



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

PUBLISHED MONTHLY BY THE ROWVILLE
LYSTERFIELD COMMUNITY NEWS INC.

FREE

Editor: David Gilbert - Phone: 9764 4703
Circulation: 14,385 Web: www.rlcnews.com.au

Issue No-385 October 2016
ISSN 0819 0240



STRINGYBARK FESTIVAL 2016

15-16
OCTOBER
ROWVILLE
COMMUNITY
CENTRE



Ray White



Smart Amusements

Leader

helloworld

knox.vic.gov.au/stringybark



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

Western Campus Eastern Campus
Paratea Drive, Rowville Humphreys Way, Rowville
Ph | 9755 4555 Fax | 9764 5087
Email | rowville.sc@edumail.vic.gov.au
Website | www.rowvillesc.vic.edu.au



Rowville-Lysterfield Community News Supported By



**Rowville Neighbourhood
Learning Centre Inc.**

Meetings are held at Aimee Seebeck Hall, Police Road at 7.30pm on the first Tuesday of the month. Visitors and potential committee members are most welcome.

OUR TEAM

Editor David Gilbert
Ph: 9764 4703

Email: editor1@rlcnews.com.au
Website: www.rlcnews.com.au
Postal Address:- RLCN c/o
Rowville Community Centre,
40, Fulham Rd., Rowville 3178



**Interim
Advertising Co-ordinator**
Anthony Ponnampalam
E: abponnampalam@gmail.com
Phone: 0417 976 454



Distribution Co-ordinator
Peter Rumble Phone: 9752 7592



Website Administrator
Sher Singh 0409 376 853
admin@rlcnews.com.au



President: Rob James



Treasurer:
Anthony
Ponnampalam



Vice President:
John Woodward



Asst. Treasurer: Christine Mitchell



Minute Secretary: Jan Bates



**Asst. Distribution
Coordinator**
Pauline Rumble



Projects: Rahul Kumar



Secretary: Lesley Jenkins

Committee Members:

Ian Richards

Proofreaders:

Karen
Merridew; John Jenkins; Jane
Thomas; John Lewis; Margaret
Gregory; Heather Hodge; Beverley Prosser; Charles
Bartlett; Lesley Jenkins; Rhea Torpy; Rosemary
Hermans; Marlene Smith



Design, Typesetting & Layout

Mallee Bull Media – 9761 3670
Email: john@malleebull.com

R-LC News members and local volunteers are responsible for the production and distribution of the News, which is financed by advertising, sponsorship and donations.

Disclaimer: The views expressed in the News are not necessarily those of the R-LC News. No endorsement of services is implied by the listing of advertisers or sponsors. Every effort is taken in printing contributions correctly, however we take no responsibility for errors.

Cost of subscription: The R-LC News is posted to subscribers within Australia for an annual fee of \$20.00. Contact our Treasurer for details.

Free Advertising for Garage Sales

To reach a wider audience use the Rowville
Lysterfield Community News Website
It is easy as 1, 2 and 3

- 1 Visit our website www.rlcnews.com.au
- 2 Click the Advertising tab
- 3 And follow the prompts

Remember:- It is against EPA Litter Rules/Laws to leave posters on public property after the sale and you risk receiving an infringement notice. If you are looking for a bargain, check out the Garage Sales by visiting our website.
Are you a Tablet or Smart Phone user? Our website is not yet equipped to interface with Tablets or Smart Phones. We are working on it. Please bear with us in the meantime.

FREE

This is a community initiative by your community newspaper.

Example of your
advertisement
information
and content:

14 Second Street, Rowville
9th and 10th July 2016
9.00 am to 3.00 pm
Special Items - Weber Kettle BBQ;
Set of weights; Ladies size 14 clothing

What's On
Locally



Sponsored by:
Lions Club
of Rowville

DIRECTORY

October 2016

Australia For Christ Church Sunday Services:- English Service 9-10am and 10:30am-12pm

Indonesian Service 10:30am, Mandarin Service 1:30pm

Stomper Play Group 10am -11:45am (during School Term).
1070 Stud Rd. Rowville. www.acfchurch.com

Australian Air League Meet Wednesday 7.30 to 9.30pm at Salvation Army Hall, Kingsley Close. Freecall 1800 502 175 or visit the website: www.airleague.com.au

Baptist Church Services every Sunday 10am
Playgroups - Tue, Thur & Fri. mornings during school terms.

CFA Juniors Meet every Thursday 7pm

Cake Decorators Assn Bi-monthly 2nd Sunday - 10am-3pm
Feb, Apr, Jun, Aug, Oct, & Dec. Scout Hall, Turrumurra Drive
Contact 5998 4067

1st Rowville Scouts:

Joey Mob (6-7.5 years) - every Thursday 6.00-7.00pm

Cubs (7.5-10.5 years) every Wednesday 7.00-8.30pm

Scouts (11-14 years) every Thursday 7.30-9.30pm

Venturers (14-17.5 years) every Friday 7.30-10.00pm

Contact Terri 0418 567 923 atm.russell@gmail.com

Fruitful Vine Church Services every Sunday 10am

Girl Guides Age groups 5-8 yrs, 8-11 yrs, 11-14 yrs, 14-18 yrs. Contact Jill Livingston, Eastern Region Manager on 0409 583 847 or Knox District Leader Christine Clifton on 0408 505 661

Heany Park Scouts Meets at: Makeham Road, Heany Park

Joey Mob (6-7 years old) - meet Thursday 5.45 - 6.45pm,

Cub Pack (8-10 years old) - meet Thursday 7 - 8.30pm,

Scout Troop (10-14 years old) meet Monday 6.30 - 8.30pm

Venturer Unit (14-17 years old) meet Friday 7.30 - 10.30pm

Contact Gavin Thomas on 0417 529 848

or email gl.heany-park@vicscouts.asn.au

Hillview Comm. Church Services Sunday 10am. For details call 9763 7776

Knox & District Over 50s Meet 4th Tues each month at 10.30am (except Jan & Dec) at Boronia Progress Hall

Knox Home Garden Meet on 3rd Monday of each month at 8pm at U3A Parkhills Campus. May, June & July meetings on 3rd Saturday at 10am

Life Activities Club Knox Enquiries 0481 831 788
knox.enquiries@life.org.au

Lions Club Meet 2nd & 4th Wednesday – 7pm for 7.30pm at the Knox Tavern, Knox City. Meal available. Contact Julia: 0414 608 824

Little Athletics For training & event days: 9763 1404

Men's Shed (Stamford Park) Meet at Stamford Park Homestead Tues, Thurs & Sat from 10am to 3pm. Orana Shed, Neighbourhood House, Coleman Rd, Wantirna every Thursday from 10am to 3pm.. Barry Treadwell 0425 719 451 or www.stamfordparkshed.org.au

Multiple Birth Assoc. 2-3 yr old Playgroup Tuesdays & Thursdays, 9.30am, Michele 0407 837 973 Parents Coffee Morning - Fridays, 10am, Kaylene 0409 200 830

National Seniors Australia For over 55s, the Knox Branch meets at 10am, Stud Rd, Wantirna. All welcome. For enquiries, ring John Giles on 9778 6784

Possums Playgroup Mon.-Fri. 11.30-1.30 and 1.30-3.30.
possumspg@hotmail.com

Probus Club (Knox Combined) Meet 1st Tues each month at the Stamford Hotel at 10am. Contact Kaye: 0412 660 734

Probus Club (Knoxfield Ladies) Meet 4th Mon. of month at

Waverley Golf Club 9.30am. Contact Beverley 9753 3224

RAFT Anglican Church Holy Communion 8.30am. Evening Service Sunday 5pm. Family Worship with children's teaching time 10.30am Sunday. **Mainly Music** every Wednesday 9.30am
New Vogue dance: every Wed. 7.30pm. Contact Bob or Ken Reid 9764 2573 **Craft for Christ** 2nd & 4th Tues each month at 7.30pm. **Playgroup** Tuesdays 10-11.30am.

Red Cross Rowville Meet 3rd Wednesday of each month 10am. Contact Joan: 9764 4611

Restore Church Sunday services are held at 10.15am at 24 Laser Drive. Light refreshments and finger food served after the service. Phone 8736 7053

Ruby Gumnut Goddesses (Red Hat Society) For all events contact Catherine 0418 102 064

Rotary Club Every Tuesday evening at Tosario Restaurant, at 6.30 for 7.00pm,

Rowville Seniors Meet Wednesdays and Fridays 1pm to 3.30pm at Rowville Community Centre

Salvation Army Services every Sunday 10am followed by morning tea

Sant Nirankari Mission Congregation session every Sunday from 12 noon to 2pm followed by an Indian community meal. Everyone is welcome

St Simon's Parish Services Saturday 6.00pm.
Sunday 8am, 9.30am and 11.00am. Tuesday 7.30pm,
Wednesday to Friday 9.15pm.

Stud Valley Ladies Golf Club Thursday mornings at Tirhatuan Golf Club, 9 & 18 hole competition.
Contact Nola 9700 3804 or Pam 0409 934 966

Timbertop Golf Club Saturday Ladies' Competition
Tirhatuan Lakes. Muriel: 0427 585 575

Tirhatuan Ladies Golf Club Wednesday & Saturday competitions at Tirhatuan Lakes Golf Course. Membership information - Heather 0438 545 483 or Kaye 0408 038 363

Rowville Toastmasters meet on 2nd, 4th and 5th Tuesday each month at 7.15 pm for 7.30 pm at RAFT Church. Contact, Rina: contact@rowvilletoastmasters.org.au

Rafters Toastmasters meet on 1st, 3rd and 5th Tuesday each month at 7.15 pm for 7.30 pm at RAFT Church. Contact, Laura; rafterstm@gmail.com

Uniting Church Services Sunday at 10am. Contact 9753 3495
LINK Thurs 10am. **Toddler Gym** Tues & Friday 9.30-10.30 & 11am - Noon (during School terms)

Yoga for Kids Fun classes for primary students. Tuesdays 4.30pm Rowville Scout Hall Contact info@schooltimeyoga.com.au or 0468 471 102 www.schooltimeyoga.com.au

What's On Locally

October Events

RAFT Church Family History

Our next meeting will be on Wednesday 5th October – 10.00am to 12.00 noon. Our speaker will be **Eric Panther** and his topic is "Down Memory Lane".
Inquiries Bev, phone 9759 5455 or jibec@bigpond.com

NEW

New Drop in Centre

"The Well" has opened at the Wellington Care Centre in Rowville. The Drop-in program is open every **Tuesday between 10.30am and 1.30pm**. All welcome to come and have a cuppa and a chat and something to eat with friendly people. We'd love to see you. Food parcels available. All ages welcome. 2 Le John Street, Rowville. Dark grey building. Plenty of parking. Call 9764 3738 with inquiries. (part of Rowville Baptist Church)

From the Editor's Desk



Eight years ago at the 2008 Stringybark Festival, my wife suggested that I had to find an outside interest now that I was retired. As we walked around the many stalls and displays, we came across the Rowville Lysterfield Community News stand and stopped to talk to the people manning the area. It didn't take me very long to decide that the newspaper might be a good fit for me, so I went along to a committee meeting, where I was warmly welcomed. Six meetings later the editor's job became vacant and my right hand went up immediately as I believed I could add something to the existing and future direction of the paper. I have filled that role ever since. Much has changed at the paper, but the basic values remain the same. The newspaper is sacrosanct, but we also have to move with the times and embrace the digital world. Many of you will have visited our website www.rlnnews.com.au and seen that we have pdf copies of editions of the paper dating back to December 2010. Today we are reviewing options about scanning all the older issues so that we can provide a complete database history for residents, students and any other interested parties. In the meantime, you can see a complete set of our newspapers at the Rowville Library or in the State Library in the City.

This year the Stringybark Festival promises to be the best, so why not come along and visit our display. We look forward to seeing you there.

On the 15th of this month we will once again be attending the Community Newspaper Association of Victoria's

annual AGM and conference, this year in Bendigo. Each year member newspapers (around 70), enter articles, photographs or a complete edition, in nine award categories, which a specially selected panel of experts, appraise and critique every entry. You will recall our euphoria last year as we won our first winners award, courtesy of Jade Sheehan, which was only the second time (we had previously gained a runners up award thanks to Joyee Koay) we had received an honour in the seven years we had been involved. As in previous years, we go with high hopes, because even if the judges don't agree, we believe we have a great newspaper that plays a significant role in keeping the community informed about events that have happened and those that are about to happen, as well as offering monthly entertainment. Wish us well on the 8th.

As the last months of the year approach, we would like to remind everyone about our AGM, to be held on Thursday November 17th at the Rowville Neighbourhood Learning Centre in the Community Centre, Fulham Road. Don't be afraid that we may try to coerce you into joining the committee; well we might. It's an opportunity for you to see what goes on behind the scenes to produce a 32 page paper 11 months of the year. You will be made most welcome.

Proof Reader thanks this month goes to Jane Thomas for her 4 years of dedication and Rhea Torpy for completing 2 years on the team. A great job ladies.

To conclude this month, I offer profuse apologies to the Rowville Senior Citizens and in particular Sandra Goodwin and Jo McConnachie for mixing up their photos and captions in last month's paper. Despite all our best efforts, errors do occasionally occur.

David Gilbert

Council Elections

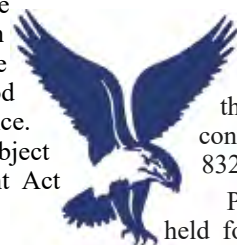
Council elections for the City of Knox will be held on **Saturday 22 October 2016**. The Victorian Electoral Commission (VEC) will conduct the elections on Council's behalf and the voting method adopted by Council for these elections is by attendance.

Voting is compulsory if you are enrolled to vote subject to some exemptions under the Local Government Act 1989.

You are automatically enrolled to vote if you:

- live in Knox and are on the Victorian State roll for your address; or

- own property in Knox but live in another municipality and you are either the first or second-named ratepayer for that property



If you would like to confirm your entitlement, apply to be on or change your voting details for the Victorian State roll, please visit the [Victorian Electoral Commission's website](http://www.vec.vic.gov.au) or contact the Victorian Electoral Commission on 131 832.

People are required to vote at Council elections held for the municipality in which they have their principal place of residence. Failure to vote will attract a penalty.

Calendar of Events - October 2016

Walktober – Physical Activity Australia - walktober.com.au

Pink Ribbon Breakfast Campaign – National Breast Cancer Foundation - pinkribbonbreakfast.org.au

Droptober – Obesity Campaign – droptober.com

Foot Health Month – www.apodc.com.au

Community Safety Month – www.vscn.org.au
community-safety-month

Sexual Violence Awareness Month
www.stopsexualviolence.com

Nude Food Day – remove packaging from food
www.nudefoodday.com.au

Girl's Night In – www.pinkribbon.com.au/girls-night-in

Great Cycle Challenge Australia - greatcyclechallenge.com.au

Lupus Awareness Month - www.lupus-sle.org

National Safe Work Month - www.safeworkaustralia.gov.au

Ocober – Life Education - www.ocober.com.au

Dogtober – Assistance Dogs - www.dogtober.org.au

1-7 Oct – **Be Kind To Animals Week**
bekindtoanimalsweek.org.au/

3-9 Oct – **Neighbourhood Watch Week**
www.nhwa.com.au

3-9 Oct – **National Organic Week**
www.organicweek.net.au/core

3-29 Oct – **Seniors Festival Knox**
knox.vic.gov.au/seniorsfestival

4 Oct – **Immunisation** – Rowville Community Centre
1.30pm-3pm - No appointments needed. Bring your Medicare card and child's Health Record book to the session.

5 Oct – **Opening of Knox Seniors Festival**
Knox Civic Centre. www.knox.vic.gov.au

7 Oct – **Odd Socks Day** - www.oddsocksday.org.au

9 Oct – **National Hat Day** - hatday.com.au/

9-15 Oct – **Mental Health Week**
www.mentalhealthvic.org.au/

9-15 Oct – **National Nutrition Week** - www.nutritionaustralia.org/national/national-nutrition-week

9-15 Oct – **Haemophilia Awareness Week & Red Cake Day** - www.haemophilia.org.au

11 Oct – **Immunisation** – Aust. For Christ Fellowship 1070 Stud Road 6pm to 7.30pm. No appointments necessary. Bring your Medicare card and your child's Health Record book to the session.

12 Oct – **Ride2Work Day/Ride2Uni Day**
www.bicyclenetwork.com.au/general/programs/3025

15 Oct – **International Pregnancy and Infant Loss Awareness Day** - 15october.com.au

15-16 Oct – **Stringybark Festival**
knox.vic.gov.au/stringybark

16-22 Oct – **National Carer's Week**
www.carersweek.com.au

16-22 Oct – **Anti Poverty Week** - www.antipovertyweek.org.au/about/about-anti-poverty-week

16-22 Oct – **National Water Week** - www.awa.asn.au

16-22 Oct – **Sock It To Suicide Week**
www.whitewreath.com

16-22 Oct – **National Week of Deaf People**
deafaustalia.org.au/nwdp



ANNUAL GENERAL MEETING – 2016

You are warmly invited to attend our Annual General Meeting.

WHERE: Rowville Neighbourhood Learning Centre,
40 Fulham Road, Rowville.

WHEN: Thursday 17th November

TIME: Commencing at 8.00 pm.

SUPPER: Tea or Coffee provided.

This is the perfect opportunity for you to learn about the workings of your community newspaper and to discuss your thoughts and ideas with the committee and other members.

Our AGMs never go for more than half an hour so even if you stay on for supper it will still be an early night.

16-25 Oct – **Fair Food Week** - fairfoodweek.org.au

17-23 Oct – **Aussie Backyard Bird Count**
www.aussiebirdcount.org.au

18 Oct – **Council Meeting** 7pm Knox Civic Centre
www.knox.vic.gov.au/meetings

19 Oct - **Immunisation** – Rowville Community Centre
9.30am-11.30am - No appointments needed. Bring your Medicare card and yourchild's Health Record book.

20 Oct – **The ATF BiG Breakfast/Brunch**
www.thyroidfoundation.org.au/page/43/the-atf-big-breakfastbrunch

21 Oct – **Loud Shirt Day** - www.loudshirtday.com.au

22 Oct – **Garage Sale Trail** - www.garagesaletrail.com.au

22-30 Oct – **Children's Week** - www.childrensweek.org.au

24-30 Oct – **Herbal Medicine Week** - www.nhaa.org.au

25 Oct – **National Day of Unity**
www.facebook.com/nationaldayofunity

26 Oct – **Blue Knot Day** - asca.org.au/WHAT-WE-DO/Advocacy/Blue-Knot-Day

27 Oct – **National Kidsafe Day** - www.kidsafeday.com.au

28 Oct – **Big Cake Bake** - www.bigcakebake.org.au

28 Oct – **Pink Ribbon Day**
www.pinkribbon.com.au/pink-ribbon-day

28 Oct – **National Bandanna Day**
www.canteen.org.au/bandanna-day

28 Oct – **Day for Daniel (Morcombe)**
www.dayfordaniel.com.au

31 Oct – **Injury Free Day**
kidsfoundation.org.au/education/if-injury-free-day

Note: International Days of events happening throughout the world have not been included. All events originate or known within Australia.

Editor's Note:- To the lady who pointed out last month that September 26th was not the Queen's Birthday, that date was the Queen's Birthday holiday in Western Australia, so our apologies for not making that clearer.



Rotary Rowville - Lysterfield Strength through Service Spring Charity Business Breakfast

Our Rotary Club will be holding its **Spring Charity Business Breakfast on Thursday 13th October**. The venue is Waverley Golf Club, 82 Bergins Road, Rowville.

The special speaker will be **Alan Kohler**, well known financial journalist, analyst and business authority and regular presenter of the Finance Report segment on ABC/TV nightly news program, where he provides a great insight into world and Australian financial movements, interest rates etc. With a lifetime career in financial journalism, Alan has been editor of the Financial Review and The Age, then the ABC, first as a reporter then host of Inside Business and now finance presenter. In 2005 he launched the Eureka report, a newsletter for self-directed investors, then became CEO of 'Business Spectator', a 24/7 online business publication.

Currently, Alan is the publisher and editor of his new 100% owned publication, 'The Constant Investor'. He also finds time to present the 'Talking Business' channel on Qantas inflight radio, as well as a role as adjunct professor in the Business Faculty of Victoria University.

Arrival for the Spring Charity Business Breakfast on Thursday 13 October 2016 is from 6.45am and commences sharp at 7.00am. It will conclude by 8.30am to allow attendees to reach their work place by 9.00am. The cost is \$60 per head and \$30 for students including a hot buffet breakfast, tea/coffee etc.

Booking close on Friday 7 October and should be made via either a cheque to Rotary Club of Rowville-Lysterfield Inc. P.O. BOX 2852, Rowville 3178 or by credit card to: www.trybooking.com/MVKQ For further information log on to the Club website at : www.rowvillrotary.com.au Phone enquiries to : Neil on 0418 478 647 or James on 0417 548 662.

Funds raised by this Breakfast event will be used to support JDRF Australia (Juvenile Diabetes Research Foundation) www.jdrf.org.au/home and a local community help group focusing on Domestic Violence which, unfortunately, is so much in evidence in our City of Knox.

October is shaping up to be a busy month for all Rotarians



in Knox, with all five (5) clubs joining to "shine a light" on mental illness in our local community. The major event will be held on Friday 7th October when all railway stations in Knox, (Bayswater, Boronia, Ferntree Gully and Upper Ferntree Gully) will be targeted by Club members during the morning and evening peak times, to raise funds for vital mental health research through the annual Australian Rotary Health Hat Day effort.

The **"Lift the Lid on Mental Health"** theme also encourages Rotarians to wear a hat on 7th October, not just any old hat, but something

unusual or even outrageous to draw attention to the effort of the day. All Rotarians on duty will also wear identifying jackets etc. and have information brochures about Rotary to give to interested people. Unlike most other charity organisations, 100% of all donations received on Hat Day go directly to research aimed at finding preventions and treatments for a range of mental illnesses like anxiety, depression, PTSD and Bipolar Disorder. Australian Rotary Health is Australia's largest non-government body of mental health research and is funded entirely through support from Rotary Clubs throughout Australia. If you or members of your family would like to make a donation to support this worthwhile effort, then look for the Rotary "Mad Hatters" at the railway station on your way to work or shopping on **Friday 7th October** and help **"Lift The Lid"** on mental illness. Or you could log on to: www.hatday.com.au and make a donation there.

If you are a local business person (working or retired and with time on your hands) and would like the opportunity to give back something to your local community, then come along to one of our weekly Rotary Club meetings and check us out. Come as a guest on the first night, just call Kevin Harrison on 0419 919 011 or Murray Wilson on 0402 088 999. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Join us for an evening of fellowship and networking. Look us up on www.rowvillrotary.com.au; follow us on Facebook and also on [Twitter@RotaryLyster](https://twitter.com/RotaryLyster).

Rotarian James Wilson



Rowville Unit Exhibition

The National Gallery of Victoria, (Ian Potter Centre at Federation Square) is currently running an exhibition titled "Making the Australian Quilt 1800-1950". The exhibition features some of Red Cross's cherished quilts. If you are interested in Red Cross history or quilting (or both) it is well worth a visit. The exhibition runs until November 6th.

Aboriginal and Torres Strait Islander Cultural Competence

The Australian Red Cross is advancing its commitment to working with Aboriginal and Torres Strait Islander

peoples and their communities. Workshops are being offered to all members throughout the state to extend members knowledge of indigenous history and culture, and to understand Red Cross's approach to working with these peoples. The workshops are available in country and metropolitan centres and are running between September and December this year.

Annual Clover Cottage (Berwick) Lunch

Meanwhile at our Rowville Unit, October is the month of our annual Clover Cottage (Berwick) Lunch. Always a beautiful meal in exquisite surroundings, it has always drawn loyal support from our community for which we are very grateful. It is indeed the community who request /demand that we continue to organise this fundraiser. October 12th is our dinner date this year.

Joan Read

- Deadline -
NOVEMBER 2016
EDITORIAL & ADVERTISEMENTS
Wednesday 12th October

Articles, News or Letters to the Editor
editor1@rlcnews.com.au
PHOTOS: please email SEPARATELY,
do not embed in documents

ALL ADVERTISING
TO BE SENT TO:
abponnampalam@gmail.com

DISTRIBUTION
Saturday, 29 October 2016

To add your club, organisation or association to the Directory or This Month's Events free listing, please contact the editor
9764 4703 or editor1@rlcnews.com.au

AUDI & VW

Auto Union Deutsche Independent
Melbourne's No:1 Independent Audi Service Specialist

SERVICE CENTRE

- ✓ Specialize in Audi & VW only
- ✓ Warranty Compliant Service
- ✓ Complete Vehicle Maintenance
- ✓ Up To Date Diagnostic Software
- Free Loan Cars with Every Service
- New, Used Parts & Reconditioned Parts
- All work Guaranteed

SERVICE | REPAIRS | PARTS 9568 2587 OR 9563 2011
AUDI & VOLKSWAGEN www.audservice.com.au

Revamp

Automotive

Technology with integrity

CAR SERVICING
MADE EASY!

- Free Loan Car Available
- Expertly Serviced & Tuned
- Free Pick Up after 9am and delivered back before 3pm*
*Pick up and delivery is free in local area
- Free 24hr Australia-Wide Roadside Assistance with Nationwide Warranty with every service*
*For 6 months with every service
- Attention New Car Owners
We will match new car fixed price servicing*
You can now have log book servicing and keep your statutory warranty.
*Conditions Apply

6/2 LASER DRIVE, ROWVILLE

Fax (03) 9763 7089 revamp3@bigpond.net.au

9763 4633

WE HAVE EFTPOS FACILITIES AND ACCEPT ALL MAJOR CREDIT CARDS - FLEETCARDS & MOTORPASS

Lions Club of Rowville



Action from the Beach Road Races

An overcast, grey sky, chilling winds, but a dry day, saw the beginning of the Marathon season along Beach Road in the Black Rock/ Sandringham area for 2016-2017.

The several hundred people who participated in either the 10km run, the half marathon, the 5km run/walk or the 3km kids run were not deterred by the wintry conditions. Along

with several other Lions Clubs, members of Rowville Lions again volunteered to be street marshals for the day.

Required to be at our allocated street by 6a.m, our main task is to request motorists to find a route other than Beach Road to get to their destination. If they live on Beach Road itself, they may use the left, slip lane for the distance of one block to access or leave their premises. Similarly non-participating bicycle riders are requested to use the slip lane.

Each sector of the course has a co-ordinator who can be contacted in the event of an accident or emergency and first-aiders regularly patrol the course on their motor-bikes. Once the events are concluded and we have dismantled our road barrier, we can go and get something hot to eat or drink.

Rowville Lions are currently gearing up for the Stringybark Environmental Festival, now just a few weeks away on October 15th/16th where we will be busy washing dishes and selling our snow cones. Come and say 'Hi' if you see us there.

Look for us on Facebook at:
www.facebook.com/rowvillelions

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

For further information, phone Julia on 0414 608 824.

Julia Young

This month the Shed started with some distressing news. There was a break-in at The Shed in August, but luckily the alarm sounded and there was very little stolen. These items were very much required in our work and it has been difficult working without them. However, the good people from Kincome Australia have come to the party with items at an amazingly good price for The Shed. We can never thank them enough for their generosity.

Our Shed will be relocating just a very short distance away any day now to allow under-pinning works to be carried out on the beautiful old Row Homestead. As we occupied the guest rooms on the site, we cannot very well stay there while the work is being carried out.

The black cloud of the break-in and theft had a silver lining with the council funding our temporary move, and a grant for equipment, Bendigo Bank funding a replacement PC in addition to Kincome Australia's generous donation; we have definitely had a good month.

New members are always welcome at the Shed. Drop in any Tuesday, Thursday, or Saturday to have a chat and a cuppa to see what we are about.

Ernie Morgan



Andrew Cuthbertson & Robert Gattuso from Kincome Tools & Equipment, presenting SPMS President Barry Treadwell with two replacement air compressors, one for Stamford Park Shed and the other for our wood-working division, Orana, in Wantirna.

Cr Karin Orpen recognised for service to Knox Council

Knox Councillor, Karin Orpen, has been recognised by the Municipal Association of Victoria (MAV) for over 20 years of service with Council.

Knox CEO, Tony Doyle, congratulated Cr Orpen upon her success in receiving a Victorian Councillor Service Award yesterday evening. Mr Doyle said, "Cr Orpen has served Council and the ratepayers of Knox for over 20 years, and we are thrilled to learn of her success. Over the course of her time with Council, Cr Orpen has served as Mayor on three separate occasions (1999-2000, 2002-2003 and 2012-2013). This is deserved recognition of many years



of dedicated service to the residents and ratepayers of Knox. On behalf of Council and the broader Knox community, I congratulate Cr Orpen upon receiving this prestigious award."

Cr Orpen said she was humbled to receive the award and thanked the residents of Knox for their support over the years. "I'm moved to receive this award and pay tribute to the many people I have had the privilege of working with during my time with

Council. It has been an honour to serve Council and the broader Knox community for over 20 years now." Cr Orpen said.

Why Is It So?

Why is the time of day with the slowest traffic called rush hour?



What's New at Wellington Village!

NEW STORE

COMING SOON!

One of our newest stores, **The Cheesecake Shop** is busy fitting out their shop next to Eating House. All their yummy goodies will be ready to be enjoyed soon.

NEW LOOK!

Biggin and Scott Knox Real Estate have moved to Office 3 near the Childcare Centre with an impressive makeover. Feel free to drop in and say hi!

Chemmart Pharmacy has also undergone an amazing makeover. But has kept the same great service.

NEW MANAGEMENT

The Cold Rock Ice Creamery is under new management and have extended the opening hours and expanded the offerings of the store.

NEW SERVICES

Ritchies IGA have installed self-serve check outs for your convenience to reduce the line ups at busy times and it has made a big difference to the busy after school and Saturday morning rush.

If you want to keep up with the latest news and events at Wellington Village, follow us on Facebook.



WELLINGTON VILLAGE

Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville

f wellingtonvillage.com.au

Combined Probus Club of Knox

September was a month for members of our Probus group to enjoy literature, theatre shows, fine dining & holidaying in Victoria.

The guest speaker at our September meeting was Bill Robertson, who talked to us about his latest detective/ mystery book, 'Fox'. Last year he visited and told us about his first book 'No Witness No Case'. He sold a large number of copies and this time a similar significant number of our members purchased the latest novel. It was also nice to see that the book was published in Melbourne by Brolga and also printed in Australia.

We are fortunate in Melbourne to be able to enjoy theatre of a high standard, whether it is in the CBD or the many local amateur productions. Members travelled into the



Members Enjoying The Lindos Restaurant Food

City and thoroughly enjoyed the musical production of the Roald Dahl book, 'Matilda' at the Princess Theatre. Later in the month another group went to the Regent Theatre and saw the 'Queen' story come to life in 'We Will Rock You'.

For a change, our Sup & Sip lunch venue, Lindos, was a lot closer than some of our more recent venues, just up the road in Ringwood. We enjoyed a long tapas style lunch ranging from homemade dips to mussels, arancini balls to

kebabs and calamari, plus many more delights along the way, culminating in a delicious variety of cakes. Another magnificent lunch with a great bunch of people, enhanced with much good conversation, laughter and the occasional glass of wine...

What a wonderful selection of delicious food enjoyed with great company.

At the end of September, 19 members will be going by bus on a 5 day trip to Echuca. Visits will be made to the Dancing Emus, Pippin Heritage Museum, Charlie Carp Factory, Spanner Man at Boort, Great Aussie Beer Shed, and Confectionery Capers. There will be a luncheon cruise on the P.S. Emmylou and tours to the surrounding towns.

On Thursday 27th October we will be visiting Maureen and Paul Lucas's beautiful 'award winning' garden in Rowville, which will no doubt be a very informative and interesting afternoon, come rain or shine.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Our next meeting will be on 4th October at 10am when the speaker will be Evan Thomas from the CFA talking about home safety.

Val Eldridge



Melbourne Model Engineering Exhibition

The Model Engineering Exhibition is coming back to Rowville on the 15th and 16th October after a 22 year absence. The exhibition was originally held at the Community Centre, but after two years it out grew the space and moved to the Monash University Engineering Halls. Due to civil works at the University the venue is now unavailable so it is moving to the Sports Precinct at the Rowville Secondary College, Eastern Campus in Humphreys Way.

The exhibition is the largest of its kind in Australia, where visitors will be able to see many forms of model engineering disciplines, including motive power and Meccano, plus electronic and mechanical devices. Reproductions of bridges, civil constructions and devices will be on show with the emphasis on experimental builds. Horology and scientific instruments are catered for and are fascinating to watch. Modern manufacturing methods are alive and well, including electro-mechanical devices such as 3D printing which are engrossing as well as serving a very useful purpose.

School children of all ages will gain an insight into what makes the world tick, as they view and learn the history of how and why machinery, much of which is taken for granted today, was invented in the first place. Hopefully it will inspire students to pursue a career in engineering.

Owing to the complexity of this type of exhibition, which involves creating an experimental piece in a scaled down version, they cannot be held on an annual basis, so this is an opportunity not to be missed. Most exhibits will be operating indoors but, weather permitting, there will be some flying on the oval.

The onsite café will be open during the exhibition so come along, enjoy the many exhibits and take the opportunity to talk to the exhibitors.

The doors open at 10am each day and close at 5pm (4pm Sunday). Entry is \$10 for students and seniors, \$15 for adults and \$30 for a family ticket (2 adults and 2 children). For all enquiries contact the convenor Reg on 9758 3514.

Reg Murton

Probus Knoxfield Ladies



Marion And Elizabeth Enjoying A Meal Together

Earlier this year, some of our members attended a live performance of Channel 2's Q & A program at the Docklands studio. It was a very interesting program with

Tanya Plibersek, Steve Price and Derryn Hinch as part of the panel, especially as the Federal Election had been held the Saturday previously. We all enjoyed the cut and thrust of the (at times) passionate discussion. Our member Marion Burles (pictured left) was chosen to ask her question to Derryn Hinch, which added to our interest.

Last month a small party of our members attended Millionaire Hot Seat for a free day's taping. Pictured right is Elizabeth Tainton who arranged the outing. It was lucky that one of the shows taped that day was the first ever Million Dollar win which was very exciting for the audience as well of course, for the winner. The audience is treated well, given refreshments, entertained and informed and also participates in prize giving; in fact one of our members came home \$100 richer. We are looking forward to another visit next year. These outings were extra to our once a month meeting at Waverley Golf Club, and our much anticipated monthly days out.

Knoxfield Ladies Probus Club warmly welcomes new members. If you are a lady of 55 years plus, please contact Val on 9763 6175 or Bev on 9753 3224 for further details.

Bev Bishop

Your Local One-Stop Maintenance Shop

Promech

AUTOMOTIVE SERVICES
Pty Ltd

Specialising In:

- ◆ Fuel Injection, Electronic Ignition & LPG
- ◆ Servicing, Repairs & Tuning
- ◆ Current & Older Model Repairs & Servicing
- ◆ Pre-Purchase Inspections
- ◆ Roadworthy Certificates
- ◆ All Work Guaranteed

MAJOR & MINOR SERVICES

Includes Lubrication Service, Electronic Tune, Suspension and Brake Inspection and Adjustment, Safety Check & Written Report. Complimentary Car Wash (Subject to Water Restrictions)

We Accept EFTPOS, Major Credit Cards & Motorpass

FREE
Pick up & Delivery within 10 km

VACC
Approved AUTOMOBILE REPAIRER

vicroads
Registered Child Restraint Fitter

ALFA
Accredited LPG Repairer

Ph: 9764 8102

Factory 3/11 Laser Drive, Rowville

ROWVILLE PICTURE FRAMING

12/3 HI-TECH PLACE
ROWVILLE
(OFF LASER DRIVE)

FOOTBALL & SPORTING MEMORABILIA, PHOTO'S, ARTWORK, POSTERS, TAPESTRIES & NEEDLEWORK, WAR MEDALS - YOU NAME IT!

WEDNESDAY TO SATURDAY
9 AM TO 5 PM

9763 0069

www.rowvilleframing.com.au



Rowville Toastmasters



Jackson Scott, Manoj Nagpurkar and Kellie Girling are welcomed into the Rowville Toastmasters Club

Brave new members at Rowville Toastmasters Club

It takes a certain amount of courage to come to your first Toastmasters meeting. Many of us are terrified by the thought of being asked to stand up and say something to a whole room of strangers. Yet, people all around the world are voluntarily showing up to public speaking clubs each fortnight.

Why?

At a recent meeting, three new members were inducted into the club – Jackson, Kelly and Manoj. Their reasons for arriving at the club are strikingly different.

Jackson's father is a member of Rowville Toastmasters Club and encouraged him to join in order to gain confidence. At his induction he thanked his father for bringing him.

Kelly had noticed some friends increasing their speaking skills, attributing this to their own local Toastmasters Clubs and so had investigated Rowville Toastmasters.

Manouj was already a confident and well-spoken person before arriving in Australia. His boss had noticed this and recommended he sharpen his skills by joining Toastmasters. It took 16 years and a change of country, but finally he came to visit Rowville Toastmasters and decided to join!

Often guests to Rowville Toastmasters explain that they want to gain more experience with speaking in order to feel confident at work. Often people learning English come to hear Australian English spoken and to increase their fluency. All of us come to conquer social discomfort or "nerves" and to learn to express ourselves in a cohesive and engaging way.

If you are interested in taking a look at your local Toastmasters Club, you are welcome to come to a meeting free of charge and free of obligation. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

Louise Horgen, Vice President Public Relations



New Fire Truck Makes Rowville Safer



Rowville and surrounding communities will be safer thanks to the delivery of a state-of-the-art fire truck to Rowville Fire Brigade. The 2.4C medium tanker is a versatile four-wheel-drive truck capable of carrying 2350 litres of water which is ideal in fighting grass and scrub fires. It is also able to connect to urban fire hydrants and act as a pumper truck for structure fires. The truck's delivery is the culmination of months of hard work by brigade members, raising more than \$50,000 from the community to purchase the vehicle. The remaining \$310,000 was funded by CFA and the Victorian Government Volunteer Emergency Service Equipment Program (VESEP).

District 13 Operations Manager Dave Renkin said the new truck would be well utilised in an area where the bush meets the suburbs with 12,500 dwellings and 37,500 residents. "The medium tanker is perfectly suited to the area Rowville Fire Brigade protects; suburban Melbourne which includes large residential and industrial areas, three major shopping centres, three retirement villages, two high schools, five primary schools and four golf clubs. It also backs onto large areas of grass and bushland, particularly around Lysterfield. Rowville is a glowing example of how integration, where staff and volunteers work together at incidents and emergencies, has brought the highest level of community safety to the community. Rowville and the surrounding area has seen significant growth, particularly over the past 20 years. Integration has ensured the brigade can meet the increasing community demands now and into the future,"

Mr Renkin said.

The brigade relocated to its current home in 2014 and took on career firefighters to support the volunteers who had provided 70 years of outstanding service. The truck will be predominantly operated by volunteer members of the brigade, continuing a strong partnership with career staff in responding to more than 300 incidents every year.

"The residents of Rowville and the surrounding communities can be rightly proud of their brigade and thanks to their generosity, this can only become stronger," said Mr Renkin.

Darren Kerrison Community Safety Manager

THANKYOU!

To the residents of Taylor Ward for re-electing me unopposed as your Councillor



You can place your trust in me, as a 'safe pair of hands' and a 'voice of reason' to keep Knox Council on a steady course to continue to get things done for our community!

Cr Darren Pearce
Taylor Ward Councillor
Knox City Council



Spring

Knox Mental Health Help Card

Leading up to Mental Health Week (9-15 October), Knox Council has launched an innovative new help card for people experiencing mental health issues.

The Knox Mental Health Help Card provides key information and contact details for people seeking mental health and related support services in Knox.

Knox Council CEO, Tony Doyle, said the handy pocket-sized card will provide a useful point of reference for people experiencing mental health issues, their friends and family, and make it easier to find a range of services. "Each year, around one in every five Australians will experience some form of mental illness, and just knowing who to turn to for advice and support can be daunting," Mr Doyle said. "The Knox Mental Health Help Card is designed especially to help people navigate the system, so that they can find support services, when and where it's needed."

Clinical Psychologist, Dr. Christie Sproat, said the Knox Mental Health Help Card will also benefit health professionals whilst Carer representative, Carmella Ciavarella, added that the help card will assist carers to find appropriate, professional support for their friends and family.

The cards will be available on Council's website, www.knox.vic.gov.au



knox.vic.gov.au or you can get a copy from Council's Customer Service Centre as well as from community facilities including libraries, neighbourhood houses and community spaces.

For further information, please contact Council's Community Safety and Development team on 9298 8000

Cake Decorators Association of Victoria Rowville Branch



Our next workshop is to be held on Sunday 16th October and Madeleine Stuart will be teaching us how to make a Christmas theme plaque for your Christmas cake. Please ring one of the contacts below to find out what the requirements are for this project.

Our last workshop for the year will be held on November 27th. Details of our normal workshop's venue, dates and

times can be found in "What's On Locally" on page 2. Workshops start at 10am and normally close at 3pm. There is a small charge for non-members of \$15, whilst members enjoy a discounted price of \$10. Our next workshop, like all our monthly gatherings, is a BYO lunch.

For all bookings and enquiries, phone Jean on 9763 1702 or Velma on 5998 4067.

Velma Brown, Branch Secretary

Editor's Note:- As this is the last article from the retiring Velma, I can't let the occasion pass without saying how very much we appreciate her efforts to inform the local community of the activities of the Cake Decorator ladies over the last five years. May you have a long and enjoyable retirement.

All Aboard on Melbourne's Newest Dining Experience

Melbourne's newest foodie experience is full steam ahead with the launch of Puffing Billy Railway's 'Steam & Cuisine After Dark' dining experience.

Departing from October, 'Steam & Cuisine After Dark' turns the lights out on the popular luncheon services, adding a little spice to the old world flare.

Passengers arriving for the unique dining experience will be instantly transported to an era when 'first class' really meant something special. Both the Belgrave Station and first class dining carriages have been meticulously restored to glow in old world charm and detail.

Live music, white tablecloths and grand finishes, create the ambience expected from the lavish early 1900's. Included in the fare is a delicious three course pre-ordered dinner, served throughout the three-hour journey. An assortment of locally made wines and boutique beers are available to complement your selection, with live music adding to the atmosphere.

Puffing Billy Marketing Manager, Nadine Hutchins said it is a real thrill to add the Steam & Cuisine After Dark product to its range of evening dining experiences. "It is a totally different experience, with the lights of the train and the magic of the evening sky providing a new way of enjoying the beautiful Dandenong Ranges," Ms. Hutchins said. "Fortunate passengers will catch a glimpse of a spectacular sunset, transforming the grey trunks of the Mountain Ash trees into a sea of bright orange and red. The night lights on the train, interrupted by puffs of steam, open a window into the nocturnal world of the region's temperate rainforest."

Steam & Cuisine's first After Dark service departs Belgrave Station on Saturday 22 October 2016 and costs \$99 per passenger (excluding drinks).

For more information and to book, visit the Puffing Billy website at www.puffingbilly.com.au

Hate Gyms You'll love Aliento!

Health and wellbeing without jumping, jolting or heavy lifting. Work smarter, not harder!

After having back surgery a few years ago I have struggled to find a form of exercise that is low impact, allows me to strengthen my core, increases my heart rate and satisfies me mentally and physically. After only 20 sessions my back is stronger than it has been in years, I have lost 38cm and my body shape has become more defined and toned. You are able to work at your own pace, increasing or decreasing your activity as you need to and the staff and other members are incredibly friendly and helpful. The benefits to my health have been amazing and I am now able to do things that previously my back would not have been able to cope with. I feel like a new person!

Meredith, Wantirna

Regardless of age, weight or current condition, you'll see results in weeks not months.

Aliento's easy to use toning equipment;

- Firms & flattens the tummy
- Slims the waist, hips and legs
- Strengthens core muscles
- Reduces stiffness and pain
- Improves posture
- Aids in weight reduction
- Increases flexibility and mobility
- Improves circulation
- Alleviates stress and tension
- Improves sleep patterns

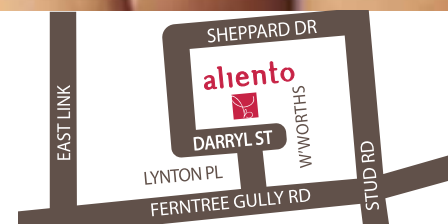
Review over 140 other success stories at www.aliento.com.au



P: 9764 1110
7A Darryl Street, Scoresby, 3179
E: info@aliento.com.au
W: www.aliento.com.au

OPENING HOURS

Mon - Thur 6.30am - 8.00pm
Friday 6.30am - 7.30pm
Saturday 8.00am - 3.00pm



Slip into Spring
10 days for
\$10
until Monday
31 October



Stud Park Performance!



The Rowville Secondary College's music ensembles performed at Stud Park Shopping Centre and Peppertree Hill Retirement Village across two huge days in September.

"It is days like this that bring the local community together and many of the audience members at both events remarked at how wonderful it is that young people today have the opportunity to be involved in community events and to show pride in their school," Bands and Instrumental Music Director Patrick Thomson said.

In what has grown to become a community favourite, now in its second year, the shopping centre performance showcased the College's high standard of talent in the music program, according to Thomson "The entertainment included performances from the school's choir, concert bands, stage bands, and string group," he said. "This is the second year that the event has run and many onlookers were extremely impressed by the talent of the students and the high standard of each ensemble."

Three VCAL music students spearheaded the Peppertree Hill performance for the choir and string group, followed by a morning tea, which Thomson says galvanised the local community.

"It is days like this that bring the local community together and many of the audience members at both events remarked at how wonderful it is that young people today have the opportunity to be involved in community events and to show pride in their school.

"Well done to everyone involved."



Image taken upwards to eliminate distracting background.

Paul's Photography Patter

In the excitement of taking a lovely photo it is important to take just a few seconds to think what might improve the image. With practise it really does take only a moment, but can be the decision that results in a great photo rather than just an average one.

The process I go through is:

What compositional technique do I want to use?

Will I centre the subject in the frame or place the main point of interest off centre using the 'Rule of Thirds'? From what vantage point will I photograph the subject; straight on, from up above looking down, or down low looking up? How does this vantage point influence the impact of the subject (looking down on someone makes them look more vulnerable, for example).

How do I want the viewer to feel about the image?

What emotion will the image evoke, and why? The image may have a blue colour-cast, to invoke coolness, or vibrant, warm colours that will make the viewer warm and happy. Will the composition technique you employ enhance this feeling?

If the image is photographed from above looking down, the viewer will feel more powerful where the subject will look more vulnerable. It is the opposite if the photograph has been taken from down low looking up.

What elements including background will I include in the frame?

Do I want the frame clear of any distractions or do I want to include extra background elements? Will these elements add context to the subject, or will they clutter the frame and distract from the subject?

What is the light like?

Is the light hard or soft? What direction is it coming from? This will influence the shape and form of a subject, as well as its colour. For example, if a subject is backlit, this can create a silhouette.

HINT: Get the habit of spending a few seconds to consider the above factors to enhance the photo you are about to take.

Happy snapping, Paul Lucas



No Ordinary Life Positive Ageing in Knox

With Cr Nicole Seymour

No excuses, it's time to get out and about.

October is a wonderful time here in Rowville. Trees are returning to their vibrant shades of green and flowers are in full bloom. Especially pretty are the many blossom trees dotted through our streets.

With the warmer spring weather and sunshine, October is

the perfect month to get out and about and try new things. Several of our local parks have been upgraded since last summer, with excellent path networks installed. This means taking a leisurely walk has never been more accessible and for those with grandchildren you have hours of free entertainment right in your neighbourhood.

In addition to enjoying the public open spaces around your home this October, you may be interested in many of the planned activities Council has on offer this month. The Knox Seniors festival runs from the 3rd October through to the 29th October. During this time there are over 100 events being held across Knox most of which are low cost or no cost. The events range from activities to get you moving to those that are informative and cultural experiences. There is something for everyone.

Seniors festival events are a great way to break the bonds of boredom and loneliness. Last year I met a lovely lady from Wantirna at one of the morning melodies events. Her husband had died a few months earlier, her children lived

interstate and many of her close friends had also died over recent years. She told me how happy she was to be able to attend the morning melodies and to be able to enjoy the company of others where people valued companionship in a safe non intimidating environment.

Also on October 16th & 17th is the Stringybark Festival here in Rowville. Stringybark is a sustainability festival that aims to create opportunity to consider the many aspects and benefits of sustainable living. There are many fantastic exhibits, community stalls, hands on activities and performances which I believe would be of interest to you. Stringybark is a great festival for grandparents to share the experience with grandchildren. There are so many opportunities to talk about how things were in days long gone compared with our consumer driven modern society.

Wishing you days of warm sunshine to put a spring in your step,

Kind Regards, *Cr Nicole Seymour*. Tirhatuan Ward

Vote **1** Cr Nicole SEYMOUR

Re-elect your Tirhatuan Ward Councillor
Knox Council Election: 22nd October 2016

0423 809 509

tirhatuan2016@gmail.com

f Cr Nicole Seymour



Authorised by N Considine, 5 Nattai Crt, Rowville



Eastern Community Legal Service

Eastern Community Legal Centre was pleased to welcome Sonia Vignjevic to the team in July, as the Centre's first Director of Partnerships and Community Development. Sonia joins ECLC with over 15 years' management experience and a strong background in community development and multicultural work. Of her appointment, Sonia says, "I am excited to have joined such an amazing organisation whose foundation and values are cemented in social justice. I am looking forward to building on existing partnerships and developing new ones." Sonia has driven dynamic national projects and initiatives in her past roles as Acting CEO at South East Community Links, National Manager of Community Migration Programs at Australian Red Cross, and Manager of Settlement and Migrant Services at Spectrum Migrant Resource Centre. Alongside her role at ECLC, Sonia will continue to serve as a Commissioner with the Victorian Multicultural Commission.



year. People aged over 50 accounted for 34% of those clients. ECLC's Tenancy Advocates found that 42% of clients sought help due to rent arrears or 'notice to vacate' based on rent arrears. A number of clients approached ECLC to break their lease due to difficulties affording rent. By working closely with a range of housing services, ECLC was able to secure financial support and assist many clients in retaining their tenancy. Of 27 clients assisted to go to VCAT through this period, 25 were successful in their claims – an extraordinary 92% success rate.

ECLC is now exploring opportunities to deliver tenancy rights education to people living in Melbourne's east, as the Centre has identified that landlords and agents often rely a lack of awareness to illegally pass costs onto tenants

Legal Health Check for Older People

Many older people live healthy, vibrant and connected lives and continue to make a strong contribution to the community. Others, however, might be isolated and vulnerable. They might be experiencing everyday life problems that they don't

know how to fix, and with no-one to turn to. We all know that problems don't just go away, they often get worse. This combined with stress and worry can affect our health, wellbeing and quality of life.

We're all familiar with 'An apple a day, keeps the doctor away'. Well, here at ECLC, we've come up with another saying that we'd like you to think about ... 'A legal health check today, keeps the worries away'

Try this quick quiz about common legal problems that can

affect people in the later stages of life:

- Are you having difficulties talking with your neighbour about damaged fencing or problems with overhanging branches?
- Are you having trouble dealing with an insurance company following a car accident?
- Have you signed a contract that you are uncertain about?
- Have you been unable to see your grandchildren since their parents separated?
- Are you worried about who will make financial, medical and lifestyle decisions for you should you lose the ability to decide for yourself?
- Are you thinking about what will be done with your estate when you die?
- Are you thinking about selling your house and moving in permanently with family, but worried about it 'not working out'?
- Are you experiencing violent, threatening or controlling behaviour by someone you know and trust?

If you have answered 'yes' to any of the above questions, or you are unsure about one or more of these problems, please call us on (03) 9762 6235 to find out what help is available.

ECLC can provide you with free legal information and confidential advice. Our community lawyers and advocates "act on your instructions" only. This means that they will only do what you tell them to do. So talking to us doesn't mean you have to take any action straight away. You decide your next steps, and you can take them when you are ready.

And if we're not the right service for you, we will definitely refer you to someone else who can help.

Remember, act early and brush those worries away!

Phone: 9762 6235

ECLC Tenancy Advice and Advocacy

A recent report on ECLC's Tenancy Advice and Advocacy Program (TAAP) highlighted a number of successes and opportunities to strengthen the service. The TAAP assisted 128 clients between January and June this

BOYD
Academy of Dance
Welcomes New Students...
We offer RAD ballet, Contemporary, Hip Hop, Jazz, Funk, Musical Theatre, Kinder Song & Dance, and **BOYS ONLY CLASSES.**



Boyd, where dance comes from the heart!

www.boydacademyofdance.com.au
Unit 1/18 Laser Dve, Rowville
9764 1119
Email: inquiry@boyddance.com.au

WALKING THE NEWS AUGUST 2016 Distribution Report

Voluntary Positions

Can you or do you know someone who can be a distributor in the following areas?

- *3A-02 - Pia Dr (Trisha to Sheridan), Suzana Place, Edmond Court – 86 papers
- *3A-08 - Heany Park Rd (even #'s 24 to 30), Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Providence Pl – 72 papers
- *3A-15 - Quail Way (even #'s 4 to 26; odd #'s 3 to 45), Goldfinch Pl, Whipbird Ct – 60 papers
- *3A-18 - Quail Way (odd #'s 73 to 101), Montague Ct, Cleveland Ct, Glenn Ct, Ian Ct, Nicole Ct, Dani Ct, Sheridan Ave, Pia Dv (even #'s 68 to 80; odd #'s 69 to 77) – 125 papers
- *3A-22 - Quail Way (even #'s 28 to 88; odd #'s 47 to 69), Harwood Ct, Chatsworth Ct – 60 papers
- *3A-23 - Devira Ct, Robina Ct, Liberty Av (odd #'s 1 to 37), Westminster Dr (odd #'s 17 to 65) – 57 papers

- *3A-24 - Lesay Ct, Liberty Av (odd #'s 41 to 57), Westminster Dr (even #'s 24 to 60) – 40 papers
- *3B-08 - Salerno Way (except 2 houses), Brearley Ct, Ferrier Ct & Whitton Ct – 75 papers
- *3B-10 - Cromwell Dr (except 2 houses), Forsyth Pl, Stepney Ct, Spalding Ct, Pennell Ct, Pimelia Ct, Wolseley Place, Lodge Cl, Sage Pl, Halsbury Dr (4 houses) – 114 papers.

Please contact – Shirley Oudshoorn – 9764 4672

- *4C-03 - Colorado Cr (except #'s 2, 7 & 70) - (2 papers for 28 Colorado Cr), Wannon Crt, Coliban Close – 67 papers
- *5A-03 - Trevena Close, Gath Court, Karoo Road (even #'s 2 to 30) – 44 papers

- *5A-04 - Wedge Cr, Karoo Road (odd #'s 7 to 21) – 49 papers

- *5B-04 - Sovereign Manors Crescent - (130 papers

Please contact – Peter Rumble – 9752 7592

1 x Area Contact Person (ACP) - who liaises between the distributors and the Distribution Co-ordinator.

Area 1 – This is the Timbertop Dr and Seebeck Rd Estates. 1 x Captain (CAP) – who counts and delivers the bundles of papers to the distributors

Area 3B – This area is border by Bergins Rd, Whitecliffe Dr / Liviana Dr / Trisha Dr / Clauscen Dr & Wellington Rd.

Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator



We've got a new home

Rowville **Community Bank**® Branch has moved to Shop G7, The Corner, 1090 Wellington Road, phone 9755 8611.

Our new branch is filled with every comfort and convenience and you'll still experience our full range of banking products and services, genuine service and friendly team.

Bendigo and Adelaide Bank Limited. ABN 11 068 049 178. AFSL 237879. S40200AR (265483_v1) (6/08/2015)

Rowville **Community Bank**® Branch



Red Hat Society

A Federation Square lunch and a shopping expedition was a great day out for 7 Red Hatters, who recently braved the cold Melbourne weather and enjoyed a shopping opportunity around the City arcades. Dressed in our Red Hats and Purple clothes, fun and friendship was the order of the day. Two of our Red Hatters have recently returned from the annual Red Hat Convention in the USA. They had a wonderful time meeting other Red Hatters from around the world, ladies who are enjoying all Red Hatting has to offer. Here is a snippet from what one of the girls had to report

"Texas was really hot, but the Texans themselves are just gorgeous. We had the best fun, and Texan hospitality is truly warm and welcoming. A great experience".

Another two of our Red Hatters recently returned from a Red Hat Convention on Norfolk Island. It is a beautiful part of the world, where they both enjoyed meeting new people, sharing Red Hat events and touring the Island. We are a very versatile group and we warmly invite you to join us, have fun, enjoy meeting new people and explore new opportunities. Call Gilly on 0408 801 624 if you are interested in coming along to one of our events.

"Talk like a Pirate day", at Knox City, a high Tea and



Photo right: Fun Times On Norfolk Island
Photo above: Off For A Fun Day In The City

also a trip to Peninsular Springs are some of our upcoming events. Come, join us, a Red Hat, Purple clothes, a great attitude and we guarantee the laughs, fun and friendship.

Gillian George



Letter to the Editor

Re – Nathaniel Atem

In the 'Memory Lane' article last month, you asked what happened to Nathaniel after he left Rowville.

Nathaniel is now an ordained minister. His recent ordination was conducted at the Springvale Uniting Church in front of approximately 300+ of the congregation!

He and his family have now moved to Orbost where has taken up his position as minister at the local Uniting Church.

Janet Soo

Origins of Words & Phrases

"Pressed For An Answer"

Horribly, people used to have heavy weights loaded onto their chests in an effort to squeeze a confession out of them at any interrogation. Quite literally 'pressed for an answer'.

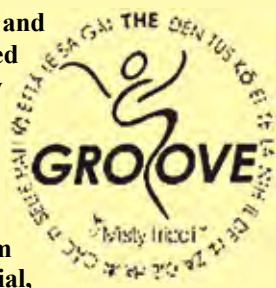
GROOVE Dance Classes "United & Unique"

GROOVE is a fun, funky and rhythmical dance class, suited for everybody. NO fancy steps, just really simple moves and you get to dance them in your OWN way!

Held on Saturdays
Rowville Uniting Church from
11am-12pm. Bookings essential,
call Rebecca 0419 899 867.

For more information:

www.theworldgroovemovement.com/australia
or www.facebook.com/rebeccakatejones



Save time, money and effort with Aussie Knox and Rowville.

Best of all our appointment is free!

Nari Khera
Franchisee

Aussie Rowville
Shop 35A, Stud Park Shopping Centre, Rowville VIC 3178
03 8740 1818 or 0409 786 121
aussie.com.au/rowville
rowville@aussie.com.au

Aussie Knox
Studfield Shops, 249 Stud Rd, Wantirna VIC 3152
03 9887 4088 or 0409 786 121
aussie.com.au/knox
knox@aussie.com.au

NOW OPEN!
Aussie Knox City

Shop 1057 (next to Flight Centre)
Westfield Shopping Centre
425 Burwood Highway
Wantirna 3152
Ph: 03 9887 4088

It's Smart to Ask for a Second Opinion

Aussie is a trade mark of AHL Investments Pty Ltd. Aussie is a partly-owned subsidiary of the Commonwealth Bank of Australia. ABN 48 123 123 124 AFSL and Australian Credit Licence 234945. © 2014 AHL Investments Pty Ltd ABN 27 105 265 861 Australian Credit Licence 246786.

Rowville Community Library

October

"Feeding the minds of our community..."
Sponsored by Cr Darren Pearce



History snippets of Rowville & District: Members of the Knox Historical Society will present this session on **Thursday 13 October** from 1-3pm. Please take advantage of this opportunity and book in. **9800 6443**

New group. Family Circle: Join us for complimentary health and wellness sessions at the Rowville Library Family Circle in conjunction with local community partner Rise Health Group "Your Health Care Partner for Life". On the **second Monday** of the month at **1pm** we will present relevant topics for families to help with: nutrition, lifestyle, injury prevention and treatment, exercise and wellbeing. The first will be held on **10 October**. For more information and to book in call **Rowville Library 9800 6443!**

New Group. Italian Chat: have you learnt, or are you learning, Italian and want to practice? Sessions will be held on the second **Wednesday** of the month at **2pm**. We have our Italian speaking librarian who will lead this session so that you can practice your Italian (not a class). Next session will be held on **12 October**.



Buying on eBay for seniors:

Book now for this session to be held at **2pm** on **Thursday 20 October** by phone on 98006443 or online at www.yourlibrary.com.au

Useful apps – there's an app for everything! This session will be held at **2pm** on **Thursday 27 October**. Bring your device. Free. Bookings essential.

Gardening @ Rowville: Will have their meeting on **Tuesday 11 October at 10.30am**. The group will meet monthly on the 2nd Tuesday of the month. Come along to this meeting and put forward your ideas for activities, speakers etc. Free sessions. All welcome. For further information phone 9800 6443

Simply Stitching: will be held weekly on **Wednesdays** from **9.30am**. This is a 'bring your craft session' which anyone can attend. Phone 9800 6443. All will be made welcome. Refreshments provided.

Welsh Language Group: join us on the 1st and 3rd Sundays of the month from 1-4pm to learn Welsh! What a great opportunity to learn such an interesting language. Just come along. It's free!

Tech Help: On **Tuesday** and **Wednesday** mornings a tutor is available from 10am to assist people to use the computers (ours or yours!). Tutors are able to help with Internet, iPads, tablets, Email, Facebook, Office and now **mobile phone** usage. Everyone is welcome. The sessions are free. Do you need help to set margins, attachments for emails, access online services, etc? This is for you! Includes help with eBooks and eMagazines.

Afternoon Bookchat! Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. Next meeting will be on **Monday 3 October** at 2pm.

Book Clubs: There are three book clubs running in the library which each meet once per month - Friday evening, Thursday evening or Tuesday afternoon. Interested? ... Ring Rose 9800 6439. Total cost is \$36 per person for 2016.

Ask our Expert, including Family History Help: Rowville Library offer **FREE** one-on-one assistance, but first please telephone 9800 6443 for a time to ensure staff availability. Charles can assist with a range of research options based on years of experience!

eBooks and eAudiobooks: We now have Borrow Books (in addition to Overdrive) where you can borrow from a wider choice of Australian and eAudiobook titles. Not set up for eBooks? We can help. Make a One on One eHelp appointment now! **One-on-one eHelp:** Ask an eLibrarian - Book a 45 minute one-on-one session to help you use library services on your eDevice while connected to the library's Wi-Fi... Sessions are available in Italian. Bookings are essential.

Rowville Writers' Group: Next workshop will be **4 October** and the meeting on **Tues 25 October**, both at 1pm.

Home Library Services: for free book deliveries please ask to speak to Rose or Raelene on 9800 6443.

Chinese Friendship Group: This group meets at the library weekly on **Thursdays at 10.30am**.

Children's Activities:

List of regular storytimes held during school terms:
Bookings are not required.

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

Wednesday 10.30am Toddlers storytime (age 1 – 3) and **2pm** Tiny Tots storytime (age 0 – 12 months)

Saturday 10.30am (excluding summer holidays). A special family storytime will be held every Saturday morning at 10.30am. Come along with friends and family to join the children for this one hour session! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Everyone is welcome. This is a free event. No bookings required.

Bedtime storytime is held on first **Friday** of the month at **7pm**. This month the session will be held on **7 September**. **Are you a member of the Rowville Community Library?** Joining is easier than you think....all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free. Normal **opening hours** are Mondays to Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 9-4 and Sundays 1–4.

Details about the library service are available from our website at www.ert.vic.gov.au, and you can even join on-line.

Rose Thompson, Manager – Rowville Community Library
9800 6443



The Longing by Candice Bruce

Set in Victoria's Western District in the 1840s, this historical novel tells the story of two women, Ellis and Louisa.

Ellis MacRorie emigrates to marry landowner Alexander, who she believes she will grow to love in time. Ellis is not a particularly social person, and becomes even less so with the isolation of station life at Strathcarron. When Hart, a travelling artist, visits she feels attracted to him, but is devastated when he leaves to continue his travels. Using the excuse of a 'portrait sitting', she goes to Melbourne to explore her feelings for him, but with disastrous consequences.

Louisa is an Aboriginal woman who comes to work at the station and is of great comfort to Ellis over the years. She had survived a massacre of her tribe by crossing a lake carrying her daughter. She was separated from this daughter but had another to one of several white men who raped her before she came to Strathcarron. Louisa is also an artist, depicting her story and her country. She retains the links of the past from her mother and her mother's mother, which are of great significance to her.

Cornelia is a modern day art curator, researching the history of the artist Hart. While visiting Strathcarron, she stumbles upon the previously unknown artist, Louisa.

This is a book rich in longing, in the search for love, country and belonging. I particularly found the story of Louisa both moving and profound. Well worth a read.

Rose Thompson, Rowville Library

Can You Believe It?

Canada will consider scrapping an old provincial law that offers hunters a bounty for Indian scalps, after complaints by native groups. The Nova Scotia Government has asked Ottawa to confirm that the 1756 law is no longer in effect.

Let's talk about the **KNOX** difference!

OUTSTANDING 2016

NAPLAN Results



The Knox School
CO-EDUCATIONAL | ELC TO VCE

Ph: 8805 3800
www.knox.vic.edu.au

See our website for all
results and to book a tour



STATE Year 3 numeracy results

The Adventures of Errol

by Peter Gray

Errol was floating outside the vessel. He was thinking back to all the things he had accomplished in his life. Like the time when he was fourteen years old and set out to make a model aeroplane. With the balsawood laid out and scalpel in hand he made a swift cut and sliced the top off his finger. Ah yes, he was a good modeller.

Aircraft and flying were always a passion for Errol. At the age of eighteen he decided to take flying lessons. He was taught some basic aeroplane maintenance and sent out to the hanger to perform some basic checks. An air compressor to check the tyre pressures was next to the plane's wheel. Somebody had fiddled with the pressure regulator and it was sitting at its maximum pressure. Errol knew how to check tyre pressures because he had done it on his father's car. Without looking at the pressure gauge he affixed the hose to the tyre valve and pressed the trigger. Almost instantly there was an almighty explosion as the tyre blew apart throwing pieces of rubber everywhere. Errol was thrown backwards, hitting the airspeed pilot tube on the wing and breaking it off. It was suggested that he look elsewhere to complete his training. Ah yes, he was a good maintenance mechanic.

Errol was an exemplary academic student. While at university he excelled in mathematics, physics and other sciences. On completing his master's degree he applied and was accepted into the US air force as a science graduate specialising in space travel research and development. To Errol space travel was the ultimate flying experience. Errol failed to mention his previous experience while learning to fly. In his role he was requested to fly to various locations around the USA. Travel was always by transport planes such as Hercules C130. He wasn't a good traveller but managed to keep his motion sickness under control on these flights. A mission to restock the International Space Station was aborted due to a technical hitch. Errol was rushed to the launch site to make some critical corrections. Because the launch window for the mission was fast closing there was no time to take a transport plane so he was strapped into a F18 fighter plane. The g-forces in a F18 are extreme and Errol was not acclimatised. As the plane thundered down the runway Errol felt his stomach drop. This was much worse than any roller coaster. The pilot made a violent turn left to adjust his flight path. The g-forces were enormous and Errol blacked out. This was the first of the six times that happened during the flight. During the times that he was conscious he managed to fill the sick bag. Ah yes, he was a good co-pilot.

Sometime later Errol's technical ability was called upon to help assemble some extremely sensitive equipment that was to be installed in a communication satellite. The area



in which the equipment had to be installed was very tight. Not only was Errol a technical genius he was also slightly built, in fact he was the smallest technician working on the project. Errol was the only person who could reach inside the structure to fasten the new equipment in place within the subassembly. He was working leaning over the framework down low in the assembly. All went well for the first couple of hours until his hands began to tire from working in such a restricted space. His hand cramped up and he dropped the meter he was using to check electronic connections. The meter settled just centimetres beyond his reach. He strained to reach over the substructure, overbalanced and fell head first into the structure. Errol was stuck firm and his colleagues couldn't free him. The equipment had to be dismantled to get him out. Ah yes, he was good assembly technician.

Some of the older equipment on the space station was due for replacement. Errol was the most logical person to do the job. He was delighted to be chosen to go into space. This was a dream come true. He tackled his astronaut training with vigour. The launch and docking went off in textbook fashion. Soon Errol was suited up for his first space walk to replace the obsolete equipment. With the new equipment tethered to him he prepared to leave the vessel. As he stepped out into space he marvelled at the vista, the earth, a bright blue sphere, peering out from behind the glistening white space station. It was surreal and way beyond his expectations. Then he suddenly realised he was floating away. In his enthusiasm he had forgotten to tether himself to the vessel. He scrambled to grab hold of the hatch; it was just out of reach of his fingertips. He frantically tried a swimming motion to get back. He jettisoned the equipment. Nothing helped. As the space station slowly receded into the distance he reflected on his accomplishments. Ah yes, he was a good modeller, maintenance mechanic, co-pilot, assembly technician and astronaut.

Memory Lane October 2011

The **Rotary Club of Rowville Lysterfield** had the highly successful AFL coach **Tom Hafey** as their guest speaker at their 5th Business Breakfast. Tom coached 10 grand final teams and won four of them. Were you at the breakfast?

Life Activities Club Knox celebrated their 24th birthday and had their photograph taken outside Luna Park. Who was in that photo?

Former RSC student and then Arts Artistic Director, **Nicole Chamoun** was featured as an up and coming achiever. Since she has appeared in 2 films, 3 short films and a TV movie. Her latest short film 'The Resurgence' is in post production. What is next for you Nicole?

Jodie Cooper introduced us to 'Textured Art', a fusion of artist's paintbrush and sculptor's paste. How did the Bologna Show go?

Not only did **Lysterfield Wolves** win the Under 12 competition in their first year but **Blake Lee** was voted the competition's 'Best and Fairest'. A great achievement. Are you still playing Blake?

Nick Wakeling MP and Nicole Hunter launched the **RAFT Community Garden** project by planting a Banksia plant. How is the garden today?

Rowville Primary School officially opened and named their new building in the presence of the head of the Wurundjeri people as the "**Nganagee Building**".

Park Ridge Primary School had a visit from a police helicopter. Did you see it?

Knox Remembrance Day Commemoration



At 11.00am on 11th November 1918, the guns on the Western Front fell silent after more than four years' continuous warfare.

November 11th is universally associated with the remembrance of those who died in the First World War. This conflict mobilized over 70 million people, left between 9 and 13 million dead and as many as one third of these with no grave.

The Allied nations chose this day and time for the commemoration of their war dead.

The Knox Remembrance Day Committee, with assistance from Knox City Council, conducts a ceremony on the Sunday prior to the 11th November each year at the Knox War Memorial in Dorset Road, Boronia.

This year it will be held on Sunday 6th November at 10:50 am.

Hurtle Lupton OAM JP, the Chairman of the Knox Remembrance Day Committee said,

"It is a special day when families come together to remember their relatives who served and in many cases, made the supreme sacrifice for their country. What especially pleases me is the fact that we have been able to involve so many local school children in this ceremony. We have school choirs, children participating in the readings and many more who assist in the wreath laying ceremony, flag bearers in the march and the flag raising and lowering ceremony."

Everyone is welcome to attend and refreshments will be served at the Boronia RSL at the conclusion of the event. For further information contact either Bill on 0418 347 684 or Hurtle Lupton at hurtle.lupton@optusnet.com.au

Bill Crane JP

Cr Nicole SEYMOUR

Tirhatuan Ward Councillor
Knox City Council

*Committed to our community,
passionate about progress*

**Council Election:
22nd October 2016**

Contact details regarding
Election matters:
0423 809 509
tirhatuan2016@gmail.com
f Cr Nicole Seymour

Authorised by N Considine, 5 Nattai Crt, Rowville



Travels With The RLCN Pam On The Queen Elizabeth



Travels With The RLCN John Quincy Adams at the Boston Tea Party Site



Travels With The RLCN Maureen reading the RLCN at the Boston Tea Party site



On The Way To A Day At The Casino

On the 12th September a coach load of our members visited Crown Casino. Some of us saw a movie, others played the pokies, some shopped but whatever we chose, we all had fun despite the weather.

We enjoyed a Trivia day on the 23rd September. Thanks once again Norma for the fun and frolics. It's amazing how much we learn, from breeds of dogs, to the flags of the world! It's great exercise for the brain.

Our club will once again be hosting the Indoor Bowls



Carnival at the Community Centre on the 12th October, with 16 teams entered. This is always a successful day, meeting new people from different clubs and reuniting with old friends. Good luck to all the teams.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Come along for some fun and friendship. For all enquiries please call Anne Berg on 0404 007 174 /9873 0226 or Sandra Goodwin on 0402 811 789.

Anne Berg (President)

ROTARY CHARITY BUSINESS BREAKFAST



Don't miss this rare opportunity to get some valuable tips from Alan Kohler, book in now for our Rotary Charity Business Breakfast by the Rotary Club of Rowville-Lysterfield.

Thursday 13 October 2016

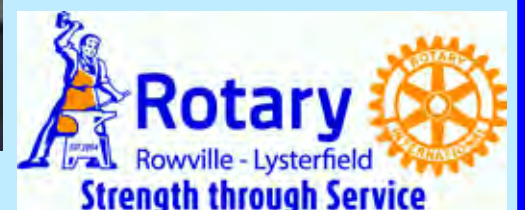
with **Alan Kohler**

Financial journalist, analyst & business expert featured on ABC/TV News



To book, log on to:
www.trybooking.com.au/MVKQ

6.45am start 7.00am (sharp) -- 8.45am
Waverley Golf Function Centre,
Bergins Road, Rowville





An Hour With Tony Doyle

Knox Council has a new CEO, Tony Doyle.

He brings with him strong leadership and financial skills, as well as a passion for working with communities and creating formative community partnerships. Most recently he served as Chief Executive at Hindmarsh Shire Council in Western Victoria, a position he has held for the past three years.

Tony was born in 1960 and lived his first 23 years in East Kew, remembering the area as having a real community spirit. His father was an accountant and his mother served as a secretary to a second world war general for many years. Both parents lived well into their 90's so Tony and his two older brothers have good longevity genes.

Tony attended St Anne's Primary School followed by Marcellin College. He completed a Bachelor of Economics degree at Monash University with a double major in economics and accounting. Later he successfully completed

his MBA.

Prior to his 3 years with Hindmarsh Council, Tony worked straight from University for a leading Australian Bank, holding many senior positions, leading large and diverse teams across many environments. He purchased a unit in Essendon but before he could move in, he accepted a promotion that took him to London for two years and it was here that he met his future wife Nicola. A long-time family friend married someone who Nicola had completed midwifery training with and whilst in London on their honeymoon invited Tony to dinner, also inviting Nicola. The rest, as they say, is history.

Returning to the Essendon unit, Nicola and Tony married in Moonee Ponds in 1990, where they live today. Nicola has continued with her nursing and is a respected midwife.

Whilst at school Tony loved playing basketball, which he continued after completing his formal education, but says "I would be described as possessing a lot of endeavour, but little skill." In the football world he is a long suffering Richmond supporter, but his real love is fly fishing. "I picked up this activity whilst holidaying in Tasmania and have subsequently returned many times and visited New Zealand a few times" he says.

Tony has a love of music but doesn't have a specific genre that he prefers. "I enjoy opera, classical and even today's pop and I have a huge admiration for anyone who can write music" he revealed. Tony has visited many countries including extensive travels in Asia, Europe, including the UK, New Zealand and Egypt.

I asked Tony what made him make the change from a career in financial services and he replied "From my early days in East Kew I had an inbred affinity with community spirit and took the opportunity to diverse and use my skills in a new environment". And what has he learnt so far? He



responded, "I embrace the responsibility of running a team that is working to improve the community they serve. It is an extremely satisfying but challenging role".

Tony has always advised his staff to imagine the money is coming out of their own pockets, not like it is someone else's money. "After all" he says, "The community has a right to know that we are being smart with their money and that they are getting great value for the rates they pay".

Tony concluded by saying that "It is a great honour to be appointed Knox CEO and I am very lucky to have a team that has a deep knowledge of the community. I look forward to working with all the staff and councillors. A priority for me is to ensure that the community feels they are being listened to that they have a voice in the broad direction Council is taking. I want Knox to be a wonderful place to live, work and play.

Tony concludes that youngsters aspiring to a role in Council should be prepared to be strategic, take risks and create a diverse regime.

Interviewed by David Gilbert

Knox Council How Good are Your Project Management Skills?

From purchasing new equipment to managing a facility upgrade, projects come in all shapes and sizes. However, the fundamentals of managing a project from start to finish are usually very similar. This workshop will guide you through the process of managing any project, step by step, providing practical tips to maximise your chances of success.

- **When:** Thursday 10 November 2016, 7pm - 9:30pm.
- **Where:** Knox Civic Centre, 511 Burwood Highway, Wantirna South.
- **RSVP before:** Tuesday 8 November 2016.
- **Cost:** Free.

**Register for How Good are your
Project Management Skills?**



iShred

**Identity Crime is
Costing Australia
\$1.6 billion every
year!!!**

A recent Attorney General's report stated, "according to a report by the Federal Attorney Generals Department, identity crime in Australia is costing the country up to \$1.6 Billion each year. This affects approx. 900,000 Australians. Credit card fraud was the highest classification and fraudulent transactions were made by using only the credit card details and not the physical card."

To protect your personal and confidential identity/information, iShred recommend you destroy it.

iShred provides a 100% guaranteed 'Onsite Document Destruction Service' utilising the latest North American technology, whereby any confidential documents are completely shredded into unrecognisable material, which is then recycled, reducing landfill.

Over the past months we have received many enquiries within the Community regarding safe destruction of documents. We encourage householders to responsibly destroy their paperwork and take the opportunity to bring it down to our facility on the dates specified in our advertisement.

iShred also caters for small to large businesses with Regular Secure Bin cycles, Bulk Destruction and much more....

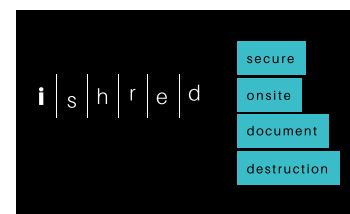
We are a local Australian owned business and support local business and the Community.

Contact information P 1300 763 688 www.ishred.com.au



Needing to have your Private Information securely destroyed?

Old Bank and Credit Card Statements, Receipts, Paperwork that shouldn't fall into the wrong hands. During the Months of Oct/Nov, collect those papers and come to



On the days during Oct/Nov iShred Secure Onsite Document Destruction will destroy those sensitive documents from as little as **\$10.00* per bag On Site** with the latest technology from North America.

On every purchase you will receive: A Certificate of Destruction.

Dates and Times of On Site Shredding

| | 9.00am - 1.00pm |
|----------|-----------------|
| Saturday | 15th Oct 2016 |
| Saturday | 22nd Oct 2016 |
| Saturday | 12th Nov 2016 |
| Saturday | 26th Nov 2016 |

Contact us on 1300 763 688

*Prices indicated are for typical domestic shopping bags or small boxes, larger quantities are acceptable at additional charges.



How to find us:
5/7 Samantha Crt, Knoxfield
For further details, go to the
following website:
www.ishred.com.au



(Photo above) Anne Whiting With Her Life Time Achievement Award (Photo right) Braedyn Williams Our Outstanding Club Person



Sporting Roundup is sponsored by Kim Wells MP, State Member for Rowville.



see them both at the club.

To follow this success, Anne was the successful recipient of the Eastern Region Girls League Inaugural Life Time Achievement Award. Club Vice President Administration, Natalie Williams says, "The Knights are proud to have done the hard work getting girls set up with their own jumpers (a dash of pink) to ensure their own identity. This is not something that happens without a lot of hard work behind the scenes by people like Anne. With nine women on our committee, including two of the three executive roles, we are truly representative of how a community football club should be operating."

Our player presentation was held at the Eastern Indoor Sports Centre. The players and siblings were entertained playing 'Blaster Warz', 'Bubble Soccer' and having an area to run around and kick a ball, whether it be the footy or soccer kind! The pizza's and drinks went down a treat! Braedyn Williams an Under 14 team player was awarded "Outstanding Club Person" for his work around the club, his volunteering activities with Local and MCG Auskick and representing the Knights at community activities and in his umpiring endeavours. Well Done Braedyn, a true example of giving back to the local community at the local community football club.

As an active supportive Community Football Club, we were at Bunnings for their Father's Day night on the 1st September, with many of our players helping with football activities. Many of them also got involved in making dad a tool box, watching the walking Dinosaur, face painting and jumping castle.

Rowville Knights are holding a 6-week high performance training program for girls starting in November. Come and join our successful Under 15 team at this training program run by our experienced girls head coach, Brad Slater. "It has been a great year coaching the U15 girls' team, where the development and skills of this team improved immensely over the 2016 season", Mr Slater said. Please contact Brad Slater for enquiries for the 6 week girls program or questions on playing in 2017. brad22slater@gmail.com or 0418 325 018

Natalie Williams

St Simon's Community Football Club

The community football club reflecting the changing face of football



Well, what a season on and off the field. As the local Community Football Club it was great to see some huge successes in 2016. We were the first Rowville club to field a very successful U15 girl's

team; we participated in the Knox Festival; we aligned with two Auskick centres; assisted Bunnings with their Father's Day night and we saw 3 of our 6 competitive sides make the finals. Our U17A team made it all the way from fifth spot on the ladder into the Grand Final, and although they may not have won, it was a gallant effort truly worthy of the Knights.

We held our 'Annual Gala' in August. A great social night was held with the highlight of the night coming with the fantastic announcement of our first ever Female Life Member, Anne Whiting. Anne has contributed to the club over the past 10 years as Team Manager Coordinator, with one member stating that, "Anne made difficult situations seem easy". Anne has also served on the committee in various roles over her 10 years at the Knights and has always made herself available to help any time of the year for the Knights! Anne will be missed in 2017 as her son finished this year in the Under 17's although we hope to still



Eildon Park Cricket Club

Eildon Park Cricket Club is a renowned powerhouse in our local community and our association encompasses suburbs



from Mt Waverly to Olinda. Throughout our 27 year history we have been located in the heart of Rowville on Eildon Parade, adjoining Tyers Crescent. Our central location has made it a popular choice for aspiring junior and senior cricketers and their families in the area.

Eildon Park's strong ties to the community have seen it enjoy significant on field success in recent years as well as having the largest participation numbers in the Ferntree Gully District Cricket Competition. Furthermore, we have been renowned for having one of the

largest junior programs in Victoria. We are proud of our 50 premierships, with a highlight being winning six flags, seniors 1st, 2nd, 3rd and 4th XIs, U13s and U17s in the 2013/14 season. EPCC offers senior and junior cricketers the opportunity to develop their cricketing skills in a club environment, with a foundation of sportsmanship and positive reinforcement, along with a strong sense of community support and involvement.

Last season saw us accommodate 328 players that included 85 seniors, 30 veterans and 160 juniors in a total of 24 teams. Add to that 10 players in the T20Blast programme and 43 in the Milo in2 scheme giving us a huge age coverage.

Sponsorship is an essential component that assists in providing equipment and services for all players, so that they can enjoy their cricket and perform at their best. The sponsorship packages provide value for the sponsor, the player and the club. We look toward to building long term relationships with our sponsors and encourage you to become involved and support your local sporting club and community.

For further player, sponsorship or general information, please contact: Sean Woodward on 0411 136 109

Rohan Walden on 0428 170 407 or Sherif Ibrahim on 0412 148 696

Sean Woodward Vice President



ROWVILLE TENNIS CLUB

Golden Wedding Anniversary

Former Rowville residents Joan & Ray Lightowler celebrated their 50th wedding anniversary at Clover Cottage, Berwick on 17th September. Joan and Ray are life members and still current committee members of the Rowville Tennis Club, looking after the maintenance, finances and juniors every week for the past 35+ years. Their commitment to the club continues despite moving to Pakenham South to retire, Joan has just completed her 70th season as Junior Convenor. Joan and Ray are also life members of RLCN.

Mini Tennis World

New Display At Stringybark Festival

Look out for the new display and portable mini tennis court at the Stringybark Festival this year. Mini Tennis World has now gone portable and will unveil their new semi enclosed area at the Festival. The setup will be utilised later for School Fetes & Festivals, Corporate Events and Birthday Parties. Mini Tennis World will be set up outside of the Rowville Community Centre, Fulham Rd side. Enquiries PH 0422 848 356



Joan And Ron Lightowler Celebrating Their 50th Wedding Anniversary.

New Cardio Tennis Booming

Brad McMillan, former Cardio Tennis coach at Eildon Park has been recruited as the new Head Cardio coach at the Rowville Tennis Club. Cardio Tennis is already operating 3 days/nights per week including Ladies only sessions. Make your own Cardio Tennis session with friends with just 3 required for a minimum booking. Cardio Tennis is a fun circuit based tennis training hour, in fact a modern way to



Brad McMillan Ready To Coach You

exercise to music. Free trial and loan racquets are available.

Rowville Tennis Club operates 7 days a week and has a family friendly atmosphere. Brad is a Tennis Australia qualified coach and is also available for private, group and Hot Shot lessons. "I am very excited at coaching at Rowville Tennis Club with their great coaches and programs," said Brad. You can phone Brad direct on 0413 380 535 or the club on 0422 848 356

Sandi Dawson

Editor's Note:- May we add the RLCN's congratulations to Joan and Ron, who are also Life Members of this paper.

Rowville Cricket Club

Girl's hitting competition for six, and it starts with Milo

Girl's Cricket is taking off at the Rowville Cricket Club as we announce our first Junior Girls Team. *There is an opportunity for girls of all ages to join one of the fastest growing female sports:* 5-8yo – MILO In2cricket for 5 to 8 year olds, T20 Blast for 7 to 10year olds, and junior cricket and junior girls' cricket for 10 years old and above.

We have so far received an expression of interest from at least ten girls to play in our first ever junior girls' team. Girls' team coordinator, Andrew Williams, says "We will have at least one girls' team with it being possible that we will host more than one team. Any girls that may be interested in playing should contact me and have that conversation. We have a flexible approach to introducing girls to Cricket."

Andrew Williams has been a leader in introducing girls' football at Ferntree Gully Eagles over the past several years. He said, "It is important that girls have the same sporting opportunities as boys. Cricket is the most participated sport in Australia and it should therefore follow that junior girls cricket should be both available and participated in. Rowville as a suburb has a strong approach to girls Australian Rules football, Basketball and Soccer and it should follow that girls should have the opportunity in Cricket. The only thing missing has been the competition. The FGDCA is to be commended for their approach to girls' cricket. Hopefully we have learned from football and the transition will be relatively smooth. The opportunity is available for all girls to contact us and find out how."

For younger girls who may be interested in

playing in a girls' T20 Blast side, please contact the club. This competition happens on Wednesday nights at Liberty Avenue and would be a great way

for girls to get involved.

Milo: Rowville Cricket Club is hosting a Milo in2cricket squad for children aged 5+. We commence on 28 October. We operate on Friday Nights from 6-7.30pm. Registrations via www.in2cricket.com.au and click on the register now button. Follow the prompts and register online (we are Rowville Cricket Club).

T20Blast Opportunities: We are also offering kids that are at the in-between age of "Too big for Milo – Not quite ready for playing cricket"; T20Blast is ideal if you are not sure where your child is at with cricket, give me a call or drop me an email and we will get it sorted. This year we will host a Wednesday night 6 - 7.30ish competition at Liberty Avenue. This is a fantastic opportunity for the kids to bat, bowl, field and get skills coaching. Interested? Contact the RCC Milo Coordinator. Competition starts on 26 October.

Cricket for all abilities: We welcome children of all abilities. Children with special needs are most welcome. If you can have fun, then we welcome you.

Keep up to date: We now have a closed Facebook Group for our Milo T20 Blast group which contains all of our session information/plans. We know we can communicate better with our families than last year and this is the first of a number of communication steps to improve in this area.

Junior Registration Open:

We host U11, U12, U13, U14, and U16. Please contact us for registration details. Senior including Vet's registrations is also open. Contact the club for further information.

For any further details please feel free to contact RCC Milo coordinator Andrew Williams on 9755 5626 or email andrew.williams@ozed.org.au

Andrew Williams



Laws Of Life

Law of the Theatre & Football

At any event, the people whose seats are furthest from the aisle, always arrive last. They will leave their seats several times to go for food or the toilet and who leave before the end of the show or game.

Rowville Group Fitness

Pilates

Term 4

Pilates is a relaxing yet challenging mind and body class that can ease back pain, strengthen back and core abdominals and provide great toning and improved posture.

The class includes Pilates matwork and strength and toning with the fitball. Improve your flexibility and mobility with this quality workout.

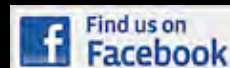
Term 3

Wednesday 6.15am

Wednesday 6.15 pm

**Rowville Group Fitness
at the Rowville Community Centre**

**Enquiries to Lisa on 0407 873 271
or go to: www.lisabullockfitness.com**



Like us at [facebook.com/RowvilleGroupFitness](https://www.facebook.com/RowvilleGroupFitness)

Swimland Swim Club



Listening Carefully To The Coach

The final event for Swimland Swim Club in the lead up to the Victorian Short Course Championships was the **DVE Short Course Meet**.

Medallists included:

Silver to Grace D (200 FLY), Liam H (100 FR), Alicia M (200 FR), Steven O (200 BK), Stephanie P (200 BR), Blake P (400 IM), Karsha P (400 IM); and **Bronze** to Patrick F (100 IM), Alicia M (400 IM), and Blake P (100 IM).

The final qualifiers for State Championships were Aleesha B (14) – 100 BK, Nicole C (11) – 200 BR and Cam V (11) – 100 BK.

The **Victorian SC Age Championships** were held from 2nd to 4th September. SSC had 11 athletes qualify in 48 individual events. The results achieved were: Will B & Emmerson N both achieved 100% PBs;

Finalists (Top 10 in Victoria): William B (13yrs) – 1st 1500 FR (6th in 13-14 boys); Alicia M (13yrs) – 7th 200 BR, 10th 100 BR; Stephanie P (15yrs) – 6th 100 BK, 8th 200 BK; Tommy S (14yrs) – 8th 1500 FR (9th in 13-14 boys). Swimmers at this meet also set a massive 31 new SSC club records. Congratulations to Alicia M, Stephanie P, William B, Tommy S, Blake P who achieved this feat including both age group and open records.

Others also achieved additional Victorian State Open SC Championships qualification: Alicia M (100 IM, 200 BR); Blake P (100 IM, 200 IM); 4 x 100 Medley Relay (2 teams) Girls A – Stephanie P, Alicia M, Keely W, Bethany F & Girls B – Aleesha B, Karsha P, Laura S, Emmerson N; 4 x 100 Free Relay Girls – Stephanie P, Alicia M, Karsha P, Bethany F & Boys – Tommy S, Calvin D James P, Blake P Masters swimmers have also been involved in the

Victorian Masters SC State Championships on Sunday 28th August. We had 9 athletes compete in 42 individual events and 4 relays. SSC finished 9th of 20 teams with a total of 32 medals - 7 Gold, 10 Silver and 15 Bronze. SSC Medallists were -

Gold to Eric D (200 IM), Marcelle F (200 BR), James S (100 BK, 50 FR), Keely W (100 BK); Silver to Eric D (200 FR, 50 BR), Marcelle F (100 FLY, 50 FR), Angela F (100 BR, 200 BR), John O (100 BR), James S (100 BR), Keely W (50 FR, 200 IM) and;

Bronze to Eric D (50 FR, 200 BR), Angela F (200 FR, 50 FR, 100 FR), Peter H (50 BK), Sandra McA (100 BK, 50 FR, 100 FLY), John O (50 BR, 200 BR), Kate R (200 FR), James S (50 FLY, 50 BK), Keely W (100 IM)

Our junior swimmers competed at the **Lilydale LC Encouragement Meet**. For most, this was their first experience of competition outside the club environment and all performed very well and did themselves proud with SSC finishing 5th of 42 teams at the meet. SSC Medallists were:

Gold to Jessica H (50 FLY & 50 FR), Julia S (50 FR & 50 FLY);

Silver to Summer M (50 FR), Anita W (50 BK & 50 FR); and

Bronze to Jessica H (50 BR) along with the relays:

Gold to both the Mixed 10&U 4 x 50 FR Relay – Jason O, Julia S, Summer M, Samuel T and Girls 12&U 4 x 50 FR Relay – Sienna J, Lucy B, Anita W, Summer M plus

Silver to the Mixed 10&U 4 x 50 FR Relay – Anita W, Nethaka E, Emma N, Jessica H

This month's **club movers** were:

SSC Development Squad to **SSC Intraclub Squad** – Jessica H, Jade McC, Jake R

SSC Intraclub Squad to **SSC District Squad** – Jemma S, Julia St, Catherine W

SSC District Squad to **SSC State Target Squad** – Fletcher K We had a number of **new SSC Members** join the club this month: – Jorja T, Noah H, Mackenzie Z, Dante C, Domonik R, Klara R, Alexandra L, Nicholas N, Penny V, Dylan C, Kirrlea G, Tia McL, Michael K, Jonah M, Paul M, Sharon St, Alana M and William A. We warmly welcome you all.

Visit our website www.swimland.swimming.org.au for more information about our Club.

Kaye Williams SSC Vice President

Little Athletics Rowville/Rowville Lakes



For more information, contact Claire Lillie 0421 300 467 or Rob Monteath 0401 699 413 or Website: <http://klac23.org.au>.



Net Set Go is a development program for children aged 5-9 years. It is run at the centre on Thursdays from 4.15pm – 5.00pm. It involves learning the skills of netball and game play. The program is run on a term by term basis so if you would like to join in Term 4, please contact the centre on 9758 7191 or head to www.knoxnetball.com.au for more information.

Want To Play Netball?

If you have a team wanting to join a competition or you are an individual looking for a team then contact the centre for more information and we can assist you getting on the court! We have night netball, day netball (both ladies comps with a free creche), Sunday Mixed and there is a Saturday comp for all ages.

To contact the Knox Regional Netball Centre call: 9758 7191, email: knox.netball@knox.vic.gov.au or log on to www.knoxnetball.com.au

Roller Derby

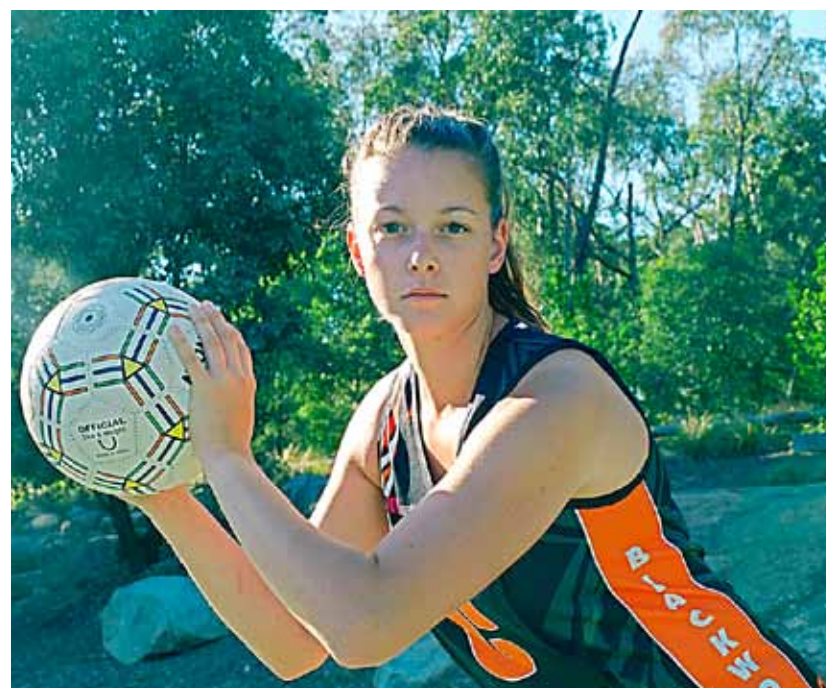
The Knox Regional Netball Centre will again play host to the Roller Derby on Saturday 8th October. An exciting spectacle of banging, crashing and skill all on rollerskates! For more information log on to www.eastvicrollerderby.com

Rosalind Montgomery

Blackwood Park Netball Club

It has been a great first season for all of the members of Blackwood Park Netball Club. We had all three of our teams make finals. Our A Grade Warriors team and A Reserve Raiders team made the preliminary finals and our A Reserve Avengers team played off against Ferntree Gully in the Grand Final. It was a thrilling match with the game going right down to the wire. We are very proud of all of our teams and how they have performed in the winter season.

Spring season has just begun and we are excited to be welcoming a new team into our Blackwood Park family. Our new Under 15s team has been placed in section one for spring season and are undefeated after the first 2 rounds. We are very excited at the new young talent that has come into our club and look forward to seeing them develop



Kasey Fredericks In Club Colours

and improve their skills while enjoying their netball.

We have team grading coming up for the Winter 2017 season and look forward to welcoming new players to our club. As a club we have created a culture where our players are given the opportunity to develop and improve their skills, while enjoying each other's company and having a lot of fun.

Junior Grading – Friday October 21st

Senior Grading – Saturday October 22nd

If you are interested in becoming a part of our Blackwood family and would like to improve your skills you can register for Winter 2017 grading via our website www.blackwoodparknetballclub.com

Caitlin Yann

Padded Up And Ready To Roll



Message from Cr Darren Pearce

Why We Must Keep Council Rates Capped

Our Council rates are now capped and we need to fight to ensure it stays that way into the future! As Knox residents we have to live within our means, therefore so should Knox Council, which is why I support rate capping 100%.

I give you my absolute commitment, while ever I serve as the Taylor Ward Councillor, I will never support any application by Knox Council to the Essential Services Commission for any variation above the approved rate cap.

At the ordinary meeting of the Council on August 23rd, I was successful in getting a notice of motion passed requiring that Council:

- *1. Acknowledge and respect the electoral mandate of the Victorian State Government to implement the 'Fair Go Rates' policy, to cap rates, upon the local government sector."*
- *"2. Commits to not seeking a request to variations to the rate cap through the Essential Services Commission for the next four (4) financial years commencing 2017-18."*
- *"3. Receive an updated Strategic Resource Plan, removing any assumption of a variation to the rate cap along with adjusted expenditure for approval by no later than the Ordinary Meeting of Council in February 2017."*

What this resolution does in effect, is to provide your elected Councillors, with the right to require the Council to change the way it plans and manages its finances, by sending a very direct and clear message that business as



usual is no longer an option. We the ratepayers expect our Council to understand that we are not prepared to accept unsustainable rate increases year after year!

The resolution, in my view, is also good governance. It would be irresponsible, when undertaking forward financial planning, to factor in income you plan to receive, that you have no direct control over. Income that would be dependent on convincing the Essential Services Commission that somehow Knox Council is a "special case" and should get a rate cap variation. The evidence from this year, shows that every application for a rate cap variation, made by a metropolitan council, to the Essential Services Commission, was rejected!

Knox Council can continue to provide the services and facilities expected by the community within an environment of restricted income growth, by:

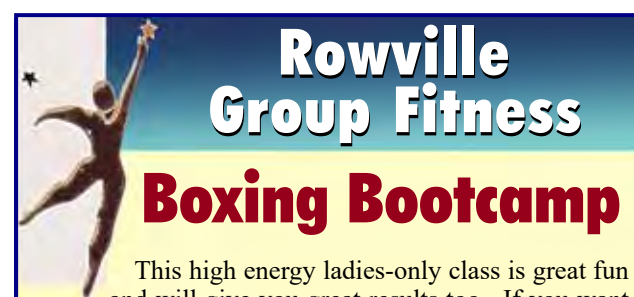
- **Capping total employee cost increases** by no more than the same percentage rate as each annual rate cap. In this new financial environment public money must be prioritised for the benefit of the community, not "featherbedding" excessive pay deals.
- **Making developers pay their fair share** to improve our city through the developer's contribution plan that is now under development by Knox Council.
- **Getting smarter with capital works** by maintaining what we have before building "new stuff", having fewer but larger multi-purpose buildings to get maximum utilisation out of each facility and prioritise function over appearance to minimise construction costs.
- **No more "sacred cows"**, as Council can no longer be all things to all people. Every program will have to be assessed as to whether it is really necessary to the day to day functioning of the city

Personally, I am completely over the complaining and excuse making by some voices in the local government sector, as to why rate capping is too difficult to cope with

or is so unfair. Households and businesses in Rowville and Lysterfield are finding it tougher to make ends meet and they cannot just hold out their hands for a pay raise.

That is why moving forward into the next term of Council, after the October elections, it is essential whoever is elected to serve as Councillors, they respect the overwhelming will of our residents by requiring council management to honour the commitments of this approved Council resolution.

Darren Pearce mobile: 0402 780 950 email: darren.pearce@knox.vic.gov.au



This high energy ladies-only class is great fun and will give you great results too. If you want the fat burning and strength benefits of a boxing class - you'll get them here! You'll also combine that with the power of high intensity intervals, amazing bodyweight exercises and the result is a killer workout!

You'll laugh a lot, sweat a lot and gain some serious fitness with this class! Beginners are welcome and this session is suitable for all levels of fitness. No memberships necessary and there's NO need to book.

FULLY AIR-CONDITIONED AND TONS OF SPACE IN HALL 2, MAIN CENTRE

Wednesday 7.30pm - \$15

All classes at the Rowville Community Centre

Like www.facebook.com/RowvilleGroupFitness and get your first class FREE!

Enquiries to Lisa on 0407 873 271 or go to: www.lisabullockfitness.com



Kim Wells MP

State Member for Rowville



 8 Lynton Place, Scoresby 3179
  03 9764 8988
  www.kimwells.com.au

 kim.wells@parliament.vic.gov.au

Crime Prevention

In the April edition of the Rowville Lysterfield Community News this year, I raised the important issue that the State government had failed to fund any net additional sworn police to maintain an adequate level of police service coverage. Of all the issues that are raised with me by residents in Rowville and Lysterfield, there is no doubt that law and order is their number one issue.

Six months on crime has increased, and the Rowville Lysterfield residents are becoming deeply concerned about their personal safety. Crime Statistics released in June revealed that overall crime state wide had increased by 8.1 per cent in the past year and in Knox alone had increased by 7.1 per cent.

It is the duty of our government to keep us safe. Across Victoria, we are increasingly hearing reports of gang related crime including, aggravated burglaries, car thefts and a serious escalation in drive-by shootings. Frontline sworn police at stations have been cut, others closed (Nunawading) and some have had their opening hours reduced. In the eastern suburbs, frontline police are being taken off the streets to baby sit Ice addicts at hospital emergency departments.

Victoria desperately needs an urgent increase in frontline, on-the-beat police to keep pace with our increasing population and rising crime.

Residents in many communities across Victoria are so concerned at the lack of a police presence that they are taking matters into their own hands, and forming their own groups to report on suspicious behaviour in their

communities and to protect themselves against the prospect of home invasions and carjackings.

Funding for a number of successful community-crime prevention initiatives, including Neighbourhood Watch programs, the Step.Back.Think programs to reduce violent one-punch incidents and Department of Justice grants for the prevention of violence against women and children has been reduced or cut. In Rowville and Lysterfield, many residents would be disturbed to realise that there is no active Neighbourhood Watch program and now no government funding for Neighbourhood Watch.

The 'Dob in a Dealer' campaign has been remarkably successful, contributing a 168 per cent increase in drug-related reports to Crime Stoppers last year. In Knox in August, Victoria police ran a two week 'Dob in a Dealer' campaign to gather information about local drug-dealing activity, with police calling for community support in providing information.

Community safety must be prioritised by the government. Local communities deserve to have better resources so that community-led and grass-roots campaigns such as Neighbourhood Watch can continue. These issues are of the greatest concern to residents in Rowville and Lysterfield. I will continue to put pressure on the government to ensure our community is safe.



... Active and Positive Ageing ...

The 20th Annual Art Show and Exhibition will be held at 1a Park Boulevard Ferntree Gully on Saturday 8th and Sunday 9th October. It will be open each day from 10am to 4pm and the \$2 entry fee includes an informative catalogue.

Come along and see the varied work of local Knox artists and others from surrounding districts, many of which will be available for sale at reasonable prices. There will also be a garden stall, second hand book table and a craft stall, all with plenty of items for sale.

Delicious lunches, morning and afternoon teas will be available throughout the day, so come and join us for a great day out.

Course Expansion

Knox U3A is continually evolving as a popular venue for recreational pursuits for the semi-retired and senior members of our community. Immediately following its annual Art Show, U3A will be diving into Term 4, and is proposing to increase its curriculum by five new subjects. This brings the total of its offerings to 146 weekly pastimes. New inclusions are -:

- A layman's introduction to Australian Law
- The Royal Road – a look at the ancient Trade routes through Turkey, Iran and Persia
- Arabia and the Arabs
- Psychology – Personalities
- Relaxation Training for Health and Healing.

With some 1230 members currently signed up, it is evident that the wide variety of courses available continues to be attractive, and, indeed, the operations of this entirely volunteer-administered organisation seem hampered only by a shortage of useable space. The Executive Committee is currently exploring both short and long term options to alleviate its venue issues. Term 4 commences on the 10th October, and a full listing of the courses and activities on offer may be viewed on the website at www.u3aknox.org.au where there is also provision to become a member. Alternatively you may speak to the office staff on 9752 2737.

Whether you are looking for craft, music, educational, well-being, arts, exercise or activities, Knox U3A has something to satisfy every need. Check them out today.

John Ford Publicity Officer

Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rise Health Group

96 Kellebts Rd, (Cnr Kellebts Rd & Taylors Lane) Rowville

Physiotherapy 9763 9233

Sports Medicine 9763 3944

Proudly sponsoring RFC (Rowville Hawks), LWJFC, Rowville Rockets and other local clubs.



Your health care partners for life A Moment In Time

This year Rio Di Janeiro hosted the XXXI Olympiad. Once again we witnessed the greatest athletes in the world performing feats most can only dream of. Whether it be the incredible grace of the world's fastest runners, the gravity defying skill of elite gymnasts, or the mesmerizing tactical battles that occur on the judo mat, the Olympics throws up moments that can inspire and enthrall all.

For me, the moment that best defines the spirit of the Olympics came in 2008 on a four-by-four metre wooden platform. The event was the Men's weightlifting, super-heavyweight division, where the biggest and strongest men in the world lay claim to the title of 'strongest on Earth'. There is something mesmerizing about seeing these massive man-mountains thrusting weights above their head that most people wouldn't even budge. The battle led by German lifter Mathias Steiner was easily one of the greatest contests the Olympics have ever seen, and also one of the most emotional.

Weightlifting consists of two lifts, the snatch and the clean and jerk. Each competitor is given three attempts to lift the most weight they can, and the two highest weights successfully lifted are added together to form their total. The athlete with the highest total in each weight category is then declared the winner. In the snatch, the weight is elevated from the ground to above the head in one swift motion. In the clean and jerk, the weight is first elevated to the shoulders (the clean) and then thrust above the head to complete the lift (the jerk).

Leading into the 2008 Olympics, dual Olympic gold medalist and world record holder Hossein Rezazadeh announced his retirement from the sport, leaving the super-heavyweight division wide open for a new champion to emerge. After the snatch phase the competition was delicately poised, with the Russian Evgeny Chigishev leading the field with a 210 kg snatch, only 3 kgs above his nearest rival. The clean and jerk phase of the competition arrived with the tension in the arena mounting.

While the snatch can set up a good competition, the clean and jerk is where the medals are decided and champions are made. The pressure is immense as the tired lifter steps onto the platform. His legs feel heavy, like they're full of lead, yet he must somehow summon his remaining strength to lift the seemingly impossible weights.

The leader after the snatch, Chigishev, finished with a 250kg clean and jerk and a 460 kg total. He had one hand firmly on the gold medal and was poised to become 'the strongest on Earth'. In a last-ditch effort to upgrade his bronze for the gold medal, Latvian Viktors Scerbatihs attempted 257kg, but was unsuccessful. This left one competitor in the field with a final attempt, Mathias Steiner. Having only snatched 203 kg, the hulking German required a whopping 258kg for the gold medal. After missing his first attempt at 246 kg, the pressure was seemingly getting to him and any chance of medal was disappearing. With his second attempt, 248 kg, he was successful but unconvincing. He knew, though, only one lift stood between him, Olympic glory and a place in the history books.

The stage was set, Steiner and his adversary, just him and the barbell. The crowd was silent as he pulled the bar from the floor and caught it on his chest, every muscle straining under the enormous weight. An almighty drive through his legs and he was standing tall with 258 kg pressing deep into his collarbones and shoulders. The clean was complete, but that was only halfway. The colossal weight was pushing the air out of his lungs and willing him to submit. Steiner then took a deep breath; he dipped his legs slightly to generate power and then drove up with all his might to jerk the weight above his head. His elbows locked perfectly. The lift was complete. He was the Olympic champion!

The big man collapsed with elation, 258kg couldn't fell him, but the emotion of the moment certainly could. The outpouring of emotion from Steiner was incredible. He reached into his lifting suit and drew out a picture of a woman. It was Steiner's wife who had tragically been killed in a car accident less than a year before. Their plans of a long and happy life together would never be. But he promised that he would win the Olympic gold for her, and he kept his promise.

You can watch **Matthias's story at the link at** <https://www.youtube.com/watch?v=lssO92BNsJc>



Chiro-Practicals

Australia's Health Report Card.

Most Australians consider themselves to be in good health, according to the latest two-yearly report card from the Australian Institute of Health and Welfare (AIHW). The report shows that Australia has much to be proud of in terms of health. We are living longer than ever before (80 yrs for men and 84 for women), death rates continue to fall, and most of us consider ourselves to be in good health.

If Australia had a population of just 100 people, 56 would rate their health as 'excellent', or 'very good' and 29 as 'good'. However, 19 of us would have a disability, 20 a mental health disorder in the last 12 months, and 50 at least one chronic disease.

While factors such as our income, education and whether we had a job, all affected our health for better or worse, the influence of lifestyle factors on a person's health was a recurring theme of the report. 13 out of 100 of us smoke daily (time to butt out for good), 18 drink alcohol at risky levels, and 95 do not eat the recommended servings of fruit and vegetables (needs to improve considerably).

And while 55 do enough physical activity (what about the rest?), 63 of us are overweight or obese (Not good!). The concern here is that as we get older we become more inactive and so the weight stays on and/or becomes harder to lose. This is also the stage in life where our body tightens up and conditions such as Osteoarthritis start to have more of an impact.

So advice from someone in their sixties to someone in their forties might be to; ease up on the grog, eat more fruit and veg (it won't kill you) and keep up the exercise routine. That way you'll have greater enjoyment of those later years. Wouldn't you rather be waiting in an airport for your next travel adventure than waiting in a hospital for your next treatment?

Dr Frank Whelan & Dr Glenn Low

IS YOUR SPINE ALIGNED?

Unlike the Leaning Tower of Pisa which has degenerated over time, Dr. Frank Whelan's aim is to actively boost your body's ability to heal and repair itself with CHIROPRACTIC care.

IF YOU SUFFER FROM:

- * Neck pain and headaches
- * Lower back and pelvic pain
- * Shoulder and arm pain
- * Leg, knee and foot pain
- * Upper back and rib pain

CHIROPRACTIC CARE CAN HELP YOU.

Call 9780 8990
to make an appointment

Wellington Family Chiropractic

Suite 9 / 1101 Wellington Rd, Rowville
(Wellness on Wellington)
www.rowvillechiro.com.au

Life Activities Club Knox Bocce! Bocce! Bocce!

The Life Activities Club Knox is always seeking new activities for the senior residents of Knox. So when Committee member, David, met Michael from the Knox Bocce Club at a Council Seniors Festival meeting in April, we just had to give it a go!

Helen is our Social Outings Convenor and she organised an outing to the Bocce Club on 31st August. The Bocce Club is located in the Knox Italian Community Club in Karoo Road, Rowville.

18 LAC Knox members came along. After the initial 'how to play' introduction, some of the Bocce League players gave us a quick demonstration. We then formed 6 teams of 4 with the help of some of the League players and played Bocce Doubles. What fun we had! The steel balls were easy to use. You either roll them or lob them within your designated court area aiming to get close to the jack or pallino. We now know all about frames, pallinos, baci, foul lines and back boards.

We were invited for a coffee and Italian marble cake afterwards. One player commented, "I didn't know we had such a good facility in our neighbourhood."

Most players were interested in playing again, so we may be starting new Bocce Activity Group. Contact us if you would like to join-in.

Life Activities Club Knox is managed and organised by volunteer members. We provide over 20 different activities each month for people to enjoy. A full activity list and



Gayle pointing to her winning ball.

calendar are on our website.

Contact us: 0481 831 788 knox.enquiries@life.org.au
www.life.org.au/knox #lifeactivitiesclubknox

Knox Bocce Club is in Rowville. Contact Michael on 0419 330 977 migliaccio@netspace.net.au
The Bocce Club's slogan "Keeping Our Community Active" fits in well with aim of LAC Knox.



Knox & District Over 50s

Spring has arrived, and there is no excuse for staying indoors by the fire. It's time to dash outdoors, get your quota of vitamin D, and then when you feel the energy surging through you shout, "I'm a senior and proud of it and nothing is going to stop me from revamping my lifestyle. Now, if you find that you can't adjust your lifestyle then don't panic, the answer is so simple; join the Knox over 50's Club. We are experts at revamping; just take a look at what we offer in the way of social events. Our aim is to provide a social outlet for anyone over the magical age of 50.

There are various activities the Club has planned for the next few months. A holiday to Warnambool in October, two theatre outings to see 'Any Thing Goes' and 'Wicked', a visit to the Werribee Zoo, Melbourne Aquarium and celebrate the Melbourne Cup with a bit of a get together. Later in the year we will have a BBQ, Christmas celebration at the Marybrooke and the Joy of Christmas at the Whitehorse

Centre. The club also hosts monthly events with cinema outings, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and our monthly meeting with a speaker.

Subscriptions for 2016 remain at the same level as for 2015 –that is **\$15.00** for the year. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere, while you enjoy the entertainment and social events planned for the year.

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Details of our monthly meetings can be found in "What's On Locally" on page 2. Our next meeting is on **Tuesday 25 October 2016. Meetings start at 10.30am** so come early to get a good seat. There is no meeting in December. So that make a note in your diary, on your calendar, or on your iPhone and come along to the meeting to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there. Contact Jill on 9801 4363 for any further information.

Kay McLoughlin (Media Officer)

Upwey Bridge Club

Do you play bridge or would you like to learn to play.

The Upwey Bridge Club is looking for people interested in learning to play bridge.

Lessons are \$5 for a 3hr session on Tuesdays from 10am - 1pm at the Upwey Tecoma Bowling Club, in Chosen Ave, Upwey.

Bridge is a challenging and most enjoyable game and it is said that it is more complicated than chess!.

If you are interested please phone Nellie on 9752 5752.



National Seniors

Australia

Our guest speaker for August was Maria Matser. Maria is a former Myer Lift Operator. As she started her talk we all thought we were actually in her lift. We saw a bit of a slide show showing how the lifts and the buildings have changed over the years. She also talked about the different events and the many different people she meet. We will definitely have to have Maria back.

Our dine-out in August was at Carlos Cantina in Boronia. About 12 people turned up to add some spice to their lives and taste buds. The dine out in October will be at Mountain Thai in Boronia, so you can see that we are getting very adventurous with our palates. In September we had Titch from Flemings Nursery which won 2013 best in Show at the Chelsea Flower Show in the UK. Also, we held our "Mystery Bus Trip" on the 20th September.

To put in your diary, we have some very interesting speakers coming up. In October Kathy Smalley from Rowville Library will give us a talk about Genealogy. We might find out about some black sheep in our families.

Keep the diary open. November will be a big month.

After such a successful trip last year we will be going back to Mornington for a "Day at the Races", so dust off your hats ladies and gentlemen.

We will also be off the Mooroolbark Theatre to see "Out of Order". Then to top things off a lunch out at the end of the month at Tosaria Restaurant in Rowville.

Our walking group now meets every 2nd Thursday. If you require any further information, please contact Darryl on 9878 1045

National Seniors are a fun loving group of people aged from 50 plus and new members are always warmly welcomed. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Doors open at 10.15am for a 10.30 start.

Please contact the President John on 9778 6784 for any further information or just turn up.

Rhondra Cowen



Police visit Kool Kidz on Wellington

Kool Kidz on Wellington recently received a very special visit from police officers Cam and Pat from the Knox and Maroonah Highway patrol. Cam and Pat arrived in full uniform and most importantly in their police car! There was much excitement in the air when they arrived! The two Officers shared some very important life skills with our children, such as how to cross a pedestrian crossing and how to keep safe on the road and around our community. Exploring inside the Police car and sounding the siren was definitely the highlight of the visit and was a fun hands-on journey of discoveries. One very special element of our



police officer visit was that Cam is also the dad of one of the children who attend Kool Kidz on Wellington.

Approved provider and owner of Kool Kidz on Wellington, Sabina Anderle, commented "We are very grateful Cam and Pat could spend time with our children. This has certainly been a great opportunity to promote a sense of community within our service and draw on family connections to enable our children to become confident and involved learners."

Kool Kidz on Wellington are having an Open Day on 15th October from 10am to 2pm. Come along and discover our professional, yet personal approach to your child's development. View our attractive and engaging environment, along with face painting, a sausage sizzle, a petting zoo and our cheeky mascot, the Kool Kid. Everyone welcome!

Sabina Anderle

Knox Environment Society

Members of the K.E.S. 'Seedy Ladies Team', identifying, sorting and labelling native seeds for KES's Native Seed Bank. One of the long term, environmentally significant K.E.S. Projects.

Health benefits of gardening are broad and diverse. (U.K. research 'The Kings Fund' 2015/2016).

Studies have shown significant reductions in depression and anxiety, improved social functioning, including opportunities for vocational development.

Our relationship with gardens and gardening changes, as we get older. Surveys suggest that working in a garden, becomes much more important to us as a source of physical activity, but also in terms of our identity and independence, and in ameliorating loneliness. Furthermore, gardening and gardens, seem to become more important as we age in terms of 'who we are', as we become more dependent on health services and social care. Volunteering for Knox Environment Society draws all who are like minded, united in activities that recognise the need to support and care for our environment and the flora that sustains native fauna, unique to the area. Gardens may help to keep us physically and socially active, may help to prevent falls and may form a key component of dementia care. Emerging evidence that gardening may also be important in falls prevention (helping to maintain good gait and balance) and in dementia prevention and cognitive decline. So come along and get active with K.E.S.

KES is offering another unique presentation on, "Flora

of Knox" at the Nursery on 22nd and 23rd of October at 11 a.m. In October, KES' is also celebrating, "Wonderful Wattles", with the opportunity to buy a \$1.00 tube plant. So get planting for \$1! Just a minor 'dig' on the down side to gardening, the study above notes the possible outcome of joint, in particular knee and back pain. Unfortunately that is unavoidable, as it is part and parcel of the physical aspects of gardening. But I do not mind, I'll keep gardening on, in my garden and as a Volunteer with K.E.S.

Contact information, Volunteering requirements and events conducted by K.E.S. is at: info@kes.org.au

Zoe Peltekis Media Liaison Officer K.E.S. Volunteer. zpeltekis@gmail.com



Knox Home Garden Club

Did you use the Jackie French method to test your soil to see if it's warm enough for planting vegetables? Sit on your garden with your bare bottom, and if it was warm, you're good to go?

It is time to get into the vegie patch. Dig your beds over a couple of weeks before planting, adding blood and bone, fertiliser, gypsum if your soil is clayey, and lots of compost. Whether you buy seedlings or grow your own is a matter of choice, but there is a lot of pleasure from seeing your seeds emerging from the soil.

Grow vegies that you and your family will eat, and try out some of the more unusual ones for fun. Tomatoes are a must; no store bought variety can match the taste and texture of a home grown tomato. If your tomatoes will require stakes, put them in before your plants. Sweet corn is another vegetable that rates much higher in the taste stakes than store bought; in fact I believe all vegies do! Corn needs to be planted in block formation for optimum pollination. The most common vegetable varieties to plant now include: tomatoes, sweet corn, beetroot, zucchini, bok/pak choy, capsicum, carrots, celery, lettuce, silver beet, cucumber, celery, and beans. You will run out of growing space before you run out of vegies to plant.

If you do not have room for a garden or don't have an area with an aspect of at least 6 hours of daily sun, try growing vegies in containers. Choose good quality potting mix and containers of a suitable size to suit your plants, lettuce will grow in a shallow container but sweetcorn needs a large one. All vegies need regular watering and fertilising. Use a fertiliser that develops the vegetable, not the leaf growth, so see your nurseryman for this. Use a mulch on your vegie beds that breaks down, like sugar cane or pea straw mulch, which will also improve your soil's structure.

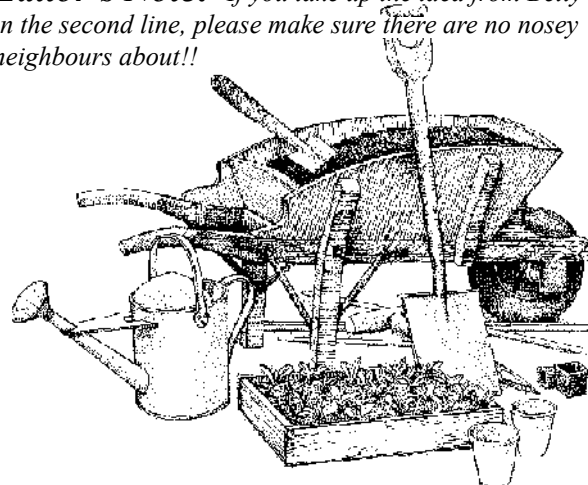
Watch for snails, insects and other creatures that want to eat your vegies before you do, and deal with them as organically as you can. Then all you have to do is enjoy the fruits (vegies in this instance) of your labour.

Happy gardening.

Details of the Knox Home Garden Club's meeting venue, dates and times can be found in "What's On Locally" on page 2. Visitors are always welcome, and you can phone 9739 8783 for all enquiries.

Betty Wright

Editor's Note:- If you take up the idea from Betty in the second line, please make sure there are no nosey neighbours about!!





The Wood Bead Presentation

100 Years of Cubbing continued ...



On the 20th of August, approximately 140 Cubs (aged 8-10 years) and leaders converged on Melbourne Australia Temple, Wantirna. "Why were so many Cubs in the one place?" I hear you wonder. Well, they were all there for the City of Knox District's fantastic 'Jaunt in the Jungle'!

The event started with the 'Jungle' grand howl opening, rather than the traditional grand howl that Cubs do each Cub night. Baloo, a leader from 1st Rowville Cub Pack, led the opening (and closing) ceremony cloaked in his wolf cloak. The Cubs were very impressed.

During the afternoon, the Cubs rotated around four bases all themed around Rudyard Kipling's 'The Jungle Book'. The bases included:

- Cooking: making jungle animals out of a chocolate ball mixture and decorating jungle animal faces.
- Craft: making 'Chil' the kite, which really flies through the air when you run with it, a 'Baloo' cup and ball game and a spiral 'Kaa' the snake.
- Drama: Cubs practised two short plays called



The Drama Group

'The Hunger Dance of Kaa' and 'The One Law'. They then performed

them for fellow Cubs.

- Games: some of the games played were Guard the Cave, Bagheera's Bones, Red Dogs, The Jungle Book and Shere Khan Hunting. Leaders from each Cub Pack ran the different bases. All the Cubs learnt plenty about 'The Jungle Book' and participated in The Jungle trivia quiz. By the end of the day we had many tired, but extremely happy, Cubs and leaders. At the 'Jungle' grand howl closing a special presentation took place. Jan Fisher, District Leader of Cub Scouts (DLCS) and I were presented with our second 'Wood Beads.' These represent the completion of our advanced training as Leaders of Adults. It was a great honour to be presented with our awards in front of all our Cubs and fellow Cub Leaders. It was also very special to get a Cub



Scout 'WOOF' from all present.

If you are interested in trying Scouting go to: <http://www.vicscouts.com.au/join-us.html>

1st Rowville and 2nd Knoxfield, Heany Park are the local Scout Groups.

You get to try three nights for free! So come along and join in the fun. Scouting is for youth from age 6 to 26 years and after 26 lots of fun is to be had by becoming a leader!

Nicole Klep, District Leader Cub Scouts



Identify If Your Cat Is Living With Arthritis

Our feline friends are known to be quite active and agile but as they age it is inevitable that they will start to slow down. Many cats can remain very healthy and vibrant during their senior years, but there are times when chronic disease and arthritis can affect their quality of life.

Most cats are classified as a senior once they are over seven years of age and this is when they can develop senior related conditions such as arthritis. It's not always easy to recognise if your cat is in pain or suffering from arthritis but there are some changes in their behaviour that can help you identify if your pet is living with this age related condition.

Important signs to look for in your cat's behaviour:

- Reluctant to climb stairs
- Hesitant jumping down from heights
- Litter tray mishaps
- Increased aggression when stroked



- Poor self-grooming
- Disinterested in play time
- Spending more time sleeping
- Increased meowing
- Reduced interaction with you

Identify if your feline friend is living with arthritis:

Feline arthritis means inflammation of the joints. Although there is no cure if your cat is diagnosed with arthritis there are many new medications, special diets and supplements that will ease inflammation and pain allowing your cat live a long and comfortable life.

It is not only arthritis that our senior cats can suffer from but they are prone to poor kidney function, obesity, cancer and other conditions.

Book your feline friend in for a Senior Wellness Check with your local Greencross Vet for a comprehensive review of your cat's health. Your vet will look for early signs of stiff joints and other age-related health issues plus tailor a wellness program to help your feline friend age gracefully.

Michelle Bierman



Heany Park Scouts at January Jamboree

Heany Park Scouts Leaders Wanted

Heany Park Scout Group Needs You!!

Heany Park Scout Group is one of the largest groups in Knox. The Group is a vibrant and very friendly with a knowledgeable and committed leaders group. The group has a supportive parent committee which help to provide assistance to the leaders group. The group encompasses Joeys, Cubs, Scouts and Venturer and Rovers. Leaders, both female and male, are needed in all sections.

With the increase in numbers and the retirement of a few long term leaders, we need to attract new leaders to join our group to ensure our group continues to grow. Potential Leaders do not need to have any previous scouting experience as training is provided through Scouting Victoria. Potential leaders are welcome to come to any of our sessions to meet our leaders and kids.

If you are interested in becoming a potential leader please call Gavin Thomas on 0417 529 848.

Susan Pearce



RSC Year 8 Netball; Victorian Schools Champions

The Year 8 netballers reigned supreme, winning the 2016 Netball Victoria Schools Championships grand final over Padua College, 11-6. The championship comes off the back of a barnstorming morning at the tournament, opening with a 16-3 win over St.Paul's Anglican Grammar School. Recording seven wins in the Junior Girls A pool, the girls finished with a percentage of 158.33 – 16% more than the next best registered by Ballarat & Clarendon College of 142.19.



RSC Intermediate Netball Team; Victoria Schools and School Sport Victoria Champions



Phil Freere demonstrating his uncanny jumping ability.

Our intermediate netballers were crowned state champions this week, edging out Sacred Heart College Geelong in the grand final of the Netball Victoria School Championships, 12-11. Adding to the celebrations and



RSC Intermediate Soccer; School Sport Victoria Champions

jubilation, the College also took out the School Sport Victoria Intermediate Girls State Finals, defeating St. Joseph's College Mildura 36-22 in the final.

Former student-athlete *Bradley Clarke* made his senior debut for Melbourne City last month in the club's 2-1 FFA Cup win against the Brisbane Strikers, coming on in the second half of the round of 16 match as a substitute. Clarke joins Rashid Mahazi, Paulo Retre and Kieran Dover, all formerly of the Rowville Sports Academy, to have played for an A-League club. In what continues to be another dominant year, the intermediate football (soccer) boys took out the School Sport Victoria state championship on Wednesday, defeating close rival John Fawcner College in the final, 4-2

On the international scene, former RSA volleyballer, *Phil Freere*, departed this week ahead of joining pre-season training with his new club in Paris. The 19 year-old had previously played in Denmark, adding to a myriad of honours on his volleyball CV, including winning the Victorian Volleyball League championship in the premier division in 2014, as well as being selected in the *All Star 6* at the 2014 National Junior Championships. Known for his exemplary jumping ability, Freere had also previously played for Yarra Ranges Volleyball Club and University Blues Volleyball Club.

RIA student *Tim Mason* appeared as a special guest on the Seven Network's The Morning Show, ahead of the State Schools Spectacular. Mason, a magician, dazzled hosts Larry Emdur and Kylie Gillies on national television.

Courtesy Five Exciting Things

Student

Corner

Final stretch

As we begin the final quarter of the year, we approach some of the most “anticipated” moments for the year. For senior students, it’s crunch time (for one of the most significant events in their life); for others, it’s the countdown towards a much-needed Christmas holiday (although we know there is still Melbourne Cup to enjoy). So close but yet so far, but hey, at least we’re getting closer.

The final stretch is notorious for being the most strenuous period in our year. Not only is it so easy to throw in the towel, but many find themselves burning out in this period of what seems to be a prolonged countdown. Although this is a result of the many factors (such as our choice to trade-in sleep and time for something less worthwhile) that have accumulated throughout the year, what we can do is take that which we have and really smash out these final <100 days. So with that, here are some of my tips:

1. Refocus and get dreaming!

To prevent from burning out, it’s time to refuel and recharge. How? Recall what your goals for your current task were and why you’re doing it. Being side-tracked, is the result of not seeing what’s in front. (But I didn’t have a goal...) well then it’s time to do some deep thinking!

2. See the positives

Keep the rest of the year positive, light-hearted and something worth remembering. What only increases the rate of burnout is the amount of pressure you put on it (think a car and its engine). Reduce unnecessary opportunities to burn out and keep yourself focussed on what’s important.

3. Sleep

A rested body is a rested mind....or so they say... time to reimburse yourself for all the missing hours from the past and start new habits. This enables you to overcome exhaustion (associated with burnouts).

To conclude the rest of the year, keep fighting through and expect to see some great results. Change and impacts require effort and momentum, so make the most of 2016 while you have it!

Joyee Koay



THE HUT GALLERY -Ferntree Gully



School Talk

Sponsored by: Heany Park, Karoo, Lysterfield, Park Ridge, Rowville & St.Simons Primary Schools & Rowville Sec. College

Book Week 2016!

The 22nd to the 26th August was Book Week 2016. With a theme of 'Australia; Story Country', students at Karoo celebrated Australian authors and illustrators, as well as books from around the world.

Prep to Year 4 students watched in wonder as Craig Smith, illustrator of the 'Too Cool' series, showed students how he creates his illustrations. With Craig's guidance, students then created their own illustrations which were proudly displayed around the school. Year 5 and 6 students had the opportunity to spend time with Marc McBride, illustrator of the hugely popular 'Deltora Quest' series.

Students thoroughly enjoyed Book Week activities held at lunchtimes in the library which were based on short listed CBCA books. Colourful kites from 'Ollie and the Wind' and barnyard animals from 'My Dog Bigsy' showcase the brilliant books that were nominated this year.

Friday saw the annual Book Week Parade take place. Every student from Prep to Year 6, as well as staff, embraced the fun and excitement that comes with dressing as your favourite book character! Students paraded in front of their peers, parents and staff and showcased a variety of



Book Week Characters On Parade

interesting and engaging characters from children's books.

Here are some reflections from Karoo students;

Matthew B, Prep

'We had a book parade. I went as Captain Hook. He is from the Peter Pan story. I had a hook and a sword. We



Craig Smith Talking To Year 3 Students

walked with our buddies too.'

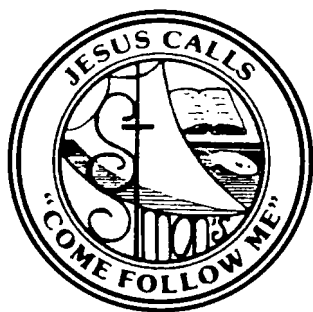
Beth O, Year 1

'The Book Parade was colourful, exciting and everyone joined in. We got to dress up as our favourite book character and walked around the gym. I enjoyed the illustrator who came to school who taught us how to draw funny pictures. The activities during lunchtime in the Library were fun.'

Maya F, Year 3-

'Book Week is a time where you can dress up as your favourite book character. There is also an author or illustrator that visits the school. Everyone is involved in the Book Week Parade, even if they are not wearing a costume.'

Monique Watson



St Simon the Apostle Primary School

Religious Education Curriculum Evening

On Tuesday 13th September we opened our school doors for our annual Curriculum Evening. Traditionally the night is an opportunity for students to showcase their learning to their parents and wider school community. This year our school focus was Religious Education, overseen by

our Religious Education Leader, Mr John Downie. The evening began in the Parish Church then families were invited to move over to the school, where every class was open showcasing student learning from the term. One of the many highlights for the evening was the opportunity for families to collect beads from around the school and make a rosary bracelet to take home and use together as a family when praying the Rosary.

Carmelina Corio

School Sports Term 3

There has been a lot of sport happening recently. It is an exciting time for the school, and as a Sports Coordinator I have been extremely proud of all the students and the St Simon's community.

Athletics Day

The Athletics day took place on Friday 5th August at the Knox Athletics track. It was the first time that we had the whole school competing from Prep to Year 6.

Coinciding with the opening ceremony of the Olympics,

each year level put on a great performance in front of the whole community. There were surfers, ninjas and different cultures. The ceremony culminated in the National Anthem.

From here the students tried their hands at Discus, Shot Put, Hurdles, Sprints, Long jump and High Jump.

Thanks to all the parents who assisted on the day!

Nick Frederiksen



Ask the Principal September 2016

Q Mr Shaw, I have read recently about a strong media focus on university educated students not getting a job in their field of study. Is this a problem?

A There has been an unwritten social contract for many decades, which was that if you worked hard at school you would get to tertiary study and then move on to a career in your area of study. While this has never been a totally assured process, it has been our expectation. This has led to increasingly high proportions of students heading off to tertiary study. A bachelor's degree is the majority choice for our students.

However, societal expectations around a university education have not adjusted with changing trends. With half of Victoria's year 12 group heading to university, our



expectations remain that graduates will head into professional roles linked to their professional degrees.

With lots of university graduates, there are pressures on employment in related professional fields. We produce 15,000 law graduates each year and only have 66,000 jobs in law. Therefore, the chances of a long term career in law are slim. Similar tensions apply in economics; medicine is on the verge of oversupply and people talk about too many primary trained

teachers and accountants.

Perhaps we need to adjust our instinctive reactions. It is time to recognise that it is not a failure to progress to a job that has no obvious link to one's degree. In the mass university education era, the capacity to successfully move between job opportunities is probably a more reliable predictor of success.

Alan Finkel, Australia's Chief Scientist has said recently that a modern economy, increasingly centred on services, demands workers with excellent analytical and communications skills. Skills acquired through a science, technology, engineering and mathematics degree happen

to be extremely useful for complex problem-solving in a technology-rich world.

For example, STEM (Science, Technology, Engineering and Mathematics) skills are needed for traditionally non-STEM jobs. And the idea that STEM graduates should do only STEM jobs is irrational. No one should interpret this complex picture as a reduction in the value of undergraduate training.

Recently, I attended a seminar where Professor Iven Mareels, Dean, Melbourne School of Engineering, University of Melbourne emphasised that he wanted equal numbers of girl and boy students entering his faculty and all of them need written and verbal communication skills, and then Maths skills. He went on to say that engineers spend 70% of their time writing and reading reports and if they are not written well, the project will never be funded, supported or even noticed.

Whether it be learning how to be adaptable enough to successfully move from one job opportunity to another, and/or building and improving our communication skills, empathy and resilience, we need to continually assess and refine our thinking on the expectations we have for our children.

Allan Shaw Principal and Chief Executive, The Knox School



PARK RIDGE

PRIMARY SCHOOL

Photo left:
*Snow Bunnies Enjoying Their
Time In The Snow.*

Photo right: *Morris Gleitzman
Signing One Of His Many Books*

at 4:30pm to have a pre-booked dinner at a restaurant and home by 9pm for a well-earned sleep.

For some students it was their first real experience of snow.

Learning the art of skiing was a challenge for some who needed to put their growth mindsets into gear in order to succeed. All students enjoyed the day and feedback indicates that a ski trip will become a regular event on the Park Ridge calendar.

Many thanks to teachers, David Round and Nicole Karanzoulis, who initiated the activity and the other staff members and parents who made the trip to Mount Buller, in order to make the day the success that it was.

Noted Children's Author Visits

The students of Years 5 and 6 had the privilege of listening to popular children's author, Morris Gleitzman,



speak to them about writing. Morris spoke to the students as fellow authors and shared with them his writing process and his motivations. He took questions from the floor and spent a considerable time signing books for the students and the school Library. The students were enthralled by his presentation and the following recesses saw students sitting down and reading a Gleitzman novel.

Two days later Michael Wagner and Jane Goodwin came and spoke with the Year 3 and 4 students. Their presentation followed a similar theme to Gleitzman, encouraging students to use their thinking and creativity to enhance their writing. Michael left two signed copies of his latest novel for the school Library, books that are already in high demand. Again the students were most impressed by the presentation and it is hoped that the experience will encourage students to work towards being better writers as they move through their schooling.

First Ever Snow Trip for Park Ridge Students

Inspired by the snow bunnies on the staff, 42 Park Ridge students from Years 5 and 6 travelled to the snow for the school's first ever snow trip.

The party left the school at 3:45 am on a Friday morning and arrived at Mount Buller in time to be fitted out with the special equipment required and then off for an early morning lesson from the local ski instructors. The rest of the day was spent practising their newly found skills on the slopes and general snow play. The group left the mountain

Olympic Stars of the Future

At Rowville Primary School, sport is a valued component of the curriculum. Students participate regularly in a range of physical activity and organised sport. With the curtain now closed on the 2016 Olympic Games, we turn our attention to 2020 and beyond. Here are some Rowville Primary School names to look out for on the podiums of the future.

Jessie, Year 4

Jessie is a highly successful competitive gymnast who participates in an Australian level gymnastics program. Jessie has won gold in her last two competitions, both as an individual and as a team. Jessie is a versatile gymnast and has won medals on the floor, beam, bars and vault. Jessie's most impressive move is a round-off backhand spring and the difficult 'backsault'; however, she is yet to perform one of these in a competition. Jessie began doing gymnastics when she was 6 years old and currently trains up to 19 hours per week at her local gymnastics club. Jessie says she enjoys gymnastics because she likes the feeling of challenging herself and being able to do things that most regular people can't do. Jessie dreams of one day emulating her club-mate Larissa Miller who represented Australia at the Olympic Games in Rio.



(left) Jessie (above) Tyler (right) Evie

Tyler, Year 6

Tyler might just be the next big thing in baseball. Tyler began playing tee-ball at the age of 6 and is now considered an all-rounder with strengths in pitching, batting and base-keeping. He is a star player at his local baseball club and was selected for the Eastern Athletics Little League team which had a successful national campaign in Lismore in June 2016. As a result, Tyler was selected to compete in the International Baseball Association's World Championships Under-12 Tournament in Japan. His team played at various venues throughout Japan, including Tokyo. At the completion of the tournament Tyler was awarded 'best player for the Australian team'. Tyler balances his schoolwork with hours of training every week and always puts in 110% on the pitch.



Evie, Year 6

Evie is a talented basketball player whose team recently competed at the under-14s National competition in Newcastle. Her team in Narre Warren was one of four Victorian teams to qualify for the national competition. Evie is a versatile player who plays '5-man position' whose job it is to do all the work inside the key, including shooting. Evie began playing basketball at the age of 3 and currently trains 9 times per week, including early morning practices where she has to wake up at 4:30am. Evie says that you need good dribbling and shooting skills and the only way to reach a high standard is through lots of practice! Her favourite basketballer of all time is of course Michael Jordan! Evie's goal is to one day play for the Australian Opals (woman's basketball team) and win a medal.

Lyn Furze



Heany Park
PRIMARY SCHOOL

Pokémon go

Pokémon go has been the new craze all around the world!! Everyone has been obsessed with the achievement of catching a Pokémon in real life. People are getting out of their homes, and into the streets to walk around town. But there are some backfires.

Have you been seeing children and adults of all ages walking around town with their phones out? The game that they are playing is Pokémon go. Everyone around the globe has been playing this game, and it's good! They get exercise, and get to socialise with their friends. Pokémon go the digital real life game, is brand new, making it the new craze for everyone. People have made little groups to travel around with; all of the three million people playing are having a great time! Some people even walk their dogs whilst playing. In this game there are over 100 Pokémon to catch, and as they say, you gotta catch 'em all!

This new craze for Pokémon go has its bad side. It's starting to make people wonder whether it was such a good idea to launch this game. Injuries, and even deaths are happening whilst playing Pokémon go. These deaths are not mysteries. Robbers and kidnappers have been roaming the streets at night, and that's when people play the most. Different deaths are rolling in. People are trying to catch Pokémon whilst driving, and crashes happen more often. Over one hundred people have died from Pokémon go, and this must stop. People are getting so obsessed that they are not putting it down for anything.

The world has flooded in on Pokémon go, making it the new craze. Is that a good thing though? Injuries are bad things, and can scar someone for life. Will people realise? Pokémon is a fantastic game, but maybe not the best for people.

By Samantha Taylor 5EB

Should all Russian athletes be banned from the Olympics?

Many Russian athletes have taken drugs and have used it as an advantage to win a medal for the upcoming Rio Olympics. Should the innocent people, who didn't take drugs from Russia, be allowed to compete?

you take drugs it makes you very strong and very fast, this means that it is a disadvantage to the other countries competitors. Lastly, it was their choice to take the drugs, there was no bribe, they didn't have to take the drugs, and therefore they should suffer the consequences.

Here are my reasons they shouldn't be banned. Firstly, I think that it's incredibly unfair that the whole country should be banned. I think that the people that only took the drugs should be banned. Secondly, a lot and I mean a lot of people have been putting their heart and soul into competing in the Rio Olympics. How about this, imagine if you were in their shoes, you worked hard for the past

2 years to compete, then suddenly you've got banned because of another person. Last but not least, it would be very unfair if they got banned because of someone else. I mean seriously, it's not their fault. It's just some of the Russian athletes who would be silly enough to take drugs to make them fitter so they can get a medal when they know they could get caught.

Here is my reasonable solution to fix this problem. I think that the people that took the drugs should be banned, but not everyone because it's NOT FAIR!

By Will 6KB



Adventures at Taylors Lane Preschool

There has been adventure and fun afoot at Taylors Lane Preschool with a visit from Dan the Reptile Man, as well as a visit from the Dandenong CFA.

With Dan the Reptile Man, the children all had an opportunity to hold a snake and pat a turtle. Here is what some of them had to say about the experience:

"Some turtles can breathe out of their bottoms!"

"Dan had to tape the crocodiles' mouth so it didn't bite our fingers off!"

It was a very exciting day when Fireman James and Fireman Jack came to kinder with their fire truck! The children got to stand inside the basket that sits at the top of the ladder – while it was on the ground of course!

Here's what some of the kids had to say:

"The ladder on the fire truck was 42 metres high!"

"The firemen have to climb the huge ladder to get cats out of trees."

Janelle Toh



The Lucky Boots

"Yes I would like those ones." Emily said with excitement. Emily was buying some boots for her 15th birthday from an antique shop. Once she bought them, she rushed home like a cheetah. When she got home, she took the boots out of the box, her dog Scruff watched with his big eyes. The boots had blue and purple strips on them with cushioning as soft as a kitten inside. Emily slipped them on. She felt confident for some reason.

Emily had been having bad luck all year. Every time she walked near a puddle, she tripped and fell in. Every time she went past an angry dog, the dog would chase her.

Emily went outside she passed a big puddle but didn't fall in. She passed an angry dog the dog didn't chase her. "Maybe these boots are giving me good luck." Emily

thought. Emily was so happy that she had good luck. She could do everything now that she couldn't do before because she kept falling over or tripping. That night Emily put her boots away under her bed. Then she went to bed. But then, Emily's dog Scruff came in and found the boots. He started to destroy them. He ripped them apart. The next day Emily had a big test at school. She went to grab her boots but when she found them they were ruined. She saw teeth marks in them and knew it was Scruff. Unfortunately there was no time left to fix them, she had to get to school. She kept thinking she was going to fail. When Emily got to school, she did the test. She kept having a brain freeze. But she did it! When she got home, she got her results. She did pretty well. It turns out that those boots weren't that lucky; they just made Emily feel confident and believe in herself.

By Salma Maher



Murrindal Playgroup



Messy Play is on its way to Murrindal Playgroup!

At Murrindal Playgroup we are very fortunate to have amazing facilities including a beautiful yard for the children to play in and a fully stocked playgroup room. We are so pleased to announce it's about to get better! The 2015-16 committees have fulfilled their vision of creating an exciting new space designed to promote "messy play." Messy play is important for young children, giving them endless ways to develop and learn. All types of play are essential for children's development and learning and we aim to assist our families in meeting all of their needs!

The playgroup has secured funding through Knox Council to install outdoor "all weather" blinds to our existing pergola area. This will provide a space for children to play outdoors without feeling the effects of inclement weather!



3-Y-0 Kinder

We would like to thank everyone who supported our recent sausage sizzle at the Scoresby Bunnings store. Thanks

to our volunteers and those who donated goods and to our many hungry customers, we were able to raise some much needed funds. Thanks to our fundraising efforts, the fundraising efforts of Liberty Avenue Playgroup and some successful community grant applications (including Bendigo Bank and Knox City Council), we will be joining forces with Playgroup to install a beautiful new sandpit in our playground. This is a joint community project that we have been planning for quite some time and we are very excited that it is coming to fruition. Once again, we offer a big thank you to everyone who has worked so diligently to make this possible.

We are looking forward to hours of fun as we learn through play. A sandpit offers opportunities for hours of open ended sensory exploration and invites participation and exploration. It encourages children to make and test their ideas and hypotheses, promotes the use of imagination and for some, it offers a soothing sensory experience. It is also an excellent avenue for children to enhance their physical, cognitive, and social skills. Because sand play is open-ended, the children decide upon the direction of their own play, encouraging child directed (rather than adult directed), and meaningful learning.

At Liberty Avenue Three Year Old Kindergarten, we offer two groups who attend for 2 sessions per week, a total of 5½hr (consisting of a 3hr morning session and a 2½hr afternoon session). We employ a qualified VIT registered kindergarten teacher and a co educator, both of whom are also trained in first aid, anaphylaxis and asthma

We foresee our members using this space for kitchen play, painting and playdoh. Our blinds will be installed over the coming school holiday break and we can't wait to see the end result!

Thinking of joining a playgroup for 2017?? Murrindal Playgroup is now taking expressions of interest for 2017 places. Contact the enrolment officer, Alison, on murrindal_enrolments@hotmail.com for all enquiries.

Kristy Ackland



It takes a village to raise a child

In the last term we have had kids cupcake decorating sessions, to support RSPCA Cupcake Day, special Father's Day crafts, and we are about to have a special story time session with Rowville Library, where one of the librarians will come out and read stories and sing songs with the kids.

We offer various sessions of 2 hours each on Mondays through Fridays during school terms. We welcome both individuals and groups, so please contact us and come in for a free trial to see how well we suit the needs of your family.

Park Ridge Playgroup is a fun, safe and friendly environment for children aged birth to 5 to grow, learn and make friends. Parents and carers also gain the opportunity to make friends, socialise, share stories and information, and receive support. Everything is provided for your child's development in both indoor and outdoor play, and arts and crafts.

Please contact Tracey on 0437 517 919, visit parkridgeplaygroup.com.au or email enquiries@parkridgeplaygroup.com.au

Tracey Collins Enrolments Officer



Looking To Enrol Your Child In Three-Year-Old Pre-Kinder In 2017?

The Rowville Community Centre runs a three-year-old pre-kinder every Monday to Friday during school terms. The two hour sessions are structured to develop the creativity, imagination and social interaction of the children. They participate in activities such as painting, free play, craft, storytelling and singing. Our teachers are all fully qualified and the centre operates under the Department of Education and Training (DET) guidelines.

The sessions are run with only 10 children per group with higher children to staff ratios than other three year old groups.

Applications for the 2017 program are now open. Please call 9763 7400 and speak to one of our friendly staff, or complete an application form online by logging on to www.knox.vic.gov.au/A-Z listing and follow the prompts.



Debbie ready with the bread for another sausage.

management, and we are registered as a kindergarten with the Department of Education & Training.

We are very excited to announce the launch of our new website. For more information and a glimpse of what we do, visit www.libertyavenuekinder.com.au or "Like" our Facebook page "Liberty Avenue 3 year old Kindergarten".

Enrolments

We are currently in the process of organising groups for our 2017 classes and have a waiting list in place for future years, with limited places available. For all enrolment information, or to organise a time to visit us, please contact our enrolment officer, Tracey on 0421 305 185. Alternatively, you can email us at libertyavenue3yo@live.com



As we progress into term 4, with Christmas only just around the corner, at Possums playgroup we are getting ready to embark on a new and fun filled year for our children.

We are holding our annual AGM in November and invite the local community to attend and possibly join our committee. We are run by parent volunteers and this way we can ensure our children have the best facilities and program at their fingertips. If you are interested in supporting your local playgroup, please feel free to pop in and see what we are all about!

Possum's Playgroup AGM

Address: 965 Wellington Road, Rowville
7pm Tuesday 8th November 2016
We look forward to seeing you!

Tara Maruzza

Fitness Classes



Term 4 Fitness classes at the Rowville Community Centre will run from October 3rd to December 16th and it's not too late to enrol. We run Stretch & Tone classes on Wednesday mornings and Thursday evenings along with a number of Yoga classes. For more information on what we have to offer here at the Rowville Community

Centre, please contact us on 9763 7400 or log on to www.knox.vic.gov.au/A-Z listing for more information.

Trish Massie Recreation Centre Administration Officer



**“Building
passionate
followers
of Jesus
Christ”**

Parish of Rowville & Ferntree Gully

131 Taylors Lane, Rowville Ph: 9764 2573

Email: admin@raftchurch.org.au Web: www.raftchurch.org.au

This past term at RAFT Youth we aimed to build upon the great friendships and memories our youth have developed over the year. The theme was the Olympics and throughout the term we had a special focus on Jesus’ parables. Our youth were on a quest to make it to the Olympic podium, by competing in games, sports and brainteasers, collecting points as they went. Our final three were pretty chuffed with the medals they received at our final ceremony! (And yes the national anthem was sung by all with the backing of a saxophone). Our look at the parables gave the youth a great perspective of how Jesus communicated some of life’s most important lessons, through interesting and powerful stories.

As a leadership team, we always look for ideas and ways to make our Friday night program fresh, exciting and challenging for the youth. This term we introduced some



new ideas to the fold, one of which was *The Alive Sessions*. *The Alive Sessions* gave the youth a small taste of ‘church’, but in an environment that was laid back and comfortable for all stages of faith. These nights took place once a month and included an interactive Bible talk on one of Jesus’ Parables, live Christian music, a time of prayer and Q&A, along with the usual awesome games, supper and chances just to hang-out.

It has been a pleasure for us leaders to watch and walk with our youth as they grow into young adults. It has also been great to see them come along and enjoy themselves on a Friday night, in a place that is welcoming and safe. Investing time and effort into our next generation is truly an honour and we cannot wait for next Term!

Term 4 at RAFT Youth will be kicking back into gear every Friday, 7pm @ RAFT from October 15th. For updates



Sponsored by: Australia for Christ Fellowship, Hillview Community Church, Fruitful Vine Melbourne Church, RAFT Anglican Church, Rowville Baptist Church, Rowville Uniting Church, Salvation Army, St Simons Parish, Restore Community Church, Sant Nirankari Mission

and more details follow us on Instagram @raftyouthgroup or email us at admin@raftchurch.org.au

Jonathan Sugumar Senior Youth Leader



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

“It takes a village to raise a child.” I believe this is true. For my children, part of that village comes from the volunteer teachers who instruct my children weekly in, what was traditionally known as Sunday School. Here, one of my children shares her thoughts.

“Immerse” Kids Church is a fun and enjoyable activity that I participate in each Sunday during the church service. It runs each term and has classes for different ages.

There are 6 groups; “Bubbles” for 0-3 year olds. They learn fun easy stories and play around; “Splash” a class for children in Kinder and Prep. They learn bible stories, do crafts and sing songs; For Grades 1-3 we have “Swim.”

They do dances, craft, sing songs, and learn bible stories; In “Surf,” for grades 4, 5 and 6 we do games and learn bible stories that help us live a better way. Sometimes we do a craft, or make yummy things and play different games; “Dive” is for years 7 and 8. They study the bible and often enjoy food too; a bible study group for year 9 and 10 students also occurs. They study the bible and discuss how to apply it to their life; “Immerse” Kids Church is a great place to spend Sunday mornings. I participate in “Surf.” I have fun, love talking and hanging out with friends and learning the amazing things God did and how Jesus sacrificed his life for our sins. The teachers are considerate and understand everything. We love having new people come and join us even if just for a day. We hope to see you soon in one of the amazing groups we have!”

By Isabelle Adams

To all who are part of a village, and in reality that’s pretty

much everyone, take heart, keep on sharing life and loving one another.

If you would like to know more of any of the “Immerse” Kids Church programs or any activities offered at Rowville Baptist Church please contact the office on 9764 – 4242, email office@rowvillebaptist.org.au or check out our website; rowvillebaptist.org.au

“The Well”

“The Well” has opened at the Wellington Care Centre in Rowville. The Drop-in program is open every Tuesday between 10.30am and 1.30pm. All welcome to come and have a cuppa and a chat and something to eat with friendly people. We’d love to see you. Food parcels available. All ages welcome. 2 Le John Street Rowville. Dark grey building. Plenty of parking. Call 9764 3738 with inquiries. (part of Rowville Baptist Church)

Suzanne Adams



P (03) 9764 8330 E info@acfchurch.com
W acfchurch.com 1070 Stud Road, Rowville

Think Differently

There are many different things happening in so many different lives at the same time. Yet, the majority of our local community does not think dissimilarly. Particular societies happen to imbue on its inhabitants particular frames of mind. For example, most people:

- Dislike cloudy / rainy weather
- Go to work grudgingly
- Remember the people who’ve offended them

• Complain about minute inconveniences

It is well worth reflecting upon the directionality of our positive and negative thinking. Think sincerely about the kind of person you think would succeed in life. Now, let’s illustrate this theoretical person. One who attacks each day with the same optimism, unaffected by weather. Who finds reasons and colleagues worth enjoying work for and with, respectively. Who forgives then forgets offences, forgoing resentment to carry on with life. One whose temperament is guarded from irritation by inconveniences and who responds kindly to whoever might be slow, unhelpful or mistaken, merely because they are still a human being.

Would I be correct in assuming this theoretical person would be worthy of admiration? To think that all it takes is the conscious decision to redefine what we perceive as negative and use it as an opportunity to develop into successful people. Not that this is easy. Which is why we don’t just encourage you to try it alone, but to surround yourself with others who are also trying to realign attitude.

We call it *church*. The head of our church just happens to be a really perfect example. Jesus is said to have mastered the ultimate attitude to life and we believe it entirely, which explains why we are in the process of trying to be like Him. You are welcome to join us in this process because life was meant to be conquered... and we were designed to be more than conquerors.

Upcoming Events: The ALPHA Course

Every Wednesday in October, 6:45 - 8:45pm (includes dinner) at Australia for Christ Church

The Alpha course is an opportunity for anyone to explore the Christian faith. It’s relaxed, low key, friendly and fun and you can ask anything.

Register at www.acfchurch.com/alpha/

Nicole Connellan



It was great to read the last edition of the RLCN. Especially the look back to five years ago and see the question about Nathaniel Atem, who was working with us at the time, aiming to become a minister in the Uniting Church. Nathaniel is a Sudanese man who, with his family, came to Australia as a refugee some years ago. I am happy to share

with readers that Nathaniel has successfully completed his training for ministry with the Uniting Church and his first placement, or church, is at Orbost, in East Gippsland. We certainly wish Nathaniel and his family well in this new phase of their lives.

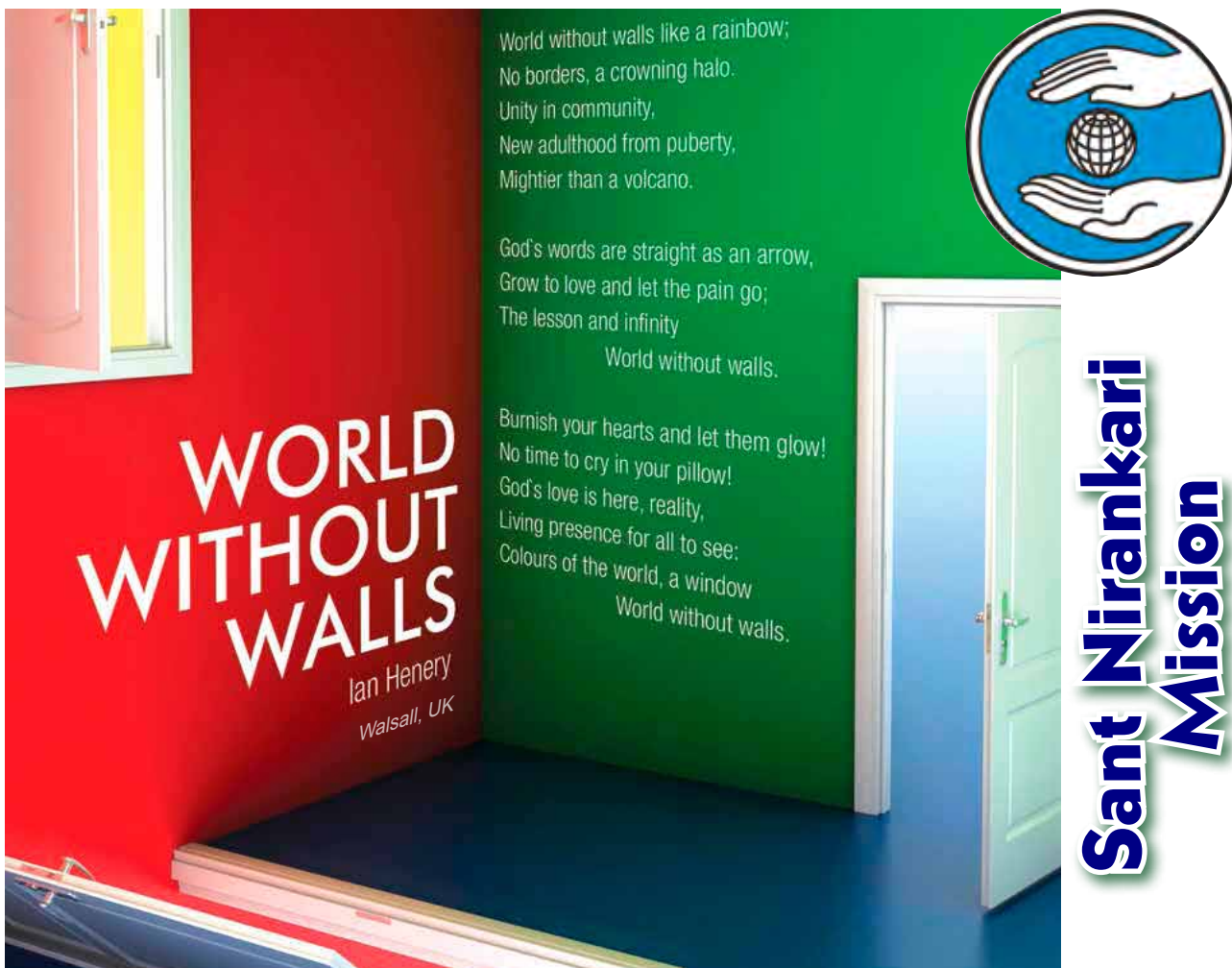
I am also pleased to share the news that this year we have had local woman, Mrs Heather Hon, working with us as she also trains for ministry within the Uniting Church. Heather has been working with us in a field placement for 10 hours a week and has been a real blessing to our church. Heather’s placement with us will finish at the end of October and we will really miss her as she continues to focus on her training for ministry in other ways.

The Uniting Church meets for worship at 10am on Sunday

mornings. Sunday school is offered during school terms. The third Sunday of each month has a special creative family focus for worship, which includes an all ages craft activity, puppets and a lot of hands on participation for all ages. We seek to be a friendly and engaging church that speaks with relevance into the 21st century.

Toddler Gym has had a break over the school holidays and resumes once again for 4th term. Our session times are Tuesday and Friday, 9:30-10:30am and 11-12md. Registration for this program is essential as we have a waiting list for places.

Trevor Bassett

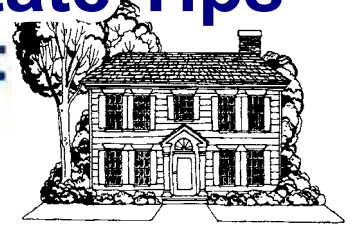


Real Estate Tips

BarryPlant

Your red carpet experience

Great Weather, Great Interest Rates, More Homes To See!



After a long, tedious and drawn-out winter, the weather has finally improved and this is the time when owners are thinking about making a move. Whether the move is into a bigger home because of a growing family or a smaller home because the children have left the nest, for most it hasn't been very motivating to have your property on the market during the wet season.

Now that the sun is shining, more properties are coming onto the market and the lead up to Christmas looks as if it will be another busy selling time. Given that interest rates remain low, buyers have confidence and are out in numbers to get themselves into the property market or make the move whilst the opportunity is here to lock in a good rate.

All of this is very encouraging for sellers and buyers alike. As a seller it is imperative that your property is presented to its best level and the gardens are neat and tidy. As a buyer there could hardly be a better time to purchase a home with a variety of homes to see.

We look forward to meeting you at one of our inspections soon!

Brenton Wilson, Managing Director

Rowville & Lysterfield

Council Minutes

August 23rd Meeting

5.2 Ward Issues

5.2.1 Councillor Pearce (Taylor Ward) • Cr Pearce was pleased to advise that the Taylor Ward Reception was recently held and well attended by community groups. • Cr Pearce advised that he recently attended the Heany Park Scout Group AGM with fellow Crs Orpen and Seymour. He noted that the meeting was well attended. • Cr Pearce advised that he recently attended the sponsors lunch for the Rowville Football Club noting the fine performance of the team for 2016 finishing third on the EFL ladder.

5.2.3 Councillor Seymour (Tirhatuan Ward) • Cr Seymour advised that she had attended a number of AGM's for groups within her community. • Cr Seymour raised the issue that residents were concerned about their safety given the recent rise in home invasions and carjacking. She advised that a number of people are feeling unsettled and apprehensive and as a result, limiting their movements after hours. • Cr Seymour advised that a number of streets in her ward are experiencing traffic congestion and on street parking issues. • Cr Seymour was pleased to advise that the Rowville Netball Club won the senior women's competition for the first time in its 54 year history • Cr Seymour advised that she recently attended a community meeting held by the Knox Appropriate Development Alliance to avail herself of the different perspectives in the community about development in Knox. She came away with some insights into the development industry, however, she did not agree with the observations of Council's performance.

6.1 Report Of Planning Applications Decided Under Delegation

Details of planning applications decided under delegation from 1 July to 31 July 2016

Taylor 2016/9073 **63 Oaktree Rise Lysterfield.** Removal of one tree 18/7/2016 Approved

Taylor 2016/6387 **1560 Wellington Road Lysterfield.** Construction of dwelling additions (new alfresco/sunroom and verandah) 18/07/2016 Approved

Taylor 2015/6633 **22 Tamboon Drive Rowville** Development of land for two (2) double storey dwellings

27/07/2016 Notice of Decision

Taylor 2016/9077 **4 Prior Court Rowville** 2 Lot Subdivision 22/07/2016 Approved

Tirhatuan 2015/6617 **48 Deschamp Crescent Rowville** One Double Storey Dwelling to the rear of the existing 5/07/2016 Approved

Tirhatuan 2015/6802 **31 Lakeview Avenue Rowville** The construction of two (2) double storey and one (1) single storey dwelling on the land 7/07/2016 Notice of Decision Tirhatuan 2016/6357 **Stud Park SC 61B/1101 Stud Road Rowville** To install 3 signs to the existing building exterior 6/07/2016 Approved

Tirhatuan 2016/6362 **7 Elizabeth Court Rowville** 3 Lot Subdivision (Approved Unit Development) 19/07/2016 Approved

Tirhatuan 2016/6067 **960 Stud Road Rowville** Use of the land for Motor Vehicle Repairs (Panel Beating), buildings and works, a reduction in the car parking requirements, alterations to access to a Road Zone Category 1 and the display of advertising signage 20/07/2016 Approved Tirhatuan 2016/9076 **42 Carrara Road Rowville** Removal of one tree 19/7/2016 Approved

Tirhatuan 2016/6384 **10 Eureka Crescent Rowville** 2 Lot Subdivision (Approved Unit Site) 28/07/2016 Approved

6.4 Temporary Accommodation for the Stamford Park Men's Shed

Summary: As a result of ongoing capital works being undertaken at the Stamford Park homestead it is proposed that the Stamford Men's Shed be relocated to a temporary facility within the homestead grounds.

1. **Introduction** The Stamford Park Men's Shed Inc (SPMSI) has an existing licence to occupy the old guest quarters at the Stamford Park homestead up until September 2016. It is anticipated that this licence would be extended following its expiry. The Men's shed undertake maintenance of the grounds for the homestead and provide much needed passive surveillance around the site and the Homestead. There are a range of works that need to be undertaken to prepare the homestead for future use. Underpinning works and the restoration of the cellar have already commenced and further works will then commence. Various options were considered for a relocation and recommends that the SPMSI be relocated in temporary facilities within the existing grounds.

Following an evaluation process this was recommended. This will allow the SPMSI to continue to meet their maintenance obligations with minimal disruption to operations, plus passive surveillance. This is clearly a temporary solution which will serve as an ongoing reminder for all parties to progress a permanent solution in a timely

manner. It is further proposed that Council enter into a new licence with the SPMSI for the temporary facilities.

8.3 Review Of At Call Hard Waste Service

Summary: Waste Management Coordinator (Geoff McMeeken) This report assesses the effectiveness of the At Call Hard Waste Collection Service introduced in July 2014 and recommends continuation of the service, including the improvements introduced over the last twelve months

Introduction Council introduced an at call hard waste collection service from 1/7/14, under contract for a four year term with the option of 3 x twelve month extensions at Council's discretion.

Conclusion

Following community feedback a report was presented to the June 2015 Council meeting which assessed the effectiveness of the twice yearly at call hard waste service in comparison to the previous twice yearly scheduled service.

In response to this report a number of service changes and process improvements were implemented. The improvements to the service included reducing the amount of time that the material is on the nature strip as this generates the highest number of complaints. Council is now arranging collections within two weeks of being made aware of non-booked hard waste. Improvements in informing residents on the appropriate use of the service have also been made, including informing residents in rental properties about Council's hard waste service as they may not receive Council's waste guide which explains the booking process.

Complaints are reducing in frequency which can be attributed in part to the service improvement measures and also more of an awareness and acceptance by the community of the service.

Council is obligated to continue the at call hard waste service contract to the expiry date of 30 June, 2018.

9.2 Knox Youth Council Evaluation

SUMMARY: Team Leader - Counseling and Support / Youth Participation and Policy (Pip Smith) This report provides Council with the findings for the evaluation of the current Knox Youth Council (KYC). The report identifies the strengths and opportunities in the current model and provides options for future activities to ensure Council continues to engage and hear from young people across the City of Knox

8. **CONCLUSION** Council through the Knox Youth Charter, Knox Youth Strategy and the Knox City Plan has a commitment to encouraging participation by young people in decisions which affect them, and to ensure Council considers the views of young people in its decision-making

IPA INSTITUTE OF PUBLIC ACCOUNTANTS
ACCOUNTANT & REGISTERED TAX AGENT
 • All Tax Returns
 • Small Business Advice
 • Rental Properties
CONTACT: 9764 5919
ashtonaccounting.com.au

CPA Accountant & Registered Tax Agent
 • Tax Returns—all entities
 • Business Financials
 • MYOB Specialist
 • GST/BAS/Bookkeeping
Simone Downie
 9755 6175
 0412 647 878

Lakesfield Plumbing Service
Ph: Steven Cuff
Ph: 9752 8639
 or 0418 358 475

ELEGANT PAINTING
 • Interior/Exterior
 • Free Quote
 • No job too small
 Call Ash on
 0421 349 754
 MPA MEMBER

Woodcraft Cabinets P/L
 Excellence in Design and Manufacture
 Quality Wall Units, Kitchens, Vanities, Entertainment Units
 For a Free Quote call
 Steve: 9768 3292

Chris Smith's Landscaping & Garden Maintenance
 All aspects of Landscaping
 Garden Clean ups
 Lawn mowing
 Slashing
 Call Chris 0414 752 762
csmiths1@bigpond.com
 Public Liability Insurance
 Free Quotes

ROWVILLE LOCKSMITHS
 • Installed
 LOCKS • Opened
 • Rekeyed
 Garage Remotes
 Domestic • Commercial
9764 5055
 Member Master Locksmith Assoc.

CONVEYANCING
 BUYING OR SELLING PROPERTY IN VICTORIA?
SUPERIOR CONVEYANCING
 MARIA CORICA -
 A LICENSED CONVEYANCER & MEMBER AIC (VIC)
 Licence 000307L
9763 4222 or 0419 396 146
 Insured for Civil Liability

LAWYER
 • FAMILY LAW
 • CONVEYANCING
 • COMMERCIAL LAW
 • WILLS & PROBATE
 • POWER OF ATTORNEY
MAHLOKO-BOARDMAN'S
Ph: 9758 8566
 COST EFFECTIVE SERVICE



ALL GATES & PICKET FENCING
 Driveway & Single Gates
 Lattice Work & Dog Runs
 Photo Selection
 Repair & Insurance Work
Phone: 9758 9457
Mobile: 0411 302 228

SECAGLASS
9753 3047
 All glass replacement
 Free Quotes &
 Emergency service -
 Glass cut to Size
 2/5 Kelletts Rd Rowville

AUSCO ELECTRICALS
 Registered Electrical Contractor
Ph: 0431 234 490
auscoelectricals@gmail.com
 • Rewiring & Alterations
 • Main switchboard upgrades
 • Safety switches
 • Light and power points
 • LED down-lights
 • Maintenance
 • Smoke detector
 • Sensor lighting
 REC: 23081

Blackman's Garden Care
 All Garden Maintenance
 Lawn Mowing
 Rubbish Removal
 Free Quotes
 Call Matt **0404 077 063**
 or (AH) 8790 3636

Graceful Dog Grooming Salon

0428 588 777
gracefulgrooming.com.au

POWER LINK ELECTRICS
 R.E.C. 16394
 • Domestic
 • Commercial
 • Industrial
 • Electrical
 • Data / Voice
Victor 0400 756 664

PRECISION POOL & SPA SERVICE
SALES / SERVICE MAINTENANCE REPAIRS to:-
 • Pump, Filter, Blower,
 Control Box, Heating
Rowville: 9701 1793
Mob: Nick 0429 896 911

SRUKYS ROOFING
 Specialising in all aspects of Roof Tiling in Concrete and Terra Cotta Tiles
PETER SRUK 0409 146 627
srukysroofing@bigpond.com

RBIT
 "The Edge You Can Trust"
 mowing small trees
 slashing rubbish removal
 landscaping handyman
 Call Ron for a free quote
www.rbit.com.au
rbit@hotmail.com

PLEASE Driver Training
 Get quick results with a qualified Paramedic, who teaches and assesses emergency driving skills with a goal of getting you from L to P safely!
Mark Wingfield
 Phone: 9759 7614
 Mobile: 0402 425 107

Sanitair
 AIR CONDITIONING CLEANING
STOP BREATHING DIRTY AIR
0452 502 637
www.sanitair.com.au
 Freecall: 1800 130 168

COMPUTER HELP
 • Virus/Spyware removal
 • Hardware/software troubleshooting
 • On-site service
 Mobile : 0410 657 329
 Tel: 9763 5992
Computer Troubleshooters
 TECHNOLOGY SOLVED

Hair 4 Hounds Dog Grooming Service
 For all your Grooming Needs
 • Grooming
 • Clipping
 • Nails
 • Hydro Bath
 • Flea Rinse
 53 Crusoe Drive, Lysterfield
 For appointments call Nicky
0419 539 480

WINDOWS & DOOR REPAIRS
 Sliding, awning, casement, hinged, double hung, bifolding,
Neil: 0452273245

Evoke IT provide IT solutions, website build and hosting, computer troubleshooting.
www.evokeit.com.au
1300 788 405
sheer.singh@evokeit.com.au

TEETH WHITENING \$149
BASED IN ROWVILLE!
 Call ROBERT (Accredited Consultant)
0468 996 223

PILATES
 Wed 9.15am & 6.15pm
 Bookings essential
BOXING
 Wed 7.30pm
 Classes held at Rowville Community Centre
 Call Lisa on
0407 873 271
 Rowville Group Fitness

PIANO TUITION
 accredited teacher
 (Diploma Prague) From 5 y.o. AMEB exams up to Associate if required.
 Marie 9764 3342
 Melway 52 B7

Techwiz Consulting
 Onsite Computer Services
 Sales & Service
 Troubleshooting
 Networking & Internet
 Free Quotes
 Ph/Fax **9837 5823**
 Mobile: **0416 135 328**

Florist
Garden to Vase
www.gardentovase.com.au
info@gardentovase.com.au
0400 660 246

Lula Hair & BeautyStudio
 LADIES & MEN'S HAIRDRESSING
 EYE LASH & BROW TINTS
 WAXING
 248 Karoo Rd Rowville
 9752 9092
 Find us on Facebook

HAIR by HOPE
 LADIES & MENS HAIRDRESSING
www.hairbyhope.com.au
 81 Liberty Ave. Rowville
 Phone 9755 6552

CAPELLI BY BIANCA
 HAIRDRESSER & STYLIST
BIANCA CORICA
0419 127 289
 CUTS/BLOW WAVES
 COLOUR/FOILS/EXTENSIONS
 BRIDAL & SPECIAL OCCASIONS
CAPELLIBYBIANCA@GMAIL.COM
 11 MIDDLEHAM CLOSE, LISTERFIELD

MAKEUP BY Alyssa Borda
0425 751 855
www.makeupbyalyssaborda.com.au

Piano and Singing Lessons
 Fully Qualified & Experienced Teacher . B.ed-Hons.
 Exams AMEB or learning for fun!
Natalia
0407 816 197

Advertise Here

❖ One year \$143

❖ 6 months \$99

Email: abonnampalam@gmail.com

Telephone: 0417 976 454

Council Minutes continued...

processes. This report highlights that the Knox Youth Council has been a valuable mechanism for hearing from young people over the last 14 years. The report also outlines the limitations of the current model and provides options for future activities that will support Council to continue to achieve positive outcomes for young people into the future. You can read the full discussion, report and recommendations on line

9.3 2016-17 Community Development Fund Evaluation Panel Recommendations

Liberty Avenue Three Year Old Kindergarten Play based experiences in the outdoors Replacement of old sandpit to provide a more appealing and robust play space.

Rowville Men's Shed Inc New ride on mower to enable ongoing Mens Shed activities.

The Links at Waterford Residents Association Fit out of Men's Shed and Art Studio Purchase of tools, equipment

Diana Amend, Peter Barton, Jan Bates, Beattie family, Carol Belcourt, Wendy and Andrew Beveridge, Colin Bradley, Muriel Cartwright, Nola & Andrew Chapman Josie Dawson, Christine Dawson-Marsh, Wikje Derminn, Kel & Di Emerson, Graham & Margaret Freestone, Hazel Haynes, Mary

and materials for Men's Shed and Art Studio.

Rowville Neighbourhood Learning Centre Inc Aimee Seebeck Hall equipment upgrade. Purchase of new tables and chairs that are lighter and easier to set up.

Heritage Walks Rowville Walks Promoting Health Project Establishment & Promotion of 6 Heritage walking tours in Rowville, encouraging low impact physical exercise for all ages.

1st Rowville Scout Group Outdoor Scouting Equipment Purchase of new outdoor scouting and camping equipment.

10.3 Incidental Community Grants Program Applications
Rowville Football Club Purchase of footballs for current participants of "Come Try AFL" program for girls aged 8-16 so they can continue practicing their skills.

Mandy Mercuri Room hire costs and catering for living with chronic pain free public event as part of National Pain Week.

Report compiled by Jan Bates

RLCN Life Members

Henderson, Tony & Marjo Ho, David Hodgins, Patricia Jackson, Barbara King, King family, Marjorie Lade, Lyn & Doug Laphorne, Nicky Laughton, Joan & Ray Lightowler, Luxmoore family, Maureen & Graeme

McEwin, Rod McKenzie, Christine Mitchell, June Murphy, Sandra Ogrizovic, Mary Powell, Bryan Power, Sue Rasti, Peter & Pauline Rumble, Sandy Sharp, Gerard Smith, Graham Smith, Pat Stemmer, Merle Turner, Ray Vancam, Michael & Jenny Walters, Barry & Karen Wells, Doug Whan, Christine & Mal White, Andrew Williams, Yates family

Life Membership

Boyd Academy of Dance, Heany Park Primary School, Hillview Community Church, Karoo Primary School, Lions Club of Rowville, Lysterfield Primary School, Park Ridge Primary School, Promech Automotive Services, Revamp Automotives, Rowville Baptist Church, Rowville Pets Home Feeding Service, Rowville Primary School, Rowville Secondary College, Rowville Uniting Church, Salvation Army – Rowville Corps.



Knox's most awarded office

Don't trust the sale of your most valuable asset to just anyone...
Call the agency with a proven track record & an intimate knowledge
of your area.

Buying, Selling

or Renting

9753 2828

150 Kelletts Road, Rowville

www.barryplant.com.au/rowville

www.facebook.com/barryplantrowville

www.twitter.com/barryplantrow



Mackinnon Jacobs Lawyers

- Family Law – Accredited Specialist
- Deceased Estates & Will Disputes
- Court Matters – All Victorian Courts & VCAT
- Sale & Purchases of Business
- Commercial Lease Advice & Disputes
- Commercial & Property Litigation

Boronia - Rowville

Phone: 1300 424 452

Email: info@mjhi.com.au

Web: www.mjhi.com.au



This is your invitation to visit our
updated community website
for local business and community
services in Rowville and Lysterfield.

Bookmark our site today to ensure local events
and business listings are just a tap on the keyboard away
and advise us of any upcoming community events.
We would love to hear from you!

rowville.com.au *your suburb... your website*

ROWVILLE.COM.AU
COMMUNITY WEBSITE