

COMMUNITY NEWS

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

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EDITION 91

AUGUST/SEPTEMBER 2024

- GREEN HEART OF KNOX PROJECT ON TRACK
- CASTLEFIELD SQUARE OPEN FOR ACTION
- NICK POLITES' CLARINET
- CHIME CHOIR BRING HOME GOLD AND SILVER



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Editorial

Hello Community News readers.

Nature is good for us!

I came across this information from the Australian Institute of Health and Welfare:

International research has shown that contact with nature also has health benefits – increased attention, energy and tranquillity, and significantly decreased anxiety, anger, fatigue and sadness are all associated with exposure to natural environments. Natural places such as parks provide opportunities for outdoor recreation, spiritual and cultural heritage connection, physical, mental, and social health benefits and neighbourhood amenity. In Australia, biodiversity has been shown to correlate with respiratory health and subjective wellbeing.

Access to urban biodiversity is also becoming increasingly important to human health and wellbeing as cities continue to grow, and enriching cities and towns with nature is a focus for governments.

It is great to see investment in the natural environment like the Green Heart of Knox so everyone can connect with nature and improve their health and wellbeing.

Janet Claringbold - Editor, on behalf of the team.



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

Jackson Taylor Update

BAYSWATER NEWS

What an exceptional event it was opening the new facilities at Bayswater Secondary College. This school has a vibe and culture like nothing else and it's been a privilege to be involved in their incredible growth these past few years. And now I'm pleased to see the new facilities open and complementing the amazing teachers and staff there! I can't wait to see what the next chapter at this school looks like.

Angliss Redevelopment

We're also getting on with massive investment into local healthcare with an upgraded Angliss Hospital one step closer with construction now underway on stage two of the redevelopment, which will make sure people in Melbourne's east can continue to access world-class healthcare, close to home!

Green Heart

It's all coming together along Blind Creek, just above Westfield Knox. Waterways that've been piped for decades are now back above the ground, with heaps of paths and thousands of plants going into the ground. And yes - a bunch of crossings, too! Really looking forward to seeing this one complete - and it's on track for completion later this year. Stay tuned!

North East Link

The tunnel boring machines are about to get started to build the new 6.5km tunnels which will link an upgraded Eastern Freeway through to an upgraded M80 Ring Road. The completed M80 Ring Road will have 5 new lanes and smart technology from Plenty Road to a new M80 interchange. The Ring Road will seamlessly connect to the new North East Link tunnels. The project will also add 45km of new lanes on the Eastern - cutting up to 11 minutes off trips into the city - and create Victoria's first express busway. The project will also cut up to 35 minutes in your trip to the airport.

Returning Containers

Half a billion containers have been deposited! That means \$50 million back in the pockets of Victorians and local clubs and organisations! We've got reverse vending machines locally with more coming soon as well as a few over-the-counter collections spots and a huge depot! To find out where you can deposit eligible containers go here www.cdsvic.org.au.

Banning VEU Calls

We've banned unwanted, annoying telemarketing calls and doorknocking in our Victorian Energy Upgrades Program (VEU). The ban on telemarketing came into effect from 1 May 2024, and doorknocking from 1 August 2024. The VEU is helping Victorians get discounts to install new energy efficient

appliances so they can save money on their energy bills each and every day. This change will help protect consumers, ensuring Victorians can make informed decisions as they make these energy efficiency upgrades to their homes.

In other news:

- Station designs released for the 6 Suburban Rail Loop East stations as early works continue before major tunnelling begins soon.
- We're resurfaced Napoleon Road, between Kelletts Road and Glenfern Road.

Shout-Out

A big shout-out this edition goes to our incredible early years educators and in some good news we're providing small grants to help with IT equipment to seven local pre-schools.

And a big shout-out to Feed One Feed All (FOFA) - who are a ripper group of committed, passionate locals, right here in Knox, doing all they can to ensure nobody goes hungry. So it was a real pleasure to be able to join them for a tour alongside colleagues Michael Galea MP and Mary Doyle MP to learn about what they do for the community (and even help make a few meals, too!)



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August & September at the Bayswater Makers' Market

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Saturdays - 10am to 2pm
August 24 & September 28

Our makers, bakers and growers will be delighted to see you at our arts and crafts market.

Our market is a great place to support local producers, artists and craft people. Our wares include cakes and plants, as well as various arts and crafts.

Geoff The Plantman will be happy to recommend plants to brighten up your garden in Spring.

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

Other enquiries: Julia 9890 2546

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626 Mountain Highway Bayswater

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



BAYSWATER NEWS

Margit's CHAMPION Effort! Knitting Blankets for People in Need

CHAMPION, an initiative of Temple Society Australia, is a Foodbank and Community Hub located in Bayswater.

In June and July, CHAMPION held a Winter Food and Toiletry Drive. A local resident, Margrit, saw the call out and along with donating food items, Margrit put her knitting skills to good and knitted several gorgeous blankets for those most in need at CHAMPION.

They are amazing and so warm!!! Thank you!

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



Margrit's blankets modelled here by staff and Wednesday volunteers



Elm St Mission Drop-In Centre in Bayswater



Elm St Mission provides a welcoming space for those with mental health and wellbeing issues and/or who are socially isolated.

Our diverse activities foster connection and engagement, cultivate friendships and a sense of community and promote each person's dignity and wellbeing.

Participants can relax, have a cuppa, or play board games or pool in our comfortable, open community space.

A team of volunteers provide lunch, and we run activities such as arts, crafts and a music program. Our opening hours are Monday, Wednesday and Friday (during school term) from 10 am to 2 pm.

To find out more, feel free to drop by at 654 Mountain Hwy, Bayswater, or look us up on our website and on Facebook.

For further information, email us at info@elmstmission.org.au or call Barbara on 0428 330 873.

We look forward to your visit!

www.elmstmission.org.au

<https://www.facebook.com/ElmStMission/>

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Dinsdale Ward News with Cr. Sorina Grasso

It was great to be at Mountain High Shopping Centre and hear directly from locals what they thought about the Draft Plan for the Bayswater Renewal Strategy.

I was pleased to participate in and give the vote of thanks on behalf of Mayor Jude Dwight at the Mental Health Summit held at Knox Civic Centre in late May. It was an excellent opportunity for community leaders to share ideas & learn from each other & hear about the latest research and approaches. Council has also produced the Mental Health & Wellbeing Support card and the Family Violence helpful contacts card that are available from Your Library, community houses & by contacting Council directly.

At the start of Reconciliation Week I joined the local community and Indigenous leaders in a very moving Sorry Day Ceremony at the Civic Centre.

Volunteers give so much to our community, I was delighted to be part of the inaugural Knox Council Community Awards to see them receive well deserved recognition.

It was great to join Club President Nick King and Club Secretary Kyle Chandler at Bayswater Strikers Soccer Club Junior Girls Gala Day and see some of the teams of this inclusive, growing club in action. It was also good to see all the improvements supported by myself and Knox City Council including the lights, new turf, fence and coach boxes at Guy Turner Reserve. I'm a big supporter of our local sporting clubs and the health & fitness as well as social benefits they provide the community.

It was great to join Jackson Taylor MP and Mayor Jude Dwight to celebrate the progress of the Reimagining Blind Creek project with a site tour of Lewis Park and tree planting. Knox City Council is working with Melbourne Water, the Department of

Energy, Environment and Climate Action (DEECA), Wurundjeri Woi Wurrung Cultural Heritage Aboriginal Corporation and Friends of Blind Creek Billabong to transform Blind Creek and Lewis Park into a fantastic community space with walking trails, board walks, seating and more for the community.



The Reimagining Blind Creek at Lewis Park project is converting 1.65 kilometres of underground concrete drainage channel into a natural waterway, and turning Lewis Park into a cooler, greener space and a haven for biodiversity. It is also planting nearly 700,000 new plants and 2,000 trees! You can actually see ducks in the creek behind me.

As one of the Councillors on the Knox Rec & Leisure Advisory Committee, I was excited to join over 120 members of local sporting clubs at the Knox City Council Sport & Leisure Awards. We were inspired by Guest speaker international soccer goalkeeper ex Matildas Melissa Barbieri and entertained by talented musical duo Velvet Archers. Congratulations to all the worthy winners and nominees!



Finally, I was delighted to do Storytime at the fantastic new Knox Library. Available Tues-Fri mornings for different age groups including in community languages, this offering is great for kids and parents/caregivers alike and you can find it at all local library branches including Bayswater.





Cr Sorina Grasso

Dinsdale Ward Councillor - Knox City Council

Advocating for local jobs, prosperity & community.

cr.sorina.grasso@knox.vic.gov.au

M: 0437 853 445 CrSorinaGrasso





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Five Million Dollars To Help Improve Tormore Reserve

The Minister for Infrastructure, Transport, Regional Development and Local Government The Hon. Catherine King MP, Federal Member for Aston- Mary Doyle MP, Wayne Preston and Phil Watson from Boronia Hawks Football Netball Club met in late May 2024 to announce that the new funding agreement had been signed for the \$5 million.

Mary Doyle MP – Member for Aston said “Our government understands that local sporting clubs are at the heart of so many communities. Investing into our local communities like Boronia, and delivering more modern, accessible infrastructure for the future.”

This Federal Government investment of \$5 million in funding will help deliver a new pavilion to ensure the Boronia Hawks Football Netball Club, Boronia Hawks Football Netball Club - Junior and the Boronia Cricket Club will have the facilities they deserve.

Improving the recreation reserve and sports grounds, delivering better playing services, new score boards, lighting upgrades and new change room facilities.

Wayne Preston of Boronia Hawks Football Netball Club said “Sporting clubs are often the heartbeat of a suburb giving locals the opportunity to be physically active and socially connected. This money is an investment into the people of Boronia and surrounding suburbs. It ensures both the football and cricket club can further grow our programs by providing a premier facility to operate out of. We thank the Federal Government in securing the \$5 million to make this project a reality.”

Along with \$1.2 million from the Victorian State Government, this combined \$6.2 million project is fully funded and ready to be delivered by Knox City Council.

For more information go to www.knox.vic.gov.au

AROUND KNOX



The Green Heart of Knox Project On Track

Works are well underway on the game-changing Reimagining Blind Creek – Lewis Park project, known locally as the Green Heart of Knox, which is unlocking nearly 17 MCG’s of open space.

Local State Labor Member for Bayswater, Jackson Taylor MP, joined Knox City Council and Melbourne Water recently for a guided tour of the site.

The Green Heart of Knox project is ‘daylighting’ – bringing Blind Creek back above the ground – over 1.6km of creek between Scoresby Road to the east and Lewis Park to the west, spanning three local suburbs.

Located immediately north of Westfield Knox, what was once grass is now being transformed into a unique space for our local wildlife – with 677,000 new native plants and 1,700 trees nestled amongst a number of wetlands and harvesting ponds.

Also being delivered are a number of community assets, including rock crossing points, bridges, viewing platforms and seats.

The landmark project builds on the successful daylighting project at Fairpark Reserve, in Ferntree Gully and Boronia, proudly opened by Mr. Jackson Taylor in 2019, and will mean over 65 meters of boardwalks and over 6km of new paths through three bespoke wetlands.

“It was great to be able to get down to check out these works myself – the biggest environmental project in Knox for a generation – and it’s all coming together as planned”, said Mr. Taylor.

The Green Heart project also ties into the new works planned for the corner of Scoresby Road and Burwood Highway, being delivered by Development Victoria, that boasts yet more wetlands and open space, including a dedicated space for the Blue-billed duck and other local wildlife.



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Mary Doyle MP
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Delivering for Knox

Authorised by Mary Doyle, ALP, Suite 4, Level 1, 420 Burwood Highway, Wantirna South, VIC, 3152

A Message from the Mayor with Cr. Jude Dwight



KNOX UPDATE

Housing Targets for Knox and beyond

The state government has released draft housing targets for all of Victoria's 79 councils on where future homes should be built. These targets form part of the government's plan for Victoria to boost housing stock by 2.24 million homes by 2051 across the state.

Knox currently has 63,100 homes. Under the government's plan, Knox could have 47,000 new homes by 2051. I am urging Knox residents to get involved to ensure our community's voice is heard on the proposed new housing targets announced by state government.

While we know our population is expanding and we welcome people to our municipality, this level of growth will put pressure on our transport network, drainage and other infrastructure, open spaces, schools, and health and community services.

Council is currently developing our own housing strategy that sets out our plan for managing housing growth and development to respond to the current and future housing needs of our community.

A scaled approach is needed with more change in some parts of Knox – our Knox Central project for example – and limited change in other areas to protect the green, leafy character we love and our valuable areas of environmental significance.

The planned rate of growth should not result in negative impacts for our community.

While we understand the government's rationale for setting housing targets, we are yet to know how they have arrived at the targets proposed for Knox. The government is calling for submissions on the housing targets until 30 August and Council will be making a submission on behalf of our residents and growing community.

You can also have your say on the government's plan for Victoria or learn more about the draft housing targets at engage.vic.gov.au/shape-our-victoria

Honouring our local sporting heroes

Established in 2016, Council's annual awards recognise and reward the hard-working volunteers and achievements within our local sporting clubs.

Sport has so many fabulous benefits, with one being its great potential of bringing people into our lives who may become some of our closest mates.



Knox Mayor Jude Dwight with three winners of Club Person of the Year (Adult) Rebecca Redfern, Belinda Cunningham and Kyle Chandler

Recognising commitment to community sport in Knox is a huge privilege. Congratulations to all nominees and winners for their achievements in this year's Knox Sport and Leisure Awards. Knox's thriving sports community would not be what it is without each and every one of you.

See all of the winners at knox.vic.gov.au/knoxsportandleisureawards

Celebrating Biodiversity Month

Biodiversity month – held in September each year – is fast approaching for 2024!

Here in Knox we benefit from a strong network of environmental volunteers who we work with to shine the spotlight on the importance of protecting, conserving and improving biodiversity.

In celebration of Biodiversity month, look out for events and activities that encourage residents to recognise and enjoy the natural environment, wildlife and wonders of Knox.

At Council we are committed to protecting our environmentally-sensitive areas, for now and for future generations to enjoy.

Council's Biodiversity Resilience Strategy aims to protect our Sites of Biological Significance and enhance habitat corridors across the municipality to ensure our local wildlife can survive and thrive.

Our bold tree canopy target of 30% by 2050 responds to the climate crisis ensuring a shaded oasis to assist in cooling our city, improving amenity and habitat connectivity.

Thank you to the many of you who understand the value of biodiversity in Knox, caring for and protecting the remnant vegetation and wildlife we live alongside.

We all need nature but we can only do so much — community participation and involvement is essential. Local community members, including local business, environmental volunteers and other community groups, all have a role to play.

Learn more about opportunities to support biodiversity in Knox: knox.vic.gov.au



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What's Happening At Community Pharmacy?

with Jason,
Pharmacy Manager



As spring approaches, we are delighted to offer you a range of services and products that will help you and your family enjoy the improving weather and stay healthy. From Wound Care Management, Bone Density Testing, to scooter giveaway, we are doing our best to help our community in a variety of ways. Below are just a few initiatives that we are implementing to support you this upcoming spring season.

Wound Care

Did you know that we offer Wound Care Management services, led by our expert team member, Sam. With extensive training and experience, Sam provides personalised and comprehensive wound care services. We also have a great team of Pharmacists that can answer your queries, so if you or a loved one need wound care support, please consider visiting us to see how we can help you.

Catalogues

We're just finishing up our latest catalogue on 18th August preparing for the Spring Catalogue coming out on 10th September. You can pick up a copy of our latest catalogue directly from our pharmacy during your next visit or by visiting our website as we're also making the catalogue available online. We will be updating the catalogue every few months, so there's always something new to discover. You can find it by going to www.communitypharmacy.com.au and looking under the 'Membership & Promotions' menu on the website.



Bone Density Testing

We are excited to announce a collaboration with Arrotex to host a free, nurse-led clinic focused on bone health at Community Pharmacy Wantirna. Join us on Tuesday, August 20th, from 10 am to 1 pm for a Healthy Bones Clinic. If you are over 70 and have never been screened for osteoporosis, have osteoporosis and need further support, or have concerns about your bone health, this clinic is for you.



Book A Consultation

Book a complimentary 20-minute consultation using this QR code to receive personalised assessments, specialist referrals, medication management, and lifestyle recommendations. Don't miss this once-off opportunity!



Win With Community Pharmacy!

Times are tough and we're trying to find ways to give back to our community. We have a few giveaways that we're sharing with you.

We're partnering with Nurofen to giveaway a fantastic kids scooter with your chance to win until 31st August. To enter, simply spend \$20 or more on any over-the-counter products, scan the QR code, complete the entry form, and provide proof of purchase.



Additionally, don't miss our Join and Win promotion from 19th August to 9th September. Sign up as a LifeClub member during this period, and you'll be entered into a draw to win a \$100 LifeClub credit to spend in-store.

Lastly, get ready for our Father's Day competition with two major prizes up for grabs. Stay tuned for more details about this exclusive promotion. Visit us today and start participating in these exciting opportunities!

Blister Packs

Community Pharmacy Wantirna has joined a blister pack recycling program to help protect the environment. We've set up a dedicated box in our store where you can drop off your used blister packs for recycling. Through our partnership with Pharmacycycle, we can ensure that these materials are properly recycled, reducing waste and promoting sustainability.

Join us in making a positive impact by bringing your used blister packs to our store today!

Community Pharmacy Wantirna

Shop 3-4 Wantirna Mall
348 Mountain Hwy, Wantirna

(03) 9720 2872

OPEN 7 DAYS

E: wantirna@communitypharmacy.com.au

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

Website: www.communitypharmacy.com.au

Facebook: www.facebook.com/communitypharmacywantirna/

Instagram: www.instagram.com/communitypharmacywantirna/

Collier Ward Update

with Cr. Marcia Timmers-Leitch



Greetings fellow Knox Residents,

I am pleased to report that at the July Council Meeting, Council appointed new providers to deliver kindergarten, reassuring families that quality sessional Kindergarten will continue in Knox. This is an excellent outcome with all appointees being currently licensed specialist, not-for-profit and independent providers of sessional kindergarten as distinct from long day care.

This follows Council's decision in August last year not to run stand-alone sessional kindergarten services, other than the two Knox Children and Family Centres. Council will continue to manage registrations, providing one easy way for families to register their

child without having to contact multiple kindergartens.

Details of the new providers for each kindergarten will be made public as soon as leases are finalised. Families who have registered for kindergarten places in 2025 will be notified directly. This is likely to be in August 2024.

There will be no changes to kindergarten for families enrolled this year. For more information visit knox.vic.gov.au/childcare

Until October 26th, which is election day, you can still contact me for assistance via email marcia.timmers-leitch@knox.vic.gov.au or phone 0428 162 218.

WANTIRNA NEWS

Castlefield Square Playground Open For Action

Castlefield Square playground is open for action, delighting residents of Freshfield Avenue and surrounding courts and streets who have been advocating for the upgrades since 2019.

The upgrades include new playground equipment with double slides, triple swing set including a nest swing, a new spinner and spring rocker. It also includes a picnic table for parties and gatherings supporting the close community who live nearby to meet and socialise. The upgraded basketball shooting area is a bit hit with the kids and the noise reduction basketball backboard should help keep the thumping noises down

"We're excited to see families come together and create lasting memories in this new addition to our Square" said Jodie Munro, Castlefield local who has led the advocacy for the upgrade.

"Not only has this new playground been designed for children of all ages, but the refreshed open-space will create a vibrant hub for the community in the surrounding neighbourhood, fostering social connections and promoting a healthy, active lifestyle"

Residents had their say during two rounds of community consultation on what they wanted to see from the upgrades and the results have been driven by that community voice.

The cost to deliver this project was fully funded through Knox City Council's playground renewal budget and cost approximately \$165,000.

Council manages over 200 playgrounds in parks and reserves across the municipality, catering for all different ages and abilities.



Castlefield Playground:

Photo taken just prior to safety clearance whilst construction fencing still in place

Save the Date Collier Ward Candidate Night

You're invited to a "Farewell to Cr Marcia" and "Introduction to the Collier Ward Candidates" evening at the Templeton Reserve Pavillion hosted by Cr Marcia in conjunction with Wantirna South Junior Football Club and Templeton Cricket Club.

You can also visit the Municipal Association of Victoria and attend one of their Stand for Council Sessions (in person or online) <https://www.mav.asn.au/stand-for-council-2024>. Attendees will receive a Citizen to Councillor Guide 2024, a resource designed to help you understand the importance of this elected position.

We will invite all interested residents and community groups to meet the Collier Ward Candidates and share what inspired them to run for council and understand the issues important to the community.

Each candidate will be given three minutes to speak to the gathering and answer questions from interested parties. The intention is to create an even playing field for all candidates and it will be conducted in a respectful and fair manner.

Local Government Election nominations close on Tuesday 17th September.

The Collier Ward event will be on Thursday 19th September, 6pm to 7:30pm at Templeton Reserve, Templeton Street Wantirna.

Run for Council in the Upcoming Local Government Elections

Are you the new face of Collier Ward for Knox City Council? Are you considering being a candidate in this year's Local Government elections? If so, there are many resources available to you get ready for the upcoming elections.

Knox City Council's website has information on the upcoming elections <https://www.knox.vic.gov.au/our-council/councillors-and-meetings/council-elections>

The Victorian Electoral Commission runs Local Government elections and information on being a candidate is available at <https://www.vec.vic.gov.au/candidates-and-parties/becoming-a-local-council-candidate>

Finally the Victorian Local Governance Association has released a campaign toolkit which may be helpful <https://www.vlga.org.au/advocacy/womens-policy/campaign-toolkit>



Your
local
voice

Marcia Timmers-Leitch

Collier Ward Councillor - Knox City Council

✉ marcia.timmers-leitch@knox.vic.gov.au

☎ 0428 162 218 📱 MarciaTimmersLeitch 📷 cr_marciatimmersleitch



Girl Guides Give Back To Their Community

By Rebecca Whitehead – 2nd Wantirna Heights Guides

Girl Guides are known for supporting the development of the individual girl through learning new skill, exploring new experiences and giving back to their community.

Wantirna Heights Girl Guides have been very productive and successful this year when it comes to providing service and supporting our community.

Clean up Australia Day saw us host our annual clean up event at the Marie Wallace Reserve – that's Bayswater Train Park to the locals! The area was cleaner than previous years and the perfect weather made for a very enjoyable morning. Fortunately the rubbish was small items such as food and beverage packaging and the most unusual rubbish was an excessive amount of discarded seedling protection plastic.

Tree planting along Dandenong Creek in support of The First Friends of Dandenong Creek in always positive, they are such a lovely group of people. This year we were part of the community group that planted over 1000 seedlings in a prepared area. We were honoured to plant and name the native trees on the day.



Decorating paper bags was our newest collaboration. Handover Heartwork Project coordinate the decoration of bags that are used by staff to return the personal belongings of palliative care patients. Our contribution involved each Guide decorating at least 5 bags with a colourful and carefully completed picture.



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



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

Wantirna Heights Probus Club News

For those who would enjoy friendship and fellowship as well as regular interesting outings, the Combined Probus Club of Wantirna Heights is an active club and is seeking new members. For more information please contact Michael on 0439 551 209. The following report is about one of our recent activities.

It was a perfect day. Almost no breeze, the sun warming us as the clouds passed by, and generally, just pleasantly mild. And here we were at the beautiful country home in Corinella of two of our members. Morning tea was enjoyed upstairs gazing out at the blue, calm sea with Phillip Island on the horizon. The view was serene and perfect. Then, it was time for a walk. Some of us wandered the track overlooking the sea and others ambled along the beach watching three young people as they exercised their horses cantering and galloping along the water's edge. On the way back we were amused to see that even the kangaroos were laid back and just relaxing in the paddocks. A barbecue lunch was enjoyed in the luxurious 'shed' with an assortment of nibbles, salads and desserts. It was all so relaxed as we just chatted, enjoying each other's company.

Many thanks to our hosts for looking after us so beautifully and generously.



News from Community Bank Wantirna

Community Bank Wantirna exemplifies the added benefits of local banking where we are deeply rooted in the area we serve, and our profits are reinvested into the community. Collectively, Community Bank Malvern East, Murrumbena, and Wantirna have reinvested \$9 million and counting!

By banking with Community Bank Wantirna, you're not just a customer; you're a vital part of a network that supports numerous community partners. From grassroots sports teams such as Templeton Tennis Club, Wantirna South Football Club, and Manhattan 8-Ball Club to art and culture initiatives such as the Knox Art Show and Knox Business Awards through Rotary Club Rowville & Lysterfield, we are committed to fostering a vibrant local community.

We have also supported education and learning programs such as those at The Knox School, animal welfare organisations like Warriors 4 Wildlife, and provided essential equipment like defibrillators to places such as Daisy Homes.

A key focus of Community Bank Wantirna is enhancing community resilience. Through targeted funding programs, we support local initiatives aimed at strengthening the social fabric and increasing the community's ability to withstand and recover from challenges. This includes support for organisations

like Babes Project, Knox Infolink, Outer East Food Share, Orano House, and Knox Nocturnal.

Every account opened and every transaction made with Community Bank Wantirna helps to fund local projects and support local needs. Banking locally means fostering a thriving, resilient community, and it empowers each of us to make a tangible difference right where we live, work, and play. If you too want to make a difference in your community reach out to our Senior Manager, Ruth by email manager@eastmalvernfcfs.com.au or visit us at Community Bank Wantirna, Shop 5-6 Wantirna Mall, 348 Mountain Highway, Wantirna.



Making good things happen in our community.

Bendigo Bank Community Bank Wantirna

Arcare Knox Take On The Ice Bucket Challenge

On Friday 7th of June, Arcare Knox team members participated in the Ice Bucket Challenge to raise awareness for Motor Neuron Disease.

Lifestyle Coordinator Lee Pratt organised for 10 different departments across Arcare to be represented, in honour of the 10th year of the Big Freeze.

The Big Freeze holds personal relevance for the team at Arcare Knox, as resident Barry Mcpherson lives with MND. His wife Judy poured a bucket of

icy water over Residence Manager Aksh Bhola (pictured) on his behalf.

Resident June Gillet also participated in the day, pouring a bucket over General Services Manager Alistair Lyneham, in honour of her late husband Jerald who sadly lost the fight against MND 26 years ago.

The team at Arcare Knox raised over \$1000 for Fight MND, through donations and sales at the residence's café.



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NEWSPAPER **POST**

WANTIRNA NEWS & POST

Paul & Kathy Cameron

Wantirna Mall Shop 16, 326 Mountain Hwy Wantirna Vic 3152 T: (03) 9720 3100 E: wantirnalpo@gmail.com	Now Open Monday to Friday 8.00am to 5.30pm Saturday 8.00am to 12.00noon
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News from Heathmont College

The Power of a Warm Breakfast

“Nourish” is a school run healthy eating program that provides daily meals to students at Heathmont College. This initiative is supported by college staff, who prepare breakfast each day, with the aiming of seeing their students with a full belly and ready for a day of learning.

Studies have shown that a warm breakfast can improve cognitive function and memory, particularly for teenagers and young adults whose brains are still developing.

Colder weather saw the introduction of hot meals of toasties, baked beans, toast, and spaghetti for students to fuel on. With a warm, nourishing meal the students can kick start their day of learning and be better equipped to focus, retain information, and participate actively in class.

The “Nourish” program exemplifies Heathmont College’s commitment to nurturing the whole student, recognising that academic success is fundamentally linked to overall wellbeing.



News from Wantirna College

Celebrating our Community

As part of our unit of study Literacy for Personal Use, the Wantirna College Year 11 VCE -VM Literacy students have been learning about biographical texts.

Students visited Wantirna Views and interviewed the elderly residents in order to learn about their lives. They asked questions and took notes to capture the wonderful memories and experiences that were shared with them. The purpose of this visit was to provide an additional real-life biography context through the idea of a living library.

At the conclusion of the project, there will be a presentation of the biographies to the residents and a celebration of learning. We plan to maintain ongoing communication with the residents who participated, and foster positive relationships for our students.



EDUCATION NEWS

Experience of a Lifetime

This September, over 40 Year 10 students and several teachers from Heathmont College will be jetting off to Central Australia.

The purpose of this much anticipated tour will be to view and understand the differing and changing landforms of our wonderful country, and to develop an understanding and appreciation of the indigenous people and their culture from this area.

This tour will be an amazing opportunity for both a cultural and social experience and can only be described as a once in a lifetime opportunity.

Key highlights will include Uluru, Kings Canyon, Alice Springs, Litchfield National Park and Kakadu.



Rain

When did the rain start and how could I have missed the first crack of lightning split the sky into two as I watch from below.

When did the rain start and how could I have missed how everyone rushed inside to avoid getting soaked by the rain from above.

When did the rain start and how could I have missed how the music started playing louder as to block out the sound of the raindrops falling on the roof.

When did the rain start and how could I have missed the soft pitter patter on the window as I stared out into the world that is beautiful.

When did the rain start and how could I have missed the smell of petrichor come wafting in from the ever opening door in front of me. When did the rain start and how could I have missed the sky turning from blue to purple to grey.

When did the rain start and how could I have missed my favourite part of the day in the middle of this peaceful weather

by Hannah Rose, Year 12 Student Bayswater Secondary College.



Eastern Ranges School

36 Dorsett Road, Ferntree Gully 3106

The Eastern Ranges students, together with Studfield Wantirna Community News, have formed an affiliation. The Project Ready students who are completing a Cert.2 in Active Volunteering will be helping with distribution of your community newspaper!



What's new at Your Library? by Karla Simon

LIBRARY NEWS

Winter is nearly at an end (at last)! Beat the blues by coming to the library and picking up a great new read or attending one of our exciting events – bound to brighten your day!

The spring What's on events guide will hit the libraries from 1 September 2024 – it's going to be another huge season of events in the leadup to the warmer months. Pick up a copy from your local branch or visit our website to view the digital version at yourlibrary.com.au.

New books and DVDs

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

Top Reads

- Murder at the monastery / The Reverend Richard Coles
- Tiffany cooks : 88 easy Asian recipes from my family to yours / Tiffany Chen
- Charles III : the inside story : new king new court / Robert Hardman
- You like it darker / Stephen King
- Camino ghosts / John Grisham
- The garden against time : in search of a common paradise / Olivia Laing
- Shadows of Winter Robins / Louise Wolhuter
- Blue sisters / Coco Mellors
- Mrs Hopkins / Barrett, Shirley
- The mercy chair / M.W. Craven

New DVDs

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

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

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

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



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

Event Highlights

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

Ringwood Art Society group exhibition

1 AUGUST – 30 SEPTEMBER

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

Come and view this spectacularly diverse showcase of art by the talented members of the Ringwood Art Society, during opening hours. The Ringwood Art Society was started 60 years ago in 1964 by an enthusiastic group of local artists. Bookings not required (FREE)

Gully Gardeners: how to plant, grow and care for your lemon tree

WEDNESDAY, 7 AUGUST, 2PM – 3PM

Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

Come along to our Gully Gardeners session on planting, growing and caring for lemon trees. Learn about the different varieties that grow well in Victoria, when to prune and what to feed them. Share your knowledge of growing lemon trees with the group, and if you have an abundance of lemons in your garden, bring some to share. Bookings required (FREE)

Organise your life

MON 12 AUGUST, 1:30PM-2:30PM

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

Improving and organising your space can improve your life, lower your anxiety, and build your confidence. Join Veronica from 'A Hand to Help - Professional Organising & Decluttering' to learn about the importance of organising your space and take away some practical tips to try at home. Bookings required (FREE)

Google Maps: more than just a map

FRI 16 AUGUST, 1:30PM-2:30PM

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

Join us at Bayswater library and learn how to use Google Maps to get where you need to go. This event will show you how to get directions, find places near you, and much more. Bookings required (FREE)

Therapeutic Movement with Mei Mei

TUE 20 AUGUST, 1:30PM-2:30PM

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

TUESDAY 3 SEPTEMBER, 1:30PM-2:30PM

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

Designed to empower body, mind and soul, within a supportive and fun environment. Classes focus on simple gentle movements to explore the joy of movement within body and mind. Accessible to all, classes are completely supported - seated in a chair or standing, not mat work. Mental wellness is incorporated through fun and simple coordination exercises. Bookings required (FREE)

Compost Science: delving deeper into the alchemy of black gold

FRIDAY 23 AUGUST, 2PM-3PM

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

Taking a step deeper into the world of composting, this session discusses the alchemy behind making black gold and will provide you with the knowledge that will set you up with a compost bin that not only works, but is super productive. Great for those composters who are ready to take this gardening skill to the next level or even upscale their compost production at home or within a community garden. Bookings required (FREE)

Blossom & Verse - Spring Poetry Festival

SEP-OCT-NOV 2024 (during opening hours)

Miller's Homestead, 30 Dorrigo Dve., Boronia

Come and visit Miller's Homestead this spring for a very special poetry event. Alongside inspiring workshops and exciting special guests, Miller's invites you to come and get creative on our "wall of words", or to add a piece of your own making to the Miller's "Poet-tree", with a fresh theme each month. Bookings not required (FREE)

Paint a ceramic snail for your garden

TUESDAY 3 SEPTEMBER, 1PM-5PM

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

Paint a snail for your garden in bright, vivid colours! You will have a choice of a standing snail or one to hang on a pot plant. This workshop is perfect for those who wish to try something new or revive a past hobby in a supportive community setting. People of all abilities are welcome to attend. Bookings required (COST \$10)

The magic of watercolour – a taster class

FRIDAY 6 SEPTEMBER, 2PM-3PM

Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

Discover the magic of watercolour with Ferntree Gully Art Centre tutor Bev who will teach you how to create a beautiful piece of watercolour artwork. All art materials will be supplied. Learn about the regular art classes available at the Ferntree Gully Art Centre. Bookings required (FREE)

Abstract Painting Demonstration with Vivi Van Koomen from Ringwood Art Society

WED 11 SEPTEMBER, 10AM-12PM

Miller's Homestead, 30 Dorrigo Dve, Boronia

Join us for a demonstration of abstract painting with vibrant artist, Vivi Van Koomen, from the Ringwood Art Society. This event is part of the Ringwood Art Society exhibition, running 1st Aug - 30th Nov 2024 at Miller's Homestead. You can see Vivi's work at her Instagram: [@vivi_vankoomen_art](https://www.instagram.com/@vivi_vankoomen_art). Bookings required (FREE)

Meet the authors: Fleur Blüm and Efthalia

THURSDAY 26 SEPTEMBER, 6:30PM-7:30PM

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

Meet Australian romance authors Fleur Blüm and Efthalia as they share their stories and experiences as writers. Fleur Blüm, is a Melbourne-based writer, performer, and musician, crafts fiction with a romantic twist, infused with feminist and sex-positive themes. Based in Sydney, Efthalia writes fantasy and paranormal romance. Bookings required (FREE)



ARTS & ENTERTAINMENT

Discovering the Rich Tradition of Ghazal Music in Our Community

by Prithvijit Roy

Ghazal music, an enchanting and profound art form, has a unique and acquired taste that has been captivating audiences for centuries. Originating from the ancient Persian courts, the ghazal is a poetic expression of love, loss, and mysticism, intricately woven into musical compositions. Over time, it evolved through the cultural tapestry of South Asia, blending Persian, Arabic, Turkish, and Indian influences to create a genre that is both timeless and deeply evocative.

Historically, ghazals began as poetic verses recited in Persian courts, with themes often centered around unattainable love, spiritual longing, and the pain of separation. As the genre spread to the Indian subcontinent, it integrated with local musical traditions, giving rise to a distinct style of ghazal singing that combined intricate poetry with classical Indian music.

Ghazals share a profound connection with Sufism, the mystical branch of Islam, and Qawwali music. Sufi poetry, often expressed through ghazals, delves into the spiritual journey of the soul towards divine love. Qawwali, another musical form rooted in Sufism, uses powerful rhythmic patterns and devotional lyrics to evoke a state of spiritual ecstasy. Together, ghazals and Qawwali music offer a rich, immersive experience that transcends the mundane, reaching into the depths of human emotion and spirituality.

In Australia, ghazal music has found a nurturing ground, thanks to the vibrant immigrant communities that have brought their cultural heritage with them. In cities across the country, small pockets of enthusiasts gather to celebrate and preserve this art form. Local artists with immigrant backgrounds have embraced ghazal music, bringing their unique interpretations and garnering respect and a growing audience.



Amitav Islam and Gurpreet Singh

One such artist making waves in our local community is Amitav Islam, a talented ghazal singer known for his soulful voice and deep understanding of the genre. Amitav has been instrumental in promoting ghazal music in Australia, performing at various cultural festivals, community events and intimate gatherings. He performs his ghazals with a percussionist, Gurpreet Singh on the tabla. His upcoming show in September promises to be a mesmerizing evening, filled with the rich melodies and poignant poetry that define ghazal music.

The event will take place at the Knox Community Theatre on September 29th and it is an opportunity for both aficionados and newcomers to experience the enchanting world of ghazals.

As we celebrate the diversity within our community, the growing appreciation for ghazal music highlights how cultural traditions can thrive and evolve in new environments.

Amitav Islam's performance is not just a concert but a testament to the enduring power of music to bridge cultures and touch the soul. Don't miss this chance to immerse yourself in the timeless beauty of ghazal music.

Performance Details:

Sunday, 29 September at 5:30 PM to 8:30 PM
Knox Community Arts Centre
790 Mountain Hwy, Bayswater VIC 3153
Ticket enquiries : 0413 935 542

Ticket link: <https://www.trybooking.com/CSZXG>



While Community Music and Performances Inc. is well known for its large free events such as Jazz at the Lake in Ringwood and Jazz in the Park in Warrandyte, our most successful regular event is our Jazz on Sundays at the Ringwood RSL.

This monthly event is a vibrant mix of accessible professional music performance and community event. It features a large swing band and a smaller mainstream jazz group each with their own professional singers playing a mixture of swing, jazz favourites, and funky Latin music. Running from 1.30pm to 5.30pm it also provides opportunities for other local singers to perform and concludes with an open jam session.

The overall effect is one of complete community involvement and joy. The appreciative audience is very diverse ranging from young families to retirees.



Guest singers and musicians range from young performers preparing to embark on a career to older, retired performers who still enjoy engaging an audience. Admission is only \$15 for a full afternoon's entertainment ensuring the event is open to all.

Tickets are generally available at the door, but the growing popularity of the event makes it very desirable to book online at [trybooking.com/BVWQE](https://www.trybooking.com/BVWQE)

Community Music and Performances Inc.

Jazz on Sundays

Ringwood RSL
16 Station Street, Ringwood

1:30pm - 5:30pm

Doors open at 1.15pm

- 11 August
- 10 November
- 22 September
- 8 December
- 13 October

A friendly event with great musical entertainment all afternoon.

Bookings – [trybooking.com/BVWQE](https://www.trybooking.com/BVWQE)
 Facebook: CMap Inc – Community Music and Performances Incorporated

More info: Ann Craig – 0412 063 603

News from the Australian Jazz Museum

Proactively Collecting, Archiving and Disseminating Australian Jazz.



Nick Polites' Clarinet *by Ken Simpson-Bull OAM*

The Australian Jazz Museum recently took custodianship of the iconic and easily recognisable blue and yellow clarinet played by the late jazz musician Nick Polites OAM (1927–2022). It was kindly donated to the museum, along with other memorabilia, by Nick's niece Angela Lillis.

For those unfamiliar with the name, Nick Polites was probably Australia's most prolific jazz clarinetist. From around 1945 until the end of his life he performed in such bands as Frank Johnson's, Bob Barnard's, the Yarra Yarra, the Melbourne-New Orleans, and many others including his own. He got to play with some world-famous jazz musicians including Dizzy Gillespie, Thelonius Monk, and George Lewis, and even performed for three months at the renowned Preservation Hall in New Orleans.

Parallel with his jazz career, Nick was the CEO of his family's confectionary business, having graduated from Melbourne University in 1947 with a degree in Commerce. After the business closed in 1971 Nick moved into migrant services and became Director of the Australian Greek Welfare Society. He obtained a Bachelor of Migrant Services and was a member of the 1978 Galbally Committee into migrant services. He was awarded an OAM in 1981 in recognition of his contributions to that field. Nick was still playing clarinet at occasional gigs when he passed away in January 2022 at age 94.



Nick Polites with his iconic blue and yellow clarinet.

The Australian Jazz Museum

15 Mountain Highway, Wantirna is open free to the public on Tuesdays from 10am to 3pm.

For Group visits, which include refreshments and a live band performance, email tours@ajm.org.au Enquiries: Ring 9800 5535 on Tuesdays.

AUSSIE VETERANS OP SHOP VINTAGE ART SHOW COMMUNITY SALE EVENT Saturday 7th September 10 am - 1 pm THE BORONIA MALL, BORONIA

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AUGUST EXHIBITIONS

Opens Fri 1-4 and Weekends 11- 4, August 3 to 25

GALLERY – 'INSPIRED'

Our members have come up with artwork in the style of a well-known artist or inspired by someone well-known. Come along and see if you can recognise the inspiration behind their work

FOYER – 'OUR ARTISTS WORKS'

Come along and check out the beautiful works created in our workshops, you may even be inspired to join one.

SEPTEMBER EXHIBITIONS

Opens 31st of August – 29th September, Fri 1-4, Weekends 11-4

GALLERY - 'COLLAGUE'

This exhibition has given our artists a chance to expand their creativity in a completely different way, using paper, photographs, fabric and other ephemera, arranged and stuck down onto a supporting surface. Sure to impress!

FOYER EXHIBITION – 'ART by ROBERT DISS'

Come along and enjoy Roberts' very inspiring art collection. A very talented artist, expressing his creativity in different mediums

Cards, Giftware and Artworks for sale

FREE ENTRY ALL WELCOME

www.thehutgallery.com.au

KNOXFIELD & SCORESBY NEWS



Hello from Knoxfield Ladies PROBUS Club by Leonie Taylor

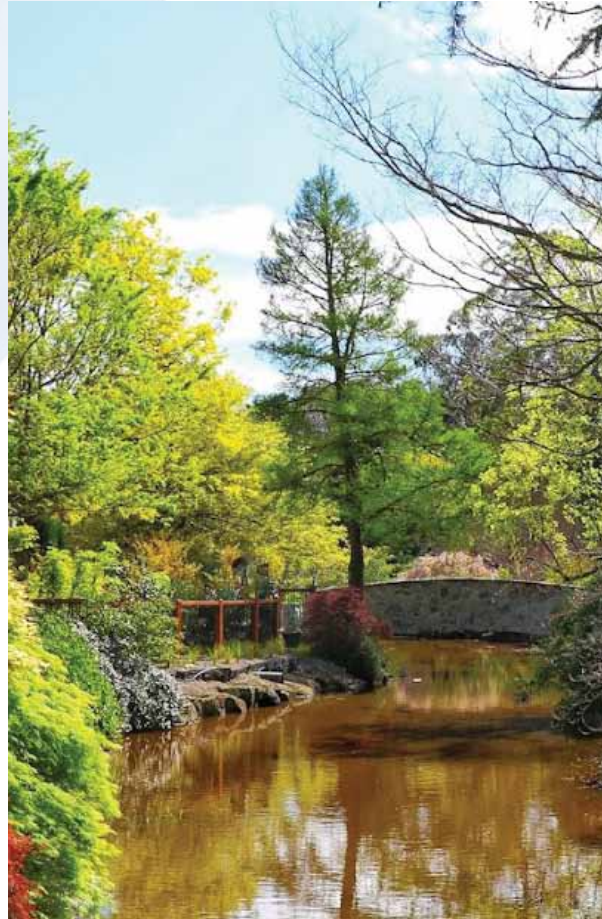
As we soldier on through a cold Melbourne winter, the members of the Knoxfield Ladies Probus Club are happy to drive or hire a bus for an outing to enjoy each others company, and also to either go to a previously visited venue or a new place of interest. We have been lucky recently to travel to the Warran Glen Nursery in Warrandyte.

Morning tea was delicious with scones jam and cream proving a favourite; the array of lovely items in the Gift Shop and healthy plants in the Nursery tempted us to purchase the quality objects and plants to take home. Our next outing was a bus trip to Alowyn Gardens in Yarra Glen. These lovely gardens are stunning even in winter, however as we had been engulfed by fog on the drive to Yarra Glen, hot coffee, tea and chocolate were the first requirements. The sun came out as the refreshments were finished, and we were able to wander the well presented gardens before travelling to Lilydale for lunch at the Lilydale International Hotel.

The food was so delicious, that our Social Secretary booked for us to return for a Christmas in July lunch which was also very much appreciated. We have also had a bus trip to the Melbourne Museum which has a wonderful display of dinosaur skeletons, along with the usual exhibits. Fascinating. Off to the Victoria Market to browse the stalls and cafes for lunch, then to browse the other stalls offering a vast array of items. Along with our regular bi-monthly Sunday brunches and monthly 6.30 pm Dinners, we really are very well fed.

Our monthly meetings are held at the Wantirna Club every third Wednesday of each month at 10 am. We

have interesting/entertaining speakers, library books to borrow, and a craft morning at our President's home each Friday after the meetings. You are welcome to join us. Please call Jo our Membership Officer on 0414 914 091 for more details.



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WWW.ROWVILLEFRAMING.COM.AU

WE NEED YOU TO JOIN OUR TEAM

Volunteers are welcome at Studfield Wantirna Community News

Call Charles on 0407 797 666

i | s | h | r | e | d Community Day

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

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

Our Community Day caters for shredding of:

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

Our upcoming Community Days are on Saturday, 17th August and Saturday 14th September from 9am — 12noon

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Knox Council

✉ P.O. Box 2168, Rowville 3178

0427 245 834

nicole.seymour@knox.vic.gov.au

Cr Nicole Seymour



KNOXFIELD & SCORESBY NEWS

St. Jude's Primary Winter Warmers Day Partnering with Vinnies



St. Jude's celebrates the feast of the Sacred Heart each year by having our school students dress up in their Winter Warmers and bringing in donations for the St. Vincent de Paul Winter Food Appeal.

Each year we donate over 1000 items for the Winter Appeal, and we also help at Christmas with gifts and donations.

You can join in supporting others too. Donate via: <https://www.vinnies.org.au/vic/donate/current-appeals>.

Feel free anytime to come for a tour and see what is happening at St. Jude's Scoresby!

Telephone: 8761 9600



Friberg Ward News

with Cr. Susan Laukens

NEW Toilet Blocks For Friberg Ward

Knox City Council's public toilet network is critical to the overall amenity of our public open space and shopping centres in Knox. A necessity we generally only think about when we are in desperate need.

I am pleased to report that the Knoxfield toilet block is on the capital work budget for replacement in the 24/25 financial year. This toilet block is at the end of its useful life and is being cleaned frequently to ensure a standard of cleanliness until renewal.

The Knoxfield Shopping strip is a busy little place, providing services to local residents as well as visitors to Knox as they transit to other places. I am surprised when I have my "Meet Your Councillor" pop ups of the number of visitors who stop at the bakery and cafes. The new toilet block is a welcome addition to the fairy lights installed to beautify the centre.



I am very excited to announce a new toilet block for Carrington Park Reserve. The reserve has had a huge transformation with a new playground, new cricket nets, senior exercise park, the opening of the New Racquet and Squash Centre and refurbishment of the tennis court with the new pickle ball.

Carrington park has so much to offer for families and a new toilet block will ensure the community can stay longer and enjoy all that the park has to offer.



New Trailer Friendly EV Charging Station

A great addition to the Mountain Gate Shopping centre is the New Jolt Electric Vehicle Charger, located near the public toilets. This is the first "trailer friendly" EV location in Metropolitan Melbourne.

Having the EV charger is an another reason and opportunity for people to visit the centre. With increased visitation it is an opportunity for businesses to capitalise on the opportunity for EV car owner to stay and support local businesses.

This improvement comes after the renewal of the car park, and outdoor seating and the installation of festoon lights and bike hoops.

Remember to buy local, supports local.

COMMUNITY @ CAVELL
FREE LAUNDRY & SHOWERS!
7-8PM TUESDAYS (SCHOOL TERMS)
15 CAVELL STREET - SCORESBY

SHOWERS OF HOPE
@CAVELL

All Activities Run During School Terms

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

ALL WELCOME!

15 Cavell Street, Scoresby
www.cavell.org.au
03 9758 9622
facebook.com/Community@Cavell

AUSTRALIAN NEWSAGENT

KNOXFIELD NEWSAGENCY

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KNOXFIELD
VICTORIA

TEL: 9764 8260
FAX: 9764 9215

EMAIL: knoxfieldnewsagency@hotmail.com

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

Community News

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



Cr Susan Laukens

KNOX CITY COUNCIL FRIBERG WARD COUNCILLOR • PUTTING OUR COMMUNITY FIRST

LET ME KNOW WHAT MATTERS TO YOU

Call or text on **0437 882 913**,

email me at cr.susan.laukens@knox.vic.gov.au or visit www.susanlaukensforknox.com.au

SusanLaukensforKnox

ENVIRONMENTAL NEWS



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

Meeting - June

Speaker: Adele Harvey " What in the world are Rhodolith beds?"

Adele has worked as a marine researcher and lecturer at LaTrobe University. She found the first Rhodolith bed in Victoria by chance, while out with a group of friends fishing in 2004 off San Remo, when one of the group, pulled up a Rhodolith. Rhodoliths are free-living coralline red algae. They have calcium carbonate in their cell walls. Apart from the Sargassum, they are the only free-living algae.

Rhodoliths occur all round the world, where the water motion is just right for them. They can be found from intertidal areas to 200 metres in depth. They have been found in over 200 locations in Australia. They are not found on the New South Wales coast because of the depth immediately offshore, nor in the Gulf of Carpentaria because it is too muddy.

Rhodolith beds are unprotected in Australia unless they happen to be in marine parks.

There is a symbiosis between the Rhodoliths and Whiting. They provide a habitat for other species. They are ecosystem engineers, along with kelp beds and sea grass, providing shelter and food for various species. They are major carbon sinks – they pull some 107 million tonnes out of the atmosphere each year which remains locked up as they fossilise

and don't break down. However, they will dissolve if the water becomes more acid than is currently the case.

(Words by Eleanor D)

Excursion - June

Our June excursion was to Grants Picnic Area, Sherbrooke - Leader Alan V.

We had an excellent morning with fine weather. Twenty-two people were up early and walked together on two different tracks. Lyrebirds could be heard calling in the thick undergrowth and were quite elusive. Eventually several were seen scratching along the edge of the track where they were foraging for food. Lyrebirds are always a delight to see and worth the early start.

Meeting - July

Our July meeting was a Member's night and a little different.

Members were encouraged to bring along something that was nature orientated to 'show and tell' to their fellow members during the meeting.

What a great night. The different subjects/items brought along were wonderful. What a knowledgeable group we have. From, flowers, shells, rocks, items made from wooden, photos, embroidery, literature, ferns, insect casings and so much more. A fun night.



Photos by Alison Rogers

Excursion - July

Our excursion for July was to Sugarloaf Dam Leaders - Helen and Graeme F.

Once again, a foggy morning to start, with the sun coming out later. It was quite brisk, but with coats on we set off along the track around the lake. Although there was not much out in flower, the wattles were starting to show a bit of colour. The main attractions for the day were the birdlife that we saw. Small bush birds along with waterbirds on the dam were great to

see. Always a pleasure to spot was a golden whistler which is on our Club emblem. Wrens, pardalotes, tree creepers, shrike thrush, kookaburras and more were seen amongst others. A lovely morning spent in an area we haven't been to for some time.



*Acacia baileyana or Cootamundra wattle
Photo Peter Rogers*

Future Program

August: Plants of the Victorian High Country. Alex Stadler

September: Speaker: President's Address - Shirley Smith. "Ten reasons why I love Ringwood Field Naturalist Club".

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

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

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

All visitors are welcome. For more details phone Alison 0438 6946 00 or Peter on 0409 694 623

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



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Community News

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ENVIRONMENTAL NEWS



Knox Community Gardens Society Where Our Community Can Grow

by Rod Felton

The previous article about Knox Community Gardens Society (KCGS) detailed its origins, leading up to its establishment in October 1984 with 62 plots. Several months later, 1500 shiraz, chardonnay and cabernet vines were donated by the town of Noarlunga, Knox's sister city in South Australia (part of the McLaren Vale wine area) and planted at the KCGS site. In the early 1990s another 21 plots were established, along with some raised beds. In January 1992, KCGS became an incorporated organisation. In the late 1990s, another 37 smaller plots were established amongst the orchard at the southern end of the gardens, and in 2012, another five established in the same area.

In 1995 the Outer Eastern College of TAFE (later to become part of Swinburne University) leased the vineyard, which the Knox City Council (KCC) had been managing, producing wine for council functions. In July 2005, Swinburne University advised it was no longer viable for them to lease the vineyard. In June 2006, following an expression of interest process, KCC leased the large area of vines to the east of the plots to Winesoft, who opened a Cellar Door operation soon after. At this time, the

KCGS lease was amended to include 11 rows of vines, located between the original plots to the north and the orchard plots to the south. This area of land had already been managed by KCGS from the mid-1990s, with KCC approval.

In 2015, the lease to Winesoft was not renewed. As a result, Winesoft relocated from the site and the buildings remained empty and the vines became neglected. In 2021 the decision was made to remove all vines from the site, including the 11 rows under KCGS management. KCC were of the opinion that the vines were in such poor condition, their revival and ongoing management would be too expensive. In early 2022, after the vines had been removed, another eight plots were established at the western end of where the 11 rows of vines were.

In 2018 KCC initiated the Lewis Park Master Plan (LPMP), a 20-year vision for creating inclusive spaces for people to engage with nature, culture and sport, and where our natural environment can thrive. KCGS is included in this plan. During much of 2018 and 2019 KCC, in consultation with community groups such as KCGS, the LPMP was

finalised. KCGS were the recipients of several early developments, namely a new perimeter fence with fob entry and exit functionality and a public carpark at the Kleinert Road entry to the gardens.

We are extremely lucky to have such an amazing space in our community and the KCGS committee works diligently to maintain it for our members. One of our priorities now is to share it with local community groups such as Rotary Boronia, Villa Maria Catholic Homes and Knoxbrooke. We have visits from students from Fairhills High School and participate in a healthy eating program, run by Eastern Access Community Health (EACH), for primary school students. We have also hosted tours for gardening and other community groups.

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

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

Pre-spring is the season from mid-July to the beginning of September. This is that wonderful time of the year that brings a joyous revival particularly in a native garden. With Pre-Spring there seems to be a notable change in the atmosphere. It is still cold, and this year very cold, but the days are becoming longer, bird activity becomes noticeable and everything seems to be brighter.

Many plants are flowering and many others have buds, which will burst forth into colourful flower soon. In a few a short weeks, winter will be over and spring will be here.

Grey Parrot-pea *Dillwynia cinerascens*

Grey Parrot-pea is a small shrub growing up to 1.5 metres high. It is a showy plant in flower with clusters of orange and yellow pea flowers from late winter into spring. It is a hardy plant preferring well drained soils in dappled to semi-shade and is also frost tolerant. Grey Parrot-pea is an adaptable shrub for growing in a shady situation and under established trees and is attractive when mass planted or drifted through trees.



Hairpin Banksia *Banksia spinulosa*

The Hairpin Banksia has flowers of golden yellow spikes over the winter period. A shrub up to 4 metres tall, this Banksia prefers moist well-drained soils, tolerating dryness once established. Full sun or semi-shade is preferred and it is happy in a low maintenance garden. The Hairpin Banksia is attractive to bees, nectar-eating birds, butterflies and other insects.

Common Hovea *Hovea heterophylla*

In common with other Hoveas, the Common Hovea has masses of mauve pea flowers, flowering from July to October. The Hovea prefers dry well-drained soils in semi-shade to full shade and grows up to 1.5 metres high. Indigenous people ate the young seed pods.



Running Postman *Kennedia prostrata*

A prostrate or twining shrub with red pea flowers, this plant makes a great ground cover or climber. Grow it in well drained soils in full sun or semi-shade and it will reward you with flowers over a long period of time starting now. Running Postman will spread up to 3 metres in well-drained soils and can be used for banks, hanging baskets and over retaining walls. It is also attractive to butterflies and other insects.



Silver Banksia *Banksia marginata*

Silver Banksia will grow taller, up to 6 metres high, than Hairpin Banksia. It is a variable dense to open tree with yellow flower spikes. It favours a sunny,

partly shaded position and tolerates a variety of soil types, preferring well-drained soils. Like the Hairpin Banksia, Silver Banksia attracts nectar feeding birds, such as the New Holland Honeyeater, as well as butterflies and other insects. Sugar Gliders may also visit this plant and the seeds can be eaten by cockatoos, particularly the Yellow-tailed Black Cockatoo.

Woolly Pomaderris *Pomaderris lanigera*

The Woolly Pomaderris will bring highlights to the winter garden with its large, rounded terminal clusters of bright yellow flowers. This shrub, growing up to 3 metres tall, prefers moist well drained soils, in full sun, semi or dappled shade. It is also frost tolerant. Woolly Pomaderris is a most attractive low screening plant, which is spectacular in flower.



To have the best chance of success plants should be chosen from a similar environment to that of the location where it is to be grown and this is where the Knox Environment Society community nursery comes in. All our plant stock is sourced from the local area, so you can be sure that these plants are more adapted to the local area where they will be planted.

Located at 1010 Burwood Highway in Ferntree Gully, we are open Wednesday 1pm to 6pm, Thursday 10am to 4pm, Saturdays and Sundays 10am to 1pm. Visit our website www.kes.org.au for more information.

All photos Anne Morton

Laughter Club News

Laughter Yoga, Attraction Energy and the Manifestation of Your Dreams

Hello Folks

Who is into manifesting things into their lives? I will put my hand up for this one. However, before I go any further, you are invited to contact me to receive free written resources regarding the following activities. Manifestation, Creative Visualisation, (a powerful way to attract what you wish), Vision Boards and a 12-month Letter to Self, as mentioned further down in this article.

Whether we are aware of it or not, all the time we are manifesting in our everyday lives without even realising or understanding that we do so. We use this type of activity as in improvisation theatre when we gather together and laugh. The reason is we have learnt that proven research of Laughter yoga shares beyond any doubt, that our bodies do not know the difference between real laughter and fake laughter.

This is what we do at laughter club, create laughter scenarios which we play out as childlike fun, which conduces genuine laughter. If we don't feel in the mood to laugh and yet choose to deliberately do so, our body receives the message, becoming involved and releasing lovely endorphins and positive energy into our blood stream.

It ties in with mindfulness, living with the intention of being aware, present, grounded, our minds calm and still, choosing what we focus on. The opposite to this is scattered minds, thinking unconsciously without deliberation, unaware how every moment we are building our future lives. We attract things into our life with our automatic taking things into our four-body system (physical, etheric, mental and emotional bodies). These all connect to our spirit and soul bodies.

We need to be captains of our own ship, gently guiding ourselves with positive, harmonious thoughts, words and deeds. Words, be careful what you say as you can set in motion so much without even realising it. Words can wound and can also be healing, both for us and the people who hear or read them.



There is a famous saying "Is it true, is it necessary, is it kind?". Consider how and what you say, because words hold one's power and energy. Before you speak, ask yourself, is it true? Then ask yourself is it necessary to say them and is it kind? If not, the words are best left unsaid.

This also applies to how you internalise your attitude towards yourself. We can be harsh critics with our internal dialogue, giving ourselves negative self-talk. This must stop. Kindness begins with how we behave towards ourselves.

Understandably it can be frustrating when we are dying to speak our piece or share something. Most of the time, it is not necessary to use words and besides that, our body language, tone and demeanour says more than the actual words themselves.

What we project out when things are unsaid may be projecting passive aggressive energy. If this is so, the highest choice of love is to settle our feelings rather than send out energy which is less than loving. People can pick up on our energy even without being conscious of doing so. It can be harmful and cause a rift, deeply affecting our relationships with people and self. Projecting negative energy may feel spiky or like daggers being thrust into them or ourselves if we are on the receiving end.

This is an excellent topic to ponder for all of us, even those who have not heard talk of such things about energy and using or abusing it. I run energy healing and clearing classes which you are welcome to ask me about, which brings responsibility and awareness the actions that we make.

What is your focus? Have you heard that the five major things in your life have the greatest influence on you?

It is often spoken of to have a work life balance, which brings harmony into one's life. If we put too much energy into one area, it will draw away from others.

Returning to manifesting our dreams. Do you know your dreams? We are capable of much, much more in our lives and often aim low.

An exercise you may like to do is to write a 12-month letter to yourself. Let yourself go wild, write down what you wish to achieve. When we are using the right side of the brain, our creative, intuitive, non-logical side, which connects inspirational energies related to feeling and evolution, possibilities are enlivened and conscious. The more we focus on what we wish to manifest, the less we will lead unconscious, unaware, grumpy, victim consciousness lives.

Vision boards work similarly, and I believe at least several readers will have had firsthand experience in putting a vision board together and have found them to be very helpful in becoming clearer about what to manifest.

Remember that you do not have to be perfect at something to do it. The main thing is to give things a go, never stop, keep growing, evolving, interacting with life and never, ever, ever, ever give up.

Lots of Love and Laughter. Lynette Mitchell.

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

Ferntree Gully Laughter Club 11am 2nd & 4th Sunday

Boronia Library 11am Saturday

Knox Library 2pm 3rd Thursday

Ferntree Gully Library 2pm 4th Tuesday

First timers, please contact Lynette to confirm, in case of a meeting change. Phone: 0425 799 258

Email: lynette@laughterforliving.com.au

Website: www.laughterforliving.com.au

Hands on Myotherapy



Lana



Shenn

Welcome to the Team

Here at Hands On Myotherapy our aim is to provide the best possible care and treatment for our wonderful clients. We're always looking for 'stand out' therapists to join our team to continue to do what we do best.

We are excited to welcome new Myotherapist Shenn to the clinic. Prior to working as a Remedial Massage Therapist and graduating from RMIT with an Advanced Diploma in Myotherapy, Shenn worked for over a decade in the corporate world. His experience here has given him a deep understanding of how stress affects the body and it has become his strong passion to help others overcome this and achieve optimal health and wellbeing. Shenn is available Mondays and Tuesdays for Myotherapy appointments.

We are also thrilled to welcome qualified and experienced Remedial Massage Therapist, Lana to our team. With over 8 years' experience in the industry, Lana has a keen interest in the treatment of 'tech neck', chronic headaches, lower back and glute dysfunction and sciatica. Offering 30mins and 60mins appointments, Lana is available Tuesdays and Thursdays for treatment.

For all appointments, please call our friendly admin team or book online via our website. We look forward to continuing to provide the community with exceptional Myotherapy and Remedial Massage treatments.

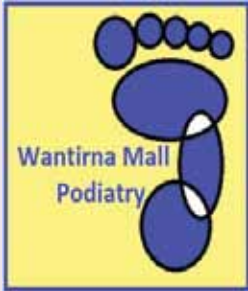


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(B. Pod, MBA and MHA, MAPA)
4/322 Mountain Hwy, Wantirna
Ph: 9720 1235
www.wantirnamallpodiatry.com
Online booking available

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



How To Look After Your Feet in Winter

Winter poses different problems that can occur in feet due to cold weather and Chilblains can be a common occurrence in feet during winter months. Chilblains are blotches of discoloured red, blue, or white, swollen and itchy skin that can be caused by cold weather and poor circulation.

Extremities are prone to being affected but toes are particularly vulnerable with tight footwear possibly a contributing factor. Most chilblains don't cause any permanent damage but can result in ulceration if left untreated or in extreme cases.

Not everyone exposed to cold temperatures will develop chilblains but those who have medical conditions, are older or sedentary may become sensitive to changes in weather and temperature and become more susceptible.

If you are susceptible to chilblains some prevention tips maybe of help to you. Keeping your feet warm with closed, well fitted footwear and warm woollen socks.

The avoidance of long periods of cold weather and quick changes in temperature between hot and cold environments. Keeping your whole body warm with layers of clothing, gentle daily exercise to improve circulation and drying feet well after bathing.

Severe, ulcerating or recurring chilblains need professional attention and a Podiatrist can help you treat and offer further advice to prevent your chilblains. In addition, your GP maybe able to prescribe a preventive drug. It is important if you have a pre-existing condition like diabetes or heart problems a Podiatrist or GP should check your circulation in the feet to ensure any further complications.

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News from Wantirna Osteopathy by Dr. Josh Graham (Osteopath)

Data-Driven Assessment to Aid Anterior Cruciate Ligament Rehabilitation and Older Adults with Balance Concerns

Have you heard about AxIT?

The AxIT system (healthcare shorthand for “assess it”) is a series of devices used to assess balance, muscle strength and muscle power with precise data - no guessing needed! These innovative devices are a set of force plates used when measuring weight-bearing exercises, and two small devices that are able to measure pulling/pushing strength.

AxIT allows us to assess and identify any muscle imbalances by comparing your own results from side-to-side (left vs. right), as well as comparing your results to pre-determined values that we would ideally like to see you achieving.

By identify an individual's strengths, weaknesses and areas for improvement, we can then create a personalised rehabilitation program based on data-driven assessment, with improvements in these areas able to be re-tested and tracked over time.

While the AxIT system is based within our gym here at Wantirna Osteopathy, we have found it to be a valuable tool for all age groups and all abilities - no need for any gym experience!

Our biggest use for the AxIT system is utilising it to assist weekend warriors and athletes who are on



their return back to sport following an ACL injury. These patients typically require a largely strength and agility focused rehabilitation program to get them ready for a return to sport.

It has also been a useful tool for older adults who may not feel as steady on their feet as they once used to, and are now experiencing balance issues due to muscle weakness, joint stiffness, arthritis or a history of joint replacement. These types of rehabilitation programs will typically focus on simple balance and co-ordination exercises, with some additional hip and lower limb stretching and strengthening.

Whether you're someone looking to get back to peak sporting performance, or simply wanting to return to a more comfortable daily life, our AxIT system is a great tool to help you strive towards your goals!

wantirna osteopathy



New Rehab Gym

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www.wantirnaosteo.com.au



Wantirna South Probus Club News

Bali, Bali, Bali.

This was our Club's first overseas adventure. Early on the morning of May 28, twenty-two very excited members of Wantirna South Probus met at Tullamarine Airport to embark on our much anticipated trip to Bali. We left at 9.30am arriving in Bali at 1.30pm their time. Six taxis were waiting to transfer ourselves and many suitcases to our hotel in Seminyak. I must admit it was very much like herding cats.

The group finally arrived at our hotel and after unpacking, a swim and cocktails were on the agenda. Dinner at the hotel and an early night saw our first day come to an end.

The fun continued the next day with some of us going to Bali Zoo and others going out to the volcano. The zoo presented a few challenges as it was very hilly and one of us went on their own adventure. Lunch followed which was enjoyable. The problem in Bali is the traffic 30 minutes to go 9 kms!!! Our trip was one and a half hours each way.

The next day was spent relaxing by many although some did disappear for crepes, massages and of course shopping.

Fine dining was also on our agenda and we had some beautiful meals out. Breezes was notable as it is right on the beach and a perfect place to see the sunset. We had a fun night at Mozzarella listening to

great Beatles music which got us all up dancing and singing. Sardine did not disappoint, again a beautiful meal in a wonderful setting. Another evening was spent watching some very talented Balinese dancing which was great.

We visited a beautiful waterfall and some of our more fit friends walked to the bottom of the falls. A visit to a temple was on the agenda and a nice lunch in the paddy fields to follow. The night safari was an amazing experience with elephants, tigers, lions and giraffes on display.

As our hotel was right on the beach there were walks along the sand and many a long breakfast just taking in the beautiful scenery.

Some of us had massages most days while others enjoyed shopping, pedicures and manicures.

Our final night was spent enjoying a seafood dinner on the beach at Jimbaran Bay watching the sunset

We were so lucky to have such a wonderful holiday with some very special people. I am sure we all have amazing memories to look back on. It was great to get to know people better and enjoy their company. We are so lucky to have such a friendly group, thank you everyone.

This was a very easy trip to plan, all arrangements taken care of by our own members. We are already talking about what we may do next year.



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 27th of August, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch in the bistro for those who wish to stay on.

We provide guest speakers, many day trips and an annual 4-5 day trip, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies. For this year's annual trip we will be visiting Adelaide and surrounds during October.

During June, we toured the Museum of Australian Photography in Wheelers Hill. Currently running a number of photographic exhibitions, the museum has

a wonderful gift shop, excellent café and beautiful gardens. See photo.

We have many events planned for the rest of 2024, including a tour of the Australian Jazz Museum in August and in September a visit to the NGV to check out the Pharaoh Exhibition. Also on the agenda are a concert in October (Doris Day At The Round) and a visit to Robyn's Soap House at Knoxfield in November. And, of course, December will include a few Christmas celebrations.

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.



As your local radio station, we love spreading the news about community organisations free of charge. For news of Council happenings, community issues and entertainment, tune to 98.1 FM or Listen Back from our website any time. Check out our EFNL live broadcast every Saturday afternoon!

Watch out for our roving reporter, Sally Dusting-Laird of Volunteer for Knox, who is keen to share your unique story. Call 9722 9981 and our CONNECT team will be in touch.

If you're out and about, try 98.1 FM for the latest news, sport and weather each hour, with unparalleled music variety.



Community News

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



Life Activities Club Knox

COMMUNITY NEWS

We've enjoyed a busy July and I'm hoping that you had time to spend with us on some of our activities.

Christmas in July event was well supported and included entertainment. Lovely food!! (Thanks to our committee).

Coming up, Lyn, our Live Theatre Convener, has already booked tickets for 8th. January 2025. The show, "TINA" will be at the Princess Theatre and we attend the Matinee, to get home before dark.

The GOLF enthusiasts are teeing off monthly and you can join them on Friday August 16th. They'll be there from 9:30 in the morning. And where? This month at the Malvern Valley Golf Course, another reminder for your calendar.

Ladies morning coffee at Brontos in Boronia, always the first Tuesday each month and their socialising begins at 11a.m. until?????

The second Tuesday each month is a surprise, because these men want to meet "somewhere else" this time, a bit of variety please. But wherever, the meeting time is still 10:45a.m.

While we're on the subject of eating and drinking, the Wednesday lunch will be in Croydon at the Dorset Gardens Hotel and the Dine-out also in Croydon at "Oro" D"oro Restaurant.

The lower temperatures have made no difference to the Walkers, i.e. Friday Walkers will be exploring Coburg on the 2nd. Friday and then on the 4th. Friday they're travelling to Fairfield. The Bushwalkers too, still make tracks every Thursday.

Hopefully a member will volunteer to re-organise a cinema group outing, probably at Knox because the



steps at Boronia Metro Cinema are a bit of a strain for some of our members, sorry to say.

SEPTEMBER!, this year is moving fast, but we're on the way to warmer weather, so let's go.

September 13th. the Friday Walkers will board the 9:38am. Train to Glenferrie, they like to experience our suburbs and be out there. Bushwalkers too, and they would like new members. Remember we are over 50, 60, 70y.o. so it's not so threatening.

Alert! We now have an exercise group at the hall every Thursday morning for an hour. We've named it Fitness for Fun. No classes during school holidays, but the instructor Harry gives sheets of instructions, no rests for these participants.

Garden Outing Convener. Where are you??? please volunteer your time. We have records of various beautiful gardens waiting for us to tour, we can pool and it is a wonderful outing. Enjoying somebody's garden, sitting and enjoying our home-made lunch. So many beautiful gardens around and fortunately we can obtain permission to wander around, maybe purchasing potted plants, getting cuttings and ideas for your own garden.

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

Lorraine 0438 068 334

EACH Financial Counselling

See A Financial Counsellor For Free Support by Bridget Morcom

Struggling to pay your bills or debts?

Have debt collectors chasing you?

Need to call your creditors but not sure what to say?

Feeling overwhelmed?

It can be very challenging and confronting to seek help when you are finding it difficult to pay your bills or have debts you cannot afford. It is normal to feel ashamed, worried and anxious. It may be hard to see a way out of financial hardship.

It is easy to just do nothing and hope the problem goes away. Unfortunately, usually it will just become worse. Doing nothing can also cause a lot of stress and affect your well-being and may impact your credit score.

What can you do?

1. Make a list of your debts and prioritise them. 'Secured' debts are most important. These are debts linked to an asset like a house or car.

2. Work out how much you can afford to pay. If you can, list your income and all your expenses. Separate your expenses into essential and non-essential. See if there are any savings you can

make. The government's Moneysmart website has an excellent budget you can use to track where your money has been going: <https://moneysmart.gov.au/budgeting/budget-planner>

3. Contact your creditors. Ask for their hardship team and state you are in 'financial hardship'. It can be hard to make the call but it is much better if you let them know what is going on.

If you agree to a payment plan it should be affordable for you.

If you are not sure what to do, you aren't able to call your creditors, or feel they did not give you reasonable options, contact a free financial counsellor. If you can't afford to pay anything, you can also call a financial counsellor.

Financial counselling is a free, independent and confidential service; Financial counsellors will work with you to help you get to a more comfortable financial position. They can also advocate with your creditors, assist with accessing grants, and refer you on for any other supports you may need.



- The government's Moneysmart website: has, easy to understand, accurate information on all things financial. <https://moneysmart.gov.au/>
- The National Debt Helpline also has information of everything to do with debts information: <https://ndh.org.au/>

Only seek support from reliable sources. Many business will try and get you to pay for a service that financial counsellors can do at no charge.

There is free help available!

Call EACH Financial Counselling on 9871 1817

Or the National Debt Helpline on 1800 007 007



COMMUNITY NEWS

Ferntree Gully View Club

Our monthly luncheon meetings are held on the 4th Monday of each month (except December) and includes a 2-course lunch, tea/coffee at a cost of \$30. We have a meeting, then a speaker or entertainment. We support The Smith Family and raise money through our luncheons and in-house functions. We support 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.

Monday 26th August, 2024 Russell Morrison - Baking Demonstration.

Monday 23rd September, 2024 Speaker from 'Angel Flight Australia'.

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

Time - 11.00am for a 12.00 noon start

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

Contact: Romaine on 0421 400 549

Wantirna Day View Club

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

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

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

Boronia VIEW Club

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

On Friday, 16 August there will be a talk from Helen Walker OAM speaking about her time as a mentor at Pentridge Prison and also about her OAM.

On Friday, 20 September the speaker will be Hazel Austin, National Vice President of VIEW talking about VIEW.

There will be a book stall, trading table and raffle with all monies raised going to The Smith Family Learning For Life Program. The club sponsors 8 needy Australian children with their educational needs. The club is looking for new members so ladies of all ages and backgrounds come along and you will be warmly welcomed. There are small groups eg. coffee and film mornings book club 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 17th August and 14th September from 9am — 12noon	5/7 Samantha Crt. Knoxfield	1300 763 688
Ringwood Field Naturalists Club	2nd Wednesday each month at 7.30pm	Room 4, Maroondah Federation Estate, Greenwood Ave, Ringwood	Alison or Peter on 9801-6946 http://www.rfnc.org.au
Lions Club of Wantirna	1st & 3rd Wednesday each month at 7.00pm	Lions Club room, Bayswater Community Centre, 739 Mountain Hwy. Bayswater	Paul 0400 823 441
Scoresby 55+ Social Circle	Thursdays 10am-12.00noon	Scoresby Football Club, Scoresby Recreation Reserve.	Jeanette 0407 308 671 or John 0405 698 554
Knoxfield Ladies Probus	3rd Wed. of the month at 10.00am.	Wantirna Club, 350 Stud Road Wantirna	Jo 0414 914 091
Lions Club of Knox	1st & 3rd Tues of month at 7.00pm	Our Saviours Lutheran Church Knox 646 Burwood Hwy, Knoxfield	Sue 0411 529 293
Probus Club of Wantirna Sth	2nd Wednesday of the month at 10.00 am.	Wantirna Club, Stud Road Wantirna	Helen Dewar 0418 333 022
Scoresby TOWN Club	Wednesdays 8.30am	Scout Hall behind 91 Lewis Road Wantirna	9761 1875
The Hut Gallery	Open Sat/Sun 11am to 4pm	157 Underwood Rd. Ferntree Gully	thehutgallery.com.au
Rotary Club of Rowville Lysterfield	Tuesdays 6.45pm	Tosarias, 60 Henderson Rd, Rowville	Kevin Harrison - 0419 919 011
Rotary Club of Knox	Wednesdays 12.45pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Harvey Gough - 0407 722 570
Rotary Club of Boronia	Tuesdays 6.30pm	Knox Club, cnr Boronia & Stud Rds Wantirna	Greg Mossop - 0437 599 949
Rotary Club of Bayswater	Wednesdays 6.00pm	Rotary Club Rooms , Marie Wallace Reserve, King Street, Bayswater	Ron Bridges - 0414 843 427
The Boronia branch of CWA	2nd Wednesday of the month Craft Meeting - 4th Wednesday	CWA Hall at 4 Sundew Ave Boronia	Evelyn on 9762 1537 or 0434 722346
Ringwood View Club	2nd Wed of the month 11am	Ringwood Club, Maroondah Hwy	Heather 0411 219 248
KSSSG-Knox Stroke Survivors	2nd & 4th Wed of the month 10.30am	Crave Restaurant, 236 Dorset Road Boronia	Lister 0413095061 Rob 9758 8582 Anna 0414976619
Knox Photographic Society	2nd,3rd,4th Wednesdays 7.30PM	Boronia West Primary School. Tormore Rd Boronia (Enter via Swimming Pool car park).	Rob 0401943354

The Cubs Busting Moves!

by Nicole Klep, District Leader of Cub Scouts.



COMMUNITY NEWS

On Friday the 28th of June about 90 Cubs from 8 Cub Units in the City of Knox had an awesome white/bright themed disco at the 2nd/3rd Bayswater Scout Hall.

We had wonderful dance songs, great games and lots of entertaining music from our DJ's Myles and Justin who provided the atmosphere with fantastic lighting, a smoke machine, a confetti cannon and an air tube dancer. The Cubs enjoyed the games that were played, such as musical statues, flying glow frisbees, music corners and limbo.

We provided a quiet area for Cubs to take some time out when required.



The Cubs loved the glow sticks, fluro strips of material to decorate themselves and of course the small bags of lollies!

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

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



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Gully Market News

The gully market is pleased to advise that the Father's Day weekend (Aug 31 & Sept 1) will be dedicated to raising awareness for the Prostate Cancer Foundation of Australia (PCFA).

The market will donate \$3000 to be dedicated to their care nurse program. The nurses are specifically trained to care for prostate patients and families and



work closely with your doctors to ensure you get the services and support you may need both within the hospital and support services you may need outside, during your journey of recovery.

You can read more on the foundation's website at www.pcfa.org.au.

Everyone must know several people who are affected by this condition. It is estimated that 1 in 5 up to 85 years old will be affected, so please donate.

Also, I take this opportunity to thank those who support the market and hope that both you and newcomers continue to support us so that we can continue to give back to the community.

Ian Rice - President, Gully Market, Tracy Pate - Treasurer/Secretary and Dianne Cree - PA media.



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COMMUNITY NEWS

Melbourne Choir Brings Home Gold and Silver from World Choir Games

Melbourne's community choir Chime Choir, based in Wantirna, has brought home gold and silver diplomas from the World Choir Games in Auckland.

The World Choir Games in July 2024 hosted 11,000 choristers from 42 countries, performing in 250 choirs over ten vibrant days of singing. The Games had two competitions - the Champions (past competitors who scored highly) and Open (all other choirs) competitions, with multiple categories in each.

Choirs were scored on elements of performance such as intonation, sound quality, accuracy and artistic impression by choral judges from all over the world. Final scores within certain ranges earned gold, silver or bronze diplomas.

Chime Choir earned second place in the Open Mixed Chamber Choir competition, beating 13 other choirs with 22.29 and a gold diploma. The choir narrowly missed out on first place by 0.31, but were the highest ranked Australian chamber choir in the Open competition. The result also qualifies Chime to compete at another World Choir Games in the next five years in the Champions competition.

Artistic Director Jenny Mathers was delighted with the result commenting, "I am so incredibly proud of our achievement on the world stage. We are simply thrilled to not only showcase our talents and Australian choral music but to be part of such a joyous global community of choristers. It has been a truly wonderful and humbling experience."

Chime Choir also competed in the Open Sacred Choral Music with Accompaniment category, achieving a respectable silver diploma with 16.99.

The choir participated in the Parade of Nations, the Closing Ceremony and sang in a Friendship Concert with the award-winning Nankai University Alumni Association Choir from Tianjin, China to a full house.

A diverse, auditioned community choir, Chime sent 33 choristers to Auckland to compete in the World Choir Games aged from 20 to 86, members of the choir for six months to 40 years. Chime competed against choirs from Chinese Taipei,

USA, Germany, Republic of Korea, China, New Zealand and Australia.

Performing works from across the world, Chime was also able to showcase Australian pieces including Newell Highway, arranged by Daniel Brinsmead and traditional favourite Botany Bay, arranged by Nicholas Buc.

Chime Choir celebrates their 40th year this year and attended the very first World Choir Games (then known as the Choir Olympics) in Linz, Austria in 2000.



Yarra Valley & Outer Eastern Melbourne Vietnam Veterans Day March and Service

58th Anniversary of the Battle of Long Tan

KNOX WAR MEMORIAL
Tim Neville Arboretum, 98-106 Dorset Rd, Ferntree Gully, Melways Map Ref: 73 K1

Sunday, August 18th, 2024

ALL WELCOME

March Assembly at 10:30am
Veterans assemble at Francis Cres. car park for march

Service starts at 11:00am

Enquiries:
Allan Small, President: 0427 123 050
Ria Watkin: Secretary@oemvva.org.au

www.yvvietnamveterans.org
www.oemvva.org.au

An initiative of the Vietnam Veterans Outer Eastern Melbourne, Vietnam Veterans Association of Australia;
the Yarra Valley RSL Sub-branches of
Croydon, Healesville, Lilydale, Mt Evelyn, Upper Yarra, Warburton & Yarra Glen;
and the Outer Eastern & Yarra Valley Sub-branch, National Servicemen's Association

Happy Father's Day & Welcome Spring Days

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Templeton Tennis Club News

by Neil Houlston, Secretary

Mid-Week Ladies Section 2 Grand Final Win

Our Wednesday mid-week ladies team won their grand final on our home courts, in Section 2 of the Ferntree Gully & District Ladies Wednesday Tennis Association (FTGLWTA). They will now be progressing to the top section next season.

Congratulations to Robyn, Wendy, Nina, Sally, Michelle, Sue and Pam on their big win!

Winter 2024 Competition Progress

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

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

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

Straight Sets Professional Tennis Coaching

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

trying to perfect their backhand.

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

Follow Us On Socials

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

Templeton Tennis Club Inc.

Templeton Reserve, Templeton St Wantirna 3152.

Melway Ref. 63 G9

Membership: Leanne 0493 450 111

President: Chris 0425 763 106

Coaching: Kelly 0414 874 482

Website: www.templetontennis.com.au

Email: president@templetontennis.com.au



Social Tennis

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

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

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

About Wantirna Tennis Club

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

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

Club coaching team: Troy & Mike 0424693005 or email coaches@wantiratennisclub.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 wantiratennis@gmail.com

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



Wantirna Tennis Club

So much more in '24

by Alison Rogers

Our 90th Birthday celebrations is getting closer. To celebrate this event, we will be having an afternoon down at the Club on Sunday 15th September. Keep this date free and come and meet up with old friends and past players. More details soon.

We are planning a big celebration with everyone being asked to come along and join with us. Past members, past players, current members and all their families will be there. We hope you can come along and enjoy this time with us. Any photos tucked away in the cupboard? We would love a copy. Thank you to those who named the players in the last edition's photo.

Did you play at Wantirna? I wonder if you are in this photo.



Back Row Garry Walker, Leslie Gray, Peter Gray
Front Row Wendy Thomson, Ernie Marton, Glenda Westmore

Call Alison 0408 576 025 to show expressions of interest.

Book a Court

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

There has been a lot of interest in our five new classic clay courts and these, along with our 5 en tout cas courts, are being well used through our 'book a court'

system. These courts are now available for booking both day and night. When booking, select the 'lights' option, so that the lights come on automatically for you before play. So come on down and have a hit, we welcome you all.

Juniors

The winter competition has had a few washouts this season. The players are looking forward to getting back out there on the courts. Thank you to the parents who bring their children along each week to play. I am sure they enjoy seeing them improve their play, but also socialise with fellow players and opposition players as well. Wantirna has 20 Junior teams competing this season and it is great to see all the kids excited to play and get involved at the Club.

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

Coaches Corner at Wantirna

The Coaches holiday camp in the last school holidays was well attended. What a great time was had by all. Keep an eye out for the next clinic to be held later in the year.

The Junior program is also going well with many of those being coached moving on to playing Junior Competition for the Club. The Cardio Tennis for both women and men has been extremely popular. For anyone who hasn't tried Cardio Tennis yet, don't forget you're welcome to come and have a free trial.

Classes are Tuesday and Thursday lunchtimes as well as Monday, Tuesday and Thursday evenings. Sessions are 45 minutes and it's a fantastic way to enjoy tennis while getting a huff and puff!

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

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



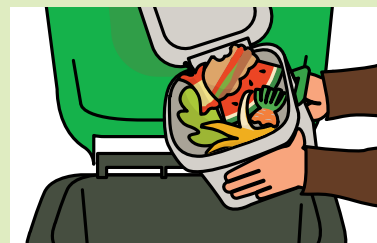
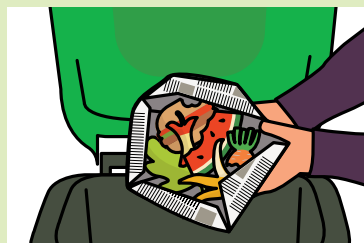
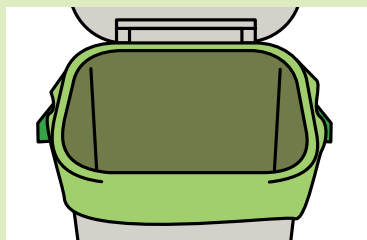
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Drop off used batteries for recycling through B-cycle at most major supermarkets, Bunnings and many other locations. Full list: bcycle.com.au/drop-off

See what goes in which bin and how to safely dispose of household items with our A-Z rubbish and recycling guide at knox.vic.gov.au/WasteGuide

How to line your kitchen caddy



Option 1
Only use lime green bags with this seedling symbol and code: AS 4736

Option 2
Use paper towel or newspaper

Option 3
No liner at all

knox

