this amazing event that took full advantage of one of our wonderful green spaces here in Knox.



Most recently, I joined Mayor Marcia Timmers-Leitch and fellow Cr Susan Laukens at the 2023 Women on the Go business Networking event at the Knox Civic Centre. This placed a spotlight on the challenges faced by local businesses and explored avenues for transformation. Attendees benefitted from the guidance of experienced businesswomen at this popular event run by the Economic Development unit of Knox City Council.

Bayswater Makers' Market

A mainly indoor arts and crafts market
Bayswater Senior Citizens Hall
 790 Mountain Highway

Saturday - 10am to 2pm
October 28 and November 25

Everyone is welcome to browse around our market and meet the artists and craftspeople. We all make the items on our stall and are delighted to make to order where possible.

Find a unique locally made gift for upcoming birthdays and Christmas. We have plants for indoors and out, cakes, jams and chutneys, homewares, garden wares, gifts, toys, jewellery, bags, babywear, cards, candles, wood crafts, glass Christmas decorations, and more.

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

Other enquiries Julia 9890 2546

CPP Community Theatre Inc. October Production of Oliver!

Bringing Charles Dickens' beloved novel to life, Lionel Bart's Oliver! will take you on a wild adventure through Victorian England, capturing your heart as well as your handkerchief.

Friday 6 October, 7:30pm, Opening Night
 Saturday 7 October, 1:30pm, Matinee
 Saturday 7 October, 7:30pm, Evening Show
 Thursday 12 October, 7:30pm, Evening Show
 Friday 13 October, 7:30pm, Evening Show
 Saturday 14 October, 5pm, Early Show

Tickets: • Adult \$39 • Concession \$35
 • Child (15 & under) \$25 • Family (2 adult & 2 child) \$110
 • Group Bookings: (minimum 10) \$35 per ticket

Mahon Theatre at Aquinas College
46 Great Ryrie Street, Ringwood

For all ticket enquiries, please email: tickets@cppcommunitytheatre.com.au

Content Warning: the production of Oliver! touches on themes of Domestic Abuse and Violence.
 In consideration of other patrons and cast, children under the age of three will only be admitted to the theatre for the matinee performance.



Cr Sorina Grasso
 Dinsdale Ward Councillor - Knox City Council
Advocating for local jobs, prosperity & community.

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

M: 0437 853 445  CrSorinaGrasso





A Message from the Mayor with Cr. Marcia Timmers-Leitch

Spring has sprung and there is so much happening in the City of Knox. October sees the launch of the month-long Knox Seniors Festival showcasing local events, activities and entertainment with this year's theme being Learn Love Live. Join me for the launch at Carrington Park in Knoxfield on Monday 2 October from 9.30am-2pm. For those who can't make the launch the festival culminates with a dance at Rowville Community Centre on Friday 27 October from 2-4pm.



For more information or bookings call 9898 8828 or visit knox.vic.gov.au/SeniorsFestival.

October is also Mental Health Month with this year's theme, "We all have a role to play". For the past six years Knox residents have reported higher rates of psychological distress than the Victorian average and more than a quarter have been diagnosed with anxiety or depression at some point in life. You can find mental health and wellbeing support services, including crisis support, and download our Mental Health and Wellbeing Support card for community groups and residents at knox.vic.gov.au

Finally, October sees the return of the much-loved Stringybark Festival celebrating homegrown creativity, the environment and sustainability. The free community event features a fun and interactive program with activities for the whole family. I invite everyone to come along and check out what's on offer, including two stages of local and regional acts, a maker's market, cooking demonstrations and heaps of children's activities.

Foodies will be spoilt for choice and food will again be served on reusable plates and bowls provided by Green My Plate.

Stringybark Festival is on Sunday 15 October from 10am-4pm at the Rowville Community Centre, 40 Fulham Rd, Rowville. Find out more knox.vic.gov.au/stringybark.



Great results from changes to rubbish collection

I am pleased to report that in the first month of the new weekly food and garden bin service we've saved 2,100 tonnes of greenhouse gas emissions by halving the amount of rubbish we sent to landfill. In July we sent 1,900 tonnes of food and garden material for processing into compost for our parks, gardens and farms.



KNOX UPDATE

Pleasingly, there has been no increase in contamination in recycling or food and garden waste bins and no increase in dumped rubbish or litter in public rubbish bins.

Even small differences made by households are making a real impact on reducing our waste. We know that the changes to our bin service have been challenging and some residents have been discussing ways to adapt to these with Council. We will continue to monitor these impacts and work with the community to help adapt to the changes.

Remember there are special considerations available for people with two children in nappies or high medical waste needs. Keep up the great work for the long-term benefits for our community.

Big Changes to Kindergartens

There are some big changes coming for kindergarten as part of the state government's decision to increase hours, make kindergarten free and offer a second year of kindergarten before school.

Council has made the difficult decision to stop the direct provision of kindergarten services from January 2025, except for those within our Children and Family Centres at Bayswater and Wantirna South.

Instead, we'll make our buildings available to other providers that can come in and continue to provide kindergarten for 3 and 4 year olds in Knox. We'll work closely with the Department of Education on an expression of interest process which will be open to a range of providers, including not-for-profits who specialise in sessional kindergarten.

This decision has been several years in the making following a thorough review of our kindergarten services. Importantly, this won't come into effect until January 2025, so families registered in 2023 and 2024 will still be able to attend Council services.

Kindergarten is one of 100 services we provide to the community and we have a responsibility to ensure we direct council funds to deliver the most value to the community.

Council will focus on planning for kindergarten across the municipality including supporting independent providers to establish and grow their services in the Knox area, providing infrastructure to support services and even considering centralised enrolments.

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

As the days grow longer and the sun graces us with its warmth we couldn't be more thrilled to welcome the upcoming season of sunshine and balmy evenings. With the promise of brighter days ahead we're excited to announce that we're returning our opening hours to 9:00 p.m., allowing us to better serve your healthcare needs. But that's not all – the excitement doesn't stop there. October and November are packed with a fantastic lineup of activities and events right here at your trusted Not For Profit pharmacy, Community Pharmacy Wantirna

Hearing Tests

We are delighted to announce our partnership with Boutique Hearing, who will be visiting Community Pharmacy Wantirna on Tuesday, October 3rd. They will be providing free hearing screenings for anyone aged 7 and over. These quick and convenient screenings take only 5-10 minutes and you'll have the ability to receive your results either via email or in person at our store.

If you catch this article in time and want to secure your spot be sure to look out for the provided QR code in advance and book your session. We're committed to your well-being and are thrilled to offer this opportunity for you to prioritise your hearing health.



Special Member Offer

Get ready to explore the world with our latest and most exciting loyalty promotion to date! From Monday, September 11th to Sunday October 22nd we're offering an exclusive promotion designed to reward our members with the chance to win big. How does it work, you ask? It's simple!

Every non-prescription purchase exceeding \$30 automatically secures your entry into the draw. And what's at stake? A remarkable \$3,000 travel voucher that could whisk you away to your dream destination!

With our Shop & Win promotion your summer holiday dreams can become a reality.



*Promotion runs 11th September to 22nd October 2023. All participating pharmacies only. Spend \$30 or more in one transaction and earn your loyalty card points or entry into the competition. Excludes prescriptions. See in store for full terms and conditions.

VIP Night

Mark your calendars and get ready for an unforgettable evening! Our Annual VIP Night is just around the corner taking place on Thursday, November 23rd, 2023. Expect exclusive promotions, delectable food, and great entertainment that will make this night truly special.

But here's the best part: it won't be the same without you! We're calling on all our cherished members to join us and make this night even more memorable. Save the date, spread the word, and get ready for a VIP Night like no other! We can't wait to see you there.

Pay It Forward

Our 'Pay It Forward' program recognises that many individuals are facing unforeseen challenges, and we're committed to assisting those in need by offering a platform for our community to contribute funds toward essential Pharmacy items for those in need. Each generous donation is symbolised by a heart on our contribution board, simplifying the process for those seeking support to redeem them toward their purchases.

We deeply respect that not everyone may be comfortable with donating, and we want to emphasize that your privacy and dignity are paramount to us. To donate, please visit our lovely team in store as every small contribution plays a vital role in positively impacting someone's life. Together, we can make a difference in our community.

Open Hours – Return to 9pm closures during weekdays

We're thrilled to announce that, with the arrival of longer sunlight days, we've decided to extend our closing hours on weekdays back to 9pm! While we had temporarily shifted our closing time to 7pm, we understand the importance of accessibility, especially for those who rely on our services late into the evening.

We want to express our sincere gratitude to our incredible team for their unwavering dedication and adaptability during these transitions. With our extended hours, we're here to serve you and ensure you have access to the care and support you need, whenever you need it. Thank you for choosing us as your trusted pharmacy.

Community Pharmacy Wantirna

Shop 3-4 Wantirna Mall
348 Mountain Hwy, Wantirna

(03) 9720 2872

OPEN 7 DAYS

E: wantirna@communitypharmacy.com.au

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!

Website: www.communitypharmacy.com.au

Facebook: www.facebook.com/communitypharmacywantirna/

Instagram: www.instagram.com/communitypharmacywantirna/

Collier Ward Update with Cr. Marcia Timmers-Leitch

WANTIRNA NEWS



Happy Spring fellow Knox residents.

As the days get longer and the weather becomes warmer it is nice to see so many people out and about emerging from Winter and enjoying a bit more sun.

If you are looking for something fun to do whilst enjoying the nicer days then look no further than the Knox Public Art Trail. This interactive mapping tool allows for self-guided exploration of the remarkable public artworks located throughout Knox.

There are six different trails grouped into helpful clusters based on their locations and are suitable for walking, cycling or travelling by car. The digital trails are a great way to view the unique artworks that connect our diverse community spaces. You will be guided in an immersive discovery through shopping precincts, sports reserves, playgrounds and civic spaces.

This creative tool can be found on the Knox Council website and provides the information to explore the collection at your own pace. For more information visit www.knox.vic.gov.au/whats-happening/arts-knox/public-art-trails

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

Food Distribution Hub To Be Trialed At Templeton Reserve

Cost of living pressures are prompting increasing numbers of Knox residents to ask local welfare agencies for help with food and other living costs.

To assist, Knox City Council has formed the Knox Food Relief Taskforce and established a food distribution hub on a 12-month trial at the Templeton Orchards Preschool site (51 Templeton Street, Wantirna).

Council have partnered with Outer East Foodshare Inc, an incorporated association and registered charity already operating across Knox and Yarra Ranges. Their primary role is to collect rescued food from organisations such as Foodbank Victoria, OzHarvest and local food growers and businesses. They provide a critical link in the food relief supply

chain that no other organisation offers in the eastern region.

They will use the former kindergarten building to store, sort and distribute food to 30 local services who support people in need. The warehouse will not be open directly to residents seeking support.

This food relief hub will expand the capacity of Outer East Foodshare to provide food to agencies within Knox and in turn support Knox food relief providers to meet the growing community need. It will reduce costs and demands on the volunteers of the food relief providers and have significant environmental and sustainability benefits through food rescue and reduced transport.



The team from Outer East Foodshare outside Templeton Orchards Preschool, location for the 12-month food hub

The kindergarten at Templeton Reserve was temporarily suspended at the end of 2022 due to low enrolments. Since then, Council has decided to stop running standalone kindergarten services. The Templeton Reserve kindergarten will be offered to other kindergarten service providers from 2025 through a public expression of interest process.

For more information, or if you are interested in getting involved as a volunteer driver or warehouse packer, visit the Outer East Foodshare facebook page <https://www.facebook.com/OEFInc>, email outereastfoodshare@mail.com or phone 0409 253 489

Make The Shift To Thrift This October

As part of international 'Buy Nothing New Month', Knox City Council are running the very first Op-Shop Trail to encourage you to consider buying second-hand rather than new and check out what's available in your local Op-Shops. There are 19 participating stores across Knox to explore.

Did you know that the average Australian throws out 23kg of textile waste into landfill each year and then goes and purchases another 27kg? Australians are the second largest consumer of textiles per person in the world after the United States.

In 2021, Victorian charity shops diverted around 242,800 tonnes of waste from going to landfill, raised \$232 million in revenue towards social good and created 1,268 jobs. Making the shift to thrift just makes sense for our environment plus you can reuse and recycle some great clothes or household items.

Residents who sign up to participate in the trail will receive an 'Official Trail Form' which they can get stamped off at each op-shop that they visit during the month of October. Every stamp received equals an extra entry into the competition to win one of 5 x \$50 Salvation Army vouchers.

To sign up or find out more information visit Sticky Tickets (stickytickets.com.au/O5WOV) or call Knox City Council's Waste Team on 9298 8000



Cr Marcia with Sandy and Roger from Mountain Gate Op Shop 51/1880 Ferntree Gully Road, one of 19 Op-Shops

Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

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

☎ 0428 162 218 📱 MarciaTimmersLeitch 📷 cr_marciatimmersleitch



Girl Guides Get Out And About Camping

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

Wantirna Heights Brownie Guides had a fantastic time camping in Term 3. Our whole unit spent a weekend connecting with nature, exploring the bush and of course toasting marshmallows around a campfire! We visited Alcheringa again, a small Guiding property with an historic A-frame building.

We chose 'Colours' as our theme so everything was as colourful as possible – our craft, our food and the weather! We worked on the Topaz edition of the Discover a Challenge badge series, which focuses on building skills and learning more about ourselves. We also worked on a 'Body' badge which included planning a healthy camp menu, learning about the media and spending time challenging our bodies. We decided to test our skipping skills, and there were some very impressive personal bests that included cross over and double skips.

We also have a very busy rest of the year planned, including a sausage sizzle on Saturday 21st October. Come and say hi to our leaders and volunteers at Bayswater Bunnings and grab a sausage! We'll also be participating in our local Remembrance Day march later on in the year.

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



Wantirna Heights Probus Club News

VISIT TO OLD MELBOURNE GAOL

As the temperature in Melbourne plunged to below zero, our group of strong and hearty seniors headed to city bound trams or trains to visit the Old Melbourne Gaol. Whilst we stood in very pleasant sunshine outside in the garden, our guide, a very enthusiastic young man, entertained us. He told stories about Gaol inmates who escaped through the sewer pipes and others including women and children who experienced the hardship of gaol in the early days of Melbourne. As we stepped inside the old gaol the darkness and bleakness reminded us of just how tough gaol life was in those times. We entered the tiny cells and saw the hangman's

noose, ominous on the upper floor, with the original rope replaced with a new lot from Bunnings. We also viewed the pillory where those who misbehaved were whipped with 'the cat o' nine tails'. Though it was all rather sobering, it was an interesting venture into Melbourne's darker past

We then headed off to lunch at the William Angliss restaurant. It was most enjoyable and, of course, a complete contrast to the previous venue. The meals were beautifully presented, very appetising and served professionally by the students with very colourful and welcome drinks to complete a great day for all of us.



Wantirna Day View Club Christmas in July

Members of the Wantirna Day View Club recently met at the Knox Club in Wantirna South to celebrate Christmas in July. Everyone who attended really got into the spirit of Christmas. Our Christmas Elves, Linda and Ieva, decorated our tables beautifully, and most of our ladies dressed up in Christmas-themed attire adding to the festive atmosphere. Linda, our wonderful Treasurer, was also Santa for the event, organising 'Christmassy' raffle prizes with all monies raised going directly towards funding the educational needs of the six children the Club currently supports.



Book Sale

On Tuesday 10th October, the Club will have a stall within the Knox Library, from 10.00a.m. until 2.00pm (Shop 1001/509 Burwood Hwy, Wantirna South). Books in readable condition, that are no longer required by the Library, will be sold at low cost, with all monies raised being allocated towards supporting our sponsored children.

For further information about this event, or about our Club in general, please call our President, Kate, on 0421 650 684. Membership is open to women of any age and from any location. Our monthly luncheon meetings are held on the 1st Wednesday of the month at the Stamford Hotel in Rowville.



NEWSPAPER

AMERICA'S POST

N

WANTIRNA NEWS & POST

Newsagent

Paul & Kathy Cameron

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

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

Bendigo Community Bank Wantirna Makes a Positive Change for the Future

Residents & Businesses have likely noticed the recent changes at the local Bendigo Bank branch. Not only is the branch now open longer hours from 9:30am to 4:00pm Monday through Thursday and 9:30am – 5:00pm Friday, but it has also undergone a change in ownership.

The branch has been acquired by Bendigo Bank Malvern East, which has been open for 23 years and has a very strong record of supporting local community projects having contributed \$5,000,000 to various initiatives.

This acquisition ensures that the Wantirna branch is in very capable hands, committed to providing exceptional service and contributing to the local community.

To stay updated on the latest developments from the Wantirna branch you can follow them on social media.

Facebook www.facebook.com/communitybankwantirna

Instagram www.instagram.com/communitybankwantirna

Website www.bendigobank.com.au/branch/vic/community-bank-wantirna/

This will give you insights into the exciting projects they are planning and the positive impact they aim to make in the Wantirna community.

If you are in the area, we encourage you to visit the branch and meet the dedicated team who are ready to assist you with all your banking needs. Whether you need assistance with everyday banking or are interested in exploring an obligation free home loan health check, which could potentially lead to finding you a better home loan deal.

WANTIRNA NEWS



The Community Bank Wantirna is now better equipped than ever to serve the community's banking needs while actively supporting local initiatives. Make sure to take advantage of the branch being fully open and the exceptional service the staff of Ruth, Taylor, Steven, Noni, Emily & Sukhmani offer.

Navigate your retirement road map!

Get excited about the next chapter of your life. Join our super experts as they discuss what you need to know about getting ready to retire. For details or to register, go to spiritsuper.com.au/events.

Topics include:

- Do I have enough to retire comfortably?
- Can I reduce my work hours?
- Which super rules have changed?
- Should I consider seeing a financial planner?
- Dealing with Centrelink.
- Strategies for a healthy retirement.

Tuesday 14 November, 6-7.15pm

Club Kilsyth, 1-15 Canterbury Road, Bayswater North.

It all starts with spirit.



Consider the PDS and TMD at spiritsuper.com.au/pds before making a decision. Issuer is Motor Trades Association of Australia Superannuation Fund Pty Ltd (AFSL 238 718, ABN 14 008 650 628). Advice is provided by Quadrant First Pty Ltd (ABN 78 102 167 877, AFSL 284443).



'Let's Talk' Wellbeing at Holy Trinity Primary

Holy Trinity Primary School in Wantirna South is eagerly embracing the Let'sTALK Program this year focusing on staff and student wellbeing.

This holistic initiative, developed by Jetha Devapura, prioritises staff and student psychological safety, training teachers as Let'sTALK Mentors and a select group of students as empathetic Let'sTALK Buddies.

During recess and lunch break, two trained student Buddies engage with students from Prep-6 promoting happier, more connected students in both the playground and classroom setting.

By fostering a culture of open communication, Holy Trinity Primary School is taking proactive steps to ensure a supportive environment for all resulting in a brighter and well connected school community.



Backing Our Tutor Program To Keep Supporting Kids

Victorian students will get the tailored learning support they need to thrive at school, with the Andrews Labor Government extending the successful Tutor Learning Initiative until at least the end of 2025.

The Victorian Government have just announced \$485 million to extend the program for the next two school years, with a focus on getting literacy and numeracy support to students who need it most and building their confidence.

Victoria recorded the lowest proportion of students in the lower NAPLAN bands in the country – a testament to the difference the program's first two years have made.

This investment will now make sure every student identified as 'Needing Additional Support' in the 2023 and 2024 assessments at a government school will get it.

This support will complement the vital work of schools as the primary place of learning, by delivering support beyond the school gate – reaching students who, for many reasons, are unable to access in-school help.

News from Heathmont College

ART AND ACADEMIA MEET

On August 24th Heathmont College held their Parent Teacher Interview Day. To coincide with the day the college held a silent Art Auction for the whole school community. Artwork, dressmaking and handmade cards were all on offer to parents, staff and students.

Displayed along one of the school's walkways the school community were able to view the items between interviews then bid on their favourite pieces online over the following week.

The school raised \$1080.

All money collected will be going towards funding the materials and equipment for the Arts Beautification project. This initiative will not only lift the visual appearance of the school's environment, but also help create greater engagement within the Arts curriculum.



TECH FREE DAY

Students and staff of Heathmont College eagerly embraced the spirit of the school's Tech Free Day. This idea aimed to reset and return to the fundamentals of communication and play free from the distractions of technology.

The library became abuzz with a higher noise level than usual (a positive sign, we assure you!), as students chatted and played with their friends. Card games, board games, and even making paper airplanes out of scrap paper became popular activities during recess and lunch.

Despite the initial grumbles, meaningful engagement among the students without digital technology was evident. Many of the staff also commented on how much more the whole school community were engaged...

Perhaps they'll see another Tech Free Day in future?

HEATHMONT goes to Yirrkala

In October, two members of the Heathmont College staff leadership team will be heading to Yirrkala in far north Arnhem Land (Northern Territory) to attend the ATSIMA (Aboriginal and Torres Strait Islander Mathematics Alliance) conference. Kerryn Sandford (College principal) and Shane Hunt (Leading Teacher: Community Relationships and Connectedness) will be presenting at the conference about some of the work that the school has done in conjunction with ATSIMA and MAV (Mathematics Association of Victoria), in designing Mathematics learning experiences.

This conference is an exciting opportunity that brings together experts from across the country on how to teach mathematics principles by incorporating Aboriginal and Torres Strait Islander knowledge and perspectives. It is a great honour to be sponsored to attend and asked to present.

Heathmont College has a number of projects aimed at increasing knowledge and understanding of local history and First Nations peoples. Our Aboriginal reflection garden opened in 2022 and the staff are working to develop more units of work that incorporate Aboriginal and Torres Strait Islander knowledge, perspectives and history across all curriculum areas and year levels. We hope that attending this conference will further support this ongoing work.



Wantirna South Primary School Has a Wow of a Term

Wow, what a term it has been at Wantirna South Primary School!

Ten weeks can fly by, however when there is so much happening there is no time for standing still at WaSPS. At the five-week mark of the term we hit full throttle and it was action galore.

They say opportunity knocks in places you least expect, well this term saw many budding performing artists take the stage in the WaSPS version of Charlie and the Chocolate Factory. It was a huge highlight and success with all students having their time on stage. The evening was the culmination of many weeks rehearsing, constructing props, choreographing, singing then reflecting and repeat. That's the life of a performing artist.

Book Week arrived following the production. Again, the community shone with students and staff arriving dressed as their favourite book character. The variety of book characters wandering the school yard was amazing to see – from the old folktales to the more recent characters. It was fabulous to see variety as the students paraded around the multi-purpose room. Our Library Captains Daisy and Asher had a very tough decision in deciding some outstanding book characters.



As you can see from the year 1 class, the staff appeared to enjoy the day as much as the students. Many spending hours scrolling or hunting through wardrobes for the desired effect.



STEM Club at WaSPS – each week our year 5 and 6 students have an opportunity to experience STEM activities at Swinburne University. We currently have a select and passionate team of students who on are Lego League team preparing to compete in the Lego League competition. The team have been visiting Swinburne University where they worked with Ryan Evans from Lego Masters to create and learn more about the possibilities engaging with Lego.

Our Lego League leaders offer a reflection of their experience to date:

Lego League: On a day of every second week we go to KIOSC, the past 2 lessons we have been working with Ryan Evans from Lego Masters. He has been improving our skills that are needed for the First Lego League Challenge. Ryan has taught us how to code our robots to complete the tasks on the Lego League mat. This year's theme is Masterpiece. The skills that we learn from Lego League can be used later on in life. Some of these skills are; coding, innovation, measurements, math, engineering, technology and to be persistent.

By Chris B, Isabelle E and Katie

Father's Day and Special Friends afternoon - our Father's Day celebrations were embraced as we welcomed our dad's and special friends to school. It was pleasing to see so many streaming in at 2pm to participate in this event. The afternoon started with a chat and snack as many dads embraced in meeting new people and conversing without kicking a ball or running after someone. It was observed, that like our children when placed in a room of so many new faces, it was a bit quiet and awkward to start. By the time the 30 minutes passed there was chatter and laughter all round. Then came the opportunity to head into the classes and participate in activities, meet friends and get to know the place children spend many waking hours of their day.



Working Bee - another community event this term which is always a hit especially with the kids are our Working Bees. We welcome families to come along with a shovel, gloves, buckets, barrows, paintbrushes and enjoy some time meeting new people and chatting while helping care for our school grounds. It is wonderful to see the families arrive and kids commence the work, to slowly wander off to engage some extra play opportunities with friends. We are so grateful to have such a supportive community that is prepared to give some weekend time to help keep our school grounds in great shape.

While we end term 3 with so much to celebrate at WaSPS we always consider how fortunate we are with our own wellbeing and consider the need of others. Our community celebrates the contributions of all, no matter how big or small. Visit our website <https://wantirnasouthps.vic.edu.au/> or come and join us for a wander around WaSPS!



Have you heard about
Knox Nocturnals?

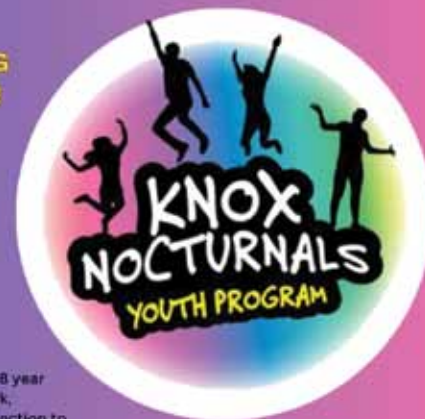


FREE
ACTIVITIES FOR YOUNG
PEOPLE 12-18 YEARS!!

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.

Well done Knox residents!

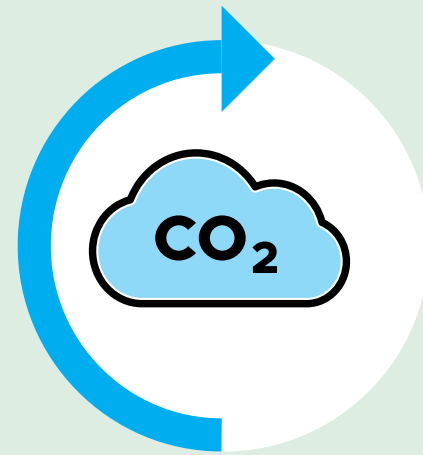
Changes to our bin service have been challenging but the results have been amazing



Halved landfill



1,900 tonnes of food and organics recycled



2,100 tonnes of greenhouse emissions saved

✓ No increase in contamination or dumping



Every little bit counts, thank you. knox.vic.gov.au/FoodAndGarden



Our services and budget priorities

Have your say on what priorities Council should focus on in 2024-25.

Feedback open 2-22 October
knox.vic.gov.au/HaveYourSay



Haunted Theatre

Food trucks, haunted maze, photo ops, spooky animatronics and more.

Saturday 28 October, 6pm-10pm
Sunday 29 October, 6pm-9pm
Knox Community Arts Centre
790 Mountain Highway, Bayswater
knox.vic.gov.au/HauntedTheatre



Knox Seniors Festival dance

Get your dancing shoes on and enjoy your favourite tunes from the 50s and 60s.

Friday 27 October, 1.30pm-4pm
Rowville Community Centre
40 Fulham Road, Rowville
Tickets: 9763 7400 or at the Centre
knox.vic.gov.au/SeniorsFestival



What's new at Your Library?

by Karla Simon

LIBRARY NEWS

Celebrate spring!

Spring is here and Your Library is in full bloom with a brand new What's On events guide available now at any branch. You can also view it online from the comfort of home by visiting 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.

Top Reads

- Baking yesteryear : the best recipes from the 1900s to the 1980s by B. Dylan Hollis
- The Collector by Daniel Silva
- Jali by Oliver Twist
- Weekends with the Sunshine Gardening Society by Sophie Green
- The air raid book club by Annie Lyons
- The foot of the cherry tree by Alli Parker
- Four dogs missing by Rhys Gard
- Irena's gift by Karen Kirsten
- Restless Dolly Maunder by Kate Grenville
- The Pitt by Peter Papathanasiou

New DVDs

- Book Club: the next chapter
- Brother and sister
- Dan Brown's The lost symbol: the complete series
- Ghosts. Season one
- Forgotten experiment
- Goodnight sweetheart: the complete collection
- The handmaid's tale. Season 5
- John Farnham: finding the voice
- Polite society
- Hypnotic



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.

Events at Your Library

October is Local History Month!

AT YOUR LIBRARY – OCTOBER 2023

(various locations)

Discover the history of your local area through a range of fascinating events throughout October, including:

Historical building of Knox • Ferntree Gully Cemetery tour • Ash Wednesday – 40 years ago • Lilydale's Historic Hotels (walking tour) • Kevin Heinze and the People's Garden • The History of Mooroolbark, plus much more! You can view the complete program inside the spring What's On. View online at yourlibrary.com.au.

Victorian Seniors Festival 2023

AT YOUR LIBRARY – OCTOBER 2023

(various locations)

We're celebrating our wonderful seniors' community this October! Join us for an exciting month of events at Your Library, including:

Phone photography basics + photo walks • Take a walk in virtual reality • Transition to retirement • Edit photos on your phone • Keeping your driving skills sharp with METEC • Age pension: your choices • Robots & coding • Aged care and elder rights • Change your thoughts, change your health, plus much more. You can view the complete program inside the spring What's On. View online at yourlibrary.com.au.

Discover the world of vegan Italian cuisine and cookbook self-publishing

TUESDAY 10 OCTOBER, 6:00PM - 8:00PM

Ferntree Gully Library

1010 Burwood Hwy, Ferntree Gully



Join cookbook author Nadia Fragnito at Ferntree Gully Library, and take a journey through the wonderful cuisine of vegan Italian food and the regional food traditions that are woven through her books, *A Vegan Summer in Southern Italy* and *Discovering Vegan Italian*. Nadia will also share her insights into the process of cookbook self-publishing. Bookings required (FREE)

Nadia's books will be available for purchase and signing after the talk.

What to look for when choosing financial experts

MONDAY 16 OCTOBER, 11:00AM – 12:00PM

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

Join us at Knox Express to hear from a Services Australia Financial Services Officer about what to look for when choosing financial experts, as well as

the financial services offered by Services Australia. Topics covered include creating a financial plan, comparing financial advisors, and what to expect from a financial advisor's plan. Bookings required (FREE)

Chair Yoga with Katherine Spargo

THURSDAY 19 OCTOBER, 10:30AM – 11:15AM
Bayswater Library - Shop 26, Mountain High Shopping Centre, 7-13 High St, Bayswater

Join Katherine for a Chair Yoga session which offers all the same benefits of traditional practice, modifying traditional Yoga postures using the chair for support. Bookings required (FREE)

Consumer Affairs Victoria - Shopping Rights

WEDNESDAY 25 OCTOBER, 1:30PM – 2:30PM

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

Are you aware that consumers have the same refund rights on seconds and samples as they would have on full-price products? Where do you go to seek help or lodge a complaint if the business is not willing to deal with your product complaint? A regulator from Consumer Affairs Victoria will be at Bayswater Library to help inform you as a consumer of your rights. Bookings required (FREE)

Jazz Concert with the Australian Jazz Museum

SUNDAY 18 NOVEMBER, 11:00AM – 12:30PM

Rowville Library - Stud Park Shopping Centre Stud Rd, Rowville

Step into a world of enchanting melodies and soulful rhythms at our Jazz Concert in the Library! Join us for an intimate morning filled with the timeless allure of live jazz music, performed by volunteers from the Australian Jazz Museum. Whether you are a seasoned fan or a curious newcomer, our small jazz concert promises to leave you refreshed and inspired. Bookings required (FREE)

How to build a butterfly-friendly garden

FRIDAY 24 NOVEMBER, 1:00PM – 2:00PM

Miller's Homestead

30 Dorriggo Dve (Cnr Melrose Crt), Boronia

All butterfly lovers are welcome to be part of the Butterfly Enthusiasts Club at Miller's. Come and share your knowledge and learn more about our precious local butterfly population during this series of monthly meetings. November's topic will cover how to build a butterfly-friendly garden at your place. Bookings required (FREE)





Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Hello Everyone,

Well as the months slip by for us all it's good to know our club is still planning an interesting mix of Speakers for after our monthly meetings as well as some great ideas for "days out" and bus trips.

Rosemary Hermans is our Speaker for next meeting and she will give us a lot of information about scams and how to avoid them as well as new information relating to the current AI issues.

The following meeting will be Elidor Brereton who is the retired principal from Camberwell High School who has been to Antarctica and will have slides and stories all about her trip and what she discovered while travelling across the Antarctic and South Georgia.

Unfortunately for our Dinner Group members the dinner planned for the Kluska, Polish Restaurant has been cancelled as the restaurant has closed, but members will be notified of the new venue to

replace that restaurant. Let's hope they can manage to re-open soon as Polish cuisine would be a very interesting new taste to try.

Xmas in July was very popular with all our members who attended and thank you to the Boronia Club ladies who also attended. Lovely Christmas decorations on each table gave a "festive feel" to the lunch. Soup was delicious, it was pumpkin and pear. Main course was ham, turkey and vegetables along with sauces and gravy. Of course, we had Plum pudding for dessert. Mmmm very good day at Sandown Greyhound Race Track. Compliments were given for the meal and friendly service by our 40 members and guests.

On 20th August a number of members went to the 1812 Theatre production of Picnic at Hanging Rock and enjoyed the well, known story and well presented play by all actors. The final 1812 Theatre production for 2023 will be on 20th of October and will be a comedy called Phantom Call.



Next day out will be to Moorabbin DFO, followed by a guided tour of the Moorabbin Airport Air Museum. Great chance to do some Christmas shopping ladies!!

If you'd like to join our club, please call our Membership officer, Jo Robinson on 0414914091.

A Few Words From Cr. Susan Laukens Friberg Ward Councillor

A Community Conversation

Grab a coffee from the many amazing coffee café at Mountain Gate shops, then come and join me outside Coles for a Coffee Conversation with your Councillor. Let me know what matters to you!!
Wednesday 4th October 10am 2023. Thank you for all your amazing work keeping our community informed.

Waterford Valley Golf Club AGM

Great to connect with the Waterford Valley Golf club members at this year's annual General meeting. As one of the premier golf courses in Melbourne the golf club has been a constant at the course since it was open.

With many members there from the start it was a lovely opportunity to hear many stories of success at the club.



A massive congratulations also to the members for winning the Victorian Golf League 2023 Scratch Division 1 competition beating Dorset in the finals. For all membership enquires please call Shane 0419395599

Waterford Valley Retirement Village Community Gardens Project

Council supports our community in so many ways from advocacy, funding, services, planning and infrastructure. The Community Development Grants program provides funding to assist community groups to develop and make their idea come to life that supports our community.



One such grant from the 2022 program was funding for the Waterford Valley retirement Village Community gardens renovation. Grants funds were used to purchase equipment to bring their village community garden back to life from garden beds on the ground to now raised beds allowing residents to garden in a much easier safer area. As an avid community gardener myself I know the many benefits of gardening to your wellbeing, mental health, connection to community and a sense of achievement harvesting and cooking with your

homegrown produce. I am so proud that council supports these great initiatives for our community.

The Referendum for Constitutional Change

With the Constitutional change Referendum 14th October 2023, there is much information on the Yes and No campaign in our main stream media which can be confusing. What is fear mongering? What is misinformation? How did we get to this point in time? What is the history of this questions? Where do you get factual information? I have had many people reach out asking these questions. I have provided a couple of links below to help make an informed decision on October 14th. Please reach out if you would like to have a respectful chat, or see me at Mountain Gate on the 4th October 10am.

<https://www.mav.asn.au/what-we-do/policy-advocacy/social-community/aboriginal-matters>
<https://lens.monash.edu/@politics-society/2023/02/27/1385518/voice-to-parliament-debunking-10-myths-and-misconceptions>

**The Voice is about
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culture and tradition for
the very first time in
Australia's 122-year-old
constitution.**

Cr Susan Laukens

KNOX CITY COUNCIL FRIBERG WARD COUNCILLOR • PUTTING OUR COMMUNITY FIRST

LET ME KNOW WHAT MATTERS TO YOU

Call or text on 0437 882 913,

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

SusanLaukensforKnox



KNOXFIELD & SCORESBY NEWS

We Are Very Proud at Scoresby Primary School

We are very proud of our 2023 NAPLAN results at Scoresby Primary School. Our year 3s have achieved outstanding success in Reading, Writing and Numeracy; while our grade 5s have held their own, with results similar to other schools in the Knox network, and above other like schools in Numeracy.

Celebrating strong NAPLAN results reflects the effectiveness of our school's teaching methods and the students' hard work. It's a testament to the quality of education provided at Scoresby Primary School and the commitment to helping students succeed academically. Such achievements are not only a source of pride for our school, but also a motivation for continuous improvement.

Outstanding NAPLAN results reflect our school's commitment to providing a high-quality education and fostering an environment where students can thrive academically. It's evident that the students have put in the effort to excel in their assessments and the teachers' effective teaching strategies have played a significant role in their success.

Celebrating achievements in NAPLAN not only recognises their individual accomplishments but also acknowledges the collective efforts of the school community. These results are a reflection of the collaborative work between teachers, students, parents, and school administrators.



You are warmly invited to take a tour of Scoresby Primary School and see our wonderful students and teachers in action. Please contact our school office to book in a tour on - 9763 7484, or go to our website - scoresbyps.vic.edu.au for further information.

At Scoresby PS-we have HEART!







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ENVIRONMENTAL NEWS



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

by Alison Rogers
and Eleanor Dilley.

Excursion

July - Melbourne Museum
Leaders Eleanor and Warwick Dilley

This excursion to the Melbourne Museum was very interesting. Who has been to the Museum lately? We started with the Forest Gallery and although it was cold, the sun was out. Members were given close encounters with birds they may not see clearly in bush areas. Some birds that normally would be quite shy were able to be seen closely.

Time was also spent in the various sections of the Science and life gallery, finishing up in the Bunjilaka Aboriginal Cultural Centre.

Meeting

August - Speaker - Bill Aitchison on "The wonderful diversity of Wattles".

Bill gave us an interesting and well-illustrated talk on some of the over 1,000 different species of Wattles to be found in Australia. Only one, *Acacia myrtifolia* is found in every State.

He spoke about the different species, and the types of soil and climate in which they are found.

Acacia myrtifolia
Photo Peter Rogers



Excursion

August
Yan Yean Reservoir and Ironbark Road Reserve.
Leaders Hazel and Alan V.

There was some rain on the way to Yan Yean, but the weather remained fine for the day, and only started raining again as we all drove away at the end of the afternoon. Twenty-three members attended and we saw a good number of birds including a lot of Hardheads, close-up views of Red-rump Parrots, and a couple of Nankeen Night-Herons in their usual tree.

The wildflowers in the Ironbark Road Reserve were very good. Sightings of Helmet orchids were a delight to see.

Meeting

September - AGM

Jack Airey gave his Presidents report, mentioning all the different events which had happened during the year. Jack thanked the Committee for volunteering to make this great Club continue to grow.

He stepped down as President and welcomed the new President, Shirley Smith.

Presidents Address.

"Birding around Brisbane"

Jack gave us an entertaining talk on his visit to Brisbane in March this year where, despite heat and humidity, he was able to visit a large number

of recommended sites and see a lot of birds. Brisbane has many very accessible birding sites including areas of rainforest, dry forest, grassland, wetlands, mangroves and beaches. He accompanied his talk with maps showing the various locations as well as many photographs of the birds and the habitats he saw.



Eastern yellow robin
Photo Jack Airey

Future Program

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

November: Speaker Geoff Lay – "50 Years of Wandering"

December: Speakers Hazel & Alan V – 6 Days bird watching in the Red Centre.

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.

Save Lake Knox from Knox Environment Society

KES AND LAKE KNOX GO TO VCAT

Development Victoria is the statutory government body who is looking to develop the land on the corner of Burwood Highway and Scoresby Rd which runs right down to the bottom of the hill and Blind Creek.

As part of their plans they will remove the current Lake Knox (which can be seen from the Blind Creek trail between Scoresby and Lewis Roads) to build sediment ponds and would build a new wetland on the low lying land to the East. Lake Knox has become an important feature as more and more people see it and the abundant bird life that frequent it, including the rare and threatened Blue Billed Duck.

Knox City Council rejected Development Victoria's planning application and so the matter has gone to VCAT. The Knox Environment Society is so concerned about the future of the lake and the importance of this area to the local community that they have invested much of their savings in hiring a legal team, along with expert witnesses to make sure the lake gets a good hearing.

The case started on Monday 28th August with initial housekeeping matters, this included the KES requesting a determination of whether Lake Knox was a water way under the water act (which would offer a greater protection). The VCAT members said they would think about this request and whether it was important. Mind you KES had been trying to have dialogue with Melbourne Water for the last 12 months over just such an issue. Then the Council began their case and went through the planning scheme requirements and the reasons for their rejection.

By Tuesday the VCAT members had decided that the water way issue needed further clarification so after some more of the Council's submission we were sent away to write submissions on whether the lake was a water way.

This week we talked to our submissions and it was initially thought that it may take a day took right through to Thursday. The case has now been put on hold while we wait for a decision on this legal question. The case will now continue in mid-October and hopefully finish by the end of October. If anyone would like to help the KES and their fight to save the Lake we are trying to raise \$120,000 to help cover our costs. Donations can be made at Payment | Chuffed | Non-profit charity and social enterprise fundraising



Proposed Development



Current Site



Proposed new storm water management and wetland.
Original Lake shown as dotted yellow lines.

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.

Museum Loses Long-term Volunteer *by Ken Simpson-Bull OAM*

The staff of the Australian Jazz Museum was saddened by the sudden death of long-term volunteer Bill Brown. Since joining the Museum some 17 years ago, Bill worked in the Sound Room on a two-days-per-week basis where he was responsible for digitising the multitude of donated jazz recordings on degradable media. This included reel-to-reel tapes, audio cassettes, and "acetate" recorded discs.

One of Bill's greatest assets was his encyclopaedic knowledge of Jazz. This was especially important

because many of the recordings the Museum receives are not labelled or identified. He could name almost every jazz tune known and even identify many band names from the sound alone.

Bill was a Scot. He was born in 1935 and migrated here in 1966 but never lost his delightful Scottish brogue. He often claimed that he misspent his youth listening to jazz which is what gave him his unique knowledge. The larger part of his career was with the Merchant Navy where he was able to take his replay equipment on board the various vessels and listen to his dedicated music form. After settling in Australia he quickly became familiar with those local jazz musicians whom he had not previously encountered.

Bill's hobby involved communicating with like-minded jazz enthusiasts around the world and trading musical recordings with them. He was an avid writer and, as well as regular features in the AJM magazine, he also contributed to other local and international journals. He will be sadly missed.

The Australian Jazz Museum (nationally accredited)

15 Mountain Highway, Wantirna is open free to the public on Tuesdays 10.00am to 3.00pm. For Group visits, which include refreshments and a live band performance, ring Anne on 0431 522 031. For volunteer positions email Margot at mdavies@ajm.org.au. Visit the interesting web site at www.ajm.org.au



Bill Brown

Rotary KNOX ART SHOW

49th Annual Knox Art Show – New Location for 2023

This year's Knox Art Show will be held on Saturday 11th and Sunday 12th November 2023 and be held at a new location – Churchill Waverley Golf Club, 82 Bergins Road, Rowville.

The Show will be open from 10.00am to 4.30pm on both days. As well as being a Public Exhibition, the Show will run concurrently On Line via the website: www.knoxartshow.org.au

All art pieces on show will be FOR SALE at the Show and via the On Line Show until midnight Sunday 19th of November. There will be plenty of parking off street and access without steps everywhere! The Gala Opening Night will be held on Friday 10th November, cost \$20 per head including drinks and refreshments. Children under 15 years will be free entry. Cost for artists entering the Show will be \$10.

The Show has again been supported by the City of Knox with a Community Development Grant to enable the Show to be able to display the artist's entries all in one area and with better lighting. Visitors will be able to purchase a drink from the Bar plus afternoon teas will be available in the café area.

This year's Show proceeds will be used to support the Simple Steps Project run in association with Knox Head Space, Foothills Community Care and the Rotary END POLIO Campaign, plus some selected local community projects at each Rotary Club.

Full information for artists thinking of entering some artwork should go to the website: www.knoxartshow.org.au

Other enquiries should be directed to: Rajeev on 0408 059 778 or James on 0417 548 662.

The Knox Art Show is a joint community project of the Rotary Clubs of Bayswater, Rowville, Lysterfield along with Knox Rotaract Club.



Filling a Growing Gap

Simple Steps is a local response to a community issue. The Rotary Club of Knox saw a growing need for mental health services and developed and implemented a pilot program designed to help fill these gaps.

Working on a responsible funding model the Pilot Program was funded by the Rotary Club Of Knox and grants from the Knox City Council and Bendigo Bank Ferntree Gully. All grants went directly to counselling fees with the Rotary Club of Knox funding the administration costs.

THE FERNTREE GULLY ARTS SOCIETY

AT THE HUT GALLERY
157 Underwood Rd, Ferntree Gully

OCTOBER

“ANNUAL MEMBERS EXHIBITION” Our Major Exhibition for 2020

September 30 - October 29

Fridays 1 - 4pm & Weekends 11am - 4pm

A vibrant exhibition, of many artworks showcasing a diversity of themes, mediums and styles created by our talented painters and sculptors.

An exhibition not to be missed.

Opening and Award Presentation 8th October at 2pm

FREE ENTRY, ALL WELCOME

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November 4 - December 3

Fridays 1- 4pm & Weekends & 11am - 4pm

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www.thehutgallery.com.au

Laughter Club News

Minimising and Laughter Yoga 101 in 2023

Hello Everyone,

I feel to touch on Decluttering again and bring up Minimalisation, as they are expressions of our personality, which may be helped by regularly attending a laughter club. Decluttering was an article which sparked much attention, as many of us are aware of the value of releasing the hold that material possessions has on us, for various reasons. I am doing well with letting go of possessions and enjoying a life where I feel more expansive, especially when I manage to create more space in our home. It has a beneficial affect physically on my life. There is also an awareness to review what I do, as many things have become, or have always been, unconscious ones which can make us feel stale about life. What we need is to wake up each morning with unbounded enthusiasm and positive self-talk, which also makes our brains release positive endorphins and the more we do that, the better we feel, which is part of good brain health.

Minimalisation

This, I feel is a softer feel to implement to the somewhat heady method decluttering. It is developing a sense of what is essential in our lives, which means we have more inspiration and energy to live a full and meaningful life. I found myself doing this and it is not rigid about getting rid of stuff, some advice is about experimentation of what we need and what would be better to release. Every possession has a drain on our energy and time. We can become lost in the humdrum of life when we keep on going the same way.

Laughter Yoga

Laughter Yoga, is what we do at the laughter club, laughing and deep breathing. This helps us somehow to be more alert, conscious, aware, present and connected to life. It is such a great way to come together in a gentle, loving, kind, caring community. We have childlike, playful fun together as we move about, creating new brainwaves by singing, dancing and laughing, as we do in our version of improv theatre.



John, Lynette's husband who has found the positive experience of Laughter Club to be transformative.

It energises and instils light-heartedness in all of us. We do not tell jokes; rather we focus on spontaneity, being present in the moment which is just as well, as if we aren't good joke tellers, it would be a very flat laughter session.

Laughter really is a fantastic exercise, where we laugh together followed by a cuppa afterwards, simply chat and share what we have been up to, everyday news and happenings in general.

Get in Touch?

Find out more on my website, where you can ask to receive an email newsletter, which includes information on self-help classes, the laughter club and more. Feel free to connect, if you want to, if you feel you need support or to find out more about laughter yoga.

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

Lots of Love and Laughter. Lynette Mitchell.

When and Where?

Ferntree Gully Laughter Club – we meet behind Ferntree Gully Library at 11am Sunday, on the 2nd and 4th Sunday of the month. Rowville Library – we meet at 11am on the 3rd Saturday of the month for the rest of the year. First timers, please contact Lynette in case there is a meeting change.

Phone: 0425 799 258

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Hands on Myotherapy



Pain Free with Dee

with Daleen (Dee) Wesley, Myotherapist.

I find immense joy in helping people in our community to enjoy life to the fullest; free from pain and limitations. Whether it's those daily commutes, keeping up with the grandkids, or just picking up groceries, moving around easily is crucial for our overall well-being.

Many of my wonderful clients fall into the middle-

aged and older category and they've noticed that simple tasks have become increasingly challenging. Aging naturally brings about changes like weakened muscles and bones leading to a decline in strength and stability. Conditions like arthritis can cause joint discomfort and stiffness making movement less comfortable. Additionally, various health issues such as soft tissue injuries and chronic pain can further hinder mobility.

This is where Myotherapy comes into play. Myotherapy treatment aims to preserve and even boost mobility and flexibility whilst also aiding pain management, muscle relaxation, and improved circulation.

My approach involves a collaborative effort with my clients to craft a practical treatment plan tailored to their unique needs. I use a range of techniques, including massage, cupping, dry needling, joint mobilisation, and stretching. Plus, I prescribe exercises that can be continued at home allowing us to address their entire lifestyle, holistically.

If you're tired of feeling restricted and constrained in your daily life I would love to work with you helping you reclaim the activities you hold dear. Let's embark on this journey together towards a more mobile and pain-free life.



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- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
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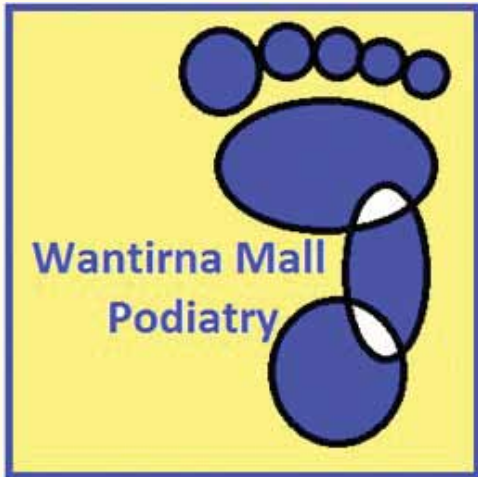
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NEWS IN GOOD HEALTH & WELLBEING



A BIG THANK YOU



Melina Linardatos is celebrating 10 years at Wantirna Mall Podiatry.

A BIG THANK YOU for your kindness and support over the last decade.

I have always felt welcomed into the community when took over from Stephanie Hyde back in 2003 and I feel so lucky to practice Podiatry at the vibrant Wantirna Mall.

Cheers to another 10 years!

Wantirna Mall Podiatry

Melina Linardatos
 (B. Pod, MBA and MHA)
 4/322 Mountain Hwy, Wantirna
 Ph: 9720 1235
www.wantirnasmallpodiatry.com

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Life Activities Club Knox

NEWS, NEWS, NEWS!!, The Annual General Meeting was well attended and for 3 years we have enjoyed having Sandra as our President. Alas, 3 years is the limit which means Sandra stepped down after doing wonders for this club. New clubrooms, updated toilets, outings etc. Sincere thanks to you Sandra. Voting ensued and happily for us, the committee didn't change, except for Secretary, and Sandra has changed seats. Secretary Sandra O'Donnell!! As in all clubs the post for President was vacant, but to the rescue came Peter, who nominated to fill an interim President role. Whew!! Thankyou.

So, to give more detail about our many activities, I'll start with ARMCHAIR TRAVEL. Travel Documentaries are shown while you are sitting comfortably watching. For instance, walking in the Himalayas, and exploring the longest fence on Earth, here in Australia. Then afternoon tea follows.

MUSICAL APPRECIATION is always followed by afternoon tea and chat, either about the show or just getting to know each other. Sometimes musicals, sometimes concerts, sometimes artists.

BADMINTON players meet every Thursday now. Yes, back in full swing even playing during school holidays. They pay \$5:00 for the use of Mitcham Badminton Centre and enjoy 2 hours whacking the shuttlecock back and forth having a laugh while doing so.

Conveners are putting together another extended

holiday for March 2024. Touring South Australia, including meals, transport, and accommodation, and while paddle steaming along the Mighty Murray River we'll be served a delicious lunch, wow what a holiday. BUT that's not all, Monica organises a visit and meal to the local Boronia Cinema on the second Saturday every month. What else every month?? October Luncheon will be held at The Ferntree Gully Hotel and this one is a Buffet Lunch. Wednesday evening dine out will meet in Croydon at the Little Dumpling Restaurant, and in November Lunch at Dorset Gardens; it's The Eating House for Dine-out group.

Social outings to various places of interest this month visiting Pirianda Garden in Olinda, then back to Olinda in November for the Chelsea Australia Garden. This is a replica of the famous Chelsea Garden Show in London, complete with brown sculpture! Absolutely beautiful! Live theatre outings are well attended and the Card Players are also dealing, either "500", Canasta, Bolivia, and these can also be played on our Social Board Games Day on the first Friday every month from 11:am. Girls coffee and chat meet at Brontos in Boronia on the 1st. Tuesday each month then the Men's coffee and chat meet somewhere on the second Tuesday every month.

More details about activities are listed in our quarterly newsletter and we'll happily send one to you.

COMMUNITY NEWS



Our new Membership Secretary, Lorraine, is awaiting your call, and feel free to ask questions.

Please ring our Membership Secretary Lorraine (0438 068 334) for more details or leave a message requesting a copy of our current newsletter.



What's new in Knox since this edition of Studfield-Wantirna Community News went to press? Find out first-hand from the Mayor of Knox on 98.1 FM, your local community radio station at 11am on the first Monday of each month. Missed it? Go to www.radioeasternfm.com.au to listen back to our community interviews whenever you like.

The Stringybark Festival is on again at Rowville Community Centre. Radio Eastern 98.1 FM will be there interviewing live on radio many of the community organisations in Stringybark, so tune in at home or in your car from 10:30am on Sunday 15 October.

Involved in a not-for-profit organisation? Why not have your next special event, club meeting, fete, concert or exhibition promoted free of charge on your local FM radio station? Simply 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



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 24th of October, 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.

During September, some of our members visited the Islamic Museum in Thornbury. A most interesting experience for all concerned.

Earlier this month a group of members attended "Those Were the Days", a tribute to the British female singers of the Beatles era. Later, others will enjoy a trip to Edgar's Mission in Lancefield, a not-for-profit farmed animal sanctuary.

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.

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Local Reflections

with Hunter Russell

The newly opened Chelsea Australian Garden, nestled in the heart of the Dandenong Ranges, offers an enchanting escape for locals and tourists alike. It is a large garden based off the "tennis court sized show-garden that won Gold and Best in Show at the RHS Chelsea Flower Show in 2013."

Visitors are welcomed by an array of native Australian plants in all shapes and sizes. Venturing far enough in, you'll find a beautiful pond with a Waratah statue stood next to it, surrounded by shrubbery and nested in beside the rockface of the flowing waterfall - a statue that has been recreated to resemble the one located in the original award-winning garden.

Despite the garden's beauty in the wintertime, I can only imagine how it would look in the warmer months. To enter the garden in spring would be to enter a carefully orchestrated slice of paradise. A respite from the artificiality of the everyday urban landscape.

Taking a visit and learning more in-depth about the history and detail of the garden is a must-do for anyone willing to make the journey. Open from 10am to 5pm every day with no entry fee, it is an accessible, educational, and sensory experience for anyone and everyone.



Chelsea Australian Garden at Olinda is located at 24 The Georgian Road, Olinda. The garden is 500m from the Olinda township along the Olinda-Monbulk Road.



Knox Community Gardens Society

Where Our Community Can Grow by Rod Felton

Recently KCGS held a well-attended education session on Queensland Fruit Fly (QFF). The session was hosted by Bronwyn Koll, Yarra Valley Coordinator QFF Prevention & Awareness Project. Bronwyn has been a great assistance to the gardens over the last 18 months or so, not only helping us to manage QFF, but also to educate us so that we can manage QFF ourselves.

QFF is a significant horticultural pest that is now found in Victoria. It creates a problem for home and community gardeners because it attacks a wide range of fruits and vegetables leaving them inedible. Their activity usually increases at the start of Spring. When sunset temperatures exceed 15°C, they mate and lay eggs inside suitable host fruit and vegetables. QFF remain active in Summer and Autumn, with some surviving over winter by taking refuge in sheltered areas, like buildings and trees.

To help us manage QFF, we need to understand their life cycle. Female QFF lay small white oblong shaped eggs inside host fruit and vegetables. A small creamy coloured maggot hatches from each egg and eats the fruit, growing up to 9mm long and carrot shaped. Once fully grown, the maggots chew their way out of the fruit (which by then has usually fallen to the ground) and burrows into the soil. Once in the soil, the maggots change into an oval, brown, hard pupa, where the adult QFF develops and eventually emerges from the ground. They are approx. 7-9mm long, are reddish-brown in colour with distinct yellow markings. After feeding and mating, females search for suitable fruit to lay their eggs inside, restarting the cycle. In the right conditions, QFF can complete their lifecycle in about 30 days.

So what can we do about it? QFF traps are a good way to catch and monitor QFF in your garden. Para- pheromone traps attract male QFF, while protein traps attract mainly female QFF. Fruit scented traps mimic ripe fruit but they are not as good as real ripening fruit! Exclusion netting can stop the females from laying eggs inside fruit and vegetables. Bait sprays or gels combine a food-based attractant with an insecticide to attract and kill QFF. It is applied to the trunk and foliage of plants, not the fruit. QFF are attracted to the bait as a food source and are killed by eating the insecticide.

Check your ripening fruit and vegetables for QFF by looking for sting marks on the skins and by cutting them open to check inside for maggots. Also, practice good garden hygiene by preventing fruit from dropping, and removing fallen, rotten and unwanted fruit, to stop QFF from breeding in your garden. Finally, before disposing of fruit, destroy any maggots that may be inside by freezing, microwaving, boiling or solarising (sealing fruit inside a plastic bag and

leaving it in the sun for at least 14 days). The bagged fruit can then be discarded in your rubbish bin.

For more information about how to manage QFF, visit the website www.agriculture.vic.gov.au/qff

Don't forget about Knox Stringybark Festival which will be held at the Rowville Community Centre on Sunday the

15th October 2023 from 10am to 4pm. KCGS will have our usual stall, just look for the distinctive orange pumpkin on our marquee. We will have lots of plants and seedlings to sell so please bring along your bags so you can safely carry your goodies home.

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



Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month and includes a 2-course lunch, tea/coffee at a cost of \$25. We have a meeting, then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support 6 disadvantaged students through the 'Learning for Life' Program with the Smith Family. We also support a refuge for women and children escaping domestic violence.

Monday 23rd October, 2023 Speaker: Elida Brereton - 'Travel Stories'.

Monday 27th November, 2023 Speaker: Bev Moss - 'Queen Mother's Art Collection'.

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: Publicity Officer - 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 meet regularly and enjoy social interaction, whilst also raising valuable funds for The Smith Family Learning for Life Program. We currently sponsor six Learning for Life students through the dedicated efforts of our members. We raise funds in a variety of ways, including, but not limited to, raffles at our meetings; BBQs at Bunnings; trips to the movies/theatre; Craft/Chat & Chew groups, and excursions to venues in Regional Victoria.

We meet on the 1st Wednesday of the month (except in January), at The Stamford Hotel - Cnr Stud & Wellington Roads, Rowville – 10:30 am for a 11:00 am start. The meeting room is accessible by lift and stairs, and there is ample parking available on site. Members contribute a small fee of \$12 per meeting which includes morning tea and a raffle ticket, and 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 meets on the third Friday of each month at Eastwood Golf club Liverpool Road, Kilsyth at 11.30am with a 2 two course lunch costing \$27.

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 | Enquiries: 0435 136 472 |
| 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. Nov 18th and 9th Dec | 5/7 Samantha Crt. Knoxfield | 1300 763 688 |
| Ringwood Field Naturalists Club | 2nd Wednesday each month at 7.30pm | Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood | Alison or Peter on 9801-6946 http://www.rfnc.org.au |
| Lions Club of Wantirna | 1st & 3rd Wednesday each month at 7.00pm | Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater | Paul 0400 823 441 |
| Scoresby 55+ Social Circle | Thursdays 10am-12.00noon | Scoresby Football Club, Scoresby Recreation Reserve. | Jeanette 0407 308 671 or John 0405 698 554 |
| Knoxfield Ladies Probus | 3rd 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 | thehutgallery.com.au |
| Rotary Club of Rowville Lysterfield | Tuesdays 6.45pm | Tosarias Restaurant, 60 Henderson Road, Rowville | Kevin Harrison - 0419 919 011 |
| Rotary Club of Knox | Wednesdays 12.45pm | Knox Club, cnr Boronia & Stud Rds Wantirna | Harvey Gough - 0407 722 570 |
| Rotary Club of Boronia | Tuesdays 6.30pm | Knox Club, cnr Boronia & Stud Rds 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 |
| The Boronia branch of CWA | 2nd Wednesday of the month Craft Meeting - 4th Wednesday | CWA Hall at 4 Sundew Ave Boronia | Evelyn on 9762 1537 or 0434 722346 |

105th Anniversary of the Ending of the Great War



On Saturday 11th November 2023 the cessation of World War 1 will be remembered at a ceremony to be conducted at the Knox War Memorial situated in the "Tim Neville Arboretum", Dorset Road Boronia.

The service will commence at 10.55am and residents and friends are invited to attend. For those wishing to march, "form up" will be at the rotunda in Francis Street, Ferntree Gully at 10.45am at the very latest. Participants in the march are encouraged to wear their medals and/or medals of their relatives who have served in the armed forces.

The ceasing of hostilities brought about the mobilisation of over 70 million people and left between 9 & 13 million people dead, many with no known grave.

Remembrance Day, which was originally called Armistice Day, commemorated the end of hostilities in World War 1, with the signing of the armistice on

November 11, 1918 - the 11th hour of the 11th day of the 11th month.

On the first anniversary of the armistice in 1919, one minute's silence was instituted as part of the main commemorative service. After the end of World War 2 in 1945, the Australian and British governments changed the name to "Remembrance Day" as an appropriate title for a day which would commemorate all war dead and injured.

The ceremony in Knox is unique in that it is almost entirely conducted by students from local primary and secondary schools. These students will participate with the readings, wreath laying, raising and lowering of the flags ably supported by a school choir. The involvement of the younger generation demonstrates an enthusiasm and empathy in remembering this special day.

Everyone is welcome to attend where provision will be made for the public to lay a poppy in remembrance.



Knox War Memorial situated in the "Tim Neville Arboretum"

News from EACH Financial Counselling

by Bridget Morcom

Are you behind on your rates?

Are you struggling to meet your quarterly or annual rates payments?

Mortgage repayments have increased due to the rapid rise in interest rates. In addition, the cost of living has gone up significantly over the past couple of years.

Rates have also increased as property values and council costs have risen.

Often it then becomes very hard to find the money to pay your annual rates bill.

Once you get behind it can be very hard to catch up. Sometimes it seems easier to ignore the problem. You may also be accumulating interest on your rates arrears.

Remember – your rates are linked to your property and it is just as important to budget for rates as for mortgage repayments.

What to do if you are behind?

- Go through what you spend and see if there is anything you can cut back on to pay something towards your rates – every bit helps
- Check you have accessed all possible concessions
- Try and put aside a regular amount towards your rates each week or fortnight.
- Call your council. They want to hear from you to assist you to work things out.

The council have a team who can help work out hardship options. For example, to arrange for the interest charges to be stopped, to go on a long term payment plan or arrange a deferral (subject to an eligibility criteria) :

- Knox Council rates : (03) 9298 8000
- You can apply for a payment plan online: <https://www.knox.vic.gov.au/our-services/rates/rates-payment-assistance>

You can also contact a Financial Counsellor for free, independent and confidential support with your debts:

EACH Financial Counselling: 9817 1817 or the National Debt Helpline on 1800 007 007

KNOX ART SHOW

11th–12th November 2023

NEW LOCATION!

This year's Knox Art Show will be held at the Churchill Waverley Golf Club,
82 Bergins Road, Rowville.

For more information & artists who wish to exhibit should go to the Show website : www.knoxartshow.org.au

Organised by the Rotary Clubs of Bayswater & Rowville Lysterfield with Knox Rotaract Club

Rotary
Club of Bayswater



Rotary
Club of Rowville-Lysterfield



Knox
Rotaract



Olympic Medals For Boronia Swimming Club

Special Olympics held in Berlin, Germany

BIG Congratulations to our Gold-Level Swimmer Justin L. who has just arrived back and he has WON!

Winning the Silver medal for the most coveted 50 metre Freestyle and the Silver medal for the Freestyle relay.

There was less than a millimetre between Justin and 3rd place for the 50m Backstroke.

A superb effort indeed; Boronia Swimming Club is so proud of him.

"Justin is very focused in his training and he trains very hard with an aim of being the best - he is very determined", says Coach Craig

"His achievements are exemplary, Justin listens well to technical advice and is unrelenting in his efforts; seeking speed for every stroke through the water".

If you see him at the Knox Leisure Centre, give your congrats to our very own Olympic Champion!



CWA Boronia Branch Welcomes New Members

The Boronia branch of CWA (aka The Country Women's Association) recently celebrated it's 86th Anniversary in Boronia and continues to support local charities and the interests of women, children and families.

We meet on the 2nd Wednesday of the month at our own hall 4 Sundew Ave Boronia at 10.30 am and have a Craft meeting on the 4th Wednesday.

New members are always welcome.

Ring Evelyn on 9762 1537 or 0434 722 346.

Community Music and Performances Inc.

Jazz on Sundays at the Ringwood RSL

16 Station Street, Ringwood

It's a friendly event with great musical entertainment all afternoon.

Sun 3 Oct 1:30-5:30pm – Doors Open to function room at 1:15pm

Sun 12 Nov 1:30-5:30pm – Doors Open to function room at 1:15pm

Sun 10 Dec 1:30-5:30pm – Doors Open to function room at 1:15pm

More Information: Ann Craig – 0412 063 603

Facebook: CMaP Inc – Community Music and Performances


i | s | h | r | e | d Community Day

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

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

Our Community Day caters for shredding of:

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



Our upcoming Community Days are on Saturday, November 18th and Saturday, 9th December from 9am — 12noon

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Templeton Tennis Club News

by Don McCracken, President

Welcome to the Spring edition of our Clubs' newsletter.

The winter season has been and gone with a full season being completed. Our juniors were again successful with 7 teams making finals and 2 going through to win and 1 runners up. One of our senior teams made finals, played off in the grand final and were runners up.

Our upcoming summer season sees us with 3 senior teams and 14 junior teams. We wish them well in their endeavours.

Our ladies teams are part way through their seasons and are performing well in their respective grades.

Night competition on Mondays and social Wednesday nights are in full swing. If you are interested in any level of competition be it day, night, social or just looking for some exercise give us a call (the numbers are shown below).

We thank our sponsors Integrity Cabinets, Barry Plant Wantirna and local MP Jackson Taylor for their continuing support of our club which is much appreciated.

A big thank you to Knox Council who have again provided us with funds from the Knox Minor Grants program to purchase balls for competition and coaching.



A Grade and Club Champion Winner Astin Hung- left
A Grade Runner Up - Sayeshke Watawala - right

Check out our website, www.templetontennis.com.au for details of those who support us. Give them a call. Let us return the favour, don't forget to mention that you are a Templeton Tennis Club member.

Our junior Club championships were played on Sunday the 17th September. We congratulate all participants with special mentions to the winners and runners-up in each section, shown below:

Club Champion, Astin Hung: A Grade Runner Up: Sayeshke Watawala : B Grade Winner Juztin Wong: B Grade Runner Up: Adora Fan: C Grade Winner: Krishev Radjev; C Grade Runner Up: Brandon Leong.

A special thanks to Kelly, our Club coach together with her partner Luke, parent Connie and committee person Brad plus parents and children who helped make the day a successful event.

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

Email: president@templetontennis.com.au



Wantirna Tennis Club The Place to Be in 2023

by Alison
Rogers

All is going well at Wantirna Tennis Club

Tennis on our new state of the art courts/facility is going well. We are progressing with our 'book a court' system, so making a booking has become easier than ever. We have had many good reports, with members and the community able to book courts easily. So come on down and have a hit. All are welcome.

Juniors

Winter 2023 season

62 juniors across 25 teams competed in the Winter 2023 season of Eastern Region Tennis competition. At the end of the season, 14 teams made the semi-final and 8 teams then played in the grand finals

- 3 teams won the grand final
- 5 teams finished runner up

Summer 2023/2024 season

Wantirna have registered a 22 junior teams for next season!

14 Saturday morning teams and 8 Sunday morning teams



Coaches Corner at Wantirna

The Coaches are currently organising the Club Championships for 2023. A lot of excited Juniors (and Seniors) will take part in this annual event. Coaching is going well and with the new courts the kids are flocking down to have a hit. The Cardio tennis continues most days of the week with a lot of fun being had by all. The Coaches are expanding all their programs. They are still taking bookings for Hot Shots, Squad Training, Private Lessons and Cardio Tennis for the adults!

To book in or enquire about lessons please contact Mike Ailder on 0433511904 or email coaches@wantiratennisclub.org.au

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

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

Wantirna Tennis Club Inc Melway Ref: 63C8

Wantirna Reserve, Cnr Mountain Hwy and Burwood Hwys Wantirna

PO Box 5295 Studfield 3152

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

Web: www.tennis.com.au/wantirnatc/

WTC Face book: www.facebook.com/.../Wantirna-Tennis-Club

Wantirna Tennis Club will be the place to be in 2023.

OBrien Award Winners 2023



Nicole Gardner

1st
New Business



Geraint Gardner

Finalist
Leadership Award – Director



Genna Anderson

2nd
Property Manager Excellence Award



Abby Ivankovic

7th Top Property Points
9th Top GCI



Johnny Kabris

Awarded
Company Values

Awarded High Achievers Club

Top Office Awards

10th
Top Office GCI

9th
Top Office Award

PM Office Awards

1st
Property Management Office Award

Auction Lister Awards

3rd
Top Office Auction Lister

Local knowledge, exceptional service and expertise that only an award winning team can provide.