

COMMUNITY NEWS

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

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WANTIRNA BROWNIE GUIDES, READY FOR 2025!

EDITION 94
FEBRUARY/MARCH 2025

- CHAMPION THANKS FRIENDS AND SUPPORTERS
- THE AVENUE SCHOOL LAUNCHES WITH NEW PRINCIPAL
- THE NATURAL BEAUTY OF BLIND CREEK AND LEWIS PARK IS REVEALED

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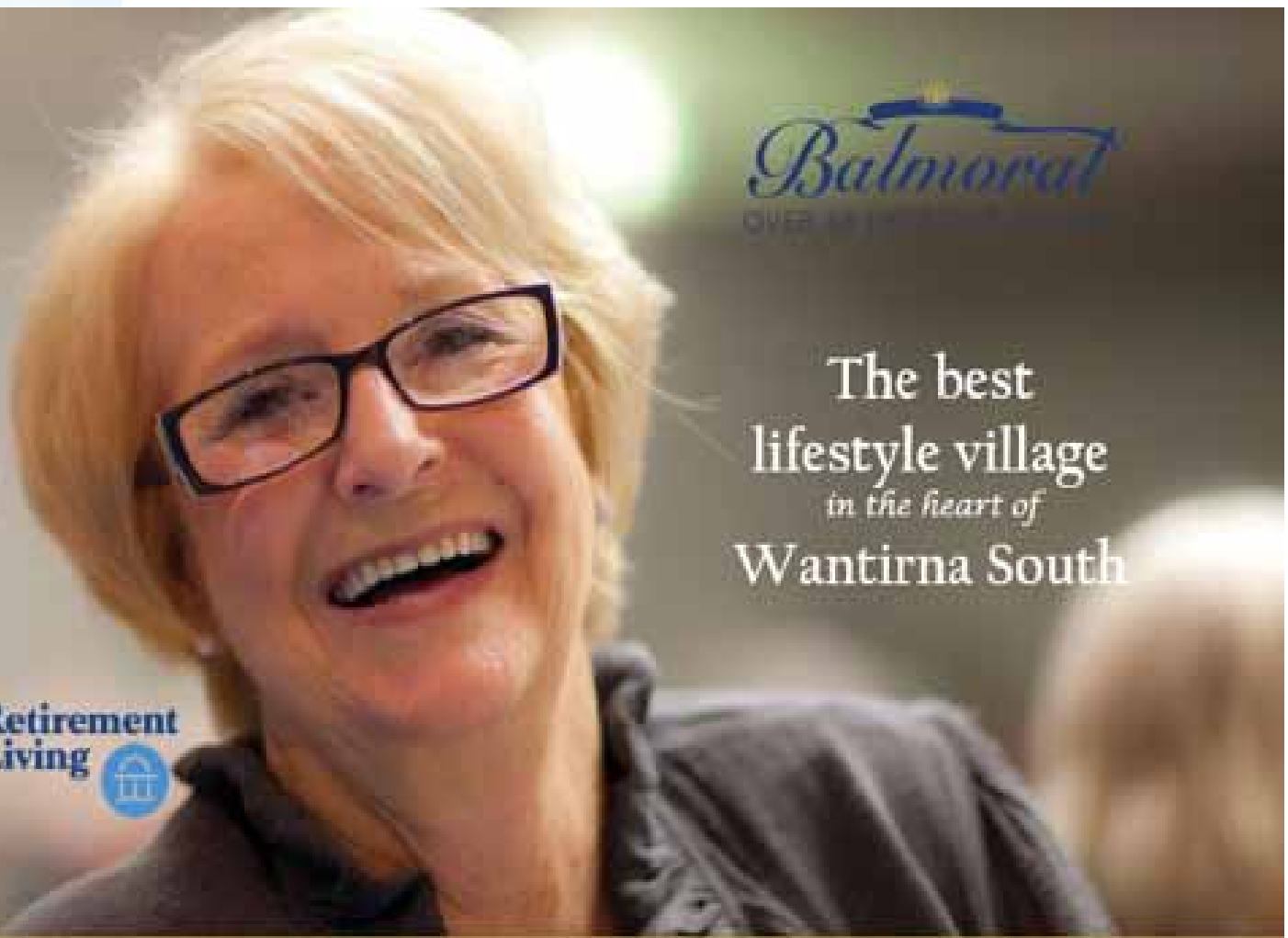


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Edition 96 - June/July - Friday 16th May
Edition 97 - August/September - Friday 18th July
Edition 98 - October/November - Friday 12th September
Edition 99 - December/January - Friday 14th November

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Editorial

Hello Community News readers,

Welcome to our first edition for 2025!

Feeling overwhelmed with the content in the News these days?

You are not alone.

News reports on current affairs can cause anxiety and distress, which can contribute to a general feeling of being overwhelmed.

Here is a suggestion.....

Give yourself a break from the News or Social Media and focus on things that help you to feel relaxed and calm. Set aside some time for some "self care".

Book it in! You might try...going for a walk, riding a bike, colouring, craft, reading a novel, listening to podcasts, having a coffee with friends, taking a relaxing bath. You know what works for you!

Our community newspaper is a great alternative to the daily news. We try to keep things positive! Plus there are so many ways to participate in activities and events that help to keep us "grounded".

I hope you enjoy reading Edition 94!

Janet Claringbold - Editor, on behalf of the team.



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

Jackson Taylor Update

BAYSWATER NEWS

It's probably a little too late to say 'Happy New Year!' – so I'll say welcome to 2025 and it's great to be back for another year contributing in this great local publication – a big thanks as always to all the volunteers who make it all happen. I hope everyone had a good Christmas break and that you're all successfully getting back into the swing of things.

It's good to see parents locally and across the state are taking advantage of the School Saving Bonus which provides \$400 to each kid at a government school. For families of eligible students at a non-government school, the \$400 will be provided directly to each school – to be managed in consultation with the student's family and in line with the intent of the program. I know this is a little bit of extra help to pay for things like text books, uniforms, camps and a range of other school activities.

North East Link

Cranes (lots) in the sky (pictured) and boots (heaps) on the ground! The North East Link is seriously underway with major works on the Eastern Freeway really heating up! When complete in 2028 - no more driving past the zoo to get across to the West and you'll save up to 11 minutes on the Eastern into Melbourne. There's heaps of benefits and lots to love about our state's biggest roads project ever.

Boronia Rotary

Every year, Rotary Club of Boronia - in conjunction with the Boronia RSL - run an ANZAC Day Student Service down at the Tim Neville Arboretum in Ferntree Gully and every year it gets bigger and bigger. Last year, there was over 600 grade 5 and 6 students in attendance from right across Knox. So, I'm really proud that the State Government is delivering a grant of over \$3,000 to help run the event this year. My thanks to both Rotary and Boronia RSL on their ongoing commitment to seeing this important event a success - and I'm very much looking forward to being at the 2025 event.

Backing local education

At Bayswater Primary School there'll be a brand new deck connecting classrooms to a new outdoor learning space! Excited to share the news the State Government are providing funding to deliver this new space. A very cool addition to the new building we delivered a little while back.

The new toilets are now complete at Wantirna South Primary! Always love popping into Wantirna South Primary School and catching up with principal Kerri Emonson - and even more so to see the great outcome with new toilets delivered!

And for all the kids starting prep in government schools they will be receiving a prep bag with lots of goodies in it – so keep an eye out.

In Other News

- Sporting club grants delivered to Knox City Tennis, Bayswater Strikers and Bayswater Park Cricket Clubs
- Grant provided to 2nd/3rd Bayswater Scouts to replace their indoor flooring

Shout-out

The Ferntree Gully Cemetery Tour is a must - the stories and history of our part of the world are intriguing and captivating all while touring a beautiful cemetery. I took the tour recently myself. The tour started at 7:30pm from The Hut Gallery - Ferntree Gully Arts Society and then we walked over to the cemetery where we were taken through the stories associated with 22 gravesites. To see upcoming tours, be sure to follow the Ferntree Gully Cemetery History & Mystery Tours Facebook page for tours in 2025. All of the funds go to supporting

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- Wed, Sat & Sun - 12.00noon

626 Mountain Highway Bayswater



them to continue to preserve and promote Knox's rich history.

And a big shout-out to everyone who has returned a container at the Bayswater Depot site where there has now been over 10 million returned, that's \$1 million back in pockets just from one return site!



Jackson Taylor MP at the construction site for the North East Link.

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

A Heartfelt Message of Thanks to Friends and Supporters

What a year it has been! With the cost-of-living sky-rocketing throughout Australia (and the world), we have seen the levels of need in our community increase significantly and, to be honest, I was worried about how we would meet this need! In an ever-competitive market for philanthropic and government grants and donations we knew this year would be tough. And it has been.

But we are grateful to say that YOU came through for us and we thank you most sincerely for your generosity!

From the regular or one-off financial contributions, food or toiletry donations, donations of warm beanies for winter, beautiful hand-sewn quilts, toys for our children, Christmas gifts, food/petrol vouchers or visits to volunteer your time or skills in our community garden or at our fundraisers, you have all reminded us how good humanity can be and how, even a small act of kindness can make such a huge difference to one- or multiple people!

On behalf of my team at CHAMPION, we would like to wish you all the joy of the festive season and a safe and peaceful 2025. We would love to continue working with you and encourage you to follow us on Facebook to hear about all the great programs we have coming up in 2025.

Visit: <https://www.facebook.com/championcommunityhub>

To donate to CHAMPION visit: <https://www.givenow.com.au/templecommunity/>

BAYSWATER NEWS



With the generosity of your donations of food, toiletries, quilts, toys, stationery and money we have helped over 5000 people here at CHAMPION in 2024. This is a 49% increase on 2023.

With the help of our volunteers and community we have achieved so much this year including:

- School Holiday Activities
- Our community garden continues to provide food for CHAMPION visitors
- Pharmaceutical Program
- Vaccination Program
- Nutrition Education Skills Training (NEST) cooking program
- \$10 monthly haircuts
- Sommerfest Event
- Foodbank Market Days
- Winter clothing market
- Digital Visitor Intake form created
- Bunnings Community events
- Quantitative Review of CHAMPION
- 2 Carer's Retreats with a generous partnership with TTHA
- Bunnings BBQ fundraiser
- Bunnings Cake Stall
- Christmas toy market for regular CHAMPION attendees
- African Drumming session for Children's Week

Thank you for all that you do.

From all of us at CHAMPION



RSPCA Victoria: Hot Weather Warning For Pets

RSPCA Victoria has issued a safety warning to all pet owners to protect their pets in the heat ahead of scorching weather expected this weekend.

Heatwaves, burning footpaths, sudden thunderstorms, bushfire evacuations and snakes and ticks are just some of the things to watch out for.

RSPCA Victoria Chief Veterinarian Dr Bronwyn Oke said hot weather can impact the safety of all pets.

"Hot and extremely hot weather like we're expecting this weekend can be devastating for pet health," Dr Oke said.

"Heat stroke is potentially deadly and occurs quickly for many pets; some signs of heat stroke include your pet panting excessively, vomiting or has diarrhoea, or has very bright or very pale gums.

"Heat stroke can occur even after a cool change comes through with footpaths and concrete continuing to radiate heat creating high temperatures at ground level.

"If your pet is displaying these symptoms or you're concerned call your vet immediately."

Preventing heatstroke is possible by ensuring pets have access to shaded areas with fresh clean drinking water and good ventilation at all times to help them cool down.

"Hot footpaths can also burn your pet's paw pads; to prevent this, check the footpath temperature with the back of your hand, if it's too hot for you, it's too hot for them," Dr Oke warned.

"Consider bringing young and senior animals, or small pets like rabbits, guinea pigs, and birds inside for the day.

"Also, be vigilant for ticks and snakes when walking your pets and, for those with livestock, be prepared in case drought conditions affect your water sources or feed supplies.

"It's crucial everyone in charge of an animal during hot weather understands their responsibilities and makes sure their pet is safe this summer."

RSPCA Victoria's guide to a Pet-Safe Summer is available online with helpful tips and pointers to ensure pet safety this summer.



**The
RSPCA Bayswater
Op Shop
is located at
716 Mountain
Highway**

**Open
Tuesday to Saturday
9am to 5pm**

Mayor's Message with Cr. Lisa Cooper

As we embark on a new year and Council term, I am deeply humbled and honoured to serve as your Mayor, leading and supporting a new and dynamic Council team. I want to recognise the wide skills and wisdom that we share among our team of councillors. Every single councillor brings so much to the table and I know over the next four years we're going to build a really great team and achieve great things together for our community.

One of the first actions of our new Council team has been to elevate residents' increasing concerns about the poor condition of roads and median strips managed by VicRoads in Knox. At our first meeting as a new Council, we passed a resolution calling on the Victorian Government to take urgent action to fix potholes and overgrown grass and vegetation posing safety and fire risks. We're raising these issues on our community's behalf but we need your help to raise awareness of how big the problem is and would love you to report any issues on our major roads by phoning VicRoads on 13 11 71.

Council is thrilled to see progress on plans to upgrade Boronia Station, which Council has been advocating for to the state government. Rebuilding the station and creating new pedestrian friendly community spaces are central to Council's plans to bring new life to Boronia. The train line cuts Boronia in half and plans recently revealed by the Victorian Government will make access much easier and safer.

Everything we do is guided by our community. The decisions this Council makes over this four-year term will guide Council's actions for decades to come. It is important that you have your say on Council's plans and I encourage residents and traders in Knox to stay up to date about projects and initiatives via Council's Have your Say page (haveyoursay.knox.vic.gov.au).



Council's work is supported by many amazing people and unsung heroes who do so much for our grassroots clubs and community. We are inviting nominations in our annual Knox Community Awards and Sports and Leisure Awards recognising the critical role that volunteers play. There are more volunteers in Knox than Greater Melbourne which shows how passionate our residents are about giving back to our community. You can find out more about nominating in these awards on our website (knox.vic.gov.au) and discover more opportunities to volunteer with Council at knox.vic.gov.au/volunteer.

Finally, Council will once again host the much loved Knox Fest at Wally Tew Reserve on Saturday 1st of March with free fun for the whole family. Festivals bring the community together and I hope to see many of you there.



Knox Fest



Mayor, Cr. Lisa Cooper and the Councillors of the City of Knox

AROUND KNOX

Bayswater Makers' Market

Returning in March at the
Bayswater Senior Citizens Hall
790 Mountain Highway.

Saturday, March 22
10am to 2pm

An arts and crafts market where you can buy direct from local makers. We have a wide range of items, including cakes, homewares, gifts, jewellery, bags, babywear, cards, toys, stained glass, wood crafts and plants.

Sit down and enjoy tea or coffee and biscuits for a gold coin donation.

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

Other enquiries: Julia 9890 2546

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Find us on Facebook

JOIN OUR TEAM

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



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



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keep up
to date



Get in touch

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

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

Labor

Mary Doyle MP
Federal Member for Aston



SCAN ME!
GO TO MY WEBSITE

Knox Sings!

By Sorina Grasso

Towards the end of last year, Knox Sings! was a fantastic initiative by Knox City Council to bring the community together in a Community Choir and perform at the 2024 Knox Carols, a hugely popular event, attended by thousands of members of the Knox community on 14th of December at Wally Tew Reserve, Ferntree Gully.

Thirty community members, men and women, ranging in age from early twenties to late seventies rehearsed diligently once a week over the month leading up to the event under the capable tutelage of highly experienced choirmaster Marten Visser, ably assisted by keyboard accompanist Coral Rafferty at the Bayswater Community Arts Centre.

It was a truly inclusive choir, not requiring an audition, just a willingness to sing together, learn lyrics and rehearse 1.5 hours per week as well as once on the day of the event. Ability to read music was a bonus but not a requirement.

At Knox Carols, the choir performed at the end of the Pre-Show Entertainment and started their set with the popular Little Drummer Boy followed by the full version of the classic Silent Night which also included one verse sung solo by Tanique. They concluded with an impassioned rendition of Do You Hear What I Hear, the beloved Bing Crosby classic.

The singers gave their all to put on a performance with impact and heart and it was clear the massive crowd appreciated their efforts.



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



Thank You for Being Part of Our Community Journey

We're overwhelmed with joy as we reflect on the incredible moments we've shared with our valued community members, particularly during the recent Paws & Claus event at Wantirna Mall this past December. Seeing so many of your smiling faces – and your pets' wagging tails – made our holiday season truly special. Congratulations to our prize winners; enjoy the gifts from Wantirna Mall retailers. Thanks to Bayswater Fire Brigade, Lions Club of Wantirna, and St Luke's Primary School for their fantastic contributions.



We Care For - Knox Infolink

Thank You

Your generosity has touched our hearts even more deeply through your support of our Knox Infolink fundraising initiative from October to December.

We've been humbled by your kindness and willingness to help those in need within our community.

Every time you contributed, you helped make a real difference in someone's life, and for that, we cannot thank you enough.

Our Services

Autumn marks the beginning of preparation for winter illnesses, particularly the flu season. This year, our pharmacy is ramping up vaccination services to help shield our community from seasonal illnesses. We offer:

- Flu Vaccinations
- COVID-19 Boosters
- Whooping Cough and Shingles Vaccines

Our friendly team is trained in an attempt to make the vaccination process quick and comfortable, and our flexible appointment system means you can book a time that suits your schedule.

To make booking even more convenient, simply scan the QR Code provided, and you will be taken directly to our booking website where you can book your service quickly and easily.

New Trial Services

Our pharmacy is participating in the Victorian Community Pharmacist Pilot, an initiative aimed at expanding the role of community pharmacists. Through this pilot, our trained pharmacists are authorised to provide:

Treatment for Uncomplicated Urinary Tract Infections (UTIs): Women aged 18 to 65 can receive timely care for uncomplicated UTIs directly from our pharmacists.

Resupply of Select Oral Contraceptive Pills: Eligible women aged 16 to 50 can obtain ongoing prescriptions for their usual oral contraceptive pills without needing a prior prescription.

Management of Skin Conditions: We offer assessments and treatments for mild to moderate skin conditions, such as shingles and flare-ups of mild plaque psoriasis.

Travel Health Services: Our pharmacists provide travel health advice and administer select travel and public health vaccines.

These initiatives are part of our commitment to staying at the forefront of community healthcare, ensuring you receive the best support locally.

Free Vaccination Services for Eligible Groups

Did you know that many vaccinations are available for free to eligible groups under government-funded programs? At Community Pharmacy Wantirna, we proudly offer the following free vaccines:

- Influenza Vaccine: Available for individuals aged 65 years and over, pregnant women, children aged 6 months to under 5 years, Aboriginal and Torres Strait Islander people, and those with medical risk factors.
- COVID-19 Vaccines: Free primary and booster doses for eligible individuals.
- Shingles Vaccine: For adults aged 70–79 years.
- Pneumococcal Vaccine: For adults aged 65 years and over, Aboriginal and Torres Strait Islander people aged 50 years and older, and those with certain medical conditions.
- Whooping Cough Vaccine: For pregnant women and eligible caregivers.
- Measles, Mumps, and Rubella (MMR) Vaccine: For adults born after 1966 without evidence of immunity.

We are excited to announce that RSV (Respiratory Syncytial Virus) vaccines will also be available for free to selected pregnant women as part of the latest government health initiative. This groundbreaking addition aims to help protect newborns during their most vulnerable early months. Speak to our team to learn more about eligibility and availability.

Colour in to Win Competition

We are thrilled to announce our Colour in to Win competition running throughout March and April. We invite people of all ages to collect a colouring sheet from our pharmacy, unleash their creativity, and return the completed sheet before the deadline to enter the draw for a chance to win some fantastic prizes. We look forward to showcasing some of the incredible entries on our walls.

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/

Wantirna Heights Brownie Guides are Ready for 2025!



By Cassandra Bulman
Leader, 1st Wantirna Heights Brownie Guides

Wantirna Heights Brownie Guides had a busy end to 2024 and we're looking forward to 2025 being just as busy!

Last year we managed to pack 2 camps and a sleepover into the last two terms, and we experienced all types of weather. We don't know which was our favourite – climbing an abseiling tower in the rain at our District camp with other units, or the cool change that came through after our Unit camp ended up being on a 35 degree weekend.

Despite the weather, we managed to have a great time at each camp. We made new friends, earned badges by trying out new skills and learning, got out and about in nature and cooked some amazing food.

Our leaders didn't stop there! In term 4 we also participated in our local Remembrance Day march and welcomed a new member to our unit. We had fun on a 'chair chase' around the neighbourhood, but it's slow going when you need to sit down as soon as you see a car (you always need to remember to wave)!

We learnt about other countries, food and games from around the world, and on Halloween we dressed up and tried out different activities from other cultures.

2025 is shaping up to be just as busy, and the leaders are busy planning camps, excursions, badges and lots more fun. Some highlights for Term 1 usually include Clean Up Australia Day and a night full of water games.

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 or by scanning the QR code.

WANTIRNA NEWS



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- ★★★★★ Service
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- ★★★★★ Quality

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Knox Community Awards
Recognise the significant impact
volunteers have made in our community.
Nominate now:
knox.vic.gov.au/CommunityAwards



We're still open for business
Work to create a shared path and
improve Chandler Road, Boronia,
is underway. Businesses are still
open and operating as usual.
More information:
knox.vic.gov.au/chandler



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65 free activities across Knox.
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knox



Knox Woodies Donate 550 Toys and Gifts to Local Charities at Christmas

In December the Knox and District Woodworkers Club had a special meeting where we handed over a year's worth of work producing toys and gifts to various charities in our area.

The club has a dedicated group which meets Mondays and Thursdays that specifically work on producing these items, and this year made approximately 550 items.

The club is generously supported by the Ferntree Gully branch of the Bendigo Bank which over a number of years has offered the club a financial grant which is used to buy the timber used for this program.

On the night, representatives of each charity spoke briefly giving an overview of the volunteer work they do. It was very obvious that the need for help in our community is growing rapidly and they showed great appreciation for the work we do. Each of our guests was able to view the many different toys that were on offer and select any that they felt would be able to find a new home where they would be loved by children who would otherwise receive little in this festive season.

Those groups included St Vincent de Paul Society, Foothills Community Care, Soupee of Upwey, Impact for Women, Knox Infolink, Find a Penny Foundation,

Hills Church Op Shop, Champion Foodbank & Community Hub and the FTG Angliss Hospital.

The Knox and District Woodworkers Club has operated in the area for well over 30 years and is permanently based in Glenfern Road, Ferntree Gully adjacent to the Wally Tew Reserve. Information for anyone interested in the club which caters for both men and women can be found at www.knoxwoodies.org.au.



ABCM Inc. COLLECTORS FAIR

SATURDAY 22nd MARCH
9.00am – 3.30pm

Entry: Gold Coin Donation

Hungarian Community Centre
760 Boronia Road, Wantirna, 3152
(Just off Eastlink)

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TICKETS
Adults \$20
Child \$10
Family \$40

DATE AND TIME
8 - 10 March 2025
Sat - Sun 10am - 4pm
Mon 10am - 3pm

**Online tickets
here! >**

Join us at the Melbourne Steam Traction Engine Club in Scoresby for our famous annual event, Scoresby Steamfest 2025. Come down to our rally and see portable and stationary steam engines, diesel engines, portable petrol and diesel stationary engines, vintage tractors and trucks, and vintage earthmoving equipment of all ages in action. We also have mobile steam engines, a blacksmith, and a miniature railway that takes passengers around the site and much much more. There's live music, face painting and food and drink vendors operate across all three days.

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The Strength of Collaboration

Leap into Literacy – Mountain District Learning Centre and Your Library

Both Mountain District Learning Centre and Your Library are well-known fixtures of our local area. Both offer a range of opportunities and programs that support everyone to stay connected to their community, increasing self-confidence and the ability to thrive in daily life. MDLC are known for their inclusive approach to teaching and learning. The five branches of Your Library are known not only for the expansive collection of books, but the breadth of events and programs on offer at all locations.

A lesser known, yet equally valuable partnership offered by MDLC and Your Library, is Leap into Literacy. This program enables adults who wish to improve their literacy skills, to be paired with a volunteer tutor. The volunteers are passionate about literacy and empathetic to the needs of adult learners. They have volunteered their time to complete a comprehensive training program and are committed to the ongoing support of their students. Their dedication is what allows this amazing program to exist.

The supportive relationships that have developed through Leap into Literacy are invaluable. Not only do our tutors help individuals to work towards their literacy and numeracy goals, their presence and

ongoing support allows participants to become more self-confident and engaged in their community.

Leap into Literacy provides an array of opportunities. In some instances, it allows people who have spent their lives looking after others, to make time for their own goals and ambitions. For those who have tried learning in classroom environments, and found this unsuccessful, Leap into Literacy provides a pathway to learning that recognises differing learning styles and focusses on individual needs and outcomes. For some participants, this has strengthened their connection with family members, for example by becoming able to read with their grandchildren. For others, it has provided a pathway to employment.

Your Library and Mountain District Learning Centre are proud to be able offer this program to the community. We want all adult learners to achieve their own learning goals and feel a greater sense of connection to their world.

If you know someone who may be interested in accessing Leap into Literacy, they may contact Mel at Your Library on 0408 379 026 (Tuesday – Thursday).

If you are interested in becoming a tutor for Leap into Literacy, please direct your interest to: volunteers@yourlibrary.vic.gov.au



Franci Buljat from MDLC and Mel Rowland from Your Library

Connect With Education at Mountain District Learning Centre

Education for all!

Education transforms lives, and Mountain District Learning Centre (MDLC) is leading the way in making lifelong learning accessible for all. Adult education provides a second chance for individuals to rewrite their stories, whether by improving literacy, mastering digital skills, or learning English to thrive in Australian society. MDLC delivers tailored programs that empower learners, demonstrating that it's never too late to embrace education.

The Read Write Now course is a cornerstone of MDLC's offerings, designed to enhance literacy, numeracy, and digital skills in a supportive environment. Participants gain practical tools for managing everyday tasks, such as budgeting and letter writing, fostering independence and boosting confidence.

For migrants, the English for Living and Working in Australia course provides vital language skills for daily life and work. By breaking language barriers, it helps participants build connections, integrate into the community, and access opportunities.

MDLC ensures affordability through Learn Local funding, offering concessions to minimize costs. With their welcoming approach, MDLC transforms education into a bridge to brighter futures.

For more information or to enroll, call (03) 9758 7859, or email office@mdlc.org.au. Don't wait to transform your future—the time to learn is now!



Mountain District
LEARNING CENTRE



Mountain District Learning Centre
13-15 The Avenue, Ferntree Gully VIC 3156
(03) 9758 7859 | office@mdlc.org.au | www.mdlc.org.au
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Semester 1, 2025 - Adult Education Classes

<p>Read Write Now</p> <p>Boost your literacy, numeracy, and digital skills in a supportive, fun, and personalized learning environment! Gain practical skills that fit your needs and interests.</p> <p><i>Wednesday and Thursday 5.30pm – 8.00pm (MDLC)</i></p>	<p>English for Living and Working in Australia</p> <p>Build your English skills for everyday life and work with our confidence-boosting class. Get practical language support tailored to your needs.</p> <p><i>Wednesday 9.30am – 3.30pm (MDLC) or Thursday 9.30am – 3.30pm (MDLC)</i></p>
<p>Workplace English & Digital Skills</p> <p>From a CALD background and want to improve your English and digital skills? Join our tailored course to excel at work, further study, and everyday life in modern Australia!</p> <p><i>Monday 12.30pm – 2.30pm (Rowville Library)</i></p>	<p>English Conversation Groups</p> <p>Is English your second language? Do you want to improve your speaking and listening skills? Join our group where you can practice English and gain confidence in real-life conversations.</p> <p><i>Monday, Tuesday or Wednesday Bayswater, Rowville, Croydon Libraries and Boronia Progress Hall</i></p>
<p>Digital Essentials</p> <p>Take your digital skills to the next level with our hands-on program! Learn to navigate technology, master various devices, and connect with others in meaningful ways.</p> <p><i>Tuesday 10.00am – 12.00pm (Belgrave Library), or Tuesday 1.00pm – 3.00 (MDLC), or Wednesday 1.00pm – 3.00pm (MDLC)</i></p>	<p>Brainworks</p> <p>Keep your mind sharp and improve your thinking skills with this fun and engaging course! Build focus, stay mentally active, and enjoy brain-boosting activities.</p> <p><i>Monday 11.00am – 12.30pm (Bayswater Library), or Wednesday 12.00pm – 1.30pm (Knox Library), or Friday 10.30am – 12.00pm (Boronia Progress Hall)</i></p>
<p>Health and Financial Wellbeing</p> <p>Learn how small changes can improve your mental health and financial wellbeing. Join our course to discover simple, practical ways to feel more confident and in control.</p> <p><i>Friday 12.00pm – 1.30pm (Boronia Progress Hall)</i></p>	<p>Learn Local Endorsed Courses</p> <p><i>Learn Local Courses are funded by Learn Local. We require proof of Australian or New Zealand citizenship, or Asylum seekers valid visa. Where applicable, concession card holders and pensioners pay only \$50.00 tuition fee per year, regardless of the number of courses. Materials and resources fees are not subject to concessions.</i></p>

Semester 1 (includes Term 1 and 2) – 3 February to 4 July
Some of our courses incur a small fee. For more information and enrolments contact the office on (03) 9758 7859

The Avenue School A Visionary Institution Welcomes New Principal

The Outer East celebrates the launch of The Avenue School, a ground-breaking educational institution dedicated to fostering an inclusive and supportive environment where students can thrive academically, socially and emotionally.

The School, created as a Senior Secondary Specialist School has a unique focus in supporting students with an experience of anxiety that has made attending traditional school challenging.

Leading this innovative school is Jarrid Bartle, a highly skilled school leader and educator with over a decade of experience working in schools and a background in Outdoor and Physical Education.

As the inaugural principal, Jarrid brings extensive experience in designing and leading transformative educational programs. His leadership has shaped dynamic learning experiences, including international expeditions and large-scale projects, reflecting his dedication to fostering inclusive environments that empower students.

"I am honoured to lead The Avenue School as we create a space where every student feels empowered to achieve their goals," Jarrid shared.

"Our philosophy is rooted in respect for each student's individuality and our commitment to nurturing their potential."

The Avenue School's mission is to provide an environment where every individual feels valued, safe and equipped to overcome personal challenges. Through tailored programs, dedicated support and innovative approaches, the School aims to help students unlock their potential and succeed in ways they may have thought impossible.

Located in Ferntree Gully, The Avenue School is working in partnership with Mountain District Learning Centre and enjoys an established campus featuring vibrant classrooms and outdoor learning spaces designed to inspire curiosity and growth. The school's innovative programs aim to foster resilience, curiosity, and a lifelong love of learning.

Families are encouraged to learn more about The Avenue School's mission and unique educational approach through information sessions and campus tours.

For further details, visit www.theavenueschool.org.au or contact The Avenue School at office@mdlc.org.au or call 9758 7859.



Principal Jarrid Bartle

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What's new at Your Library? by Karla Simon

We hope you've had a chance to refresh, relax, and read this summer! As we move into Autumn, we'll have a fresh program of events to delight, enlighten and inspire. Keep an eye out for our autumn 2025 'What's on' events guide available at all libraries from 1 March 2025.

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

- Cook once, eat twice / Nadiya Hussain; photography by Chris Terry
- The grey wolf / Louise Penny
- Venetian lessons in love / Jenna Lo Bianco
- The season / Helen Garner
- Finding joy in Oyster Bay / Susan Duncan
- The racket: on tour with tennis's golden generation - and the other 99% / Conor Niland
- Stories from the Otto Bin Empire / Judy Nunn
- Australia at the movies: the ultimate guide to modern Australian cinema 1990-2020 / David Stratton
- Cher: the memoir, part one / Cher
- Endgame / Sarah Barrie

New DVDs

- Arcadian
- Beetlejuice Beetlejuice
- Belgravia: the next chapter
- Chicago fire: Season 12
- Curb your enthusiasm. The 12th and final season
- Fisk. Season 2
- Holiday twist
- Ladies in black
- Mafia mamma
- The ravine

Events at Your Library

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

Explore Chloe's Vegan Kitchen: Meet social media sensation, Chloe Wheatland

SAT 22 FEBRUARY, 11AM - 12PM

Rowville Library, Stud Park Shopping Centre, Rowville

From indulgent loaded nachos to comforting warm raspberry crumble, Chloe's Vegan Kitchen offers plant-based meals that nourish the body, mind, and soul. Bookings required (FREE)

Art Exhibition: Lost Heritage Art of Tamil Nadu – Anudeepa Kadiresan

5 MARCH – 30 MAY (During opening hours)

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

Be immersed in the rich, vibrant art of Tamil Nadu by accomplished artist, Anudeepa Kadiresan. No need to book! (FREE)

Waste Education Pop-ups – with Knox City Council

THU 13 MARCH, 11AM - 12PM

Ferntree Gully Library, 1010 Burwood Hwy, FTG

THU 27 MARCH, 9:30AM – 12:30PM

Knox Library | Ngarrgoo, Lvl 3, 425 Burwood Hwy, Westfield Knox

Want to know if your recycling knowledge is up to date or ask us a quick question? Want to understand why your yellow lid is becoming red in early 2025? There will be also lots of information and educational material on hand for you to take away and share with your friends/neighbours. No need to book (FREE)



Sound Healing with Bev Pergl

MON 17 MARCH, 1PM

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

Join us for a calm, tranquil session with soothing Tibetan singing bowls and sound-healing mediation, for nurturing and balancing emotions, as well as promoting inner calm. Bookings required (COST \$10)

Art for Wellbeing

THU 6 FEB & THU 20 MARCH, 5:30PM – 7:30PM

Bayswater Library, Mountain High Shopping Centre, Bayswater

Do you want to improve your confidence and overall health? Explore self-expression from within and how to think differently. Let your creativity flow through various activities in a safe and friendly environment. Bookings required (COST \$5)



An Introduction to Artificial Intelligence

TUE 25 MARCH, 10:30AM – 11:30AM

Knox Library | Ngarrgoo, Lvl 3, 425 Burwood Hwy, Westfield Knox

Join us for this discussion on the basics of AI as it works now, including looking at ChatGPT and what AI could mean for us in the future. Bookings required (FREE)

Author talk: Growing up Indian in Australia – with Daizy Maan

SAT 29 MARCH, 11AM - 12PM

Rowville Library, Stud Park Shopping Centre, Rowville

Join us for an opportunity to meet Daizy Maan, one of the voices and contributors of Growing Up Indian in Australia. This powerful anthology offers a deep exploration of identity and community, featuring vibrant stories of cultural adaptation and resilience. Bookings required (FREE)

Author talk: Sheltered – with Melody Horrill

MON 31 MARCH, 10:30AM – 11:30AM

Knox Library | Ngarrgoo, Lvl 3, 425 Burwood Hwy, Westfield Knox

Join us as Melody talks about her animal inspired writing journey, including her latest book, Sheltered, which explores the power of love between people and their adopted animals, and how animals have changed and enriched our lives. Bookings required (FREE)

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

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

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



Contact Mel to find out more

0408 379 026

volunteers@erl.vic.gov.au



News from the Australian Jazz Museum

Preserving Australian Jazz for Current and Future Generations



100 Years of Jazz Recording in Australia *by Ken Simpson-Bull OAM*

This year, 2025 represents 100 years since the first jazz recording was produced in Australia. Before that, since 1917 when the world's first jazz recording (by the Original Dixieland Jazz Band) was released in the USA, enthusiasts would have had to listen to imported records on their record players (or gramophones as they were called then). In fact, no records of any description were manufactured in Australia before 1925.

In 1924 British impresario Noel Pemberton Billings came to Australia and set up a record manufacturing plant in Bay Street, Brighton. But it took until mid-1925 before he was able to record and release the first 78rpm records ever produced in this country. One of the first releases on his Austral-Duplex label was by the visiting American Ray Tellier and his San Francisco Jazz Band playing "Sweet Georgia Brown." Several other recordings by this American band were subsequently recorded and released in the same year.

Sadly, Pemberton Billings' record company effectively ceased operation in 1926 and record production in Australia was picked up by the internationally backed companies Vocalion and Columbia. Although the Jazz Museum has CD copies of the Austral-Duplex 1925 jazz recordings, it is still seeking the original very rare original 78rpm discs.



Ray Tellier and his San Francisco Jazz Band making an "acoustic" recording in Brighton, Victoria in 1925.

The Australian Jazz Museum

15 Mountain Highway, Wantirna is open free to the public on Tuesdays 10.00am to 3.00pm.

For Group visits, which include refreshments and a live band performance, email tours@ajm.org.au Visit the website at www.ajm.org.au



"In a play that explores the themes of ambition, guilt, and the corrupting influence of power, we meet Macbeth, the ambitious nobleman whom three witches prophesy will become King of Scotland. Spurred on by the witches' prediction and the ambition of his wife, Lady Macbeth, Macbeth murders King Duncan to seize the throne. His ascent complete and his destiny fulfilled, he is consumed by guilt and paranoia, descending into tyranny and committing further atrocities to maintain his power. As Macbeth's reign of terror spirals out of control he faces rebellion, a wife consumed by madness, and the inevitability of his ultimate downfall. It is a production you will not want to miss."



SEASON DATES:

Friday 4 April 8pm Opening Night
Saturday 5 April 2pm Matinee
Saturday 5 April 8pm Evening Show
Sunday 6 April 5pm Early Show
Thursday 10 April 8pm Evening Show
Friday 11 April 8pm Evening Show
Saturday 12 April 5pm Early Show

TICKET PRICES:

Adult \$30
Concession (students / pensioners) \$28
Child (15 & under) \$20
Family (2 adults & 2 children) \$80
Group Bookings: (10 or more) \$28 per ticket

PERFORMANCE VENUE:

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

TICKETING LINK:

<https://cppcommunitytheatre.com.au/> For all ticket enquiries, please email: tickets@cppcommunitytheatre.com.au

This production contains depictions of violence and adult themes. Parental guidance is advised, and it is not recommended for children under the age of 12.

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MARCH EXHIBITION

March 3 to 23

FOYER

Our very talented, longstanding artist, Kaye Webb will be exhibiting some of her outstanding artworks.

GALLERY

"Fur And Feathers"

Our members' exhibition, many talented artists will display their interesting interpretations of Fur and Feathers.

FREE ENTRY, ALL WELCOME

www.thehutgallery.com.au

KNOXFIELD & SCORESBY NEWS



Hello from Knoxfield Ladies PROBUS Club by Bev Bishop

The Knoxfield Ladies Probud members enjoyed a visit from Yvonne the Gadget Lady presenting her handy useful wares, especially with Christmas swiftly approaching. We also enjoyed a lunch at the Wheelers Hill Hotel in their large airy room with a view to the Dandenong ranges. As usual there was plenty of chatter and laughter.

Christmas lunch was celebrated in our meeting room at the Wantirna Club. The Christmas Elf was in residence to distribute the Kris Kringle gifts. Our local MPs were very generous with Ms Mary Doyle and Mr Kim Wells donating a hamper each for our festivities. The lucky winners, one of which was our Vice President and Social Secretary, were delighted. Moving the Chocolate Blocks around the tables was

played again to much amusement, being passed from hand to hand each time the poem mentioned the words left or right.

We have had a break until our first meeting 15th of January when activities for 2025 were revealed. Our 36th Birthday lunch celebration and a bus trip to the Cranbourne Botanic Gardens have been organised for the next two months.

We meet at the Wantirna Club every third Wednesday of the month at 10.30am. Lunch in the Bistro is at 12.30pm. You are welcome to join our friendly Club. Please call Jo our Membership Officer on 0414 914 091 for details.



The Christmas Elf (Val, President) and Jan (Vice President)



A table at the Wheelers Hill Hotel



Denise in her Christmas finery



A table at our Christmas lunch

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- 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 7 - 12 students.
- CAP Money Course Free money mentoring/course - contact us for details.

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ENVIRONMENTAL NEWS

Highlighting the Natural Beauty of Blind Creek and Lewis Park

The Allan Labor Government is helping to deliver more green open spaces for families in Melbourne's outer east.

Member for Bayswater Jackson Taylor recently joined local community members at Lewis Park in Wantirna South to celebrate the completion of the Reimagining Blind Creek project.

The Labor Government invested \$2.5 million towards the project which has revitalised Blind Creek and nearby Lewis Park with three new wetlands, a pedestrian bridge, waterway crossings, a boardwalk, and 6.3 kilometres of new shared paths to improve waterway health and create a green space for the community.

The project was a collaboration between the Allan Labor Government, Melbourne Water, Knox City Council and Wurundjeri Woi-Wurrung Cultural Heritage Aboriginal Corporation.

More than 1.65 kilometres of a formerly underground concrete channel has been turned into a naturalised waterway, with the surrounding Lewis Park now a cooler, greener space and haven for biodiversity.

Blind Creek flows from the base of the Dandenong Ranges to the Dandenong Creek, just downstream of the Knox Central Activity Centre and Lewis Park. The Blind Creek corridor forms an environmental 'spine' through the City of Knox, providing the community with an important amenity and connection to nature.

"As our population grows, we're investing in the liveability of our towns and cities by protecting our water security and providing new green public spaces for the community to get active and connect with nature", commented Minister for Water, Harriet Shing.

Through the series of wetlands, the project is designed to harvest and treat over 250 megalitres of stormwater annually for irrigation use on local sports ovals and community gardens.

"It's an exciting time for locals in Knox with public spaces like Blind Creek and Lewis Park being completely transformed from an old drainage area into over 19 MCGs worth of green open space for the local community to enjoy" said Member for Bayswater, Jackson Taylor.

Melbourne Water's Reimagining Your Creek Program works collaboratively with councils, communities, Traditional Owners and residents to transform stormwater drains and concrete channels into natural waterways and enjoyable open spaces for local communities to enjoy.

The program has seen the transformation of sections of Tarralla Creek in Croydon, Arnolds Creek in Melton West, and an upstream section of Blind Creek in Boronia. Works are also currently in progress along Moonee Ponds Creek in Strathmore and Oak Park.

For more information, visit melbournewater.com.au.







KNOXFIELD NEWSAGENCY

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EMAIL: knoxfieldnewsagency@hotmail.com

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



The official party celebrating the completion of the Reimagining Blind Creek Project

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ENVIRONMENTAL NEWS



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

2024 - 2025

Excursion - November:

Jindivick – Leaders Inta and Roger N.

On a day when wild weather was to hit most parts of Victoria, 17 brave members headed to Jindivick in the Shire of Baw Baw. After a quick morning tea we headed to Nangara Reserve for a short walk through the wet sclerophyll forest. It was lovely to see a small variety of ground orchids, including Dainty wasp orchids, two varieties of Sun orchids and a Copper Beard orchid. Birds were continually calling in the tall trees. Sightings of Satin Bowerbirds, Yellow tailed black cockatoos, a quick glance of a Rufous fantail and hearing many more. A special flowering plant in this area was the Pink Boronia (*Boronia muelleri*) which grows in bush in Victoria and New South Wales. Lovely to see.

After a quick lunch back in Jindivick we abandoned the rest of the day as the weather turned nasty with strong wind and very heavy rain.

Meeting - December:

2 short talks from members: Warwick D "Breathtaking birds"

Warwick's talk was on the breathing system used by birds, and how it differs from that of mammals. The system of a fixed lung and a series of air sacs allows migrating birds to fly incredibly long distances, and at great heights, such as over the Himalayas. An extremely interesting talk. We always learn something new from Warwick.

Nicky Z "Urimbirra – a little block in the desert"

Nicky told us about a group enterprise which was started to save the area, adjacent to the

Little Desert National Park in Victoria, from being turned into farmland.

Amongst their activities, they have worked with Museum Victoria on the impact of fire on

the reptiles of the area. They meet to save flora and fauna in this area. Mainly this is financed by donations. What a wonderful group.

Excursion - No December Excursion.



Lillydale Lake. Photo Jack Airey

Meeting - January Outdoor Meeting Warrien Reserve

Our first meeting for the year was an 'outdoor' meeting. This was held at Warrien Reserve in Croydon Nth.

We met at 6.00 pm in the picnic area for a picnic tea, which was a great time to catch up after Christmas. We then held a very short meeting, followed by a stroll through the paths in the Reserve bushland. It was a fairly warm evening, so birds and flowering plants were scarce.

The evening was attended by nearly the whole group, so good to see that there is so much interest in the local bush areas.



Banksia ornata - desert banksia
Photo Alison Rogers

Excursion - Our January excursion was to Lillydale Lake

Although it was a hot weather forecast, 22 members attended and did a lovely walk along the shore of the main lake, then taking a left hand turn to head into the wetland area. This is a natural filter drain for storm water running into the lake. Birds were relatively scarce, aside from the usual "parkland" birds and ducks, which are always plentiful around the lake, but we still managed to see 30 species of birds for the morning.

Future Program

12th Feb Speaker: Ross Field - "Butterflies of the Dandenong Ranges and eastern suburbs"

12th March Speaker: Tony Robinson – "Worth two in the bush – local birds and how they use plants".

9th April Speaker: Tom May – "Fungi of Urban Bushland: conserving, managing and recording".

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 (temporarily) at the Ringwood East Senior Citizens Hall.

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.

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Knox Environment Society

The Tall Bluebell by Anne Morton

At this time of year the native garden is alive with activity. Many plants are in flower and attracting a huge range of invertebrates and birds.

One of the most delightful of indigenous garden plants is the Tall Bluebell *Wahlenbergia stricta*. Blue forms part of its common name and a beautiful sky blue it is.

Tall Bluebell is a perennial plant that flowers for a long time over spring and summer. Individual flowers are in the form of open bells with five petals, about 15 to 25 mm in diameter. It will grow from 20-50 cm in height and spread over 40 cm.

Once established it is very hardy, ideal for a massed display. The plant may die back during the colder months but it will bounce back once more in spring. It is tolerant of a wide range of growing conditions, in soils that include sandy, clay or humus and moist to well drained, as well as in full sun or semi-shade.

The bluebell provides butterflies and other insects, including tiny native bees, with nectar. For that extra splash of colour in the garden, you can't go wrong with Tall Bluebell.

Nursery re-opening Saturday 1st February

You can get Tall Bluebell from the Knox Environment Society Nursery which will officially reopen for sales on Saturday 1st February at 10.00am. From then opening times are on Saturdays and Sundays 10.00am to 1.00pm and Thursdays from 10.00am-4.00pm. Come along and see what else is available there.

Knox Festival

On Saturday 1st March Knox Council will be holding the annual Knox Festival from 10am at the Wally Tew Reserve in Brenock Park Drive, Ferntree Gully. This is a community event to celebrate community life.

The event features activities for the whole family, including interactive workshops, amazing stage programs, amusements, come and try activities, arts play, kids activities, food trucks and stalls.

The Knox Environment Society Nursery won't be open on that Saturday, but instead you will find us in the festival area in our own stall. We will have some plants for sale, so come along and say hello. We would be delighted to see you there.



Mary Doyle MP
Federal Member for Aston



(03) 9887 3890    @MaryDoyleMP  www.marydoyle.com.au

Delivering for Knox



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Laughter Club News

Laughter Yoga Provides Equanimity in Our Lives

Do you ever think about, ponder, focus on or are aware of the topic of equanimity?

Equanimity is living in a state of balance achieved by focusing on living in the present, self-aware mindful and with compassion. It may look like someone is centred in one's being, remaining calm, grounded and centred, whilst experiencing challenges.

Equanimity is generally on board as we practice living in this form of self-mastery. It is not something we can choose in case of emergency; it is ingrained in our being through regular practice in our daily lives.

This is a wonderful topic and the cool thing about it is we can all improve in this area if it interests us and we can see the importance of living this way. Let's face it, we are not alone and are nearly always in various relationships, whether they be family, business, work, social etc.

I feel that equanimity is a whole body experience, a feeling spiritual thing and need not be a controlled mental state. This implies suppression and the heart is not involved, although there are good intentions present.

To effectively be in equanimity we need to centre ourselves first and act with clarity of intention and compassion. As I practice being in equanimity in order to centre myself I pause, take a breath or two, allow myself to slow down and become aware of how I am feeling. To be in this calm, centred, mindful state of mind and emotions, I am better able to apply myself to every situation. It is not necessarily so simple, nor easy to do, which is why it is important to have the quality of equanimity on board in one's personality and self-expression. If you attempt to be that way in an emergency, failure is more likely to be the case.

There are many Buddhist references to living in equanimity which is a state of balance where one doesn't react to difficult situations. It is part of living in a grounded, mindful manner without suppressing emotions and feelings. Equanimity is a beautiful state to become endowed with, which has a positive, uplifting effect upon those around us in our everyday lives.



It is a non-judgmental accepting way of being and it may be developed through the practice of laughter yoga.

How laughter yoga helps you achieve equanimity

Did you know that laughter yoga is a practice that greatly assists us to live in equanimity? A lot of research mentions the benefit of being in greater equanimity when we come together doing laughter exercises. Isn't that grand? Perhaps it's another terrific reason to come along and join us for regular laughter exercises.

This happens organically, that is very naturally, when we come together in playful fun with each other. The way we perceive life upgrades to that of becoming self-accepting and it follows, we become more tolerant and accepting of others and of life situations.

Notwithstanding the times when we may need to walk away from things or people, this is not an airy-fairy way of being where we become doormats and allow ourselves to be in abusive situations.

What laughter yoga helps with is slowly developing a more cheerful, fun filled, optimistic personal value leading to living in far greater equanimity because of the way regular laughter can help us.

Some Aussies Involvement in Laughter Yoga

It feels like a good idea to impress upon you more about this, the fact that many people around the world work professionally with laughter yoga and also a great many who are making grounded differences here in Australia. They come from different backgrounds and fields of work.

I will mention three people, firstly to give a shout out to Merv Neal, a local, who filled in for me when I was on a retreat recently. He is responsible for initiating laughter yoga in numerable places which call for more equanimity in people's lives. For example, it is being accepted as a fabulous activity in the wellbeing and healing area; he is involved in research conducting laughter for kidney dialysis patients and working with the Cancer Council. He co-authored a scientific study book last year which I love.

A prominent Melbourne laughter leader, teacher and academic is Ros Ben-Moshie, who has written two laughter books. Ros also teaches short course courses in Laughter, Resilience and Wellbeing at Latrobe University. There are many more prominent Australians doing amazing work in the laughter yoga field, which is taking off, i.e. becoming widely known and accepted as a highly beneficial practice for us all to be doing.

The third one I will share with you is Annie Harvie who lives in Adelaide and has written The Giggle Game. Annie has taken this fun, simple, interactive card game all around the world. It is designed for early learners, and I highly recommend it to school teachers and parents. It is a simple way of bringing the exercise of laughing together to us all and in particular, children.

Thank you for taking the time to read this article and wishing you an excellent 2025. You are always welcome to join John, myself and the small group who come regularly to laughter club.

First timers, please contact me, Lynette in case of a meeting change. You may even like to add yourself to the email reminder for the laughter club or sign up for my newsletter. My website has information regarding workshops, classes, laughter yoga and blog.

The Ferntree Gully Laughter Club meets at 11am on the 2nd & 4th Sunday of the month.

We are at the Ferntree Gully Library 2pm on the 4th Tuesday of the month and the Boronia Library 11am the 3rd Saturday of the month recommencing in May.

Cheerio for now. Lots of Love and Laughter.

Lynette Mitchell.

Phone: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

Hands on Myotherapy



Shoulder Pain with Alison

Shoulder pain is a common complaint amongst our clients. It affects people who engage in both physical and sedentary work and activities. Some of the

main injuries and conditions that we see are strains or tears of the rotator cuff muscles, tendinopathy (inflammation of a tendon) and bursitis (inflammation of the bursa) of the shoulder. Pain, tenderness and restriction of movement in the shoulder are typical symptoms of these problems that often occur in combination.

These injuries result from poor posture, poor biomechanics or trauma to the shoulder. Myotherapy and Remedial Massage are great ways to alleviate pain and treat these complaints. Our therapists can offer soft tissue manipulation, dry needling, taping, postural advice, exercises and a personalized treatment plan to not only treat the problem but also to strengthen and rehabilitate the shoulder to prevent further injuries from occurring.

You don't need to put up with pain. Call us or book online via our website to make an appointment with one of our friendly, knowledgeable therapists.

Special Mention- We are celebrating our 9th Birthday at Hands On Myotherapy in March. Thank you to all our wonderful clients for your ongoing support and we look forward to seeing you in 2025.

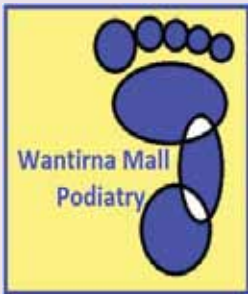


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Saturday 8am to 1.00pm
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(B. Pod, MBA and MHA, MAPA)

4/322 Mountain Hwy, Wantirna

Ph: 9720 1235

www.wantiramallpodiatry.com

Online booking available

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



Common Problems With Ageing Feet

As we all age our feet age too causing many age-related foot problems; one very common issue is tough nails. Your toenails can change as part of the ageing process becoming thick, discoloured and /or distorted so it is important to maintain them to avoid future problems. If you can cut your nails yourself trim them without cutting down the sides with a pair of nail clippers and file them gently in a downwards motion with an emery board for a smooth edge. At Wantirna Mall Podiatry we can help you to maintain your nails if you are unable to, treat the thickness of nails and we can also treat any thick calluses and corns. Dry skin can also be a problem, using a Urea based cream can help soften the skin but its best to wear something on your feet after applying the cream so that you don't slip.

Ageing can also change the structure of feet which can cause foot pain. Arches can become flattened,

the foot joints less flexible and deformed, the natural padding at the bottom of the feet can go. Changes to the structure of the foot can change the way you walk, increase pressure on the soles of the feet and increases the risk of instability and falls. Treatment of age-related foot pain can be dependent on the problem and this can involve further investigation and treatment.

But if you have a general ache, one easy thing you can do to help this problem is to be fitted and wear Orthopaedic footwear with a non-slip sole. Orthopaedic shoes differ from fashion footwear, they can come in different widths and can contain different design features to help you with your specific problems. At Wantirna Mall Podiatry we have a range of Dr. Comfort Orthopaedic Medical Footwear we can fit you with to help you with your specific foot health needs, another place to be fitted would be your local Orthopaedic footwear retailer.

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Corns and Callus

Ingrown Toenails

Flat Feet

Children

Heel, Arch and Forefoot Pain

Sporting or Occupational Injuries

Diabetic and Arthritic Foot Care

Veterans Affairs

News from Wantirna Osteopathy

Could It Be Jaw Pain?

by Dr Caroline Teh (Osteopath)



Have you ever been to the dentist with a sore tooth only to be told there is nothing wrong with them? Or been to the doctors with an ear ache only to be told that the ears are, in fact, fine? Well you may be suffering with tempromandibular (tem-puh-roe-man-DIB-u-laur) joint (TMJ) pain.

The TMJ is the joint that connects the jaw to the skull and there is one on each side of the face. You can feel this joint by placing you finger just in front of you ears and opening your mouth. The TMJ allows for movements needed in speaking, eating and fascial expressions.

So what causes a TMJ disorder?

The parts of the bones that interact with each other are covered by a cartilage and separated by a small shock absorbing disc which helps to ensure smooth motion at the joint. If the disc erodes or moves out of alignment, or if the joint is damaged by arthritis, painful TMJ disorders occur. Another obvious cause of TMJ pain is direct trauma e.g. a blow to the jaw, however in many cases the exact cause of a person's TMJ disorder is difficult to determine.

Other less obvious causes of jaw pain may be:

- A result of recent dental work where new fillings or dentures may have caused the bite to
- Become uneven, or the mere fact that the jaw

was required to stay open for an extended period while this dental work was undertaken.

- Habitual clenching or grinding (bruxism) of the teeth.
- Symptoms of TMJ disorders may include:
- Pain or tenderness at the jaw
- Pain in one or both of the tempromandibular joints
- Aching in and around the ear which may also spread to the face
- Difficult or painful chewing/speaking
- Aching facial pain
- Locking of the joint making it difficult to open or close the mouth
- Temporal HA
- Uncomfortable or uneven bite
- Painful clicking or grating noises in the TMJ when opening the mouth or chewing.
- **it is important to note that sounds such as clicking or a grating sensation in the TMJ may be common and is considered normal and rarely needs treatment. It is only if this is associated with pain or limitation that treatment may be necessary.
- "Tooth pain".

Osteopaths not only use a range of techniques to treat the pain (symptoms), but to also treat the underlying cause of the pain. The jaw and the neck

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are directly related to each other. It is not uncommon for jaw pain to radiate down to the neck, around the ear, or even to the back of the skull. There is a direct connection between the upper cervical spine and the TMJ.

The forward head posture of day to day activities has many negative effects on the body, but it is especially harmful to the TMJ and upper cervical spine. As the head goes forward with habitual sitting and looking at a computer screen or down at a smartphone, the front muscles of the neck tighten.

Over time these muscles will weaken and shorten. These muscles not only support the neck, they also attach to the TMJ leading to significant discomfort here also.

If you would like to make an appointment please call 9800 0388 or log onto www.wantirnaosteo.com.au



COMMUNITY NEWS

Life Activities Club Knox

Hello All,

Wow a month of 2025 has already passed us by. I hope everyone had an enjoyable December and January and are looking forward to a year full of activities and friendship.

This is exactly what we offer at Life Activities Club Knox (LAC Knox).

We are a friendly group of men and women who participate in over 22 regular activities throughout each month as well as one-off activities that occur at various times over the course of the year.

In December 2024, 32 of our members travelled to Mt Gambier and surrounds for 5 days of fun and fellowship. We travelled by coach, ferry, and river boat to visit towns in both South Australia and Victoria and enjoyed scenery and history.

Other events in December included "Tina -The Musical", Michael Buble musical tribute and a Christmas function (attended by 85 of our members).

January saw members attending Rayners Orchard tour and a club Trivia day at our hall in Ferntree. All events in December and January were well attended and enjoyed by all.

As mentioned we have many regular activities in which members and guests can participate. These include eating out, cards, travel, walks, social activities and sport.

Please ring our membership secretary (Lorraine) on 0438 068 334 to find out when and where our activities are held and answer any questions you may have.

We are a friendly group and warmly welcome any newcomers who may wish to attend.

We look forward to seeing you at our activities soon.



Winery Wine Tasting



Glenelg River Cruise



Umpherston Sink Hole

The World Day of Prayer 2025



The Cook Islands: 'I made you wonderful'

St Joseph's and St Bernadette's Parish Boronia are hosting World Day of Prayer on Friday 7th March 2025 @ 10.30am.

You are invited to join people from several churches in the Boronia and Bayswater areas.

St Joseph's
Church
Boronia, 212
Boronia Road
Boronia



www.worlddayofprayeraustralia.org

Panda Rounds



The Panda Rounds Round Dance Club in Boronia is holding their annual Introduction to Round Dancing evening on Friday 21st February at 6pm. This event is free for new dancers and will let you experience one of the easiest ways to learn to dance. By the end of the evening you will be dancing round the room. Beginners classes commence the following week. This year the teachers, Alison and Phil, have chosen Waltz as the first rhythm to be taught. Later you will progress onto Rumba, Foxtrot and Two-Step.

Round Dancing is cued social ballroom dancing and a lot of fun. Visit the Panda Rounds videos webpage to checkout some of their dances.

They dance every Friday evening in the Boronia Progress Hall in Boronia Road near the corner of Dorset Road. Parking is available at the rear. Please book by email to pandarounds@gmail.com or send a text to Phil on 0425 720 442.

Introduction to Round Dancing



EACH Financial Counselling

by Bridget Morcom

Did you spend too much over Christmas?

Do you have debts and bills you are struggling to pay?

Now the festive season is over, many of us realise we overspent and now have to figure out how to pay it all back. Maybe you have taken out loans or 'Buy Now Pay Later' products like Afterpay and Zippay or have a big credit card balance and now have debts to repay?

Are you also struggling to pay for your regular bills like utilities, rent, food and medication?

It can be very stressful and overwhelming to feel completely out of control with your finances. Here are some proactive steps you can take to reduce your debt and improve your financial health:

- Acknowledge your financial situation – it is easy to ignore those bills and reminder notices, however denying the problem can lead to bigger problems down the track. The sooner you face the problem, the sooner it can be resolved.
- Assess the situation – make a list of the debts and how much is owing. Prioritise debts that are secured against a vehicle or property.
- Contact your creditors – let them know you are in financial hardship and see what they can offer. Many will agree to an affordable payment arrangement or give you some extra time to pay. You could get a friend or support worker to help you do this.
- Look at your budget – are there expenses or spending you can reduce? Most of us spend on things we don't need and can cut back. Tracking your spending can really help you live within your income and see where all the money is going.
- Can you increase your income – could you get extra work? Do you have items you don't use and can sell? Every bit will help. Are you eligible for the Utility Relief Grant Scheme? <https://services.dffh.vic.gov.au/utility-relief-grant-scheme>



If you need extra assistance with your financial situation, there is support available.

Remember, there's no shame in asking for help. With the right support, it's possible to regain financial control and get back on track.

If you are having difficulty paying your bills or managing your financial situation, an EACH Financial Counsellor can provide free, confidential and independent help:

EACH Financial Counselling on 9871 1817

Or the National Debt Helpline on 1300 007 007



ANDREW WILLIAMS
Independent for Aston

www.andrew4aston.com
andrew@andrew4aston.com
0439 906 680
FB - andrew4aston

**Your voice for
Aston**

VOTE 1 - ANDREW WILLIAMS

A better Aston and a better Australia

As an independent, my job will be to **represent you, not a political party.**
I have a plan for a better Aston and better Australia - see my website or Facebook for how I will do this.

Your vote has value.

For every first preference (Vote 1) vote, the taxpayers pay \$3.38. Last election the major parties received over \$68 million in taxpayer funds.

Have the major parties earned your \$3.38?

I am a true independent

I am not doing any preference deals
Simply VOTE 1 - Andrew Williams

Then **vote 2** for the party or candidate that you would want to form government. This way, if I do not end up in the top two candidates, your vote has still gone to the party that you would prefer to govern the country, not a party that I have done a deal with.

Aston, you have the opportunity to send the major party candidates a strong message. You are elected to represent us, yet you continue to put us second behind your party. We are sick of you putting us second, so we are putting you second!

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 24th Feb. - AGM - NO Speaker
Lunch Date - Monday 24th March - Speaker Linda Athans ' Her interesting & humorous Life Story.'

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

Meetings are on Fridays at 11.30am at Eastwood Golf Club, Liverpool Rd., Kilsyth with a 2-course lunch costing \$30.

On Friday the 21st February there won't be a speaker - just a "get together" time as it's the first meeting for the year.

On Friday the 21st March it is the Club's 35th birthday so come along and help celebrate. The dress theme for the day is 'floral'. For this occasion the cost of the lunch is \$35.

There will be a raffle, book stall and trading table with all monies raised going to help the 8 students the Club sponsors through The Smith Family Learning for Life program. The Club is looking for new members so ladies of all ages and backgrounds come along and you will be warmly welcomed. There are small groups within the Club such as film and coffee mornings, book club, cards etc and 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. 15 Feb & 15 Mar 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
Boronia Probus Combined Club	2nd Thurs of the month at 10.00am	Boronia Bowls Club, 5 Marie Street, Boronia	Keiran Smith 0404 079 636
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	Gary Weston - 0409 553 168
Rotary Club of Boronia	Tuesdays 6.30pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Greg Mossop - 0437 599 949
Rotary Club of Bayswater	Wednesdays 6.00pm	Rotary Club Rooms , Marie Wallace Reserve, King Street, Bayswater	Ron Bridges - 0414 843 427
The Boronia branch of CWA	2nd Wednesday of the month Craft Meeting - 4th Wednesday	CWA Hall at 4 Sundew Ave Boronia	Evelyn on 9762 1537 or 0434 722346
Ringwood View Club	2nd Wed of the month 11am	Ringwood Club, Maroondah Hwy	Heather 0411 219 248
KSSSG-Knox Stroke Survivors	2nd & 4th Wed of the month 10.30am	Crave Restaurant, 236 Dorset Road Boronia	Lister 0413095061 Rob 9758 8582 Anna 0414976619
Knox Photographic Society	2nd,3rd,4th Wednesdays 7.30PM	Boronia West Primary School. Tormore Rd Boronia (Enter via Swimming Pool car park).	Rob 0401943354
Studfield Wantirna Probus Club	2nd Tues monthly at 10.30am	Knox Club, 480 Boronia Rd Wantirna	Pauline 0458 003 985

Hannah's Book Reviews

My top 3 books of 2024 and why

by Hannah Rose, Former Student Bayswater Secondary College.

Letter from New York by Helene Hanff

This was probably my most favourite book of the year. It is a collection of vignettes from a woman in New York that detail her life as a woman and a person in the wider community. I picked it up at the library one day because I was captured by the title and was interested in reading the book and getting to know why the book was titled so. When I began reading the book I was unsure about what exactly was going on due to the fact that I started the book without reading the preface. As the pages went on I had gained more of a liking to the story and what was going on. Once I had finished the book and read the preface it began to make more sense than before.



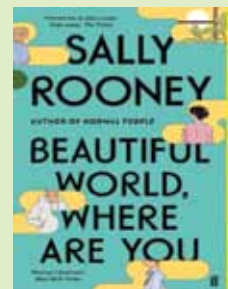
I want to die but I want to eat Tteokbokki by Baek Se-Hee

I had started this book thinking it was fiction and only learnt it was a nonfiction book about half way through. Despite this, I was so engaged in the story and what they had to say that I had read it in one day. Now its 4 months later and I am still left thinking about this book. What I liked most about this book was that it felt like I was sitting down with a friend over a cup of coffee and just talking about life and how they were doing. I can't wait to read the sequel next year.



Beautiful world, where are you B by Sally Rooney

After putting this book off for so long I finally gave in and read it. I went in to this book preparing myself for a quick easy read. But after reading a chapter or two I was humbled by how beautiful and hard this book was to read. Yes I could read multiple chapters of it at a time but it was more about what I took from the book that was hard. What I liked most about this book was that it followed four friends and their experiences in adulthood and navigating different walks of life.



Come and meet the Radio Eastern FM 98.1 team at Knox Fest on Saturday March 1st.

Come and have a chat about joining our volunteers in the operation of your local community radio station.

We are sure to have a role for you. We'll also be interviewing Mayor Cr Lisa Cooper and many community groups and exhibitors live on Radio Eastern FM 98.1 radio from 10am-2pm.

Meet the Volunteer for Knox and Hello Zindagi teams at our marquee! Pick up a free copy of our Program Guide.

If you run a local business, consider adding local radio and community newspaper advertising to your social media marketing mix.

Askusaboutourinexpensiveon-airponsorships which are highly sought after by local service businesses who need to reach people in Knox and surrounding areas. Interested? Simply call 9722 9981 for information.



Knox Over 50s

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

Our next General Meeting will be held at 10.30 am on Tuesday the 25th of March, 2025, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North followed by lunch for those who wish to stay on.

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

At our November 2024 General Meeting we were entertained by the "Pleasant Pluckers", a wonderful group of musicians from U3A Croydon who entertained us for the second year in a row. We hope there will be many more times in the future.

On the 10th December, we enjoyed our Annual Christmas Dinner. Always a special event. Great company, great music and much hilarity. Plenty of winners of hampers and vouchers. All-in-all, a very special effort from our fantastic Social Committee. Our first photo is of Mr & Mrs Claus along with our resident elf ready to work. The second photo shows the wonderful atmosphere we all enjoyed so much.

Our General & Social committees are working hard on events for 2025 which will see our members

enjoying some wonderful social activities. So, 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.





Wantirna Tennis Club

by Alison Rogers

2025

SPORT NEWS

Have you been watching the Australian Open? This has been one of the biggest years with sooo many spectators in at Melbourne Park and watching on TV both in Australia and overseas.

The Aussies did well and although not making the finals, played wonderful tennis.

At our courts it has been great to see the courts being used over the summer break.

With the very warm weather we have been having, we want everyone to stay safe.

During the daily sun protection times (and whenever UV levels are 3 or above) use a combination of these five sun protection measures:

1. Slip on sun protective clothing
2. Slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen
3. Slap on a hat
4. Seek shade
5. Slide on sunglasses

Drinking water while playing tennis as hydration becomes even more important— our fluid levels need to be replenished more rapidly and regularly because we're sweating more.

Bring your own drink bottles or use the drink/water fountains outside front courts and between the courts on the en tout cas courts out the back. This should be done frequently especially in the warm weather.

Have fun and enjoy your hit ups at the Club.

Book a Court

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

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



Juniors

The summer competition is half way through but will start again when school holidays finish. We still have a good number of teams playing on both Saturdays and Sundays.

If you have children who would like to join in with the Junior Members of our Club and play some team tennis, please give us a call. Now is the time to add your name to the list for selection next season. 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.

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

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

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

Contact Troy on 0424 693 005

Social Tennis

Social Tennis is still going strong on Tuesday mornings. Even if the weather is hot or cold come on down and join the others or just have a coffee and a chat. It is lovely to see our group of social players expanding. They are a great group of friendly people.

If you don't feel you can commit to competition, or are not sure if you are good enough to play tennis, come on down and have a hit with some of the social players at the Club. You don't know till you have a go. All standards are welcome. Enclosed grounds keep young children safe and while they enjoy the playground, you can have a hit.

It is only \$5 for visitors, members free. All welcome.

About Wantirna Tennis Club

Visit our website for details on how to join our Club. We have excellent facilities, including two BBQs, covered with a shade cloth sail. We have 10 tennis courts, 5 new classic clay and 5 en tout cas, 8 of these courts are under lights. We offer a range of competitive tennis and social tennis for both adults and juniors with an excellent coaching programme, plus Hot Shots and Cardio tennis. With safe access into the complex and beautiful grounds set in the peaceful Wantirna Reserve with the Knox/East link bike track going right past our front door. Give us a call or check out our website to get more details and information on membership or tennis coaching.

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

Club coaching team: Troy 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



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Templeton Tennis Club News by Neil Houlston, Secretary

Multiple Club Upgrades

Thanks to a grant from Knox Council and the state government we have multiple improvements to our club, both inside and out, being completed prior to May this year.

Our club has already received:

- New Bar Tables with Chairs.
- Planter Boxes to brighten up the club and down each bank of courts.
- New Barbeque for use during Open Days, Family Fun Days etc.
- New Electric Hedge Trimmer and Blower to help with maintenance.
- New Clubroom Tables and Chairs to help host events, including an upcoming Trivia Night.

We have further improvements coming to the club in the months ahead including a repainted gazebo, repainted bar and bench seats on the outer courts.

Summer 2024-25 Competition Midway Progress

Out of our 17 weekend competition teams at the mid-season break, we currently have 5 Sunday junior teams and all 3 Saturday afternoon adult teams in the top 4 of their respective ladders.



Thursday Night Tennis Premiers Win

In late November, our club had its FIRST premiership win for Thursday night competition in the Knox District Night Tennis Association (KDNTA).

Congratulations to both Ben (left) and Leyton (right) on winning Section 5 away at Parker Reserve.

Straight Sets Professional Tennis Coaching

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

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

Follow Us On Socials

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

Templeton Tennis Club Inc.
Templeton Reserve, Templeton Street Wantirna 3152.

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



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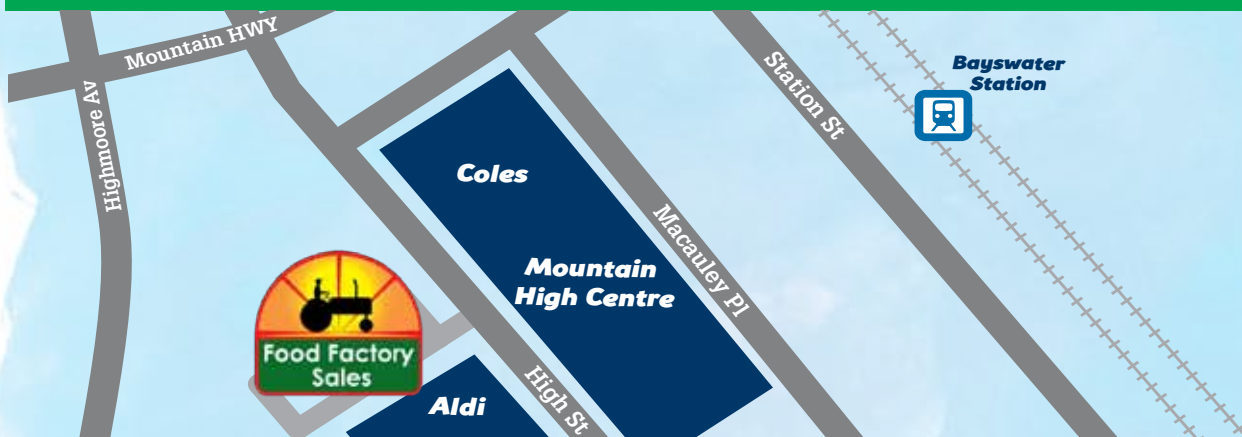


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