

COMMUNITY NEWS

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

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EDITION 92

OCTOBER/NOVEMBER 2024

- MEET THE CONNECT CREW FROM WANTIRNA COLLEGE
- 1ST KNOXFIELD JOEY SCOUTS EMBARK ON THRILLING CAMPING ADVENTURE
- WANTIRNA HEIGHTS PROBUS CLUB CELEBRATES 20 YEARS
- COST OF LIVING BITES VICTORIA'S PETS

WANTIRNA BROWNIE GUIDES
ENJOYING FUN TIMES WITH FRIENDS!

(SEE THE STORY ON PAGE 11)

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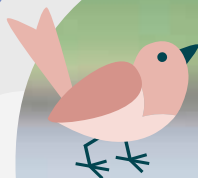


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Editorial

Hello Community News readers.

Struggling with work-life balance?

Here is some information from <https://www.healthdirect.gov.au/work-life-balance>

Work-life balance refers to the juggle between the demands of work and your home and family life. Working long hours may impact your health, make your work unsafe, increase your stress levels and cut into time for leisure activities.

A good work-life balance means you have harmony (most of the time) between the different aspects of your life. Outside of work you will have time to spend on other things, such as caring for yourself and your family, and leisure activities. If you can spend time on personal care, socialising, hobbies and relaxation, this can support your overall wellbeing.

Try to spend some time thinking about what is important to you in life. Consider your passions and interests and make time for the things that make you feel alive.

If you find it hard to say no, you could try to set limits on your work time and pre-plan time for other activities.

Remember to take care of yourself!

Janet Claringbold - Editor, on behalf of the team.



**Thanks to
Wantirna Village
& Knox Library
for generously
providing a room
for our meetings.**

Jackson Taylor Update

BAYSWATER NEWS

How is it October already? Before we know it – we'll be singing Michael Bublé Christmas classics! It's been a very busy year as always and it was great to have Premier Jacinta Allan out recently. She visited Bayswater Secondary College (pictured) to see completed works on the new middle and senior school buildings, met with Principal Liz Swan and students. The school continues to kick goals and I'm so proud of them. And of course – the Premier and I made a quick stop in at popular bakery Drom.

School Saving Bonus

The School Saving Bonus will provide \$400 in support for Victorian school-aged students in Term 4, 2024 for use on 2025 school costs. The Bonus for Government school students can be accessed via the School Saving Bonus online system in November 2024. Families can choose how they spend the School Saving Bonus. It can be used towards 2025 school costs including uniform, textbooks and more. For eligible non-gov school students - talk to your school about how this cost-of-living support will apply to you. For more go here - <https://www.vic.gov.au/school-saving-bonus>

More Health Funding

The Allan Labor Government will always be on the side of our hospitals. That includes through recruiting a record number of doctors and nurses, record funding for our hospitals and health infrastructure – and of course, our record pay deal for Victorian nurses. Now, we will invest a further \$1.5 billion for our hospitals – building on the more than \$8.8 billion we invested in the Budget. All this will mean better services, more often, so people can get the health care they need when they need it most.

Virtual ED

Something I wanted to discuss was the Victorian Virtual Emergency Department (VVED), which is a public health service for non-life-threatening emergencies. It's Victoria's busiest ED. With Victoria's Virtual Emergency Department we're making it easier for patients to access the right care without the stress of rushing to hospital and the good news is we've recently added more capacity to the program to help more people when they need it most. For more information visit - www.vved.org.au/patients/

In Other News

- Templeton Primary in Wantirna will receive over \$130,000 as part of the most recent allocation of Planned Maintenance Program funding.

- The new dog park and playground in Wantirna is one step closer with planning being finalised by delivery partners Knox Council
- There's was big energy for the big opening of the new sporting lights at Guy Turner Reserve for the mighty Bayswater Strikers Soccer Club. This is a proud club - a growing club, and I'm stoked the Allan Labor Government in partnership with Knox Council have been able to deliver this much needed infrastructure!
- Tunnelling on the North East Link twin tunnels linking the Eastern and the M80 Ring Road has begun! Due for completion in 2028.
- Don't forget there's over 80 Free TAFE courses to choose from to get the skills you want.

Shout-Out

To the energy compare tool. Countless Victorians have saved hundreds of \$\$ on their power bill by doing this simple check. There are always new offers out that may be cheaper than what you're on. So consider this your reminder to head to compare. energy.vic.gov.au.

And finally, to the entire cast and crew of Wantirna College's Mamma Mia production – well done to everyone on an incredible show!

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REMEMBRANCE DAY SERVICE

Our Remembrance Day Service
will be held at the Cenotaph
outside the Sub Branch
at 626 Mountain Hwy, Bayswater
on Monday the 11th of November, 2024
commencing at 10.45 am.

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



Jackson Taylor MP with Premier Jacinta Allan, Principal Liz Swan and students at Bayswater Secondary College

Jackson Taylor MP
Member for Bayswater
Delivers for Knox

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



CHAMPION Launch Christmas Toy & Food Drive This November

CHAMPION, an initiative of the Temple Society Australia, is a Foodbank and Community Hub located in Bayswater. It has been providing a positive impact to the Knox Community for over 10 years.

CHAMPION provides a warm and welcoming place for individuals and families in the community to share a chat over a coffee as they await their turn to collect fresh fruit and vegetables plus food staples from the food pantry.

In November we will be holding our annual Christmas Toy & Food Drive. We would appreciate any donations to keep our pantry full for the 450 people who access our services every month.

CHAMPION is open Mondays 10am – 12.30pm and Wednesday 12.30pm – 3pm.

Donations can be made during opening hours, or call 0468 375 808 to organise an alternative time.






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Wantirna Community News

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You're Invited To CPP Community Theater

Put On Your Sunday Clothes, because you are cordially invited to CPP Community Theatre's 2024 production of Hello, Dolly!

It's 1890s New York City. The bold and enchanting widow Dolly Levi is a socialite-turned-matchmaker who merrily arranges... matches... like one would arrange furniture and daffodils. Her latest clients seeking assistance are the cantankerous "half-a-millionaire" Yonkers Merchant, Horace Vandergelder, and a young artist named Ambrose, who is in love with Horace's niece, Ermengarde.

Dolly's personal attentions soon turn to the Yonkers "half-a-millionaire" man himself and before long her scheming involves him... and her... along with his two clerks, a New York based milliner, and her assistant, as she tries to cover up her own secret designs. Considered one of the last great shows of the golden age of musicals, Hello, Dolly is a family favourite and is sure to have you singing the tunes as soon as you leave the theatre.

How will it all end?

Well, buy your tickets, Before The Parade Passes By, to find out!




 CPP Community Theatre Inc. proudly presents

HELLO, Dolly!



Book by Michael Stewart
 Music and Lyrics by Jerry Herman
 Based on the play *The Matchmaker* by Thornton Wilder

Director/Choreographer Tamblyn Smith Musical Director Charlotte Black

*Hello, Dolly! is presented by permission of "HELLO!" theatrical or retail of Lane Theatrical, LLC, a Division of TheatreWorks Group

HELLO, Dolly!

SEASON DATES

Friday 11 October 8pm Opening Night
 Saturday 12 October 2pm Matinee
 Saturday 12 October 8pm Evening Show
 Thursday 17 October 8pm Evening Show
 Friday 18 October 8pm Evening Show
 Saturday 19 October 5pm Early Show

TICKET PRICES

Adult \$45
 Concession (students / pensioners) \$40
 Child (15 & under) \$25
 Family (2 adults & 2 children) \$115
 Group Bookings: (10 or more) \$40 per ticket

PERFORMANCE VENUE

Mahon Theatre at Aquinas College, 46 Great
Ryrie Street, Ringwood

TICKETING LINK: [https://
cppcommunitytheatre.com.au/](https://cppcommunitytheatre.com.au/)

For all ticket enquiries, please email: [tickets@
cppcommunitytheatre.com.au](mailto:tickets@cppcommunitytheatre.com.au)

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

Dinsdale Ward News

with Cr. Sorina Grasso

I was thrilled to join Mayor Jude Dwight and Jackson Taylor MP for Bayswater at the official opening of the upgraded lights at Bayswater Oval. Knox City Council put in \$63,200 and the Victorian State Government contributed \$250,000. This opens up even more possibilities for local sport & enables night games & training in the evening for Bayswater Football Netball Club. Of course, I am a big supporter of our local sports clubs for the fitness and social benefits they offer our community.



It was also great to take part in Business National Tree Day and I was excited to join Mayor Jude Dwight, Cr Yvonne Allred and officers from Knox City Council's Biodiversity team together with local businesses in a massive tree planting event. It was highly informative to hear more about nature care and the interconnectedness of all our local flora and fauna. I am a big supporter of looking after and enhancing our beautiful green spaces here in Knox.



As Chair of the Knox Arts and Culture Committee I was delighted to be in the audience for the final performance of the Immerse Arts Festival at the Knox Community Arts Centre in Bayswater. Lightbox Productions did a fantastic job together with Knox Arts and Events to pull off this unprecedented hilariously entertaining 24 hour production. The talented fearless performers who only had 24 hours to rehearse and put on a musical, yes, a musical were incredible. I look forward to the next one! It's great to have such fantastic entertainment right here on our doorstep at such reasonable prices supported by Knox City Council.



Finally, it was an honour to be in the official party for two Citizenship Ceremonies at the Knox Civic Centre. A third of the Knox community was born overseas and over 130 languages are spoken in our municipality. In diversity is strength and it's great to see it here in Knox.



Bayswater Makers' Market

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

Saturdays - 10am to 2pm
October 26 and November 23

For the October market only: the Hall carpark will be fenced off. Alternative car parking will be accessible via the Arts Centre driveway off Mountain Highway, driving past the fencing round to the right, with a short walk from there to the Hall entrance.

The Hall carpark will be available in November.



We welcome everyone to browse around our market and meet the artists and craftspeople. Sit down and enjoy a cup of tea or coffee for a gold coin donation.

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

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

Other enquiries: Julia 9890 2546



Community News

Available online at
www.studfieldwantirnanews.org

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Sorina Grasso

for **DINSDALE WARD**, Knox City Council



- **Jobs**
- **Prosperity**
- **Community**

I stand for:

- Backing local business
- Supporting community groups
- Funding accessible services
- Improving council infrastructure
- Housing that respects our leafy, green environment
- Celebrating cultural diversity

2024 LOCAL COUNCIL ELECTIONS
Your postal vote is delivered in **OCTOBER**

☎ (03) 7038 0162
 ✉ sorina4dinsdale@gmail.com
 📘 [facebook.com/CrSorinaGrasso](https://www.facebook.com/CrSorinaGrasso)

Authorised by C. Hirsh
1/24 Veronica St, Ferntree Gully

Sorina Grasso

Candidate Statement Dinsdale Ward

It has been a privilege to be the Dinsdale Ward Councillor since 2020 and Deputy Mayor of Knox Council since 2023.

I am a proud local of culturally diverse background and have lived in Knox my entire adult life. Knox has been a fantastic place to raise my family, volunteer (at Orana Community House), work (including teaching at Swinburne TAFE, Wantirna Campus), and enjoy our beautiful leafy green environment whether by walking along the Blind Creek Trail or enjoying a barbecue at Marie Wallace Park.

My daughter Angie went to local kinder and primary school, played local netball and is now at university. My partner Simon is a hard-working small business owner.

Some of the community improvements that I've supported and helped make a reality in my term as Councillor for Dinsdale residents over the last four years include the fantastic new Knox Library, the transformation of Blind Creek from a drainage basin into a beautiful park, upgraded lighting at Guy Turner Reserve and Bayswater Oval to help sporting groups succeed, extended parking in parts of Bayswater Activity Centre to support local business and retaining the \$100 pensioner rebate.

Together with my Councillor colleagues I also voted to save Lake Knox.

But there is more work to be done. So, for an experienced Councillor in Dinsdale who worked effectively and collaboratively over the last four years to achieve some fantastic outcomes for the community and earning the trust of colleagues for the position of Deputy Mayor, Vote 1 Sorina Grasso.

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RE-ELECT

VOTE **1** Knox City Council Election 2024

Susan Laukens

YOUR FRIBERG WARD COUNCILLOR

Call or text on **0492 820 666**,
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 or visit www.susanlaukensforknox.com.au

📘📷 SusanLaukensforKnox

**Truly independent, committed,
strong, sensible leadership**



I have a reputation as a dedicated councillor with a genuine love of community, returns calls, emails and listens to what matters to you.

Commitments that have been delivered:

- Playground upgrades – Karoo, Kent Park, Alberni Reserve
- Advocacy resulting in Napoleon Road upgrade
- Mountain Gate Car Park upgrades
- Knoxfield Dog Park solar lights and many more!

Authorised by K Davis, 4 Rickards Avenue, Knoxfield 3180

Susan Laukens

Candidate Statement Friberg Ward

Re-elect Susan Laukens for Friberg Ward

As your independent voice on Knox City Council it has been an honour to serve as Mayor, Deputy Mayor, and Friberg Ward Councillor over the past four years. I am not aligned with any political party—my commitment is to you, the residents of Friberg Ward.

Together, we have accomplished much, but there is still work to do. I am dedicated to ensuring your rates are spent wisely delivering fair and equitable services, and maintaining a financially sustainable Knox. I will continue to focus on creating safe, vibrant neighbourhoods with infrastructure that supports local groups and enhances our community.

I'll keep advocating for balanced planning ensuring appropriate housing developments in the right areas while protecting the character of our neighbourhoods.

Vote 1 Susan Laukens to continue serving you and building a better Friberg. Follow me on Facebook [@susanlaukensforknox](https://www.facebook.com/susanlaukensforknox) for updates on my work for our community.



Delivering For Aston

from Mary Doyle MP - Your Federal Member

AROUND KNOX

As your local Federal MP I would like to share some important updates and initiatives happening around the electorate of Aston. I am here to help with Federal Government matters, so if you require any assistance, please get in contact with my office by calling us on (03) 9887 3890 or by emailing me on mary.doyle.mp@aph.gov.au

Albanese Labor Government is Making it Easier to See a Doctor

I had the opportunity recently to join the Minister for Health and Aged Care - The Hon. Mark Butler MP in opening the 7 additional Medicare Urgent Care Clinics across Victoria.

After nine long years of cuts and neglect under the Liberals and Nationals, the Albanese Labor Government is making Medicare stronger for all Australians.



We have now opened a bulk billed Medicare Urgent Care Clinic in Bayswater.

This clinic will be open 7 days a week with extended hours for all those times you need urgent, but not life-threatening care, from a nurse or doctor, without visiting an emergency room.

We'll keep working to deliver a stronger health care system for all Australians.

In the 2024-25 Budget, the Albanese Government provided \$227 million to expand the Medicare Urgent Care Clinic program.

The seven existing state-funded Priority Primary Care Centres will transition to the Albanese Government's Medicare Urgent Care Clinic network following a request from the Victorian Government.

The clinic will help reduce the number of people attending the local emergency department for urgent, but non-life threatening, conditions like sprains, infections, rashes or cuts.

This is good news for Maroondah Hospital where a third of presentations to the emergency room are for non-urgent and semi-urgent issues.

Over 40% of Medicare Urgent Care Clinic presentations in the state have been outside standard business hours which means the clinics are filling an important gap in services across extended hours and over the weekend.

And with one in four visits treating a young person under 15, the Victorian clinics are giving families timely health care and peace of mind.

Located at Mountain High Shopping Centre, 7-13 High Street, Bayswater, the Maroondah Medicare Urgent Care Clinic is open 8am-10pm every day.

Funding For Local Roads and Community Infrastructure Priorities

The Albanese Labor Government continues to boost the liveability of communities across Aston with road and community infrastructure projects progressing and increased funding to support a pipeline of future local priority projects.

Working in partnership with Knox City Council, projects funded by the Albanese Government are improving the safety of local road networks, supporting local jobs, and unlocking new social and economic opportunities.

Over \$6,449,559 in Roads to Recovery (RTR) funding will flow to Knox City Council over the next five years, a boost of \$2,785,050 thanks to the Albanese Government.

Through Phase 4 of the Local Roads and Community Infrastructure (LRCI) program, Knox City Council is also receiving \$732,902 for local priority projects.

This includes the Bayswater Oval Cricket Nets Renewal at Marie Wallace Bayswater Park and the Knox BMX Track Renewal in Knoxfield.

This will support enhanced experiences for teams when training and improve accessibility and use of facilities across all weather conditions.

Nationally, the Albanese Government is delivering significant funding increases to support local councils progress their priority projects.

The Roads to Recovery program is progressively increasing from \$500 million to \$1 billion per year, the Road Black Spot Program is increasing to \$150 million per year, and \$50 million has been added to the new \$200 million per year Safer Local Roads and Infrastructure Program.



Coffee and Catch Up

Lastly a quick reminder. If Sunday morning sleep ins are more of your thing, then fear not because Thursday the 17th of October at 10:30am I'll be out and about at Wellington Village for one of the regular mobile offices that I hold.

These provide a fantastic opportunity to get out into the community and have a great chat with people about life and any problems they may have.

I especially encourage you to come and have a chat if you need support with information about Federal Government services such as Services Australia, NDIS, Medicare or immigration as my team and I have a wealth of knowledge and support that we would love to share with you.

So, if you've got a spare 15 minutes, pop past the Wellington Village shops, grab a coffee and say hello, I'd love to catch up!

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What's Happening At Community Pharmacy?

with Jason,
Pharmacy Manager



VIP Night

We are looking forward to a special VIP Night which is in the works to celebrate our members! While we can't reveal many details just yet, you can expect this year's event to be bigger and better than ever before. We're planning on holding this event in late November 2024 and, in the past, we've had everything from Santa visits and huge product discounts to choir performances, fire brigade visits, and even a Lions Club sausage sizzle. Stay tuned for more information as we prepare to make this a night you won't want to miss!

Travelling

Some of you may be beginning to prepare for your next getaway and we're here to make travel easier with our Health Solutions designed specifically for our community. Wherever you're traveling to we offer pre-travel vaccinations, medication packing services and expert advice to ensure you're well-prepared. With just a visit to our pharmacy, we'll help make your travel preparations simple so you can focus on enjoying your trip!



Spring & Allergies

This spring our pharmacy is focusing on providing effective Health Solutions for allergy sufferers, particularly for those managing allergic rhinitis and asthma. As Melbourne enters peak allergy and thunderstorm asthma season, allergens such as pollen, dust mites, animal fur, and mould can worsen symptoms. Our team is here to help optimise allergic rhinitis management ensuring patients are well-prepared throughout this critical period. With thunderstorm asthma risks extending into December we can offer timely support for these common health concerns helping our community stay healthy and breathe easier.



Summer Win Prize

This November and December, we are excited to launch our "Summer Win" promotion! From 5th November to 15th December every customer who spends \$40 or more on non-prescription items will be entered into the draw for a chance to win one of 10 major prizes, \$1,000 VISA gift cards. With multiple entries allowed (one per day), this is a great opportunity to treat yourself and potentially walk away with a fantastic prize just in time for summer!

We've just wrapped up giveaways of a scooter, multiple \$100 VISA gift cards and a special mooncake giveaway for the Mid-Autumn Festival, and now we're gearing up for even bigger prizes to brighten your summer.

Weight Loss Consultations

As summer approaches many in our community are looking for ways to achieve their weight loss goals and improve overall health. Our in-house Naturopath, Andrea, is here to help! Andrea provides personalised holistic consultations offering natural sustainable solutions for weight management. A consultation with Andrea is a great first step toward achieving your summer health goals in a balanced supportive way.

New Scholl Shoe Range

We're excited to introduce our new range of Scholl shoes now available in-store! Designed with comfort and support in mind, whether you're looking for everyday wear or something to relieve pressure on your joints, Scholl offers stylish options with advanced cushioning and ergonomic designs. Visit our pharmacy to explore the range and find the perfect pair to keep your feet healthy and comfortable!

Community Pharmacy Wantirna

Shop 3-4 Wantirna Mall
348 Mountain Hwy, Wantirna

(03) 9720 2872

OPEN 7 DAYS

E: wantirna@communitypharmacy.com.au

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

Website: www.communitypharmacy.com.au

Facebook: www.facebook.com/communitypharmacywantirna/

Instagram: www.instagram.com/communitypharmacywantirna/

News from Wantirna College

Connect Crew

In 2024 Wantirna College introduced a new social and emotional learning program called Connect.

This program focuses on forming and sustaining positive relationships, managing and expressing student emotions, improving verbal and non-verbal communication and building student capacity to manage behaviours and interactions with others. The work being done allows students to build a sense of pride within the College and to share this with their peers. Through a range of hands-on learning activities and experiences to 'practice' their skills the program aims to develop a strong sense of self awareness and improved perspective taking in our students.



This Semester the Connect Crew has continued to maintain strong ties with Foodbank, with students collecting and donating cans of baked beans and attending sessions to help package food for donations. Through these sessions students are learning the value of helping others and the importance of community service. The Connect Crew has also been busy working on their new Garden Project in collaboration with the VM students building the garden edging, levelling soil and spreading it throughout the area. This hands-on experience has not only improved the garden but also helped students develop independence, problem-solving and practical skills with tools. They're gaining confidence in measuring, building, and working together. We're excited to see the final results in the next couple of weeks.







WANTIRNA NEWS & POST

Paul & Kathy Cameron

<p>Wantirna Mall Shop 16, 326 Mountain Hwy Wantirna Vic 3152 T: (03) 9720 3100 E: wantirnalpo@gmail.com</p>	<p>Now Open Monday to Friday 8.00am to 5.30pm Saturday 8.00am to 12.00noon</p>
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WANTIRNA NEWS



Gala Concert

On Wed 18 Sept over 300 students performed at the annual Wantirna College Gala Concert held at the prestigious Bunjil PI Theatre in Narre Warren. This formal event is a highlight of the College calendar with students from years 7 – 12 performing in Instrumental Music ensembles such as Junior Band, String Ensemble, the Sax Quartet, Contemporary Bands, Choirs and the Symphonic Band to name a few.



Audiences were delighted by the Year 12 VCE solo performances by Caitlin Murphy (Voice), Will Davis (Saxophone), and Nathan Vibal (Voice), as well as the VCE Group performance by Mackenzie Ross (Voice), Jeremy Coath (Percussion), and Ryan Holloway (Bass Guitar). The College Production reprisal performance of a melody of Mamma Mia songs was very popular as was the awarding of special trophies to the graduating Instrumental Students of 2024.



Council elections

Look out for your ballot pack in the mail from 7 October



- Voting is compulsory
 - Post your ballot before 6pm, Friday 25 October
- For more information visit vec.vic.gov.au or call **13 18 32**

knox



Wantirna Heights Brownie Guides have a very active Term 2!

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

Last term Wantirna Heights Brownie Guides made lots of new friends and visited lots of new places. We were lucky enough to be invited to visit a few different units and we met lots of new Guiding friends.

Early in the term we travelled to Langwarrin on a mini bus to meet one of our State Commissioners and her Guides at their hall. Her Guiding name is Dolphin so we earned a dolphin badge!

We also visited Myuna farm with all the younger Guides in Knox-Sherbrooke district and spent the day feeding the animals and riding the train. Later in the term we met up with these Guides again to see Inside Out 2 at our local theatre, and we even got to have popcorn with our movie! We also welcomed two new members to our unit this term.

Helping out in the community is an important part of what we do, so this term we also participated in our local Anzac commemoration march and helped First Friends of Dandenong Creek plant trees along the creek.

As if all of this wasn't enough, our Guides decided they also wanted to work on the Fitness badge this term. They wanted to challenge themselves while having fun (and keeping warm at the same time!). We created an obstacle course at our hall to test

ourselves, tracked our physical activity for a week at home and we also went on an excursion to Bounce!

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



Wantirna Heights Probus Club News

20th Anniversary Celebration

At a general meeting a little earlier in the year the club celebrated a special milestone as it was 20 years since its formation. 47 members and two visitors were given a commemorative pen upon arrival. At the beginning of the meeting, a certificate recognising our 20th Birthday was presented to Rowland Ward (our current President) by Alwyn Burney (our first President) as shown in the photo at right. Six current members who joined the Club at its inaugural meeting on 1st June 2004 were presented with Certificates and chocolates to mark the occasion. Other members who joined the Club within the first 12 months also received certificates (see photo below).

One of the Foundation Members gave a very interesting short talk about the early years of the club, its members and activities. He brought back some very poignant memories of members who are no longer with us and amused us with his dry sense of humour. During the morning tea break, photos compiled of some of the Club's past activities were screened whilst those present enjoyed a delicious birthday cake. Baby or early childhood photos of 25 Club Members were also displayed with Members being asked to match names to photos. This caused much amusement but also proved quite difficult.



There was a special thank you to all those who supplied photos. After the meeting, members made their way to the function room at the Knox Tavern for lunch. Whilst waiting for the meals to be served, members were challenged by some interesting and amusing trivia questions imaginatively prepared by the club Treasurer.

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

Visit to the Chelsea Australian Garden

On a crisp morning in the Dandenong Ranges members of the Combined Probus Club of Wantirna Heights visited the Chelsea Australian Garden in Olinda.

In 2013 Landscaper Phillip Johnson, Horticulturalist Wes Fleming and their team became the first Australians to win Gold at the prestigious Chelsea Flower Show held in London. Ten years later, Phillip Johnson re-created this garden, bigger by a massive twenty times. The result is spectacular, and the native habitats and biodiversity created are stunning.

Meandering through the garden, even the most proficient gardeners in our club were stunned, inspired and impressed by the landscaping and the myriad of plants on display. The non-gardeners of the group could not believe that such an interesting garden could exist, let alone thrive!

As the years go by and the plants grow, this garden will be a gem of the Dandenong Ranges and well worth a visit.



Holy Trinity School and St Mary's School Create an Underwater Art Spectacular

Preparing for an art show takes a lot of time and hard work. Under the direction of art teacher Caroline Laming and their dedicated classroom teachers, the students at Holy Trinity School and St Mary's School in Wantirna South worked tirelessly over the last term to put on an amazing art show.

The students were all very excited to be able to share their masterpieces that explored the theme of 'The Deep Blue Sea'. The highlight for many was the 'Glow in the Dark' room that showcased pieces that were illuminated under UV lights and gave a very dramatic effect.

The students showed off their diverse creative flair with a variety of pieces that ranged from sculptures of sea creatures, to papier mache fish, sea landscapes and 3D beach huts.

The art show was held at the school in September towards the end of term 3 and is a bi-annual event. It is one of the highlights of the school calendar and the students love to see their work presented so professionally and enjoyed by so many within the school community.

This year's art show proved once again to be a wonderful celebration of the creative arts, showcasing the amazing achievements of all the students involved,



News from Heathmont College

Heathmont College is embarking on its first local crafters, artisans and gourmet producers craft market to be held from 5pm-9pm on Tuesday, November 12.

This market will present a unique gift buying opportunity to our local community prior to Christmas. An integral part to our Twilight Fair, it will be an extension of our Arts and Technology Night which has been a vital part of our school's annual calendar over the past few years.

The event will be hosted by staff, students and families and will include a fundraising BBQ, Stalls, Silent Auction – Art Exhibition, Market stalls, face painting, music performances, competitions and food trucks/trailers. Money raised will go to funding the event for subsequent years allowing it to grow and develop, as well as funding any future special projects for our school.

We invite you, our local community, to be a part of this exciting event.

If you would like more information regarding the event or to fill out an application form to run a stall at the market please contact Christine Walshe at 9871 4888 or email christine.walshe@education.vic.gov.au, applications are due by 5pm on 11th October 2024.



As part of the promotion for Heathmont College's inaugural Twilight Craft Market, the School ran a poster competition.

Bianca (above) designed the the poster (at right), and was judged to be the competition winner. It looks great!

Heathmont College Twilight Craft Market

Indulge in a diverse array of handmade products that celebrate culture and community at Heathmont College.

Discover a variety of food and beverages, and other delights.

Tuesday 12th November
5:00pm - 9:00pm
On the Oval

HEATHMONT COLLEGE

Term 3 at St Luke's Primary School

Term 3 at St Luke's was filled with excitement and energy as students juggled a mix of challenging lessons, creative projects and extracurricular activities. From lively interschool sports matches and school events to collaborative group work and hands-on learning the days were packed with growth, friendships, and fun!

MINI OLYMPICS

Students gathered early in the morning, dressed in the colours of the continents from around the world. They came together for a whole school opening ceremony where the Olympic torch was lit and the games began!

Throughout the exciting day our students rotated through 7 different sports and showcased their amazing skills in breaking, equestrian, shooting, javelin, relay, badminton and tennis. "It was the best day ever!" exclaimed Jayden from Grade 3. The day was filled with cheering, teamwork, and a sense of achievement as everyone celebrated sportsmanship and school spirit!



PREP 100 DAYS

This term our Prep students celebrated their 100th day of school! To celebrate, students (and staff!) came to school dressed like they were 100 years old. Grey hair, walking sticks, glasses and cardigans were all on display during Assembly as the students shared what they have learnt so far and predicted what they will learn in their next 100 days. Students also shared insights into what they will and won't be able to do when they are 100 years old.



When I am 100 years old, I think I will be able to watch the news but I won't be able to do cartwheels.

When I am 100 years old, I think I will be able to read the newspaper but I won't be able to drive a car.

EDUCATION NEWS

CELEBRATING READING AND BOOK WEEK

Book Week has been an amazing celebration of Australian Stories, illustrators and authors. We celebrated over a two-week period starting with our fabulous book parade. Students were encouraged to dress as their favourite book characters and celebrate the theme of reading is magic.

To finish our book week events we had two amazing authors come to visit our school. Gabrielle Wang, the 2021-2022 Australian Children's Laureate, author and illustrator, spoke to our middle and senior students about how many of her stories come from her own childhood and Chinese culture. She also showed us how to draw an amazing Chinese Dragon called Peng. Our Prep to Year 2 students had a great time listening to Anna Manuel, a Japanese storyteller. She showed us her Kamishibai, which means "paper theatre" in Japanese.



FATHER'S DAY

This year's Father's Day breakfast was a heartwarming event filled with delicious food and special moments. The morning began with a simple yet delightful menu, where egg and bacon rolls, baked beans and cereal were served, bringing smiles to the faces of our dads and families alike. The aroma of sizzling bacon filled the air setting the perfect tone for a day dedicated to celebrating fatherhood.

Following the breakfast, a special liturgy was held to honour and celebrate our dads, granddads and father figures. The service was filled with heartfelt prayers, a pledge, uplifting music and a photo presentation, all designed to express gratitude for the love and guidance our fathers provide. It was a moment to reflect on the important role fathers play in our lives.

The combination of a shared meal and a meaningful liturgy made this year's Father's Day celebration truly memorable. It was a wonderful opportunity for our community to come together, celebrate the dads in our lives and show them just how much they are appreciated.



You are warmly invited to have a tour at St Luke's and experience for yourself our wonderful school and all of the opportunities it can give your child and family. We have limited availability in Prep 2025 and there are some spaces available in other year levels.

Please contact the school office on 9801 6917 or info@slwantirna.catholic.edu.au for further information or to book a tour.

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What's new at Your Library? by Karla Simon

LIBRARY NEWS

Spring has sprung and so has the What's On events guide! Start planning your perfect spring with our sensational events program bursting with amazing activities for adults of all ages. Pick up a copy from your local branch or visit our website to view the digital version at yourlibrary.com.au.



New books and DVDs

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

Top Reads

- Broccoli & other love stories : notes and recipes from an always curious, often hungry kitchen gardener/Paulette Whitney, Provenance Growers
- The wilds / Sarah Pearce
- There are rivers in the sky / Elif Shafak
- Travelling : on the path of Joni Mitchell / Ann Powers
- All the colours of the dark / Chris Whitaker
- The echoes / Evie Wyld
- A thousand miles from care : a hunt for a brother's killer - a thirty-year quest for justice / Steve Johnson
- Forged in fire : an Australian commando's story of life and death on the frontline / Scott Ryder
- You are more than what you eat / Dr Emma Beckett
- The Briar Club / Kate Quinn

New DVDs

- The Madame Blanc mysteries. Series 3
- 1923: A Yellowstone Origin Story - Season 1
- 80 For Brady
- Space Pups
- Priscilla
- Anyone But You
- Battle over Britain
- Fallen Leaves
- Hunger Games, the ballad of songbirds & snakes
- Little Richard: I Am Everything

Event Highlights

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

Ferntree Gully Art Society - Group Exhibition

4 OCT – 2 DEC 2024

Miller's Homestead, 30 Dorrigo Dve (Cnr Melrose Crt), Boronia

Come and view a selection of works from the talented Ferntree Gully Art Society artists anytime during opening hours (Mon-Fri, 9.30am - 5pm). Meet some of the artists from the exhibition and enjoy a guided tour, along with some refreshments and nibbles, on Friday, 3rd November from 5.30 - 7.30pm. Bookings required (FREE)

Historic buildings of Knox

FRI 4 OCT, 9:30AM-11AM

Bayswater Library, Mountain High Shopping Centre, Bayswater

Join us to discover the history and stories behind many of Knox's Historical Buildings that are still standing today. Bookings required (FREE)

In conversation with crime fiction writer, Elizabeth Coleman

WED 9 OCT, 11AM – 12PM

Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

Author Elizabeth Coleman is a scriptwriter on the Phryne Fisher TV series and author of A dance with murder and will be happy to take audience questions when she discusses all things 'cosy' crime' with interviewer, Claire Halliday. Bookings required (FREE)

Big Purple Phone – the safest phone in Australia

MON 14 OCT & TUE 15 OCT, 1:30PM-2PM OR 2PM-2:30PM

Bayswater Library, Mountain High Shopping Centre, Bayswater

The Big Purple Phone is designed for seniors, using large buttons and icons, without all the fuss of modern smartphones. Features have older users in mind, from the interface to the functions. It even has an alert function, perfect for users who do not want to wear alert technology. Get hands-on so you can see how it works and decide whether it's right for you or someone you care for. Bookings required (FREE)

Hear and now: the connection between hearing and overall health

THU 17 OCT, 1:30PM-3PM

Knox Library | Ngarrgoo, Westfield Knox, 425 Burwood Hwy, Wantirna South

This session presented by Hearing Australia, covers the warning signs of hearing loss and its impacts, as well as the links between hearing loss and other health conditions. Bookings required (FREE)

Book Launch: A Complete Anthology of My First Kisses

FRI 25 OCT, 6PM-8PM

Miller's Homestead, 30 Dorrigo Dve (Cnr Melrose Crt), Boronia

In this honest, funny, tragic, passionate collection of poems, award-winning poet, Cameron Semmens, shares those moments of fumbling intimacy and lip-clapping awkwardness that he has personally

experienced, but at the same time, these poems tap into universal experiences of vulnerability and one's need for connection. Bookings required (FREE)

Crochet poppies workshop

FRI 8 NOV, 1PM-2:30PM

Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

Come along to this easy workshop and learn how to crochet poppies for Remembrance Day. Wool/yarn supplied - please bring your own crochet hook. Crochet experience needed. Bookings required (FREE)

Improving your digestive health

WED 13 NOV, 1:30PM-2:30PM

Bayswater Library, Mountain High Shopping Centre, Bayswater

Do you have gut symptoms such as bloating, IBS and/or constipation? Would you like to improve your microbiome? Meet with functional nutritionist, Lyndal Harris, from Unrefined Nutrition to find information and inspiration for looking after your digestive health. Bookings required (FREE)

Urban Nanna: Buy right for a low-waste future

THU 14 NOV, 11AM-12:30PM

Rowville Library, Stud Park Shopping Centre, Rowville
Learn about small and slow solutions to reduce your waste output by making informed decisions when you shop, including practical visual examples of how to buy, store and use different household consumables, and much more! Bookings required (FREE)



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News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.



New AJM President *by Ken Simpson-Bull OAM*

The Australian Jazz Museum's long-time president Terry Norman has retired after 11 years in the role. During his tenure Terry's many achievements included the creation of the AJM's current mission statement (as cited in the sub-heading above), successfully obtaining extensive philanthropic grants from the Potter Foundation for museum projects, negotiating with the AJM's landlord, Parks Victoria, in obtaining a 21-year lease of the museum's property and permission to extend its outbuildings and obtaining the services of renowned jazz musician James Morrison AM as the AJM's official Patron.

Terry's successor is the relatively recent volunteer Ian Rutherford whose previous experience as a musician and in the recording and streaming of popular music is being extensively utilised. Already Ian has been responsible for the introduction of the streaming of various albums in the "Live @ AJM" YouTube music link (also available from Spotify and

other popular streaming services) which features jazz performances recorded at the museum's group visits.

Ian has also provided audio playlists of rare jazz music from the museum's extensive collection which can be accessed from the AJM's website by clicking on the piano image. Ian is also working on extending the museum's video interview series which is accessible via "Our Collections" on the AJM's website. The future series is expected to include musical examples of the interviewees' performances. Ian recently appeared as guest on Radio Eastern FM's Friday night jazz program as well as on Inner FM's "That's Jazz" presented by George Krupinski. He is hoping to be heard again on future broadcasts where he can present more rare jazz from the museum's vaults. The AJM is fortunate to have obtained the services of such an enthusiastic new president.



AJM President Ian Rutherford.

The Australian Jazz Museum

15 Mountain Highway, Wantirna is open free to the public on Tuesdays from 10am to 3pm. For Group visits, which include refreshments and a live band performance, email tours@ajm.org.au Enquiries: Ring 9800 5535 on Tuesdays. Website: www.ajm.org.au

50th ANNIVERSARY KNOX ART SHOW

knoxartshow.org.au

Saturday 9th and Sunday 10th November
10am to 4:30am



Churchill Waverley Golf Club
82 Bergins Road Rowville 3178
Gala Opening Night 7:00pm Friday 8th November

Proudly supported by



The Knox Art Show has been supported by a grant from the Knox City Council Development Fund

THE FERNTREE GULLY ARTS SOCIETY

At THE HUT GALLERY

157 UNDERWOOD RD FERNTREE GULLY

OCTOBER EXHIBITION

'ANNUAL MEMBERS EXHIBITION'

Our members exhibit what they considered to be their best works created within the past 24 months.

In this vibrant exhibition you'll experience a diversity of themes, mediums and styles across the highly decorative artworks of our talented painters and sculptors.

Exhibition opening and awards presentation.

Sunday the 13th of October

In the foyer we have a wide variety of beautiful gifts and cards for sale create by our members.

**Open Fri 1-4 pm and weekends 11-4 pm
October the 5th – 27th**

NOVEMBER EXHIBITION

'SYNERGY'

12th of November to the 14th December

We are excited to be sharing this exhibition with The Ringwood Arts Society.

The display of some 90 artworks will be independently judged and awarded.

Running for an extended time this is a great opportunity to purchase a wonderful piece of artwork.

**Official opening and award presentation
2pm Sunday 10th November**

FREE ENTRY ALL WELCOME

www.thehutgallery.com.au

KNOXFIELD & SCORESBY NEWS



Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

Our members were very interested in a talk about Living with Dementia given by two ladies from Knox Council. Barbara and Sheridan were open about the challenges faced by both sufferers of this illness and their carers. It was such a worthwhile session for us to better understand the problems to be faced as the illness progresses, as well as how to contact support services and what they can offer, especially those that can be accessed from our local Council.

We have also heard from Donna representing Cottage by the Sea, a respite holiday property in Queenscliff for disadvantaged children. The specialised programs focus on social interactions, learning experiences and mental health. Also, lots of fun which previous recipients remember well, with some feeling it was a turning point in their lives. This charity has been functioning since 1890 but does not receive government funding, relying on donations, gifts from Wills and volunteers. Our members donated many items including beanies, scarves, rugs, etc. most of which were hand made. Donna was grateful to be able to deliver them to the Cottage.

Our Sunday Brunches and 6.30 pm Dinners are popular even through winter as we try different cuisines, our latest being Indian and our next will be Japanese. We are looking forward to a fashion parade and high tea to round out our September activities.

We meet at the Wantirna Club, but due to recent



Donna of Cottage by the Sea and Marie our Speaker Convenor with the donations.

government gaming regulations, we are now starting our meetings from September onwards at 10.30 am with lunch in the Bistro now at 12.30 pm.

You are welcome to join our friendly Club. Please call Jo on 0414 914 091 for details.

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All Activities Run During School Terms

- 10.30-12pm Tuesday: Coffee Plus** Free morning tea, activities and chats
- 2-6pm Tuesday: Showers of Hope** Free shower and laundry facilities available for those in need
- 6-7pm Tuesday: Cavell Kitchen** Free community meals
- 10-11.30am Friday: Mainly Music** Music and activities for preschoolers and their carers
- 7.30-9.30pm Friday: Emerge Youth** Small groups and activity nights for Year 8 - 12 students
- CAP Money Course** Free money mentoring/course - contact us for details

ALL WELCOME!

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www.probus.com.au
Facebook.com/Community@Cavell



Community News

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

Lake Knox Project Update From Development Victoria



Artist Impression of the Knoxfield Project

Further planning is underway at the Knoxfield development site on the corner of Burwood Highway and Scoresby Road.

We are pleased to provide an update on our Knoxfield project as we progress our plans to deliver much needed housing and benefits for the community on this site.

We have now received permits from council for the sub-division and wetland development and have recommenced activity on-site as we move forward with the project.

Development Victoria has also been working with a team of experts to design the future wetlands which will create a haven for local wildlife – including the Blue-billed Duck and other species.

We are working closely with Knox City Council through the planning and design process and look forward to sharing further detail in coming months.

Development Victoria is committed to delivering homes in Knoxfield, contributing to the Victorian Government's target of delivering more homes to more Victorians over the next decade.

We're working to deliver a range of high-quality, sustainable and affordable homes to suit the needs of the community.

Our emphasis is on quality design, materials and landscaping, with all homes positioned a short walk to green open spaces.

Development Victoria is committed to keeping the community updated on the progress at Knoxfield. Over the next 12 months, there will be more activity on site as we move towards construction commencing in mid-2025.

For more information:

Please head to the Development Victoria website: development.vic.gov.au/knoxfield

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KNOXFIELD & SCORESBY NEWS

1st Knoxfield Joey Scouts Embark on Thrilling Camping Adventure

by Michael Macfarlane (Fozzy),
1st Knoxfield Scout Group Leader.

Knoxfield, September 11, 2024 — Last weekend, the 1st Knoxfield Joey Scouts, aged between 5 and 7 years, embarked on an exhilarating camping adventure at Gilwell Park Scout Adventure Centre. The camp, held in conjunction with the 1st Knoxfield Scout group, was a testament to the remarkable achievements and boundless energy of these young scouts.

The Joey Scouts' camping experience was nothing short of extraordinary. Under the guidance of their leaders these little adventurers stepped out of their comfort zones to embrace a weekend full of new challenges and activities. From conquering the giant Flying Fox to perfecting their archery skills the Joeyes tackled every activity with enthusiasm and determination.



One of the highlights of the camp was the chance for the Joey Scouts to test their agility and coordination on the new bouldering walls and the demanding ninja obstacle course. Their smiles and laughter echoed through the campsite as they scaled heights and navigated obstacles proving their courage and camaraderie.

The camp also offered a taste of traditional outdoor fun with hands-on camp cooking sessions that included making s'mores and toasting marshmallows over the campfire. These moments not only filled their bellies but also taught them valuable life skills such as teamwork and patience.

The Joey Scouts, who are still mastering the basics of camping, showed their growing confidence as they slept in tents and used sleeping bags. The experience was more than just a fun weekend; it was an opportunity for these young scouts to make lifelong friends, learn essential life skills, and develop a love for the great outdoors.

If this sounds like an adventure your child would enjoy the 1st Knoxfield Scout Group is offering free try-outs for prospective new members. They currently have a few spots available for 6 to 7-year-







KNOXFIELD NEWSAGENCY

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VICTORIA

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Monday to Friday 7.00am to 5.30pm
Saturday 7.30am to 3.30pm
Sunday 7.30 am to 10.30am

olds in our Joey unit. For more information and to sign up for a free trial, visit <https://scoutsvictoria.com.au/locations/all-groups/>.

In addition to 1st Knoxfield, other local scout groups such as 2nd/3rd Bayswater, 1st Wantirna South, 2nd Wantirna, and 4th Knox are also welcoming new members. Prospective scouts can enjoy three free nights of activities to get a taste of scouting life. Scouting is open to youth aged 5 to 26 years with opportunities to continue enjoying the fun as a leader after the age of 26.

Join the adventure and be part of the vibrant scouting community in Knoxfield!

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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.

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Our upcoming Community Days are on Saturday, 12th October and Saturday 16th November from 9am — 12noon

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ENVIRONMENTAL NEWS



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

Meeting - August

Speaker: Alex Stalder "Plants of the Victorian High Country"

Alex has a house at Dinner Plain, as a result she developed an interest in the area but mainly in the vegetation and the beautiful alpine flowers found there.

Alex explained about the altitudinal zones: lower elevations to about 900 metres, montane to about 1500 metres, subalpine at 1600 metres and alpine at 1800 metres.

Also, there are areas up in the high country that are very cold and can have snow all year round. At the subalpine level the Snow Gums dominate. Alpine bog is found there, and that is a really important ecosystem. At the moment it is being threatened by feral horses and deer.

Alex, in her presentation, showed us many beautiful images taken on Lake Mountain, the Baw Baw Plateau, Mt Buller, Mt Stirling, Mt Hotham, Dinner Plain, and Falls Creek. Her images showed grasses and trees found in each area as well as orchids, mosses and many varieties of flowers.

There are challenges including extremely short growing seasons, strong winds, snow and ice. Most of the plants that grow in these areas are perennials. There is not enough time for annuals to develop.

Excursion - August

Yarran Dheran Leader David H

Twenty-one members attended on a lovely sunny morning where we wandered on both sides of the Mullum Mullum Creek. Walking on one side there was little in the way of orchids but on the weedier side there were a few different orchids to be found. Being wattle season there was quite a variety of indigenous plants in full flower. Surprisingly for a suburban area, around 30 different birds were recorded.



Xerochrysum bracteatum
Photo by Alison Rogers

Meeting - September

Annual General Meeting and President's Address

September speaker Shirley Smith "Ten reasons why I love Ringwood field Naturalist Club"

Shirley spoke about what she enjoys about the Club and its members. In particular she mentioned the people, the collective knowledge, the variety of interests and enthusiasm of the group. She also mentioned the Monthly Meeting Agenda, Members Images, Excursions, the Weekends Away, the Long & Valued History of the Club and the wonderful Committee.

Excursion 1 - September

Euroa Arboretum: Leaders Liz T and Shirley S

Travelling through the early morning fog we arrived to a beautiful sunny day in Euroa. The Euroa Arboretum is only three kilometres south of the town and is made up of 27 hectares of native plants and vegetation. Following our leaders down the many 'well maintained' tracks we were able to see many species of flowering and non-flowering plants. The wattles in particular were spectacular with many local and interstate varieties to admire. A huge dam and board walks through the wetlands had us listening to the frogs and admiring the many coloured dragonflies. The birdlife was varied with bush birds and water birds seen throughout the park. A sighting of a mistletoe bird and Diamond Firetail finches made the day complete.

Future Program

October:

Speaker Gemma Snowball - Title: "Platypus – Unique egg-laying mammals and urban environments".

Excursion to Cribb Point. Leader Jack A

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

Meetings are held on the second Wednesday of each month at 7-30pm in Room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melway V2 49 H10).

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

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



Knox Environment Society - Pre-Spring in the Garden by Anne Morton

"Spring is Nature's way of saying 'Let's Party'" – Robin Williams

And nothing is more true at this time of year as many plants, particularly the wattles, celebrate Spring by covering themselves in flowers.

The party started a little while ago with the flowering of the Silver Wattle, soon followed by the Golden Wattle, Blackwood and, when in flower, the glorious Hedge Wattle. And that's just an indigenous sample of the many flowering plants seen in parks and reserves now.

Myrtle Wattle *Acacia myrtifolia* (pictured top right)

In the garden the Myrtle Wattle soon covered itself in its profuse yellow flowers. This is a useful as well as colourful plant flowering between July and October and happy to grow in most soils in full sun to full shade. Growing from 1 to 3 metres it will provide a fast-growing low screen. Pruning is beneficial.

Gold Dust Wattle *Acacia acinacea* (pictured bottom right)

Also covering itself in bright yellow balls is the Gold Dust Wattle. This is an open spreading shrub blooming prolifically between July and November. Adaptable to well drained soils, in full sun to semi-shade, it is a good low screening plant which will often self-seed in the garden. Annual pruning will keep it in shape.



Purple Coral Pea *Hardenbergia violacea* (pictured below)

For a change of colour, you can't go past the beautiful Purple Coral Pea. This is a showy, scrambling climber that can be useful for covering embankments or as a light screen. It is another adaptable plant, comfortable in well drained soils, either in full sun or semi-shade, although sunnier positions will usually result in better flowering.



ENVIRONMENTAL NEWS



Knox Community Gardens Society

Where Our Community Can Grow

by Rod Felton

We are celebrating our 40th Birthday on Saturday 5th October 2024 from 10am to 4pm at 51 Kleinert Rd Boronia – free event all welcome!

In July 1984 a Commonwealth Employment Program was established to create a vineyard, orchard and community garden and to provide horticultural employment and training. In October 1984 Knox Community Garden was established as a co-operative and 62 plots were allocated to members of the local community. So here we are, 40 years later, still going strong. We now have over 150 plots of various sizes so we have grown significantly since our establishment.

To mark this momentous occasion we are having an open day at the gardens on Saturday 5th October 2024. There will be plenty of activities for the whole family. The official presentation and cake cutting will be at 12.30pm. You can view our historical displays and participate in garden tours.

There will be a plant stall selling different varieties of tomatoes, other vegetable and flower seedlings as well as herbs. Other stalls sell cakes, second hand books and more. A number of local community groups will be in attendance, including Knox Environment Society, ShareSpace and a Citrus and Fruit Fly Information stall. You will also find a number of local retail stalls, including face painting, honey sales and others. Local musicians will be performing throughout the day.

Plenty of food and drinks available for purchase throughout the day. Egg and bacon rolls will be available all morning, plus sausages, hamburgers and vegetarian okonomiyaki. There will be a coffee van, Devonshire tea, as well as cold drinks.

Presentations will be held throughout the day. The planned program is 'Beekeeping with Neil Whiteside' at 10.00am, 'Espaliering with Michael from Swinburne' at 11.00am, 'Gardening the Spanish Way with Fidel and Vince' at 12 noon (question and answer style presentation), 'Saving Seeds with Jodie Pearce' at 12.30pm, 'Queensland Fruit Fly and Citrus Pests' by Bronwen Koll and Dr Jessica Lye at 1.00pm and 'Composting' with Geoff Ofield at 2.00pm. These presentations are not to be missed!

If you are driving to this event, you can park in surrounding streets, Genesis Gym or Fairpark Reserve (use the underpass to access the gardens via the laneway off Scoresby Road). Please note there is no onsite parking. This event is zero waste so please bring some bags to carry your purchases home. Cash and EFTPOS available. We hope to see you all there!

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

Knox Community Gardens Society Inc.
Where our Community can Grow

40th Birthday Open Day
Saturday October 5th
10 am - 4 pm
51 Kleinert Road Boronia

**Plant Sales, Music
Coffee, Market Fair
Workshops
Food**

BYOB - Bring your Own Bag
as this is a Zero Waste Event

Erect Guinea-flower *Hibbertia riparia* (pictured below)

The Erect Guinea-flower is a showy plant with bright yellow flowers. It is attractive to butterflies as a food plant for their caterpillars. The Erect Guinea-flower is a small shrub growing up to 60 cm high which prefers moist well-drained soil, in full sun or semi-shade. It responds well to summer watering.



Spring is well and truly in the air and it's time to party. The Knox Environment Society wants to celebrate with you.

We are excited to extend an invitation to our Spring Garden Party Festival, Saturday 12th October, 10am-4pm at our Nursery where a broad range of indigenous plants will be on offer including groundcovers, grasses, shrubs, trees and ferns.

And there's more ...

Take the opportunity to enjoy Garden "know-how" Workshops, Presentations, Displays and Activities and learn more about the groups featured.

- Knox Friends Groups – caring for our wild places
- Treefern Potters – ceramic artists and pottery sales
- Repair Café – sharpening and maintenance advice of garden hand tools
- Knox Community Gardens – vegetable seedlings
- Grow what where – indigenous planting advice
- Pruning Native/Indigenous shrubs and grasses – when and how

- Presentations – landscaping your nature strip, home energy efficiency
- Knox Woodworkers
- And more!

More details will become available closer to the date so keep abreast of information at www.kes.org.au.

So come along on 12th October, between 10am and 4pm and enjoy the party. The Knox Environment Society Nursery is located at 1010 Burwood Highway, Ferntree Gully.



Laughter Club News

Laughter Yoga together (or even alone) contributes to our feelings of Worthiness

Hello Friends,

Our topic today is Worthiness. Do you consciously focus on a desire to be a worthy person? It can also be an unconscious activity driven by an internal desire where we yearn to feel better about ourselves. In trying to be a 'good' person and nice to others, we may be driven by an inner desire for worthiness within ourselves. Behaviours we are told to live by may have actually caused us to become passive and suppress our true feelings. Being a 'good' person may have been at our own expense when we uplift and look after others, we may neglect or forget about our own self-care. Much comes about through behavioural patterns and conditioning as we are growing up, influences from the beliefs and backgrounds of our parents and people who are in authority in our lives. Our feelings of self-worth can become reduced and we develop into being a people pleaser. This is commonly more related to the females amongst us, or men with a strong feminine nature. Ideally, we will reach a stage where our worthiness is not dependent upon the opinions of others.

How does laughter yoga and laughter club contribute to increased feelings of worthiness?

As laughter works on all aspects of our bodies, physical, emotional, mental and spiritual, we can embrace the activity of laughing together, releasing our own inhibitions, judgment of others and self-judgment.

Laughter yoga is a stress releaser which energises us, taking us out of our critical left-brain analytical thought patterns as we embrace our creative right brain hemisphere expression. Naturally this will be limited by our personalities as some people are doing it tough mentally, finding it harder than others to let go and relax into the laughter exercises.

Usually over time, or perhaps straight away, we feel better about ourselves and our life. After the regular



Ferntree Gully Laughter Club sessions we continue the social interaction heading over to Rapture Café for a cuppa where we share with our laughter friends what we've been up to within the close-knit community.

Do you need to come on a regular basis?

Many people have very busy lives and attend a laughter session spasmodically. It is worth coming along for a visit and to try it out once, twice or three times to see if it is a good fit for you or not. Laughter yoga is also a great aerobic exercise and recently a few members share how they are managing to include it in their lives in different ways. People even go through a regular daily routine as an exercise option, incorporating the deep breathing and affirmations that we do.

Gently and over time involvement in laughter sessions can help us enormously in our lives to cope and feel good about ourselves and clearer about our lives.

Affirmations

To make them powerful, we say them out loud and with conviction.

1. I Have Lots of Ideas, Life Inspires Me!
2. I Am, You Are, We Are Amazing!
3. I Am So Enthusiastic!
4. I Am in Love With Life!
5. I, You, We Can Do This!

Repeating worthiness affirmations helps us be positive creating positive behaviour changes and, at the same time, we will feel more in tune with life. Our

motivation and self-determination are stronger, we can also feel ourselves being adaptable and resilient and experience an overall feeling of emotional well-being. I like to begin my day by saying with feeling 'I choose Joy'. When we choose Joy it becomes a tangible experience. Our freewill governs what attitude we take on and express and it means the difference of experiencing something in a destructive, negative manner, or with joy. This then attracts positive growth and experiences.

Affirmations are best when you say them out loud. We can also repeat them when we are exercising, working out or walking.

Parting Feelings

The world needs more love, peace, gratitude, joy and positivity and it can begin with you. Us. Begin with growing your own self-love worthiness and self-esteem and focus on your cup being half full as it fills up brimming with potential.

Feel free to phone us and check on the website in case of a change in time. We have a surprise eminent laughter yoga personality leading the Ferntree Gully Laughter Club on the 13th of October. Come along and bring your friends. I will be absent, John will be there and ??? You will have to come along and find out for yourself now, won't you?

Lots of Love and Laughter. Lynette Mitchell.

We laugh together as follows and YOU are most welcome to come along.

Ferntree Gully Laughter Club 11am 2nd & 4th Sunday
Boronia Library 11am 1st Saturday
Knox Library 2pm 3rd Thursday
Ferntree Gully Library 2pm 4th Tuesday

First timers, please contact Lynette to confirm, in case of a meeting change.

Phone: 0425 799 258 or John on 0425 798 215

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

Beyond Blue 1300 22 4636

Lifeline 13 11 14

Family Violence Support 1800 015 188

Hands on Myotherapy



Alison

Maintenance for Spring time with Alison our Myotherapist

Daylight saving and warmer weather sees us enjoying more outdoor activities. Whether it be in the garden, outdoor sports or simply socializing, we need to take care of our health and well-being. With this in mind, our team can not only provide treatment of existing pain problems but will help with ideas on how you can approach and enjoy this season with optimum health.

The sunshine entices us to get out into our garden, weeding, digging, and lifting. Can you identify with this? "Loved working in the garden but I could hardly walk next day!" Our practitioners can suggest exercises and things to watch out for that will help you avoid this scenario.

Taking time to stretch and warm up, remembering the correct way to lift heavier objects, taking regular rest breaks and drinking more water are some simple tips to make our time outdoors enjoyable.

Feeling overwhelmed, stressed and emotional can be heightened at this time of the year. Myotherapy and Remedial Treatments can lower blood pressure and improve blood and lymph circulation. Treatments also release the 'feel good' hormone, Serotonin, which reduces anxiety and stress and improves our mood and sleep patterns.

Complimenting treatments with self-care will aid in achieving optimal health and well-being. Call or book online to make an appointment.

Alison is available Thursdays and Fridays for appointments.



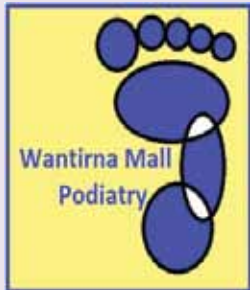
- Back and Neck Pain
- Pregnancy Massage
- Knee and Leg Pain
- Deep Tissue Massage
- Sporting/ Occupational Injuries
- Golfer/ Tennis Elbow
- Headaches
- Sciatica

8740 3991

Unit 10/603 Boronia Road
Wantirna VIC 3152

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

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



Wantirna Mall Podiatry Melina Linardatos

(B. Pod, MBA and MHA, MAPA)

4/322 Mountain Hwy, Wantirna

Ph: 9720 1235

www.wantirnamallpodiatry.com

Online booking available

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



What Are Corns And Callousities?

Corns and callousities are additional layers of skin produced as a body defence to protect underlying tissues against friction and pressure. The presence of a centre suggests a corn has formed. If the cause of pressure is not relieved calluses and corns can become painful and even ulcerate. Common sites of corn and callus formation, including the ball of the foot, under the big toe, tips and tops of toes and between the toes.

Sometimes 'soft' corns between toes can also form.

Our Podiatrists' can provide treatment to remove and corns and callousities and also recommend

interventions to offload and relieve pressure areas to help prevent corns and callousities from reforming by redistributing pressure on the foot with soft padding, deflective appliances, specialist footwear and orthotic therapy.



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Dental Prosthetist

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Cnr Stud Rd, opposite Knox Club

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

Podiatrist



PhysioSpot

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

Corns and Callus

Ingrown Toenails

Flat Feet

Children

Heel, Arch and Forefoot
Pain

Sporting or Occupational
Injuries

Diabetic and Arthritic
Foot Care

Veterans Affairs

Dr. Steve Dawson

Clinical Psychologist (PhD, MAPS)

164A Warrandyte Road, Ringwood North

0413 065 218

Face to Face and Telehealth sessions available



Do I Have ADHD?

According to a rating scale from the World Health Organisation the following are some symptoms of ADHD:

- Trouble wrapping up the final details of projects
- Difficulty with tasks that require organisation
- Problems remembering appointments or obligations
- Avoid or delay getting started on tasks
- Difficulty with concentration
- Feeling overly active and compelled to do things

If you have four or more of the symptoms above you may have ADHD and could benefit from intervention. ADHD is a largely genetically acquired neurobehavioural condition impacting at least 5% of the population. It causes difficulty with concentration and task completion making study and work difficult for many, along with problems in organisation, time management, procrastination and self-regulation.

Dr Steve Dawson, a Clinical Psychologist of more than 35 years' experience, is an expert in diagnostic testing for and management of ADHD in adults, teens and children. His PhD thesis many years ago was on the neuropsychology of ADHD and he has assessed many hundreds of people for this condition. He also offers psychological strategies for adults and teens as well as help for parents of children with ADHD. He uses a range of assessments including neurocognitive testing to assess for the disorder. Treatment can involve behavioural and cognitive behavioural therapy (CBT) as well as referral to medical specialists for medical treatment. Dr Dawson also sees adults for psychological treatment of anxiety, stress and depression.



EASTERN PALLIATIVE CARE LAUNCH ANNUAL FUNDRAISER

Eastern Palliative Care (EPC) has announced the launch of an annual fundraiser to assist carers to look after terminally ill loved ones at home.

The Fun Run or Walk – “Pound the Pavement 4 EPC” will be held on Sunday, October 13 which is the first day of National Carer’s Week for 2024.

The fundraising target is \$30,000 to go towards the “Care for the Carers Appeal”.

EPC is Victoria’s largest free community palliative care provider. EPC recognizes the integral role carers play to keep palliative clients at home and out of hospitals and hospices. EPC provides a holistic specialist palliative care service at home to over 5,000 people annually across the Eastern Metropolitan Region of Melbourne. Aside from nursing care, EPC provides a range of medical and allied health support. Free services for carers include 24-hour nursing support, overnight respite, bereavement counselling and an extensive volunteer program.

POUND THE PAVEMENT 4 EPC is a 5km walk/jog followed by a community celebration at the Lillydale Lake Community Room and surrounding parkland and is an all abilities event.

Over 300 families, friends and individuals will walk in honour of past and present EPC clients. This year EPC will include a dedicated bereavement space to remember those that have died.

WHEN: Sunday 13th October 2024 at 10am

WHERE: Lillydale Lake, 435 Swansea Rd, Lilydale (Start/Finish at Lillydale Lake Community Room)

Event information <https://epc.grassrootz.com/pound-the-pavement-4-epc-2024>

Eastern Ranges School Students Provide Active Support Community News



Eastern Ranges School

56 Dorset Road, Ferntree Gully 3156

Project Ready

Our community paper is pleased to have the support of students from The Eastern Ranges School assisting with delivery of the paper.

The school supplied two buses together with their drivers to ferry students across the North and West of Knox to place the latest Edition at the many drop points for distribution.

As part of the Project Ready Program, students are working towards a Cert.2 in Active Volunteering.

All Students were a pleasure to have supporting the paper.

They were attentive and eager, and we found them capable of completing the task put before them.

Our paper is very grateful for their help and we look forward to the arrangement continuing.



Josiah, IGA Studfield



Jackson Dad's Party Shop



Ben, Warterford Park Village



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

We provide guest speakers, many day trips and an annual trip, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies. For this year's annual trip we will be visiting Adelaide and surrounds during October.

During August we went to the Australian Jazz Museum in Wantirna where we were treated to a tour, concert and refreshments. Our photo shows some of our members enjoying their refreshments amongst a selection of the items on display.

During September our visit to the National Gallery of Victoria to see the "Pharoah" Exhibition was a resounding success. In October some of our members will be attending "Dear Doris" at The Round Theatre in Nunawading – a sentimental journey through Doris Day's most iconic and treasured songs. November takes us on a visit to Robyn's Soap House at Knoxfield.



December of course will bring a few Christmas celebrations, including the "Buble Christmas Special" (featuring Glenn Starr) at the Knox Arts Centre in Bayswater. Members are also looking forward to our Annual Christmas Dinner. The Social Committee have never let us down with this one. Always a wonderful event!!

If you are looking to enhance your social life, come along and join us.

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

If you are interested in joining our group, please contact Jill (on 9801 4363) for further information.

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



Tune to FM 98.1 when you're out and about for all your local information or listen online at radioeasternfm.com.au

Hello Zindagi! Hello Life! That's our new Hindi radio program for the Australian-Indian community. Hosts Ruchi and Veena present news of local events, different aspects of life and relationships, how to connect with others in our community as well as entertaining Bollywood and traditional tunes! Presented in Hindi and English, this is a program you won't want to miss. Every Thursday at 8pm on Radio Eastern FM 98.1.

Join in the 40th anniversary celebrations of Knox Community Gardens (51 Kleinert Road, Boronia) on Saturday October the 5th. Radio Eastern FM will be there so come and say g'day.

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



Life Activities Club Knox

COMMUNITY NEWS

October / November news!!! But first hopefully you survived Footy Fever and are happy with the result. We enjoyed the outings in September, as we always do. But let's get on with October, Friday 4th. you're welcome to join us at the Fashion Show...\$5:00 entry fee which includes a delicious Afternoon tea.

At the end of the month Oct.30th we'll take the train to Geelong South and meet up with the Geelong members for some social activities and how wonderful that lunch will be provided!! And as part of Senior's week, Rowville community centre has organised a Seniors Dance afternoon at 1:30pm. Last year this included a 7-piece band and 2 hours of music, Let's go!! **NOVEMBER:** and of course, in between social outings activities continue, i.e. Friday Walkers, Bushwalkers (every Thursday, what Stamina) Armchair travel, music appreciation, etc. etc.

Live Theatre!! 12th. Nov. at the Knox Community Arts Centre, you can enjoy a "A Tribute to the Golden Years of Music" for only \$18:00 per ticket and "Michael Buble Christmas Special" on Dec 3rd. at 2:00pm, again at the Knox Community Arts Centre, cost is \$18:00pp.

On behalf of this Friendly Club, I wish our Community a Very Merry Christmas with family and Friends, and A wonderful New Year 2025 with good health, safety, success, love and happiness. We are looking forward to meeting you.

Lorraine, our Membership Secretary is standing by ready to post a copy off our current newsletter and to answer any questions.

Lorraine 0438 068 334



EACH Financial Counselling by Bridget Morcom

Do you have an overdue gas, water or electricity bill?

You may eligible for a Victorian government grant....
URGS – Utility Relief Grant Scheme

What is the Utility Relief Grant?

A Victorian government grant for households who pay for mains water, gas and/or electricity and are struggling to pay those bills. It can help reduce outstanding utility debts or pay some of your bills to help you keep on top of them.

Am I eligible?

Yes, if you:

- have a Pensioner or Healthcare card or a Veterans Affairs Gold card.
- or are on a low income (limits are based on household size and income)
- have utility bill overdue

How much will I get?

A maximum of \$650 per utility type. That is \$650 for each - water, gas and for electricity. You have two years to use up the grant before you can apply again. The grant directly reduces your utility bills. It is not given as cash.

How do I apply?

By calling your water, gas or electricity retailers and saying that you will struggle to pay your bill and wish to apply for the 'Utility Relief Grant'. They will ask some questions to check if you are eligible for the grant and you can request to complete the application over the phone.

What do I need?

Your name to be on the utility bill and the amount overdue. You will need your Centrelink reference number, or a payslip, and to be able to explain why you are struggling financially (for example: out of pocket medical bills, accommodation cost is more than 30% of income, one-off large expenses, family violence, decrease in income etc)

Once your application is completed it will take 4-6 weeks to be processed. During this time, you may still receive statements from your provider, however you will not be chased for any debts.

Here is an example:

If you have a utility bill owing of \$1000 the URGS grant of \$650 will go directly towards this leaving you with \$350 left to pay.

However, if you have a bill owing of \$200, when the grant is approved \$200 of the \$650 will directly pay the entire amount overdue. You then have another \$450 left that you can put towards a future bill so long as it is within two years. You can choose which bill to use it for. Some people prefer to save it for their higher winter invoices.

More information:

If you are unsure if you are eligible, call your utility retailer and they can check for you. For more information phone your retailer, or call 1800 658 521.

You can also go to: <https://services.dffh.vic.gov.au/utility-relief-grant-scheme>

If you need assistance you can contact a financial counsellor or local community organisation to assist. You could also get a friend or support worker to assist you.

If you are having difficulty paying your bills or managing your financial situation, an EACH financial counsellor can assist you:

EACH Financial Counselling on 9871 1817

Or the National Debt Helpline on 1300 007 007



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Community Music and Performances Inc.

Jazz on Sundays

**Ringwood RSL
16 Station Street, Ringwood**

1:30pm - 5:30pm

Doors open at 1.15pm

- 13 October
- 10 November
- 8 December

**A friendly event with great musical
entertainment all afternoon.**

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

More info: Ann Craig – 0412 063 603



COMMUNITY NEWS

Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month (except December - it is the 3rd Monday) and includes a 2-course lunch, tea/coffee raffle tickets at a cost of \$30. We have a meeting then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support 7 disadvantaged students through the 'Learning for Life' Program with The Smith Family. We also support a refuge for women and children escaping domestic violence.

Lunch Date - Monday 28th October 2024 Speaker: Ted O'Hare, Author of 'The View from My Wheelchair'.

Lunch Date - Monday 25th November 2024 Speaker: Darren Arnott speaking about the 'Italian Internment Camp in Rowville'.

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

Time: 11.00am for a 12.00 noon start.

Where: The Knox Club, corner Stud & Boronia Roads, Wantirna South

Bookings Contact: Romaine on 0421 400 549

Wantirna Day View Club

Wantirna Day VIEW Club (Voice, Interests, and Education of Women), is a group of friendly women who meet regularly to enjoy social interaction, whilst also raising valuable funds for The Smith Family Learning for Life Program.

We meet on the 1st Wednesday of the month (except in January) at The Stamford Hotel - Cnr Stud & Wellington Roads, Rowville – 10:30 am for an 11:00 am start. Members contribute a small fee of \$12 per meeting, (which includes morning tea, room hire, and raffle), and lunch is available to order at your own cost. Most meetings also host a guest speaker/entertainment for members' enjoyment.

We would love new members to join. Ladies of any age group, and from any location, would be most welcome. For more information please call our President – Kate on 0421 650 684

Boronia VIEW Club

Boronia VIEW Club meets on Fridays at 11.30am at Eastwood golf club Liverpool Rd, Kilsyth with a 2 course lunch costing \$30 followed by a guest speaker.

On 18th of October the speaker will be Irene Kelly speaking about her role as a volunteer at Knox Environmental Society (KES).

On 15th of November the speaker will be Bev Moss speaking about her time working at

Buckingham Palace. Interesting stories, I'm sure!!

There will be a book stall, trading table and raffle with all monies raised going to help 8 needy Australian children that the club sponsors with their educational needs. The club is looking for new members so ladies of all ages and backgrounds come along and you will be warmly welcomed. There are small groups within the club such as coffee and film mornings as well as occasional outings.

Enquiries to Judith on 9764-8602

What's On?

Event	Date & Time	Location	More Information
OLDER MEN : NEW IDEAS	2nd & 4th Fridays each month	Orana NH, 62 Coleman Rd ,Wantirna	Call Orana on 9801 1895
Changing Seasons Cafe	Wed to Fri 10.30am to 3.30pm Sat & Sun 9.00am to 4.00pm	31-34 Elizabeth St, Bayswater Access from the road	8720 1382 Facebook @ChangingSeasonsCafe
Wantirna Day View Club	1st Wednesday each month 10:30 am for 11:00 am start	Stamford Hotel Cnr Stud & Wellington Rds, Rowville	Kate on 0421 650 684
Ferntree Gully View Club	4th Monday of each month 11.30am	The Knox Club. Cnr Stud and Boronia Rd. Wantirna South	Romaine Meadowcroft - 0421 400 549
Boronia View Club	3rd Friday each month 11.30am.	Eastwood Golf Club Liverpool Road Kilsyth	Judith 9764 8602
Boronia Ladies Probus Club	3rd Wednesday of each month	Knox Club, cnr Boronia & Stud Rds Wantirna	Enquiries: 0435 136 472
Combined Probus Club of Wantirna Heights	First Wednesday of every month at 10am	Knox Boat Fishing Club, Schultz Reserve, Kinglyoch Pde Wantirna.	Michael 0439 551 209
iShred - Community Shedding Day	Sat. Oct 12 & Nov 16 9am-12pm	5/7 Samantha Crt. Knoxfield	1300 763 688
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Jeanette 0407 308 671 or John 0405 698 554
Knoxfield Ladies Probus	3rd Wed. of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Jo 0414 914 091
Lions Club of Knox	1st & 3rd Tues of month at 7.00pm	Our Saviours Lutheran Church Knox 646 Burwood Hwy, Knoxfield	Sue 0411 529 293
Probus Club of Wantirna Sth	2nd Wed of the month at 10.00am.	Wantirna Club, Stud Road Wantirna	Helen Dewar 0418 333 022
Scoresby TOWN Club	Wednesdays 8.30am	Scout Hall behind 91 Lewis Road Wantirna	9761 1875
The Hut Gallery	Open Sat/Sun 11am to 4pm	157 Underwood Rd. Ferntree Gully	thehutgallery.com.au
Rotary Club of Rowville Lysterfield	Tuesdays 6.45pm	Tosarias, 60 Henderson Rd, Rowville	Kevin Harrison - 0419 919 011
Rotary Club of Knox	Wednesdays 12.45pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Harvey Gough - 0407 722 570
Rotary Club of Boronia	Tuesdays 6.30pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Greg Mossop - 0437 599 949
Rotary Club of Bayswater	Wednesdays 6.00pm	Rotary Club Rooms , Marie Wallace Reserve, King Street, Bayswater	Ron Bridges - 0414 843 427
The Boronia branch of CWA	2nd Wednesday of the month Craft Meeting - 4th Wednesday	CWA Hall at 4 Sundew Ave Boronia	Evelyn on 9762 1537 or 0434 722346
Ringwood View Club	2nd Wed of the month 11am	Ringwood Club, Maroondah Hwy	Heather 0411 219 248
KSSSG-Knox Stroke Survivors	2nd & 4th Wed of the month 10.30am	Crave Restaurant, 236 Dorset Road Boronia	Lister 0413095061 Rob 9758 8582 Anna 0414976619
Knox Photographic Society	2nd,3rd,4th Wednesdays 7.30PM	Boronia West Primary School. Tormore Rd Boronia (Enter via Swimming Pool car park).	Rob 0401943354
Studfield Wantirna Probus Club	2nd Tues monthly at 10.30am	Knox Club, 480 Boronia Rd Wantirna	Pauline 0458 003 985

Tribute to the Australian Military Depicted in Mural

by Kristy Harris from Aussie Veterans Op Shop

Nestled within the Carpark of The Veterans Advocacy Centre in Boronia, a striking tribute to the Australian Military has been created by the Veterans from The Aussie Veterans Association (aka local Boronia trader The Aussie Veterans Opshop).

This amazing work of art represents all three services including Navy, Army and Airforce with Bold representations - including a Naval Ship, Airforce Fighter Jet and Army Tank.

If you look closely you will also see the figure of a dog in the distance, depicting working dogs used regularly in Defence - Security, Explosives, Drug detection and offensive manoeuvres just to name a few.

Three different colours of Poppies are depicted with in the mural:

- Red - Remembers our fallen
- Orange - Bringing important awareness to Post Traumatic Stress Disorder (PTSD), suffered by many Veterans
- Purple - Our Animals in Defence: Pigeons, Horses, Camels, Dogs and more.

Starting with The First World War serving right through to today.

This mural is a touching tribute dedicated to all who have served and those we have lost.

We will remember them.



Huge thanks goes to:

Aussie Veterans Opshop for funding this amazing project

The creative genius of Sheldon from www.Stateoftheartmural.com.au

Follow Aussie Veterans Opportunity Shop on Facebook for Op Shop Sales, Events & more.

Website: www.aussieveteransopshop.com.au



Here fishy, fishy, fishy.....

by Nicole Klep, District Leader of Cub Scouts.

On Sunday the 15th of September, 55 Cubs from 9 Cub Units, siblings, parents, grandparents, other Scout youth members and many leaders from the City of Knox descended on Hill Lake and Sutton Lake, Rowville for a morning of fishing fun! The weather was just perfect, not too cold and certainly not too hot! We were all very glad that we weren't fishing the day before in the artic wet weather.

We had been in contact with the Victorian Fisheries Authority and they kindly brought forward the release date of the fish into these two lakes to the Friday before. The Cubs eagerly tried to catch one of the 550 rainbow fish released. Alas, only weeds and other lines were caught. It did not dampen the enthusiasm of the Cubs though. They had a great time and fish were sighted jumping out of the water!

For those that needed a break from fishing for a while, we had set up suction cup archery, ten pin bowling and giant jenga. These activities provided a short break and refuelled the enthusiasm to once again try to catch those allusive fish.

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

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





COMMUNITY NEWS

Cost of Living Bites Victoria's Pets

RSPCA Victoria reports show cost-of-living pressures impact thousands of animals across the state.

Those unable to afford veterinary care and those no longer able to afford the costs of providing for their pets are just some of the struggles RSPCA Victoria's Inspectors are seeing first-hand.

In the last 12 months 2,250 animals were seized by or surrendered to RSPCA Victoria's Inspectorate placing pressure on the capacity of shelter services.

Nearly 10,000 animal cruelty reports were made to RSPCA Victoria by members of the public in the 2023-24 financial year with the top reasons including:

1. Husbandry issues: such as lack of grooming, poor hygiene or unsanitary living conditions, no farrier attendance, lack of shearing etc.

2. Underweight animals

3. Sick/injured animals where there has been insufficient, or no veterinary treatment provided

Acting Chief Inspector Michelle Green said while malicious cruelty was still occurring their team was helping struggling pet owners more than ever before.

"It's an increasingly challenging environment out there following the pressures of the pandemic and the cost-of-living crisis is only compounding this.



"The majority of what our RSPCA Inspectors are seeing first-hand is just how much people in the community are struggling, and when people are struggling their pets are often affected.

"The majority of the animal cruelty we see is actually neglect as a result of people's circumstances changing beyond their control, such as hospitalisation, financial pressures, or sudden joblessness, while other animals suffered due to owners simply not understanding how to care for their pets adequately.

"When they can, our Inspectors are offering help through emergency pet food to struggling households and other support such as the provision of donated kennels or bedding for pets and providing preventative flea and worming treatments.

"We're also seeing people struggling to provide for the number of animals they have, whether that be households caring for unplanned litters from un-desexed pets or people whose circumstances have changed and they're no longer able to support their pets.

"If you are struggling to care for your pets you are not alone, please don't be afraid to reach out for help and please don't wait until your pet is suffering.

"People can reach out to us, to other community-based programs, to their local council or other groups that may be able to provide support."

This year RSPCA Victoria announced it is increasing its community outreach work as part of its 2030 Strategy, with the aim of supporting people in the community to keep and care for their pets so that they don't end up in shelters.

Anyone with concerns about the welfare of animals is urged to make a report to RSPCA Victoria at rspcavic.org/cruelty-report or by calling 03 9224 2222.

**The RSPCA Bayswater Op Shop is located at
716 Mountain Highway
Open Tuesday to Saturday
9am to 5pm.**



Gully Market News

The Gully market, which has been operating at the Upper Gully station car park for 50 years will once again be donating money back to the community. This time it will be the Upper Gully CFA. This will occur early October and will be at least \$2500 (last year we gave them \$2300).

This latest donation will go towards getting their members up to date on first aid training. We are still in the process of arranging a Saturday where the brigade can have their vehicles parked at the market. Remember, the CFA is a volunteer organisation and rely very heavily on fundraising and donations. So I urge all the local residents and businesses to make a donation, even it's only a dollar. It all helps, and you never know when you may need their services. More information about the day will be shared via community radio stations.



Happy Spring Days &

Thanks For Your Support

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nari.khera@aussie.com.au

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Templeton Tennis Club News

by Neil Houlston, Secretary

Another Successful Winter Weekend Competition

Sunday Juniors Grand Final Win

We had another successful Winter season as a club for weekend competition with 7 teams in the semi-finals 5 teams in their respective grand finals.

We had a single grand final win with our Sunday Juniors B5 Open Singles/Doubles team.

Congratulations to Burhanuddin and Akshay (pictured) on their fantastic win who were on top of the ladder all season and thoroughly deserve to be premiers.

Recycle Bottles and Cans

To help increase our recycling efforts as a club we have introduced a new recycle basket for bottles and cans. Any bottles and cans can be placed in this basket if it has a 10c label on the back of it with all being recycled via the Container Deposit Scheme.

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 St Wantirna 3152.

Melway Ref. 63 G9

Membership: Leanne 0493 450 111

President: Chris 0425 763 106

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au



Wantirna Tennis Club So much more in '24

by Alison Rogers

90th Birthday Celebrations

On Sunday 15th September the Club celebrated their 90th Birthday Anniversary. Starting at 1-30pm we had some eager people arriving early. Soon the Clubhouse was buzzing with the noise with so many people meeting up with old friends and sharing many memories. Many have been regulars at other special Anniversaries so it was wonderful to see them there. Interestingly the majority of people attending were from the 50's, 60's and 70's.

At 2-30pm we had some speeches by our President and by Mary Doyle Federal Member for Aston. Our oldest playing member Bev Bates who still plays competition in midweek ladies and socially at the Club was asked by our President Greg Dorn to cut the cake. Memorabilia, newspaper clippings, copies of all the Pennants past and current were on display.



Some of those attending on the day
Photo Justin Woolard

Juniors

The winter competition has just been completed with a good number of teams making the finals on both Saturday and Sunday competition. The next seasons teams have been submitted and we all look forward to matches being played in better weather. For the first time we have more teams playing on Sundays instead of Saturdays. This allows junior members to play school sport on a Saturday or attend Language school. If you have children who would like to join in with the Junior Members of our Club and play some team tennis, please give us a call. Details at the end of this article. All welcome.

Coaches Corner at Wantirna

The Junior coaching program is going well with many of those being coached moving on to playing Junior Competition for the Club. The Cardio Tennis for both women and men has been extremely popular. For anyone who hasn't tried Cardio Tennis yet, don't forget you're welcome to come and have a free trial. Classes are Tuesday and Thursday lunchtimes as well as Monday, Tuesday and Thursday evenings. Sessions are 45 minutes and it's a fantastic way to enjoy tennis while getting a huff and puff!

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

Contact Mike Alder on 0433511904 or email michaeljohnalder@gmail.com



Book a Court

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

Social Tennis

Social Tennis is still going strong on Tuesday mornings. Even if the weather is hot or cold come on down and join the others or just have a coffee and a chat. It is lovely to see our group of social players expanding. They are a great group of friendly people. If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down and have a hit with some of the social players at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground, you can have a hit. It is only \$5 for visitors, members free. All welcome.

About Wantirna Tennis Club

Visit our website for details on how to join our Club. We have excellent facilities, including two BBQs, covered with a shade cloth sail. We have 10 tennis courts, 5 new classic clay and 5 en tout cas and a Coaching area in the terrific setting of Wantirna Reserve. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call or check out our website to get more details and information on membership or tennis coaching.

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

Club coaching team: Troy & Mike 0424693005 or email coaches@wantirnatennisclub.org.au or t_murrell@bigpond.com

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

Wantirna Tennis Club Inc Melway Ref: 63C8

Wantirna Reserve, Cnr Mountain Hwy and

Burwood Hwys Wantirna

PO Box 5295 Studfield 3152

Club Secretary: Alison 0408576025 or email

wantirnatennis@gmail.com

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

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



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

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- ☎ (03) 9887 3890
- 🌐 www.marydoyle.com.au
- 📷 @marydoylemp

In Aston we are delivering:

- ✓ A Medicare Urgent Care Clinic in Bayswater
- ✓ Increased funding to Knox City Council for local roads and services
- ✓ Fee-Free TAFE
- ✓ Giving every Aston household a \$300 energy rebate
- ✓ A tax cut for every taxpayer
- ✓ Extra funding for the State Government to build more homes
- ✓ Wiping \$3 billion in student debt and fixing indexation
- ✓ Paid Parental Leave

I've already delivered:

- ➔ \$66,000 in the 2023/24 Volunteer grants
- ➔ \$150,000 in Stronger Communities Programme grants
- ➔ \$35,000 in local sponsorships and community donations
- ➔ \$5,000,000 for Tormore Reserve Pavilion upgrade
- ✓ Cheaper child care
- ✓ The biggest investment ever in expanding bulk-billing
- ✓ A freeze on the cost of PBS medicines for every Australian
- ✓ A pay rise for minimum wage workers, aged care workers & child care workers

The Albanese Labor Government is helping all Australians with the cost of living.



"I'm working with our community each and every single day to get things done, delivering for Knox and to build a better future for all constituents of Aston."

☎ (03) 9887 3890

🌐 www.marydoyle.com.au

📷 @marydoyleMP



Mary Doyle MP
Federal Member for Aston



SCAN!
ME!
GO TO MY WEBSITE