



FREE

ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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KNOX CAROLS BY CANDLELIGHT

Goodwill to all

Featuring **Kate Ceberano**

with special guests **Troy Fisher, Deborah Cotton,**
the **Australian Army Band Melbourne** and **Brian Nankervis** as MC

Saturday 4 December

at **Wally Tew Reserve** (formerly Ferntree Gully Recreation Reserve)

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presented by
Knox City Council



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Wednesday, 12 January 2010

Articles, News or Letters to the Editor
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DISTRIBUTION
Saturday, 29 January 2010

FROM THE EDITOR'S DESK



Bus lanes are an important part of Knox's public transport solution, according to the Knox Public Transport Consultative Committee. Cr Van de Vreede said he was aware of angst among some local motorists regarding the lanes, but said they were an important part of a wider, integrated network.

A VicRoads report into Stud Road bus lane locations will be released in early 2011 and Council will review its position on the most recently installed bus lanes (Ferntree Gully Road to Kelletts Road, Rowville) in response to that report, and in line with community expectations. Until then, don't drive in them, it is illegal and downright dangerous to other drivers.

At least it is not the racetrack Wellington Road seems to have become. A motorbike was clocked there near Eastlink doing 137km/h in an 80 zone. And whilst in Wellington Road, a service station was held up last month and money stolen after the attendant was tied up and locked in a toilet. Can you help the police identify the robbers?

The Knox Historical Society has launched a book "City of Knox: Historical Street and Road names". It contains some fascinating research into the origins of names, that stem from people, events and even a type of apple. You can buy a copy from Ambleside Homestead, 3 Olivebank Rd, Ferntree Gully from 1 to 4pm on Sundays.

Some years ago, we coordinated a Rowville Garden Competition and it was a popular annual event. Unfortunately it was discontinued and I wonder if there is any enthusiasm in the community to revive it. Write or email us with your thoughts, or open a discussion on our facebook site.

Congratulations to 7 year old Grace Dobson of Rowville who, along with her two team mates, won a silver medal at the recent Australian Baton Twirling Championships in Rockhampton.

So now all that is left this year is Christmas and the shopping for presents, wrapping them and putting them under the tree. It is a wonderful time of year, especially for the children as they tear off the paper and for Grandparents it is a time to spoil. However, spend wisely and within your budget, because it all has to be paid for next year. Remember too that it is a significant time for our churches who will welcome everyone to their services during the Festive Season. And spare a thought for those less fortunate, for whom this is not a time for celebration.

I would like to thank all our contributors for their regular submissions and the timely manner they submit articles and our sponsors for their ongoing support. Without our advertisers we would find it harder to make ends meet, so I would ask all our readers to please support them whenever they can. We at the RLCN are looking forward to a break and will be back in February 2011 with renewed vigour and enthusiasm. Until then from all of us to all of you have a safe, healthy and wonderful Christmas and New Year.

David Gilbert

ROWVILLE-WALKING COMMUNITY NEWS THE NEWS Distributors' Report December

Thank You to distributors

- Rudi & Wikje Derminn, who are retiring after 25 years of distribution
- Glen Ford retiring after 6 years of distribution.
- Barry (& Helen) Treadwell retiring after 4 years of Counting for Area 6
- Phil, Jan & Silas, who have retired from the ACP position of Area 7 only
- Tracy Van Eck for taking on extra distribution.

Voluntary Positions.

Distributors are needed for:
Celestial Crt, Mitta Cl, Delatite Crt, St Lawrance Way, Blaxland Dve, Sienna Crt, Dandelion Dve (north side - St Lawrance Way to Blaxland), Shops & Doctors
• Oaktree Rise (Conifer to Major [west end]), Clementine Cl, Grenfell Pl

Please contact - Peter Rumble – 9752 7592

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

1 x Captain & Counter who counts and delivers to the distributors. The area is bordered by Napoleon Rd, Kelletts Rd and Wellington Road.

Please contact - Peter Rumble – 9752 7592

Distribution Co-ordinator



Mystery Path

This is a picture that needs some explanation. It is taken at the junction of Stud Road and Kelletts Road in Rowville. You get off the bus at the stop seen in the right of the photograph and you walk to the end of the path. Now where do you go? Right out into the middle of one of Rowville's busiest intersections? There is only one path and one exit. There has to be an explanation. Can you provide it?

Scriptwriters, directors, actors: It's time to shine Green Foot Flicks film festival open

Are you a young person interested in film making? If so, Council is calling for films for its annual Knox Youth Short Film Festival, *aka* Green Foot Flicks.

This is a fantastic opportunity for locals aged 10-25 to showcase their skills. Budding writers, actors, cinematographers and directors have the chance to show what they can do in under 10 minute films to be showcased 8 April 2011 as part of National Youth Week.

For more information and an application form, due Wednesday 2 March 2011, email Katie Scott – katie.scott@knox.vic.gov.au or call 9298 8000.

Information is also available at www.knox.vic.gov.au

What's On
Locally

December 2010



Sponsored by:
Lions Club
of Rowville

Lions Club of Rowville

December 8th – Lions Club of Rowville meet at Knox Tavern, Burwood Highway, Wantirna South; 7:00pm for 7:30pm start. Meal available if required. Transport also available if needed. Ring Judy on 9752 2785.

RAFT Anglican Church

Sunday Services

8.30am – Holy Communion

10.30am – Contemporary family worship, with children's teaching time

Christmas Services

Christmas Eve 7pm All Age Service

Christmas Eve 11pm Service

Christmas Day 9am All Age Service

Christmas events: Seniors service and lunch, Face painting, Christmas Appeal (By appointment only), **Cars on the Lawn.** Details of all events in main article.

Community Kitchen Group self-service to nutritious eating and socialising. Learn to cook nourishing meals economically and hygienically. Wednesday noon and 6.30pm. Enquiries Lyn and Rob Phillips 9763 3078

Public Prayer and Healing

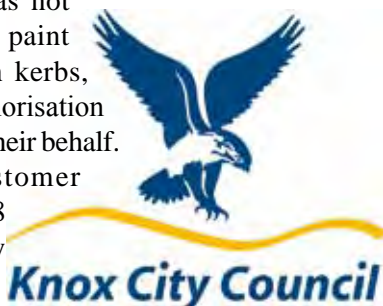
Monday Dec 6, 8pm to 9.30.

Enquiries the Rev Clyde Andrews 9763 3196

Be aware of numbering scams

Property numbers for kerbs

Some local residents have reported being approached by people claiming to have Council authorisation to charge for painting property numbers on their kerbs. However, Council has not employed anyone to paint property numbers on kerbs, nor given specific authorisation for anyone to do it on their behalf. Call Council's Customer Service Team on 9298 8000 if you have any concerns.



Nature strip tree planting

Has a tree fallen over or been removed from your naturestrip? Do you have a bare naturestrip in need of a tree? Council invites residents to apply for tree planting for their nature strips, as part of next year's planting program: May to July 2011. Requests for planting close 10 December. Residents should lodge requests by calling Council's Customer Service Team on 9298 8000.



Rowville Lysterfield Community News AGM

MP Kim Wells and RLCN President Rob James, present retiring Wikje and Rudi Derminn with their 25 year service award. Thank you for your wonderful service.

Rowville CFA Santa Run Sunday 12 December 2010



**Come and meet Santa on the Fire Truck
at the following locations ...**

9:30 - 10:15 am	Row Reserve	Waradgery Drive	Melway 81 G1
10:30 - 11:15 am	Wellington Village Shopping Centre,	Wellington Road	Melway 82 C3
11:30 - 12:15 am	Starlight Reserve,	Canter Street	Melway 81 G5
1:30 - 2:15 pm	Peregrine Reserve,	Dandelion Drive	Melway 82 D3
2:30 - 3:15 pm	Barry Reserve,	Anthony Drive	Melway 82 H1
3:30 - 4:15 pm	Village Green Reserve,	Parklane Way/Karoo Road	Melway 73 G9

'Wishing our community a safe and enjoyable festive season'

Congratulations

to Renee Armstrong – the lucky winner of the R-LCN Survey at the Stringybark Festival.

Renee wins a \$30 Gift Voucher from San Marino restaurant at Rowville.

Thank you to all who helped on the stand on the weekend.

Ian Richards – Vice President

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THE ROTARY CLUB OF ROWVILLE

Walk to School – Providing shoes to underprivileged students in Sri Lanka

The Rotary Club of Rowville was proud to join hands with the Committee for Sri Lanka, the Sri Lankan community in Victoria and two overseas Rotary clubs to contribute to a very worthy project, aptly dubbed 'Shoe Lanka'.

Rich or poor, it is the tradition of Sri Lankan parents to provide a good education to their children. The Government provides facilities like basic infrastructure, teachers, text books and school uniforms. In rural areas, students have to travel long distances to reach their schools. Some parents are unable to spend money on their transport to and from school or to provide suitable shoes due to poverty. In some areas, the public transport is almost non-existent. As a result, the children have to



Dr Senake Perera Project Chairman-Walk to school and Rotary members

walk long distances in difficult terrain on bare foot to reach their schools. Some students drop out from school due to mere fatigue on their feet.

A dinner dance and fundraiser was well attended and helped raise funds to provide pairs of shoes to needy primary school children to reduce the fatigue and motivate them to continue attending school. Our efforts along with

matching grants raised enough funds to provide 5000 shoes for primary school children. These are standard shoes designed for students in Sri Lanka and made in Sri Lanka. We would like to extend our heartfelt thanks to all involved.

The Rotary Club of Rowville has been involved with many good causes within our local community and internationally throughout 2010 and look forward to another successful year in 2011. We would like to thank everyone in our local community who provided assistance and wish everyone a Merry Xmas and a happy new year.

The Rotary Club of Rowville meet every Tuesday at the Baton Rouge Quality Inn, Stud Road Rowville at 7:00pm for dinner and fellowship. We are always looking for new members. For more information contact Anthony Johnson on 0412 586 283 or Jeff Somers on 0413 150 587 or email jsomers@ozmail.com.au.



Lions Club of Rowville

The Lions Club of Rowville has been lucky enough to be granted regular sausage sizzles at Bunnings Scoresby, on the first Friday of each month, and on Monday December 27th, so come along and contribute to the work we do in the community by buying a sausage or two from us.

We will also be at Bunnings selling our wonderful Christmas cakes and puddings on the weekends of December 4-5, 11-12 and 18-19. The 1.0kg cakes sell for \$10, the 1.5kg for \$13 and the 900g puddings for \$11, so they are excellent value for money.

If you can't make it on those dates, keep an eye out in the community because they will also be available at several other outlets. Alternatively, you can order them directly from our Cake Chairman Harald on 9763 6939, mobile 0403 158 010 or at haraldp41@optusnet.com.au.



Rowville Toastmasters

Are you easily embarrassed?

Maybe it's happened to you when you received an award. Or maybe when you had to say thank you in front of a bunch of people. Maybe it happened in front of your workmates when you were the focus of attention and you immediately felt that warm glow on your face! If so, Toastmasters can help you. Our club motto is, "Speaking among friends". Every time you stand up and say something in front of others, you're building your confidence and improving your skills. Rowville Toastmasters is made up of people just like you. People who decided they wanted to become comfortable communicating with others and decided that now was the time to do something about it. All it takes is to come along to a club meeting and you'll get to observe and experience a typical Toastmasters meeting.

Recently four guests decided they liked what they saw and joined our group. They're now well on their way to improving their skills and confidence and are now working on their "Icebreaker" speech. This speech is where a member presents a short speech to introduce him or herself by sharing something of their background, interests or subject of their choice. The aim is to begin speaking before an audience.

So if you want to overcome the fear of being the focus of attention, embarrassment, or you simply desire to improve your communication skills, then resolve to come along to our first meeting for 2011 on Feb 8. You'll be warmly welcomed and there's no commitment required. Drop us a line and we'll send you a reminder.

Where: RAFT Church, Cnr Taylors Lane and Kelletts Rd, Rowville (Melways 73 B11)

When: 7:15pm for 7:30pm start on the 2nd and 4th Tuesday of every month (recommencing Feb 8th) For further information, why not contact Ron at rowvilletoastmasters@gmail.com



After the U3A Art Show and Concert, things are not much quieter at the U3A Knox organisation. Several events, and class parties will be held in the next few weeks. Next week we hold our end of year luncheon, at which Bette Opitz will be the guest speaker and will present Sing and Chat. Bette is a former member of the Victorian Opera, and is the conductor of the A Capella group, known as the Vocal Chords.

There will be a volunteers luncheon, and a High Tea for tutors, in early December, before term ends on 10th December.

Enrolment days are at the end of January. Phone U3A Knox during the final week of January to arrange registration and enrolment for new memberships. 9752.2737 for inquiries about joining U3a Knox, or look at our website www.u3aknox.com.au

Kath Brown

To you and your family

Merry Christmas

From all of us at Rowville Community Bank® branch, best wishes for the festive season and thank you for your loyalty and support.

See you soon at Wellington Village Shopping Centre, Shop 7 / 1100 Wellington Road, Rowville or call 9755 8611.

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ROWVILLE COMMUNITY CENTRE

Limited 2011



3-year-old pre kinder places at Rowville Community Centre

Is your child 3 years old or turning 3 at the beginning of 2011? The Rowville Community Centre runs a fantastic 3 year old pre kinder program which is an excellent stepping stone to 4 year old kindergarten.

The Rowville Community Centre classes have only 10 children and a qualified staff member with the aid of an assistant to guide the children through a series of carefully programmed activities. These activities are structured to encourage imagination, creativity and social interaction in children.

The centre is owned and operated by Knox City Council so there is no extra fundraising, no committee commitments or working bees required by parents. The pre kinder programs run each day during the school term, with morning or afternoon sessions available.

Please note there are only a few vacancies available for 2011, so act quickly. To find out more information, contact the centre on 9763 7400 as soon as possible.

Rosalind Montgomery

Hello all you over 55 years of age, come and join us and you will be made very welcome by the whole group.

A group of members had a day out at the movies on October 26th at the Waverley Cinema. A

lunch was served and they all enjoyed the film "Eat, Pray & Love". It is great to see new members joining in on the fun every Wednesday and Friday.

Our members enjoyed the Melbourne Cup Day celebrations very much. The committee organised a lovely chicken and salad lunch, which the members devoured



Community Noticeboard

supported by Cr Mick Van de Vreede - Knox City Council, Tirhatuan Ward

Enhancing the great sense of community and liveability in the Rowville-Lysterfield area is important to me. Not-for-profit community organisations are integral to a healthy, vibrant and cohesive community and I feel it is imperative that these groups are able to effectively communicate what they have to offer. This free community information-sharing page is my way of helping our terrific, not-for-profit groups to do just that. Please contact the editor of the RLCN for more on this offer. I would like to thank those of you who give up your time to help build a better community. I would particularly like to thank the RLCN for their contribution to our community as well.

Rowville & District Neighbourhood House



20 Fulham Rd, Rowville
Ph: (03) 9764 1166
email: inquiries@rdnh.org.au
web: www.rdnh.org.au

The staff at Rowville & District Neighbourhood House would like to thank all our participants for attending the Educational/Art/Craft and Community Awareness activities that we have held during 2010. We have seen many new faces enrolling in these classes as well as many returning students. We will endeavour to offer many new classes and all our current favorites for 2011.

We welcome all enquiries from anyone wishing to join any class that has already started and if we have vacancies

with great appreciation. The Yukana Singers entertained us for an hour, then we finished off the afternoon with some horse races. Other than that November is a quieter month for us all.

The Knox Senior Citizens committee have all worked very well together, which makes everything work smoothly. I greatly appreciate their loyalty.

We have our Christmas break-up at Cocomo's Restaurant on Friday 17th December starting at 12.30pm and finishing around 3.30pm. Also included will be entertainment and hampers etc.

The Club finishes for 2010 on Wednesday 15th December and resumes on Wednesday 12th January 2011.

If you need more information please ring June on 9759 6986.

we will do our best to fit you in or add your name to our wait list for Term 1 2011.

Please watch out for our Term 1 brochure over the Christmas break at the Rowville Library and Woolworths at Stud Park. The office will be open for business on the 17th January for all new enrollments but please do not hesitate to leave a message on our answering machine 97641166 and leave your name & number for us to call you if you would like to ask questions about our classes.

Art classes with our New Tutor Sofia coming for Feb 2011.

ART CLASS

for 6 – 8 year olds

Do you have a budding Artist? Do you want to get more creative, wanting to get more creative, explore colour and experience the and expand their skills in use of different materials. Have Painting, Paper Mache, Collage fun, get creative, and make new and Clay? Sofia will guide friends. Parent may stay for the the children to explore colour, first lessons until you are happy making patterns etc.. to leave child with the Tutor.

Wednesdays 3.45pm – 5.00pm Wednesdays 2.00pm – 2.45pm

18th Feb – 8th April (8 sessions) 23rd Feb – 6th April (7 sessions)

\$80.50 (all materials included) \$49.00 (including materials)

Enrolments on 9764 1166

We would like to wish everyone a Happy Christmas and a prosperous New Year and a safe journey wherever you may travel.

Lesley Jenkins,

Programming Ph: 9764 1166 Fax: 9764 1215

email: admin@rdnh.org.au web: www.rdnh.org.au

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Bridgewater Centre



Rowville Uniting Church

cnr. Fulham Road & Bridgewater Way

The Bridgewater Centre is a community counselling centre provided by and located at Rowville Uniting Church. The Bridgewater Centre offers a low-cost counselling service to Rowville, Lysterfield and the surrounding communities. Individuals and families can self-refer to our service and no referral or mental health plan from a GP is required.

For some, counselling involves talking things through until a solution is reached through discussion. For others, it involves implementing structured strategies to address

particular issues within a bigger problem, such as anxiety, depression or family problems. And for others again, simply sharing their burdened thoughts reduces the stress they have been feeling by keeping it to themselves.

People seek counselling for a variety of reasons, all of which stem from the hope or belief that a positive difference can be made in their lives. People may have issues such as depression, anxiety, grief, anger management difficulties, addictions or other mental health issues. Or they may be struggling with general feelings of stress, financial hardship, problems coping with day to day life, work, family and relationship pressures, or parenting issues.

Whether you are dealing with major life stress or just want to talk something through with someone to gain a fresh perspective, contact Kerryn Davies (phone 9753 4203 or email office@rowville.unitingchurch.org.au)

to make an appointment to see our psychologist, Teresa Butler. Our fees are comparable or lower to out-of-pocket costs of seeing a psychologist in private practice after a Medicare rebate, and we are not restricted to a set number of sessions. Counselling is available on Mondays and Thursdays.

Counselling is a process that helps people engage in problem solving, identifying their strengths, building resilience, clarifying or gaining a different perspective, assisting in making critical decisions or moving through transitions in their lives, and to helping them find personal meaning in life. Counselling helps people gain a greater level of self awareness, understanding of their thoughts, feelings and behaviour, and helps them identify healthy coping strategies that may be helpful for them.

Ritzy Rosellas

The Ritzy Rosellas have been travelling around and taking part in many activities in the last 4 months. We have had dinner at a local Chinese restaurant and on a warm Friday night had a tour of the Afghan area of Dandenong finishing up with a delicious dinner. In August we had our annual Winter Delight dinner which had a Christmas theme this year. We all looked very festive. In September a group of ten of us went on a shopping tour with the staff from the emergency ward at Knox Private Hospital. We certainly coloured up their lives that day and helped raise funds to buy toys for the children who visit the emergency ward.

As Red Hatters we love to party so birthdays are always celebrated enthusiastically. We have two big birthday parties every year, one to celebrate all the birthdays from January to June and another later in the year to recognise the birthdays from July to December. On grand final day,



Ritzy Rosellas with Gai Waterhouse

those Red Hatters not into football got together to have a spa and giggle party. We laugh lots, pamper ourselves and have a great football free afternoon.

In late October we helped one of our members celebrate a big birthday. We also made this an event for the Girls Night Out breast cancer fund raiser. The Ritzy Rosellas decorated bras and wore them in a way to show off our creative talents. We were able to contribute \$173 to the cause.

During the Spring Racing Festival we get all dressed up in our best outfits and have fun. In October a group of us travelled into the city for lunch. We are often stopped and asked if we mind having our photos taken and have lots of the usual 'tell me about it, what's the occasion' questions asked. The girls had literally dozens of photos taken with locals, with tourists and with a wedding party! The highlight of the day was when the Red Hatters were stopped by a very familiar voice who wanted to talk to them and have her photo taken with the Ritzy Rosellas – Gai Waterhouse no less! The ladies asked her to name her next horse 'Ritzy Rosella'. She said she'd think about it. What a buzz!

On Oak's Day we hold our own special race day. We get together to have a glass or two of champagne, eat lovely food and have Red Hat horse races. Cups and special prizes are presented to the winners and all activity stops to watch the Oaks on TV. We all usually go home with sore faces from laughing so much. We will finish the year off with a trip to Crown Casino and the Myers Windows to look at the Christmas displays, a Kris Kringle afternoon tea and a night out to dinner just before Christmas. If you would like to know more about Red Hatting please ring Kerry on 9764 4717.



Life Activities Club Knox

Our Bus trip to the snowfields was fantastic. Thanks to our convener, our days were rather full, and very interesting, visiting here, there, and somewhere else too.

Our return journey needed rethinking, as buckets of rain had fallen, meaning floods, detours, swollen creeks, road damage, road blocks, etc. etc. Of course, this meant that our lunch break was delayed until we came upon the small hamlet of Tintaldra on the Murray River in Victoria.

This town had its own misfortune with a power blackout, and the little country pub came to our rescue. (Gas cooking was available "Phew"!). Imagine, an invasion of 43 hungry seniors, descending unexpectedly, wanting to eat! After the

initial shock our hosts took control by quickly providing us with a delicious cup of homemade soup, sandwiches, and later a 'cuppa', then we were on our way??

After more diversions we arrived in flooded Tumbarumba, needing somewhere to sleep??? This time, The Golf Club Motel, our driver and conveners, re-arranged their 14 unit motel, to cater for 43 seniors!! And to top it off, we awoke to find the area blanketed with falling snow. Oops! Does this mean that we are again stranded???

No! Our informed Bus Driver learned that we could return via Wagga Wagga, leaving behind, floods, residents evacuating, caravan parks under water, rivers taking their own directions, such a mess!!

So what's coming up?? No holiday break for us, as our activities continue throughout the year, and we invite our employed community members to join us on at least one outing, and then when it is time to retire, you will already

be familiar with our friendly club.

Merry Christmas Everyone, and We Also Wish You a Very Safe, Happy, Healthy, New Year, 2011!!!!!!

For more information, we will happily send you our current newsletter, as well as discuss the club over the phone with you.

Melva 9762 3764 or Helen 9729 1151

Rowville Red Cross



The **Migration Support Program** in Victoria runs a household goods program that operates one day a week. Volunteers collect and distribute donated household items to newly arrived refugees, asylum seekers, bridging visa holders and other vulnerable migrants in need.

The program provides basic household set-up assistance for vulnerable people who have recently settled in Melbourne or have moved into new accommodation.

Every Friday morning a team of dedicated volunteers prepare the day's schedule, detailing all planned pick-ups of donated furniture and drop-offs to those in need. To become a household goods volunteer, or for further information about the program please contact the program coordinator on 8327 7883.

Members of the Rowville Unit meet on the third Wednesday of each month. If you would like to join our unit, please call Libby on 9755 8010.

We extend to all, our wishes for a joyful Christmas season and a Happy New Year.

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People Peace & Potato Peel

Competition Winner

Last month we made the point that you have got to be in it to win it. Well, Anni Ross was, and she did! For writing in with her thoughts on the value of joining children up to local sporting teams Anni will receive a \$30 gift voucher courtesy of our sponsor San Marino Family Restaurant at Stud Park.

Another voucher is on offer this month, so read on and keep those emails coming!

Community Agencies & Services

We are extremely fortunate in this country to have a huge range of agencies and services available to assist with a variety of needs or issues. Many provide help for little or no charge. You may not realise that if you are elderly or disabled, the local council can assist with home help, personal care and other targeted support. You may be eligible for a half price taxi card, disabled parking permit, or Senior's Card. There are services providing a package of care, which may lead to help with shopping, transport or in-home respite.

Red Cross offers a telephone support service, with a team of volunteers phoning isolated people every day of the year to ensure they're safe and well. If you qualify, RDNS nurses can visit your home to dress wounds, administer medication and assist with other forms of nursing.

If you've been diagnosed with a particular medical condition there are not-for-profit organisations specialising in providing support, information and advocacy. These include those for Multiple Sclerosis, Cancer, Arthritis,

Sponsored by **San Marino Restaurant**

Parkinsons, Huntingtons and Motor Neurone Diseases. Some have low-cost aids and equipment programs, support groups, specialist information, nurses, community educators and home visiting services.

For those experiencing depression or anxiety Beyond Blue is just one agency equipped and available to help. There are groups to assist Victims of Crime, individuals and families affected by domestic violence, child abuse, drug and alcohol issues, post and ante-natal depression, obsessive compulsive disorder and eating disorders. Numerous services offer programs to assist with parenting. There are also lactation services, sleep clinics, movement disorder and continence clinics.

If you need to know about moving to supported aged care such as a Hostel or Nursing Home you can contact the Age Care Assessment Service.

For social and recreation programs, neighbourhood houses and community centres are a great place to start looking. There are scrabble and chess clubs, arm chair travel groups, the University of the Third Age (U3As) for older people, playgroups, as well as woodworking, garden, cake decorating and book clubs.

Single mums and dads might like to meet up at Parents Without Partners.

Mensline offer telephone support, information and referral. If you have experienced a miscarriage, still birth or loss of a baby or child there are people who understand at SANDS and Bonnie Babes, not matter how long ago the loss occurred.

Within Knox there countless sporting clubs for children and adults alike. Milo Cricket offers young boys and girls a 12 week program for just \$55 and includes a hat, backpack, tee-shirt, quality drink bottle, bat, ball and booklet!

You can get involved with or even receive help from service groups such as Apex and Rotary. Churches are often a great source of encouragement, hope and support.

The library runs free or low cost tutoring for school students. Podiatry is available to eligible residents through the Community Health Service.

The list of activities and support services is endless. Just think about what you want or need. Try an internet search. Go to the library. Talk to your GP. Phone the Council or community centre. Take the first step. It could change your life!

For your chance to win this month's San Marino Voucher email peoplepeaceandpotatopeel@yahoo.com.au telling briefly about a service or agency which might be helpful to others.



Pet's are at risk of Diabetes too.

Diabetes mellitus is a common disorder in both people and pets due to a combination of lifestyle and other predisposing factors. Diabetes results from a lack of insulin stopping your dog or cat from absorbing sugar (Glucose) from the foods they eat. The unused sugar builds up in the bloodstream and cannot get used by your pets cells. This can lead to excessive thirst, excessive urination, increased appetite while losing weight, increased tiredness, lack of grooming, poor skin, poor fur and cataracts. These are amongst the many symptoms in diabetic pets.

What are the risk factors of Diabetes?

There are risk factors that can contribute to your pet's chance of getting diabetes.

In dogs, obesity, genetics, and age (middle aged to older dogs) can all contribute to the development of diabetes. Certain breeds can be pre-disposed to this disease such as Labradors, Golden Retrievers, Toy Poodles, Terriers, Cocker Spaniels, Pomeranians and Daschunds just to name a few.

In cats, lifestyle appears to be an important factor in the development of diabetes. Obesity, physical inactivity, age (older cats) and being indoors are major risk factors.

How is Diabetes diagnosed?

Diagnosis of diabetes is usually straight forward. Your veterinarian will perform a simple blood test and urine test to check for abnormal levels of glucose (sugar) or ketones (an acid produced when fat is broken down because the body cannot use glucose). If these levels are persistently high then diabetes is confirmed.

How do you treat Diabetes?

Now that diabetes has been diagnosed, how is it treated? Diabetes cannot be cured, but with careful monitoring by you and your veterinarian, daily insulin injections, modified diet and weight management, your pet can live a normal happy life.

It has been recommended that cats eat a diet high in protein and low in carbohydrate to minimize the intake of sugars. For dogs a weight loss program often high in fibre has been recommended. The injections of insulin are given under the skin with a very small needle (they often don't even feel it) and your veterinarian will give detailed instruction as to how to dose and administer these injections to decrease any stresses you may have.

Diabetes is a serious condition that initially may be overwhelming but soon becomes routine, with great reward leading to your pet having an improved quality of life.

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Rowville Community Library

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December "Feeding the minds of our community..."



School Holiday Program

African Drumming Workshop from
last year's school holiday program

Multicultural Interaction Group:

This group has been coming to the library for some time and now we are going to make them official! On Thursday mornings from 10.30am you can join other people for a chat, a game of scrabble (to help improve the English language) or perhaps bring your knitting! Everyone is welcome to attend and it would be great if some Australians joined in. Sessions are free. Refreshments provided.

Party time:

December is usually the month for end of year parties for all of the groups and sessions running at the library. The library staff wish you all a happy and safe festive season and look forward to meeting up again next year.

Christmas bedtime storytime:

A special bedtime storytime will be held with a Christmas theme on Friday 3rd December at 7pm. Wear your pyjamas (children only!) and join us for some stories, craft and a treat. No bookings required. Free event.

Rowville Library holiday opening hours:

During the holiday season the open hours will be
Fri 24th December 9-3pm
Sat 25th to Tue 28th December Closed
Wed 29th and Thu 30th December 9-5.30pm
Fri 31st December 9-3pm
Sat 1st to Mon 3rd January Closed
Normal open hours will resume on Tuesday 4 January

Mobile phone help:

Sally and her volunteers from the Stud Park Telstra Shop will be here to help you with any brand or plan of mobile phone on Wednesday 8th and 15th of December at 2pm. Free event. Booking essential. All welcome.

Storytimes:

Sessions closed for the holidays and resume the week beginning Monday 7th February 2011. There will also be a school holiday program for 2 weeks during the holidays from 10th – 21st January 2011.

Branch closure:

All ERL branches will be closed Monday 13th until 1pm. We do apologise for any inconvenience.

Computer Help Sessions:

On Tuesday and Thursday mornings a tutor is available from 10am to assist people in using the computers. They are able to help with Internet, Email, Facebook, Word, Excel and everyone will be welcomed including complete beginners. The sessions are free and bookings are essential. Meanwhile anyone who needs help with using computers just needs to ask the staff and, subject to staff availability, you will be given every assistance. The best times for staff availability would be on Monday and Wednesday mornings from 10am. There is no need to book and it's free, but we cannot guarantee staff availability. All welcome.

Home Library Services:

If you have difficulty coming to the library to borrow materials, or if you know someone else with difficulties, please contact the library to arrange for a home delivery service. Library staff will select some items after discussions to ascertain your tastes and volunteers will make monthly deliveries. For further information please ask to speak to Rose or Raelene on 92941300.

Growville Growers:

Next meeting will be the break-up party on **December 3rd at the special time of 1pm**. Bring a plate to share, cuttings to swap and/or something for show & tell.

Chinese Group:

If you know someone who speaks Chinese let them know that they can attend every Friday at 10.30am. On **December 10th**, the Chinese Librarian, Emma, will be attending. **Free event! All Welcome.**

Bedtime Storytime:

Is held on the first Friday of the month at 7pm. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!)

Afternoon Bookchat:

Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. Held on the 1st Monday of the month at 2pm our next meeting will be on Monday December 6th at Rowville Library. Free event. Bookings not required.

Coming up in January:

Please ask staff for a School Holiday Program. The program will be run during the two weeks from January 10th to 21st 2011. (Details will be available on the library website at www.erl.vic.gov.au) We'll also be running a Summer Reading Program throughout the holidays so please ask for an entry form next time you visit the library. Come and enjoy our special storytime designed for babies aged 0-12mths on Wednesdays at 2pm and 2.30pm. Relax,

enjoy the stories and meet new friends.

List of regular storytimes: 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), **2pm** Tiny Tots storytime (age 0 – 12 months)

Bedtime storytime is on 1st Friday of the month at 7pm

Are you a member of the **Rowville Community Library**?

If not, join now. Joining is easier than you think....all you need to join is a driver's licence with your current address. Joining is free. Borrowing is free. Normal **opening hours** for Rowville library are Mondays, Tuesdays and Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 10-4 and Sundays 1–4.

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

Rose Thompson Manager, Rowville Community Library 9294 1300



Community Newspapers Make History

Despite the unseasonable October weather the West Gippsland's Arts Centre hosted a full house at the 5th Annual Community Newspaper Association of Victoria (CNAV) conference.

More than 30 community newspapers made the journey to Warragul, ranging from the Otway Light in the West, Locky News (Lockington) in the North and the Stratford Town Crier to the East

Keynote Speaker Gerard Callinan (ABC Gippsland) spoke of the growth of opinion news and the widening of news gathering which provided opportunities for community newspapers. His suggestion that community newspapers consider using Facebook to foster communication with their communities became a talking point during the the rest of the conference.

CNAV conferences provide an opportunity for community newspapers to share their achievements and display their publications. "Heavens, community newspapers have come a long way over the last few years," said CNAV Vice-President Jo Vondra. "The majority were of a high standard, especially in layout and production, and I couldn't believe the number of colour pages we are now seeing."

A great time was had by all in attendance.



2010 CNAV Award winners and finalists acknowledged

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Wakakirri Kids encourage 1 million people to make a positive difference in 2010!

In 2010 over 1 million people were encouraged to make a positive impact on the world around them, by students with a Wakakirri message. Wakakirri is Australia's largest national story sharing arts festival for Primary Students and is now calling for registrations for 2011, encouraging students to be creative whilst making a difference! Festival Director, Nathan Luff says "Wakakirri is about creating stories with a community message, making their work sustainable and sharing their story with as many people as possible". 17,654 students from 300 schools participated in live performances across the country, with the common premise of "Making a Positive Impact on the world around you".

The national results of 2010 were announced at yesterday's Wakakirri 2011 launch, with the coveted Wakakirri Prize being awarded to Lysterfield Primary School in Victoria. Having focused on some important world issues, most notably the effects of palm oil farming on the environment, students are now checking the labels on all the products in their lunchboxes and in the kitchen to identify which products they should avoid. Their campaign included creating posters, writing articles and presenting at their assembly, thoroughly demonstrating a commitment to raising awareness of a specific issue and offering a very practical way people can help make a difference.

"It's just amazing how passionate the students have become ... it just energises you and places a smile on your face when you hear them talk about their topic," said Danielle Verdonck, a teacher at Lysterfield Primary School.

Wakakirri was established in 1992 and now involves over 20,000 students in every State and Territory. It has live events in 28 locations reaching an audience of 50,000 annually. It is free to enter and schools are invited to register their interest online via the website (www.wakakirri.com) by the 1st April 2011.

"Seeing students, teachers and parents come together in the collaborative process of creating and sharing stories is a beautiful and wonderful thing to be a part of," says Luff, "the opportunity to perform at this level, in front of such an audience is not just a chance to be immensely proud, but also an opportunity to really think about the world our kids will inherit."

The exciting live performances at major venues, including Sydney Entertainment Centre and Melbourne Convention Centre take place between July and September.

Five Boys and a Barbecue

Harley Miskin, Jerry Xue, Jake Lummis, Jordan Kwok, Amrit Singh and Philip Cherian were asked to do a kind deed for the community in their 'Civics' class, so they organised a sausage sizzle and agreed that all the proceeds from the event should go to the Red Cross.

So, at lunchtime on the 18th November they fired up the barbeque at the Eastern Campus of Rowville Secondary College and prepared to serve a hungry mob of schoolmates. They were not disappointed as they sold out of all the sausages and burgers plus most of the cold drinks. Harley Miskin said "We would like to thank all the businesses that supported our endeavour, Marty's Meats in Upper Ferntree Gully, Woolworths and Coles at Stud Park, Baker's Delight at Mountain Gate and Bell's Ice. The event was a great team effort" he added, "that was made



Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



a success thanks to the support of the school community and the only teacher to buy a sausage Mrs Eleni Stavros!"

Editor's Note: Well done boys, a great effort and I'm sure the Red Cross will be very grateful.



Rob & Andre of Lysterfield Primary School

Please direct any further enquiries to Brendon Comber, 0416 938 217 or brendon@wakakirri.com

Local Interest Story

Lysterfield Residents in Qantas Mid-Air Drama

Lysterfield residents for more than 10 years, Mr & Mrs Wooster and their 16 year old son were returning from a holiday in China via Hong Kong and Singapore when their holiday took an unexpected and horrifying turn. Mr and Mrs Wooster were discussing how great and quiet they thought the A380 Airbus was when ten minutes after take-off from Changi Airport, there was a loud explosion and the next two hours was a nightmare. "My son was sitting in the window and actually saw number two engine explode" said Mrs Wooster "sending pieces of metal flying, damaging not only the engine but parts of the wing

as well". Mrs Wooster said that there were some nervous passengers around but there was no hysteria. The cabin crew in general went about their business in a professional manner, although there was clearly some emotion too.



The Captain kept a steady flow of announcements coming and explained that there was a technical problem with number two engine, which the young Wooster could see was an understatement. However, passengers on the other side of the aircraft were not privy to the same level of visibility and the Captain's regular announcements played down the problem. "The fact that the aircraft appeared to be travelling straight and level was a huge comfort, although the visits to the main cabin by the aircrew to have a closer look were disconcerting" she added.

After two hours of circling and ditching fuel the plane landed, albeit at a speed that Mrs Wooster thought was a trifle fast, and used the full length of the runway. It was explained later that some damage to control wires had affected the air brakes and other controls. After an hour on the tarmac, the passengers were allowed to disembark on the opposite side to the damaged engine. "There appeared to be blown tyres and damage to the undercarriage, but it was marvellous to be back on 'terra firma' again".

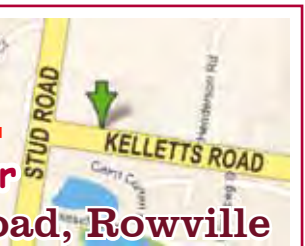
Now that the family are safely back home I asked Mrs Wooster if the incident had put her off flying. "Initially yes" she said "and the recent other incidents haven't helped. But could it happen to us again? So I guess the answer is 'no' it hasn't put us off and although we haven't heard from Qantas since, we would not rule out flying with them again".



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Frank & Connie Fordham – 50th Anniversary.

HISTORY

Connie Fordham Remembers

This article was first published in the November 1990 edition of the Rowville-Lysterfield Community News. We thought it would be appropriate to re-produce it here 20 years later. Connie unfortunately passed away in 2006 having celebrated her 100th birthday the year before. She lived in Rowville for almost 70 years and was amazed by the development and the price of land! However, she believed that Rowville was now a better place in which to live and was grateful for the many kindnesses of her Rowville friends among whom she particularly numbered her fellow members of the Rowville Baptist Church.

Connie came to Rowville from Carlton in 1937 after her marriage to Frank Fordham. She tells of her adjustment from city girl to country wife and mother. "I didn't know where I was going. It seemed back of beyond. I came up Stud Road in a jinker and it seemed as if I was never going to get there; I'd never been in a horse and cart that long before."

Thus Mrs Constance (Connie) Fordham, one of our oldest and most public spirited residents, remembered her first visit to Rowville in 1935 to meet her future parents-in-law.

Rowville was quite a shock for city-reared Connie who had lived almost all of her life in Carlton, "never far away from the shops and trams". Con had met her future husband Frank at a dance at the Exhibition Buildings and they were married a couple of years later. Because the economy had still not shaken off the grip of the Great Depression, they had little chance to put away savings towards a home of their own, so they moved in with Frank's parents in Bergins Road. The only public building in Rowville then was the tiny post office on the south-east corner of the Stud Road - Wellington Road intersection. The blacksmith's business next door to the post office had closed because of Mr Bergin's failing health. He died soon after Connie arrived in Rowville. Apart from the Bergins and Fordhams, the only other families that Connie could recall living in Rowville then were the Manleys, Finns, Gills, Gearons, Taylors, Goldings, McIntyres, Dobsons, Hills, Drummonds, Martins and Robinsons. The Fordhams had moved from Footscray to Rowville in 1920 when Frank was only 13. Their thirty acre property extended from Bergins Road to Heany Park Road. At that end of the farm, Frank and his father grew Brussels sprouts, cabbages, cauliflowers, tomatoes, peas and beans. Mrs Fordham senior raised cows and pigs at the Bergins Road end of the property while Connie had her hands full looking after the housework and her two baby daughters, Janet and Joan. At the same time she worked hard too on the farm and once came down with pneumonia after catching a chill while picking the sprouts crop.

At another time Frank bought two thousand chickens



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

and Connie, who had never seen a live fowl in her life before she went to Rowville, cared for them so well that only three of the birds died. In the winter Mrs Fordham senior scalded the milk from her cows to make clotted cream which found a ready market through the stall she ran at weekends in Ferntree Gully Road opposite the old Scoresby State School. Frank sold the farm produce to fruit shops in Dandenong and also sold from a stall in Lonsdale Street in front of what is now the Westpac Bank. Twice a week he took his vegetables to Victoria Market. As well as this, Frank was a plasterer and found work in his trade whenever he could in those difficult times. At one time he obtained a licence to clear the timber from what is now known as the "bald hill" behind Heany Park Road. He sold the wood to bakers in Dandenong and the wattle bark to a tannery in Footscray.

Despite their hard work there was never much money and Connie recalled how difficult it was at times even to find the few pence for her daughters' bus fares to attend Sunday School at Scoresby. She, herself, used to walk to the Methodist Church at Scoresby where the services were conducted by the Reverend Blainey, the father of the historian Geoffrey Blainey. Connie was a great walker. For ten years as a young woman she walked from Carlton to her work in Collingwood. On winter Saturdays she'd pay the two pence fare on the cable tram at midday knock-off time in order to get home quickly to watch her beloved Carlton play at Princes Park. Until old age caught up with her in recent years, she could be seen walking around Rowville, especially when making the annual Red Cross collection in March.

Connie's involvement with Red Cross commenced during World War 1 when she was a schoolgirl at the School of Domestic Arts in Bell Street, Fitzroy. The grades used to compete to raise money to qualify for Red Cross

Making Victoria FireReady



9 things you should do to prepare for the fire season.



Victoria is one of the most fire-prone areas in the world. So even though we've had some good rain recently, we are still facing another highly dangerous fire season. If you live in the bush, on the coast or along the urban fringe, you need to be FireReady. And the time to start preparing is now. Your survival, and the survival of your family, could depend on it.

Start preparing now.

- 1** Many homes in high risk bushfire areas are not built to withstand bushfire and survival must be your main priority. To find out if you should defend your house from bushfire, use the CFA's Household Bushfire Self-Assessment Tool online or book a free CFA site visit at www.cfa.vic.gov.au or call 1800 240 667.
- 2** Start clearing up around your property. Even if you plan to leave well before a fire threatens, you may not be able to. A well-prepared building may shield you from radiant heat, which can kill you.
- 3** Find out the location of the nearest Neighbourhood Safer Place and how to get there. The CFA website lists Neighbourhood Safer Places.
- 4** Pack your relocation kit. This should contain, food, water, woollen blankets, battery powered radio, mobile phone with charger, a first-aid kit, medication, prescriptions, important contacts, pet food and bedding and anything else you need away from home.
- 5** Be aware of your children's school Bushfire Survival Plan by talking to school

staff or visit www.education.vic.gov.au

6 Prepare a written Bushfire Survival Plan and consider the needs of the elderly, people with special needs, children, pets and/or livestock. Obtain your free FireReady Kit from www.cfa.vic.gov.au or call 1800 240 667.

7 Practise your Bushfire Survival Plan – doing so increases your chances of survival in fire. Make sure you have back-up plans and alternative exit routes in place. Fires are erratic and can arrive at unexpected times.

8 Regularly monitor conditions, know the Fire Danger Rating in your area and keep up-to-date by tuning into ABC Local Radio, commercial radio and Sky News. Fire Danger Ratings are your trigger to act.

9 To be better prepared in your local area, visit www.cfa.vic.gov.au for your local Community Fireguard Group and/or attend FireReady Victoria community meetings.

So start preparing now. For a free FireReady Kit, or for more information on how to prepare, act and survive, visit www.cfa.vic.gov.au or call 1800 240 667.

PREPARE. ACT. SURVIVE.

FireReady



For more information contact: 1800 240 667 www.cfa.vic.gov.au

certificates. Once Connie walked home to Carlton at lunchtime to get the two pence that enabled her grade to be the first to reach the target of five shillings necessary to obtain a certificate. “We thought we were lovely,” Connie laughed. She collected tins, glass and bottles to sell for Red Cross and her Girl Guides group made soft toys to sell at the Red Cross stall at the Austin Hospital.

In the late 1960s when Con was secretary of the Rowville Progress Association, a request came from Red Cross Headquarters for a contribution. Connie and Frank, Alfie Taylor and Harry and Rose Raymond volunteered to do a door knock collection and raised so much money the Red Cross asked them to form a local unit. Connie has been a member of that group ever since and has been awarded a long service medal by Red Cross.

Connie’s record of public involvement is remarkable. She was the foundation secretary of the Mothers’ Club at Scoresby State School when 16 of the 18 pupils there were from Rowville. She was also a member of the School Committee. For 35 years she was a member of the William Angliss Hospital Auxiliary, secretary of the Rowville Progress Association for eight years and also secretary of the Social Committee. She was a long-time member of the Recreation Reserve Committee of Management,

President of the Football Club Ladies’ Committee and a member of the Gymkhana Committee. Rowville Netball Club has honoured her with Life Membership. Frank too was a member of many of these groups and was Captain of the Rowville Fire Brigade for a number of years. In 1981 Frank was made a Life Member of the Victorian Rural Fire Brigades’ Association for his services to Rowville R.F.B.

Connie counts among her most satisfying achievements her part in the establishment of Rowville Primary School. “I’d walked around and got all the names and sent them to the Minister. When they opened the school, they toasted me with champagne, believe it or not!” Connie is also very proud of the fact that she was the first person in Rowville to receive the Civic Award from the Knox Council for her services to the community.

Connie has vivid memories of the World War 2 years in Rowville. “The Americans were very generous men. They’d come down to buy eggs and say ‘Fill my hat up’ and if it was eighteen shillings and they gave you a pound, the kids got the two shillings. They never took the change. Then they put Bergins Road out of bounds and, of course, that was the end of our eggs. Then down comes the driver for some eggs for the head man in the camp and Frank said, ‘Oh well, go back and tell the Colonel that

seeing the boys are not allowed to have eggs, there’s no eggs for him either!’ So we sold our eggs in the next ten minutes ‘cos he took the ban off!” However generous the Americans were, they were no match for the Australian soldiers when it came to turn-out and marching. “The Australians used to look lovely when they’d march up Bergins Road to church - all polished up but the Yanks used to march down here - but they were sad They didn’t ever march, they just slouched around, I’d never seen such a slap happy lot in all my life.” Con couldn’t recall any problems occurring for the district when the soldiers were here. However a tragedy did take place towards the end of the war when there was a prisoner of war camp for Italian soldiers in Wellington Road where the SEC station is now. “The prisoners were allowed out but all the roads were supposed to be out of bounds but you’d see them here - they used to swim at Heany Park. They weren’t supposed to go into peoples’ houses: we were told by the Commander of the camp that we could be heavily fined or put in gaol for two years. One prisoner used to go out at night and he was told he wasn’t to leave the camp and he did and he got shot and killed. He was only young too - about 23. That was an uproar in Rowville.”

Interviewed by Bryan Power

Memory Lane from the archives

5, 10, 15, 20 and 25 Years Ago...

1985

Mr Ralph Orme returned to Rowville after a twelve month ride on horseback to Brisbane! Ralph was left handicapped after a stroke in 1981 and wanted to show other people with disabilities that they could still lead an active life. He was welcomed back by Joan and Ray Lightowler and members of the Baptist Church. Do you remember his return? The Rowville Christian Community Baptist Church’s new buildings were opened and dedicated by the president of the Baptist Union of Victoria, Mrs Winsome Abbott. Special thanks were given to Ron Lade for leading the building programme. What are your memories of that time Ron? Council decided to sell two hectares of land in Karoo Rd to the Knox Italian Community Club. I suspect a few glasses of Chianti or Grappa were consumed that day. What do Jodie Harrison, Leanne Crawford, David Riddiford, Nicole Durand and Rodney Thompson have in common? Can one of these people enlighten us?

1990

After 3 years as the RLCN editor Moira McCafferty stood down and the redoubtable Bryan Power started his long and historically informative reign. The Library manager invited children to come and help decorate the Christmas tree. Does this custom survive? The Community Centre suggested you book early for the popular cover band “Mighty Fine Guys” in February. Did you take up the

offer or maybe you were one of the “Guys”. Knox Council in conjunction with MMBW (remember them?) held an “Intractable Waste Collection Day” in October, which resulted in 384 vehicles delivering 16,338 kg of waste including 25kg of mercury and a snake preserved in formalin! Of the 5,334 containers collected, 1,660 were paint, 845 were oil, and 57 were arsenic!

1995

60 entries were judged in the Rowville Gardening Competition, with the first prize going to Josephine Caia. How’s your garden these days (It looks good to me)? The Rowville Adventist Community Fellowship welcomed new pastor Pr Bud Beaty who hailed from Florida with 17 years of service. How long did Bud stay? News that a pinball parlour may be opened in Stud Park Shopping Centre apparently evoked ‘lively reactions’ from the community. The new Safeway (Woolworths) store in Stud Park was expected to employ about 300 people when it opened on December 5th. Did It? Is it? Rowville Primary School teacher Greg Orchard won the State Award for ‘National Excellence in Teaching’ in recognition of his outstanding contribution to the ‘International School to School Experience’ programme. Are you still involved with I.S.S.E Greg?

2000

Peter Nugent, MP and Federal Member for Aston, officially inaugurated the Rowville-Lysterfield History Project, which you can view at www.rlcnews.org.au There are more photos to come so keep visiting. Jenny and Michael Walters retired as distribution co-ordinators for the paper after 6 years. The circulation rose from 1200 to 10,100 during their tenure, a true logistic challenge. Does the Knox Pony Club still exist? ‘Words of Wisdom’ a local band released their first CD. Where are you now Tim, Nick, Nathan and Tim? The Nestle’ Write Around

Australia creative writing competition zone final was won by Skye Melki-Wagner a year 6 student from Park Ridge PS. How did you go in the State final?

2005

Bryan Power a past Editor and then President of the RLCN retired after 15 years service. Currently a resident of Gisborne and heavily involved with the ‘Gazette’, Bryan left a marvellous legacy in the three volume work “Rowville and Lysterfield Stories” which won the ‘Proud Heritage’ award. Rowville Football Club’s Under 15 coach, Leeann Gill was named female coach of the year by the Australian Football Coaches Association. Are you still involved? Among the many tributes Connie Fordham received on her 100th birthday was one from Brendon Fevola, representing her beloved Carlton Football Club. I wonder what she would make of him today? St Simon’s Parish Primary School, farewelled their Principal, Mrs Judith Frood, after 13 years at the helm. During her incumbency, Judith built the school into the second largest Catholic Primary School in Victoria

Historical Moment In Time – 1905

On 20th December, the first Rowville post office was opened. The name Rowville was formed from the name of the Row family who lived at Stamford Park and the French word for town, ‘ville’, but it wasn’t the first name given to the area. In the early days of white settlement it was Narree Narree Warren (Aboriginal for ‘no good water’), then it was referred to as South Riding before in 1874 it became known as Lysterfield after William Lyster a prominent landholder. So, thanks to Nick Bergin who was, amongst other things, the first postmaster, our name is 105 years old this month.



1st Rowville Scout Group

Howdy from the 1st Rowville Scout Group! If you are stuck for ideas of good, wholesome activities for the kids to do (in any weather), then give scouting a go! We have a hall in Rowville, near the Fire Station, where we meet to have loads of fun!

We go on excursions, contribute in positive ways to the Community, meet different members of our Community and learn about their contributions.

We also learn different skills, such as camping, first aid, cooking, how to read maps, etc.

Things we have done this last year include wrapping presents for people at Bunnings in Scoresby for Christmas and Father’s Day, visiting the local Vet practice to learn how they take care of our pets, marching in the ANZAC day parade in Upwey, going to the Moorabbin Airfield and learning about planes and helicopters. We have bush walks and camps, and for the younger members - Super Hero dress ups and sleepovers.

You may have heard of Jamboree. This event happens every three years, and Scouting packs travel all over Australia to take part. Busloads of kids get together

at a campsite, and spend about ten days getting filthy and having a great time. Activities at the last Jamboree (2010) included laser skirmish, climbing walls, “Cirque de Scoute” (learn to juggle, ride a unicycle!), learn how to build a rocket, fix a car and turn wood. There were also off-site activities which included a city tour, visiting a local Adventure Park, bush skills and water activities (the perfect way to cool off on a hot summer day!).

For more information regarding 1st Rowville Scout Group, please drop us an e-mail: giulieri@bigpond.net.au or you can look on our website <http://www.rowvillescouts.com.au/>

We’d like to hear from you!

Rowville/Rowville Lakes Little Athletics

Let the Games Begin!

Wet weather challenged the opening weeks of this Little Aths season, but it hasn't stopped some athletes from putting their best foot forward.

Seven year old Marlee Diver stepped out on the track in the second race and blew the field away!

Marlee has discovered new-found confidence and determination, completing the two lap race well ahead of all other participants.

Ben Pepper and Cody Eickhoff thrilled the crowds with a hard fought 600m race on one of our Saturday mornings, and Mikala Viney has been showing some of her finest running form ever.

RECORDS:

Young Jesse Eickhoff ran a stunning 80m hurdles to produce a new Knox Centre electronic record for the U9 Boys. At the other end of the spectrum sixteen year old Tayla Kearns has been ensuring that her name is through the record books before making her departure from Little Aths/Inter Aths at the end of this season. Tayla has created new electronic-timing best performances for the Knox Centre in the 100 and 200m.

Electronic records only came into being at Club level last season, when the Centre introduced electronic timing. This is providing extra incentive for people to improve their performances and gain a record. At Club level, for Rowville Lakes, Charanja Thavendran has bettered the 70m for U15G, while training partner Rebecca Fredricksen has already broken the 200m record three times! Grace Mcfaul will also see her name in print, for the same age 1500m. Beccy O'Brien has bettered the U12G Shot Put with 9.62m. Jake Pantano broke the U12B Long Jump record, which was created before he was born and Blake Tahlambouris created a new U10 Boys record for the same event.

Relays:

Many athletes are now preparing for relay events. The under 9 boys and girls are particularly excited since this is the first year they are old enough to take part. They are getting to know team members, learning to pass batons, and working out where to stand for changeovers. Discerning Left from Right is a challenge in itself! Relay Teams participated at the annual Box Hill Relay Day in preparation for Region and State Championships. A few of our youngsters came home with medals. Millie Reed excited the crowds with a magnificent 400m in the final leg of the U11 Girls' Medley.

Multi Events:

Each year the Knox Centre devotes one of its competition mornings to Multi events. All children take part in the same five events (4 for U7s) and gain points based on their performances in each. The events are 100m, 800m, Long Jump, Discus and, with the exception of U7s, the 80m hurdles. Athletes with the highest score are considered the best all-rounders. Our clubs were delighted with

participation rates and the effort of all our members. Between the two Clubs, we took all three placings in the U10 Boys & Girls and the U8 girls. Well done 1.Blake 2. Lachlan and 3.Jarrold (U10B); 1. Monique 2. Stacey and 3.Jemma (U10G); and 1.Courtney 2. Keelin and 3.Hailey (U8G). Stacey had a particularly amazing day given that this is her first year at Little Aths. Well done! Jesse Eickhoff and Millie Reed were our other two first place finishers in the U9 Boys and U11 Girls respectively. Ashley, Mark, Sophie, Olivia, Jake and Jackie-Lee each came in second, and Jessica, Sam and Chayley were a creditable third in their age group tallies.

Training:

Melanie, Jordan, Riley, Lachlan, Jack, Mia, Tyler and Aaron are amongst our Under 7 to 12 children enjoying Monday and/or Wednesday training activities, which are available at no additional cost to all registered athletes.

Personal Bests:

Five athletes produced five personal best performances each on one day. Congratulations Keelin, Mia, Hailey, Aaron and Cody, who with just these PBs are half way to a bronze medal. Courtney Beer and Jai Bardsley were two of the first children to gain a bronze PB award this season..

Friendship:

Jemma Beagley is pleased to have recruited school mates Nikol Terziev and Maddison Ryder to the Rowville Club. Meanwhile Emma Lacey has impressed the U15 girls, new to hammer, with her ability.

We would love to be joined by a few more fourteen and fifteen year olds. Contact Nick on 9764 0661 or Michael 9755 7120 to find out more.

Thanks to the Knox LAC photographers.

Rosemary Merrigan

Anyone for Netball in 2011?

The Knox Regional Netball Centre in Ferntree Gully has plenty of opportunities to participate in a netball competition. The

centre has a daytime ladies competition on Wednesdays and Fridays. These competitions are supported by a free crèche, with fully qualified staff and is run under Department of Education and Early Childhood Development (DEECD) guidelines.

There is a Sunday mixed competitions that runs from late afternoon into the evening, catering for all levels of ability and the Mountain District Netball Association runs a popular night competition from Mondays through to Thursdays and a Saturday competition.

To find out how to enrol a team, please contact the centre on 9758 7191 or log on to www.knoxnetball.com.au and proceed to the download section.

Rosalind Montgomery



Knox & District Over 50s

Do you want to add some variety to your life? Come and join Knox and District over 50s.

In November we journeyed to Werribee Water Treatment Plant with morning tea and lunch at different exciting venues. Our week long adventure to Merimbula was fantastic! And our annual Melbourne Cup Day function displayed our members talents for dressing up, decorating hats and enjoying the friendly company.

A mystery tour to Emerald, the Cuckoo for lunch and scenic drive through the hills was very well attended and thoroughly enjoyed by all, lots of fun and frivolity, wonderful entertainment and delicious food.

Our regular events each Tuesday are:

1st Tuesday - Morning Melodies at Bayswater Hotel

2nd Tuesday - Luncheon outing to local venues

3rd Tuesday - Book Club at Boronia Progress Hall

4th Tuesday - our Group meeting 1:15pm for a 1:30start in the main hall with a variety of guest speakers.

Our Social Committee organises many varied events such as Morning Coffee and chit chat at Myers, Morning Melodies at various venues, Sunday Band Concerts, outings to Yarra Valley Racing, monthly Movies at the Metro, day bus trips on a quarterly basis and an annual week long trip.

Like more information? Just call Keith on 9801 4908.

Knox Safer Community (incorporating Neighbourhood Watch)

has officially begun with a Committee elected in a meeting at Knox Police Station on 9 November. KSC will be active on Twitter and our website launched during December. Knox Safer Community is run by the Knox Community with assistance from Victoria police.

Next meeting: 14 December 7:30pm, level 2 Knox Police Station. Come along to help make **Knox a Safer Community**. Area Co-Ordinator - Ron Lade 9763 7382

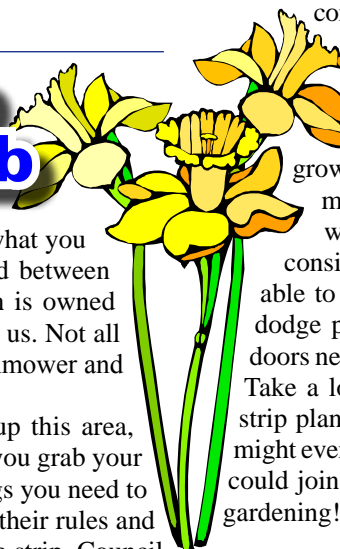
Handbag Security

- Be assertive, walk with confidence, be aware of your surroundings - a firm and confident manner may prevent an offence.
 - Secure your handbag close to your body, carrying it so that it faces away from passing traffic.
 - Avoid isolated areas and do not carry large amounts of cash with you. Withdraw only money needed at the time
 - Do not leave your handbag unattended on top of a shopping trolley.
 - Do not put up resistance if your handbag is seized, activate an alarm if you have one and yell out 'stop thief' or similar.
 - Notify your bank or credit card provider as soon as possible if your Eftpos or credit cards have been stolen.
- Never keep a written record of your PIN numbers with your cards.

has also been advertising their nature strip Tree Planting program recently. If your nature strip is in need of a tree, contact them on 9298 8000 before December 10th.

Prepare your soil according to what you intend to plant. There will be plenty of hot, dry weather ahead, it is still prudent to choose water wise plants. Many attractive plants grow well with little water. And as always, mulch, mulch, mulch! Create your nature strip planting with how much time you have to care for it and consider all who use the path. People need to be able to alight from their vehicles without having to dodge prickly plants and ankle-breaking rocks. Car doors need to be opened without hindrance or damage. Take a look around, there are some gorgeous nature strip plantings to be seen. Your cultivated nature strip might even inspire your neighbours to follow suit, or you could join forces and create a wildlife corridor. Happy gardening!

Betty Wright



Knox Home Garden Club

Nature strip, verge, plantation, no matter what you call it, we all have one. That strip of land between the footpath and the roadside kerb, which is owned by the council but maintained (mowed) by us. Not all that difficult, just a few sweeps of the lawnmower and it's done.

However, have you considered planting up this area, eliminating mowing it altogether? Before you grab your pick and shovel, there are a couple of things you need to do. Check with Knox Council to see what their rules and regulations are for planting out your nature strip. Council

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Wellness on Wellington

New 31-room Medical and Allied Health Clinic launched in Rowville

The oldest medical clinic in Rowville opened the newest health practice in Knox on November 1st. **Wellness on Wellington**, originally named Parkridge Medical Centre, is the oldest medical practice in Rowville and has been caring for the community since 1986.

The two storey building houses a 31 consulting room practice, which will incorporate 13 GPs and multiple medical specialists, nurses qualified as asthma and diabetes educators, a dental clinic run by Australian Unity, physiotherapy, exercise physiology, myotherapy and pilates treatments by Bounce Health Group, pathology services by Dorovitch, x-rays by Capital Radiology and osteopathy by Rowville Family Osteopathy. Allied health services include audiology, dietetics, massage therapy, podiatry, psychology and social work.

In addition to modern consulting rooms and a large waiting room, the practice has a 50m2 meeting room to be used for practitioner training, patient education and public health functions such as meetings of illness support groups. The treatment room consists of 5 cubicles monitored by nurses and has a well equipped emergency room and separate theatre.

At the launch, the principal, Dr David Ringelblum, explained that the future of health care involves greater cooperation and integration of care between the various health disciplines. Good care is more likely to arise from bringing these practitioners together under one roof so that they can exchange knowledge and information. "We aren't just interested in fixing illness" he said, "but in promoting health."

In front of 100 patients, practitioners and local community members, he added, "Our practice exists to provide excellence in health care to the communities of Rowville, Lysterfield and Ferntree Gully. But how to provide that care has changed enormously over the past 20 years and with complete certainty will continue to change".

At the conclusion of the opening ceremony, Dr Ringelblum asked Mr Angelo Cardamone, the practice's longest serving patient to cut the ribbon. Mr Cardamone's wife Marina was a receptionist at the centre for over twenty years.



Angelo Cardamone cutting the ribbon

The new health centre, is situated at 1100 Wellington Rd, opposite the Wellington Village Shopping Centre. Appointments can be made by calling 9780 8999.



Wellness on Wellington

Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rowville Sports Medicine
96 Kelletts Rd, (Cnr Kelletts Rd & Taylors Lane) Rowville
Physiotherapy 9763 9233 Sports Medicine 9763 3944



Physiotherapy Low Back Pain

Prevalence of Low Back Pain.

Low Back Pain is a common musculoskeletal disorder affecting 80% of people at some point in their lives. It accounts for more sick leave and disability than any other medical condition.

Cause of Low Back Pain.

Back pain is usually caused by an injury to the back such as overstretching during lifting, bending or twisting. This may result in damage to muscles, ligaments or the discs.

Management.

In the first two to three days you should aim to minimise pain and assist healing by:

- Avoid activities you do not really need to do.
- Sit as little as possible. Avoid extended car travel unless absolutely necessary.
- When resting, lie on your back, stomach, or on your side, supported by pillows.
- Take painkillers when necessary. Do not expect medications to get rid of the pain completely.

Prevention.

50% of people who suffer low back pain will have re-injury within 12 months. Core strengthening exercises have been proven to be most effective in preventing re-injury and keeping one's back healthy and strong. It is important to consult your Physiotherapist for a safe and monitored exercise program.

Sports Medicine Diabetes Footcare

People with Diabetes are at high risk of foot and lower limb complications due to their blood glucose levels. Not everyone with Diabetes will get complications, however risk needs to be assessed and strategies put in place to prevent them. Two of the most common complications are briefly explained below.

Nerve Damage:

Known as Peripheral Neuropathy, (PN) is a common complication in people with diabetes. Too much sugar in the blood causes nerve damage leading to loss of feeling and protective sensation in your feet and legs.

Poor blood flow: :

Peripheral Vascular Disease (PVD)



results in narrowing and hardening of the arteries, high blood pressure, varicose veins & reduced healing rates from cuts and grazes.

If you experience any of the following signs or symptoms your nerves or blood vessels are probably affected by your Diabetes:

- Pins and Needles or burning pain
 - Numbness or a feeling of insects crawling on your feet
 - Pain from something that normally wouldn't be painful (bed sheets on your toes)
 - Consistently cold feet and legs
 - Cramping when walking or in bed at night
 - Discolouration of the skin, thickened and/or brittle nails.
- Your Podiatrist will assess your risk, test nerves, blood flow, remove callouses, unload pressure areas and provide you advice and/or treatment on skin care, blood flow improvement and footwear to help prevent complications associated with Diabetes.

Talk to your Doctor about your eligibility to claim through medicare.



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Wellington Care Centre

cnr Wellington Rd & Le John St, Rowville.

This advertisement has been funded by the **Rotary Club of Rowville**
"Working for a better community"

The Lysterfield Junior Football Club was established on the 27th April, 2010, with the view to compete in the Eastern Football League in 2011.

Meanwhile the club continued to compete under the banner of the Knox Junior Football Club as Knox/Lysterfield in season 2010. As previously reported the club will embark on its inaugural season in 2011 in the Eastern Football League (EFL).

The Club will field 4 sides in the EFL junior competition for season 2011. Registrations are now open and we are seeking NEW players for all age groups.



Come and join the new club in the EFL – “A new era in local football”

Under 9 – Born 2002 or 2003

Under 10 – Born 2001

Under 11 – Born 2000

Under 12 – Born 1999

The Auskick program will also continue in season 2011. Further details will be available in later editions.

Further details and a registration form can be obtained on the website, lysterfieldjfc.org.au or by contacting

the President, Steve Ketzer on 0417 526 536 or the Registration Officer, Greg Crawford on 0417 535 817.

SPORTING ROUNDUP



Sporting Roundup is sponsored by Kim Wells M.P., State Member for Scoresby and Victorian Treasurer.



Hawk's players handball party safe tips



Hawthorn players proved that they not only fly high on the football field, but also when it comes to addressing party safe issues at Rowville Secondary College's parent and student Party Safe Expo. The expo, which took place at the College's Western campus on Tuesday, 16th of November, was organised by the Wellbeing team for years nine and ten students and parents, who coming into the summer school holidays, will be faced with issues related to partying.

Hawthorn football players which included, Club Captain Sam Mitchell, Riley Milne, Jarryd Roughead and Matt Suckling, took time from their extensive pre-season training, to advise parents and students about how crucial teenagers looking after friends and themselves at parties is.

Skipper Sam Mitchell, a recent father himself, expressed that alcohol and partying is an issue in today's society and that parents should be aware that it is a factor among teenagers. “We're not here to hide these things, it is an issue,” he said.

Mitchell said engaging with teens through communication and getting to their level can open teenagers up to parents and suggested that parents tell their children something they did when they were younger. “Tell them something naughty,” he said. “Kids have a perfect view of parents, especially their mums. Mums know everything. This will give you more of an insight into their world and show them that you were once human too.”

Team mate Jarryd Roughead told the forum how the Hawthorn Football Club tackles alcohol issues through an “alcohol game plan” which consists of players knowing how many drinks they can consume, depending on when their next game is the following week. Roughead also said it is paramount that teenagers are aware of their limits and make the right choices when consuming alcohol.

“It's not about getting drunk first up,” he said. “It's more about being careful and smart about drinking.”

Student Wellbeing Coordinator Pauline Catrice, assisted in organising the evening and said that forums are successful in informing parents about issues related to alcohol which has proved to be a grey area among parents.

“Parent communities are hard to crack,” she said. “That is why parent and student forums are important and so successful.”

The expo followed Party Safe day which was held at Rowville Secondary College's Western and Eastern Campus' for year 10 students at the beginning of term 4.

Maryanne Karlovic

Eildon Park Cricket Club



What an extremely busy season it has been at Pantherland, as we have battled the wettest summer in over a decade. Whilst it has been disappointing for everyone that Mother Nature has chosen Saturdays as her day to throw down some of her worst work, we thank all our players and members for their patience and positive attitude.

All Junior teams have been playing some really exciting cricket and have chalked up some great wins. This has been highlighted by the number of juniors who have been selected for various representative duties. Stay tuned for more details once these games and carnivals begin. On behalf of everyone at Eildon Park we congratulate these boys on their achievements and wish them the very best of luck for their upcoming fixtures. We know they are going to make Eildon Park very proud.

Our Family Trivia Night held recently in November was a great success with a whole host of new faces enjoying a

great night. Unfortunately, Sean Walshe's Under 15 table proved victorious on the night, although Sean needs to be reminded that that will be the only success the English see this summer!

Congratulations to Darrell North and his loyal team in our Milo In2Cricket program who once again are demonstrating why our program is considered the benchmark throughout Cricket Victoria. Whilst our main oval has been out of operation it hasn't stopped our Coaches and future champions rolling up their sleeves and getting stuck into the fun and learning what goes with the program. Speaking of our front oval, it is now getting very exciting as we start to see the grass blossom and the work take shape. It will be very exciting when next season rolls around and the full benefits will be there for everyone.

On behalf of the Eildon Park Cricket Club Committee we wish all our members and families a very Merry Christmas and a safe and happy New Year. Our club does not take for granted the wonderful people that make up our community club and make our club what it is, so we thank everyone for the season so far and look forward to continuing the fun and success when we meet again in 2011!

Go Panthers. *Christian Trotter* Vice President

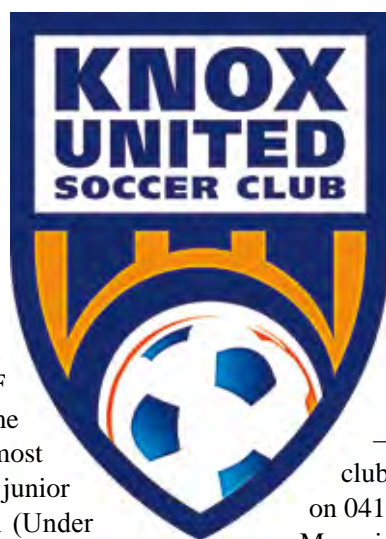
Knox United Soccer Club is busy planning for another successful year following an outstanding 2010.

We continued to cement our place as Rowville/Lysterfield's premier soccer club through the growth of our junior program with the help of our enthusiastic and dedicated committee, coaches, team managers, parents & players. The SSF (Small Sided Football) team enjoyed some great results and provided some of the most enthusiastic goal celebrations as well. Our junior teams, including our first ever 'A' team (Under 13A), held themselves in fine stead throughout the season & our Senior Men's team also enjoyed a solid season in Div 2 finishing in 3rd.

Thanks to the tireless efforts of our Club Secretary, Peter Cass, this year we established our first ever Wheelchair Soccer team and they provided the club with a League Championship following an emotional 2-1 win in the Grand Final! Congratulations to the 'Flames' players, carers and supporters on making such a huge impression on the club in their first year!

We held pre-season trials for Season 2011 for our junior teams (boys & girls) in November and will announce further trial dates on our website in December. With our continued growth, we are also looking for new junior coaches to help our enthusiastic players reach their potential. To register your interest in coaching at Knox United, go to our website – www.knoxunited.com

Our dedicated committee will work over summer



to improve our facilities with maintenance work to our clubrooms, lighting and home ground pitch as well continuing our battle for better local facilities so that we can continue to provide a safe, family friendly soccer club for the Rowville/Lysterfield area.

If you are interested in joining Knox United next season, we will be holding our 2011 Registration Day on Saturday February 5th at Knox Italian Community Club, 99 Karoo Rd, Rowville from 11am – 2 pm. For further information on the club, contact Club President Felice Lomuto on 0417 351 030.

More information can also be found at our website – www.knoxunited.com

Felice Lomuto, Club President

Wellington Care Centre

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To be informed and share about

Issues of Grief and Loss

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3rd November 2010 at 7:30pm

Wellington Care Centre

Cnr Wellington Rd & Le John St, Rowville.

Ph: 9762 3738 www.wellingtoncarecentre.com.au



Karoo Happenings

New building Opens

On Tuesday 8th November at 12 noon, our new classrooms were officially opened by Senator David Feeney. Also in attendance were the State Member for Ferntree Gully, Mr Nick Wakeling, Labor candidate Mr Josh Culinan, as well as Principals and their representatives from the Rowville cluster of schools.

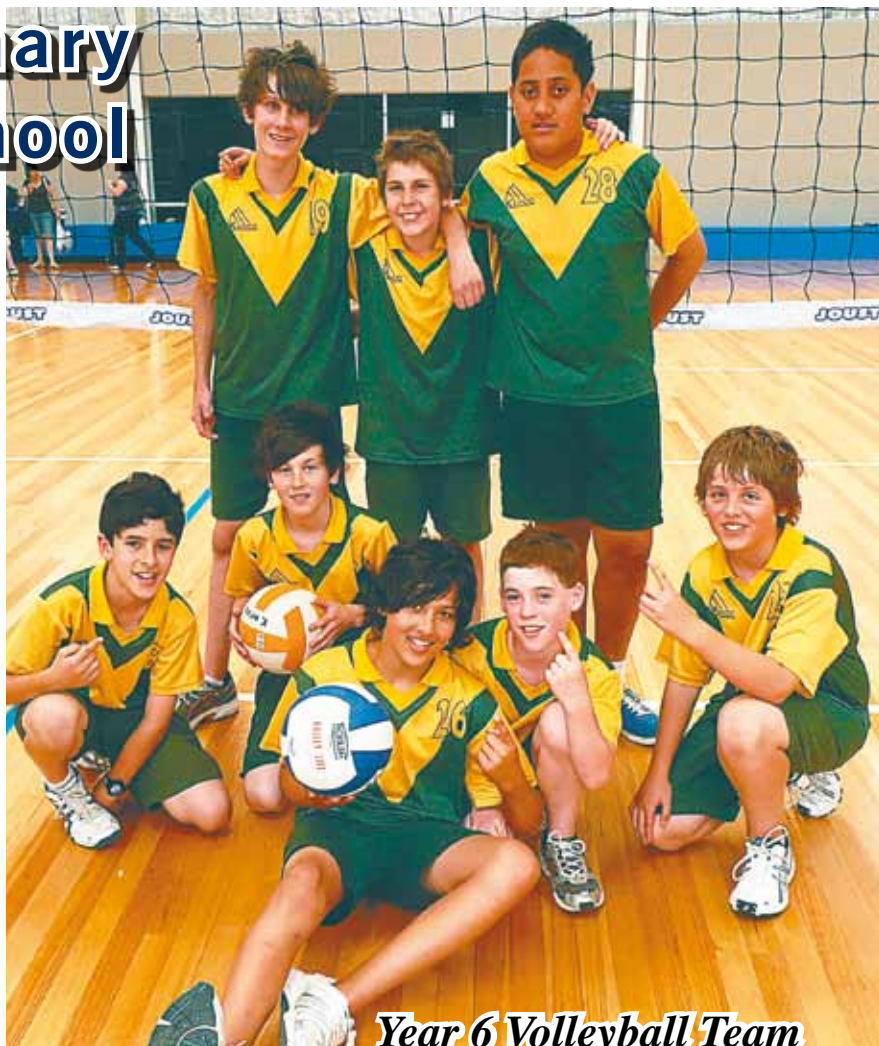
The Hillsongs choir, under Mr John Oldham, our Performing Arts teacher, presented two very high calibre songs to an audience of Year 2 and 5 students and interested parents. The ceremony was held in the new building, which consists of four classrooms, a large open area, a kitchen, offices and bathroom facilities.

Bronwyn Wysocki

Year 6 Boys Volleyball Off to the State Finals

On Friday 5th November, the Year 6 volleyball team went to Mount View Primary School to play against the two teams who had won their zone matches. These teams were Croydon and Mount View Primary Schools. We were all ready to play, but we had underestimated how good Mount View was. We lost the first set 15-25. Once Mrs Lee pulled us in for a talk, we all got our game on and smashed them with a score of 25-6. This meant we had to play a decider and had to win the next set. It was a close match and we won 25-18. We all shook hands and said "Good game", but we still had one more match.

Now we were playing Croydon Primary. We were all still pumped and ready for the game and we easily won the first set 25-16. Now we only had to win one more!



Year 6 Volleyball Team

BACK - Callum, Joshua I, Eneasi

FRONT - Nick, Joshua D, Denzel, Reece, Liam

ABSENT - Lachlan

Fortunately, we won that too, winning 25-11, so we had just won the whole regional tournament!

The star players of the day were, Eneasi, Callum and Lockie, for their great spikes, and Josh D and Reese for their great serving, and Nick and Josh for their great encouragement. We would like to thank Mrs Lee for organising the day and all the parents for transporting us. State Championships, here we come!!

Denzel

Editor's note. Well done boys and good luck for the State Championships.

Lysterfield Primary School

Bellfield Dve, Lysterfield

Tel: 9752 7953



Wakakirri Winners!

Lysterfield Primary School has some very exciting news! Three groups from Lysterfield were entered in "Wakakirri" and one of them won the Wakakirri National Prize which included \$3,000 for the school. Wakakirri is about making a positive impact on the world around you. This year the theme was 'duck'. There are six different categories to choose from. They were, story arts, story-dance, story-film, story-singing, story-telling and story-writing. Lysterfield entered in the story-arts. The three groups all focused on different world issues, with one group focused on all the trees being cut down, while another concentrated on acceptance, "it doesn't matter if you are funny looking or perfect."

And the group which won was all about Palm Oil and how it is hurting Orang-utans and Sumatran Tigers. The four creators of this miraculous achievement are Andre Rossi, Rob Ryan, Sophie Kempf and Keely McGovern. Palm Oil is in many products including: All Arnott's foods, Kit Kats, LCM's and cosmetics as well as many others. This is a big issue that is getting more and more dangerous for the animals. We got really involved in the topic and we spread the word amongst all our school grades. The teacher leading the projects was Miss Verdonck, one of our grade six teachers. "It's just amazing how passionate the students have become. It just energises you and places a smile on your face when you hear them talk about their topic." Danielle Verdonk, teacher and Wakakirri organiser at Lysterfield Primary School.

SEE PAGE 9



Sophie - LPS

DID YOU KNOW?

1 in every 10 products on supermarket shelves contains Palm Oil which is often labelled as Vegetable oil or not at all. Arnott's are changing their recipe sometime next year, because they discovered how bad it is. We are proud to win the prize for our school and are happy knowing that the money goes to extending our environmental projects at Lysterfield Primary School.

By Keely McGovern and Sophie Kempf



PACK & SEND ROWVILLE is the only company in the local area that offers a complete range of postal, freight, courier, packing and removalist services operating through a national retail network. We manage packaging, domestic & international freight and message sending services for businesses of all sizes, as well as for householders and tourists.

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Nuovi Giornalisti da Rowville in Italia (Continued)

More Student Accounts

Ciao. My name is Kelsey, and as a student going to Italy I was very privileged as we went for 2 weeks straight. The culture was very different and in Orvieto we were given so much freedom, to just wander around and just find our way round, we located ourselves very easily. And the freedom was just great, independence. Just between you and me, it also gave the girls a lot of time to go shopping, but that was one of the pretty cool things. Unfortunately I'm not going to talk about the shopping, but what I'm going to tell you is something that you will hopefully enjoy reading! By the way, everything I've told you or am about to tell you is all true! We stayed at a monastery and Suora Joanna (Sister Joanna) was very scary. The monastery had marble steps that echoed continuously, we had to be very quiet while staying there, and that was quite a challenge for most of us. But that was something we all got used to.

Orvieto is a unique city that has something special about it; it is built on top of a large rock, and is surrounded by a big wall. The only way to get into the city is to go up the elevator. There is one road for cars to enter, but only locals can use it. It's also an interesting place with many other unique things about it. Orvieto is also a small city and is split up into 4 quarters, each with a different name. It also has a centre, Piazza del Duomo. It's the heart of the city as the giant Cathedral is there. The quarters (Quartieri) are called dell' Oldo, di Serancia, delle Stella and di Corsica.

The schools kids that we visited were wonderful. They were kind, funny, talkative, and basically they laughed till they fell on the floor, not really, but that's how I think of them. We played a few word games with them in their class where we sat in a circle and one round you would have a topic, example animals, and you would say them in English, and the next round you would have a different topic and have to say them in Italian. As you named things there was a time bomb and you had to think of something and say it before the bomb went off. If it ran out on you, you were out. It was tricky but loads of fun, the adrenaline of thinking that the bomb was going to go off on you was unexplainable. This activity helped us both with the languages we were studying, English and Italian.

The school kids, when they were outside, had another whole different personality. At first the Italians were on one side and the Australians were on the other. One of the Italians went over to the boys and asked if they'd like to play. But the girls and I had to go over to the Italian girls to introduce ourselves. We got to know them, and then we played a few games with them. But it was good to be able to get to know them and their culture, and at the same time they learnt about ours too. The boys went and played soccer of course, and the girls played two games. The first was like keep it up, where you have to try and keep the ball off the ground, and the second was like our poison ball, except the rules were different and there were a few more twists and turns to it. It was an awesome game!

That night, we were going to go out for dinner and there



was only going to be 4 Italian school kids going, but I guess they had so much fun with us that about 30 ended up coming. We filled out the whole restaurant! There was so much pizza. The night was amazing, and I will never forget that bunch of kids!

There is so much more to talk about that was so amazing in Italy, like Roma, Firenze, Pisa and Assisi. And even more about Orvieto, but if I told it all to you, it would have turned out to be the length of a novel, so all I can say, is that if you're not sure about going to Italy or sending your kids off to Italy, the best option will be just to go! It's something you won't ever regret doing! Well at least I'm not regretting it! IT WAS AWESOME, trust me!

By Kelsey.

My name is Luke, and I was a part of the first ever Rowville Primary School Italian Cultural Trip. In Rome, we visited 'il Colosseo'. I really enjoyed it because gladiators use to fight each other and wild animals in it. We learnt about 'il Colosseo' at school and it is really interesting to see how big and amazing it is really is.

Food in Italy was great. I also liked the pizza. We went to a pizza shop where you picked how big a slice you wanted and your topping. The lady would then cut you a slice, weigh the pizza and work out the price. It's also much bigger and tastier than Australia's pizza. I loved 'il Gelato' in Italy because they had around twenty flavours or more. You could pick to eat it out of a cup or a cone.

There were so many different sizes, about 7 cup sizes and 5 cone sizes. The cones could have chocolate and nuts on the outside too. They even had whipped cream that you could have at the bottom of your cone or on top of your gelato too.

Right next to 'la Fontana di Trevi' there was the best gelato shop! Something to remember if you ever go to Rome! The interesting thing about 'il Bar', the cafes, were that you would have to order and pay for what you wanted first at one counter and then go to another counter to get it. Sometimes it was the reverse. It was so confusing! I had a fantastic time on the trip.

By Luke.



Through the Eyes of Children

Utilising digital photography to capture their experiences. During the Discovery program, the students use digital cameras to record their learning journeys. We hope you enjoy sharing some of their delightful images from throughout the year, as seen through their eyes!



St Simon's Over the Hedge

Grade 3 Red at St Simon's had a great time working with Darren Wallace from the Knox Environmental Society. We had five hands-on activities where we learnt different ways we can propagate plants. Our plants were taken back to the nursery at Ferntree Gully and nurtured in the hot house by the society. Early this month Darren came back with them and the children said 'boy had they grown'. We spent the morning planting out our seedlings into a new garden that the class had set up. We are very proud of the garden and have been watering it when needed. All of the plants are native to the Knox area so they should grow well in the soil.

Grade 3 Red



Primary School What is an S.R.C.?

An S.R.C. is a person who represents the class that they are in. S.R.C. stands for Student Representative Council. The students in the class vote at the start of the year for who they think would be the best representative for their grade. An S.R.C. goes to fortnightly meetings to talk about student events, concerns and ideas. They also have a roster to help with the Games Club. S.R.C.'s are important because students can go to them if they have a problem or need some advice. They can also help teachers organize events.

This year we have had a number of fundraisers, selling chocolates, pizza day, Guide Dogs Victoria and Stand Up Australians Day. Recently we have had the Fete to raise money for St. Simon's Parish.

By Michala and Brandon S.R.C.s of Grade 4 Green.

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Setting up for the time of giving

It is the time when families start to gather to celebrate. Yet for many, Christmas is a

sad time. RAFT is abuzz with preparations for the range of needs and celebration, with many firsts in the life of the church and the community.

In a first endeavour, RAFT with eight other agencies has joined in a Christmas appeal to bring cheer to the needy. Gifts are being stocked and volunteers are signing on to help with the distribution over three days in December.

RAFT will be one of several distribution centres in Knox, in an appeal coordinated by Knox Infolink, a community service helping people in need. The Christmas appeal seeks to support 500 families. The distribution points will cover Rowville, Lysterfield, Scoresby, Ferntree Gully, The Basin, Bayswater and Boronia. Distribution at RAFT will be from 10am to 2pm over the three days from Dec 14th to Dec 16th.

RAFT coordinators Pam Deamer and Glenys King reflect the buzz as the days draw closer. "There have been willing hands from volunteers, and positive response from the people they are seeking to help," says Pam. This is the first time Pam and Glenys are involved in an event of this nature, and both are finding their involvement most satisfying. "It is a worthwhile thing to do," says Pam. "I find it gratifying even if it is only an hour or two a day."

Organising events is not new to Glenys. She had been a social secretary at the bank she used to work in. Working in a bank, she had always been "volunteered" for treasurer positions, and she had been active at the gym that she goes to. "But doing something for a charitable cause is totally different," says Glenys. "My mother always told



me that it was much better to give than to receive, and I am passionate about it."

We are also gearing up for a seniors lunch at RAFT on Dec 10th from 11am. The face painting at Stud Park will be on Dec 11th and 18th from 10am to 4pm. Carols on the Lawn on Dec 19th promises family fun and entertainment from 6pm, and carols with puppet play and drama from 7.45pm. There will be free BBQ and sausage sizzle, Jumping Castle, face painting, games for children, photo sessions at the nativity scene, crafts and gift bags. We will also have carols in nursing homes.

For Knox Christmas Appeal information call Knox Infolink at 9761 1325, or email info@knoxinfolink.org.au or contact RAFT on 9764 2573, email admin@raftchurch.org.au.

Community Kitchen

Thanks, Knox Council

RAFT's community kitchen has had another successful term, with two sessions running each Wednesday. The participants are enjoying the cooking, learning and socialising with each other, and many friendships have been formed. They have made headway in their cooking abilities, and enjoy bringing produce from their gardens to be used in the meals they prepare.

Knox City Council has acknowledged the community attributes of the kitchen, and given two community grants that will be a boon to the kitchen. One was for the purchase of commercial refrigeration units and a freezer for use in



Coordinators Pam Deamer (left) and Glenys King with some of the Christmas appeal volunteers at RAFT.

the community kitchen, and for RAFT's pastoral care for meals provided to the sick and needy.

The other grant was for the establishment of a community garden on council land abutting RAFT's property on Taylors Lane. This will start to take shape in the New Year, with the promise of fresh produce for the community kitchen.

RAFT thanks Knox City Council for the grants. We look forward to a "raft" of new participants in the community kitchen in 2011.

RAFT Sunday Services

8.30am – Holy Communion

10.30am – Contemporary family worship, with children's teaching time

Christmas Eve 7pm All Age Service and 11pm Service

Christmas Day 9am All Age Service



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

Thank you to the team at Rowville Lysterfield Community News for your support of Rowville Baptist and other local churches and groups. We hope you enjoy your well-earned rest over Christmas/January.

Where has the year gone? It's almost Christmas! And that brings a mix of reactions across our community.

For many, Christmas is a season of celebration, festivities, family, faith. Joseph and Mary spent the first Christmas in his ancestral home town. It was packed with relatives. Wise men came from afar with gifts to mark the occasion. Angels filled the sky with songs. Christians continue this spirit of celebration by holding special times of worship, including the singing of well-known carols. You are welcome to join us as we do this from 10-11:30 every Sunday morning in December - and especially from **9-10am on Christmas Day**. Everyone from children to great-grandparents is welcome. No need to dress up. Come as you are.

Of course, as many of us indulge in festivities and gift-giving, some become more aware of their isolation or financial hardship. With the cost of housing, electricity and food rising, a growing number of our neighbours are doing it tough. Christians remember that Jesus was born among the battlers and seek to help people in need. We do that throughout the year, but add some special things at Christmas when the needs deeply felt. This year we have

joined with some other churches, agencies and service clubs to run the **Knox Community Christmas Support** project. It aims to share the joy of Christmas with 500+ households in need across Knox. These households will receive Christmas hampers and gifts for children. If you want to support this initiative, please contact the Wellington Care Centre on 9764 3738 or me (9764 4242). We will also be providing a free **Community Lunch on Christmas Day**. This is the fifth year of the Lunch and it grows every year. This year a team of great volunteers will be serving a three-course Christmas meal to about 100 guests. If you want to attend the Lunch please book your place by December 20 - phone the Church Office (9764 4242) or Pedro (0425843304). Contact Pedro too if you wish to make a donation. (Monetary gifts are tax deductible.)

For some, Christmas is also a time of stress. People may feel anxious or depressed about their circumstances. Family and marriage relationships conflicts can erupt. We may struggle to manage our children or teenagers. The good news is that help is available, life's challenges can be managed and relationships can be improved. The **Wellington Care Centre** offers a team of expert counsellors at affordable rates. If you want some help in making life better as you move into 2011, give the Centre a call - phone 9764 3738 or visit www.wellingtoncarecentre.com.au.

Whatever your Christmas brings, we pray that you will experience something of God's goodness in it and that you discover more of his blessings throughout 2011.

Rev. David Devine Senior Pastor

St. Simon's Catholic Church



Christmas at St Simon's

St Simon's Parish offers many opportunities to celebrate Christmas this year.

We are especially keen to invite children aged 5-12 to be part of our Christmas Nativity Play and Carols night, being held on Sunday 19th December at 7.30pm. Children may come to practice for the choir and Nativity Play on Friday afternoons, 3.30pm-4.30pm, December 3rd, 10th, and 17th. We will also provide ideas to help you dress up in costume for the event.

Other celebrations in December include a Communal Penance Service on Wednesday 15th December at 7.30pm, along with many opportunities for prayer groups during our Advent season. Call the parish office on 9764 4058 to find out more.

Christmas Mass will be held on Friday 24th December at 6.30pm, 9.30pm and midnight Mass with carols beginning at 11.30pm. Saturday 25th December at 8.00am and 10.00am only.

Mass on Boxing Day, Sunday 26th December, will only be available at 10am and 11.30am.

Merry Christmas to you all, and a safe 2011.

Rowville Uniting Church is a happy blend of people who enjoy sharing together in worship and other activities that both promote personal growth and supports the Rowville and Lysterfield community. Worship is weekly on Sunday at 10am and includes a variety of music and reflection that is aimed to be thought provoking and enlightening.

The year has gone by so quickly. It is hard to believe we are now preparing for Christmas. As is the custom in most churches, we offer extra services at this time. We invite people to join us on Christmas Eve for two special services. We will join for worship at 7:30pm for a special family service and then again at 11:30pm for a more reflective time as we share together in a Midnight Communion service. On Christmas Day we will gather



for worship at 9am. We hope you might find one of these services helps you to give thanks to God for the wonderful gift of his Son, Jesus, born as one of us.

Unfortunately not everyone finds Christmas a happy time. Life's challenges and changes sometimes prevent us from feeling any sense of joy or excitement about this time of year. At Rowville Uniting Church we understand this and offer our love and support to people who feel unable to enter into the celebration of Christmas and who instead feel pain and sorrow. Our Link group, meeting weekly on Thursday mornings, is a place where people can share together the challenges and joys of life. We also have fully accredited Psychologists at the Bridgewater Centre should you need to get further help.

Rowville Uniting Church is pleased to have received

Sponsored by: Australia for Christ Fellowship, Hillview Community Church, Fruitful Vine Melbourne Church, Anglican parish of Rowville & Ferntree Gully, Rowville Baptist Church, Rowville Uniting Church, Salvation Army - Lifewerx, St Simons Parish, & Rowville/Lysterfield Seventh Day Adventist Church.

the support of Knox City Council and the Rotary Club of Rowville in two grants that will enable us to begin a new program in the new year called Toddler Gym. This will be a program offered to young families with children who have not begun school. We look forward to sharing more information about this in the coming issues of this paper.

In the mean time, we take this opportunity to wish the Rowville and Lysterfield community a time of peace and joy this Christmas. We hope you are able, whatever your life experience is at this time, to reflect on the wonderful things God has done for us in giving Jesus Christ, and in that reflection find again the assurance of God's love for you.

Trevor Bassett



Special Christmas Service

A special Christmas service will be held on Saturday 25 December from 10.00 to 11.30 am. There will be a dramatized scripture reading of the Christmas story, the church choir will be performing and Pr Rollo will share a Christmas message, "How a 2000 Year Old Story gives Hope, Meaning and Purpose Today."

Church Location

The Rowville-Lysterfield Seventh-day Adventist Church is located at 82 Bellfield Drive, Lysterfield (on the corner of Lakesfield Drive, next to Lysterfield Primary School). For information, please call Pastor Peter Rollo on 0423-217-741.

Bible Study Classes

Adult Bible study classes are held at the church on Saturday mornings from 9.30 am until 10.45 am. For the first quarter of 2011, we will be studying "Jesus Wept, The Bible and Human Emotions." Visitors are very welcome.

Kid's Club

Children's classes for all age groups are held from 9.30 am until 10.45 am on Saturday mornings and include songs, Bible stories and fun activities.

Worship Service

Worship service is held each Saturday morning commencing at 11.00 am and visitors are always welcome. Come and check us out, sing some of the good old-fashioned hymns and listen to a relevant message from the Good Book. A fellowship luncheon is held following the service on the second Saturday of each month, (this month on 11th December), and is prepared by some of the best vegetarian cooks in the district.

Prayer Meetings

Prayer groups meet on Wednesday and Friday evenings at 7.30 pm. If you have a pressing need, we would be happy to pray for you. Please call Lourdes on 9755-7221.

Recipe Club

The 'Food for Life' recipe club meets at the church at 7.30 pm on the first Wednesday of the month. Learn how to make healthy, tasty vegetarian meals in a friendly, fun environment. For details, call Libby on 9790-0081.

DVD Library

DVD's of "The Search" series by Pastor Geoff Youlden are available to borrow free of charge. Titles include 'The Search for Truth', 'The Search for Hope', 'The Search for a Better World' and 'The Search for Immortality'. To access the library, please call Pastor Rollo on 0423-217-741.

Editor's Note. We are extremely sorry to report that this is to be the last article from the Seventh Day Adventist Church. We thank them sincerely for their past support and look forward to them returning to our newspaper as soon as possible.



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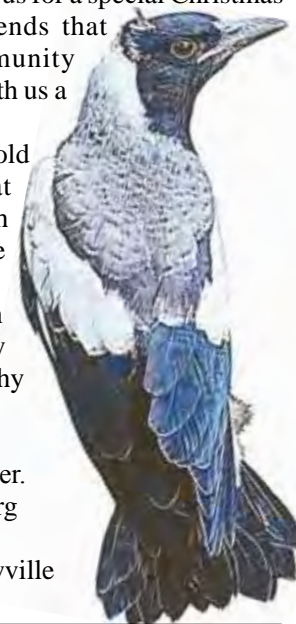
We would like to extend an invitation to you and your family to join the Salvation Army Church family and celebrate Christmas at the salvos.

Our first BIG event in our new premises at 16 – 18 Kingsley Close will be a carol service on Sunday 19th December starting at 6pm. Join us for a special Christmas celebration as we invite friends that we have made in the community throughout the year to share with us a time of carol singing and fun.

On Christmas Day we will hold a special morning service at 9.30am when we will join with family and friends to celebrate the birth of Jesus.

We would like to wish everybody a very merry Christmas and a safe and healthy New Year.

For further details phone: 9755 8369 or email: corpsofficer.rowville@aus.salvationarmy.org
Web: www.salvationarmy.org.au/rowville



Australia for Christ Fellowship

So FINALLY, we're at the end of another year. We're through! Most of us are exhausted, relieved, stunned and uncertain about whether we're ready for 2011. Sure, it's Christmas, that beautiful occasion where we are all reminded how much 'stuff' we don't have. Right? Absolutely not! What's incredible about this time of year is it's tendency to serve as a reminder of the things that matter in life. December inquires of the eleven months before it. What happened? What was achieved? What was the point? Could the next twelve months exceed the former year so much more incredibly? It's in this last musing that the commonality of *hope* is shared, regardless of whether your 2010 was painful or pleasant. Hope.

One of Oxford's definitions of hope is simply "grounds for believing that something good may happen". Many people, I've found, are becoming less and less hopeful. There seems to be finite sources and limited grounds on which to believe, honestly *believe*, that good may, can and will happen. With daily newspaper spreads of greed, catastrophe, bloodlust and controversy, it's a wonder people habitually start their day with worldwide details of printed

depression alongside a cup of caffeine (not to condemn the practice, to each their own). But everybody, *everybody* needs hope. Hope affords us occasions to try. Without hope, we wouldn't see the point of trying, we wouldn't be able to.

Now down to the nitty gritty, what reasons are there to hope? If the world keeps changing, does that mean your hope needs to also? Greedy banks have just upped interest rates *again*, climate change has made Mother Nature unpredictably angry, the outcome of assessments makes your desired position for 2011 uncertain. **Stop.** There are a million things to feel hopeless about, but just because you can't control everything that happens to you does not mean you are helpless, it does not mean your life is out of control. There is a hope that never changes. One single hope that has saved so many lives by drenching them in peace, restoring their hope and beckoning them to fight for freedom (be it physically, mentally, emotionally, spiritually). That hope, is Christ. The beautiful assurance that I and so many others rest in, is that this life is but a breath. These struggles, these hardships of life, these expenses are not crippling because we know that as big as our troubles get, God is bigger and oh, how He loves us! We have the love of Jesus Christ. We are loved despite our every flaw, completely and utterly. We pursue love because He first pursued us, with *everything* He had. This is no dreamy, hippy-ignorant, naive bubble in which we are able to hope regardless of our circumstance.

We struggle too! But we are not enslaved to hopelessness. Our grounds for believing that something good *will* happen are the incredible promises of God, written thousands of years ago without expiry, and still proving true to date! Just ask one of us. We're here every Sunday celebrating love and life together with each other and thanks to God! Miracles are not scarce here. We have hope. We want you to have it too.

Imagine there is eternity, just try to, and in it there is freedom with He who created you. That love that you've yearned for always: *perfect, genuine, accepting, undying love* is forever and you could be part of that forever. This is the hope we have, and it won't die. This life is short and while we have it we refuse to stop hoping! Where ever you're at with life, don't stop hoping! If you're running short on grounds upon which to build hope, visit us! We'd love to have you and *hope* to see you soon!

English services are held at **10am** (with simultaneous Kids R.O.C.K program) and **6pm** every Sunday.

Indonesian services are held at **10am** every Sunday.

Mandarin services are held at **1:30pm** every Sunday.

Stompers Pre-School Playgroup is held at **10am – 11:30am** every Wednesday (during school terms).

All of the above take place at ACF Church: 1070 Stud Road, Rowville, 3178. (www.acfchurch.com)

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