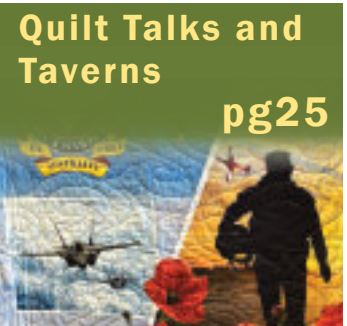


COMMUNITY NEWS

Edition 103 - August/September 2026

Studfield	Wantirna	Wantirna South
Scoresby	Knoxfield	Bayswater

10,000 copies distributed around the north & west of Knox



Students pose for photo at Bayswater South Primary School

Studfield Wantirna

Community News

URGENTLY SEEKING NEW VOLUNTEERS

We are continuing to build our team and are still looking for new volunteers.
No experience necessary, just some of your time!!

We are currently looking for people who can help with distribution.
Other roles are also available.

Meetings are held on 1.00pm on Friday, August 7 & 21 and September 4 & 11
at Orana Neighbourhood House 62 Coleman Road, Wantirna South
Enquiries to Janet: 0418 839 503



Are you looking for a treatment for Alzheimer's disease?

We are seeking individuals aged 50-85 years who have been diagnosed with Alzheimer's disease to participate in a clinical trial of Transcranial Magnetic Stimulation (TMS).

TMS is a well-tolerated non-invasive brain stimulation technique that can change brain activity.

We are seeking people who:

- Are aged 50-85 years
- Have a diagnosis of Alzheimer's disease
- Have a 'close other' to participate as their study partner (e.g., spouse, close friend, close relative)



If you would like to know more or are interested in participating, please contact our research team on (03) 9377 9918 and dementia@bionicsinstitute.org or visit our website for more information www.bionicsinstitute.org

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Front cover: Students pose for photo at Bayswater South Primary School
10,000 copies produced & distributed around the suburbs of Bayswater, Knoxfield, Studfield, Scoresby, Wantirna and Wantirna South.

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

DEADLINE DATES FOR 2026

Edition 104 - October/November - Friday 11th September
Edition 105 - December/January - Friday 13th November

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

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Editorial

Hello Readers,
How can our communities maintain humanity?
To maintain humanity, the majority of people need to believe humanity has value. We know that if people in communities support each other, communities become stronger.

A desire to support others comes from a belief in equality, fairness and respect for dignity. It is given through compassion and kindness, and it comes with empathy and understanding. People who act with humanity value the collective wellbeing of our communities. Humanity is about generosity, not greed. It is about compassion not condemnation. It can be local or global.

We can all be contributors to a more humane society by being mindful of the impact of our decisions and choosing selflessness over selfishness. Humanity improves physical and mental health outcomes, brings lower crime rates and fosters more creative and prosperous people. Humanity can start with small acts of kindness.

Thank you to people who practice humanity.

Janet Claringbold, Editor



Thanks to Orana Neighbourhood House for generously providing a room for our meetings.

Bigger, Better Angliss Hospital Opens



From Jackson Taylor MP

A major expansion of Angliss Hospital has officially been completed delivering more beds, operating theatres and outpatient services for Melbourne's growing outer eastern suburbs.

The \$112 million redevelopment includes four new operating theatres, a 32-bed inpatient unit, expanded outpatient facilities and the capacity to treat an additional 1,300 patients each year. It is expected to help meet increasing demand for healthcare as the region's population continues to grow, while easing pressure on emergency departments and inpatient wards across Eastern Health.

Premier Jacinta Allan said the project fulfilled a commitment to local families. "We've delivered a bigger, better Angliss Hospital to make life easier for local families – just like we promised," she said.

The expansion has also created 49 new full-time equivalent positions and was backed by a \$44.8 million investment in the 2026/27 Victorian Budget to open the new facility.

Health Minister Harriet Shing said investments in hospitals such as Angliss were ensuring Victorians had access to world-class healthcare. "It's new and upgraded public hospitals just like the Angliss that are delivering world-class care – with the staff, technology

and facilities that Victorians need and deserve," she said.

Member for Monbulk Daniela De Martino said the redevelopment would make a lasting difference for local families. "The improvements at the Angliss will ensure locals can enjoy excellent modern hospital facilities so much closer to home," she said.

Member for Bayswater Jackson Taylor welcomed the completion of the project, describing it as a significant milestone for the local community. "We promised the community an expanded Angliss Hospital and that is exactly what we have delivered," Mr Taylor said. "This is a game changer for the East and will mean locals can access the care they need, close to home." Mr Taylor also thanked Eastern Health staff and the local community for their patience throughout construction. "Cheers to the crew at Eastern Health for all their work, and huge thanks to the patience of the Angliss staff and community whilst works were delivered," he said.

"I'm proud to announce this one, and proud for our community to use these first-rate facilities."

The expansion marks another significant investment in local health infrastructure and is expected to support the region's healthcare needs for many years to come.

Bayswater Senior Citizens Club News

Bayswater Senior Citizens Club Hall is turning 60 this year, it was officially opened on the 1st of October 1966. Our club/ group was established in May 1963 when a group of about 50 people gathered with the aid of the Rotary Club of Bayswater to set up the Bayswater Elderly Citizens Club to provide an outlet for people to meet and have fun. The Club's purpose remains the same, to provide a place where people over the age of 50 can gather together, make new friends and have a laugh in a safe respectful environment.

The refurbishment of the Hall roof is still ongoing and has slowed down our social calendar somewhat but this month 37 members had a great day out at Sages Cottage and Café in Baxter. It was a very cold start to

the day but the weather was much kinder as the day wore on. We are looking forward to having another day of entertainment in August as well as a Footie Day in September and we have organised a Seniors Week concert in October with entertainment by Glenn Starr. We are also in the process of trying to set up a Chair Yoga program for members. Our Bowls team and Card players have also slowly been getting back into the "groove" as their routine has been somewhat disrupted due to some electrical problems on their allocated days.

Thursdays is of course Bingo Day but it is also the day in the week when the team is there for most of the day to meet newcomers, answer questions etc. So come on down and meet us.

For further information please contact our Secretary Marie Everett sec. bayswaterseniorcitizens@gmail.com or 0425 826 991





Jackson Taylor MP

Member for Bayswater

Delivers for Knox

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

Elm St Mission's 'Open Door' Day a great success



Bayswater's Elm St Mission recently welcomed the community through its doors so people could meet their friendly volunteers, find out more about their programs and participate in some regular activities.

The event attracted a steady stream of visitors, including members of the public, representatives from Knox City Council, local community organisations, friends from the Uniting Church congregations in Knox and potential volunteers who were eager to learn more about Elm St Mission's programs and community impact.

Elm St Mission's Program Coordinator said the day was exactly what they hoped for. "It was wonderful to welcome so many people who share our commitment to community connection. We were delighted to see

representatives from Knox City Council and a range of community organisations taking the time to learn about our work and discuss opportunities for ongoing collaboration," said Ethne Pfeiffer.

Guests were invited to tour the facility, meet participants and discover how Elm St Mission provides a safe gathering place where people can be welcomed for who they are, build friendships as well as community connections.

Ethne added, "We called it our 'Open Door' Day because we see ourselves as an open-door community. Many people commented on the warm atmosphere and sense of belonging experienced by everyone who walks through our doors. Hospitality is one of our values and our volunteers always make sure our events are well catered!"

Throughout the event, visitors heard firsthand from people whose lives have been enriched by their experience at Elm St Mission. Ethne added, "We extend our sincere thanks to everyone who attended and helped us make it such a fun day. And we look forward to getting to know our new friends even better."

Elm St Mission is a community-based program providing a safe and welcoming place for people experiencing mental health challenges, social isolation, other life difficulties – and opportunities. The strong attendance and positive feedback reinforced the recognition of the important role community programs play in improving mental wellbeing, reducing isolation and creating inclusive places where everyone is welcome.

Programs include:

Open Door (Mondays, 10 am - 2 pm: Art, craft, armchair exercise; Wednesdays, 10 am - 2 pm: Music, singing, movement, mindfulness; Fridays, 10 am - 2 pm: Music, singing, storytelling, bingo)
Care4Carers (Thursdays, 10.30 am - 12 pm: For women carers) – morning tea provided
50s+ Friends (Thursdays, 1 - 2.30 pm: Social group for men and women) – afternoon tea provided

All programs are free. Lunch is provided Mondays, Wednesdays, Fridays (12 - 12.30 pm).

Contact details:

Phone: 0428 330 873

Email: info@elmstmission.org.au

Address: Elm St Mission, 654 Mountain Highway, Bayswater

Web: elmstmission.org.au

Facebook: ElmStMission

Bayswater Makers' Market

August and September at the 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 from 10 am to 2pm, on Saturdays 22nd August and 26th September.

Our market is a great place to support local producers, artists and craft people. Our wares include cakes, chocolate and condiments as well as honey, plants, homewares and gifts. All made by the stall holders, who would appreciate any special orders for Christmas soon, some things take longer to make than others!

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



Cr Robert Williams

Dinsdale Ward Councillor · Knox City Council

Listening to Dinsdale.

Contact Robert for any Ward issues.

0488 333 975

cr.robert.williams@knox.vic.gov.au

Champion Foodbank Receives Generous Support from Timberlink

On Tuesday 2 June, Champion Foodbank & Community Hub was delighted to receive 80 care packages generously donated by Timberlink Pty Ltd, based at Caribbean Park in Scoresby.

The care packages contained a range of essential household and pantry items, including toilet paper, coffee, soap, and other everyday necessities that will provide valuable support to Champion visitors and their families.

Timberlink is an organisation committed to advancing Aboriginal reconciliation, and this commitment was clearly reflected in the donation. An impressive 43% of the products included in the care packages were sourced through Aboriginal-owned organisations, including Cultural Choice and MOS, businesses that actively support and procure goods from Aboriginal enterprises.

This generous contribution was made during National Reconciliation Week and demonstrates how local businesses can make a meaningful difference in their communities while supporting important social and economic outcomes. Partnerships such as these highlight the power of collaboration and the positive impact that community-minded organisations can have on the lives of others.

Champion Foodbank & Community Hub extends its sincere thanks to Timberlink for its generosity, commitment to reconciliation, and ongoing support of our community.

More Than Gardening: Explore, Create & Connect - Term 3 Community Garden Program

Grow Friendships, Learn New Skills and Have Fun at the Term 3 Community Garden

There is something for everyone this term we'll be exploring a wide range of activities including meeting a local beekeeper, creating wind chimes and garden art, making homemade granola, enjoying Chair Zumba, learning about medicinal plants, celebrating Book Week and sharing stories over morning tea.

This term, several of our community garden sessions are themed around important days of recognition, encouraging participants to connect with broader community, wellbeing and inclusion initiatives.

13 July – Inspired by Don't Step on a Bee Day (10 July), celebrating pollinators and biodiversity in our gardens.

10 August – Recognising Loneliness Awareness Week and Homelessness Week, with art activities focused on connection, belonging and community.

17 August – In recognition of World Humanitarian Day (19 August), learning about Aboriginal land care and bush tucker practices, and the enduring connection between caring for Country and food security.

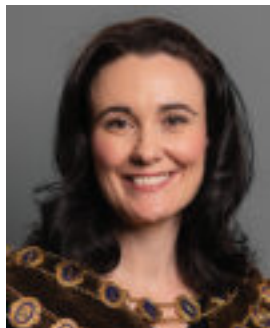
31 August – Recognising Wear It Purple Day (28 August) and looking ahead to R U OK? Day (11 September), celebrating the strength, resilience and diversity of LGBTIQA+ young people.



Whether you enjoy crafts, wellbeing activities, learning something new, or simply meeting friendly people, there's something for everyone. No gardening experience is needed—just bring your curiosity and a willingness to join in.

Everyone is welcome and we look forward to seeing you. More information can be found at Champion.org.au or on 0468 375 808.

AROUND KNOX



Mayor's Message

With

Cr. Paige Kennett

Planning for next year's budget

Council's priorities for the coming year have been guided by the feedback of nearly 600 people in developing the Annual Budget 2026–2027, and the 1,100 people who shared their thoughts for our Council and Health and Wellbeing Plan.

We are in the second year of this plan, which has a significant influence on where we will invest your rates.

We are now starting to plan for our 2027-2028 annual plan and budget. We will engage with you early in this process to give you the opportunity to help shape priorities from the start. Feedback will be open from 27 July to 23 August.

To help us understand your priorities, we invite you to tell us which services you believe deliver the most value and how we can best meet the needs of our community. We also welcome formal submissions for Council to consider, and you may choose to present your submission directly to Council.

You can find out more and stay up to date on this and other opportunities to provide feedback at: knox.vic.gov.au/HaveYourSay

In addition, I will be holding 'Meet the Mayor' sessions to hear from you directly about the 2027-2028 annual plan and budget. View my page on the website for details.

Community survey results are in

I'm pleased that satisfaction with Council's overall performance is at a record high with a score of 7.2 in the 2026 Community Satisfaction Survey.

Each year, we ask the community how they think we are performing in a number of areas through this survey, which was conducted by our provider Metropolis Research through 501 door-to-door interviews from randomly selected households.

All services/facilities ranked as important (7.5 or more score) and all services/facilities ranked as 'Good', 'Very Good', or 'Excellent' satisfaction.

Thirty services and facilities achieved higher satisfaction scores than last year, including:

- Services for seniors — 10% higher
- Maintenance and repairs of sealed local roads — 7% higher
- Maintenance and repairs of major arterial roads/highways — 7% higher
- Street sweeping — 6% higher
- Council's newsletter Knox News — 6% higher
- Recreation centres and/or aquatic centres — 5% higher
- Public toilets — 4% higher

Although satisfaction with maintenance and repairs of roads was higher, this was still residents' main issue. When asked about this, most respondents indicated complaints about the maintenance of state-owned roads.

Recycling bin lid change

Council has started changing recycling bin lids from blue to yellow in line with new state government rules that require everyone in Victoria to have the same household bin lid colours.

Residents should leave your recycling bin out until 6pm on your usual recycling collection day, and do this each fortnight until you receive your new yellow lid.

We have over 60,000 recycling lids to change so it will take us time. There is no need to let us know if your recycling lid hasn't been changed straight away or if your neighbours has and yours hasn't. You only need to contact us if you haven't received your new lid by February 2027.

I invite and encourage all residents to stay up-to-date with what's happening in Knox by subscribing to our weekly eNews at knox.vic.gov.au





Orana Neighbourhood House - What's On?



Change the Vibes- Energetic Feng Shui workshop

Saturday 15th August 10:30-12:30pm | \$40

Ready to transform the energy of your home, workplace, and life? Join this inspiring two-hour workshop and discover how the ancient principles of Feng Shui can help create environments that feel lighter, clearer, more harmonious, and inviting. Suitable for anyone seeking greater balance, positivity, abundance, and improved relationship dynamics, this practical session will teach you why energetic clearing is important and how to apply simple yet powerful techniques in your everyday spaces.

You'll also learn how these principles can support healthier personal connections and attract positive opportunities into your life. Guided by a qualified Energetic Alchemy practitioner, you'll leave with practical tools and a fresh perspective on creating the energy you want to live in.

Bookings, visit:
www.orananh.org.au
or call 9801 1895



Gentle Yoga

Mondays 9.15am - 10.30am

Mondays 6.45pm - 8.00pm

13th July - 14th Sept

Saturdays 8.45am - 10.00am

and 10.15am - 11.30am

18th June - 19th Sept | \$126

Relax both your body and mind with gentle, flowing yoga sequences whilst incorporating awareness of breath.



Gentle Restorative Yoga 3 hour Workshop

Saturday 5th September

1.00pm to 4.00pm | \$60

Join us for this relaxing 3 hour gentle yoga workshop. The program will be:

- Savasana
- Gentle yoga
- Restorative yoga
- Mindfulness discussion / herbal tea circle
- Pranayama (breathing)
- Guided meditation

Please bring a yoga mat, blankets and cushions or a bolster.

"Orana Disco Fever"

Trivia Night, Disco-themed Fundraiser!

Friday 4th September

6.00 - 9.00pm | \$35

(includes dinner & trivia)

Boronia Bowls Club

We're excited to announce that Orana Neighbourhood House will be holding a Disco Trivia Fundraising Night in Term 3 at Boronia Bowls Club! Gather your friends, dust off your disco outfits, and get ready for a fun night of trivia, music, and fundraising for a great cause!

Zumba Gold for older adults

Tuesdays 12:30 - 1:30pm

14th July - 11th Aug | \$70

18th Aug - 15th Sep | \$70

Modified, low-impact version of Zumba dance fitness program, specifically designed for active older adults, beginners, or those new to exercise.

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,
Wentworth South, VIC 3152
☎ (03) 9887 3890
🌐 www.marydoyle.com.au
📱 @marydoylemp

Outer Eastern Trefoil Guild



The Trefoil Guild of Victoria holds an Annual Gathering and the Annual Meeting of its members. This year it was held in Sunbury, several of our members attended.

Girl Guides Australia/ Victoria is a child safe organization; all members must adhere to the principle of zero tolerance to child abuse. We were updated on the recent changes to this policy.

The Victorian Trefoil Guild Manager, Robyn, reported on the past 12 months, reminding us of the many and varied achievements of the last year.

With the business of the morning and a delicious lunch in the café over, it was time for fun. Trying to remember the names of guiding songs and coming up with next line of a song being played

resulted much hilarity and chatter. We were also encouraged to discuss ways to find new members, diversify our programs and publicize ourselves.



The day ended with us joining in renditions of "Go well and safely" and "Taps" followed by acknowledgment of the friendships formed and renewed.

Stamford House is the fully restored original beautiful homestead of the Rowville area. We held our June meeting in a private room. We were attended and indulged by the wait staff, who served coffee, cake and a very special lunch as we held our business meeting. Everyone thoroughly enjoyed this visit and we planned to do it all again one day soon.

A member of our Guild has been in ill health recently lives in Rosebud. Our July meeting is to be at Rosebud RSL so this member can join us to continue our friendship and connection. During July we will be joining the Yingana Trefoil Guild who will be cooking a 'Christmas in July' lunch as a fundraiser.

Congratulations to our member 'Kaye' who is being acknowledged for her contribution to Guiding over many years with a special afternoon tea.

We are looking forward to a tour of the Jazz Museum and Morning Tea for our meeting in August.

Are you looking to join a group who usually just meet once a month and would like to have some friendship and fun? Ring Margaret 0427 549 468 or Irene 0415 247 631 and you will find what you are looking for.

Balmoral 100 Birthday Ladies



(Left to right) Eveline, Joy and Peg

We shared the loveliest day at Balmoral Village celebrating an extraordinary milestone — the 100th birthdays of three very special ladies: Eveline, Joy & Peg.

The room was simply stunning in soft, pink, creating the most warm and joyful atmosphere for such a meaningful occasion.

It was an afternoon filled with love, laughter, and treasured moments — a chance to honour a century of beautiful lives, stories, and memories.

We feel so lucky to have been part of something so rare and special.

Eveline, Joy and Peg have all called Balmoral home for many years, and it holds such a special place in their hearts — a place they truly love.

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 25th of August, 2026, 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.

For our 2026 annual trip, we are planning a visit to the NSW Riverina in October, which will include Griffith for their annual Springfest. During June some of our members visited the Mont de Lancey Homestead in Wandin and it seems a wonderful time was enjoyed by all.

During July, we toured the Victoria Police Museum in Docklands. Their latest exhibition, Police Animals, showcases the history and ongoing use of police and emergency service animals. Collections include artifacts from the present day back to Melbourne's earliest days in the 1800s.

Highly recommended by all who attended. Photos from both visits are included with this article, but you

can see many more on our website mentioned below. 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) or, for further information, see our Facebook page, Knox & District Over50s Inc.

We look forward to hearing from you or, more importantly, seeing you in the near future.



Australian Jazz Museum - Volunteer Receives Prestigious Award

by Ken Simpson-Bull OAM

*Preserving Australian Jazz for Current
and Future Generations*



Margaret Anderson

The jazz Museum's longest serving volunteer, Margaret (Maggie) Anderson, recently received the prestigious "Volunteer Appreciation Community Award" presented by Knox Council. Maggie, who was

the secretary for the Founding Committee of the Australian Jazz Museum in 1996 (then known as the Victorian Jazz Archive), has been a continuous tireless volunteer for the last 30 years.

Maggie, along with her (now deceased) husband Don, was primarily involved as archivist for the Australian Jazz Convention, an annual music festival that has continued annually uninterrupted since 1946, a convention that holds the world record as the longest running.

As well as contributing to the museum's continuing operations, Maggie, because of her lifetime association with jazz bands and their musicians, has always been invaluable in identifying sometimes obscure jazz performers and bands from among the Jazz Museum's extensive archives.

In 2015 Maggie and Don produced the double-CD "Looking Back" featuring historic jazz performances from past annual Australian jazz Conventions. (This item is still available for purchase from the Museum.) The management and staff are very proud of Maggie's achievements.



Margaret receiving her volunteer appreciation community award

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

Is your rate still working for you?

Review the
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Knox/Rowville/Keysborough

9887 4088



THE FERN TREE GULLY ARTS SOCIETY AT THE HUT GALLERY

157 Underwood Rd, Fern Tree Gully

Open Thursdays + Fridays 1-4pm, Weekends 11-4pm

Or when the flags are flying

AUGUST EXHIBITION

Sat 1st – 28th

"YOUNG @ ART"

An open exhibition to all young artists aged 11- 18 yrs old.

This is an exciting exhibition, giving the youth in our communities an opportunity to display their incredible talent.

Artworks may include, many mediums, digital, painting, skate-decks etc

Official opening and awards presentation 2pm Sunday 9th August

FOYER EXHIBITION

"TUESDAYS' TALENTED STILL LIFE GROUP"
SEPTEMBER EXHIBITIONS

5TH September - 2nd of October

"INDUSTRIAL"

This is a members exhibition displaying their interpretations covering many things, mechanical, technical, robotic, automation, etc

FOYER EXHIBITION

"THURSDAY ARTISTS WORKSHOP"

www.thehutgallery.com info@thehutgallery.com.au

**COME AND CHECK US OUT.
ALL WELCOME, FREE ENTRY**



COMMUNITY PHARMACY WANTIRNA

More Than Just Prescriptions

Community healthcare is changing. We are changing with it.

Most people think of their local pharmacy as a place to collect prescriptions. While that remains an important part of what we do, community pharmacy now plays a much broader role in supporting everyday health.

At Community Pharmacy Wantirna, our goal is simple: to make healthcare easier, more convenient and more accessible for local people, while taking the time to understand what each person needs.

For many health concerns, your pharmacist is often the fastest healthcare professional you can access. No appointment is needed and our team is available seven days a week to provide trusted advice and support.

Local, professional care.

Our people are at the heart of this approach. Vanessa De Silva, our Pharmacy Operations Manager, brings a calm, practical and gentle approach to pharmacy care. While Vanessa may be a new face to some, she has been with Community Pharmacy since January 2021 and previously led our Glen Huntly store.



Vanessa believes that looking after people starts with listening, understanding what is happening in their day-to-day lives and making health advice feel clear, respectful and achievable. That is how we want every person to feel when they visit us: welcomed, heard and supported by a team that genuinely cares about their wellbeing.

We are also fortunate to have Andrea Crook as our resident naturopath and dietitian. Andrea has been part of Community Pharmacy for 18 years and brings a depth of knowledge that extends the care we can provide beyond regular pharmacy services. Her role is especially valuable for people who want practical advice about what may safely complement their medicines, including dietary, nutritional and supplement support.



This can be particularly important for people living with diabetes, or for those taking GLP-1 medicines, where food choices, nutrition, side effects and ongoing wellbeing all need thoughtful support. Andrea helps customers make informed decisions that fit their health needs, their medicines and their everyday lives. Andrea welcomes bookings on Thursdays and is also in store on Saturdays and Sundays.

More support than many people realise

Alongside prescriptions and everyday medicine advice, our pharmacists provide a range of professional healthcare services designed to help you stay well and manage your health more effectively.

- MedsChecks to help ensure your medicines are working safely and effectively
- Diabetes support and medication reviews
- Vaccination services
- Sick leave certificates
- Blood pressure monitoring
- UTI Consultations
- Advice on managing common health conditions

Many of these services can help identify potential health issues early and may save an unnecessary visit to a busy GP clinic.

Are you taking multiple medicines?

Many people take multiple medicines, sometimes prescribed by different healthcare providers. It is common to have questions about how medicines work together, when to take them, or whether side effects may be affecting day-to-day wellbeing.

A MedsCheck is an opportunity to sit down with one of our pharmacists and talk through:

- What each medication does
- How to take it correctly
- Possible side effects
- Any concerns or questions you may have

These conversations can help identify potential issues early and many patients tell us they leave feeling more confident and informed about their treatment.

Is Spring really coming

We know it doesn't feel like it right now as we snuggle our doonahs and Oodles, but before you know it Spring will be here, and with it will come hay fever season. If you are already feeling the early signs of allergy we can discuss your symptoms and offer solutions. We offer a range of antihistamines, nasal sprays and expert advice to help you stay symptom-free.

If you are planning a spring getaway 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. Your health partner, not just your pharmacy

We are proud to be part of the Wantirna community and believe healthcare works best when patients, pharmacists, doctors and allied health professionals work together.

Whether you need medicine advice, a vaccination, support managing a chronic condition, nutrition and supplement guidance, or simply have a health question, our team is here to help.



Community Pharmacy Wantirna

Shop 3-4 Wantirna Mall

348 Mountain Hwy, Wantirna

E: wantirna@communitypharmacy.com.au

(03) 9720 2872

OPEN 7 DAYS

Mon-Fri 8am to 7pm Sat – Sun 9am to 5pm

Book appointments and vaccinations online: scan the QR code above or ask our friendly team in store.

Follow us on Facebook and Instagram to keep up to date with our latest news.

Website: www.communitypharmacy.com.au

Facebook: www.facebook.com/communitypharmacywantirna/

Instagram: www.instagram.com/communitypharmacywantirna/

Wantirna Lions Club Celebrate 50th Anniversary

Wantirna Lions Club proudly celebrated its 50th anniversary of serving the Knox community and beyond at Club Kilsyth on the 4th July 2026.

What an achievement 5 decades of making a difference to people's lives and our community.

It was wonderful to have our Lions District 201v5 representatives, Marcellus Fernando 1st Vice District

Governor and Past District Governors Pat Mills and Kumar Swaminathan attend to present Melvin Jones Fellowship Awards to our members Wes Gleeson and Siva Sivagnanam.

These awards are the highest form of recognition from the Lions Clubs International Foundation to members for their exemplary service and support to humanitarian programs.

We greatly appreciated having the Knox City Council representatives Mayor Cr. Paige Kennett and Cr. Robert Williams also attend.

The club also greatly appreciates their community partners and sponsors for this special occasion.

Community Bank Wantirna
Bunnings Warehouse Vermont Sth
Community Pharmacy Wantirna Mall

SJS Renovations

Rohin Arora Area Specialist

Any enquiries regarding the Clubs projects, service activities and membership please contact Paul Garvey 0400823441

**WANTIRNA LIONS SERVING
THE COMMUNITY FOR 50
YEARS**



Wantirna Lions Club Members celebrating the night and having fun

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Combined Wantirna Heights Probus Club - Bright Trip

Forty-one members of the Wantirna Heights and Studfield Wantirna Probus Clubs spent a very enjoyable six day trip at Bright and surrounds. The weather was magnificent (mild and sunny days with cooler nights and mornings) so the countryside looked its best. The Autumn leaves were stunning, and by the end of our stay there was a riot of red, yellow, brown and gold.

We spent many hours on the bus travelling to various towns and tourist attractions, but our driver brought the history of the area to life. Gold was found in the 1850's – 1860's and it was hard to imagine thousands of people living in the picturesque towns we visited.

As the driver grew up and still lives in the area, he was able to tell us of the more recent changes to the communities. Like all rural areas, diversification is the key to survival and a once thriving tobacco industry has been taken over by the growing of hops.

Pine trees are still grown, logged and milled, but there is only one remaining sawmill. The growing and processing of apples, lucerne, olives, goat meat, nuts and pumpkin seeds now contribute to the economy as raw and value-added products.

This appeals to the tourists who are very well catered for with accommodation, restaurants, a brewery, skiing, cycling, hiking and paragliding and numerous day trips.

When members were asked for a favorite activity, the answers were so varied. Mentioned were

- trip to Mt Buffalo (spectacular scenery)
- tour of Bonegilla Migrant Camp
- trip on PS Cumberona on Lake Mulwala
- the historic town of Chiltern with its authentic historic shop fronts and buildings
- attractions at Beechworth (the Burke Museum was a highlight)
- Nightingale Apple Farm (the fresh apples and cider were the best)
- Pepo Farms (who thought pumpkin seed and products could be so interesting!)
- Snowline Deer and Emu farm (also a large processor of goat meat)

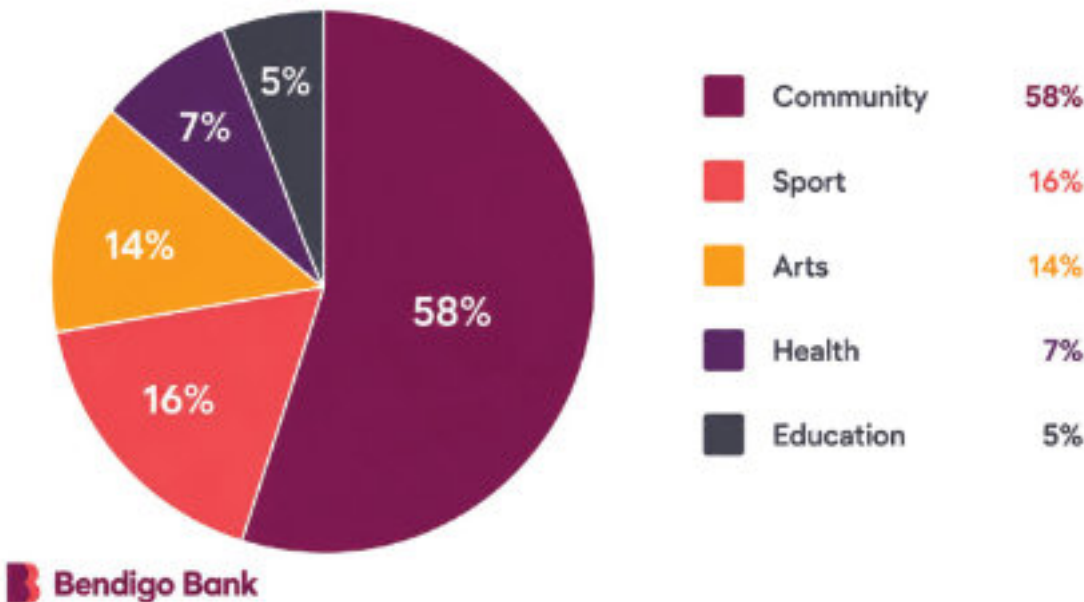
I'm sure some would have come home a little heavier after indulging in the really good food at the Bright Chalet and all the yummy goods and produce purchased at our various stops. It was a wonderful trip and with the two clubs participating, there was an opportunity to meet new people. Thanks to Ian (ably assisted by Cheryl) for organizing such a varied and successful trip.

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



Community Bank Wantirna - Where Community Investment Actually Goes

Community Funding groups for Community Bank Wantirna



What happens when you bank with Community Bank Wantirna?

Later this year, Community Bank Wantirna will proudly celebrate 20 years of serving the Wantirna community. While banking has always been at the heart of what we do, our real point of difference has been our commitment to giving back and investing in the people, clubs and organisations that make our community such a great place to live.

Over the past three years alone, Community Bank Wantirna has helped support 44 local community groups across five key funding categories – Community, Sport, Arts, Education and Health. These partnerships have strengthened local organisations, created new opportunities for participation and helped deliver projects that make a lasting difference throughout Wantirna and the surrounding suburbs.

In 2023, Community Bank Wantirna began a new chapter of community investment and within just 13 months, more than \$103,000 had been invested into 22 Wantirna and surrounding suburbs community partners, supporting local sporting clubs, schools,

charities, arts organisations and community groups. These partnerships have strengthened local organisations, continue to make a lasting impact today, created new opportunities for participation and helped fund projects that make a real difference across our community.

Supporting Every Corner of Our Community

Between 2023 and today, Community Bank Wantirna has proudly supported 44 organisations, including:

Community organisations such as Warriors 4 Wildlife, Chinese Association of Victoria, Outer East Foodshare, Orana House, Knox Infolink, Knox Nocturnals, Tilly Aston Awards, Vermont Men's Shed, Studfield Wantirna Newspaper, Wantirna Lions Club, Probus Club of Wantirna South Heights, various Rotary Clubs and many more.

Sporting clubs include Templeton Tennis Club, Wantirna Football Club, Wantirna South Junior Football Club, Mount Waverley Cricket Club, Waverley Blues Football Netball Club and Manhattan Eightball Club.

Arts organisations including Knox Art Show and Knox Wind Symphony.

Education initiatives including The Knox School and Melbourne XLR8 Robotics.

Health organisations including MAD Foundation.

Unlike traditional banks, Community Bank Wantirna is part of East Malvern Community Financial Services Limited, a certified Social Enterprise. That means our success is measured not only by financial performance, but by the positive social impact we create.

Every home loan, savings account, business account and banking product you choose with Community Bank Wantirna helps generate profits that are reinvested into local organisations, community projects and initiatives- keeping more money in our community and helping it make a real difference where we live.

Community Bank
Malvern East
Murrumbeena
Wantirna

Bendigo Bank

Making good things happen in our community.



Wantirna Heights Girl Guides Go Green



It might sound like something from a Dr Seuss' universe but no, it's the Girl Guides having a fabulous fun time, again. Camp Green was our most recent adventure. We camped on lovely GREEN grass surrounded by GREEN trees and even managed to source GREEN tents to sleep in!

This creative idea was the result of our girl-led program where the Guides make the decisions, have the ideas and make the plans with the leaders offering support and encouragement. If they get a bit stuck. We made GREEN camp scarves and the leaders found GREEN camp shirts, and the patrol groups were renamed to fit the theme.

The Girl Guides cooked outside on the BBQ and we ate very well. French toast, or eggy bread for some, with bacon and mountains of strawberries. Camp

nachos with a bowl each of corn chips, pork and bean mix and lots of GREEN guacamole. One lunch was salad and ham wraps made with GREEN wraps. Fortunately the dessert menu had plenty of chocolate, icing and sprinkles.

All Girl Guides love a badge and for this camp we were challenged to complete the GREEN discover a challenge badge. It looks like an emerald gemstone. We pulled weeds, yes they were GREEN, and filled all the GREEN waste bins the property manager could provide. We rode ice blocks down the GREEN grassy hillside, our skills improved the more we laughed.

Saturday night was campfire, with warmth, coals, and of course marshmallows. These were not GREEN but they were delicious. Possibly the highlight of camp was a visit to the Archery Park which was amazing.

The owners were patient and knowledgeable so our Guides learnt the necessary basic skills quickly and were able to have a successful time hitting targets and the rather frequent bullseye.

As a direct result of this camp all of our Guides learnt new skills. From lighting and using gas BBQs, cooking meals from ingredients (no packets), enjoying new songs and trying something new with the archery. Most of all they laughed with their friends and strengthened their friendships.

At Wantirna Heights Girl Guides we have opportunities across both units for girls aged 6-15 years to come along and experience Girl Guides. Please reach out and arrange your three FREE visits. You can find out more about Girl Guides in your area at www.guidesvic.org.au or calling 8606 3500.



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626 Mountain Highway Bayswater

Community Pharmacy Wantirna Thank you for 21 years of care, Jason Pham

By Sara Sahely

After 21 years of dedicated service, Community Pharmacy Wantirna will farewell pharmacist Jason Pham on 30 July as he embarks on an exciting new chapter in healthcare.

For more than two decades, Jason has been far more than a pharmacist. He has been a trusted healthcare professional, a compassionate listener and a reassuring presence for generations of local families.

Known within the pharmacy industry as a champion of professional services, Jason has built strong and lasting relationships with patients, colleagues and families across Wantirna. His professionalism, genuine care and commitment to improving health and wellbeing have earned deep respect and gratitude from the community he has served.

For many local residents, Jason has been a steady presence through life's ups and downs, often caring for multiple generations of the same family. As he moves into a different aspect of healthcare, the Wantirna community has an opportunity to celebrate a career defined by compassion, professionalism and an unwavering commitment to the wellbeing of others.



News from Knox District Cub Scouts

Written by Arlo, a Cub from 1st Rowville Cub Unit

What a night we had at Rollerama!

What started as a chaotic scramble to get our blades and skates sorted quickly turned into a massive rolling circle of eager-eyed Cubs, all keen to find their feet and roll to the beat. With over 144 cubs, leaders, adults and siblings joining in on the fun on the last Tuesday night of term 2.

While some Cubs took a little longer to get moving and stayed close to the walls, others had no trouble showing off their skills. As for me, I was happy to stick to my shoes and spend the evening capturing plenty of photos of the action! We had a few minor casualties requiring some Band-Aid's and a few tears but we managed to survive.

With many fun games running throughout the night and the chance to watch the General Pop speed skaters in action, they were so fast it was actually crazy to watch. After seeing them, everyone wanted to get better, so we all got back out there and gave it a go. The cafe was a hit, with many of us enjoying the brightly coloured concoction of sugar juice to keep us energised!

I was lucky enough to catch up with Will from 8th Knox, who said, "I haven't done this before, but it's so cool. Definitely want to do this again!!! I helped work out a scoring system for the night as we had the 'round robin trophy' up for grabs. Congratulations to 4th Knox Cub Unit who took out the trophy.

A fantastic night was had by all, and we can't wait to roll again soon.

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



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Knoxfield Ladies PROBUS Club

A group of our ladies, together with two ladies from Boronia Ladies Probus, recently visited the beautiful new premises of Guide Dogs Victoria in Kew. The buildings have been designed for clients of all ages for the training of their special puppies and eventually the chosen dogs to become guide dogs.



We were welcomed by Erin who is a client and worker at the Centre as well as volunteering and fund raising. Erin began losing her sight as a teenager and has sadly just lost her own guide dog, but will be gaining a beautiful new guide companion.

We learned a lot of new and interesting information about the work of matching and training of the dogs as well as their new owners. We then enjoyed a tour of the premises. Part of the tour was watching six gorgeous puppies romping in their playground. It was a great experience. We then travelled to the Racecourse Hotel in Caulfield for a tasty lunch.

We tested our brains this month as in place of a guest speaker we enjoyed a trivia quiz run by Andrea and Ros. It was great fun and we look forward to another one next year. Next month we are looking forward to Phillip Johnson the UK Chelsea Garden Show winner telling us about his big win and the installation of the Garden into the Olinda Australian Botanic Gardens.



Would you like to join us? Please contact our Membership Officer Bev Mobbs on 0409 866 906. We meet the third Wednesday of each month at the Wantirna Club at 10.15 am for a 10.30 start. Your first meeting with us is completely free. We look forward to meeting you.



Scoresby Primary School

Discover Excellence at Scoresby Primary School

For more than 150 years Scoresby Primary School has been committed to providing students with an outstanding education that prepares them for success both now and into the future.

As a small school with big opportunities, Scoresby Primary School combines strong relationships with high-quality teaching and learning programs that enable every student to thrive.

The school has developed a reputation for academic excellence through its commitment to evidence-informed teaching, explicit instruction and high expectations for all learners. Teachers work collaboratively to ensure every student is challenged, supported and empowered to achieve their personal best.

Learning at Scoresby Primary School is grounded in the latest educational research and focuses on developing strong foundations in literacy and numeracy. Through carefully planned instruction, ongoing assessment and targeted support, students build the knowledge, skills and confidence needed to become successful learners.

The school also provides a rich and engaging curriculum that extends beyond the traditional classroom. Students participate in dedicated Science, STEM and digital technology programs that encourage curiosity, creativity and problem-solving. Access to coding, robotics and 3D printing allows students to engage with emerging technologies and develop the skills required for the future.

A particular highlight is the school's partnership with Children's University Australia and Swinburne University of Technology. Through this program, students are encouraged to pursue learning beyond the school gates, broadening their horizons and inspiring future aspirations.

Extension opportunities, including ICAS Academic Competitions and high-ability programs, ensure students are challenged to achieve excellence and reach their full potential.

The success of these approaches is reflected in the school's student achievement data. In 2025, 90% of Year 5 students achieved in the Strong or Exceeding proficiency levels for Reading, while 86% achieved Strong or Exceeding results in both Writing and Numeracy.

Student growth was also exceptional, with 89% of students demonstrating medium or high growth in both Writing and Numeracy between Years 3 and 5. These results place Scoresby Primary School well above Victorian state averages and demonstrate the impact of the school's focus on teaching and learning excellence.

Principals Sue Hartley and Nic Rheumer say the results are a reflection of the school's unwavering commitment to high-quality teaching.

"Our staff are passionate about ensuring every student experiences success. By combining evidence-informed practice, innovative learning opportunities and strong teacher collaboration, we are creating an environment where students are engaged, challenged and inspired to achieve their very best."

With a proud history, a future-focused curriculum and a commitment to continuous improvement, Scoresby Primary School continues to demonstrate why it is a leading educational choice for local families.

Learn, Thrive, Belong @ Scoresby Primary School

DISCOVER EXCELLENCE

@ Scoresby Primary School

SMALL SCHOOL, BIG OPPORTUNITIES



STRONG ACADEMIC ACHIEVEMENT

- ✓ Consistently strong NAPLAN results across Reading, Writing and Numeracy
- ✓ Evidence-informed teaching aligned to the latest educational research
- ✓ Explicit teaching and high expectations for every learner
- ✓ Extension programs for high achieving students
- ✓ ICAS Academic Competitions

FUTURE FOCUSED

- ✓ Access to 3D printing and digital technologies
- ✓ Coding, robotics and STEM learning experiences that prepare students for the future
- ✓ Dedicated hands-on Science program for all students
- ✓ Proud partnership with Children's University Australia and Swinburne University of Technology





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Wantirna Primary School

Global Connections at Wantirna Primary School

Students from China and other countries are once again calling Wantirna Primary School home this term as the school proudly welcomes another group of short-term international students to its immersive global education program.

Located in Melbourne's leafy eastern suburbs, Wantirna Primary School has become a sought-after destination for international families looking for a genuine Australian school experience in a safe, caring and supportive environment.

This term, short term international students have joined local classrooms where they are immersed in Australian education while developing their English language skills, experiencing Australian culture and forming friendships that often continue long after they return home.

This program is about much more than learning English; International education creates lifelong opportunities for every child involved. Our visiting students experience authentic Australian schooling, while our local students gain invaluable global perspectives, cultural understanding and confidence in communicating with people from around the world. Students learn about different traditions, languages, celebrations and ways of life, helping to develop the global citizenship skills that are increasingly important in today's connected world thus enriching school classrooms every day.

Why families choose Wantirna Primary School

Wantirna Primary School offers a personalised educational experience that is becoming increasingly rare. As a boutique government primary school, every child is known by name, celebrated for their achievements and supported to reach their full potential.

Families are drawn to the school's:

- Small class sizes and personalised learning approach.
- Strong academic focus with high expectations for every student.
- Safe, welcoming and inclusive school culture.
- Dedicated wellbeing programs that ensure students feel connected and supported.
- Extensive specialist programs including Visual Arts, Physical Education and engaging learning experiences.
- Facilities include a library, gymnasium, art room, technology resources and beautiful outdoor learning spaces.
- Strong community partnerships and family involvement.

Underpinning everything are the school's CARE values—Compassion, Achievement, Respect and Engagement—which create a learning environment where every student can thrive.

The school's international students quickly become part of everyday school life by participating in classroom learning, incursions, sporting activities, wellbeing programs and community events alongside their Australian classmates.

For many local students it is their first opportunity to develop friendships with children from other countries and broadening their understanding of the world without leaving their classroom.

For visiting students and their families, Wantirna Primary School offers the perfect introduction to Australian education—providing high-quality teaching, exceptional wellbeing supports and an authentic cultural experience.

As Wantirna Primary School continues to welcome students from around the world the school remains committed to providing an outstanding educational experience where every student—local or international—feels they belong.

International enrolments are welcomed throughout the year for approved short-term study programs. Families and education agencies interested in learning more about Wantirna Primary School's international education opportunities are encouraged to contact the school.



SCHOOL TOURS

Join us for a guided tour to explore our classrooms, facilities, and learning programs.

Tours available Monday to Friday

Please call the school to book

Step inside and discover why our school is a great place to engage, explore and excel!

9801 1938
<https://wantirnaprimary.vic.edu.au/>
 120 Mountain Highway, Wantirna 3152
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 Follow us on Facebook for updates @Wantirna Primary School



Step into Prep

Fun. Friends. First Steps

Thursdays at 2:30–3:30pm

6 August & 10 September

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Community Day

5/7 Samantha Crt,
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Once a month iShred opens the doors of its facility which allow members of the community to have their personal documents professionally and securely shredded at an economical cost, with our mobile shredding vehicle.

Our Community Day caters for shredding of:

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

Our upcoming Community Days are on Saturday, 15th August and Saturday, 12th September from 9am — 12noon



Bayswater South Primary School



Learning Through Language, Community and Celebration

Located in the heart of Bayswater, Bayswater South Primary School is proud to provide a supportive and engaging learning environment where every child is encouraged to grow, achieve and belong. With a strong focus on academic development, student wellbeing and community connection, the school offers rich and meaningful learning experiences both inside and beyond the classroom.

German Bilingual School

Bayswater South Primary School is one of the few government primary schools in Victoria to offer a German bilingual program. Through a 50:50 English and German immersion model students learn across both languages throughout the week guided by dedicated English and German speaking teachers working collaboratively in each classroom. This unique approach allows students to naturally build language skills while developing confidence, curiosity, and intercultural understanding. Students are supported to become globally aware learners equipped with valuable communication skills for the future.

Celebrations and Community Connections in 2026

The year has already been filled with exciting opportunities that bring learning to life and strengthen the school community.

Cross Country: Students showed determination and school spirit as they challenged themselves and encouraged one another.

Swimming Program: Students developed water confidence, refined their skills and built important safety awareness.

Lego Brickulum: A highlight for many students, this engaging incursion with Ryan McNaught (from LEGO Masters Australia) inspired creativity, problem-solving and teamwork through hands-on building challenges.

Café Klatsch: A much-loved community event held in Weeks 2, 5 and 8 of each term, where students, families and staff come together to enjoy coffee, tea and cake while practising conversational German in a relaxed and welcoming setting.

What's Coming Up

There is plenty to look forward to as the year continues, with a range of exciting events that bring the school community together:

School Production – Wonderland (17–18 August): Held at Karralyka Centre, this much-anticipated event will showcase students' creativity, confidence and teamwork in a vibrant stage performance. Our Year 5/6 students will take on the main roles, while each year level contributes by singing and dancing in a group performance, ensuring every student is part of the show.

Book Week (24–28 August): A highlight of the school year celebrating reading, imagination and storytelling including the ever-popular dress-up parade.

German Day (Term 4): A celebration of language and culture where students participate in immersive activities that bring their bilingual learning to life.

Colour Run (20 November): A fun-filled event combining fitness, fundraising and community spirit, with plenty of colour along the way.

A Strong Start in Prep

The Prep year at Bayswater South is carefully designed to support a smooth and positive transition into school life. A special buddy program pairs each Prep student with a Year 5 buddy helping to build confidence, friendships, and a strong sense of belonging from the very beginning.

Learning in Prep is guided by an inquiry approach where students explore meaningful topics across the year:

Term 1: Settling into school, building friendships, and learning about ourselves and our community.

Term 2: Exploring the five senses, becoming scientists who investigate and discover the world around them.

Term 3: Investigating animals, their habitats and features, including an exciting visit to Healesville Sanctuary to learn more about Australian wildlife.

Term 4: Focusing on imagination, students create stories, art and music, while exploring dramatic play and construction to give them a variety of ways to express their ideas. This learning concludes with a special Prep Celebration to mark the end of their first year of school.

Throughout the year Prep students also celebrate important milestones such as 100 Days of School while building essential skills in reading, writing and mathematics. As part of the bilingual program they also begin learning to speak and understand German in a fun and engaging way.

Step Into Prep – Enrolments & Tours

Bayswater South Primary School warmly welcomes families who are considering their child's first year of school. The Step into Prep transition program is coming up in Term 4



providing future students with the opportunity to become familiar with the school environment, meet teachers and begin building confidence ahead of their first day.

Families are encouraged to book a personalised school tour to experience the welcoming atmosphere and see the bilingual program in action. To find out more or to arrange a visit, please contact the school on (03) 9729 2862.

Step into Prep!

book a tour

(03) 9729 2862

www.baysouthps.vic.edu.au

St Luke's Primary School News

St Luke's Primary School is excited to invite local businesses, crafters, makers, food vendors and community groups to be part of our St Luke's Community Night Market on Friday the 6th of November from 6pm - 9pm. Our aim is to bring together families, friends and the wider community for an evening of shopping, delicious food, entertainment and connection. It is a wonderful opportunity to showcase your products or services to hundreds of local visitors while supporting our vibrant school community.

Whether you create handmade goods, sell unique products, offer delicious treats or represent a local organisation we'd love to have you join us. Stallholder sites are now available, but places are limited so we encourage you to register your interest early via info@slwantirna.catholic.edu.au or calling 9801 6917. Come along, share what you do and help us create a fantastic evening for our community. We can't wait to welcome you to the St Luke's Community Night Market!

We are also calling out to any businesses who have items, vouchers or services to donate to our silent auction to get in touch.

Term 3 has already commenced with our Year 5 / 6 students stepping back in time at their 3 day camp at Sovereign Hill! From getting fully into character in historical dress-ups to trying their hand at traditional

candle making, the students threw themselves into the history experience. They watched the blacksmith demonstration, hit the creeks for some serious gold panning, and explored everything Main Street had to offer.

Bookweek, 100 days of Prep celebrations, Confirmation, Aquahub swimming program, excursions linked to our inquiry learning and our annual Father's Day Breakfast 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 2027 transition program commences in Term 3 consisting of 6 sessions 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.

We are still accepting Prep and other year level enrolments. If you would like to explore more about St Luke's, book a tour or attend our Thursday morning Playgroup, please visit <https://www.slwantirna.catholic.edu.au>, call the school office on 9801 6917 or

email info@slwantirna.catholic.edu.au.



ST LUKE'S NIGHT MARKET
 Friday 6 November
 6:00pm-9:00pm
 25 Stokes Road, Wantirna

We are currently seeking local businesses, crafters, makers, and food vendors to showcase their products at our community event.

\$40 per stall

Book your stall at info@slwantirna.catholic.edu.au or phone 9801 6917



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



by Alison Rogers

Our group enjoys monthly speakers, weekend outings and twice a year weekends 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 meet at the Ringwood East Senior Citizens Hall. Lawrence Ave, East Ringwood. Plenty of parking and easy access to the hall.



Mycena leaiana var. australis
Photo Jack Airey

Meeting

April: Daniel Kurek "Ants found around Melbourne – their taxonomy, distribution and behaviour"

The Ringwood Field Naturalists Club was treated to a spectacular deep dive into the tiny busy world right beneath our feet! We were joined by the brilliant Daniel Kurek from the Entomological Society of Victoria, who shared his expertise on "Ants found around Melbourne – their taxonomy, distribution and behaviour".

Daniel's stunning macro photography revealed the incredible details of these industrious insects from the fierce mandibles of a Bull Ant to the complex social structures that keep our local ecosystems thriving. We learned that there is so much more to an anthill than meets the eye, and just how tricky it can be to identify an ant!

By Jack Airey

Excursion

April Braeside - Leaders - Eleanor & Warwick D

The Redgum Picnic Area car park was blocked off for Park works, so we moved around to the other side of the park.

This involved a lot more walking to get to the areas we wanted to see. It was cold and windy with scatterings of light rain, but we soldiered on and were surprised how many birds we were able to spy.

Both water and bush birds were seen. A Male Shoveler and a pair of Pink-eared Ducks could be seen from one of the bird hides.

We also had a few Pelicans flying over and landing in the water which are always nice to see.

WEEKEND AWAY

May 1st RFNC AUTUMN WEEKEND AWAY:

Based at Echuca- Leader Jack A

We had a massive turnout of 38 members for our latest club weekend away to the Echuca-Moama region. The Friday and Saturday, although cool, were well worth the organised activities for the group.

Friday afternoon began at Horseshoe Lagoon & Moama Wetlands walking across the bridge into the wetlands. Well-made paths led us to good spots where we saw many bush and water birds. Several members had not seen Brown tree creepers, Blue faced Honeyeaters and Yellow rosellas before.

Saturday took us to Terrick Terrick National Park which is one of Victoria's best bird-watching spots. When we first got there, members spotted Red-capped and Hooded Robins, also Southern Whiteface which are all not found in Melbourne.

Not much was found in the way of flowers, but salt bush with its tiny red berries and the blue native blue bells were lovely to see.

On the way back to Moama we stopped at Kow Swamp which was a great area for water birds and raptors, including Whistling Kites and two Caspian Terns that flew past. We also saw numbers of ducks, pelicans, cormorants and much more.

During the night it poured rain which was good for the very dry countryside up there.

Sunday ended up being quite wet but we still managed a quick walk at the 5 Mile picnic area and 10 Mile woodlands with sightings of quite a few birds. After lunch the rain persisted so we finished off and we called an end to the weekend. Many did a walk around the Moama Botanic Gardens. Thanks to our leader Jack for a great weekend away.



Purple fungi - Cortinarius archeri
Photo Graham Ellis

Future Program

Meetings

June Speaker: Martin Lagerwey
"Leaf Beetles of Australia"

July meeting- Colours in Nature.
Images from our own members.

August Speaker: Dr Emily Gregg

"Conservation is a people problem – and everyday actions still matter"

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 at **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.



Roe's Jewel Beetle Stigmodera roe
Photo taken in WA Peter Rogers





Knox Environment Society: Welcome Invertebrates to Your Garden

In late autumn and throughout winter, fungi, in its many forms, pop up in our gardens. This is a time of year for fascination at the many shapes and sizes that can be found in one garden.

Although, this is not the best reason to celebrate fungi in the garden, as fungi are so useful, supplying a range of services to the soil for plants, insects, birds and some mammals too.

Most of the fungi grows underground in the form of mycelia - rootlike structures that consist of mass branching thread-like structures called hyphae. Through the mycelium, a fungus absorbs nutrients from its environment.



Bracket fungi decomposing a tree stump

Mycelia are vital in terrestrial and aquatic ecosystems for their role in the decomposition of plant material, while they also play an essential role in nutrient cycling.

Fungi share mutualistic relationships with most plant species, in which the fungus grows into the roots of the plants. The fungus supplies the plant with water and mineral nutrients, such as phosphorus, nitrogen and zinc, from the soil. In return, the plant supplies the fungus with carbohydrates. This relationship is vital for both fungus and plant health.

Mycelium is an important food source for many soil invertebrates, as well as some groups of ants that cultivate fungi as a food source or as a structural component of their nests.

The part of the fungus that you can see above ground is the fruiting body, which also includes all the reproductive structures, or spores.



One of the biggest fungi often grows in woodland

Spores of many fungi may be spread by wind or sometimes by raindrops. In puffballs, spores are often actively dispersed by forcible ejection from their reproductive structures. And in the stinkhorns, the fungi use lively colours and a putrid odour to attract insects to disperse their spores.

Some fungi spores are dispersed via animals, for instance truffles produce strong-smelling fruitbodies which are eaten by potoroos that disperse the spores in their faeces.

Some of the many shapes and types can be seen in the images from my garden.



Earth-star puffball

KES President awarded Knox Volunteer of the Year 2026

Congratulations to Knox Environment Society President, Richard Farragher, who was awarded Knox Volunteer of the Year 2026 at the recent Knox Council Community Awards night.

Richard was rewarded for his 25 years' dedication to protecting Knox's natural environment and becoming one of the community's most respected environmental leaders and advocates.

Richard has been president of the Knox Environment Society for 16 years. During this time he oversaw a 151% increase in membership, the building of the KES community shed, the establishment of 4 new Friends Groups as well as supporting their work by sourcing funding, plants and tools.



Cushion-like fungi

Since 2018, Richard has represented community interests across significant planning matters including quarry expansions, the Save Lake Knox campaign and government inquiries, presenting submissions and expert evidence at hearings. He also supplies technical expertise to the Knox Environmental Advisory Committee. In the last 12 months, he secured a \$5000 grant to restore a neglected Ferntree Gully bushland site, where habitat had been degrading for years.

While Richard has been the backbone of the KES, he has been well-supported by the many volunteers who work in the Nursery. Some of these volunteers received Recognition of Years of Service awards, as Adrian Batt, John Exon, Jill Lockwood, Irene Kelly and Graeme Patterson were recognised for their dedicated service to Knox Environment Society for more than 30 years.



Cr Peter Lockwood
Councillor Knox City Council

Cr.peter.lockwood@knox.vic.gov.au 0499 111 639

Please contact me for local council issues.

Wantirna Osteopathy - Run Better with Osteopathy

Dr Josh Graham (Osteopath)

A growing trend...

Over the past few years, recreational running has exploded in popularity. An undeniably large contributor to this was the COVID-19 pandemic as the closure of gyms led to many of us deciding to hit the pavement for our daily dose of exercise and distanced socialising.

Since the pandemic there has been a surge in the popularity of run clubs, park runs and running events like the Melbourne Marathon. In 2018, the Melbourne Marathon had a then record number of 34,734 total participants across all events (5km, 10km, 21km and 42km distances). In 2025, that number reached a whopping 50,000 participants across all events.

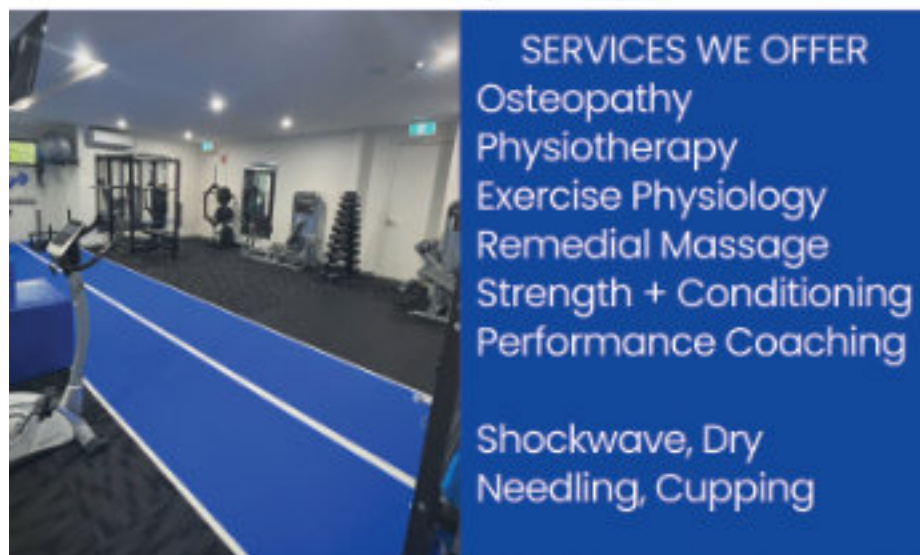
Here at Wantirna Osteopathy, lately we have been busy with runners presenting to the clinic as the running event season kicks off with the Gold Coast Marathon on July 4th-5th, Run Melbourne on July 19th and the Melbourne Marathon on October 10th-11th.

How can osteopathy help runners?

No matter if you are new to running or a seasoned marathoner, the high physical demand of running can often lead to injuries. Common injuries suffered by runners include plantar fasciitis, Achilles tendinopathy, shin splints, as well as many varieties of knee, hip and lower back pain. Osteopaths take on a whole-body approach with assessment looking beyond just the area of pain to identify any muscle tightness, joint restriction or musculoskeletal imbalance that may be contributing to an injury. If further assessment is warranted, osteopaths can also refer patients for x-ray, ultrasound or MRI scans. An osteopath's hands-on treatment techniques aim to help reduce muscle tightness, improve joint mobility and overall promote optimal function of the body.

Wantirna Osteopathy also has our own radial shockwave therapy machine — great for stubborn conditions like plantar fasciitis, Achilles tendinopathy and patellar tendinopathy. In addition to treatment, osteopaths can provide runners with advice on stretching and strengthening exercises, training and load management, plus tips

wantirna
osteopathy



and tricks on a wide range of things from the use of foam rollers and massage guns, to footwear and sports taping.

If you are a runner — beginner or veteran — run better with osteopathy!

**Call or book online at 9800 0388 or
www.wantirnaosteo.com.au**

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Axis Myotherapy

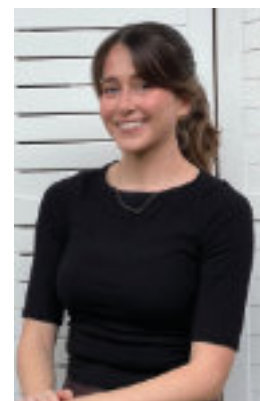
Axis Myotherapy has opened at Wantirna Mall led by owner and myotherapist Emily Billington.

Emily studied myotherapy at RMIT in 2019 and has been working as a myotherapist, furthering her knowledge and skills in a former local clinic.

With that experience Emily has started her own practice, bringing an existing client base with her and welcoming in new clients.

Her practice focuses on pain management and relief. Emily's areas of interest are neck pain, headaches and jaw pain, while also treating a wide variety of conditions.

New clients most are welcome, please call or book online to arrange a time for treatment.



AXIS MYOTHERAPY

Emily Billington
 Myotherapist

0449 674 688

Level 1, 6B The Mall, Wantirna
axismyotherapy.com.au
admin@axismyotherapy.com.au

What's new at Your Library?

by Karla Simon

Discover what's on at Your Library

August is National Family History Month—the perfect time to begin or reinvigorate your family history research! We have a variety of excellent talks and resources available to make your journey incredibly rewarding. Highlights are listed below.

As winter wraps up, we'll be welcoming spring with a fresh What's On events guide. Snap up your copy at a library near you from the first of September or visit yourlibrary.vic.gov.au to start planning your season now.

New books and DVDs

To place a free reservation on any of the titles below and more, visit yourlibrary.vic.gov.au.

Top Reads

- People in love / Claire Daverley
- Whistler / Ann Patchett
- The cats of Australia / Jodie Stewart
- Eat like a Sardinian : live to 100 / Francesco Mattana
- Villa Coco / Andrew Sean Greer
- Happiness included / Eve Plumb ; with Marcia Wilke
- Take me with you : a novel / Steven Rowley
- Stuff the British stole / Marc Fennell
- Murder at Thornwood Park / Joan Sauers
- Possible Springs / Samantha Ross

New DVDs

- Anemone
- The Bride!
- Call the midwife. Series fifteen, Christmas special
- The choral
- Dexter. Resurrection. The complete first season
- A gentleman in Moscow [DVD] : the mini-series
- The glory of life
- Hamnet
- Jane Austen: rise of a genius
- Midsomer murders. Complete season 25



Events at Your Library



Events & activities at Your Library

There's always something to do at Your Library! Here are some highlights from August and September. Book your place (where needed) by calling 1300 737 277, in person at any library branch, or online via our website events.yourlibrary.vic.gov.au. You can also browse our website for many more events.

Introduction to Family History

Tue 4 August at 10AM-11AM

Bayswater Library, Shop 43, Mountain High SC, 7-13 High St, Bayswater

Discover how to begin tracing your family history in Australia and overseas using Your Library's resources, including books, microfiche, online databases, and expert guidance. *Bookings required (FREE)*

Even Still: Art Exhibition by Emma Woods

17 Aug – 14 Oct 2026

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

Even Still by Emma Woods is a collection of figurative, interior and still life drawings on paper. Emma communicates intimate moments with impressionistic colour, using wax crayons and watercolour to explore the narrative beneath. *Bookings not required (FREE)*

Grave Matters

Tue 18 August at 11AM-12PM

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

Join our Family History team for a look at all things relating to graves. We will investigate how to locate records including death certificates and burial indexes, cemeteries and church yards as well as the headstones and graves within them. *Bookings required (FREE)*

'Tree Soliloquy' Exhibition Launch and Meet the Artist, Carol Mercer

Saturday 22 August at 10AM-12PM

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

Celebrate the launch of Carol Mercer's exhibition at Miller's Homestead, featuring insights into her creative journey, harp music by Carla Whiteley, and beautiful pastel artworks. Exhibition runs 17 August–18 September. *Bookings required (FREE)*

Meet the Author: Sarah Bailey in Conversation

Saturday 22 August at 10:30AM-11:30AM

Rowville Library, Stud Park Shopping Centre, Stud Rd, Rowville

Join bestselling Melbourne crime writer Sarah Bailey for an engaging talk on her novels, writing journey, creative inspirations, and balancing bestselling books, screen projects, and family life. *Bookings required (FREE)*

Ancestry Library Edition - Hands On Workshop

Friday 28 August at 3PM-4:30PM

Boronia Library, Park Cres, Boronia

Learn the tips and tricks to master searching for records using Ancestry Library Edition. Bring along your research, a notepad, and pen. Basic computer skills are essential, including using a mouse and keyboard. We will supply computers. *Bookings required (FREE)*

Live Life to the Fullest: Strength for Health & Longevity with Keiser Physio

Saturday 5 September at 10:30AM-12:30PM

Boronia Library, Park Cres, Boronia

Explore the basics of strength and healthy ageing with an exercise scientist from Kieser Physiotherapy. Gain practical tips to improve wellbeing, build confidence, and stay active. *Bookings not required (FREE)*

Gardening in Small Spaces

Sat 12 September at 10:30AM-11:30AM

Bayswater Library, Shop 43, Mountain High SC, 7-13 High St, Bayswater

Learn how to grow flowers, vegetables, and herbs in small spaces. Discover practical techniques, suitable plants, and space-saving ideas for a productive garden year-round. *Bookings required (FREE)*

Meet the Author: Sarah Clutton in Conversation

Sat 19 September at 10:30AM-11:30AM

Rowville Library, Stud Park Shopping Centre, Stud Rd, Rowville

Discover The Bookshop of Buried Past, with bestselling author Sarah Clutton, a compelling mystery of family secrets, hidden histories, and a decades-old enigma spanning Australia and England. *Bookings required (FREE)*

Mid-Autumn Festival Celebration - 中秋节庆祝活动

Wednesday 23 September at 9AM-12PM

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

Celebrate the Mid-Autumn Festival with cultural displays, lanterns, calligraphy, tea traditions, performances, and family activities. Enjoy Chinese culture while fostering friendship and community spirit together. *Bookings not required (FREE)*

Do you know someone who needs help with...

- reading?
- writing?
- spelling?
- English conversation?

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

Leap into Literacy

Contact Lizzie to find out more

0408 379 026

volunteers@erl.vic.gov.au

Recycling bin lids are changing from blue to yellow

Leave your recycling bin out until 6pm on your recycling collection day, until you get your new yellow bin



Help shape our priorities

Help us understand how we can best meet the needs of the community for the 2027-2028 financial year.

Share which service areas you think the community value the most.



Scan the code to have your say from 27 July-23 August 2026.
knox.vic.gov.au/HaveYourSay

knox



SPECIAL OFFER TO READERS OF THE COMMUNITY NEWS

Local resident and veteran travel writer Alistair Smith has just launched his new book, "Been There, Done That ... and Have a Story to Prove It" which readers of the Community News can purchase at a special discount price.

Drawing on decades of experience as an award winning travel writer, Smith shares stories about guides who get lost, brushes with death, weird travel companions, rip-offs and scams, jet lag, lost luggage, clashes at border crossings, pickpockets, disgusting toilets, riots and bombs.

"I've spent most of my career writing 'inspirational' travel stories about destinations people might dream of visiting, but that's not how people normally talk about their travel experiences," he explained.

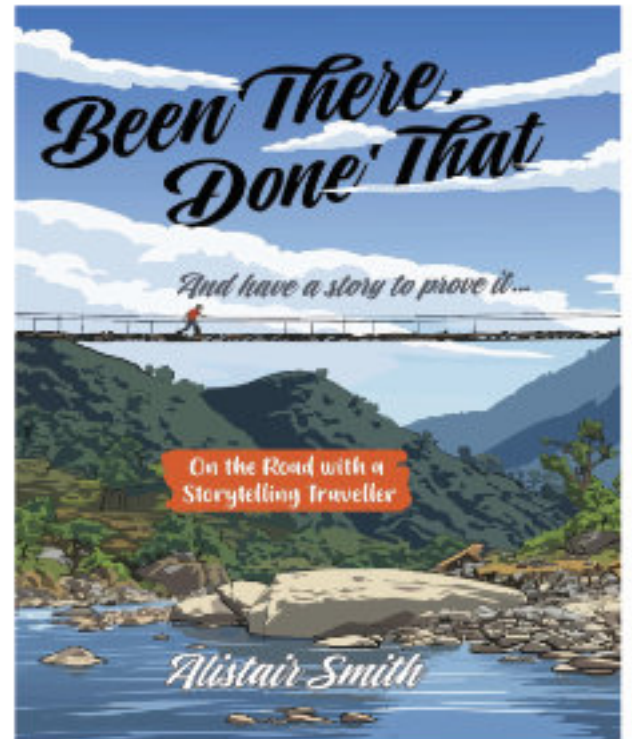
"If you ask someone about their trip to China, they're more likely to tell you how they couldn't get

out of bed because of a bout of gastro and missed the Terracotta Warriors than rave about the Great Wall. Or how their taxi ran out of petrol in a grotty back street on the way to the Taj Mahal.

"I've been there and done that myself, so that's what this book is all about ... the things people really want to hear about when you talk travel."

Contact Alistair by email if you'd like him to come and chat to any organisation or club that you might belong to. There's the option to use sales from the book as a fund raiser. Talks can be tailored to fit your needs.

"Been There, Done That" retails for \$29.45, but readers of Community News can purchase it for \$23.56 (20 per cent off) by using STUDNEWS as the Promo Code on the website www.WeAreRealWriters.com. Or contact Alistair direct at writeon@bigpond.net.au.



**SPECIAL OFFER FOR READERS
TO PURCHASE GO TO
WWW.WEAREREALWRITERS.COM**

EACH Financial Counselling Mortgage Stress: Don't Wait Until You Miss a Payment

For many Australian households, the past few years have been financially challenging. Higher interest rates, rising living costs and increasing insurance, utility and grocery bills have stretched household budgets, leaving many homeowners wondering how much longer they can keep up.

If you're beginning to feel the pressure, it's important to remember that mortgage stress doesn't begin when you miss a repayment—it often starts much earlier, when you're relying on savings, using credit cards or Buy Now Pay Later to pay everyday expenses, or constantly worrying about whether you'll make the next payment.

The good news is that there are options available, and acting early gives you the greatest chance of finding a workable solution.

The first step is to understand exactly where your money is going. Reviewing your income and expenses can help identify opportunities to reduce spending or free up cash flow. Even small savings across multiple areas of your budget can make a meaningful difference over time.

If you're concerned about meeting your mortgage repayments, contact your lender before you fall behind. Banks have hardship teams that can discuss temporary assistance tailored to your circumstances. Depending on your situation, this may include reduced repayments, a short-term repayment pause, a loan term extension or, in some cases, a temporary interest-only arrangement.

Not every option will be suitable for every borrower, so it's important to ask questions and understand the long-term impact of any changes.

If your circumstances involve illness, injury, unemployment or another significant life event, let your lender know. Supporting documentation, such as medical certificates or evidence of reduced income, may assist when discussing hardship options.

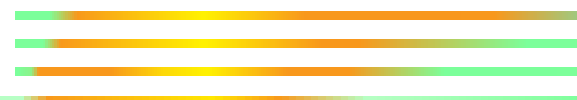
It is also worth reviewing your home loan regularly. If you have maintained your repayments and your financial position is stable, you may wish to ask your lender whether a lower interest rate is available. Even a small reduction in your interest rate could reduce your monthly repayments and save thousands of dollars over the life of your loan. Avoid ignoring letters, emails or phone calls from your lender.

Keeping the lines of communication open demonstrates that you are actively working towards a solution and can often prevent matters from escalating unnecessarily. If you're finding it difficult to negotiate with your lender or are unsure of your options, free financial



counselling is available. Financial counsellors are independent, confidential and provide practical advice to help people understand their rights, explore hardship options and develop realistic strategies based on their individual circumstances. Financial stress can feel overwhelming, but you don't have to face it alone. The earlier you seek assistance, the more options are likely to be available. Taking action today may help you stay in control of your finances and protect your home for the future.

If you need support with any debt concerns - Contact EACH Financial Counselling or Financial Capability Program: **9871 1817** or **1300 00 3224**
Contact National Debt Helpline: **1800 007 007**



Boronia VIEW Club

Boronia VIEW Club (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. There is a book stall, raffle and trading table with all monies raised going to The Smith Family children that the club sponsors for their educational needs through the 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 and the occasional outing.

On Friday, 14 August the lunch will be followed by a speaker from Travelers' Aid.

On Friday, 18 September the lunch will be followed by a speaker from The Flying Doctor service.

Enquiries to Judith on 9764-8602

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

Ferntree Gully VIEW Club

Our monthly luncheon meetings are held on the 4th Monday of each month at The Knox Club, corner Stud & Boronia Roads, Wantirna South at 10.30am for an 11.30am start. Meetings include a 2-course lunch and free lunch raffle ticket, cost \$30. We have a meeting then a speaker or entertainment. We support The Smith Family and raise money for 7 disadvantaged students through their 'Learning for Life' Program. We also support a refuge for women and children escaping domestic violence.

Lunch Date - Monday 24th August 2026

- Peter Pitman - ex Banksia Nursery

Lunch Date - Monday 28th September 2026

- Cabella Mia Fashions

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

Time: 10.30am for an 11.30am start.

Where: The Knox Club, cnr Stud & Boronia Roads
Bookings Contact: Romaine on 0421 400 549

What's On?

Event	Date & Time	Location	More Information
Boronia Ladies Probus Club	3rd Wednesday monthly at 10.00am	Knox Club, Cnr Boronia and Stud Rds, Wantirna South	Jan 0438 059 783
Boronia Probus Combined Club	2nd Thursday monthly at 10.00am	Boronia Bowls Club, 5 Marie Street, Boronia	Helen 0414 826 983
Boronia View Club	3rd Friday monthly at 11.30am	Eastwood Golf Club, Liverpool Road, Kilsyth	Judith 9764 8602
Changing Seasons Cafe	Mon to Fri 9.00am to 3.30pm. Sat & Sun 9.00am to 4.00pm	31-34 Elizabeth St, Bayswater. Access from the road	8720 1382 Facebook @ChangingSeasonsCafe
Combined Probus Club of Wantirna Heights	1st Wednesday monthly at 10.00am	Knox Boat Fishing Club, Schultz Reserve, Kingloch Pde, Wantirna	Jeanette 0427 930 447
Elm Street Mission	Mon, Wed, Fri 10.00am to 2.00pm	654 Mountain Highway, Bayswater	Ethne 0428 330 873 or info@elmstmission.org.au
Ferntree Gully View Club	4th Monday monthly at 10.30am for 11.30am start	Knox Club, Cnr Stud and Boronia Rds, Wantirna South	Romaine Meadowcroft 0421 400 549
iShred - Community Shredding Day	Sat. 15th August & 12th September, 9.00am - 12.00pm	5/7 Samantha Crt, Knoxfield	1300 763 688
Knox Community Garden Society	Wednesdays 10.00am -12.00pm. Cuppa available	Enter via car park at 54 Kleinert Road, Boronia	John 0417 987 848
Knox Masters Athletics	Wednesdays 7.00pm - 9.00pm	Knox Athletics Track, Bunjil Way, Knoxfield	Peter 0427 880 143, Helen 0425 743 977
Knox Photographic Society	2nd, 3rd, 4th Wednesdays at 7.30pm	Boronia West Primary School, Tormore Rd, Boronia (Enter via Swimming Pool car park)	Rob 0401 943 354
Knoxfield Ladies Probus Club	3rd Wednesday monthly at 10.30am	Wantirna Club, 350 Stud Road, Wantirna	Jo 0414 914 091
KSSSG-Knox Stroke Survivors	2nd & 4th Wednesdays monthly at 10.30am	Crave Restaurant, 236 Dorset Road, Boronia	Lister 0413095061, Rob 9758 8582, Anna 0414976619
Lions Club of Knox	1st & 3rd Tuesdays monthly at 7.00pm	Our Saviours Lutheran Church Knox, 646 Burwood Hwy, Knoxfield	Sue 0411 529 293
Lions Club of Wantirna	1st & 3rd Wednesdays monthly at 7.00pm	Lions Club Room, Bayswater Community Centre, 739 Mountain Hwy, Bayswater	Paul 0400 823 441
Outer Eastern Trefoil Guild	2nd Monday of each month	Call to confirm venue	Margaret 0427 549 468 or Irene 0415 247 631
Probus Club of Wantirna South	2nd Wednesday monthly at 10.30am	Wantirna Club, 350 Stud Road, Wantirna	Sandra Gillespie 0421 422 388
Ringwood Field Naturalists Club	2nd Wednesday monthly at 7.30pm	Ringwood East Senior Citizens Hall, Lawrence Ave, East Ringwood	Alison or Peter 9801 6946 http://www.rfnc.org.au
Ringwood View Club	2nd Wednesday monthly at 11.00am	Ringwood Club, 523-535 Maroondah Hwy, Ringwood	Heather 0411 219 248
Rotary Club of Bayswater	Wednesdays at 6.00pm	Rotary Club Rooms, Marie Wallace Reserve, King Street, Bayswater	Ron Bridges 0414 843 427
Rotary Club of Boronia	Tuesdays at 6.30pm	Knox Club, Cnr Boronia and Stud Rds, Wantirna Sth	Greg Mossop 0437 599 949
Rotary Club of Knox	Wednesdays at 12.45pm	Knox Club, Cnr Boronia and Stud Rds, Wantirna South	Gary Weston 0409 553 168
Scoresby 55+ Social Circle	Thursdays 10.00am -12.00pm	Scoresby Football Club, Scoresby Reserve	Jeanette 0491 258 657 or John 0405 689 554
Scoresby TOWN Club	Wednesdays at 9.00am	Scout Hall behind 96 Lewis Road, Wantirna	Stacey 0432 746 144
Studfield Wantirna Probus Club	2nd Tuesday monthly at 10.30am	Knox Club, 480 Boronia Road, Wantirna South	Pauline 0458 003 985
The Boronia Branch of CWA	2nd Wednesday of the month. Craft Meeting - 4th Wednesday	CWA Hall at 4 Sundew Ave, Boronia	Julie 0409 177 203
Wantirna Cricket Club	Saturday Summer Competition	Schultz Reserve Wantirna	President David Orlandi 0418 147 456
Wantirna Day View Club	1st Wednesday of the month at 10.30am for 11.00am start	Stamford Hotel, Cnr Stud and Wellington Rds, Rowville	Kate 0421 650 684

Ferntree Gully Market

The Gully Market, operating from Upper Ferntree Gully station carpark on Burwood Highway, is proud to announce another donation to the Prostate Cancer Foundation of Australia (PCFA) Specialist Care Prostate Cancer Nurses program.

This year we are donating \$2500. This takes the total to \$8500 donated since 2024.

There are only about 23 such nurses in Victoria and only just over 100 Australia wide. I know first-hand the value of having a care nurse assigned. Mel and Emelia at Box Hill Hospital are dedicated to patient wellbeing and I would expect all the others to also be. Mel along with Emelia are also heavily involved with the training of new specialist care nurses.

They are always available to help and guide you through your journey, dealing with prostate cancer.

Since our running costs are low, the bulk of our \$15 stall fees goes towards these donations. Hence, I urge both public and stall holders to support our little community market, as we need both to continue to be able to support worthy causes such as this one.

The market operates both Saturday and Sunday, 50 weeks of the year weather permitting. Check out our postings on Instagram and Facebook.

Thank you, Ian Rice President Gully Market



L-R Tony PCFA support volunteer, Mel nurse, Ian Gully Market, Emilia nurse.

Life Activities Knox



Life Activities Club Knox (LACK) is an active social group for over 50's who are retired, approaching retirement or had a change of life circumstances. With an annual membership averaging 200 our Club provides over 20 different social activities to encourage people of both sexes, various nationalities and marital status to socialise, make new friends, learn new skills and banish the loneliness of isolation that can occur after leaving the workforce or from personal circumstances.

We have recently spent 5 days in Bright and have 2 mini-holidays to Nagambie and Canberra to follow. Some of our members attended a performance by the MSO on 20/06/2026. The MSO played tunes from the Classic 100 (voted by listeners of ABC Classic Radio). This was an enjoyable way to spend 2 hours on a Saturday afternoon.

Upcoming events include a trivia day, live theatre at 1812 Theatre (FTG), Knox Community Arts Centre (Bayswater) and Princess Theatre (Melbourne) and dinners at Stonez and Fontaines Restaurants.

LACK was founded in 1986 making 2026 our 40th anniversary.

We have a "try-before-you buy" policy through which you can attend up to 3 activities to determine if the activity (and Club) is something you think you will enjoy. If so, a membership is required and can be purchased for a small fee.

To find out more, please look at our website (Lifeknox.org.au) or phone our membership secretary (Lorraine) on 0438 068 334. We look forward to hearing from you and seeing you at any of our 22 activities.

Enjoy all you do.



Boronia Ladies Probus Club

Our members are still attending activities even though the weather on some days has been cold and wet, getting together with friends always makes us feel better.

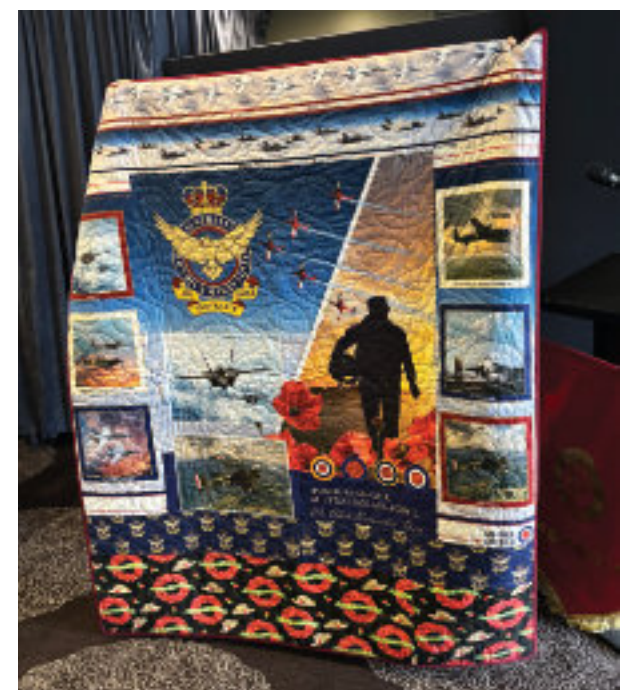
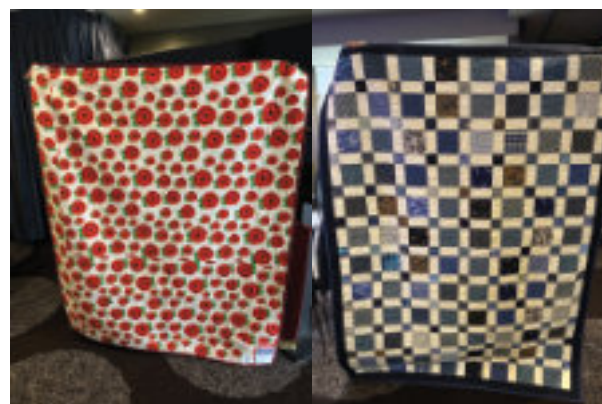
Last **Wednesday the 8th July**, the ladies celebrated **Christmas in July** at the Knox Tavern. The Committee ladies arrived with decorations and treats for those attending and we all enjoyed a Christmas menu and, of course, where ladies are concerned a 'good chat'.

At our **July meeting**, our guest speaker was **Helen Comport AOM** who displayed some beautiful quilts she has made for various organisations and people. Her display was amazing and the fine details in her work was special for our members to look at and enjoy.

If you would like to come and join a group of friendly ladies who meet once a month at the **Knox Club** on

the **3rd Wednesday**, please contact Jan on **0438 059 783**, and she will answer any questions you may have before making your decision to come for a visit.

The next meeting is at **10am on the 19th August**, we **would love to see you and make you feel most welcome**.



Laughter Club News

Uplift Yourself, Change Your Attitude, Using Laughter Yoga and Other Affirmations.

Hello again. We are nearly through wintertime, which is an opportunity to sit quietly and reevaluate our life and present circumstances. I feel it is a great time too, to dish ourselves up some new affirmations to engage with on a daily basis, in order to be mindfully, self-supporting ourselves.

I love affirmations, and please note that if you contact me, I can send you some affirmations. Also, my hobby is writing ideal, inspirational, words and affirmations on rocks, which assists me to be positively focused. Hubby probably gets some kickback from that too, as I share them with him and he comes up with suggestions to write on my precious rocks.

A recent saying which I love and busy people will resonate with it is 'Sit down for lunch'. I heard a holistic doctor say that when we sit quietly, focusing on our food, it aids our digestion.

We do create our own reality and that is a positive thing, as we can program ourselves positively. It may be that we want to be more present, consciously aware, which is a great incentive to practice being mindful in every moment. It is a different way to live, as our mind tend to be scattered (at least mine is and has been) and wants to take over with it's thinking. When we are present, we can be more centred in our heart and experience life far differently when we are feeling based, in our heart centre.

It can be easy to create positive affirmations, and they are best written in the present text as if they are happening now. We are saying them to our subconscious mind, which does not analyse and takes in whatever we feed it as gospel truth.



Which is why we need to be careful about our self-talk, which I have often spoken of, to be talking and thinking words to yourself which are pleasant. That is, kind, positive, affirming, neither disparaging nor judgmental.

From my understanding and experience, many of us are way too hard on ourselves, far more than how we treat other people. We really do need to practice kindness towards ourselves first and be self-loving. From there allow it to flow outwards, making a positive difference, naturally, day by day, in this world of ours.

I suggest practicing with a short, clear affirmation and repeat it often, such as morning and before bedtime. It's a great practice to do and I am happy to share more with you if you contact me.

Here are some great affirmations that we regularly say at laughter club.

- I am happy, I am healthy, I am abundant.
- Laughter and fun come my way when I am being myself.

- I create laughter and feelings of happiness and joy wherever I go.
- I have lots of ideas, life inspires me.
- I am in love with life.
- I can do this. I, You, We, Can Do this. Yay!

Laughter and Other Affirmation Guidelines:

Long term, keep your mind consciously and unconsciously seeking laughter and embracing positivity in your daily life. Repeat the affirmation three times and your energy will help create what you are repeating for you, even when you are otherwise occupied with projects, thoughts and concerns. This is because you are reprogramming your subconscious mind with beneficial energy, to help you manifest and become who you would genuinely love to become. In other words, you are working with the Law of Attraction.

I look forward to hearing how you go with it.

When we Meet and Contact information

The Ferntree Gully Laughter Club meets behind the Ferntree Gully Library at 11am on the 2nd & 4th Sunday of the month and inside the Ferntree Gully Library and at 2pm on the 4th Tuesday of the month. Note the 4th Sunday may be 1pm until daylight savings commences.

First timers, please contact me, Lynette in case of a meeting change. Let me know if you wish to receive either the email newsletter, or the Friday email reminder when the laughter club is next on. There is also a Ferntree Gully Laughter Club Facebook group.

Phone: 0425 799 258
Email: lynette@laughterforliving.com.au
Website: www.laughterforliving.com.au
Ferntree Gully Library: 9800 6455

SPORT

Templeton Tennis Club: Book a Court Today

by Neil Houlston, Secretary

New Book a Court System

We have just rolled out the new Book a Court system at our club.

Book a Court allows members and visitors to easily reserve available tennis courts at the club for a specific date and time.



Our new Book a Court system

This allows us for the first time in our club's 45-year history, for courts to be used without a membership, at our casual hire rates.

The new booking system allows everyone to view court availability at any time, without attending the courts and book a specific court to use at a particular time, ahead of time.

We have also added support for hiring the courts at night, with access to lights at minimal cost.

Upon each booking made, you simply enter your allocated account PIN at the front gate (pictured) up to 15mins prior to your start time.

To learn more and book a court today, please visit www.templetontennis.com.au/book

Winter 2026 Competition Progress

We are now beyond the halfway mark for our weekend winter competition, for juniors and adults. We currently have 3 Saturday junior teams, 2 Saturday adult teams and 4 Sunday junior teams currently qualifying for finals, which is 60% of all our teams.

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 Wantima 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
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Wantirna Tennis Club

by Alison Rogers

There is so much happening down at Wantirna Tennis Club.

Join our friendly tennis community and experience the best of local tennis at Wantirna Tennis Club.

Book a court

Have you had a chance to come down and have a play on our courts yet? There has been a lot of interest in our five new classic clay courts and these along with our '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.

If playing at night, just 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.

Competition

Are you wanting to play competition tennis? All standards are welcome whether it is for Night tennis, Juniors, Midweek Men's, Midweek Ladies, Saturday Snrs or Sunday Pennant. The Club is always looking for new members and you would be made welcome.

Recent teams have played in finals with some successes and some close losses. Although we all like to win, we are in it to get exercise, make friendships and just have fun.

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 are welcome.

Juniors

The Junior Winter season is in progress. The school holiday break is finished, and the Junior teams are heading to the finals. 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 inquire about the next 2026 season. Details at the end of this article. All are welcome.

Coaches Corner at Wantirna Momentum Tennis

Momentum Tennis – Term 3 Spring is just around the corner and there's plenty happening at Momentum Tennis and Wantirna Tennis Club. With the Junior Summer Competition season not far away, now is the perfect time for players to register their interest.

Whether your child is looking to play competition for the first time or already has experience, we'd love to hear from you. We are also welcoming new players into our Hot Shots coaching program.

If your child has been thinking about giving tennis a go, we are offering a FREE Hot Shots trial lesson. It's the perfect introduction to tennis in a fun and supportive environment.

Our popular **School Holiday Tennis Camp** will be running on Monday 21st, Tuesday 22nd and Wednesday 23rd September. The camp is open to all standards and is a great way for children to improve their tennis, make new friends and enjoy three fun-filled days on court. Sessions run from 10.00am to 2.00pm with a BBQ on the final day.

Momentum Tennis continues to provide coaching for all ages and abilities, from beginners through to competition players and adults. If you'd like more information about our holiday camp, junior competition or coaching programs please call.

For more information or to arrange a free trial lesson, contact:

Momentum Tennis

0434 804 719

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, Instagram 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

The Wantirna Tennis Club value the support of
Community Bank Wantirna

Jackson Taylor MP | Member for Bayswater

Mary Doyle MP Federal Member for Aston

PLAYERS WANTED

WANTIRNA CRICKET CLUB

IS SEEKING PLAYERS FOR SEASON 2026/27

**FREE MEMBERSHIP FOR
FIRST YEAR PLAYERS**

DISCOUNTED FEES FOR STUDENTS AND APPRENTICES

PLAY IN THE COMPETITIVE RDCA
ON SATURDAY AFTERNOONS

COMMUNITY FOCUSED, FAMILY FRIENDLY
CLUB ENVIRONMENT

PLAYERS OF ALL ABILITIES ARE WELCOME

BASED AT SCHULTZ RESERVE, WANTIRNA

WE CATER FOR PLAYERS WHO CAN'T COMMIT TO
TRAINING OR PLAYING EVERY WEEK

Contact the club for more information
Dave Andrew (secretary) 0430276970
wantinacricquet@gmail.com








Supporting the communities we call home.

At LOCI Real Estate, community means more than the suburbs we work in.

It's the sporting clubs where families gather on weekends,
the schools shaping the next generation, the charities making a difference
and the local events that bring neighbours together.

We're proud to support organisations across Bayswater, Blackburn, Ferntree Gully
and Wantirna because investing in our community is just as
important as helping people buy and sell homes.

When our community succeeds, we all succeed.

If you would like to start the financial year knowing the current value of your property,
contact us today for a complimentary market appraisal.

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