

COMMUNITY NEWS

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

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



KNOX LIBRARY OPENS AT WESTFIELD SHOPPING CENTRE
(SEE THE MAYOR'S MESSAGE ON PAGE 3)

EDITION 89
APRIL/MAY 2024

- REFLECTIONS ON INTERNATIONAL WOMEN'S DAY.
- WANTIRNA TENNIS CLUB LOOK FORWARD TO CELEBRATING 90 YEARS
- AUSSIE VETERANS OP SHOP BIGGEST MORNING TEA

FREE

ON TOP HAND CAR WASH

GET 20% OFF WHEN YOU PRESENT THIS AD

ALL YOUR CAR WASHING NEEDS

UNDER AN UMBRELLA! DRIVE WITH PRIDE!

Services: • Hand Car Wash • Car Detailing • Car Waxing
• Car Polishing • Paint Protection

0475 384 551

Open 7 Days



Address: 758 Stud Rd, Scoresby 3179

Web: <https://ontophandcarwash.com.au/>

Email: info@ontophandcarwash.com.au

Instagram: [ontop.carwash](https://www.instagram.com/ontop.carwash)

VOLUNTEER TUTOR SCHEME

CAN YOU SPARE 1-2 HOURS PER WEEK supporting refugees and migrants to learn English?

Linley says, "Working with Fan at the AMEP has also given me amazing insight into other cultures. Simply sharing your experiences, might connect with someone and have a huge positive influence on their lives."

Linley
MELBOURNE KNOX VOLUNTEER TUTOR

"It's a very, very satisfying thing to be doing, to be working with people, making new friends, and also learning myself as we go along. It is indeed a two-way street." Says Adrian

Adrian
MELBOURNE KNOX VOLUNTEER TUTOR

Faiza says she is a confident woman who can do anything, she has even joined the AMEP's Volunteer Tutor Scheme to give back to the program that gave her so much. "I love it, I have my own experiences that I can share with other people."

Faiza
MELBOURNE KNOX VOLUNTEER TUTOR

visit melbourneamep.com.au/volunteer or call 9269 1514

MELBOURNE AMEP MELBOURNE POLYTECHNIC AMEP 25 years

Happy Mothers Day & Thanks for your support

THE REFINANCEERS

With the right people on your side, finding the right home loan is easy

- First home buyers
- Investors
- Refinance

BOOK YOUR FREE APPOINTMENT TODAY

Aussie Keysborough 8785 6888
Aussie Knox - Westfield Shopping Centre 9887 4088
Aussie Rowville - Stud Park Shopping Centre 8740 1818

Nari Khera
Nari Khera 0409 786 121
nari.khera@aussie.com.au

Aussie We'll care you

AMP ANZ Aussie Bank of Melbourne bankSA bankwest BNP Paribas HSBC ING Liberty me MyState nab

La Trobe pepper cnbank stgeorge SUNCORP vtm money W BOQ

©2021 AHL Investments Pty Ltd ABN 271055861 Credit License 246786

Information

Published by: Studfield Wantirna Community News Inc.
 ABN: 98259005633 RAN: A0054764G
 PO Box 6159, Wantirna Mall 3152
swnewspaper@gmail.com or
swnewspaper2@gmail.com
Telephone: 0407 797 666
<http://www.studfieldwantiranews.org>
 Volunteer newspaper production team:

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

Additional Distribution: M.Claringbold & S.Bingham

Front cover: Knox Library Artwork by Kamara Morgan. Photo supplied by Cr. Jude Dwight.

Copies: 15,000 copies produced & distributed around the suburbs of Bayswater, Knoxfield, Scoresby, Wantirna and Wantirna South.

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

DEADLINE DATES FOR 2024

Edition 90 - June/July - Friday 17th May
 Edition 91 - August/September - Friday 19th July
 Edition 92 - October/November - Friday 13th Sept
 Edition 93 - December/January - Friday 15th November

Format design by Tamara Bouzo.

Font sourced from: <http://code.newtypography.co.uk/> - Vernon Adams

Some images sources via Pixabay

Flowers in Aussie Knox ad by Maya A.P.from Pixabay

Printed by Newsprinters

Distribution supported by Wilson Storage.

Content

Knox Update & Mayor's Message	Page 3
Around Knox	Page 4
Bayswater News	Page 5
Out & About	Page 6-7
Wantirna News	Page 8-11
Education News	Page 12-13
Library News	Page 15
Knoxfield & Scoresby News	Page 16-17
Environmental News	Page 18
Arts & Entertainment	Page 19
News In Good Health & Wellbeing	Page 20-21
Community News	Page 22-25
Sport News	Page 26-27

The team at SWCN would like to thank our contributors, advertisers, sponsors and readers.

Disclaimer: Views and comments expressed in this paper are not necessarily those of any member of Studfield-Wantirna Community News. Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, Studfield Wantirna Community News takes no responsibility for errors. **Copyright:** No reproduction, copy or transmission of this publication may be made without written permission or in accordance with the copyright act.

Editorial

Hello Community News readers,

Did you indulge in chocolate easter eggs recently? Here is some interesting information from <https://researchoutreach.org/blog/love-chocolate/>

What is it about chocolate that makes it so irresistible?

When we eat chocolate, our brain releases chemicals which are known to be associated with happiness and overall wellness. Compounds found in chocolate may be responsible, but they are present in such small quantities that their role is still questioned.

Endorphins are natural pain relievers; They are released by the brain in response to pain or stress, but also during enjoyable activities such as eating chocolate.

Serotonin is commonly associated with happiness. This chemical is able to improve our mood, our satisfaction, our optimism, and our overall wellbeing.

Dopamine is involved in what is called the reward system: when the brain releases dopamine, the chemical activates parts of the brain known as pleasure centres, which make us feel good.

Oxytocin is another chemical which could explain why eating chocolate is so enjoyable. Oxytocin is involved in social bonding. The brain releases this chemical in response to love, for example every time we hug someone and also, it seems, whenever we eat chocolate.

Janet Claringbold - Editor, on behalf of the team.



Thanks to
Wantirna Village
 for generously
 providing a room
 for our meetings.

A Message from the Mayor with Cr. Jude Dwight



The New Knox Library Opens

The much-anticipated Knox Library is open and I invite everyone to take a look. The new \$5.4M library at Westfield is twice the size of the old library. It occupies about 2,000 square metres within the old Myer store on Level 3. Having the library inside the shopping centre made it even more accessible for visitors.

As well as an impressive collection of books, DVDs and other items to borrow and countless spaces available for community use the library has a refreshed and dedicated space for young people called the Youth Hive.

The library has designated areas for youth and children, a garden room, computer area, lounges, study booths and meeting rooms.

Knox Library is already one of our busiest branches and we expect the new library will attract even more community members.

Included in the library's design is a beautiful artwork by Kamara Morgan, a proud Yorta-Yorta, Gunai-Kurnai, Dja Dja Wurrung, Boonwurrung, Taungurung, and Baraparapa Aboriginal artist.

The artwork reflects Knox Library's link to Country and celebrates the library as a meeting place.

Council invested more than \$4.9M in the library development with a \$450,000 contribution from the Victorian Government's Living Libraries Infrastructure Program.



Proud supporters
Studfield Wantirna Community
News

Community Bank
Wantirna · 9720 4122

 **Bendigo Bank**

KNOX UPDATE



Have Your Say

Council is developing several major plans this year that will have a significant influence on how and where we invest your rates.

We are seeking community feedback to help us develop our next Council Plan incorporating a Municipal Health and Wellbeing Plan.

This will guide the next Council and its focus and priorities for the next four years. The plan is our promise to the Knox community. It sets out what we will do to respond to changing needs and will be shaped by our aspirations, needs, values and priorities.

We are also seeking your input to help guide future improvements of land owned by Council around Westfield shopping centre. Council's vision for Knox Central is to create a place to live, work and play that doesn't exist anywhere else in Knox.

We want to hear what people would like to see included in this development, such as open space areas, play spaces, shared pathways, housing options, shopping and services.

Coinciding with the opening of our new Youth Hive space in the Knox Library at Westfield we want to hear from you on the services we offer for young people.

Other important plans that we want your feedback on include how we will invest in open space and how we can support more walking and cycling.

The next five years will guide Council's actions for decades to come and this is an exciting time for you to help shape the future of Knox.

It is important that you have your say now as our plans will guide Council's work for years to come. I urge community members to stay up to date on these and other plans via Council's Have your Say page. Knox is made up of residents whose valuable contributions make a difference to our community.

Volunteer Expo

Save the date: Council has partnered with Knox's volunteer resource centre, Volunteer for Knox (V4K), to host a Volunteering Expo at the Knox Civic Centre on Wednesday 24 April from 1pm-6pm. For more information visit volunteerforknox.com.au or check out Council's volunteer opportunities at knox.vic.gov.au/volunteer

The Bayswater Senior Citizens Club Invites New Members

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
Sandra on 0448 399 181

Aussie Veterans Op Shop To Host Biggest Morning Tea by Kristy Harris

This year the Aussie Veterans Opshop is proud to be hosting an ALICE IN WONDERLAND themed High Tea experience in support of The Australian Cancer Council's Biggest Morning Tea.

Saturday 4th May 10am until 1pm

This will be a theatrical WONDERLAND STYLE event, with The Mad Hatter as our MC and various other fabulous characters roaming around.

Photo props, Select wares stalls with proceeds in support of the cause. Kids entertainment and believe us when we say dressing up is 'strongly encouraged' to be in the running to win prizes.

There will be local fresh musical talent, a FUN "Un-

Silent" Auction of donated items to help raise funds on the day.

All our tables will be decked out fittingly with weird and wonderful props just waiting for you to come and join us for "TEA".

Make sure to book a table or a spot @ \$25 per person, which includes your entertainment, a delicious Food & Drink experience which caters for young and old. (G/F options available)

100% of ticket costs on the day and monies raised during our event go to The Australian Cancer Council - an extremely worthy cause that touches many hearts.

AROUND KNOX

During the day we will have our famous HALF PRICE STORE WIDE sale in both of our op shops inside The Boronia Mall.

Homemade food and drink sales will also be available on the day to walk in patrons to enjoy, to secure a table spot however please pre book prior to the event.

This will be a fun family friendly community event, with full details available at our Aussie Veterans Opshop FACEBOOK PAGE.

Please contact Kristy on 97610468 or email kristy@aussieveteransopshop.com.au to secure your spot or to book a table.

DRESS FABULOUS!



SATURDAY 4th MAY, 10AM - 1PM

Alice in Wonderland
MAD HATTER

**CANCER COUNCIL
BIGGEST MORNING TEA
CHARITY EVENT**

SECURE YOUR SPOT . EXCITING MENU. G/F
OPTIONS AVAIL
\$25pp - PRE BOOK A GROUP TABLE or
SINGLES WELCOME
JOIN IN THE THEATRICAL FUN &
ENTERTAINMENT
FOOD & DRINK SALES ON THE DAY ALSO
OFFERED TO WALK INS, HOWEVER TABLE
SPOTS NOT GUARENTEED
TO BOOK YOUR SEAT:
CONTACT KRISTY 9761 0468
kristy@aussieveteransopshop.com.au
WATCH OUR FACEBOOK PAGE FOR DETAILS
HALF PRICE OPSHOP SALES.....
DRESS FABULOUS!

PROUDLY HOSTED BY: AUSSIE VETERANS OPSHOP
FACEBOOK: [@vetsopshop](https://www.facebook.com/vetsopshop) INSTA: [@aussievetsopshop](https://www.instagram.com/aussievetsopshop)

GROUND FLOOR - BORONIA MALL, DORSET SQ BORONIA

Bayswater Makers' Market

At the Bayswater Senior Citizens Hall
790 Mountain Highway.

Saturday April 27 & May 25
10am to 2pm

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, homewares, garden wares, gifts, toys, jewellery, bags, babywear, cards, candles, wood crafts, stained glass items and more.

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

Other enquiries: Julia 9890 2546

Do you know someone
who needs help with.....

- Reading?
- Writing?
- Spelling?
- English
Conversation?

1 to 1 literacy
support is
available for
adults at
Your Library



Contact Lizzie to find out more
0408 379 026
volunteers@erl.vic.gov.au



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



Jackson Taylor Update

BAYSWATER NEWS

It's been a very busy year already. And our hard-working SES volunteers have been busy with the recent storm events. So, it was great to visit our local Knox SES Unit with the Premier, Jacinta Allan recently to say thank you and congratulate them on the funding they received recently from the State Government to deliver for life saving equipment.

Burwood Highway Construction Complete

The new intersection and lanes on Burwood Highway at McMahons Road in Ferntree Gully are officially open! Big thanks to everyone for your patience and to everyone who worked on the project and delivered it on time. This one was long talked about by others, so now I'm stoked to finally see this delivered. This has already made this intersection safer and made it easier to get home.

Knox Library

The new Knox Library at Knox Shopping Centre is now open! The new reimagined 21st century space is a huge improvement on the old library and is decked out with all the new tech and vibrant spaces to keep locals coming back. It's located where the old Myer used to be and was delivered in partnership by Knox Council and the State Government. Be sure to check it out!

Eastern Freeway Upgrades Begin

Upgrades to the Eastern have begun – creating a modern Eastern Freeway (and 45km's of new lanes), keeping traffic moving, while building new bike and walking paths and Melbourne's first dedicated busway. Starting this year we'll watch this mega makeover unfold. Works will kick off from Burke to Tram Roads and by 2028 we'll slash travel times from Hoddle to Springvale Roads and join the freeway to the new North East Link tunnels. When complete, we'll enjoy travel time savings of up to 35 minutes.

In other news

- \$10,000 in sporting grants delivered including for Wantirna Tennis Club and Wantirna South Cricket Club
- Don't forget if you're a renter to consider accessing the 'Solar for Renters' program – go here <https://www.solar.vic.gov.au/solar-rebates-rental-properties> for more.
- We've extended our community pharmacy pilot at participating outlets to now include treatment for mild and common skin conditions.
- Construction complete on the major upgrade at Bayswater Secondary College and the new toilets at Regency Park Primary.



Jackson Taylor MP, Premier Jacinta Allen, and Daniela DeMartino MP with the team at SES Knoxfield

- Construction nearing completion on the new classroom building at Templeton Primary.
- Construction on major upgrade at Wantirna College set to start in coming weeks.
- Delivering 118 new social housing dwellings in Wantirna South.

Local Shout Out

Was great to sit down with local principals at my recent Principals breakfast to say thanks for their hard work, so a big shout out to these wonderful people and all our legendary educators.

BAYSWATER NEWSAGENCY
LOTTO & GIFTWARE
A Gift for All Occasions
 Shop 6, Mountain High Shopping Centre
 3-11 High Street, Bayswater
 P:(03)9729 0119

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



9720 4638

bayswater-rsl@bigpond.com

Opening hours:

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

626 Mountain Highway Bayswater

Our Anzac Day Services will be held at the Cenotaph outside the Sub Branch at 626 Mountain Hwy, Bayswater.

Commemoration Service

Sunday the 21st of April @ 10.45am

Dawn Service

Thursday the 25th of April @ 5.45am

Refreshments served after each 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
 f @ Jackson Taylor MP 📧 jackson.taylor@parliament.vic.gov.au



Verticle Adventure at Gilwell Park

by Nicole Klep, District Leader of Cub Scouts.

On Sunday the 3rd of March 92 Cubs from 9 Cub Units and many leaders from the City of Knox descended on Gilwell Park Scout Camp in Gembrook for a day of vertical adventure. The weather was just perfect!

Cubs got to have a go at the rock climbing wall, the abseiling wall, crate stacking, the flying fox and the bouldering park.

They learnt how to put on a climbing harness and tried some new challenging knots that you need to know for abseiling.

When we reviewed the day at our final parade lots of Cubs said that their favourite activity was all the activities, which made us smile. The flying fox and the crate stacking seemed to be overall favourites but all the activities held fun and excitement for the Cubs. Many Cubs are keen to go again!

If you are interested in trying Scouting go to: [https://scoutsvictoria.com.au/locations/all-groups/2nd/3rd Bayswater, 1st Wantirna South, 2nd Wantirna, 1st Knoxfield and 4th Knox are the local Scout Groups.](https://scoutsvictoria.com.au/locations/all-groups/2nd/3rd/Bayswater,1st/Wantirna%20South,2nd/Wantirna,1st/Knoxfield%20and%204th/Knox%20are%20the%20local%20Scout%20Groups) You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 5 to 26 years and after 26 lots of fun is to be had by becoming a leader!



Is “Low Carb” a Misnomer?

A health message from David Mallan

The words “Low Carb” suggest that the focus is on food and diet and weight loss. But what are we really wanting to achieve? Most people just want a healthy lifestyle and a lifespan that is as long as possible.

Eating healthy food low in carbohydrates is just one thing that helps. The famous Greek philosopher, Hippocrates, was quoted as saying “Let food be thy medicine”. This was in about 400BC. Why didn't we listen? The medical profession seems focussed on “cure” rather than “prevention”. We now have a food industry supplying many unhealthy, highly processed and addictive foods and a pharmaceutical industry providing a drug to cure almost everything. But these are slowly changing, particularly in the nutrition and heart health arenas.

Current medical research is discovering what causes aging diseases and what can prevent them. Diseases such as arthritis, hearing loss, cardiovascular disease, dementia and cancer may one day be totally preventable. At least we now know how to prevent obesity and Type 2 diabetes.

A healthy lifestyle includes other factors, not just what we put in our mouth. Low stress, exercise, sleep, social interaction and compassion are just as important. Seven hours of undisturbed relaxing sleep per night is essential.

There are many groups that can assist you on your healthy lifestyle journey. Join today!

Unless you want to be an elite sports person the type of exercise you do does not have to involve going to a gymnasium or running around the block! The best form of activity is one that involves both mental and physical exercise combined with social interaction. These types of activities include square dancing, round dancing, orienteering and similar exercises that require you to use your brain to correctly perform the exercise in the company of other people. If it is also challenging and enjoyable, that's great!

Great Activities
tick all the boxes

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

LOCAL SERVICES DIRECTORY - TO ADVERTISE HERE CALL CHARLES ON 0407 797 666

PROFESSIONAL CARE TREE SERVICES
Qualified Climbing Arborist

- Tree Removal
- Pruning
- Stump Grinding
- Mulching
- Power Line Vegetation Management (ESI)

FULLY INSURED
0413 118 964
procaretrees@gmail.com

DAWSONS TREE SERVICES

- Large Tree Specialist
- Hedge Trimming Experts
- Stump Grinding
- Mulch Available
- FREE Quotes
- Consulting Arborist

\$20 million insurance

• No Fuss • No Mess • No Stress

9720 5111
safety first

JG & S PAINTING AND HANDYMAN SOLUTIONS

John Giacomelli
0409 900 455

DEAN 0403 325 060
jgsphs@optusnet.com.au
Fully Insured ABN55862044667

Howard Roofing

- Small Job Specialist
- Spouting & Down Pipes
- Roof Repairs
- NO job too small

James: 0408 553 042
Michael: 0419 871 810
Email: Howardroofing1@gmail.com

Over 40 Years Experience

Computer Problems?

Retired gent, 50+ years IT experience, available to assist with your technology or network issues.

Call Les: 0411 722 234

Window Cleaning Services

Call Seb
0432 834 992

Working with Council to Prevent Family Violence

Knox City Council will share in almost \$3 million to prevent family violence and all forms of violence against women.

The Alban Labor Government today announced councils around the state will deliver a range of initiatives as part of the Free from Violence Local Government Program 2024-27.

The Member for Bayswater, Jackson Taylor MP commented "We're significantly investing in our local communities to engage in important family violence prevention programs".

The councils will deliver programs and activities that will help people in the community understand the role they can play to make their community safer.

As large employers with unique connections to their local communities, councils are well placed to support communities to both prevent family violence and stop violence against women.

This is the second round of the program, which is already supporting 15 councils to carry out primary prevention initiatives in their local area.

"Every Victorian has the right to be treated with respect at home, work or in their community." said Mr. Taylor.

These grants are an important part of the Labor Government's nation-leading work to end family violence.



Minister for the Prevention of Family Violence, Vicki Ward MP, Jackson Taylor MP, Member for Bayswater, Knox City Councillors and support workers and advocates.



Knox Community Gardens Society

by Rod Felton

Where Our Community Can Grow

Last weekend the annual Knox Festival was held at Wally Tew Reserve in Ferntree Gully. It is always well attended and this year was no exception. The theme this year was to celebrate our 'Vibrant Community' with live music and performances, amusements, food trucks, community stalls and activities for the whole family. Thanks to everyone who visited our stall and bought seedlings and produce, or even just dropped in to say hello. Our raffle was won by Mel (pictured, with Michael our Event Manager) who was really delighted, stating "I never win anything" when she picked up her prize. Thanks to Seasol, Ball Australia and Scotsburn Nurseries for generously supporting our activities.

Due to the inconsistent rainfall, this summer has been quite a challenge for growing vegetables. In October, Scoresby had 98.8mm of rain, November 51.4mm, December 74.6mm and January 118.6mm. Up to that point, not only did we have a lot of rain, it was also very humid. Since then, a switch has been flipped. In February, only 12.6mm of rain fell and it has not rained in March so far. The plants seem to have suffered more because of the ridiculous amount of rain we had in January. They struggled with the sudden flip from sopping wet to bone-dry soil. The period from November to March in south-eastern Australia is typically windy. But this year, the wind has been incessant and unrelenting. It feels like the windiest summer in memory. We haven't necessarily had a hot summer, but the wind has dried everything out anyway.

There are quite a few benefits that plants receive with a good dose of rain, that they don't get from water supplied via a tap. Firstly, as rain drops fall they absorb nitrates from the sky. Nitrates are the most bioavailable form of nitrogen and are essential for plant growth. Most of this nitrogen disappears from water when you store it in a tank for an extended period of time. Rain delivers nitrates directly to the plants and they can use them immediately to grow.



Secondly, rain falls evenly across the garden, to create a uniform soil moisture profile. An irrigation system creates areas of high soil moisture, but some areas of the garden remain bone dry. Plants like consistency, and rainfall is the best at delivering this across a garden. Thirdly, rainfall has an acidic to neutral pH. Mains water is often alkaline. Most plants prefer the pH range of rainwater over mains water. Finally, mains water usually contains chlorine and other salts. These minerals can accumulate in soils irrigated with tap water. Chlorine and other minerals can be toxic to some plants in high doses. Rainfall can help to flush a lot of these accumulated minerals down into the soil and away from plant roots. To say we need the rain is an understatement!

We will be celebrating our 40th birthday on Saturday 5th October 2024 so please add this date to your diary. Planning for the big day has just started but there will be plenty to see and do for the whole family. Further information will be available as the year unfolds. Upcoming articles will feature our story as we progress towards our 40th birthday.

References: Bureau of Meteorology; Leaf, Root and Fruit (Gardening Services)

If you would like to drop in for a visit and have a look around, the gardens are usually open on Tuesday morning from 9am to 12noon. We are located at 51 Kleinert Road Boronia. Further information about KCGS is available on our website knoxcommunitygardens.org.au, facebook @knoxcommunitygardens or email knoxcommunitygardens@gmail.com



What's Happening At Community Pharmacy?

with Jason,
Pharmacy Manager



We are gearing up for an extraordinary April and May filled with fantastic initiatives tailored to our beloved customers. From celebrating the cherished mothers in our lives and prioritising women's health, offering vaccinations, giving some great prizes away for our Colour to Win competition, and introducing our latest catalogues, we are committed to enhancing your experience with us.

Discover the Latest in Our New Catalogues

Stay ahead of the curve with our latest catalogues brimming with exclusive offers, seasonal discounts, and must-have products. Whether you're searching for healthcare essentials, beauty favourites, or wellness innovations our catalogues have something for everyone. Keep an eye out for our upcoming distribution dates and be among the first to explore our next lot of specials.

Vaccinations

As advocates for public health, we're proud to offer a comprehensive range of vaccinations to protect our community against preventable diseases. With the winter approaching we can assist you in getting up to date with your vaccinations.



From flu shots to COVID-19 boosters our experienced team is here to administer vaccines in a safe and convenient environment.



Colour to Win Competition Unleash Your Creativity



Have you unleashed your artistic flair with our Colour to Win competition! Finishing on April 14th, customers are invited to participate in this exciting event. Simply pick up a colouring sheet from our store, let your creativity flow, and submit your masterpiece for a chance to win fabulous prizes. It's the perfect opportunity to showcase your talent, but please note that we already received some amazing entries. If you want to check some out, come and have a look for yourself in store. If you miss this competition, be sure to follow us for the next promotion with ever bigger prizes on offer.

Honouring Our Amazing Mums

With Mother's Day just around the corner, it's time to express our deepest gratitude to the incredible women who shape our lives. At Wantirna Pharmacy, we understand the significance of this special day, which is why we've curated a delightful selection of gifts and wellness products perfect for spoiling mothers and mother figures alike. Please visit us to see what we have for you to make this Mother's Day unforgettable.



Helper Fairies & Friends Products

Helper Fairies and Friends offer more than just being cuddly plush toys; they are companions designed to aid children in understanding and managing their emotions. Through imaginative play, children explore empathy, kindness, and resilience, while their fairy friends serve as guides and confidants. These plush toys not only enhance children's emotional intelligence but also foster open communication within families, creating a supportive environment where everyone feels heard and valued. We have a range of helpers to manage various emotions which can be found in store. Here is Lolly, the sweet dreams fairy.



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

Community Pharmacy Wantirna

Shop 3-4 Wantirna Mall
348 Mountain Hwy, Wantirna

(03) 9720 2872

OPEN 7 DAYS

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

Greetings fellow Knox Residents,

Firstly a big thank you to those who participated in the recent Clean Up Australia Day event by picking up rubbish throughout Knox. I was pleased to join Wantirna Heights Brownies / Guides (Marie Wallace Train Park) and First Friends of Dandenong Creek (Dandenong Creek Bayswater).

WANTIRNA NEWS

It has been a busy couple of months at Council working through the challenges of the 2024/25 Budget process, understanding cost of living pressures and impacts to the Capital Works program with inflation impacting the delivery of many projects.

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

Walking Netball Pilot a Roaring Success

Walking Netball is here to stay after the phenomenal success of the trial which has seen over 80 people play every week since the start of February. Hosted at the Knox Regional Netball Centre, the program has been facilitated by the Mountain District Netball Association on the brand-new indoor courts protected from the sun, rain and wind.

"I played my last game at 53 and thought my Netball days were over." said Debbie, one of the trial participants. "I'm now 63 and to play the game I have loved since I was 8 years old in a team is fantastic!"

Walking Netball is a modified version of the traditional game with no running and no jumping. It's played at a walking pace, allowing interested people 15+ to participate regardless of their age, fitness level, ability or previous netball experience.

"Having been a passionate netballer for many years, I love watching my grandchildren play, but the burning desire to get back on the court had not subsided." said Margot. "As a very senior member of the group, I find the other players most supportive and encouraging."

With a focus of fun and inclusion, the program has the options of a Tuesday evenings competition (games

at 7:30 or 8:15pm) and a Wednesday morning social game (9:30 for 9:45am start). There are no formal uniforms, and with all equipment provided all you do is turn up and play.

Registrations are now open for the Tuesday night Winter season which runs from 16th April until mid-September. You can sign up as a team or register as an individual and be allocated a team with other likeminded people. Wednesday mornings are turn up and play, no bookings required.

"Wednesday morning has allowed me to play the game I love but gave up 25 years ago due to knee injury." said Lauren. "It's so inclusive; no matter what your level of fitness or skill, we just have fun and I love it!"

Participants do need to be registered through the Victorian Netball Association for insurance purposes but then you are all good to go! <https://registration.netballconnect.com/login>

For more information on how to get involved, contact Emma at the Mountain District Netball Association on walkingnetball@mdnabetball.com.au or 0423 517 101

Drivers Needed For Food Delivery



Outer East Foodshare Volunteers

Can you HELP!?! Outer East Foodshare desperately need drivers and assistants to help distribute food to people across Knox who are doing it tough.

This amazing group collects between 100-300 kgs of fresh fruit and vegetables, bread and baked goods, meat and even pet food from Costo 7 days per week. They then sort and distribute it to 23 food relief organisations in Knox who provide hot meals and hampers every week to families who need it.

Whether it's one day a week or one day a fortnight, the team are looking for people who can lift 10kg and are willing to drive to Ringwood, Dandenong and across Knox to pick up and drop off food.

If you can help, come on down to the Kindergarten building at Templeton Reserve on Templeton Street in Wantirna on a Monday, Wednesday, Thursday or Friday between 10.45am and 1pm to see what the team do and find out how you can get involved.

Outer East Foodshare is a Food Relief Taskforce partnership with Knox City Council.

For more information contact 0409 253 489 or email outereastfoodshare@mail.com



Cr Marcia and participants of Walking Netball at the Knox Regional Netball Centre Ferntree Gully

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](https://www.instagram.com/cr_marciatimmersleitch)



Big Day Out for Girl Guides

By Rebecca Whitehead – 2nd Wantirna Heights Guides

Summer holidays are perfect for exploring nature, spending time with friends and of course going to the beach. So that's what Wantirna Heights Girl Guides did!

An action packed day was enjoyed by all as the minibus took us on a Big Day Out.

First stop was an indoor wave pool, perfect for an early start. We loved the waves which were the best height and very well timed – we almost had the pool to ourselves which was a nice bonus.

One of the four themes of The Australian Girl Guide Program is physical (the others are People, Practical and Self) and we definitely cover this as we explored the outdoor adventurous playground. Swings are always the favourite and there's always another Girl Guide to give you a push.

Snacks are important and this Big Day Out saw us enjoy crispy hot potato cakes, ice cream sundaes in addition to our packed lunches from home. Our unit tradition is a Slurpee on the way home.

Beaches are great to explore and Point Leo was exactly what we love. Gentle waves, tide coming in, rock pools, soft sand and no smelly seaweed. For us all this was the highlight – exploring nature at your own pace, a slow meander in such a tranquil location.

Last stop of the day included baby animals. The Girl Guides had this on their wish list and they made it

happen. Baby goats and baby sheep were bottle fed, goats were hand milked and many, many bunnies were petted. The gentle nature of the animals paired well with the wind down energy at the end of the day. So the walk through the paddocks was just the best way to end the day.

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



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



Orana Neighbourhood House welcomes you in Term 2

We hope you have had a lovely start to 2024! At Orana we hosted a fabulous Chinese New Year celebration on 9th February, with a free community lunch. We created a wishing tree for 2024 and one of our favourite messages was: 'that everyone has somewhere to belong'. We hope to uphold this by inviting our local community to attend more of these free lunches throughout the year. Our Term 2 classes are now available for signing up on our website www.orananh.org.au or please pop in to see us at 62 Coleman Road, Wantirna South to collect a flyer, email info@orananh.org.au or call 9801 1895.

One-off workshops

Bookings essential via our website www.orananh.org.au or email info@orananh.org.au



Card making workshop

Tuesday 30th April 1-3pm | \$20

Come and explore the process of making your own vintage cards. Take home your unique creations to send to your family and friends.



Scrapbooking taster session

Tuesday 21st May 1-3pm | \$20

Tell your story with photos and journaling. Bring 4-6 photos of a significant event in your life and decorate a page around the photos and your story.



Journaling - A wonderful tool for mental health and balanced living

Wednesdays 6-7pm 29th May - 19th June, 4 week course | \$48

Facilitated course for writing down personal experiences, thoughts and feelings, along with a daily gratitude practice, that can go a long way towards supporting mental health and generating a feeling of positivity.



12 Superfoods for Healthy Mind & Longevity workshop

Sat 15th June, 10:30am - 1:30pm | \$60

This workshop covers 12 brain boosting health foods that can improve brain health. They provide protection against free radicals, have anti-inflammatory effects, increase blood flow for optimal brain cell function. These foods have been found to improve mental health and lower the risk of age related cognitive decline. Participants will have the opportunity to taste some of the food and drink demonstrated in the session.

What's on for free

Bookings essential via our website www.orananh.org.au or email info@orananh.org.au



Community lunch & native plant talk

Monday 13th May 12-2pm | FREE

Neighbourhood House Week 2024 theme is 'Stronger Together'. Come to our open house and enjoy a free community lunch and informative talk from our horticulturalist. A great chance to learn, connect and celebrate.



Welcome Winter Soup & movie evening

Friday 31st May 4-6:30pm | FREE

Let's welcome in winter with soup and a movie to warm the cockles! Come together around the big screen at Orana and enjoy soup, popcorn and choc tops! We are taking a poll on what film - you can vote in person or when you register. The choices are either *Lion* or *The Book Club*.



Digitise Your Documents & Photo Collection

Friday 19th April, 10-11:30am, facilitated by Eastern Regional Libraries

Do you have a collection of photos or documents that you would like to preserve? In this free workshop, you will learn how to digitise photos and documents so that you can view them on your phone or tablet. Bring your own device for this hands-on session.



Managing Financial Stress as Inflation Grows

Tuesday 18th June, 1-2pm | FREE

Financial stress is the anxious feeling of not having enough money to pay for the things you need or debts you are struggling with. It can also be worrying about what will happen in the future if the cost of living continues to climb. There is support available. Come along to this talk by Bridget Morcom, financial counsellor with EACH (Eastern Financial Counselling Services).

Wantirna Heights Probus Club News

As we sat in the serenity of the garden of the Coolart Wetlands on the Mornington Peninsula enjoying our picnic, we listened to the birds and reflected on the day in the past our Probus Club had planned to visit this area. It was not to be, the rain took hold, and the visit was postponed. Today, however, Mother Nature absolutely shone with the promise of a spectacular day. A wander through trees and reeds offered a detour to the beach where the sea was sparkling.



The garden visit was beckoning. There was some concern about getting lost, but we followed the leader down winding little streets, onto the main road then off the beaten track to The Croft Garden where the owner welcomed us and took us on a wonderful journey around his garden. There were tall trees, others just beginning to grow, sculptured parterre areas, an espaliered apple orchard, a citrus avenue where lemon and lime trees were trained across to make green and gold archway.

The rose garden was a dream and the fountain a rare find that was part of an exclusive production of small copies of a fountain at the Palace of Versailles. There were statues commissioned by the owner, a potager and many areas to admire and enjoy. The view from the rear of the house was a stunning vista across the green undulating land towards Phillip Island and the Nobbies.

As we enjoyed afternoon tea in the conservatory, we reflected on how privileged we were to have the opportunity to visit such a magnificent garden with thanks to the generosity of the owners.

WANTIRNA NEWS



Members of the Combined Probus Club of Wantirna Heights enjoy a visit to Coolart Wetlands, Garden and House (Left)

i | s | h | r | e | d

Community Day

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

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

Our Community Day caters for shredding of:

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

Our upcoming Community Days are on Saturday, 13th April and Saturday, 18th May from 9am — 12noon

EST. 1988

Graphic Engraving (Vic) Pty Ltd

Signage and Engraving Services

Our services include manufacturing a large range of small labels, tags, signs and full colour stickers. We can cut, machine and engrave various materials including acrylic, aluminium, stainless steel and timber.

P: 9764 0144
sales@graphicengraving.com.au

Factory 1/9 Samantha Crt, Knoxfield

WE NEED YOU TO JOIN OUR TEAM

Studfield Wantirna Community News Inc.

Studfield Wantirna Community News is a "Not for Profit" community paper run by 5 Volunteers, is published Bi-monthly with 15,000 papers circulated in the Wantirna, Wantirna South, Scoresby, Knoxfield and Bayswater areas of Knox.

We need a volunteer to maintain our existing client base, and to follow up leads on clients wanting to advertise in the paper.

You will need your own transport, mobile phone, access to a computer and approx. 2 days per week.

Call Charles on 0407 797 666

Ruth Same Pty Ltd ACCOUNTANT

ABN: 83 137 077 680

**EXPERIENCED
F.C.P.A / TAX AGENT**
Wantirna South

All Tax Returns/Financial Statements
Discounted rates
Self Managed Super
Business Activity Statements

T: 9800 2482
M: 0408 395 510

Email: accountant@ruthsame.com.au
www.ruthsame.com.au

COASTAL TILING

LICENSED, QUALIFIED TRADESMAN

SPECIALISING IN:

- LEAKING SHOWER REPAIRS
- SHOWER REGROUT
- ALL TILING AND WATERPROOFING

OBLIGATION FREE QUOTES
0416 256 637
PSUT@OUTLOOK.COM.AU

NEWSPAPER

AUSTRALIA'S POST

N

WANTIRNA NEWS & POST

Newsagent

Paul & Kathy Cameron

<p>Wantirna Mall Shop 16, 326 Mountain Hwy Wantirna Vic 3152 T: (03) 9720 3100 E: wantirnalpo@gmail.com</p>	<p style="text-align: center;">Now Open</p> <p>Monday to Friday 8.00am to 5.30pm Saturday 8.00am to 12.00noon</p>
--	--

Reflections on International Women's Day 2024

With well over a century of history and change, the first International Women's Day (IWD) was held in March 1911. IWD isn't country, group or organisation specific. It's a day of collective global activism and celebration that belongs to all those committed to forging women's equality.

World-renowned feminist, journalist and activist, Gloria Steinem, reportedly once explained: "The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights."

At Heathmont College, we've reached out to our community to talk about this important day. Please learn and enjoy reading reflections, interviews and poetry by some of our staff and students.

Interview with Principal Kerryn Sandford by Lillian Davis, Year 10



Who inspires you and why?

I draw inspiration from a number of different people and have done so over the years. From the very beginning, people like my mother have always been a big inspiration to me. My mum was one of the key leading inspirations for me becoming a teacher. My mum grew up really poor and had to leave school very early. So, pretty much just as she started high school she had to leave and go to work to support her family and I know that she always felt that she missed out because she hadn't been able to get an education the way most people do. For me, that was always a driving force behind for why I went into education, and why I chose certain pathways within that space. So, I've always been wanting to work to make sure that girls and other people, who might have barriers to education and are unable to access education. And obviously, looking forward, more recently, I've drawn inspiration from people like Jacinda Ardern, who is a very strong political member, who I think always led with kindness as her core principle. Then the mother of Cassius Turvey, who is a mother up in Queensland whose son was brutally attacked. Her response the way that she dealt with that event and just the humanity and forgiveness that she demonstrated, and continues to demonstrate now, has always been really inspiring for me.

What challenges have you overcome?

I like to think of a challenge as something that helps us grow, and I've certainly had some deeply challenging experiences in my time, so I was a resident of King Lake, during the time the Black Saturday fires came through, and at that time my children were very young, my eldest was just about to go into kinder, and I had joined the kinder community at the end of 2008, and my youngest son was in the childcare centre and when the fires came through, the kinder and the childcare centre burned down, and being on the committee, I was a part of helping to redevelop those facilities, and it was a very challenging time and a very challenging piece of work, but it was probably one of the things I'm most proud of, across my years of working, and it was volunteer work, so I didn't get paid for it, but an experience that very much changed how I looked at things and also helped me to develop an understanding that everyone walks around with their own challenges, and you have to be kind, even when people are being aggressive or difficult there's a reason that sits behind that difficulty and you need to be kind about how you manage those interactions with people who perhaps aren't always ideal.

How do you balance your passions with work?

I am passionate about learning. I love learning. It's probably one of the key things that drew me into teaching. I didn't start a teaching degree after school, I did a Bachelor of Science, and I loved learning about the things that I was learning about. Then what I discovered is that I loved sharing that love of learning with others - not just about the content, I loved being able to help somebody discover their own passions, and their own strengths. Or, just achieve something that they haven't done beforehand. So, balancing my passions with my work is pretty easy, because my passion is my work. Outside of work, I enjoy other things, I enjoy getting fit and I love painting and drawing. I love to escape into a book. During holiday periods in particular, I will do that as often as I can. I try to load my holidays with opportunities that sometimes work can pull me away from.

How do you empower other women?

In this world, it is so important to support others. We are better together. So, to empower other women is a matter of really ensuring that you're providing them with opportunities, but also providing them with the support to take on those opportunities.

What advice would you give to young girls?

The advice I'd give to young girls is to not limit themselves. We hear and see so many examples of young girls limiting themselves; thinking that they're not good enough or that they can't do stuff. The STEM disciplines are an area that we know there's a massive underrepresentation of women. Despite the fact that there's no evidence at all to suggest that females are any less capable. There is a lot of strengths that females bring to those disciplines. So, my advice would be to be careful not to limit yourself, look for those things that interest you and engage you, don't worry about who's sitting around you, step up, do what matters to you, and don't let anyone tell you otherwise. Then reach out as well - making sure that if you develop the right networks, you can overcome the barriers that might be put in your way because you are female.

Girl, Pt3 by Evie Taylor, Year 12

I don't think I was scared.
I don't even think I noticed, the first time.
My music was probably too loud,
I was probably with friends and not paying attention,
I was probably day dreaming
The first time I got a car horn honked at me.
It happened again last night.
I am lucky
(so, so incredibly lucky)
That this, in the grand scheme of things
Is all that happened.
But I twist my keys between my fingers every time I walk home from work alone regardless.
The girls I know have worse stories.
The women I know have more tales than I do.
And yes – to a certain degree
These tales and stories and moments
Define us.
You want to know what they also do?
UNITE us.
Women are the strongest people I know.
The keys between my fingers are sharper than any reaching hand,
The music in my ears is louder than any so-called 'compliment'
The strength in the women around me is more than you could ever know.
We are goddamn powerful.
I can still day dream with metal clenched in my fist.

Reflection on Being a Woman

The first time I was cat-called, I was twelve.
The funny thing was, I smiled. Call it instinct, naivety, or simply a conditioned response to confrontation. Better yet, call it swallowed discomfort.
But when I shared the encounter with my wide-eyed mother later that day, she gave me a grocery list of advice as if weaving the same yarn from the long line of women who preceded her – advice seemingly etched into the collective conscious of womanhood: Take corners with caution. Sit at the back of a train carriage. No earphones at night. Place your hand over the drink you order. Car keys double as a weapon, and don't you forget about stilettos.
Now, I took these with a grain of salt (besides, where was I going to get car keys from?) but by far the best thing she taught me was to be loud.
So when a man lecherously leered at the schoolgirl on the train, I stood between them. When I witnessed a gentleman grope a pregnant woman on the tram, I informed the entire carriage. And when Joe Blow couldn't comprehend a simple "no" from a friend, I happily translated without the use of DuoLingo.
My mother taught me that every day I should brush my teeth and sharpen my tongue. And so every Women's Day, I can't help but think of the very person who gifted me the gab in the first place.

Victoria Tedeschi, Literature & English Teacher

St Luke's Primary School - A Community of Learners

As a community we often reflect on what we do at St Luke's that makes us unique.

STUDENT WELLBEING

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

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

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

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

SCHOOL PETS

We also have our 2 rabbits and our 5 chickens who free range through the school grounds during the day before being gathered back to their home by our dedicated students in the afternoon. The students and the staff love our school pets and each afternoon break the students' feed and pat our friendly, happy pets. Interacting with animals has been shown to decrease stress and give you an instant feeling of happiness.



MINI VINNIES

St Luke's is proud of our continued and long standing involvement in the Mini Vinnies program. Our students meet regularly to explore social justice issues, develop leadership skills and engage with the wider St Vincent de Paul Society community. Mini Vinnies prepare "blessing bags" containing toiletries for distribution to families in need in our community, co-ordinate the Caritas appeal and raise money through second hand toy sales and our popular cake stall. We will be making blankets in Term 2 to help our community in the winter months. It is important for our community to understand that there are people in our communities who are struggling and how everyone has the ability to help, even in a small way.

LET'S COOK PROGRAM

All of our students participate in a four week cooking program throughout the year. This year's theme is "Flavours of the World" and each week we focus on a different culture. Our first Year 5/6 students have prepared, cooked and shared together dishes from Mexico, Australia, India and Japan. The vegetables used are grown in our school garden. Our parents are invited to help out too and the students love having their Mums, Dads and Grandparents join us. Then we all sit down to enjoy the food together. Our recipes are shared with our families at the completion of each unit so they can be enjoyed at home as well.



LUNCHTIME CLUBS

St Luke's offers a different lunchtime club every day to allow our students to participate in a number of extra curricular activities during play time. We offer Mini Vinnies, Library Club, Games Club, Sports Club, Digitech Club and Gardening Club. They are also a great way for our students to mix with peers in different year levels.

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

You are warmly invited to have a tour at St Luke's and experience for yourself our wonderful school and all of the opportunities it can give your child and family.

Please contact the school office on 9801 6917 or info@slwantirna.catholic.edu.au to book your tour.

Enrol for Prep 2025

School Tour Dates

Tours will be conducted at 9:15 am and 12:00 pm

March - Tuesday 5th & Tuesday 12th

April - Wednesday 24th

May - Wednesday 1st & Thursday 16th



Have your say on what matters to you



Participate in a community engagement project by 30 May and go in the draw to win a voucher for an amazing local experience.



knox.vic.gov.au/HaveYourSay

*Conditions apply, visit knox.vic.gov.au/haveyoursay for details.

What's on in Knox



New Knox Library open
at Westfield Knox
knox.vic.gov.au/knoxlibrary



Apply now
Apply for Community Development Fund grants of up to \$20,000.
Applications open 1 April - 6 May.
knox.vic.gov.au/cdfgrantprogram



Community training workshops
Learn about good governance, succession planning, child safe standards, and Aboriginal culture. Workshops are free.
knox.vic.gov.au/communitytraining



What's new at Your Library?

by Karla Simon

LIBRARY NEWS

The new Knox Library opened on the 8th of March with over 8,000 visitors in the first three days alone! If you haven't had a chance to visit yet, we encourage you to come and explore your brand new library. There are so many lovely spaces to discover and enjoy!



Unsure how to find us?

We are located at Westfield Knox Level 3, 425 Burwood Highway Wantirna South (above Rebel) Take the escalator or lift up to Level 3

While you're there, pick up a copy of the autumn issue of our 'What's On' events guide. It's packed full of great events to take you through to the cooler months!



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 and more, visit our website yourlibrary.com.au/catalogue.

Top Reads

- What can I bring?: easy, delicious food for sharing by Sophie Hansen
- My brilliant sister by Amy Brown
- The book of doors by Gareth Brown
- What happened to Nina by Dervla McTiernan
- How to know a person by David Brooks
- Anita de Monte laughs last by Xochitl Gonzalez
- The queen of poisons by Robert Thorogood
- Finlay Donovan rolls the dice by Elle Cosimano
- The accident by Fiona Lowe
- Servo by David Goodwin

New DVDs

- Oppenheimer
- Recipes of love and murder. Series one
- Call the midwife. Series twelve: Christmas special
- Death in paradise. Series twelve
- The thirty-nine steps. The lady vanishes: Hitchcock re-make double bill
- Sidney Sheldon's Memories of midnight
- Manhunt
- Reacher. Season one
- Grey's anatomy. Complete eighteenth season
- Riverdale. The complete sixth season

Events at Your Library

Attend exciting events and activities at Your Library! Book your place (where required) by calling 1300 737 277, in person at any library branch, or online via our website events.yourlibrary.com.au.

Knox GreenThumb Gardeners

3rd FRIDAY OF THE MONTH, 2PM - 3PM
Knox Library, Westfield Knox, Level 3, 425 Burwood Hwy, Wantirna South (above Rebel)
Join us at Knox Library where gardening enthusiasts connect and share!

- Are you passionate about gardening?
- Do you love swapping seeds, cuttings, and produce with fellow enthusiasts?
- Would you like to be part of a vibrant gardening community?

Whether you're a seasoned pro or just starting your gardening journey the library is the perfect place to connect with like-minded individuals, share experiences, and cultivate a thriving community. Bookings not required. (FREE)

Knox Photographic Society - 50th Anniversary Exhibition

RUNNING UNTIL 17 MAY 2024 (during opening hours) at Miller's Homestead, 30 Dorrigo Drive Cnr. Melrose Court, Boronia.

Be prepared for a visual treat as Miller's Homestead showcases the work of the Knox Photographic Society in celebration of their 50th anniversary. Meet the photographers and join us as we celebrate the launch of their book, Knox Photographic Society - Celebrating 50 years, at a special event on Fri, 12 April, 5.30pm-7.30pm. There will be live music and refreshments served. Bookings required for this event. (No need to book for the exhibition). (FREE)

Mindfulness Based Stress Reduction Course Series

FROM TUESDAY 16 APRIL 2024 TO TUESDAY 18 JUNE 2024 - 12:30PM - 3PM
Miller's Homestead, 30 Dorrigo Drive (Cnr Melrose Court), Boronia

Are you interested in taking part in a deeper exploration of mindfulness? This free 8-week evidence-based program facilitated by Mandy Mercuri explores formal and informal mindfulness practices to discover greater choices for managing and relating to stress, anxiety and difficult emotions. Bookings required. (FREE)

Romance Author Panel

THURSDAY 18 APRIL, 6PM - 7:30PM
Knox Library, Westfield Knox, Level 3, 425 Burwood Hwy, Wantirna South (above Rebel).

Dive into an enchanting evening of romance and suspense with Melbourne's finest authors! Hosted by Destiny Davin, and featuring:

- Sandra Carmel (steamy romance)
- Michelle Somers (romantic suspense)
- Savannah Blaize (paranormal romance)
- Esther Del Zuanne (paranormal romantic comedy)

Captivating discussions, thrilling readings, and an interactive Q&A. Don't miss this chance to connect with these romance authors and get your books signed. A night of literary magic awaits! Bookings required (FREE)

Navigating The Aged Care System With Care Finder

TUESDAY 23 APRIL 2024 AT 1:30PM
Bayswater Library, Shop 26, Mountain High

Shopping Centre, 7-13 High St, Bayswater
Care finder is a free service. It exists to support vulnerable people who do not have access to a supportive person to assist with navigating the aged care system - to learn about, apply for and set up support services through a funded aged care package. Join your local care finder Sarah Alder who will explain:

- Who can use the care finder service
- How does the care finder service work
- What help can care finder provide
- How do I contact a care finder organisation.

Bookings required (FREE)

English Records

FRIDAY 26 APRIL 2024 AT 2:00PM

Boronia Library, Park Crescent, Boronia

Are you looking for information on your English ancestors? Not sure where to look, or have hit a brick wall? Join us for an informative look at English records - what is available and where to find them. Bookings required (FREE)

The Power of Gratitude on our Health and Wellbeing

THURSDAY, 16 MAY, 1:30PM - 3PM

Ferntree Gully Library, 1010 Burwood Hwy, FTG

If you are struggling with a sense of purpose, of not feeling motivated, always seeing events of life are against you, lacking positively or just caught, then come along to this workshop to unlock the secrets of holistic wellbeing. Join our presenter Annette Subhani from New Pathways Coaching & Education who will facilitate a moving workshop to ensure each participant leaves with steps to bring about a life of gratitude. Bookings required (FREE)

Rowville's Italian Prisoners of War

SATURDAY 18 MAY, 11AM - 12PM

Rowville Library, Stud Park Shopping Centre, Stud Road, Rowville

In March 1946, the war was over. The Italian prisoners of war who had been interned in camps around Australia and were waiting to be returned home. Join local author Darren Arnott as he shares his discoveries about the Rowville Camp. Allegations of assaults, reckless firing of weapons, drunkenness, stolen goods and possible murder. Darren will have copies of his book No regard for the truth for sale. Bookings required (FREE)

Meet the author, Megan Rogers

THURSDAY 23 MAY 2024, 6:00PM - 7PM

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

Come and meet Megan Rogers, bestselling author of The Heart is a Star, at Bayswater Library. When her debut novel, The Heart is a Star, was sent to Australian publishers it caused a heated discussion and was eventually signed with Catherine Milne at HarperCollins Australia. Then, when released in May 2023, it hit number four on the Australian bestseller list. Megan has subsequently signed a two-book deal with Harper Collins and her next book The Anatomy of Tears will be released in 2025. Bookings required (FREE)





Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Hello Everyone,

Andrea and the ladies who attended the Dining Club's latest night out had a delicious taste treat at Noo's Noodles which is at Wantirna and specialise in Vietnamese Street foods. Very different but very tasty and enjoyable and with an extensive menu to choose from which made deciding what to try a bit of a challenge for us all.

Following Vietnamese fare, the Dining Club went to Jade Pavillion at Ferntree Gully to enjoy Chinese food the following month. We had delicious meals or banquets (for four of us) and the food served just never let's you down and fourteen ladies attended and enjoyed it as much as we did last year.

Our day out was a hot one but a few loyal members arrived at Stella's Kitchen at the Montague Orchards at Lysterfield for morning tea which was good tea and coffee with a choice of plain or apple and fruit scones with jam and cream. So delicious and with excellent air conditioning we really enjoyed getting together. There is a shop there also selling a varied



Our happy members at a Probuss event

selection of fruits from the orchards, crisp and freshly picked apples, plums and pears. There were also many other goods to purchase such as local jams

and sauces as well as gifts of many varieties.

Our group then bravely beat the heat and met up at the Belgrave Hotel for lunch. A lot of steps for a few of our ladies but no problem, we managed and enjoyed our lunch and chatty get together.

The 1812 Theatre was presenting "Mother & Son" which again our attending members thoroughly enjoyed. There will be more productions ahead this year for our "theatre buff" members and Marie will be organising tickets for them.

The Annual General Meeting (AGM) for our Club will be held in March and is the most important meeting this year as we will welcome new committee members and farewell retiring committee members. There will be nominations for all positions such as President, Vice President and Secretary. We will hope for the sake of our Club that many members will appreciate all the organising and work that the committee does, and hope that many members will do a term on the committee to enable our Club to continue and thrive. We have great fun, friendship and honour to be a committee member.

Brendan Scott will sing and entertain after the meeting. Kindest regards to all and stay happy.

VCAT Removes Habitat at Lake Knox For Housing

from Knox City Council

Knox City Council is disappointed that the Victorian Civil and Administrative Tribunal (VCAT) has paved the way for a 105-lot residential subdivision on the north-western corner of Burwood Highway and Scoresby Road (621 Burwood Highway), Knoxfield.

Development Victoria's proposal includes removing a waterbody supporting a number of species including the threatened Blue-billed Duck which is protected under Victorian legislation.

Despite attracting more than 1,170 objections, VCAT has decided to permit the residential subdivision allowing the decommissioning of 'Lake Knox'.

Knox Mayor, Cr Jude Dwight said Council will continue to concentrate our best efforts towards ensuring the provision of housing is balanced with the need to respect environmentally-sensitive flora and fauna.

"This is a very disappointing outcome after such a lengthy appeal," she said.

In handing down its decision, the tribunal acknowledged it remains uncertain if the Blue-billed Duck will remain, that we may lose flora and fauna species and there will be vegetation losses.

While the final decision is disappointing, Council succeeded in negotiating extensive permit conditions during the appeal process. These conditions provide the best available opportunity now to achieve a



reasonable environmental outcome for the final development.

The tribunal included conditions that require the establishment of new wetlands before the decommissioning of the existing waterbody to give existing species like the threatened Blue-billed Duck the best chance of relocating to the new wetlands.

Council would like to thank Knox's environmental groups and residents, including the Knox Environment Society and Friends of the Glenfern Green Wedge who contributed significant time and resources towards the lengthy VCAT appeals process alongside Council's representatives.

We will work with Development Victoria to achieve the best outcomes for the site that the permit conditions allow.



Community at Cavell

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

For more details about our community programs and Sunday service, visit our website: ohcc.com.au/community and Facebook page: facebook.com/CommunityatCavell

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox Council

✉ P.O. Box 2168, Rowville 3178

0427 245 834

nicole.seymour@knox.vic.gov.au

Facebook Cr Nicole Seymour



KNOXFIELD & SCORESBY NEWS

Friberg Ward News with Cr. Susan Laukens

International Women's Day 2024

On International Women's Day this year, I reflected on the influential women I've encountered during my council term, inspiring me with their grace, tenacity, and vision. Visible role models are crucial; they ignite ambition and resilience, shaping our society.

My role as a local government official involves championing policies for gender equality from fair allocation of resources to empowering women's voices. Yet, this journey isn't solitary; it demands collective effort. Women must stand together supported by male allies.

We have an opportunity to reaffirm our commitment to equality and justice on International Women's Day.

Together, we can break barriers, challenge stereotypes, and create a world where everyone, regardless of gender can thrive.



Cr Susan Laukens with Coonara Community House Manager, Sandra Romero at an IWD event in 2023

Investment in Capital Works

Investment in capital works is essential for Knox to provide top-notch sporting facilities for our community.

The Knox athletics track is set for a year-long renewal project to address past issues and transform into a regional gem.

Meanwhile, Carrington Park Reserve is witnessing the construction of the new Victoria Racquetball

Centre, featuring state-of-the-art courts and refurbishments. Notably, these will be the first public squash courts built in two decades.

This investment not only benefits local sporting clubs but also boosts our visitor economy and supports small businesses. It's a win-win for the entire community promising long-term benefits and pride in our enhanced facilities.



Construction at Carrington Park Reserve

Pack. Store. Done.



For all your Home and Business Storage Needs

- Wide range of units available on a monthly basis.
- Safe, guarded facilities with monitored security.
- Easy access 7 days.
- Free move-in van.
- Moving boxes and packing materials.
- Receipt and dispatch services for business.
- Offices with free parking and wifi.

585 Burwood Highway Knoxfield
Call us on 9801 2299

Visit us online at wilsonstorage.com.au



KNOXFIELD NEWSAGENCY

1597 FERNTREE GULLY ROAD KNOXFIELD VICTORIA
TEL: 9764 8260 FAX: 9764 9215
EMAIL: knoxfieldnewsagency@hotmail.com
Monday to Friday 7.00am to 5.30pm
Saturday 7.30am to 3.30pm
Sunday 7.30 am to 10.30am



Community News

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



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

ENVIRONMENTAL NEWS



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

Meeting - February: Shirley S/Barbara L and Hazel & Alan V "Christmas and Cocos Islands"

Sharing the presentation of a trip taken together to this area.

This was a fascinating presentation showing an area that many of us have never been to. We heard about the history of the islands, the geology, the flora and the birds found there. Many of these are found nowhere else in the world. In particular we were interested in the Christmas Island red crabs for which the island is famous. They are bright red in colour and are known for their spectacular annual migration to the sea to mate.



Christmas Island red crabs Photo Alan V

Excursion - February: Edithvale wetlands. Leaders Lynn and Neal S.

In February Melbourne and surrounds were devastated by high winds which caused extensive damage to some areas. Our excursion to Churchill National Park had to be cancelled due to wind/storm damage. Lynn and Neal made alternative arrangements for the group to head down to Edithvale Wetlands. This is an area that as a group we hadn't been to for a long time.



Black winged or Pied Stilt Photo Alison R

Walking the paths through areas covered in bull rushes we came across small pools which had interesting birds. One such bird was the Australian spotted crane. Many of our members

had not seen this bird before. After lunch we gathered at the bird hide spotting many interesting water birds. Latham's snipe was the stand out there, with ducks, egrets, stilts and more. A great day looking at birds so close to Melbourne.

Excursion - March

No excursion this month due to our weekend away.

March - RFNC Autumn weekend away to Traralgon. Leaders: Jenny & David W.

26 members made their way down to Traralgon for a weekend away to look at nature in the area. David and Jenny had looked over the area extensively and had planned excursions for each day. Friday when members had arrived they were taken for a walk in the Traralgon Railway Reservoir Conservation Reserve. So much history there. Many birds were seen here and didn't seem frightened by those walking around the banks of the dam.

Saturday was spent in Tarra Bulga National Park, with a five km walk in the morning along mountain pathways. Most members saw one or two Lyrebirds. Although the bush was dry, it was still impressive with ferns and tree ferns under the canopy of tall eucalypts.

In the afternoon we went to Cyathea Falls in a different part of Tarra Bulga with some members walking the track to the waterfall and others relaxing near the running creek.

Sunday morning was spent in the Traralgon South Flora and Fauna Reserve where we saw many birds and plant species. We then drove to Moe for lunch at the Edward



Tree ferns in Tarra Bulga NP Photo Alison R

Hunter Heritage Bush Reserve before we walked around the dam admiring the Coral ferns and a couple of specimens of the small tongue orchid - *Cryptostylis leptochila*.

A good weekend away with a great bunch of people who are interested in all aspects of natural history.

Meeting - March: Peter R - Karijini National Park

Peter spoke about a recent trip that he and Alison had last year to Karijini National Park in outback Western Australia. The park is about five times the size of the Grampians National Park, and is a much sort after place to stay/camp at. This is an area that you need to be self sufficient as there is no power, showers and you certainly need to book. Peter showed us many images taken of the plants in the area, some of the birds to be found there, and the spectacular landscape for which the park is known.

Future Program

April Speaker: Daniel Flaim "Biodiversity and conservation in Maroondah"

May: Shannon Hurley "Getting to know the Great Southern Reef in Victoria"

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.

Knox Environment Society by Richard Faragher

Autumn is now upon us and it often produces some great stable weather with cool mornings followed by warm days. It is a wonderful time for being out and about doing all the wonderful things we enjoy. Autumn is also a great time for being in the garden and the Knox Environment Society community indigenous nursery is keen to help. We have the following helpful hints:

1) Autumn is the best time to plant tube stock. The ideal time is after the first good autumn rain as the soil is warm and moist and allows the plants to have a growth period before winter sets in. The plants push their roots into the soil so that when spring arrives, they will have a second growth period, this time above ground and will put the plants in the best position to survive the following summer.

2) Spend some time just looking at your garden and deciding on a plan of attack. What are the areas that need some work? It is best to do one section at a time. Trying to do it all tends to overwhelm people and it means that they never really finish any section. Draw up a plan and decide what you would like the area to look like (frog bog, butterfly garden, bird garden, etc).

3) Do some prep work: Removing weeds, cutting back overgrown vegetation, mulching (but not too deep, around 10cm deep) and then letting it settle for a while will mean that plants put in will have the best survival chance.



4) Have a look at the KES website www.kes.org.au where you can see the range of plants that we can have in stock across the year (Knox Environment Society - Flora of Knox (kes.org.au)) and get some ideas of what sort of plants would suit your garden. You can check if the plants you like are currently in stock go to Knox Environment Society - Stock List (kes.org.au). Stock changes regularly as propagated material moves through our system.

5) Come and visit the KES nursery which is located at 1010 Burwood Hwy in FTG opposite Aldi and we share the library car park. The nursery is open Thursday from 10am to 4pm and Saturday and Sundays from 10am to 1pm. Our volunteers are keen to help so bring along your plan and your vision for your garden and we will help you turn it into reality.

The majority of the plants available are tube stock

(\$3 each) although some are a bit more expensive as they are special plants. We also sell some larger plants in 150mm pots for \$6 and we have a good range of local ferns in 150mm pots for \$10.

The Knox Environment Society is run completely by volunteers and our aim is to ensure that no local plant becomes extinct in the wider Knox area. With increased urbanisation many of our local species are becoming less common and that has a knock-on effect to much of our local wildlife. Local gardens can become an important oasis for our local species and it is amazing the success stories people have in getting birds (particularly small ones), lizards, frogs and mammals back into their gardens. We recently have had a large mural painted on the side of our big shed that has been a big hit so come along and have a look and a chat. Hopefully see you soon.



ARTS & ENTERTAINMENT

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.



What's Happening at the Museum *by Ken Simpson-Bull OAM*

Volunteers at the Australian Jazz Museum are always busy. For instance, they were responsible for a very impressive exhibition on "Australian Women in Jazz", held at "Realm" in Maroondah Highway, Ringwood, which has just concluded. For those that didn't get to see it, it consisted of fascinating displays highlighting the contribution of Australian jazz ladies including Judy Bailey, Thelma Ready, Judith Durham, Margret RoadKnight, and Georgia Lee. (An "on-line" exhibition of Georgia Lee is still viewable on the Museum's web page.)

Regarding on-line exhibitions, there is also another on the web site on John and Shirley Ansell. John Ansell, dubbed "Mr Country Jazz", was one of Australia's best known band leaders who led some significant jazz bands in regional Australia. Shirley Ansell, known in the jazz community for her spirit, humour, and talent, was the right hand to the famed Cootamundra and Riverina Jazz Bands.

Museum Fundraiser: To continue to preserve and disseminate Australia's jazz heritage, the museum needs money. As a museum fundraiser, on Tuesday 30th April, UNESCO's International Jazz Day will be celebrated by a jazz concert presented by the Australian Jazz Museum and the East Malvern RSL with music by Peter Gaudion's Blues Express. Cost is \$30 (\$25 for an RSL member). Doors open at the East Malvern RSL (1 Stanley Grose Drive) at 6.00 pm and bookings can be made online at www.trybooking.com or by calling Pam on 0409 160 669.



Peter Gaudion's Blues Express

The Australian Jazz Museum

The Australian Jazz Museum, 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, email tours@ajm.org.au Visit the interesting web site at www.ajm.org.au

THE FERNTREE GULLY ARTS SOCIETY

At THE HUT GALLERY
157 UNDERWOOD RD FERNTREE GULLY

APRIL EXHIBITIONS

"FOUR MEDIUMS"

ACRYLIC, OIL, WATERCOLOUR AND PASTEL

Open to anyone to enter artwork in one or more mediums with the opportunity to win.

This exhibition displays many themes and methods of the very talented artists.

From April 6 - April 28

Fridays 1-4pm and Weekends 11-4pm.

Exhibitions' official opening and awards presentation on Sunday, April 14 at 2pm.

FREE ENTRY, ALL WELCOME.

MAY EXHIBITIONS

GALLERY EXHIBITION - 'ANIMAL WORLD'

Using their choice of medium, our members can depict any animal in the world- lovable, endangered, in the wild, domesticated.

FOYER EXHIBITION

Our Foyer exhibition features artworks from our Monday and Thursday workshops attendees.

Opens Saturday, May 4-26

Fridays 1-4pm and weekends 11-4pm

CLOSED MOTHERS DAY

FREE ENTRY ALL WELCOME

www.thehutgallery.com.au

Information on all workshops, classes and future exhibition

CPP Community Theatre Inc. Presents



Little Women

By Louisa May Alcott
Adapted by Anne-Marie Casey

Directed by
Jenn Walter

An Amateur Production by arrangement with ORIGIN™ Theatrical, on behalf of Nick Hern Books.

Performance Times

Friday 5 April	8pm	Opening Night
Saturday 6 April	2pm	Matinee
Saturday 6 April	8pm	Evening Show
Thursday 11 April	8pm	Evening Show
Friday 12 April	8pm	Evening Show
Saturday 13 April	5pm	Early Show

Tickets

Adult	\$29	Concession (students / pensioners)	\$27
Child (13 or under)	\$19	Family (2 adults & 2 children)	\$80
Group Bookings: (10 or more) \$27 per ticket			

Venue

Performing Arts Centre, Boronia K-12 College
Albert Avenue, Boronia, VIC
(park at Rangeview Road end)

Christmas Eve, 1862. With their father away on the frontline of the American Civil War, the four March sisters – Meg, Jo, Beth and Amy – journey into adulthood, each determined to pursue a life on their own terms. But growing up means contending with love and loss, as well as the myriad twists of fortune that can shape a lifetime. *Little Women* is a timeless tale. Whether it is an old beloved favourite or something completely new to you, we are sure you will enjoy it.

Book tickets online at:



In consideration of other patrons and cast, children under the age of three will only be admitted to the theatre for the matinee performance.

www.CPPCommunityTheatre.com.au

Laughter Club News

Be Fully Mindful and Aware, Instead of Automatic Unconsciously Living

Hello Everybody

We are back in the swing of the year now and our laughter sessions are going really well as more opportunities are available to come out and laugh together which is such a healthy thing to do thanks to Eastern Regional Libraries.

I have been still working a lot on decluttering and minimising, being present, drawing, walks in the park, meditation, and more. What we make of our life can depend so much on what energy we put into it, the direction we are focusing on and being flexible and adaptable.

Over the years I have let go much wanting to be in control of my life and what happens in it. Much is out of our control, and we can create opportunities, or take them up as they present themselves, out of the blue, unexpectedly.

Have you ever been told to be careful of what you wish for? What we put out as a need or want in our lives, either consciously or unconsciously manifesting it, may come about and may bring unwanted consequences. I once heard a simple metaphor about that type of thing which is if you were to throw a pebble into the centre of a still pond it expands out and out and out creating a ripple effect bringing consequences with it. We may regret the outcome of our action and that is why we often say to be careful of what you wish for.

I feel it is important to have a clear focus and idea of the direction in which we are heading, which can be beneficial in living a mindful life. There is also the concept of co-creating with God, Energies, Spirit, the Universe, Upstairs, whatever you want to call such a positive, supportive, unseen, yet can be felt, energy. Things are able to come into our lives as if by a miracle when we let go the fixed viewpoint by



which we desire for them to happen and experience in our life.

From my experience when we live in a manner as to be clear about the direction we are going, yet not entirely fixed upon what we want to bring about, will be far better. The reason is we can imagine what we wish in a strong mental manner rather than develop a feeling experience of our future which is how we draw things into our lives through our feeling nature. I admit it can be most difficult to know what we are feeling because we are usually too busy thinking, having a strong mental body.

I will explain something here which is similar. We share and with newcomers that the body does not know the difference between real and fake laughter. When we pretend to laugh, as a general rule, it develops into real, spontaneous, natural laughter. At the same time, even pretending to laugh, will positively change the body's chemistry, for example releasing endorphins into the bloodstream.

As the subconscious and unconscious mind cannot differentiate between real and unreal they absorb experiences, thoughts, feelings, intentions, everything, as if it were true.

That is why I feel we need to become very mindful as shared in the previous edition of this newspaper because we are constantly creating our lives without even realising it. That's a bit scary isn't it? When we watch a movie, read a book etcetera, we may well be creating future scenarios, literally, if we do not

consciously tell our unconscious mind that it is made up, a story, and not real.

Unless we learn to think differently we feel like a victim, that everything is happening to us, we are out of control of our lives which is of course true to some extent. But what we do not realise is that by our very unconscious way of living on automatic pilot from our learnt patterning and conditioning, we are manifesting our lives all the time, creating things that we do not want to happen without even realising it.

I apologise if it seems a bit complicated, it is what has come to me to share and I am not underestimating your ability to read and process what has been shared. We need to be the master of our own ship. This can be done by having firstly the intention of living more awake, aware and conscious than ever before, practicing mindfulness, mindful meditation, walking meditation and developing a good relationship with ourselves, living and loving earth life joyfully. Whatever feels right for us to do, to follow the breadcrumbs, the feelings, inspiration to do this or that, go here, or there. Have hobbies, love what we do, get and stay involved.

If you feel to come to the laughter club you will find yourself energised, uplifted, mentally clearer and be in the company of other likeminded, caring people. Attending a laughter yoga and meditation session at a local library will enhance your experience as there is time at the conclusion of the laughter to practice mindful meditation.

Lots of Love and Laughter. Lynette Mitchell.

We meet as follows each month:

Ferntree Gully Laughter Club 11am 2nd & 4th Sunday
Boronia Library 11am 1st Saturday
Rowville Library 11am 3rd Saturday
Ferntree Gully Library 2pm 4th Tuesday
Knox Library 2pm 3rd Thursday beginning in April
First timers, please contact Lynette to confirm, in case of a meeting change.

Phone: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

Hands on Myotherapy

LOWER BACK PAIN

by Alison, Founder and Owner of "Hands On Myotherapy"



Many of us are all too familiar with lower back pain and the restriction it causes to our daily lives.

Whether it be a constant dull ache or a sharp pain that comes and goes; there are many reasons for lower back pain.

Some of us accept that lower back pain is normal and this is far from satisfactory. Sitting for long periods, poor posture, inactivity or repetitive movements are just some causes for lower back pain.

Along with these, we know that muscle weakness and muscle tightness is also a major contributing factor.

We test and assess areas such as abdominals, glutes, erector spinae, hamstrings and hip flexors for weakness or tightness. By identifying these we can better provide a treatment plan and prescribe appropriate exercises.

Exercises to help strengthen and lengthen the glutes, core muscles and hip flexors are vital in providing support for the lower back. In most cases lower back pain will continue or reoccur without a strong and functional core.

Once our practitioners have assessed and tested you they are able to establish an appropriate treatment plan and rehabilitation program that suits you as an individual.

There is no one size fits all when it comes to managing and eliminating lower back pain.



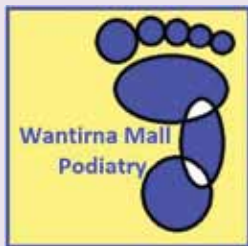
- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

8740 3991

Unit 10/603 Boronia Road
Wantirna VIC 3152

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

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



Wantirna Mall Podiatry

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



Your Feet in Summer

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

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

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

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



News from Wantirna Osteopathy

by Dr. Josh Graham (Osteopath)

The Importance of Suitable Footwear

Many of my patients have heard me say "if you're going to spend money on anything - spend it on a decent pair of shoes as everything starts from your feet!"

For those with foot, knee or hip pain a pair of quality shoes can be a big help. How do you know which pair to buy though? Shopping for a brand-new pair can be overwhelming with all the fancy technical terms so people often just settle for the pair that look the nicest.

It's important to find yourself a pair of shoes that best fit your needs and not to create problems by wearing the "wrong" pair! Let's take a quick look at what to consider when purchasing a new pair of shoes.

Arch support:

Some shoes have built in arch support to help those who excessively over-pronate. Over-pronation (also known as flat feet) alters the positioning of your feet and subsequently your walking pattern. If your feet collapse inwards while walking this may change the mechanics of how your feet, knees and hips are moving placing unwanted strain through these areas.



Cushioning:

Generally the more cushioning a shoe has the better it is at shock absorption. A shoe that is able to effectively absorb impact while still remaining stable can be helpful for conditions like osteoarthritis of the knee and hip and heel/plantar fasciitis pain.

Heel drop:

A heel drop refers to the difference in height at the heel of the shoe compared to the forefoot. By slightly elevating the heel, a shoe with a higher heel drop

WANTIRNA DENTURE CLINIC

- Full & Partial Dentures
- Mouthguards
- Relines
- Veteran Affairs
- Repairs
- Vic Denture Scheme

Chris Brownlie

Dental Prosthetist

Telephone: 9720 1555

487 Boronia Road, Wantirna
Cnr Stud Rd, opposite Knox Club

Mr. Mina Williams

B.Pod. M.A.Pod.A.

Podiatrist



PhysioSpot

1621 Ferntree Gully Road Knoxfield 3180
Telephone: 9764 9359 Facsimile: 9763 3114

Corns and Callus

Ingrown Toenails

Flat Feet

Children

Heel, Arch and Forefoot Pain

Sporting or Occupational Injuries

Diabetic and Arthritic Foot Care

Veterans Affairs

can help reduce the workload of the calves. This can be useful for nagging calf tightness/strains, Achilles tendinopathies or plantar fasciitis.

Rocker sole:

As the name suggests, shoes with a rocker sole have a slightly curved sole to help with propulsion during the heel-to-toe transition when walking or running. This can help with a range of hip, knee, forefoot and toe pain/mobility issues.

At Wantirna Osteopathy we are always happy to chat footwear. We can check out your current pair to make sure it's the best shoe for you, or alternatively we can assist in helping find you the right pair!

wantirna osteopathy



New Rehab Gym

- Sports injury
- Ankle sprain
- Strength exercises
- Balance programs
- Force testing
- ACL rehab
- Plus more

Call or book online
9800 0388

www.wantirnaosteo.com.au



Life Activities Club Knox

APRIL / MAY ACTIVITIES!!!!, WELL THE FIRST QUARTER OF 2024 has been and gone and we have new members and a couple of new Activities. So hopefully you would like to join us on up to 3 activities free and after 3 we will invite you to become a member. All for \$25 per year, take advantage of each and every activity.

We have introduced a new walking group for those who no longer want to walk k8+. These will be monthly on the 4th. Thursday for around 40 minutes. NO more than 5 k. and with a social chat over lunch afterwards. 11 members enjoyed the walk around Lilydale Lake with a BBQ for lunch. Sounds wonderful. This group is named Knox Strollers walking group and in April the destination is Blue Tongue Bend, (I need to look that up) and then in May they'll be in Emerald circumnavigating the lake circuit.

GOLF FOR FUN AND ENJOYMENT! On the 3rd. Friday every month these golfers will meet at 8:30. am ready to tee off at Rowville Lakes Golf Club on 19th. April, then in May on the 17th. Churchill Park Golf Club is where they will be. (Pretty sure a coffee will be on hand).

Reminder of our other activities. Friday Walkers, 2nd and 4th Fridays, Bush Walkers in the great outdoors EVERY Thursday and Sunday Walkers meet and walk on the 3rd Sunday each month.

We have our own clubrooms at the Wattle Hall, 160 Underwood Road Ferntree Gully and in this hall there are various card games, social board games, meetings, exercises, cuppa and chat.

LIVE THEATRE; Lyn has tickets for the Musical "CHICAGO" at 1pm Matinee on May 8th.

ALSO tickets available for the musical "Wicked" on Wednesday 19th. June. A matinee show and the ticket price is \$72:00.



"Proud Mary"

THE JAZZ MUSEUM in Wantirna. We'll meet at 10:30am for a tour and lunch with band entertainment and for this we'll pay \$25:00pp, Car-pooling. Then on June 24th. we'll board the bus for a visit to Werribee Mansion, Rose Garden and Werribee Park. \$20:00 for the bus and entry fee.

Bring your own lunch and drinks and a café is available.

Our wonderfully organised trip to South Australia is something to write about. Boarding the Overland train for the journey to Murray Bridge was interesting and comfortable. On arriving we were transferred to the hotel for 7 nights and from there daily tours to places like Victor Harbour, Barossa, etc. One day was set aside for a cruise on the Might Murray River. Travelling upriver on the Riverboat named "Proud Mary" we spent time sightseeing in awe over the riverbanks and changes in scenery. This trip included a delicious lunch on board with 46 members together enjoying this breakaway. Every day was fun and laughter.

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

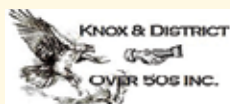
Lorraine's number - 0438 068 334

Boronia Ladies Probus Club

Boronia Ladies Probus Club inducted two new members into our Club at the February meeting.

We have been busy already this year with a boxed lunch and movie day at Metro Cinemas Boronia, a great comedian Guest Speaker at our last meeting and looking forward to a trip to Cruden Farm in March.

If you are looking for a social club to join you are welcome to visit us and find out more. Please contact Phone 0435136472



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 our Annual General Meeting which will be held at 10.30 am on Tuesday the 23rd of April, 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.

At our February 2024 Annual General Meeting our guest speaker was Sheridan Stone from Knox Council who spoke about their Community Access & Support initiative, known as Social Connections.

During February, some of our group had the good fortune to tour the National Bank Museum and a photo is attached. (I don't believe they received any free samples.)

During March we enjoyed a tour of Eastern Radio Station in Croydon. The radio station is part of the Wyeena Arts Centre, Croydon, which, as well as the art gallery, also includes a lovely café.



April will bring our annual trip to the Yarra Glen Harness Racing, which includes a 2-course lunch in the cost of admission.

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.

EACH Financial Counselling

Buy Now Pay Later by Bridget Morcom

What is a Buy Now Pay Later product (BNPL)?
How many of them do you have?
Can you afford the repayments?

BNPL are a product that allows you to purchase goods and services and pay in installments, usually four installments over eight weeks. There are many different companies offering BNPLs.

Why do so many people use them?

- Quick and easy to sign up at the point of sale
- They advertise everywhere
- They are available on a very wide range of goods and services
- There is no interest charged. However they are not free!
- Available to people who can't get other forms of credit (e.g: credit cards, personal loans)

What are the problems with BNPLs?

- It is easy to overspend and sign up for more than you can afford
- The available limit can increase rapidly
- Late fees can be very high
- Defaulting could affect future loan applications
- You can get multiple BNPLs so they can get difficult to manage

- You could end up prioritizing your BNPL, rather than rent, utilities etc.
- If you are on a casual wage, your income may not be reliable enough to pay back the installments.
- It can be hard to access hardship options with these companies

What fees may they charge?

- Late payment fees
- Monthly account fees
- Processing fees
- Account establishment fees

At the moment, BNPLs are not considered to be a 'credit' product and therefore consumers don't have the protection of Australian Credit Law legislation.

BNPLs are not required to check if you can afford to repay the debt, as would happen for other products like credit cards, personal loans or payday loans.

How best to manage your BNPL:

- Only use this service if absolutely necessary, not for everyday items
- Have only one BNPL at a time
- Include the repayments in your budget
- Pay by debit card, not credit card



Are you behind on your BNPL repayments?

1. Contact the BNPL service (usually online) and let them know you are in 'financial hardship'
2. See if you can arrange a suitable hardship option, for example a moratorium or an affordable payment plan.

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

EACH Financial Counselling: 9817 1917
or the National Debt Helpline on 1800 007 007

Join the Filipino social group

VMCH Multicultural Wellness Centre
Wantirna

Connect with your heritage and enjoy singing, gentle exercise, games, quizzes, making friends, and more!

Apply via My Aged Care or call our friendly customer service team on 1300 698 624.



Building B, 355 Stud Rd, Wantirna
1300 698 624 | vmch.com.au

VMCH

Ferntree Gully View Club

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

Monday 22nd April, 2024 Speaker: Jan Jozsa - speaking on 'ANZAC DAY'

Monday 27th May, 2024 Speaker: Casey Olori - 'My Aged Care & In-home Support'.

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 to enjoy social interaction, whilst also raising valuable funds for The Smith Family Learning for Life Program.

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 an 11:00 am start. Members contribute a small fee of \$12 per meeting, (which includes morning tea, room hire, and raffle), 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. Ladies of any age group, and from any location, would be most welcome. For more information please call our President – Kate on 0421 650 684

Boronia VIEW Club

Boronia VIEW (Voice, Interests, Education of Women) meets on Fridays at 11.30am at Eastwood Golf Club, Liverpool Rd., Kilsyth with a 2 course lunch costing \$30 followed by a guest speaker.

On Friday the 19th of April the talk will be from Eric Panther who will have a collection of memorabilia and tell us about "down memory Lane". This will be his 500th talk. Should be very interesting.

On Friday the 17th of May the talk will be from Jackson Taylor the Local Member of Victorian Parliament.

There will be a book stall, trading table and raffle with all monies received going to the club's 8 needy Australian children sponsored through The Smith Family Learning for life program. The Club is looking for new members so ladies of all ages and backgrounds come along and you will be warmly welcomed. Within the club there is opportunity for small groups e.g. film and coffee mornings, outings cards, book group 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.	Graeme on 0407 331 509
iShred - Community Shedding Day	From 9.00am Sat. 13th April & Sat. May 18th	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	Knox District Scout Centre	9761 1875
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 Rd, 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
Ringwood View Club	2nd Wednesday of the month	Ringwood Club, Maroondah Hwy	Heather 0411 219 248

RSPCA's Million Paws Walk on again!

RSPCA's Million Paws Walk is on again this year celebrating its 30th anniversary with thousands of pups and their owners hitting the pavement across Australia on the 26th of May raising vital funds to help end animal cruelty.

More than 6,000 people and around 9,000 dogs are expected to participate in seven Million Paws Walk events across Victoria.

RSPCA Victoria CEO Dr Liz Walker said the funds raised at every walk helps end animal cruelty one step at a time.

"We're very excited to see the amazing dogs at this year's Million Paws Walk and can't wait to meet their families and friends," Dr Walker said.

"The money raised at these walks helps us care for the thousands of animals coming into our shelter every year, including those seized by our Inspectors.

With the number of animals being seized by or surrendered to our Inspectorate increasing each year, fundraising activities like Million Paws Walk are more vital than ever.

It's also wonderful to celebrate such a fantastic milestone like the 30th anniversary of Million Paws Walk.

"We appreciate the community's support for our mission to end cruelty to animals, and there's no better way to help out than a fun and dog-friendly environment like your local Million Paws Walk."

Locals interested in volunteering or businesses interested in running a vendor stall at this year's Melbourne Million Paws Walk can register at MPW@rspcavic.org.au or 03 9224 2222.

Registrations for participants at the 30th Annual Million Paws Walk are now open, with a 'barking-mad' discount of 60% available until 27th March 2024.

Head to millionpawswalk.com.au to register for your local walk and start fundraising today!

The Melbourne Million Paws Walk will be at Pelican Lawn on Albert Park Lake on Sunday the 26th May. The event will start at 10:00 am with the walk commencing at 11:00 am and festivities concluding at 2:30 pm.



For the Love of the Scottie Dog

by Manda Appleyard

I am a Scottish Terrier fan and have had Scotties in my life since 1969. Scotties have brought me so much joy in my life, I struggle to understand why the Scottish Terrier has been listed as an endangered species. There has been a significant global decline in Scottish Terrier numbers. The Scottie was once very popular here in Australia. Everyone at least knew someone that had one of those funny little Scots with the big beard, big eyebrows and huge character.

Since the introduction of designer breeds developed by crossing smaller breeds together, it seems that everyone has forgotten what great family members and mates Scottish Terriers are.



them sound like a much bigger dog. The Scottie is a robust breed requiring little or no veterinary intervention, and their versatility is unsurpassed. They adapt to any environment equally at home from the farmhouse to apartment living. They even make great travel companions and love caravan holidays. They are couch potatoes that suddenly spring to action whenever there is anything a foot.

The Scottish Terrier is loyal and does not suffer separation anxiety. When left alone they will just laze about and wait for your return.

The Scottish Terrier is Hypoallergenic as they do not shed hair. A medium level of grooming is required but a good brush once a week and a trip to the groomers every three months is all that is required. They are truly worthy of consideration when you are next considering a new addition to your family.

I always say, "If it isn't a Scottie it is just a dog..."



The Scottish Terrier is a big dog in a little body. This compact, short legged, sturdily built terrier of good bone and substance is very intelligent and quite a sensible dog. They mature very quickly and are a lot less destructive than many other breeds. They are great guard dogs because they don't bark without reason. They have a deep bark which makes

Community Music and
Performances Inc.

Jazz on Sundays

Ringwood RSL
16 Station Street, Ringwood

1:30pm - 5:30pm
Doors open at 1.15pm

- | | |
|------------|----------------|
| • 14 April | • 11 August |
| • 5 May | • 22 September |
| • 2 June | • 13 October |
| • 7 July | • 10 November |
| | • 8 December |

A friendly event with great musical
entertainment all afternoon.

Bookings – trybooking.com/BVWQE
Facebook: CMaP Inc – Community
Music and Performances Incorporated

More info: Ann Craig – 0412 063 603



Community News

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



Wantirna Tennis Club So much more in '24

by Alison Rogers

This is going to be a massive year for Wantirna Tennis Club. The Club will turn 90 years old later in the year.

We are planning a big celebration with everyone being asked to come along and join with us. Past members, past players, current members and all their families will be there. Did you play at Wantirna?



I wonder if you are in this photo from the 70's. We hope you can come along and enjoy this time with us. Date to be advised soon, so keep an eye out for this.

Call Alison 0408 576 025 to show expressions of interest.

Book a court

Have you had a chance to come down and have a play on our new courts yet?

There has been a lot of interest in our five new classic clay courts and these along with our 5 en tout cas courts are being well used through our 'book a court' system. These courts are now available for booking both day and night. When booking, select the 'lights' option, so that the lights come on automatically for you before play. So come on down and have a hit, we welcome you all.

Juniors

At time of writing we have 10 junior teams in the semi finals with others still finishing their home and away matches. We wish them all luck and hope they just get out there and have fun.

If you have children who would like to join in with the Junior Members of our Club and play some team tennis, please give us a call. Details at the end of this article. All welcome.

Coaches Corner at Wantirna

Easter Tennis Training Camp for kids

Troy & Mike Tennis will be holding a Training Camp for kids starting on Monday April 8 to Thursday April 11 2024. 10am - 2pm each day.

The camp is loads of fun open to kids even if they are not currently in the program. You don't need to be a Wantirna Tennis Club member to book in and bring your friends.

The cost is \$50 per day.

The camp consists of a 2 hour morning training session, a short lunch break, an afternoon of supervised match play. Then there is a bbq on the final day. To book in for the camp please contact Mike Alder on 0433511904 or email michaeljohnalder@gmail.com

This is the 10th year of the Coaches starting their business together. Keep it going guys, you do a great job.

All aspects of their Coaching program has grown, with the Cardio Tennis for both women and men being extremely popular. The Junior program is also going well with many of those being coached moving on to playing Junior Competition for the Club.



SPORT NEWS PLUS

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 10 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 coaches@wantirnatennisclub.org.au or t_murrell@bigpond.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 wantirnatennis@gmail.com

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



Panda Rounds

Introduction To Round Dancing



Panda Rounds Round Dance Club is holding its annual Introduction to Round Dancing event on Friday 12 April. Round Dancing is cued social ballroom dancing and is the easiest way to learn to dance.

Each tune is choreographed and cued so you don't have to remember the sequence of figures. You will be taught some basic Waltz steps and by the end of the class you will be dancing round the room.



In addition to the teachers, experienced round dancers will be present to assist you. Come alone or come with friends for an evening of fun. This event is supported by Knox Over 55s Zest4Life.

Parking is available at the rear of the hall (in the Library carpark off Park Crescent). Smart casual dress. Smooth soled shoes are recommended. Refreshments provided.

Ongoing beginners' lessons commence Friday 19 April.



Local radio is alive and well, and growing strong in Melbourne's outer east, broadcasting on 98.1FM and streaming at radioeasternfm.com.au

Announcing a new local program – CONNECT. Connecting listeners with local happenings and community issues, featuring adult contemporary music. Tune in Monday and Tuesday mornings.

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

Did you know Radio Eastern FM 98.1 broadcasts Eastern Football & Netball League's Match of the Day each Saturday at 2pm followed by a 5:30pm score wrap? Listen to FM 98.1 or stream on any device at www.radioeasternfm.com.au



Templeton Tennis Club News

Open Day and Summer Competition Success

by Neil Houlston, Secretary

At the heart of our tightly knit community, Templeton Tennis Club thrives as a cherished local establishment, providing more than just a tennis venue but also a welcoming family-oriented location dedicated to the support of its members.

Open Day Success

Our recent Open Day held in late January was a major success, drawing in participants and spectators alike from all corners of the community, with 146 attendees throughout the afternoon.

There was a great atmosphere full of enthusiastic beginners, seasoned players and parents with kids.

Our open day not only showcased the club's dedication to promoting tennis, but also served as a testament to its ability to unite people through a shared passion for the game.

Summer Weekend Finals

With our summer weekend competition coming to an end, we have achieved a success of 7 teams in the semi-finals across both juniors on Saturday and Sunday morning and adult competition on Saturday afternoons. 5 of these teams have reached the grand final, with 3 matches held at our home club.

We would like to congratulate all players on another successful season!

Upcoming Family Fun Day

Our club's annual Family Fun Day is locked in for Sunday 28th April!

Whether you're a seasoned player or just picking up a racquet, there's fun for all ages and skill levels!



Follow Us On Socials

To stay up to date with events, including the family fun day, and everything else happening at Templeton Tennis Club, make sure to follow our Facebook and Instagram pages (@templetontennisclub). The new pages have the blue tennis ball icon for the profile picture.

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St Wantirna 3152.

Melway Ref. 63 G9

Membership: Leanne 0493 450 111

President: Chris 0425 763 106

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au

SOA Melbourne Eastern Ranges

Knox Italian Community Club 99 Karoo Road Rowville

New All Inclusive Bocce Fun Nights

Come and join us for a fun filled Bocce Evenings

Pair up in doubles on the night with a Friend, family member, and with one of our special bocce athletes and carers.

4 nights of Competition Starting Friday 5th then 19th of April and 3rd & 17th of May, with Prizes on the Final Night

\$5.00 per person covers court fees and Bocce balls

\$5.00 Snacks and Home made Pizza slices available on final night.

Bar open to purchase drinks, Fundraising Special Raffle,

Prize drawn on final night, \$5.00 for 10 tickets available on training nights during March and then April on the Fun nights

6 x Glow in the Dark Bocce sets included in the raffle Prizes

Booking a Must for catering purposes



6.30pm registration – Start 7pm sharp to 8.30pm

Bring a friend to try Bocce, you don't have to be a special athlete

Contact Michael MER Bocce Coach - Mob 0419 330 977

Email: melbourneeasternranges.bocce1@specialolympics.com.au



Come and Try Bocce... a non Strenuous and Fun Sport for All.

Help raise funds for our Special athletes to attend Bocce Australia- Special Olympics All Inclusive National Games in Perth June 2024

Special Olympics
Melbourne Eastern Ranges



JOIN SPECIAL OLYMPICS – 2024

Special Olympics Australia Melbourne Eastern Ranges Club is a Knox Community Volunteer Sporting organisation supplying sports training to Special Needs athletes (Intellectual Disability and/or Autism). Training is provided indoor as well as outdoor, in a fun environment with varied abilities and ages from 12 upwards in their chosen sport(s):

- Basketball
- Bocce
- Golf
- Swimming
- Ten- Pin Bowling
- Tennis

Melbourne Eastern Ranges has close to 80 athletes competing in Club, Interclub, State and National Tournaments, with a goal to achieve a spot in the Australian Team for the World Games, if they choose.

Anyone can come and try any sports for 3 free training sessions!

Special Olympics continues to exist through the dedication of its Volunteers and we're seeking Parents, Carers, Friends who may like to join and assist our Athletes during trainings and Competitions. Special Olympics provides training for Volunteers interested in becoming Coaches or Assistant Coaches.

Volunteers are required to have a Working With Children Card!

For more information in joining our MER Club and be a part of a special team,

Check out our website - <https://www.specialolympics.com.au/melbourneeasternranges>

Contact our Sport Coordinator - Theodora Niakolas – phone: 0407 848 607 OR email: melbourneeasternranges.sport@specialolympics.com.au

Everyone is welcome!

LET ME WIN
BUT IF I CAN NOT WIN,
LET ME BE BRAVE IN THE ATTEMPT

Special Olympics Athlete Oath





Considering a change in Property Management?



Did you know you have the freedom to transfer your property anytime? It's a straightforward, cost-free process.

Reach out to our office to learn more about our exclusive and attractive property management offer tailored for all new clients*.

For a limited time only.