

COMMUNITY NEWS

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

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



Community Bank Wantirna - Stuart Martyn (Chairperson of the Board), Ruth Hall (Senior Manager) & Rohan Sadler (State Manager Vic Metro)

EDITION 97

AUGUST/SEPTEMBER 2025

- STATE PICKLEBALL CENTRE OPENS IN BAYSWATER
- COMMUNITY RALLIES TO "SAVE OUR BREAKFAST"
- FLORAL EMBLEMS OF AUSTRALIA AND VICTORIA
- SPECIAL CELEBRATION FOR DOROTHY
- HAVE YOU BEEN SCAMMED ONLINE?

COMMUNITY BANK WANTIRNA REOPENS
WITH A FRESH NEW LOOK
(SEE DETAILS ON PAGE 9)

FREE



BAYSWATER CLINIC
 Mountain High Shopping Centre, 7-13 High St, Bayswater VIC 3153
 03 9344 6888
 8:00am - 10:00pm
 Monday - Sunday

Free Medicare Urgent Care Clinic in Bayswater

Medicare Urgent Care Clinics are located across Australia, providing walk in, bulk billed, urgent health care from highly qualified doctors and nurses.

Now our community has access to this care, with a Medicare Urgent Care Clinic located at Mountain High Shopping Centre, 7-13 High St, Bayswater VIC 3153.

Urgent care is when you need medical attention for an illness or injury that

can't wait for a regular appointment with a GP but doesn't require a visit to hospital.

This includes things like minor fractures, sprains, minor infections, respiratory illnesses, mild burns, severe stomach pains, or urinary tract infections.

Medicare Urgent Care Clinics are helping take pressure off hospital emergency departments.

Information provided by Mary Doyle MP, Federal Labor Member for Aston

Information

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Editorial

Hello Community News Readers,
 As we complete Edition 97 we are heading towards our 100th edition of Studfield Wantirna Community News.
 Community News began as a project of Orana Neighbourhood House with an aim to help people in our local community to connect, share stories, news and information and to offer affordable advertising to local businesses. Our first edition was published 17 years ago, in winter 2008.
 Members of our current team are looking to retire after publishing Edition 100 and we need new team members to help keep Community News going into the future.
 We are holding two Information Sessions at Orana Neighbourhood House on Friday, August 15 and September 7, at 10.00 am.
 If you would like to help this treasure of our local community continue on to Edition 200, we will love to see you there.

Details are on page 23.
 Janet Claringbold, Editor.



Thanks to Knox Library for generously providing a room for our meetings.

Jackson Taylor Update

BAYSWATER NEWS

I hope you are all managing to stay warm as we are now well and truly in the midst of winter. Some much warmer news though in that it's official - the new build at the Angliss Hospital is topped out! It was great to get down today to check on the progress with the Minister for Health Infrastructure, Melissa Horne MP and local Member for Monbulk, Daniela De Martino MP. More beds. Allied health and outpatient capabilities. More car parking. And a bunch more - right here in our neighbourhood. Cheers to the hard working team at Eastern Health for helping get this one done!

Bayswater South Underway

Its. All. Happening! Works to upgrade Bayswater South Primary School are well underway - with the slab for the new toilets and storage facility coming along. And works are also happening inside, with a new refit happening. I promised to deliver this one at the last election - and I'm stoked that it's underway. Cheers to the educators, community and (especially!) the students for their patience as we get this done!

Bayswater Library Makeover

We're chipping in over \$57,000 to help make the new Bayswater Library even better. Everyone loves their local library - they're so much more than books. So I'm stoked that the State Government is contributing \$57,244 to help with the new Bayswater Library redevelopment, through the Living Libraries Infrastructure Program. Cheers to Knox Council for delivering this project.

Free PT

Another big win in the State Budget was free public transport for eligible users. Starting January 1, 2026, under 18's with a new youth myki will be able to travel anywhere in Victoria every day for free and it will be free for all Senior Card holders on weekends anywhere in Victoria.

In Other News

- Works start in June on the new Wantirna Reserve Dog Park and due to finished by the end of the year.
- Tripling the capacity of the Virtual Emergency Department in the recent Budget to allow more people to get the care they need from the comfort of their home.
- Works wrapped up on Wantirna College's new facilities and set to officially open soon.

Local Shout-Outs

The newly opened State Pickleball Centre in Bayswater is next level! It's located at 13 Burton Court, Bayswater and as someone who's recently picked up a bat - I can tell you this sport is lots of fun!

A big shout-out to all our emergency service workers who work around the clock to keep us safe, cheers to you all!






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NEWSAGENCY**

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3-11 High Street, Bayswater
P:(03)9729 0119



Celebrating the "topping out" of the new build at Angliss Hospital, from left to right: Member for Bayswater, Jackson Taylor MP, Minister for Health Infrastructure, Melissa Horne MP and Member for Monbulk, Daniela De Martino MP



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

Elm Street Mission

Volunteers are at the heart of Elm St Mission

They engage with participants; serve tea, coffee and meals; join in activities; and help this open-door community create a safe gathering place for people experiencing mental health challenges or who are socially isolated.

Elm St Mission is always welcoming new volunteers from across the community, some of whom also lead activities. Volunteers settle in quickly and get to know participants as individuals.

"The volunteer team has been very, very helpful to me," said Sheri. "Not only do they provide lovely meals and coffee, but they also give a listening ear without judgment. I like that I can come here and participate in the activities but also if I just want to sit quietly then I can do that too. There is no pressure. The ladies and gents that give up their valuable time to host this, they are all amazing and so caring."

Chris, a regular volunteer and activity leader, says, "Elm St Mission is a very worthwhile project and makes a difference in participants' lives."

Daniel, a long-time participant, said, "Elm St Mission is a great support to my mum and myself. We look forward to each Wednesday to meet fellow friends and travellers. They are like our support group, and the volunteers do an amazing job which we really appreciate. It makes our time there a happy one, free from other worries."

"We have noticed a growing sense of belonging and community," said Joy, Volunteer Coordinator. "People are getting to know each other. They share stories sitting together at the same tables. We are building community together. Some of our regular participants will drop by to say when they will be away or to share important moments in their lives. We celebrate people's birthdays with cake and singing."

She added that participants regularly comment that they like the activities or practising conversation. For many, a cuppa and a chat are just what they need to feel part of the community.

Elm St Mission is open Mondays, Wednesdays and Fridays, 10 am to 2 pm, school terms.



The Term 3 program includes:

- Mondays – 11 am: Craft and music. 1 pm: Gentle exercise.
- Wednesdays – 11 am: Music and sing-along. 1 pm: Gentle movement and mindfulness, with a focus on body awareness.
- Fridays – 11 am: Music, movement, singing and storytelling. 1 pm: Bingo.

Free cuppa, games and a chat are on offer 10 am – 2 pm every day the program is open. Free lunch is available at 12 pm.

You can find out more by contacting Elm St Mission directly or online.

**Location: 654 Mountain Highway,
Bayswater 3153**

Phone: 0428 330 873

Email: info@elmstmission.org.au

Web: elmstmission.org.au

Facebook: ElmStMission

Bayswater Makers' Market

Our makers, bakers and growers will be delighted to see you at our arts and crafts market at the Bayswater Senior Citizens Hall 790 Mountain Highway

**Saturdays
August 23 & Sept 27
10am to 2pm**

Free entry with plenty of off-street parking

Our market is a great place to support local producers, artists, authors and craft people.

Our wares include cakes, honey and plants. Wildlife artist, Jesse, is also happy to paint pet portraits. This is a good time to commission one in time for a thoughtful Christmas gift!

Our 'customer café' has tea or coffee and biscuits for a gold coin donation.

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

Other enquiries: Julia 9890 2546



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rslbayswater@gmail.com

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- Wed, Sat & Sun - 12.00noon

626 Mountain Highway Bayswater



New State Pickleball Centre Opens in Bayswater

Australia's Home of Pickleball Has Arrived

The fastest-growing sport in Australia now has a permanent home. The State Pickleball Centre, officially opened this month in Bayswater, is Australia's largest purpose-built pickleball facility – and it's already shaking up the local sports scene.

Located at 13 Burton Court, the State Pickleball Centre boasts eight premium indoor courts, professional-grade surfaces, LED lighting, a pro shop, café, and amenities designed to cater to everyone from first-time players to national-level athletes. Whether you're chasing your first dink or your next championship medal, this venue has you covered.

"We built this place because the pickleball community deserved something special," said Jake, Director of the Centre. "There are so many passionate players out there, but nowhere that truly felt like home. Now there is."

Pickleball – a hybrid of tennis, badminton and table tennis – has exploded in popularity thanks to its accessibility, fast-paced action, and strong community vibes. The sport welcomes players of all ages and skill levels, and the new centre is designed to reflect that inclusive spirit.

The venue will host daily social sessions, beginner clinics, competitive leagues, and coaching programs, alongside special events, tournaments, and school



bookings. It's also set up for DUPR-sanctioned play, giving serious competitors a platform to improve and track their global ranking.

The grand opening weekend drew hundreds of curious newcomers and diehard players, with giveaways, live DJ sets, food trucks, and appearances from professional players like Josh Chia and Gabby May, who helped showcase the sport's elite level of play.

But it's not just about the game. The State Pickleball Centre is a community hub, offering memberships, spectator areas, merchandise, and even space for corporate events. There's a growing sense that this venue is not just about sport – it's about building culture.

"Pickleball isn't a trend – it's a movement," Jake added. "And this centre is here to drive it forward."

The State Pickleball Centre is now open seven days a week, with bookings and memberships available online at statepickleball.com.au.

So whether you're a seasoned athlete, a weekend warrior, or just pickleball-curious – it's time to get in the game.



Shake Off Those Winter Blues

It's time to look forward to that warmer weather and getting out into the fresh air again, so why not pop into Bayswater Bowls Club and try barefoot bowls one Friday.

Club Members will be on hand to help teach you the basics of you're a newbie, and all the equipment you need. And it's free. Enjoy drinks and snacks while you're at it.

Bowls is a game for both males and females of all ages and all abilities. And if you get the bug and want to take it further, we have a year-round program of social bowling on our synthetic all-weather floodlit greens, weekly carpet bowls, as well as mid-week and Saturday pennant competition in summer.

We're also a great venue for functions if you've got an occasion you want to celebrate.

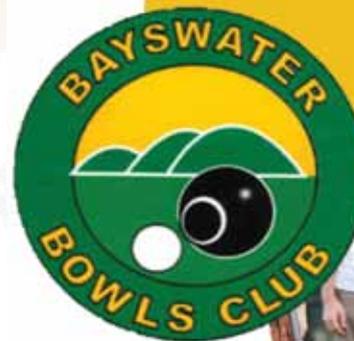
You'll find us at 43 Phyllis Street, Bayswater. Website: www.bayswaterbowlsclub.com.



BAREFOOT BOWLS

Join us on Friday nights!

Drinks, snacks & good vibes!



5PM TO 7:30PM

43 Phyllis Street,
Bayswater
03 9279 8312



Mayor's Message with Cr. Lisa Cooper



Your voice is shaping our future

I'm really proud of our new Council and Health and Wellbeing Plan 2025-2029, which guides Council's priorities for the next four years and has a significant influence on where we will invest your rates.

Council's budget for 2025-26 delivers on the first-year priorities in this plan and invests \$122.4 million in important services and facilities.

These documents were developed with the involvement of over 1,100 community members to ensure the community voice was heard. They represent our promise to the Knox community and deliver on your aspirations and needs.

The budget allocates nearly \$58 million in capital works, including \$10.7M for roads and bridges, \$9.2M for sporting pavilions, \$4.8M for footpaths and bike paths, \$4.7M to maintain Council buildings, \$4.5M for sports fields and training facilities, \$3.6M for critical drainage, \$1.5M for parks and reserves, \$1.4M for car park upgrades and \$1.3M for playgrounds.

Average residential rates in Knox continue to be among the lowest in metropolitan Melbourne.

Council is directing spending towards community priorities amid rising inflation in a rate-capped environment.

Overall rates revenue will increase by 3% in line with the Victorian Government's rate cap.

We have worked hard to achieve operational savings over several years, with a further \$2 million in savings identified for 2025-26.

Council has retained the rate rebate of up to \$100 for eligible pensioners, on top of the Victorian Government's pensioner rebate.

I invite you to view our new plan and budget and catch up with other news on our website: knox.vic.gov.au

Waste charges have reduced by \$13.05 for the standard 80L rubbish bin and by \$17.65 for the larger 120L rubbish bin.

This includes a 240L recycle bin, 240L food and garden bin, two hard waste collections and the fortnightly green bundled waste service.

Two years after introducing the weekly food and garden bin, and fortnightly rubbish bin service, Knox residents are diverting 73% of all waste from landfill.

This is the third highest diversion rate in Victoria and our residents should be proud.

Rates notices in August will include the Emergency Services and Volunteers Fund levy, which is collected by Council on behalf of the state government. Council is not responsible for setting the levy but is mandated to collect it on behalf of the state government.

It will be charged on all properties in Knox and has two parts — a fixed charge and a variable charge based on your property's value.

For example, if your home is worth \$700,000, this state government levy will be \$257.10 — an increase of \$64.20 or 33.3% from last year's Fire Services Property Levy.

Council supports the position of the Municipal Association of Victoria in opposing local government being a collector on behalf of the state government.

Eligible CFA and VICSES volunteers are entitled to a rebate and can apply through the State Government. For queries about volunteer rebates or more information visit sro.vic.gov.au/esvf

AROUND KNOX



Have your say

We've brought forward community consultation for the 2026-27 annual plan and budget to hear from the community at the very beginning of the process. This early engagement gives you the opportunity to help shape priorities from the outset. To help capture your priorities, share with us what services you think deliver most value and help us understand how we can best meet the needs of our community. We also welcome formal submissions for Council to consider — and if you wish, you can present your submission directly to Council. You can find out more and stay up to date with this and other local projects at knox.vic.gov.au/HaveYourSay

Your voice matters, and I encourage every resident to help shape local decisions — Council is here to support the community.



LOCAL SERVICES DIRECTORY

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Community News

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JOIN OUR TEAM
Volunteers are welcome at Studfield Wantirna Community News
Call Charles on 0407 797 666

Community Rallies to ‘Save Our Breakfast’

by Penny Robinson, Knox Infolink Centre Manager

The Knox Infolink Community Breakfast Program has been offering hope for those doing it toughest in our community since November 2021. Now, as the program faces a critical funding shortfall, the people of Knox are stepping up in extraordinary ways. With 31% of the bare minimum funding now raised, the campaign to “Save Our Breakfast” is gaining momentum — and the outpouring of support has been nothing short of heartwarming.

Since early May, when Knox Infolink hosted 774 ABC Radio Melbourne’s Breakfast and Mornings programs, the call to action has resonated deeply. Volunteers, guests, and community leaders shared powerful stories about the impact of the breakfast program — from warm meals and friendship to life-changing connections with housing and health services.

A Groundswell of Support

In the weeks following the broadcast, the community has rallied in inspiring fashion. Local businesses, media outlets, and community members have come together to ensure the program continues beyond its current funding deadline of October 15, 2025.

Appleby Real Estate has generously installed a free community information board outside Knox Infolink helping raise awareness and encourage donations. Local community papers, including Studfield Wantirna News have published articles amplifying the campaign’s message. Robert Arthur interviewed Knox Infolink Board Chair, Denise Budge and Breakfast Guest, Richard on an episode of Connect on Radio Eastern FM 98.1. Plus, Raf Epstein from ABC Radio Melbourne has checked in twice with Centre Manager Penny Robinson on air, to track the campaign’s progress — a gesture that has helped keep the spotlight on this vital cause.



Volunteers and Businesses Step Up

The program’s volunteers — like Karen, who spoke on ABC Radio about her Friday morning shifts — continue to be the backbone of the initiative. But new faces are joining too, inspired by the stories they’ve heard and the need they’ve seen.

Businesses that operate in the Knox area have stepped up to fund the program for one session or one week. One company, Huhtamaki, has generously committed to supplying the consumable items (such as serviettes, foil, garbage bags, food wrap, toilet paper and paper towels) required to keep the program going.

“This is what community looks like,” said Denise Budge, Knox Infolink’s Board Chair. “It’s people helping people, without judgment, and with open hearts.”

Why It Matters More Than Ever

The breakfast program isn’t just about food — it’s a lifeline for those facing homelessness, financial hardship, mental health challenges, addiction and social isolation. In just over 3 years, the program has served over 21,000 meals to nearly 950 guests, including:

- 120 people experiencing homelessness
- 230 facing financial distress
- 140 with mental health issues
- 135 struggling with addiction

It’s a soft entry point for support, offering dignity, connection, and practical help. Guests have been linked with housing, Centrelink, rehabilitation services, and more — all through the relationships built over breakfast.

One guest, Richard, shared on ABC Radio how the program helped him recover from cancer and find housing after six months of homelessness. “It gets me out of bed in the morning,” he said. “There’s people here you can talk to. It’s more than a meal — it’s motivation.”

Still a Long Way to Go

While 31% of the minimum funding has been raised, the campaign still needs significant support to reach its goal. Knox Infolink is calling on businesses, philanthropists, and individuals to help bridge the gap.

All donations over \$2 are tax deductible, and Knox Infolink has DGR status. Sponsorship proposals are available for businesses looking to make a meaningful impact.

How to Help

- Donate at www.knoxinfolink.org.au
- Sponsor a breakfast or contribute supplies
- Share the campaign on social media and in your networks
- Volunteer your time or skills

The campaign to “Save Our Breakfast” is more than a fundraiser — it’s a movement. And with every dollar, every volunteer hour, and every act of kindness, the community is proving that no one should face hardship alone.

Special Celebration For Dorothy!

Dorothy Dodd, resident of Villa Maria, celebrated her 100th Birthday on Wednesday 23rd July.

Family, Friends, and Residents gathered for this special Celebration, following the invitation’s request, “Pearls are a Must”.

High tea was served from the very best China, most fitting for this special lady!

Dorothy was presented with a bouquet of flowers by the caring staff, and she was invited to cut the Birthday cake, while everyone joined in with a hearty rendition of “Happy Birthday, followed by three cheers.

Dorothy received many congratulatory messages, including those from King Charles & Queen Camilla, Governor General Sam Mostyn, Australian Prime Minister Anthony Albanese, also Local members of Parliament, Mary Doyle and Jackson Taylor.

Much fun and laughter continued the Celebration for Dorothy!



**There is no
power for change
greater than
a community
discovering what
it cares about.**

Margaret J. Wheatley



What's Happening At Community Pharmacy?

with Peter,
Pharmacy Manager



Farewell to a Legend: Sue Embarks on a New Adventure Beyond Community Pharmacy

We recently gathered to celebrate Sue's anniversary (and perhaps got a little carried away describing her as the "sparkling presence" of Community Pharmacy. Whilst we stick by our description of Sue, Sue herself has wryly pointed out, this might have been just a touch inaccurate. Unfortunately, it is now time to share a bittersweet update: Sue will be retiring and leaving us in September.

In true Sue style, she has reminded us of all that she is more likely to be found stirring up a good dose of friendly banter than glittering and we would not have it any other way! Her humour, honesty, and sincere approach have made her a legend with staff and patients alike.

As September approaches, we will be sure to give Sue a proper Community Pharmacy send-off, one that is free of excessive sparkle but full of genuine appreciation, laughter, and (no doubt) a few more of Sue's witty remarks. Stay tuned on our Social Media page for details on how we will celebrate her retirement, and please join us in wishing Sue all the best in her next adventure.



42 Years And Counting

As a proudly mutual organisation, Community Pharmacy is owned by its members and driven by a purpose that goes far beyond retail. We like to think of ourselves as a "giving circle": our members support us, and in turn, we strive to give back to the community that surrounds us. Membership comes with tangible benefits, including 10% off selected non-dispensary products, \$20 Birthday vouchers, and, of course, the attentive service that sets us apart. By choosing to shop with us, members not only enjoy these rewards but also help us continue supporting local causes and organisations that enrich Wantirna and its people. If you would like to join or learn more about how you can make a difference, drop by our pharmacy. Becoming a member is a wonderful way to support both your wellbeing and the wider community.

It is a source of pride to recognise that Community Pharmacy has been an integral part of the Wantirna community for 42 years and counting, serving multiple generations of locals, and working to improve with each passing year. Our enduring presence is a testament to the trust and support of our members and the lasting relationships we have built in Wantirna.

Spring

With the arrival of spring comes blooming flowers and unfortunately, hay fever for many. If you are already feeling the early signs of allergy season, we have many hands on-deck who are freely available to discuss your symptoms and what your solutions may be. We offer a range of antihistamines, nasal sprays, and expert advice to help you stay symptom-free.

Furthermore, many people plan a spring getaway and if that is you, we can help you reduce your travel risks. Visit us for travel vaccines, motion sickness solutions, and a full checklist of health essentials to pack.

Whether you are travelling, managing your allergies, or simply need some medical guidance, our team are here to for quick, personalised plan to tackle your health needs.



Father's Day Competition



We are excited to share that Community Pharmacy will be celebrating Father's Day with a special competition! Pop into our store in the lead-up to Father's Day and enter for your chance to win a fantastic little prize that is perfect for treating a deserving dad in your life. More details are to be confirmed during August.

Do not miss this fun opportunity to join in and possibly take home something special! We send our warmest wishes to all the wonderful dads, stepdads, grandfathers, and father figures who brighten our lives. We also take a thoughtful moment to honour those fathers who are no longer with us. May this Father's Day be filled with joyful moments, and loving remembrance for all.

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/

Community Bank Wantirna Reopens

A New Chapter Begins

You may have noticed a buzz in the air — and not just the sound of power tools. On Tuesday 15th of July, we proudly reopened Community Bank Wantirna following a two-week renovation that marks more than a new look. It signals a new chapter in our long-term commitment to you — our customers, our staff, and our community.

This transformation was about more than paint and plaster. It was about purpose.

We've reimagined the space to offer a better banking experience and a deeper connection to the people of Wantirna. The result? A vibrant, modernised branch with faster transaction times, a dedicated on-site lender for personalised financial support, and enhanced accessibility for all.

As part of our upgrade, we've also introduced a rotating community art wall, celebrating the incredible creativity found right here in Wantirna.

This renovation is more than just an upgrade — it's a promise. A promise that we're here for the long haul. We're not just investing in bricks and mortar. We're investing in local banking, in the people who walk through our doors, and in the future of this vibrant community.



Community Bank Wantirna Staff Members (L to R)
Stuart, Declan, Jasmine, KC, Jo and Ruth.



While the look has changed, what hasn't, is our mission to be leaders in purpose-driven banking that actively strives to make positive change in our local community. We're proud to be part of a banking model that reinvests profits back into local schools, clubs, and community programs — and this space has been designed to serve as a foundation for even greater impact in years to come.

So come in, say hello, and take a look around. We're excited to show you the new space — designed with you at its heart.

Community Bank Wantirna — here to stay, here for you.

Healthy activities at Orana Neighbourhood House

62 Coleman Road, Wantirna South VIC 3152 www.orananh.org.au

Simple Daily Habits for Health & Vitality

Wednesday 13th August 11.00am - 12.30pm | \$10

What if we could make simple little adjustments to our day that could make a big difference?

This workshop will include:

- Introduction to simple things you can add to your daily routine to improve your health and wellbeing.
- An awareness of the little things that bring us out of balance.
- How the cycles of the day and the change in seasons impact us, and ways to more easily flow with these changes to optimise wellbeing.
- A guided practice to help you return to balance.



Facilitated by Cara Macri, Ayurvedic practitioner, yoga and meditation teacher.

Gentle Restorative Yoga - Weekend Unwind

Saturday 16th August | 1.00pm - 4.00pm | \$60

Join us for this relaxing 3 hour gentle yoga workshop. Please bring a yoga mat, blankets and cushions or a bolster.

The program will include:

- Savasana, Gentle yoga, Restorative yoga
- Mindfulness discussion
- Herbal tea circle
- Pranayama breathing
- Guided meditation



Women's Wellness Peace Retreat

Saturday 18th October 1-4pm | \$60

Come along to this special day where our holistic wellness instructor will guide you through different wellbeing practices to shift your mind and body.

Some of the practices and topics covered on the day:

- Guided Meditation
- Ancient Hawaiian forgiveness practice - The Ho'Oponopono
- Soothing Sound bathing with crystal singing bowls, tuning forks, drums
- Breathing techniques for clarity of mind and balance
- Flow Chi practice - moving meditation to balance and align your energy.



Scan QR code, visit our website or call the Orana office 9801 1895

Activities at Orana Neighbourhood House

62 Coleman Road, Wantirna South VIC 3152 www.orananh.org.au

Indian Street Food Workshop

Saturday, 23rd August 10.30am - 1.00pm | \$55

Craving a taste of India? Learn how to make crispy samosas, zesty bhelpur (puffed rice salad) and aromatic chai tea with Sangita! Please bring an apron, knife and container. All ingredients supplied.



Trivia Night - 1920s theme!

Friday 5th September 5-8pm

\$20 includes pizza & entertainment!

Boronia Bowls Club, 5 Marie St, Boronia VIC

Come and meet other local community members at a 1920s-themed Trivia Night! Book a table of 8 friends/ family or join in one of our tables for the general public - all welcome!



A wonderful interactive night where participants answer (very simple!) questions on a range of themes. BYO plate of nibbles, drinks can be purchased at the bar, and we supply pizza for dinner! There will be a silent auction and all ticket money raised goes directly to Orana putting on more free or low-cost community events. Bookings essential. Costumes optional but recommended!

Seniors Week Stretch & Sip Session

Wednesday 8th October 1.00pm - 2.00pm | FREE

All seniors 60+ are invited to come and try a free relaxing chair yoga session with a lovely afternoon tea to celebrate Seniors Week!



Get Online Week: Scams & Scones Workshop

Monday 20th October, 1.00pm - 3.00pm

Come along for an afternoon tea and information session on scams & passwords. Bring your own device and feel free to share and ask questions.



Orana Neighbourhood House AGM & Afternoon Tea

Wednesday 17th September, 2pm - 3pm

Everyone is invited to come along and hear about achievements from the past 12 months, ideas for the future, and join us in thanking all Orana staff, volunteers & trainers for the hard work they do, with a delicious afternoon tea!



Scan QR code, visit our website or call the Orana office 9801 1895

Wantirna Heights Probus News

Visiting Mont de Lancey in Wandin

This was an enjoyable excursion by members of the Combined Probus of Wantirna Heights. We spent a most enjoyable day visiting Mont de Lancey in Wandin where we started off in their Tea Rooms with tea or coffee and, for some, a bumper sized scone with home-made jam and cream. The scones were made on site by a very skilful young baker who would not divulge how on earth he managed to make the biggest scones we have ever seen.

Our excellent guide took us around the property providing a glimpse of times past and explaining how four families came from Guernsey to settle in the beautiful countryside around Wandin where they successfully created a good life for their families and became model Australians in their adopted country. The tour started at the Chapel then moved to the double brick house personally built by 57 year old Henry Sebire in 1867. Henry was a former stonemason and using timber felled on his land plus handmade bricks using clay quarried from the dam. He and local labourers built Mont De Lancey which became the first brick built house in the district. Of special interest was the Blacksmith's Forge where we admired the work of the talented Blacksmith who gave a very good talk about his work and showed samples of his creations.

Then it was onto vintage machinery with the tour ending at the homestead museum and its lovely gift shop. Happy with the tour and ready for a meal we drove to York on Lilydale for a very enjoyable lunch. Our thanks went to the organiser for arranging such a wonderful day's outing filled with laughter and many worthwhile memories. Top marks for such a happy day.

For more information about our club please contact Michael on 0439 551 209



NEWSPAPER **POST**

WANTIRNA NEWS & POST

Paul & Kathy Cameron

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Wantirna Heights Brownie Guides

By Rebecca Whitehead – 2nd Wantirna Heights Guides

Girl Guides Care For The ENVIRONMENT

Girl Guides have a long tradition of caring for the environment – going back over 100 years in Victoria and for over a decade here along Dandenong Creek.

For World Environment Day our Girl Guides participated in a tree planting activity that was organised by the First Friends of Dandenong Creek. Several community groups were involved in planting hundreds of seedlings in the section next to Wantirna Road. The Girl Guides were very enthusiastic to plant the highest number of seedlings possible and exceed any previous tally. The older Guides were able to support the planting techniques to ensure these seedlings were given the best chance to thrive. And for those keeping tally – our record was 780!!

The recent sleepover continued the theme of the environment with activities focused on the Create Trees badge. Friday evening saw the Guides planting seeds, making chocolate bark, chocolate coating lolly bananas, lots of games and plenty of laughter and supper of hot chocolate. The Saturday adventure included a train ride to the city and exploring the beautiful Gardens. A scavenger hunt kept everyone engaged and searching for plants, leaves and sculptures through the Treasury Gardens, Fitzroy Gardens and Parliament Gardens. We enjoyed amazing sunny weather for our time in nature and walked an amazing 13 km over the day.

The Girl Guides worked together in patrols, travelled on trains, explored nature and completed the challenges to earn the badge for their uniforms.

Our Girl Guide groups currently have vacancies for girls aged 6-11 and provide a welcoming space for girls to make friends, laugh and learn new skills – and the first three visits are free.

You can find out more about Guides in your area scanning the QR code or visiting www.guidesvic.org.au/be-a-guide



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News from Knox District Cub Scouts by Nicole Klep, District Leader of Cub Scouts.

The Cubs Acquire Leadership Skills!

On Saturday the 18th of May, 26 Cubs from 7 Cub Units from Knox District attended a Personal Development Course held at our District Headquarters, located in Lewis Park. This course is one part of the badge work required for achieving their Grey Wolf. The Grey Wolf Award is the highest award a Cub can earn and requires the Cub to challenge themselves and be self-motivated to earn certain badges and complete a number of tasks.

The Cubs participated in 11 sessions over the day run by our volunteer Cub Leaders. They started off the day with some warm-up, get-to-know-you games. The game of getting the hoop over and under everyone's arms and body whilst remaining as one circle was great fun. The Cubs strengthened their knowledge of what it meant to be a patrol leader and assistant patrol leaders. A highlight for Cubs on this course is always the practical skill activities held outside. Cubs find it challenging to work out how to get a bucket outside a big circle with only the use of spars and ropes or to have one Cub blind folded and direct them to erect a tent. They also had to turn a tarp over whilst standing on it at all times; move water from one bucket to another using only a straw, a balloon or one piece of A4 paper and move their whole patrol from one area to another using carpet mats whilst not stepping on the ground. Great activities for teamwork, communication and for Cubs to work on their leadership skills.

The Cubs also learnt about unit councils and how they can voice their choices and concerns. The Cubs got to teach another Cub of how to tie a reef knot, so that could learn about skill transferring. Once they mastered teaching the Cub the reef knot, they

moved on to a harder knot and some attempted the knots blind folded. They did some work on behaviour management, bullying and also participated in a youth forum, where they reviewed the course they attended and contributed to the District Cub program.

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

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

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



The Cubs Pumping The Night Away! by Nicole Klep, District Leader of Cub Scouts.

On Friday the 4th of July about 70 Cubs from 8 Cub Units in the City of Knox had a pumping sports themed disco at the 2nd/3rd Bayswater Scout Hall.

The Cubs had such a great time at our disco last year that they voted to have another one this year. We had a song list chosen by the Cubs, a variety of games and our DJ's Myles and Justin created a brilliant atmosphere with UV and strobe lighting, a smoke machine, a confetti cannon and an air tube dancer. The look of delight on the Cubs faces when the confetti canon went off with a load bang was a sight to see. The Cubs star angled in the confetti and gathered it in their pockets to take home. Overall, the night was a huge success and everyone went home with a song ear worm.

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

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



St Luke's Primary School News



St Luke's Primary School is excited to announce the return of our Community Fete. It will be held on Sunday 19th October from 11am - 4pm, 25 Stokes Road in Wantirna. The committee has been working hard securing rides, proactivity fun, pony rides and an animal farm. There will be a BBQ, Indian Cuisine, Hot Chips, Poffertjes, Donuts, Devonshire Tea and Cakes. There will also be plants, toys, preloved clothes, face painting, tattoos, chocolate and bottle toss and a dunk tank! A day of endless fun.

We are calling out to any businesses who have items, vouchers or services to donate to our raffle, silent auction, and prize giveaways. We also offer various sponsorship packages, and if you would like to know more about these, please email info@slwantirna.catholic.edu.au. In return for your generous support, we will ensure your name or business is recognised prior to, at the event and via our marketing channels.



Term 3 is our school production and rehearsals have been underway since the start of Term 2. We are so fortunate to engage the services of <https://www.epmusic.com.au/> and are excited to be the first school to perform their new musical "The Talent

Show. "Performing Arts is just one of our specialist programs that we offer at St Luke's alongside Visual Arts, Physical Education, Digitech and Library.

Bookweek, 100 days of Prep (where our Preps and Teaching Staff dress up as if they were 100 years old!), excursions linked to our inquiry learning and our whole school athletics carnival are also part of our Term 3 program. Extra-curricular activities are designed to complement our Teaching and Learning Programs to ensure all our students are well rounded and experience a vast range of opportunities in their learning journey.

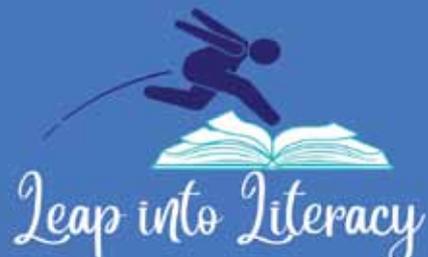
Our Prep 2026 transition program commences in Term 3 running over 6 different activities during Term 3 & Term 4. St Luke's is committed to offering a series of transition sessions to help our future students and their families become familiar with the classroom environment, connect with other children, and feel confident and comfortable at school. Our aim is to ensure that St Luke's is a welcoming and happy place when the new school year begins.

If you would like to explore more about St Luke's, please visit <https://www.slwantirna.catholic.edu.au>, call the school office on 9801 6917 or email info@slwantirna.catholic.edu.au.

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What's new at Your Library? by Karla Simon

As winter starts to fade, we're buzzing with excitement creating our spring What's On events guide! Get ready to plan your spring activities – pick up your free copy at any of our libraries from 1 September or browse online at www.yourlibrary.vic.gov.au. Our Bayswater Library is on the move! In the very near future, we will be relocating to a fresh and exciting new space within Mountain High Shopping Centre. Keep an eye on our social media for announcements.

New books and DVDs

Enjoy the latest selection of the books and DVDs at Your Library. To place a free reservation on any of the titles below and more, visit yourlibrary.com.au.

Top Reads

- One golden summer / Fortune, Carley
- Never flinch: a novel / Stephen King
- Baking across America: a vintage recipe road trip / B. Dylan Hollis
- A bunker in Kyiv / John Lyons; with Sylvie Le Clezio
- Vanish / Shelley Burr
- Bookish: how reading shapes our lives / Lucy Mangan
- The good daughter / Kumi Taguchi
- The emperor of Gladness: a novel / Ocean Vuong
- The Empress murders / Toby Schmitz
- Umma: a Korean mom's kitchen wisdom & 100 family recipes / by Sarah Ahn & Nam Soon Ahn

New DVDs

- The Good Teacher
- Death of a Unicorn
- Small Things Like These
- Rosemary & Thyme | Complete Collection
- Crocodile Dundee – The Encore Cut
- Flight Risk
- Mickey 17
- Liza – A Truly Terrific Absolutely True Story
- Call the Midwife: Series 14
- Exposure | Mini-Series



Events at Your Library

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

Black & White: Stories from the Heart Reflected Through Diamonds - Exhibition

ON NOW TO FRI 29 AUGUST (during opening hours M-F 9:30am-12pm & 1pm-5pm)

Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Visit Miller's Homestead to view this hope-filled and moving exhibition by 'Underneath My Umbrella' and the '10 Cents Project'. The exhibition features 10 stories of hope and encouragement from individuals on a family violence/abuse recovery journey. Bookings not required (FREE)

Melbourne's Ghost Signs: The Hidden Histories Behind Faded Ads

SAT 9 AUGUST, 11AM-12PM

Rowville Library, Stud Park Shopping Centre, Rowville

Join Sean Reynolds, cultural Archaeologist, author and sign sleuth behind Melbourne Ghost Signs, as he unpacks the hidden histories lurking in plain sight. Expect untold stories, long-lost scandals, and a fresh way to see the city you thought you knew. Bookings required (FREE)

Winter Live Music Series

FRI 15, 22 & 29 AUGUST, 6PM - 7PM

Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Join us for three diverse, cosy performances in the parlour at Miller's. Enjoy Travels with the Fiddle with Pria Schwall-Kearney, Jazz Piano with Caleb Elbourne, and An Evening of Song with Lily Georgia. Bookings essential (FREE)

All about eBooks and eAudiobooks with Libby and BorrowBox

WED 20 AUGUST, 10AM-11AM

Bayswater Library, Mountain High Shopping Centre, Bayswater

Learn about borrowing eBooks and eAudiobooks through the library. This presentation will look at downloading and navigating the apps Libby and BorrowBox. Feel free to bring your own device (tablet/smartphone) and we will help you get started. Bookings required (FREE)

Wills & Powers of Attorney

THU 21 AUGUST, 6PM-7:30PM

Knox Library | Ngarrgoo, 425 Burwood Hwy, Westfield Knox (Above Rebel Sport), Wantirna South

Presented by the Eastern Community Legal Centre, this session covers your rights as you get older. Learn about powers of attorney, medical treatment decisions, Wills, and family agreements. Bookings required (FREE)

Florescence - A Spring Exhibition by Ringwood Art Society

8 SEPTEMBER TO 28 NOVEMBER (during opening hours – M-F 9:30am-12pm & 1pm-5pm)

Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Come and experience Florescence – the state of flowering and flourishing – in our upcoming art exhibition by the Ringwood Art Society, featuring art that captures this essence. Don't miss the official launch on Wednesday, 17 September, 5:30 PM - 7:30 PM - Bookings required (FREE)

Meet the author: Kylie Ladd in Conversation

WED 17 SEPTEMBER, 2PM-3PM

Rowville Library, Stud Park Shopping Centre, Rowville

Join acclaimed novelist and psychologist Kylie Ladd as she discusses her latest book, The Mix-Up. Explore this thought-provoking novel about identity and belonging at Rowville Library. Discover her extensive work in fiction and nonfiction. Bookings required (FREE)

Brief But Brilliant - The Art of Short Storytelling with Anne Freeman

FRI 19 SEPTEMBER, 2PM-3:30PM

Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Join award-winning writer, Anne Freeman, for a 90-minute workshop exploring the short story's potential. Discover how simple narratives create emotional resonance. Gain practical skills, inspiration, and a deeper understanding of creative growth. For aspiring and emerging writers alike. Bookings required (FREE)



ARTS & ENTERTAINMENT

News from the Australian Jazz Museum

Preserving Australian Jazz for Current and Future Generations



What Exactly Is Jazz? *by Ken Simpson-Bull OAM*

A question that is often asked by visitors to the museum is: 'What exactly is jazz?' In the age in which we live, jazz is difficult to define because it encompasses a wide range of music spanning a period of more than 100 years. It originated in the United States, and early forms included the 'blues' – a form of folk music which arose in part from the work songs of Negro slaves, and ragtime – a precursor to jazz using popular music with exaggerated syncopation.

The word 'jazz' was first applied to the syncopated music developed in New Orleans around 1916 in which performers took turns at playing the melody and improvising counter-melodies. It was also known as Dixieland. Later forms included 'swing' which evolved in the 1930s with big bands playing orchestrated arrangements, and 'rebop' and 'modern jazz' from the 1940s with small groups playing with much more improvisation and using complex chords. A popular definition is simply music that makes you want to tap your feet.

Today, almost any popular tune with a beat is loosely described as jazz. It may also be defined as a cultural expression of much of the popular music of the last 100 years. A noted musician once said, 'If you've got to ask, you ain't got it'. The Jazz Museum's extensive music collection includes every possible form of jazz (except Rock 'n' Roll which has different roots).



Entrance to the Australian Jazz Museum in Wantirna.

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 website at www.ajm.org.au

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SEPTEMBER EXHIBITIONS

September 6 to 28

GALLERY - "EPHEMERA"

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FOYER - ART WORKS BY OUR FRIDAY GROUP

Sunday 14th September, Maxine Wade is giving a watercolour and Gouche demonstration at 2pm.

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Weekends 11- 4pm

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Involved in a not-for-profit organisation? Why not have your next special event, club meeting, fete, concert or exhibition promoted free of charge on your local FM radio station? Tell us a few weeks in advance, and have your community announcement regularly read out on air. It's as easy as that. Call 9722 9981 or email csa@radioeasternfm.com.au



Community Music and Performances Inc.

Jazz on Sundays

Ringwood Bowls Club
2-12 Loughnan Road Ringwood

- Sunday 17 Aug
- Sunday 12 Oct
- Sunday 14 Sept
- Sunday 9 Nov
- Sunday 7 Dec

1:30 - 5:00pm

Doors Open for a buffet lunch at 12:30pm
(bookings essential)

More Information: Ann Craig
0412 063 603

Bookings – trybooking.com/BVWQE

Facebook:

CMaP Inc – Community Music and Performances Incorporated

KNOXFIELD & SCORESBY NEWS

Knoxfield Development: Background To Wetland Design from Development Victoria

There's been lots of interest in our proposed wetland at Knoxfield and what it will mean for the community and the environment.

When we first started our master planning for the Knoxfield project our first consideration was to try to keep the existing dam as we knew it was significant to the community. Importantly, we knew it was already home to a number of different species including the Blue-billed Duck.

We asked expert ecologists and hydrologists to review the existing dam and the options available. We asked them to consider community safety, the ecological and environmental contribution of the dam and other features required by the development. The advice was clear and recommended the removal of the unsafe existing dam and the development of new wetlands to enhance the current habitat for fauna to provide an accessible and safe experience for the community. The proposed wetlands design was also recommended to mitigate flooding and provide stormwater treatment to help improve the health of our waterways.

One thing is clear and that is our commitment to deliver wetlands which will be good for the community and

the environment, protect and enhance the natural habitat, including that of the endangered Blue-billed Duck, and provide safe access for the community.

We want to give the Blue-billed Duck and other species the best opportunity to thrive on site. To achieve this, the new wetlands have been designed with the ducks at front of mind, backed by comprehensive advice of experts in this area.

The proposed new wetland is expected to significantly improve the water quality, and in turn improve the available breeding and nesting habitat for the Blue-billed Duck. This breeding habitat is currently limited on site. The new wetland will provide a healthier and safer waterbody for the Blue-billed Duck and other wildlife.

Development Victoria will work closely with an expert team, as well as other industry experts and the community where possible, to ensure the timing of construction and the establishment period is appropriate.

More information is available via Development Victoria's website: https://www.development.vic.gov.au/projects/knoxfield?page=the_proposed_wetland



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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

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Community Day

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Our upcoming Community Days are on Saturday, 16th August and Saturday, 13th September from 9am — 12noon

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KNOXFIELD & SCORESBY NEWS



Hello from Knoxfield Ladies PROBUS Club by Bev Bishop

A very enjoyable highlight of our June activities was the bus trip organized by the Boronia Probud Ladies, who kindly invited us to join them at the Yarra Ranges Regional Museum in Lilydale. It was a cold winter's morning (yes we've had a few of those this year), but the bus was warm and full of talk and laughter.

A few of our members were surprised when we flew past Coome Cottage in Coldstream as we presumed (wrongly) that the Dame Nellie Melba exhibition which we were expecting to attend, was the exhibition in the restaurant at the estate.



As we heard later, the poor unsuspecting driver had been given the wrong itinerary and we ended up in the car park of the TarraWarra Art Gallery in Healesville. It was a lovely drive, though a little wet and foggy. Turning around, we then flew past Coome Cottage again! All became clear when we arrived at the Yarra Ranges Regional Museum in Castella Street Lilydale which opened in 2011. Thankfully we stopped for hot drinks and refreshments in the Gracious Grace Coffee Shop next to the museum prior to wandering into the museum. Our first view in the breezeway is the permanent, gently swaying sculpture by Cameron Robbins titled Millkulture

powered by wind. The museum houses 13,000 items including objects, photos, artwork, maps and indigenous belongings relating to the Coranderrk Aboriginal Station, as well as items relating to the Wurundjeri elder William Barak. There are also items and the sound of the glorious voice of the internationally acclaimed Dame Nellie Melba (1861 -1931). The next exhibition is Art Quilt Australia 2025, 9 July to 12 October.

In spite of the chilly temperatures and winds we have gone to our usual dinner nights and Sunday brunches; also a lunch to celebrate Christmas in July at the Knox Tavern. There are more outings pending, so if you would like to join us, meeting at the Wantirna Club every third Wednesday, please call Val our Membership Officer – 0425 705 053 for more information.



Photos included with permission of Coome Cottage

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ENVIRONMENTAL NEWS



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

Our group enjoys, monthly speakers, weekend outings and twice a year week ends away. The outings and weekends away are usually conducted by our own members. We acknowledge volunteers work in providing these opportunities for us to not only enjoy the Australian bush and its contents, but also to learn so much from each other.

We are now meeting at the Ringwood East Senior Citizens Hall. Lawrence Ave, East Ringwood. Plenty of parking and easy access to the hall.

Excursion: May excursion: Leader - David H.-. Witton's Reserve, Wonga Park.

About 20 members enjoyed the outing starting with a walk up to Mt Lofty, followed by lunch at Jumping Creek Reserve. About 20 bird species were recorded and a good day had by all.

Meeting: June Speakers - Members favourite place in Victoria.

12 members put together 5 slides each of their favourite place in Victoria. It was so hard to choose.

Presentations included: Flinders, Phillip Island, Mt Buffalo, Grampians, Omeo, a member's own residence,



*Mt. Buffalo
by Alison Rogers*

In and around the bays in Victoria, Mt Arapiles, Hattah/Kulkyne NP, Lakes Entrance, Murrayville and the Mallee, Wilson's Prom and Lake Tyers. A very interesting evening.

Excursion: June excursion - Leaders Lynn and Neal S. Churchill National Park

Twenty-five members participated in this excursion on a cold but sunny day. A pleasant walk in the morning yielded 22 bird species, and after lunch some members did a second short walk which found us a couple more birds including Tawny Frogmouths for the list. Although many people think Tawny Frogmouths are an owl, they actually belong to the Nightjar family. You may see them on the electricity wires in your neighbourhood waiting for moths to come into the street lights.

Meeting: July Speaker - Judith Cooke - The Earth Beneath Us - sites of geological significance on Club excursions.

Judith gave us a very informative talk on the different geological periods to be found in various places the Club has visited over



Cape Schanck showing the black volcanic rocks by Alison Rogers

the years. Her examples included Tindal's Reserve, a fossil site in Victoria Road, Lilydale, Studley Park, Mushroom Reef at Flinders, Cape Schanck, the Cheviot Tunnel near Yea, Lake Mountain, Latrobe Valley, Gippsland, Heathcote, around Castlemaine, the Grampians and the Moyston Fault, which is the eastern edge of Gondwana.

Future Program

Meetings:

August - Speaker, David Hewitt - "Queensland Dinosaurs"

September - AGM and President Shirley Smith's Talk. "25 years of nature at Sandy Point"

October - Tony Robinson - "Worth two in the bush - local birds and how they use plants"

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 always held on the second Wednesday of each month at 7-30pm now at our new venue the Ringwood East Senior Citizens Hall. Lawrence Ave, East Ringwood.

All visitors are welcome. For more details phone Alison 0438 6946 00 or Peter on 0409 6946 23

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



Knox Community Gardens Society by Rod Felton

Where Our Community Can Grow

This is part two of our 35 years of KCGS membership. KCGS took over management of the orchard area in 1996 and at the same time another 30 plots were established although we don't remember much about this. We do remember the kids building cubby houses behind the sheds near our plot. Unfortunately, those sheds were condemned by KCC several years ago and have since been removed. Over the next couple of years, we soldiered on, committing as much time as we could, given we had a growing family. However, in October 2003 we received the dreaded 'clean up your plot or else' letter. We had to decide if we wanted to continue and after a bit of discussion, we decided to clean it up and made the commitment to make it productive.

The Millennium drought had a profound impact on the community gardens, particularly from 2007 to 2009. Severe water restrictions were in place and at its worst, watering of plots was restricted to 6am-8am twice a week. I would go to the plots at 6am and there would be 50 other plot holders trying to water, all holding barely dribbling hoses! I gave up on that very quickly. I started filling containers with water from our tank at home, loading them into the car, driving down to the plots and trying to water what was still alive. That didn't last too long either. I seriously thought about giving it away at this point, but Brenda said I would regret it if I did. Smart wife I have because I certainly would have regretted it!

The other memory we have from that time was during the February 2009 Black Saturday bushfires. From our plot, we could clearly see the water-bombing activity on the western side of the Dandenong Ranges, attempting to put out fires in the Upper



Ferntree Gully and Tremont areas. When the drought finally broke in early 2010, I can remember the Scoresby Road access road flooding, with parts of it under a foot of water!

The most recent highlight was the KCGS 40th Birthday Open Day held in October 2024. What a magnificent event that was! We had stalls for plants, cakes and books, Devonshire tea, barbeque and wok meals, plus more than 20 individual product makers selling their goods. We also had live music and lots of people enjoying the atmosphere! Unfortunately, the weather turned a bit nasty in the afternoon but that's what gardening is all about. It was a real community event, put on by our community for the local community.

Our fondest memories of the last 35 years are of the people we have met along the way. A year or so after we joined, Ray and Chris moved into plot 78 next door. Ever since then, each summer we have been trying to outdo each other, with Ray winning on most occasions. We have also met many other members while helping out at various events such as Knox and Stringybark festivals and Bunnings barbeques.

Recently I have joined the committee and become involved with the Tuesday morning work group (photo of us at morning tea), both of which I enjoy immensely.

Covid-19 put a dampener on things for a couple of years, but KCGS has bounced back since then. We now have a number of community groups as members, namely Knoxbrooke, VMCH and several Rotary clubs. We partner EACH in delivering a healthy eating program for primary aged school children and occasionally run a similar program for senior students. From time to time, gardening talks are delivered to community groups like U3A and at local libraries. Knox Infolink have sponsored us for two 400 litre Aerobins for composting excess organic material from their operations and we have regular deliveries of used coffee grounds from Reground. Knox City Council has recently provided funds to develop a sensory garden within our gardens. The aim is to provide therapeutic, educational, and recreational benefits, particularly for individuals with sensory sensitivities, disabilities, attending dementia day-care centres, or with mental health challenges.

What a great time to be a KCGS member. I can't see us leaving anytime soon!

If you would like to drop in for a visit, have a look around or stop for a cuppa and a chat, the gardens are open on Wednesday mornings from 10am 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

ENVIRONMENTAL NEWS

Knox Environment Society

The Floral Emblems of Australia and Victoria by Anne Morton

Golden Wattle *Acacia pycnantha*

Golden Wattle *Acacia pycnantha* is a shrub or small tree about 4 to 8 metres tall with phyllodes instead of leaves. In spring and late winter large fluffy golden-yellow heads of sweetly scented flowers provide a vivid contrast with the foliage.



Golden Wattle is a popular garden plant as it is moderately tolerant of frost and dry periods and grows well in a wide range of well-drained soils in sun or light shade. Bees, seed eating birds and other insects are attracted to the golden flower balls.

Golden Wattle *Acacia pycnantha* gained popular recognition as Australia's national flower soon after Federation when Archibald Campbell, who was a prominent ornithologist, naturalist and photographer, started the campaign to have it nominated as Australia's floral emblem. In 1910 he was instrumental in having September 1 celebrated as Wattle Day in Melbourne, Sydney and Adelaide.

But Golden Wattle was not proclaimed as the



national floral emblem until 1988, the year of Australia's bicentenary with 1 September formally declared 'National Wattle Day' in 1992.

Over the years, wattles have had important connections for all Australians, especially Golden Wattle which holds deep cultural significance for Indigenous Australians.

During World War I, wattle sprigs and badges were sold to raise money for the war effort and organisations such as the Red Cross. Later, wattle became a symbol of remembrance for Australians who died while serving overseas.

The wattle also became the inspiration for Australian sporting colours of green and gold, with the green for the wattle foliage and the gold of the Golden Wattle's blooms.

Common Heath *Epacris impressa*

Common Heath is one of the few plants that flower at this time of year with masses of narrow tubular flowers from late autumn to late spring, with a peak in winter. There are three different colour forms of white, pink and crimson.

The pink-flowered form, often referred to as "pink heath", is the floral emblem of the state of Victoria, the first Australian state to adopt a floral emblem. In

1951 a meeting of government representatives and other bodies agreed that the pink form or 'pink heath' be adopted as the official floral emblem.

Birds, such as Eastern Spinebill, will visit these plants for nectar and they are also attractive to butterflies and bees.



Both of these floral emblems are available at the Knox Environment Society Nursery at 1010 Burwood Highway, Ferntree Gully (just across the car park from the Library).

Upcoming Events at the Nursery

September is Biodiversity Month and there will be a Frog Pond workshop on Saturday 6 September from 11am – 1pm.

KES Spring Garden Festival will be held on Saturday 11 October from 10am – 4pm. Once again there will be exhibitors, presentations, children's activities and music. So book that date in now and join in the fun of the day.

I'M HERE TO HELP!

My Aston Electorate Office can assist you with information about Federal Government services, including:

- Services Australia
- National Disability Insurance Scheme (NDIS)
- Medicare
- Australian Taxation Office (ATO)
- Immigration, citizenship and customs
- Passports
- Pensions, and My Aged Care
- Child support
- Veterans' Affairs

Mary Doyle MP
Federal Member for Aston



Scan to
keep up
to date



Get in touch

- ✉ mary.doyle.mp@aph.gov.au
- 📍 Suite 4, Level 1, 420 Burwood Hwy, Wantirna South, VIC 3152
- ☎ (03) 9887 3890
- 🌐 www.marydoyle.com.au
- 📱 @marydoylemp

Laughter Club News

Psychological Winter Resistance, SAD and YES, I CAN help myself.

Today I am sharing about Psychological Winter Resistance, also known as enthusiasm plateau, motivational dip or valley, self-sabotage, as well as Season Affective Disorder (SAD) and suggestions how you can help and support yourself.

SADA is more serious than feeling down in the winter, is a type of depression. Winter has been far colder the last couple of Ayears and you may notice more feelings of disparity because of the wetter, darker winter conditions. People who live in Alaska experience SAD more, having little daylight and conversely, it is rarer in very sunny countries.

Ways we can help ourselves move through SAD.

Sleep and diet are very important along with more light, exercise and implementing self-supporting routines. Open the curtains as soon as you wake up and go outside as soon as you can to take in the morning light. It assists with our circadian rhythm. Have breakfast or morning cuppa sitting by a window. If natural light is limited, a light therapy box may be helpful.

Diet: Hibernating in the winter can lead to more introspection, preparing inwardly for springtime. I suggest plenty of fruit and vegetables, whole grains and lean protein. Consult your health professional and ask about vitamins, as I heard taking Vitamin D and C is essential, as well as zinc and echinacea which will support our immune system, thus making us stronger, fitter and unlikely to catch colds and flu.

Sleep: Limit blue screens before bedtime and have a regular bedtime schedule, going to bed and rising at a regular time. Also to sleep in a dark bedroom.

Light therapy, talking to a therapist, taking certain medicines, and getting enough Vitamin D can make a big difference. These treatments can help people feel better despite the weather.

Stay connected: Resist withdrawing from social activities, staying connected with family and friends. Do find time to exercise, have fun, be kind and loving



to yourself and plan something to look forward to. The movies, library talks and activities, various groups. Make a decision to be involved in life with other people.

Laughter Yoga: Regular exercise releases feel-good endorphins and dopamine, which help improve one's mood and energy levels. Laughter yoga, which we do at laughter club, does this and is an aerobic exercise. You are welcome to join us any time.

Psychological Resistance: Many of us feel a motivational dip in wintertime but it may be at any other time of our lives. It may be that we are bored, not having sufficient stimulation, a multitude of reasons may be at play. The feelings of self-doubt can be subtle. Then we can have hidden away, the fear of success and what it may entail.

New projects can raise our feelings of wellbeing and positivity and put us in an initial high when positive endorphins are released into the body.

Working through resistance, feelings of flatness, going nowhere, a dip or plateau, we can come out the other side stronger. Life is meant to thrust us into new situations and of course, new things become familiar, comfortable, the old ways of doing things.

Personal and spiritual ways to support us: The human body seeks comfort, the easy way to do things, to be in control, know what lays ahead and we love to organise our lives neatly into boxes or compartments, instead of being open to interruptions and life happening moments, periods, difficulties etc.

It may appeal to some who are drawn to meditation

and self-support, to spend quality time in introspection, rechecking and reviewing your life. Daily journaling and meditation are most helpful. Remember to be patient, kind and tolerant towards ourselves is imperative.

Self Determination Theory SDT: Acknowledge the dip or plateau without judgment, because judging one's actions exacerbates the situation. If we manage to keep going, our self-determination becomes stronger, we build endurance. The alternative to doing so risks not evolving and as energy is moving, we actually devolve, we lose the gains we have made in this lifetime. Imagine becoming the best, highest, brightest, version of yourself and work towards it.

Rekindle with your WHY: Don't wait for motivation to come to you, because motion creates energy. When you put your energy and action into it, the path is slow to begin with and then you build up momentum, which will then help to carry you forward. Motivation is tied in with self-determination which is fuelled from within you. To get out of the motivational slump, revisit your WHY. There needs to be a solid reason to begin with which set you up, your direction, which becomes lost as time goes on.

Patience, Tolerance and Kindness: Okay, you have read it this far. Well done! There is a lot in all this, if it is of interest to you, as it is to me. Basically, live your life making progress and don't beat yourself up!!!

The Ferntree Gully Laughter Club meets at 11am on the 2nd & 4th Sunday of the month. We are at the Ferntree Gully Library 2pm on the 4th Tuesday of the month and the Boronia Library 11am on the 3rd Saturday of the month. I also run periodic laughter yoga and spiritual growth classes and workshops. First timers, please contact me, Lynette in case of a meeting change.

Let me know if you wish to receive my email newsletter and an email reminder when the laughter club is on next. You may even like to join the Facebook group (Google it or ask me). Cheerio for now and be kind to yourself.

Lots of Love, Laughter and Blessings. Lynette Mitchell.

Phone: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

Hands on Myotherapy



The link between headaches and jaw pain

with Emily

Headaches can be incredibly debilitating, often affecting your ability to concentrate, work, or enjoy daily activities. One of the common causes of headaches is jaw tightness/ dysfunction, as tension

in the jaw muscles can easily radiate up to the head leading to discomfort and pain.

Things like poor posture, jaw dysfunction, stress and anxiety can all build up over time and when your bucket starts to overflow, that's often when headaches and jaw tension begin to show up. By releasing tight muscles and addressing imbalances I can help ease that build-up, improve jaw range of motion and take pressure off the head. That's where myotherapy can make a real difference. I've seen great results in reducing and eliminating jaw pain and headaches by using techniques like dry needling, dynamic cupping, and targeted soft tissue work. Clients often report not only fewer headaches but also a decrease in intensity of their headaches.

I always take the time to get to know what's going on with you so I can tailor each session to suit your needs. My goal is not just to relieve symptoms, but to help you achieve long term results and prevent pain from coming back. I'm available for appointments at Hands On Myotherapy Monday to Thursday 9am-7pm. Call our team or book online via our website.



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

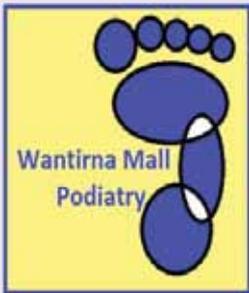
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Unit 10/603 Boronia Road
Wantirna VIC 3152

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, MAPA)

4/322 Mountain Hwy, Wantirna

Ph: 9720 1235

www.wantiramallpodiatry.com

Online booking available

Open Tues to Fri 9am to 6pm and Sat 9am to 1pm



Why Do My Feet Hurt When I Wake Up?

One of the most web searched foot-related questions online is: "Why do my feet hurt when I wake up?" It's a surprisingly common concern, and as a Podiatrist, I hear it often. That first step out of bed can feel like walking on pins and needles—or worse, sharp, stabbing pain in the bottom of the heels or in the arches.

A common cause is plantar fasciitis, an inflammation of the thick band of tissue (the plantar fascia) that supports the arch of your foot. While you sleep, your foot rests in a relaxed position. When you stand in the morning, the tissue suddenly stretches, which can trigger pain. The discomfort may ease as you move around, only to return later after long periods of sitting or rest. People who spend a lot of time on their feet, go barefoot on hard floors, or

have flat feet or high arches are especially prone to morning foot pain.

Other potential causes include tight calf muscles, poor footwear, or conditions like arthritis or nerve compression but there are also other causes to this issue. At Wantirna Mall Podiatry we can investigate the underlying issues of your foot pain and tailor a personalised treatment plan to help your pain. So, if your feet hurt every morning, know that you're not alone—and that relief is possible. A little attention now can go a long way toward happier, pain-free steps ahead.



News from Wantirna Osteopathy

How an Osteopath can help with Pregnancy

Dr. Caroline Teh (Osteopath)



Pregnancy brings significant changes to a woman's body, often leading to discomfort, pain, and mobility issues. Osteopathy offers a gentle, non-invasive approach to supporting pregnant women through these physical transitions. An osteopath is a qualified healthcare professional who uses hands-on techniques to assess, diagnose, and treat various conditions, with a strong focus on the musculoskeletal system.

During pregnancy, hormonal shifts such as increased relaxin can loosen ligaments, affecting joint stability—especially in the pelvis and lower back. As the baby grows, posture changes and added weight place extra stress on the spine, hips, and muscles. Osteopaths help alleviate these issues using gentle manual techniques like soft tissue massage, joint mobilization, and stretching.

Osteopathic treatment during pregnancy can help relieve common symptoms such as back pain, sciatica, pelvic discomfort, neck tension, and swelling in the limbs. It can also improve circulation, reduce stress, and support optimal fetal



positioning by encouraging better pelvic alignment. Importantly, osteopaths work closely with other maternity care providers to ensure safe, integrated support tailored to each stage of pregnancy.

Beyond physical relief, many pregnant women report improved sleep and a greater sense of well-being after treatment. Osteopathy offers a holistic,

Mr. Mina Williams
B.Pod. M.A.Pod.A.

Podiatrist



PhysioSpot

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Telephone: 9764 9359 Facsimile: 9763 3114

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Community News

Available online at
www.studfieldwantiranews.org

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drug-free option to enhance comfort and mobility during pregnancy, empowering women to feel more at ease in their changing bodies.

Here at Wantirna Osteopathy, we have several practitioners that have

an interest in, and are experienced in, treating pregnant patients.

Always consult with your doctor or midwife before beginning any new therapy, but for many expectant mothers, osteopathy can be a valuable part of a healthy pregnancy journey.

Wantirna Osteopathy
9800 0388



Life Activities Club Knox

COMMUNITY NEWS

LACK had a very busy social calendar for June. We had a luncheon and Royal Parade for the King's Birthday. The Royal performance was carried out most admirably by Mr. Jeff Pattison with the majority kicking up their heels on the dancefloor, including 'Elvis 'The King'

Visit to NGV (via train) to view Dogs & Cats Exhibition. We followed this with an informal lunch and then paid a visit to the Victorian Art Centre to view the 5 metre bronze Octopus.

Our initial Partner dancing was very successful and a return session will be held next term break when there is no regular exercise class. Come along – you don't need a partner as Mal organises pairings.

We had our first, of what we hope to be, more successful Movie Days. The premier film was a lovely romantic movie set in the early 1860s – The King and I. We were treated with popcorn and the old wafer biscuit ice-creams. Plus tea, coffee and afternoon tea. The next Movie Day will be the second Monday of the month 11th August. The next movie will be "Pearl Harbour".

As the PR Officer for LACK and organiser of the Ladies Morning Tea, I have to give it a plug. The next morning tea will be at Brontos Café, Boronia Road, Boronia on Tuesday August 5th.

Coming up for July we have many diverse events (including, golf, theatre and social outings). If you would like more information on what our Club offers, please phone Lorraine on 0438 068 334.



Boronia Ladies Probus Club

At our May meeting we held our annual Cancer Morning tea and our ladies were generous in their donation of \$393 for this wonderful research program. The ladies enjoyed a special morning tea to celebrate the occasion.

In June our President Nancy, Secretary Jan and Treasurer Marion, were invited to a presentation at the Bendigo Bank and received a grant from the Bank for \$506. This grant will be used for all the members in the coming months, for a special occasion.

The Club has a range of Guest speakers in the months ahead, September meeting is always our Footy morning and the members really join in the fun, dressing in their club colours, and prizes are given for the best outfit on the day, party pies and sausage rolls are on the menu for morning tea.

With the weather being cold and wet, we invite any ladies looking for a friendly group to join, we would love to meet you at the Knox Club (our meeting room is heated) perhaps ring Jan on 0438 059 783 and ask whatever questions you might like to know about our club, before coming to visit on the 3rd Wednesday of the month at 10am it will only cost you \$5 and that will include morning tea and the guest speaker. We also have a lending library of good books, for members to take, and perhaps you might have a book to donate, there is no fee for taking a book to read.

Hope to see you at one of our next meetings on 20th August or 17th September, you will be made most welcome.



Boronia Probus Club

Our club continues to grow and now has over 40 members

We have been busy with outings including a Seniors Race Day with High Tea at Cranbourne Racecourse and a Christmas in July function at Mulgrave Country Club. Both events were fully attended and very much enjoyed by our members.

More events are scheduled for August including a visit to the NGV and a bus trip to Healesville.

We welcome all retired and semi-retired people from our local and surrounding areas to come along to our monthly meeting held on the 2nd Thursday of each month at 10am at the Boronia Bowls Club, 5 Marie Street Boronia.

For the month of August, we will not have a guest speaker but will instead have a Trivia Quiz with prizes. After our meetings we have lunch at one of the local hotels or clubs and these are always popular.

In addition to our outings we do organise regular walks, morning teas and discuss other local activities available in conjunction with the Knox Council via Knox Over 55s Zest4Life.

You can contact us via our website or by emailing sec.boroniaprobus@gmail.com

Hope to see a few new faces at our next meeting.



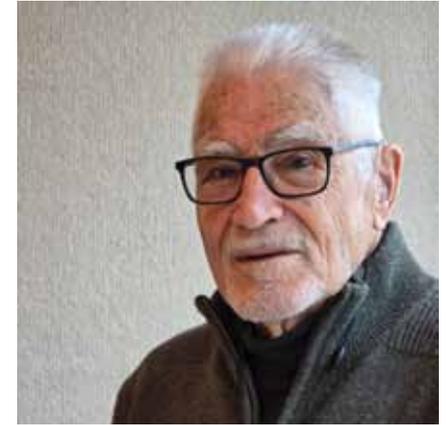
A History Of Italians In Knox by Kathleen Meekings

What do you know about the history of the City of Knox and some of the early settlers in the area? Of the market gardens that are now home to houses and businesses and the remnants of the “Brussel sprout capital of Australia”? Most importantly the Italian families that were the heart of the industry.

Well, Jim Penna’s new book “Keeping Their Memories Alive: Celebrating 100 Years of Italians in Knox” may answer some of your questions.

Jim is a member of Knox U3A where he has been an active cyclist. Knox U3A celebrated their 30th birthday last year. The organisation has over 1400 members and is run on a totally volunteer basis. A wide variety of classes and activities are available from cycling, bushwalking, pickleball and golf to languages, art and crafts, music and literature. More classes are delivered as new members with new skills join.

U3A Knox is all about valuing the experience, wisdom and stories that come with a life well lived. They see learning not as something that ends at a certain age, but as something that continues through sharing knowledge, connecting with others, and preserving the stories that shape who we are. Jim’s book reflects those values in the most meaningful way.



Well qualified to write such a history, Jim was raised on a market garden in Ferntree Gully by his Italian migrant parents. Although he lived elsewhere in Melbourne for many years, he returned to the Knox area in 2000.

In the book, he explores the stories of Italian families that came to the Knox area in the 1920’s and later. He does this through the personal stories and photographs of a number of families, many of whom still live in the area.

Jim is thankful for the sponsorship and support of Knox U3A who also organised a successful launch of his book on 10 July. Copies of the book cost \$25 and are available by contacting Jim Penna at pennamgt2@bigpond.com.

You can find out more about U3A Knox at www.u3aknox.org.au



Knox Over 50s

At Knox & District Over50s we are a very friendly and sociable group who normally meet on the 4th Tuesday of each month from January to November.

Our next General Meeting will be held at 10.30 am on Tuesday the 26th of August 2025, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch for those who wish to stay on.

We provide guest speakers, many day trips and an annual trip, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies.

During July we visited the Yakult factory in Dandenong, followed by lunch at the Hallam Hotel.

This month will see some of our members off on a “Mystery Bus Tour”. Really looking forward to finding out more about that one!

Further events for this month include visits to the Round Theatre in Ringwood to see the Australian Ballet perform and, later in the month, a musical comedy “Cruising with the Grandparents’ Club”. We are also looking forward to seeing Music of Andrew Lloyd Webber at the same venue during October.

Our planned 6-day trip to the West Coast of Tasmania during November 2025 has some very lucky members filled with much anticipation.

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 Kerry (on 0419 995 084) for further information. We look forward to hearing from you or, more importantly, seeing you in the near future.



Studfield Wantirna Community News

URGENTLY SEEKING NEW VOLUNTEERS

Members of our current team are retiring following our 100th edition in February, 2026. If Community News is to continue, we need some new team members to help with the production of the Paper.

No experience necessary, just some of your time.

It’s a great way to get involved in your local community!

Roles include: administration, story writing, proof reading, formatting, bookkeeping, photography, distribution etc.

Join us to find out more!

VOLUNTEER INFORMATION SESSIONS

to be held at 10.00am on

FRIDAY, AUGUST 15 and FRIDAY, SEPTEMBER 5

at Orana Neighbourhood House
62 Coleman Road, Wantirna South

Enquiries to Janet on 0418 839 503

Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month (except December - it is the 3rd Monday) and includes a 2-course lunch, tea/coffee, raffle tickets 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 7 disadvantaged students through the 'Learning for Life' Program. We also support a refuge for women and children escaping domestic violence.

Lunch Date - Monday 25th August - Speaker Nina Fromhold of 'Memory Lane - Life Stories'.

Lunch Date - Monday 22nd September - speaker Chris Bennett - 'Roy Boy - A story of growing up in Fitzroy'.

If you want to join a welcoming and fun club, come join us. Visitors are most welcome.

Time: 11.00am for a 12.00 noon start.

Where: The Knox Club, corner Stud & Boronia Roads, Wantirna Sth. Bookings Contact: Romaine on 0421 400 549

Wantirna Day View Club

Wantirna Day VIEW Club (Voice, Interests, and Education of Women), is a group of friendly women who 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 15 August the speaker will be Melissa Stehr and her topic is Altruism-A Path To Survive and Thrive Through Womanhood.

On Friday 19 September the speaker will be Elida Brereton speaking about her travels to Antarctica and beyond.

There will be a raffle, book stall and trading table with all monies raised going to help needy children sponsored by the club for their educational needs.

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. There are also small groups within the club eg. coffee and card mornings etc and the occasional outing. 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
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 each month 11.30am.	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: Jan on 0438 059 783
Combined Probus Club of Wantirna Heights	First Wednesday of every month at 10am	Knox Boat Fishing Club, Schultz Reserve, Kingloch Pde Wantirna.	Michael 0439 551 209
iShred - Community Shredding Day	Sat. Aug 16 & Sept 13 9am-12pm	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.	0491 258 657
Knoxfield Ladies Probus	3rd Wed. of the month at 10.30am.	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 Wed of the month at 10.30am.	Wantirna Club, Stud Road Wantirna	Lesley Kelly 0409 028 959
Scoresby TOWN Club	Wednesdays 8.30am	Scout Hall behind 91 Lewis Road Wantirna	9761 1875
Boronia Probus Combined Club	2nd Thurs of the month at 10.00am	Boronia Bowls Club, 5 Marie Street, Boronia	Keiran Smith 0404 079 636
Wantirna Cricket Club	Saturday Summer Competition	Schultz Reserve Wantirna	President David Orlandi 0418 147 456
Rotary Club of Knox	Wednesdays 12.45pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Gary Weston - 0409 553 168
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 Wed of the month 11am	Ringwood Club, Maroondah Hwy	Heather 0411 219 248
KSSSG-Knox Stroke Survivors	2nd & 4th Wed of the month 10.30am	Crave Restaurant, 236 Dorset Road Boronia	Lister 0413095061 Rob 9758 8582 Anna 0414976619
Knox Photographic Society	2nd,3rd,4th Wednesdays 7.30PM	Boronia West Primary School. Tormore Rd Boronia (Enter via Swimming Pool car park).	Rob 0401943354
Studfield Wantirna Probus Club	2nd Tues monthly at 10.30am	Knox Club, 480 Boronia Rd Wantirna	Pauline 0458 003 985
Elm Street Mission	Mon, Wed, Fri 10 am to 2 pm	654 Mountain Highway Bayswater.	Ethne 0428 330 873 or info@elmstmission.org.au .
Knox Masters Athletics	Wed. 7.00pm-9.00pm	Knox Athletics track, Bunjil Way, Knoxfield	Peter - 0427880143, Helen 0425743977

EACH Financial Counselling

by Holley Dumble

Have You Been Scammed Online?

- Have you been cyber scammed and left financially out of pocket?
- Is your credit history in ruins due to identity theft?
- Are you being chased for debts you never owed?
- Do you know where to turn for help if you fall victim to an online scam?

As online scams grow more sophisticated, local residents are increasingly falling victim to cybercrime that doesn't just steal personal data—but inflicts serious financial damage. From unauthorised bank transfers to fraudulent debts and damaged credit reports, the consequences can be long-lasting and emotionally distressing.

A Growing Threat in Victoria

According to the Australian Competition and Consumer Commission's Scamwatch, Australians lost over \$2 billion to scams in 2024. Of that, more than \$100 million came from Victoria alone. With artificial intelligence and digital manipulation on the rise, the number is expected to grow.

Common scams now affecting Victorian communities include:

- Phishing scams via SMS, email or phone, impersonating banks, telcos, and government services
- SIM-swap fraud, where scammers hijack your mobile number to access bank and online accounts
- Fake ads and investment scams on social media and marketplace sites
- AI-generated deepfakes, used to impersonate voices and faces of trusted people in video or voice calls

ATO and myGov Scams: A Persistent Risk

With tax time underway, scammers are ramping up impersonation attempts targeting the Australian Taxation Office (ATO) and myGov portal.

These scams often involve:

- Fake SMS or emails about tax refunds or unpaid debts
- Phishing links that lead to bogus myGov login pages
- Phone calls from scammers posing as ATO officers, threatening arrest or legal action unless payments are made—often via crypto or gift cards

The ATO and Services Australia continue to warn that they will never ask for personal information via SMS or threaten legal action over the phone. Always log in directly at my.gov.au, never through a link in a message.

Additional Prevention Tips

- Never click links in unexpected ATO or myGov messages
- Type my.gov.au directly into your browser
- Use strong, unique passwords and enable two-factor authentication
- Be cautious of messages requesting urgent payments or unusual account activity

COMMUNITY NEWS



What to Do If You've Been Scammed

1. Take Immediate Action

Contact your financial institutions, government agencies (ATO, Centrelink, Medicare) and mobile provider to freeze compromised accounts

Notify credit reporting agencies (Equifax, illion, Experian) and request a temporary credit ban

Save all relevant messages, emails, and statements as evidence

Check your devices and update your passwords and security settings for your devices, email accounts and online platforms

2. Report It

Report identity theft and cybercrime to ReportCyber (cyber.gov.au)

Report scams to Scamwatch (scamwatch.gov.au)

Report Services Australia or ATO scams

- ATO - Forward suspicious emails or texts to: ReportEmailFraud@ato.gov.au or call 1800 008 540

- Services Australia - reportascam@servicesaustralia.gov.au or call Scams and Identity Theft Helpdesk at 1800 941 126

3. Seek Support and Financial Help

Being scammed is overwhelming—but you're not alone. If your identity has been compromised, or you're facing financial fallout, support is available:

IDCARE offers expert help in identity and cyber recovery: idcare.org

- Financial counsellors can help you understand your options, deal with debts, and plan your next steps.
- Contact EACH Financial Counselling: 9871 1817
- Contact the National Debt Helpline: 1800 007 007 or ndh.org.au

Cyber scams don't just target your data—they target your financial wellbeing. Knowing how to respond quickly and where to get help can make all the difference. Whether you're a victim or trying to stay one step ahead, the key is to act early, report fast, and reach out for support.

Key Resources & Support Services

IDCARE: idcare.org

Scamwatch: scamwatch.gov.au

Victoria Police: police.vic.gov.au

eSafety Commissioner: esafety.gov.au

MoneySmart: <https://moneysmart.gov.au/online-safety>

Equifax: <https://www.equifax.com.au/personal/>

Illion: <https://www.illion.com.au/>

Experian: <https://experian.com.au>

Gully Market Update

The Gully market operates from the Upper FTG station carpark on Saturdays and Sundays. September is prostate cancer awareness month. Once again, the Gully Market is donating \$3000 to Prostate Cancer Foundation Australia to be directed towards their prostate cancer specialist nurses' program. They are a vital cog in the care of patients with advanced prostate cancer. I urge everyone to visit the PCFA website, and donate, even if it's only one dollar. Every dollar counts. I also urge all men over 50 to be tested as the odds of getting prostate cancer is 1in7 and increases through your 60s- 80s. Early diagnosis results in 90+% survival. I invite the local community to support this little community market so that we can continue to support organizations such as this. Since Sept 2023 we have donated a total of \$31,500 to organisations such as Foothills Community Care organisation, FTG Salvation army, Otis foundation, Upper Gully CFA, and PCFA.

Ian Rice President Gully market, Tracy Pate Secretary/ Treasurer, Rachael O'Connor/social media.

Proudly Supporting



Prostate Cancer
Foundation of Australia



Wantirna Tennis Club 2025

by Alison Rogers

Tennis at Wantirna Tennis Club

We often remark on how well our Juniors are going and celebrate their wins. Which they certainly did again over the last season. This month we would like to celebrate some of our Senior teams wins. Our Club does not only support our Junior teams, but also Night Tennis, Midweek Ladies and Midweek Men's teams. Since the last edition we have had some exciting wins in the Senior part of our Club.

Congratulations to all teams who made the finals.



Midweek Ladies Premiers Sct 5



Midweek Men's Premiers Sct 5

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. Just check out our website. 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

The winter competition is well underway, with minor breaks due to the holidays.

Thanks to the supervisors and the parents who support their children with this great sport.

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. Now is the time to add your name to the list for selection for next season. Details at the end of this article. All welcome.

Coaches Corner at Wantirna

Winter Holiday Program

Our Winter Tennis Camp was a great success! Players of all levels enjoyed action packed days filled with skills training, match play, and fun activities. Despite the chilly weather, everyone stayed active, improved their game, and had a fantastic time on court. We wrapped up the week with a well deserved BBQ, bringing everyone together to celebrate a fun and rewarding camp!

Term 3

Hot Shots Tennis is underway with a few spots available for new players. We're currently offering a free trial session, a perfect opportunity to give tennis a go!

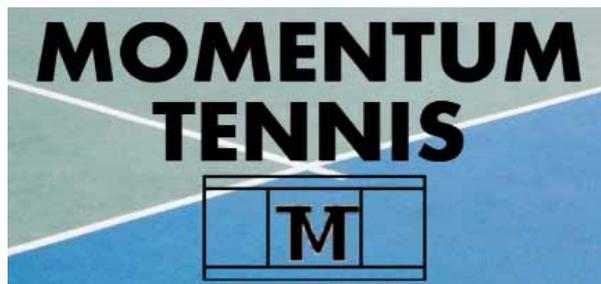
For advanced players, Squads continue with high intensity sessions focused on match play, tactics, and fitness. Now's the time to build momentum for the upcoming season.

Whether you would like your littlies to play Hot Shots with Ash or Cardio Tennis for both women and men with Troy or Bill give them a call. Cardio has been extremely popular. Classes are Tuesday and Thursday lunchtimes as well as Monday, Tuesday and Thursday evenings. Sessions are 45 minutes and it's a fantastic way to enjoy tennis while getting a huff and puff!

For anyone who hasn't tried Cardio Tennis yet, don't forget you're welcome to come and have a free trial.

A reminder that if anyone needs a new racquet, a restring or anything tennis related we can offer great service and pricing on all major brands.

Contact Troy Murrell, Head coach at Momentum Tennis. All Bookings should be made by calling or SMS to Troy at 0434 804 719



SPORT NEWS

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, 5 new classic clay and 5 en tout cas, 8 of these courts are under lights.

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 043 804 719 and his Coaching team or email t_murrell@bigpond.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/wantirnatc/WTC

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



Community News

Available online at

www.studfieldwantiranews.org

Find us on Facebook

JOIN OUR TEAM

Volunteers are welcome at
Studfield Wantirna Community News

Templeton Tennis Club News by Neil Houlston, Secretary

Templeton Tennis Club: Junior Convenor Retiring After 23 Years

Junior Convenor Retiring End of Winter Season

After 23 years as the junior convenor at Templeton Tennis Club, Pam Stewart (pictured) has advised that she will be stepping down from her role in the next couple of months.

We couldn't be any more grateful, for her time and effort to run our weekend junior competitions for Saturday and Sunday mornings for all these years!

Winter 2025 Competition Progress

We are now over halfway through the 2nd half of our weekend competitions.

Our club currently has over half of our teams, across all of juniors and adult competitions, in the top half of their respective ladders.

We wish all players the best of luck for the remainder of the season.



Straight Sets Professional Tennis Coaching

Kelly and the coaching team at Templeton are available to provide their services for all ages and experience levels, from very beginners to those trying to perfect their backhand.

Details on all coaching programs available at our club, including group coaching and private lessons are available on our club website under the Coaching tab.

Follow Us on Socials

To stay up to date with events 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 Street 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

Wantirna Cricket Club

The Wantirna Cricket Club will soon begin pre-season training in preparation for the 2025-26 RDCA season.

Training will be held in the new cricket nets at the club's base, Schultz Reserve, 600m from Wantirna Mall, or at Topline Cricket in Bayswater.

The club is also looking for new players. Wantirna CC, established in 1920, fields three teams who play on Saturday afternoons.

Players of all abilities and backgrounds are welcomed, and the club also caters for those who cannot commit to playing or training every week.

Anyone interested in joining the club should contact President David Orlandi 0418 147 456 for more information.



NEW PLAYERS WANTED



WANT TO PLAY CRICKET THIS SUMMER?

The Wantirna Cricket Club are looking for new players for the upcoming 2025/26 season

Wantirna CC competes in the Ringwood & District Cricket Association (RDCA) and fields three teams that play on Saturdays in summer.

A family-oriented club established in 1920, we are based at Wantirna's Schultz Reserve and have spots available for players of all abilities.

We also cater for players who cannot commit to training or playing every week and offer **FREE** membership to first-year players.

If this sounds interesting, please call or text President David Orlandi (0418 147 456) for more information.

The Wantirna Cricket is proudly supported by our wonderful sponsors:





Have your say in August

Annual planning for the 2026-2027 budget and actions

Share what services you think deliver the most value. Help us understand how we can best meet the needs of the community for the 2026-2027 financial year.

Other projects you can share your feedback on

- A review of the Climate Response Plan
- Proposed speed limit changes on Napoleon Road



knox.vic.gov.au/HaveYourSay

HAVE YOUR SAY


10 languages available



Visit Knox Community Arts Centre!

Upcoming shows include:

- Women of Wit stand-up comedy
- Wish Upon a Star — The Disney Songbook ft. Danielle Matthews
- The Beatlez tribute show

9729 7287 or knox.vic.gov.au/kcac



Free community training workshops

Enhance your skills in managing challenging volunteer behaviour, safe food handling, running a successful community group and more.

Register now

knox.vic.gov.au/CommunityTraining



Make your home all-electric

Enhance your home's comfort and save money with Solar Savers Energy Upgrades.

Learn more

SolarSavers.org.au

knox



Knox City Council