



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

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Rowville Primary School
TWILIGHT FETE

PARATEA DRIVE
ROWVILLE

16/03/2012 FRIDAY 16TH MARCH 2012 3.30-8.30 PM 16/03/2012

MAJOR RAFFLE
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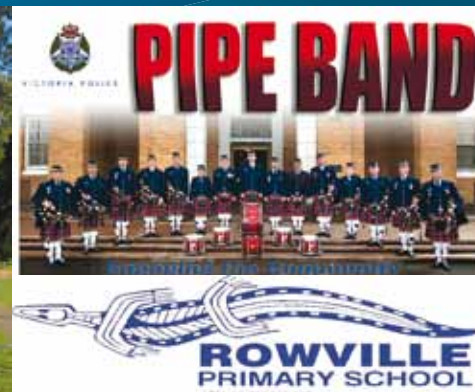
CARNIVAL RIDES
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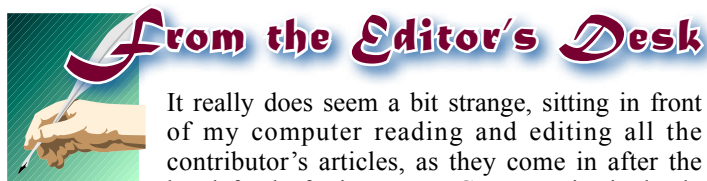
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It really does seem a bit strange, sitting in front of my computer reading and editing all the contributor's articles, as they come in after the break for the festive season. Concentration is clearly called for. We have such a wonderful group of contributors, who all regularly take the trouble to spend time writing interesting articles for our readers. I often speak with the writers and they are always happy to help with photographs and in some cases explanations of their written content, as an editor should never commit to print anything he doesn't understand.

To herald in the New Year we are proud to be launching our new email addresses to accompany the new website we created at the end of last year. You can see them all in the article 'New, New, Everything New'.

My English master at school always taught me never start a letter or a presentation with an apology, so I did listen Mr Bridges and have placed the apology here.

As everybody noticed in the December issue, through a technical error, we printed page 6 twice at the expense of page 7. I have spoken to all those organisations and the advertiser who were affected and everyone understood that 'these things happen'. What was most annoying was that page 7 contained the final yellow token in our children's promotion for a \$50 voucher. The committee felt that the only honourable course of action, was to place the yellow token in the February issue and use additional space in the paper to explain our actions. You will find the apology under the heading 'Apology... Coloured Token Promotion'.

The old Commonwealth Games cycling track and trails at Lysterfield Park have been officially reopened following extensive repairs after the February storms. Around 140,000 bike riders a year use the park, so I hope they are enjoying the work that has gone into fixing about 90% of the tracks and trails.

There seems to be quite some objection to the possible building of a scrap recycling plant in Stud Road. Noise, traffic congestion and environmental issues are three major concerns. If you have strong feelings about the site, write to us and voice your concerns. Knox Councillors read our paper so it is a great avenue to reach them.

This month has a number of special occasions. Lent, which is a time of fasting and repentance, begins on 22nd, Ash Wednesday (the religious not the horrendous fires date) and continues for 46 days until Holy Saturday on April 7th, the day between Good Friday and Easter Sunday. The last day before the start of Lent is called Shrove Tuesday, from the old English verb to 'shrive' which means to obtain absolution. Regrettably, to me it means pancakes, a food that contained many of the foods that were restricted in Lent, but taste magnificent.

As a reminder, the Knox Festival, which is one of Melbourne's oldest art festivals, is on March 3rd and 4th. This year's theme is "In The Making", displaying local talents in art, cooking, music, fashion and community building. There is a fairground for the kids and multiple stalls for everyone. For more details go to the Knox Council website.

Finally, this is the month of love, but hasn't it changed. Valentines Day, on the 14th, used to be about sending an anonymous card and perhaps a red rose to someone without revealing who you were? Now it's not just a card, it's gifts, dinners, parties and outings as well. What is worse is that the card is signed by the sender! Ah well, I guess time changes many things so one shouldn't be surprised. In fact, although it's association with 'love' started in Geoffrey Chaucer's time, around 1382, the celebration was introduced much earlier in 496AD by Pope Gelasius 1.

DEADLINES March 2012 EDITORIAL & ADVERTISEMENTS Wednesday, 15 February

Articles, News or Letters to the Editor
rlcnews@vicnet.net.au or Fax: 9763 3157
Or drop off/post to RLC News, c/- Community
Centre, Fulham Road, Rowville 3178.

PHOTOS – email separately to:
john@malleebull.com
DISTRIBUTION
Saturday, 3 March 2012

What's On Locally

February 2012



Sponsored by:
Lions Club
of Rowville

DIRECTORY

Apex Club Meet on the 2nd & 4th Tuesdays each month.
AfCFellowship English services 10am (simultaneous kids R.O.C.K. programme) and 5.30pm every Sunday. Indonesian: 10am every Sunday. Mandarin: 1:30pm every Sunday. Stompers Pre-School Playgroup 10am every Wednesday (during school terms).

Baptist Church Services every Sunday 10am and Youths 7pm. 'Flying Solo' a single Mums support group every Wednesday, details 9759 6642 Playgroups - Tue, Thur & Fri mornings during school terms.

CFA Juniors Meet every Thursday 7pm.

Cake Decorators Asscn Bi-monthly 2nd Sunday Feb, April, June, Aug, Oct. and Dec.. 10am-3pm (watch for extra meetings) Scout Hall, Turrumurra Drive Contact 9763 8646

1st Rowville Scout Group

Scouts (11-14 years)

Yarra Troop - every Monday 7.30pm

Strzelecki Troop - every Thursday 7.30pm

Cubs (7-10.5 years)

Emu Pack every - Tuesday 7.00pm

Kangaroo Pack - every Wednesday 7.00pm

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

Venturers (14-17.5 years) every Friday 7.30pm

Fruitful Vine Church Services every Sunday 10am.

Growville Growers 1st Friday each month 2pm at Library.

Knox & District Over 50s Meet 4th Tues each month at 1.30pm (except Jan & Dec) at Boronia Progress Hall.

Knox Home Garden Club Meet on 3rd Monday of each month at 8pm at U3A Parkhills Campus.

Knox Safer Community Meet 1st Tuesday each month at Knox Police Station. Contact L S/C Lee Thomson 9881 7948

Life Activities Club Regular Activities. Call Melva 9762 3764

Lions Club Meet 2nd & 4th Wednesday - 7pm for 7.30pm at Knox Tavern. Transport & meal available Robert: 9752 2785

Little Athletics For training & event days: 9763 1404.

Multiple Birth Assoc. 2-3 yr old Playgroup Tuesdays & Wednesdays 9.30am Kristin 9754 4318 Parents Coffee Morning - Fridays 10am Wendy 0425 805 918
Neighborhood Watch Meet on 4th Monday of each month 7.30pm at RDNH.

Overeaters Anonymous Meet Saturdays, 8.30 to 10am at the Uniting Church. Free and no Weigh-ins. Ring 9874 5527 or 9873 7161. Web: www.oa.org.au

Probus Club Meet 1st Tues each month (except Jan & Nov) 10am.

RAFT Anglican Church Holy Communion 8.30am Family Worship 10.30am every Sunday. **Mainly Music** every Wednesday 9.30am **Family History Group** meet on 1st Wednesday each month at 10am. **New Vogue dance:** every Tuesday 7.30pm. All welcome. Contact Anthea or Arleen 9801 3509

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

Ritzzy Rozellas (Red Hat Society) For all events contact Kerry: 9764 4717

Rotary Club Meet every Tuesday at the Baton Rouge Quality Inn at 7pm

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

Salvation Army Services every Sunday 10am

Shooting The Breeze Jazz & Pop Group, Every Wednesday 7.30pm Maureen 9768 3896

St Simon's Parish Services Saturday 6.00pm. Sunday 8am, 9.30am and 11.00am

Tuesday 7.30pm, Wednesday to Friday 9.15pm

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

Toastmasters Meet 2nd & 4th Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Sheree: contact@rowvilletoastmasters.org.au

TOWN Club Meet Wednesdays 9.30am at Uniting Church
Uniting Church Services Sunday at 10am. KUCA (Primary Children) Fridays 12.30pm LINK Thursdays 10am. Toddler Gym Friday 9.30-10.30 & 11am-Noon (during School terms)



February 2012

- 1 – 29 Feb **febfast** febfast.org.au
 1 – 29 Feb **Ovarian Cancer Awareness Month**
www.ovariancancer.net.au
 4 Feb **World Cancer Day** www.cancer.org.au
 4 Feb – 12 Feb **St Kilda Festival**
www.stkildafestival.com.au
 11 Feb – 19 Feb **South Gippsland Golf Classic**
www.southgippslandgolf.org.au
 11 Feb – 26 Feb **Sustainable Living Festival**
festival.slf.org.au
 12 Feb – 18 Feb **Duchenne Awareness Week**
www.duchennefoundation.org.au
 14 Feb **Valentines Day**
 16 Feb **Lithuania Independence Day**
 19 – 26 Feb **DonateLife Week** www.donatelife.gov.au
 21 Feb **Shrove Tuesday**
 22 Feb **Ash Wednesday - Lent begins**
 25 – 26 Feb **Berwick Show** www.berwickshow.org.au
 26 Dec – 31 Mar **Australia's Top 10 deadliest snakes**
www.zoo.org.au/HealesvilleSanctuary
 25 Feb – 26 Feb **The Gippsland Gift**
clint.hillas@crocmmedia.com.au
 28 Feb **Business Clean Up Day**
www.cleanupaustraliaday.org.au
 3 – 4 Mar **Knox Festival** www.knox.vic.gov.au

WHAT'S ON LOCALLY February Events

Knox Italian Community Club

Venezia Night, masquerade dinner dance, 4 course meal, live music, 6.30pm for 7.00pm. \$45 per head.
 Bookings Michael 0419 330 977

March Events

Uniting Church

World Day Of Prayer 2012 - Malaysia
 Friday March 2nd at 7.30pm
 Uniting Church, Bridgewater Way Rowville.
 All Welcome



February 2012

Thank You to retiring distributors – Liz Brown and family (8 years), Robynne Carter and Maddison (7 years), Jane Hollier (11 years) and Geraldine Terry (7 years) who also was Captain for Area 1.

Welcome to new distributor – Julie Miskin

Voluntary Positions

Can You or Do You know someone who can be a distributor in the following areas?

- ★ Murrindal Dr (from drain reserve near Wyandra Way to drain reserve near Rosebank Ct)
- ★ Karoo Rd (even #'s - 252 to 286) Murrindal Dr (1 house)
 Please contact – *Ian Richards* – 9763 9260
- ★ Wetherby, Jedan, Brogden, Pennycross Cts, Finsbury

Win Win Win!

Apology

Coloured Token Promotion

Where was the yellow dot in the December issue asked a number of readers and most of them already had the answer, it was on page seven. As you are all aware we had a publication glitch in December where page 7 was omitted and page 6 printed twice.

We are extremely sorry about the error and to put it right for our younger readers who were collecting the coloured tokens, the **YELLOW** one is hidden somewhere in this issue. When you find it, cut it out and place it with the others you have collected in an envelope, with your name clearly written on it. The address the envelope to 'RLCN Tokens' and hand it in to the reception at the Community Centre in Fulham Rd.

The \$50 voucher awaits one of you. Think of all those Easter eggs.

The closing date is Wednesday 15th Feb.



The Rowville Community Centre has programs for all ages and some of the new programs are Dance, Zumba for children, sport for toddlers and Seniors tennis to name just a few.

To obtain a copy of our brochure detailing all the fantastic activities we have running go to www.knox.vic.gov.au and then to the listing A-Z.

If you would like to add your club, organisation or association to the 'Directory' or 'This Month' free listing, please contact the editor 9763 3157.

Cl, Dandelion Dve (Pinehill to Affleck Way), Affleck Way (west side - Airedale to Napoleon), Pinehill Dve (east side - Wellington to Dandelion Dve)

Please contact – *Peter Rumble* – 9752 7592

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

2 x Captain's & Counter's who count out the papers and delivers them to the distributors.

★ The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road.

★ The area bordered by – Lakeview Ave, Waradgery Dve & Stud Rd

Please contact – *Peter Rumble* – 9752 7592

1 x Captain who delivers precounted bundles to the distributors. (Area: Timbertop Dr & Seebeck Rd Estates.

Please contact – *Jill Mitchell* – 9795 6414

Peter Rumble - 9752 7592 - Distribution Co-ordinator



New, New, Everything Is New

I hope by now that you have taken time to have a look at our new website www.rlcnews.com.au. It is bright, full of interesting features and very easy to navigate. Our website co-ordinator, Les Pach, has worked tirelessly to achieve what we are convinced is the best web site of any community newspaper, anywhere in Australia. If you haven't yet visited the site, please do so and if you have any comments, positive or negative, please contact Les at the appropriate email address below.

To complement the new website we have also created three new email addresses, so that emails can be sent to the correct recipient, thereby improving response times.

To contact the **editor** about articles, deadlines, story ideas etc use - editor@rlcnews.com.au
 For **advertising** costs, space, dimensions etc use - advertise@rlcnews.com.au

For all things to do with the web site use – admin@rlcnews.com.au

ROWVILLE PICTURE FRAMING

**We have moved to
12/3 Hi-Tech Place
Rowville
(Off Laser Drive)**



NEW HOURS

Thursday, Friday & Saturday

9am to 5pm

Please call to make an appointment outside these hours

9763 0069

www.rowvilleframing.com.au



**Lions
Club of
Rowville**

Youth Of The Year Success

The Lions Club of Rowville has for several years sponsored students in the "Lions Youth of the Year Quest" and each year, entrants amaze us more and more with their awareness, articulation, confidence and presentation. The quest provides an opportunity for teens to improve their public speaking, communication, and leadership skills and it is always a pleasure for members of the club to watch those skills develop as the entrants advance through each level of judging.

This year the club finalists were Taran Giddey, Shona Kumaran, Priyanka Chakranarayan and Kerry Lim and each of these lovely young women did themselves, their schools and their families proud. It was a difficult task for the judges to select a winner and after much discussion, they awarded Priyanka both the public speaking and the overall winner prizes. Priyanka now advances to the Zone final on February 26th and all members wish her well in that round of judging.

For the first time, the club held a Christmas raffle, with all money raised going to childhood cancer research. Many local businesses donated prizes, for which the club is extremely grateful. \$1,000 was raised and the five prize winners were: first prize of three baskets of products went to Alison (red ticket C41), second prize of a Terry White Chemist basket to Mrs Waller (purple B70), third prize of a Pulse Pharmacy basket to Leah Taylor (blue F100), fourth prize of an Avon pack to Mr P. Hammond (blue F55) and fifth prize of a large teddy bear to Mrs K Manias (red F39). Thank you to everyone who bought tickets and made this raffle such a success.

Editor's Note:- Well done all of you and the best of luck in the zone final Priyanka

Toastmasters



Need help giving a speech?

Perhaps you are a bride, groom, or a member of a bridal party and are expected to give a speech at an upcoming wedding. Perhaps you have been asked to officiate at an award ceremony. Life is full of special occasions which call for speeches to be made, so it is likely that one day someone will tap you on the shoulder and ask you to present a speech at such an event. Not everyone feels comfortable with public speaking and the prospect is often daunting, however there are tips and techniques which can help you not only perform your public speaking duties, but enjoy them as well.

Whether you're presenting an award or toasting a bride, you will need to find the words to suit the occasion and to deliver your speech clearly and with confidence. Rowville Toastmasters can help! Toastmasters is all about giving you the tools to meet this challenge. Our members learn by participating and the skills you learn will not only help you with giving your speech, but will benefit your confidence and communication skills in general.

Many people do not know what Toastmasters is or what it can do for them.

Toastmasters is a non profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Toastmasters clubs are comprised of groups of people, with different professional backgrounds and experiences, who meet regularly to practice and improve their public speaking and leadership



skills in a safe environment. The organisation currently has more than 270,000 members in 13,000 clubs in 116 countries. Each week, Toastmasters helps more than a quarter million people of every ethnicity, education and profession to build their competence in communication.

Toastmasters members:

- Learn to communicate more effectively
- Become better speakers and listeners
- Improve their presentation skills
- Increase their leadership potential
- Become more successful in their career
- Build their ability to motivate and persuade
- Increase their self-confidence

The members of Rowville Toastmasters are always happy to welcome visitors and to introduce them to the many benefits that can be gained by "speaking amongst friends". If you are interested in seeing how we put the Toastmaster program into action and how it can benefit you, please join us for a meeting in 2012.

For further information, contact Sheree at:

contact@rowvilletoastmasters.org.au

Make joining Toastmasters Rowville part of your New Year action Plan for 2012. Our next meeting is on 14th February 2012.

Meeting venue, dates and times can be found in "What's On Locally" on page 2.

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Life Activities Club Knox

The "Monashaires" entertained us with songs, music, and jokes which brought plenty of laughter. What a way to celebrate our 24th anniversary with this group, and the wonderful salads and desserts provided. Not only does this group enjoy performing, but the money goes to Charity!!! Retirees don't go stale, they turn into Volunteers!!

The Rhododendron Gardens (see picture) was our lunch stop, and what a sight!! That elicited many gasps, and oohs. It was a most beautiful display of colour and we all agreed that we were very lucky to have these treasures so close to home.



Rhododendron Gardens, Olinda

A weekend getaway in Geelong is already planned for February which allows everyone plenty of time to prepare their caravans, or to organise cabins, transport, etc. Everyone is looking forward to this, as there will be stalls, entertainment, etc. etc., plus with our lot, it is always fun.

Then in March, our Extended Holidays Convener has organised a 4 night / 5 day bus trip. Crikey, our club is so good!

On November 28th we had our quarterly meeting at the Boronia Senior Citizens Hall. We started at 7:30pm, and following general business, our Guest Speaker, Joe Solomon, talked about Geo-caching, and

why some people search the countryside for Tupperware containers??? That shows how diverse our guest speakers are.

Because we are over 50 years old, holidays generally don't apply to us, and most of our activities continued throughout the Christmas break.

As we move into the new year, activities are back in full swing, even though some did continue throughout the summer break. An interesting destination was planned for our January picnic, but again, the heavens opened. Still our convener was there with a few brave members, but instead of Coolart Wetlands, it was decided to picnic at a closer venue, and I heard that it was a lovely afternoon, even becoming warmer. That's Victoria for you.



Disguising the tank at Caribbean Gardens. Sometimes, a walker just has to climb the obstacle.'

We'll have another go this month on the second Sunday. Picnics in the park are planned for Feb.2nd. and another in Mar.8th. B.Y.O, and it is undercover!

The Cinema group is growing in numbers and is now around 18 attendees with another 4 meeting up later for Pizza.

This month "The Blue Lotus Watergardens" are the destination for our Garden group. Sounds wonderful. The General Meeting will be on 5th March 201. With a guest speaker on "Staying healthy over 50". All welcome. Please ring for our current newsletter Melva 9762 3764 or Helen 9729 1151

Editor's Note:- What do you make of the rhododendron photo Paul?

Australian Red Cross Rowville Unit

"Doing It Tough Appeal" success

Red Cross supports people doing it tough in Australia and indeed around the world. We are currently active in an unprecedented number of disaster areas worldwide, whilst at the same time maintaining our regular local and overseas programmes.

To coincide with World Red Cross Red Crescent Day on May 8th, Red Cross launched the 'Doing It Tough Appeal' with a national TV commercial supported by BHP Billiton. The campaign allowed us to reach the greatest number of people than ever before and encourage them to donate and support our everyday work.

The 'Doing It Tough Appeal' raised more than one million dollars. These funds will support vulnerable people in Australia and in other countries as well. Our thanks to everyone who donated to this very worthy cause.

If you would like to help with Red Cross activities, why not come along to one of our meetings, details of which appear in "What's On Locally" on page 2.

For more information please contact Libby on: 9755 8010.

Did you know we have a takeaway drive thru service? Simply ring and place your order and drive thru to pick up. How easy is that and so convenient too.



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MEMORY LA

From the Archives

1982



The 1,160 hectare Lysterfield Lake Park was described on our front page as 'new', although it wasn't yet officially open and entry was by permit only. A group of children from Rowville Primary School visited the Victorian HQ of the Red Cross and exchanged 'Friendship Books' with a school from Japan. Were you one of the students? Mr Neville Burrows of the Uniting Church started a project to establish a church in Rowville on 2 acres of land in Stud Road, adjacent to the proposed Stud Park Shopping Centre and just north of Rowville PS. Was the site developed? Rowville Football Club Vice President, Vince Salerno, felt it was time that residents take a bit more notice of the club and get behind them, especially as they had won promotion to the first division. What was the response Vince? Whatever happened to the Rowville Married Ladies Netball Club?

1987



Colin Bradley said goodbye to his role as editor after four and a half years of a job well done. Reverend Lindsay Smith became the new Baptist Church pastor, arriving from Kew Baptist Church. Obviously Lysterfield Lake Park was now open, as we ran an article from the "Friends Of Lysterfield Lake Park". Due to the difficulty of collecting seeds from some local plants, the Knox Environment Society experimented by planting around

20,000 tubes in a two and a half square metre plot which they hoped would make Spring seed collection easier. Did it? The Rowville Cricket Club held a 'hungi' (a Maori feast). Did you go?

1992



Karoo Primary School opened for business under the leadership of Len McCarrick. According to TV's 'A Current Affair', Tricia Matthews won a competition on radio 3MMM and the prize was a "drop-in to your backyard" concert by Johnny Farnham. Her property in the city was not big enough so her parents came to the rescue and the event was held in Wentworth Avenue, which was just as well as the 300 invited guests more than doubled causing a parking nightmare. Were you one of the attendees? Council announced that residents who had a recycling bin, would now receive a second bin for household waste as from May. Council announced that rates would increase by 3.75%, the lowest increase for 13 years.

1997



Knox Council announced a return to democratic elections, with voters able to select a single candidate for each of the nine new wards (Three encompass Rowville and Lysterfield). They also approved a proposal to extend the Stamford Hotel, add a 93 unit motel and build a two-level car park. What happened? Murray Crescent once again drew huge crowds to see the Christmas decorations in 45 homes. Local residents were shocked at the murder and suicide tragedy on December 22nd in Taylors Lane. Lysterfield Primary School's oldest pupil, 83 year old Eve Greenland, cut the cake at the farewell 'end of an era' celebrations in November and then pupils enjoyed their first day at their new site in February, whilst Heany Park and Karoo Primary Schools both held 'election' fetes.



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

2002



The RLCN picked up a Knox Pride Award for their "Local History" series of articles. Should we re-run them now? Two new paintings were added to the RLCN collection of local scenes, one of Stud Park Shops by Michele Knight and the other of the jetty at Rowville Lakes by Amy Cornall. How is your art coming along ladies? Arch McDonald became a life member of the Lysterfield Sailing Club having joined when the Club was only a year old and holding many committee positions including 14 years as treasurer. Another life member award went to Ted West for his services to the Knox Home Garden Club. Are you still sailing Arch and you gardening Ted? Musa Saadi broke the Lysterfield Cricket Club batting record when he hit 173 not out in round seven. Does it still stand?

2007



Jason Moghaddas became the dux of Rowville Secondary College having achieved an ENTER score of 99.65. Did you follow your dream to become a cardiothoracic surgeon? Kristy James, reported as "an enthusiastic young Rowvillian", started her 'Kristy Column' which ran until December 2008. Do you want to resurrect it Kristy? Rajendra (he prefers Raj or Rajen) Moodley was our 'Young Achiever' in February. He wrote his first play in 1993 and in 2004 his most successful play 'The Perfumed Garden' opened at the "Malthouse". What has transpired since Raj? Rowville resident Skye Melki-Wegner achieved three perfect 50's in her VCE and a total enter score of 99.90. She was rewarded with a place in the prestigious Dean's Scholar Arts course at Monash University. Where are you today Skye?

Rowville and District Neighbourhood House

Rowville and District Neighbourhood House would like to thank all our participants for attending our classes and community events throughout 2011.

Art And Craft Expo

Application forms are now available from our office for the Art And Craft Expo on March 3rd and 4th held in conjunction with Knox Festival. Entries close February 25th, so contact Maryanne Graham on 9764 1166, email graham.maryanne@gmail.com or visit our website www.rdnh.org.au

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To complement our vibrant and wide range of programs and courses in 2012, Rowville and District Neighbourhood House are now offering ACFE Pre-accredited courses. This will include ACFE short introductory courses in Culturally and Linguistically Diverse (CALD) Volunteering, English as a Second Language (ESL), Horticulture and Office Administration. We will also continue to offer a great variety of courses as in the past. This is part of the Learn Local range of adult community education and training programs. The focus of Learn Local is on individual needs, tailoring programs for both the learner and businesses.

Our comprehensive range of new and exciting courses will provide individuals with employability skills and businesses an opportunity to offer staff quality professional development.



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Courses for 2012 include*:

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MYOB: Beginners

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Getting Started with Computers

Basic Introduction to your Computer

Next Step in Computers

First Point of Contact in Reception

To take advantage of the outstanding learning opportunities please contact Rowville and District Neighbourhood House on 9764 1166.

*Almost all of these 20+ hour courses are available for less than \$50.

Friday night social evenings will continue at our House and the 5 Houses of Knox.

Information about events will be posted on our "What's Happening @ Our House" website due to be up and running early this year

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



KNOX ITALIAN COMMUNITY CLUB

It was great to see all our members and their friends at the Christmas Family Day on the 18th December. Grandparents, Parents and their children enjoyed a day full of activities and fun, prepared by the new Committee. There was a Jumping Castle and Balloon Magic, which all the children and a large number of the adults had a lot of fun with. A BBQ Lunch was prepared by the committee ladies and Santa arrived at 2.30pm to give out presents to all the children. In all it was a great day enjoyed by all.

The new committee was elected at the last Annual General Meeting and the incumbant President, Michael Migliaccio, was reaffirmed for another year. The following members were elected to the new committee;

Mr Salvatore La Leggìa... Vice President and Treasurer,
Mrs Silvana Parolin..... Secretary,
Mr Danny Zarro.....Vice Treasurer



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.



Committee: Mr Frank Gregorio, Mr Tony Orlando, Mrs Rosa Petraglia, Mrs Jill Caron, Mr Mario Di Fiore, Mr Mario Caron, Mrs Fermina Di Fiore, Mrs Angela Maffia.

Our specialist club for Pensioners the Knox Italian Senior Citizens Club, meets every Thursday for activities such as "Ladies Bingo". The Seniors also hold a monthly Lunch at the K.I.C.C. where up to 100 members and friends enjoy a typical Italian Lunch.

The indoor Bocce Club meet and play on Thursdays, Saturdays and Sundays and is open for all. We are currently renovating the Bocce Games room to make it more comfortable for all our members.

Every Friday the Club, in conjunction with CO-ASIT, prepares morning tea and lunch with some activities for our more ageing Seniors with less mobility. This is always a very well attended event.

For our next event, **Venezia Night Masquerade Dinner Dance**

the Knox Rotary Club led by President Jeff Steel and the Knox Italian Community Club, have come together to arrange a fundraiser for February, which is the first time such a venture has been organised by an Italian Club. The aim is to raise a substantial amount of money, in conjunction with the local schools, to send an under privileged



student for a study tour to Italy. To achieve this we are fortunate to be able to use the worldwide network of hosts that the Rotary Club International has. We rely on the generosity of local residents and if our 'masked ball' doesn't raise the required funds we will not hesitate to initiate further events to achieve our aims.

Both Bill Neale the president elect of Knox Rotary Club and I have been working on getting major sponsors and we have the support of Rotary International as well as from our Federal MP Alan Tudge, who will be one of the special guests on the night. Any businesses in the local community that would like more information please contact Michael on 0419 330 977.

The Venezia Night is on Saturday 18th February at 6.30pm for 7pm. The cost is \$45 which includes a four course dinner and live entertainment from the ever popular Nuvosound.

We have a large hall for hire for parties, weddings and by schools and community groups that seats up to 250 people. It has a substantial dance floor, overhead projector, screen and built-in sound system, a fully functional kitchen (catering available), fully stocked bar and ample car parking. Bookings and enquiries should be directed to Danny on 0418 798 987 or by email to knoxitaliancommclub@bigpond.com. Our games room, which seats 120, is suitable for smaller functions and has it's own bar area.

Know Your Business... Promech Automotive Services

When Don Argoon started Promech Automotive Services 24 years ago, the first business in Laser Drive, he was nervous. He had a young family and left a service managers job to work for himself without any experience in running a business.

Don remembers driving to work in Rowville in 1987, his factory standing alone on Laser Drive, which is now filled with factories. "I used to come to work and it would be our factory standing there, looking just like an island in the middle of open paddocks". However within a few months, the street filled with businesses and the area with houses, which in turn brought customers.

After 17 years leasing on one side of the road, Don decided it was time to buy his own factory in 2004, but he didn't go far, merely moving to the opposite side of the road.

The scenery isn't the only thing to have changed in the 24 years Don has worked in Laser Drive. As cars have become more sophisticated, the three mechanics at Promech now have to be more like technicians than old fashioned repairers. The cost of repairs has also changed. "When I was an apprentice, a roadworthy certificate cost \$17, now with all the new rules, regulations and equipment required, the same certificate is \$165," Don said.

Business in the area has always remained steady. "There is no rhyme or reason to the flow of work; a lot of the time it's governed by the economics of the area," Don said. "Pre-Christmas, school holidays and all those times you would expect to be busy, there is still no guarantee of lots of work although I believe we offer a quality service for a reasonable price, therefore our client base will continue to increase."

Despite the economic 'doom and gloom,' Don said business is buoyant and he thoroughly enjoys his drive

to work every weekday from Berwick where he moved from Rowville two years ago.

Born at William Angliss Hospital in Ferntree Gully, Don and his family lived in Kallista where he attended Kallista Primary School. Soon after, the family moved to Belgrave where Don attended Tecoma Primary School and then moved on to Upwey High School. His ambition in high school was to become a physical education teacher, but his experience led him in a different direction.

His father ran a truck cartage company for the local quarries, and from the age of 14 Don earned pocket money every weekend servicing his dad's truck. When he left school he attended Ferntree Gully Technical College before completing an apprenticeship at the now defunct Knox Diesel and Auto in Bayswater.

It was while living in Upwey with his new wife and young son that Don decided to open his own business and had no hesitation in choosing Rowville as the place to start. "It was the fastest growing suburb at the time so I was able to get in on the ground floor" Don said.

Life hasn't been 'all work and no play' for Don.

He enjoyed his football, playing for Belgrave and throwing his support behind Collingwood in the AFL. He also enjoyed playing basketball, indoor cricket and surprisingly water polo, a game that he described as very tough.

Don has three children; Jarrad, 25, who works in the IT industry, Ashley, 23, who lives in Albury as a journalist with the Border Mail, and Linden, 21, is a roof plumber.

Promech has been a proud advertiser with the Rowville/Lysterfield Community News for more than 20 years and we look forward to many more years helping a truly local business to flourish.

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Jonny Patton 2001 - St Simons Under 9 – Rising Star

St. Simons Community Football Club

“Where Kids can become Giants”

The GWS Giants, whose slogan is “Live Big, Think Big, Play Big”, picked big when they selected St Simons CFC’s very own Jonathon Patton as the 2011 AFL number 1 draft pick.

Jonny is a hulking 197cm, 96kg power forward who has been likened to Brisbane Lions captain, Jonathon Brown, and the significance of his selection has everyone at St Simons feeling a great sense of achievement. Jonny played his entire junior footy at St Simons before joining the Eastern Ranges in 2010. He is a three time winner of the club’s (SSCFC) ‘Most Outstanding Achievement Award’. His footballing talent is obvious for all to see but one of Jon’s most endearing qualities is his humility. Jonny is an outstanding young man.

Congratulations Jonny from all at St Simons Community Football Club.

As the 2012 season begins, all teams will have commenced training within the next week or so. We look to be fielding teams right through from Under 8’s to Under 17’s this year, along with 2 girls teams. If you are interested in joining a team, please contact Andrew Williams on 9755 5626 or Adrian Bugeja on 0412 551 186 for further information. A second registration day will be held at Stud Park Shopping Centre on Saturday 18th February from 10.00am to 2.00pm.

Editor’s Note:- I’m sure all our readers wish Jonny every success as he starts his AFL career.



Heany Park Scout Group Awarded Grey Wolf

After two and a half years of hard work, Lucas Durant from Heany Park Scout Group was awarded the Grey Wolf award.

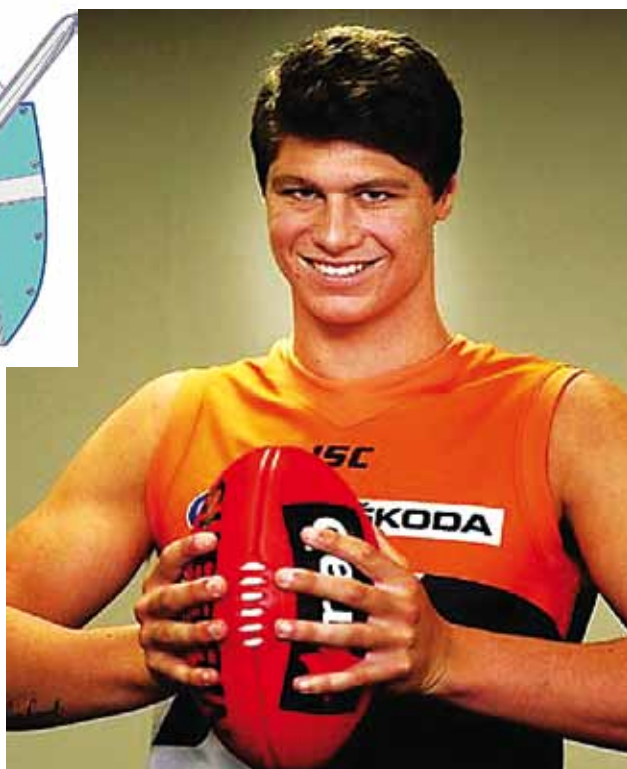
This is the highest award anyone can earn when in Cub Scouts and has numerous parts that need to be completed. Some of things that he has done include, Campcraft badge, Cyclist badge, Handcraft badge, First Aid badge, Heritage badge, planning and running a 2 hour hike in Sherbrooke Forest, attending a leadership course and participating in many camps.

The highlight of these camps was being able to attend two Cuborees. These are 5 day state events in Gembrook, where 3000 Cub Scouts (8-10 year olds) attend. There are loads of fantastic activities, lots of mud, night time entertainment and heaps of fun. He was even a photo feature on the cover of the Scout magazine following the Cuboree. They took a fantastic shot of him sliding down a mud slide on a rubber tube.



He was very fortunate, as this event is usually held every 3 years, but it was held in 2010 and 2011 so that it would not be on the same year as the Jamboree, which is a 12 day national event held for the Scouts (10-14 year olds). The next one is being held in Maryborough, Queensland in January 2013.

Lucas is now progressing up to Scouts where he is looking forward to many new adventures including the next Jamboree.



Jonny Patton 2011 - AFL # 1 Draft Pick – GWS Giants



Wellington Village Community Fair Appear ON STAGE this March at the Wellington Village Community Fair 2012

If you are part of a community group and would like to showcase your activity on stage at the Wellington Village Community Fair, please contact the event organisers on the email address below.

The Community Fair will be held at Wellington Village Shopping centre, 1100 Wellington Road in Rowville on March 24th.

The event is in its sixth year and is a great chance for locals to perform for the rest of the community. School choirs, bands, dance groups, music groups, singers, sporting demonstrations, drama, drumming, callisthenics and martial arts are just some of the stage acts we have seen over the years at this event.

If you would like to participate either on stage or with a display please email wvsc@gearon.com.au for an application form.



Wellington Village Community Fair



Rowville Community Library

Sponsored by Cr Darren Pearce, Taylor Ward
and Cr Mick Van de Vriede, Tirhatuan Ward

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



Welcome back! We hope you all had a very happy and safe holiday season. All of our regular sessions have recommenced for 2012 and you are invited to join in any of the sessions below. Do not feel that you have to join or belong to a group as everyone is welcome to attend our sessions which are generally free.

Rowville Quilting and Craft group:

This new group will meet on the third Friday of the month at 1.30pm. Bring along your latest project to work on, something to show and tell or just come to see and hear from others. Some months we may have a guest speaker. It's open to everyone who would like to come and you will be made welcome. Free event. No bookings required. The next session will be on 17th Feb. at 1.30pm.

Genealogy help: If you are interested in your family history and don't know where to start, or if you are on the road to discovery but needing a little help along the way, you can come to the Rowville Library between 5pm and 8pm on Thursday evenings. Ask for Charles! Free. No bookings required.....and

Digitised TROVE / Digitised Australian newspapers: Join us on Monday 27th at 2pm when genealogy specialist, Gail White, will present a session on using these valuable resources for family history research. Free session. Please book on 92941300

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday 2nd February at 9.30am. All welcome. Bookings essential. Free event.

Culinary herbs: At the new time of 2pm on the third Tuesday of the month (which will be the 21st February) Growville Growers will host Anne Creber who will show you how to use culinary herbs to create that memorable meal. Herbs can make an ordinary dish something special. Anne Creber is a food consultant, author, broadcaster on both Radio National and 3MDR and importantly a herb grower. Join us for a fascinating insight into the world of culinary herbs. Gold coin donation. Bookings preferred. All welcome

Special Saturday Storytimes: We are now offering a special storytime every Saturday morning at 10.30am. Come along with friends and family to join the children



Eastern Regional Libraries

for this one hour session! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Please note that sessions for 2012 will resume on Saturday 4th February at 10.30am.. Everyone welcome. Free event. No bookings required.

Feng Shui workshop with Sally Fischmann:

2012 is the Year of the Water Dragon – the year of enlightenment. Sally covers the yearly influences and basic principles from 6pm on Friday 10th February. Please book on our website at www.erl.vic.gov.au or phone 92941300. Free event. For further information, if required, contact sally@ministryoffengshui.com.au

Rowville Writers' group: Meet at Rowville Library on the fourth Tuesday of the month to share their work and support each other in their endeavours. All welcome. Free event. No bookings required. Next meeting will be on Tuesday 28th February at 1pm.

Computer Help Sessions: On Tuesday and Thursday mornings a tutor is available from 10am to assist people to use the computers. Tutors are able to help with Internet, Email, Facebook, Word, and Excel, everyone is welcome, including complete beginners. The sessions are **free**.

Afternoon Bookchat! Have you ever read a fantastic book and wanted to tell someone about it? Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. It's a great session to get ideas about what you might like to read next and is open to everyone. Held on the 1st Monday of the month at 2pm our next meeting will be on Monday 6th February at Rowville Library. Free event. Bookings not required.

Bookclubs: There are three bookclubs running in the library which meet once per month. We each get a copy of the same book and read it before the meeting the following month where we discuss the book in an informal, chatty manner. It's a great way to read books which you might otherwise never choose to read and it's



always interesting to hear what others think about the book. Our Tuesday afternoon session has vacancies so if you are



Compared with many other parts of Melbourne, crime rates in Knox are low. Over the festive season much police time and effort went into a well-publicised campaign against anti-social behaviour and alcohol-related offences in public places. This has paid off with fewer than usual incidents.

However, Sergeant Ian Marr of Knox Police's Ferntree Gully unit reports that more than usual police time has been devoted to domestic violence call-outs. Personal assault, especially in domestic situations, has been on the rise for some time, possibly due to increased reporting and to the pressures of the financial crisis.

This is a disturbing reversal of affairs if it means that for some, home is less safe than public places. The concern is echoed on the websites of various services that provide

advice and support in our area, such as:
www.easternhealth.org.au
www.easternfamilyviolencepartnership.org.au
www.casa.org.au

Another area of concern for domestic safety is the increase in so-called cyber-crime. By now everyone using emails should be alert to the dangers of opening and responding to junk mail scams and especially to providing personal information online. For more on this see: www.scamwatch.gov.au

An even more serious concern is for child safety in view of young children's increasing access to internet pornography, not only on the home computer but also via their mobile phones. Parents need to be alert.

We have a strong and skilled police force keeping the public space safe. Should we be giving more thought to abuses of power and trust that threaten us at home?

Visit the Knox Safer Community Group (Neighbourhood Watch) website for more information www.knoxsafercommunity.org.au or contact L/SC Lee Thomson on 9881 7948.

free on the second Tuesday of the month at 2pm for about one hour or so, please come along.

Kids on Wednesdays: Held on Wednesdays at 4pm during school terms. This group will be specifically for primary school aged children and involve a variety of activities. It's meant to be fun and it's free!

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 a discussion to ascertain your tastes, and volunteers will make monthly deliveries. For further information please ask to speak to Rose or Raelene on 9294 1300.

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!) Our next Bedtime Storytimes are at 7pm on Friday 3rd February and 2nd March. All Welcome.

Tiny Tots storytime: Come and enjoy our special storytime designed for babies aged 0-12mths on Wednesdays at 2pm. 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) and **2pm** Tiny Tots storytime (age 0 – 12 months)

Bedtime storytime is on first 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 (or similar ID). 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*

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An Hour with Mick Van de Vreede

Councillor Van de Vreede has, in the past, been disappointed that he may have been seen merely as an environmentalist, which doesn't reflect his passion for social issues, such as youth, affordable housing and transport infrastructure. "I have always tried to show a balanced concern for all issues that involve our Shire" he said. "In 2012, I will sit on five committees which deal with a wide variety of local issues".

Mick Van de Vreede possesses all the attributes needed to be a councillor. He is enthusiastic, is passionate about life, is mindful of the needs and wants of others and above all is a good listener. But back in 1961, Mr & Mrs Van de Vreede senior had no idea that their youngest child would prove to be such a hard working and dedicated individual. Having migrated from Holland in the 1950's, they had four children, two boys and two girls. Dad was a fitter and turner who had spent a number of years in the Dutch navy and Mum was a machinist working in a clothing factory.

Mick came into the world at Box Hill Hospital then spent his younger days living with the family in South Croydon and Ferntree Gully recalling idyllic days bushwalking and fishing, both of which he still enjoys today. "I went to Eastwood and Fairhills Primary Schools before moving up to Fairhills Secondary School" said Mick. "I don't recall any outstanding events during that time, except of course meeting my partner Rosie. At 19 a friend asked me to house-sit in Cockatoo and I experienced the horror of losing the house in the Ash Wednesday bushfires. At 20, I moved in with Rosie's parents and started an electrician's apprenticeship at the now defunct Monbulk Jam Factory and started my full time work at Australian Glass Manufacturers in Spotswood, a long drive on the old Monash Highway, or more affectionately the Car Park".

In 1984 they set up home in Rowville, where they have lived ever since. Their daughter Emily was born in 1992 and she now works part time at K-Mart whilst attending a top dance school with the aim of pursuing a career as a professional dancer. "We encourage her to follow her dream, as I did by attending a night course in Human Resource Management at Frankston TAFE to help me in my desire to work in the environment sector". Rosie is a kindergarten assistant and has described Mick as 'kind hearted and passive'. When I asked Mick how the latter sits with his role as a Councillor he just gave me a wry smile.

Mick joined a group that created the Dandenong Ranges Branch of the East Gippsland Coalition, to protect the old growth forests in East Gippsland at a time when the Government were looking at alternative



industries that could be built up to replace logging in the area. Later he joined the Knox Environment Society and after being responsible for their nursery he became President for many years. Mick recalls that "during this time a colleague, Darren Wallace and I, were lobbying the Knox Council to become more environmentally responsible. Fortunately the Council were listening and were prepared to make changes, including a re-forestation programme," said Mick. He also worked at Jells Park in their maintenance department. Later in 1988, he became a Park Ranger and today works at Lysterfield Park, covering a variety of interesting jobs from weed control to pest animal control and fire management, not to mention helping visitors get the maximum enjoyment from

the area. "If I hadn't ventured into Council work I think I would have become more involved in community and



environmental work, probably being more active with the KES," Mick revealed.

In the past, Councillor Van de Vreede has been chair of the Youth Advisory Committee and is still today the Knox representative on the Eastern Transport Coalition, which represents the interests of over a million people. He was also a member of a folk trio with Rosie and a friend and he particularly enjoys the music of John Denver, who he greatly admires and Dan Fogelberg, both of whom he believes made statements in their music to 'make people think'.

"I had been involved in community work for some time and I knew Council and their workings, but I felt I needed to be on the inside if I wanted to make things happen" said Mick. "So in 2003 I was elected onto the Council to work with the community to create a better Knox. I enjoy listening to people and suggesting that they can, in many circumstances, help themselves and I understand the need to make decisions that are a benefit to the whole of Knox not just one aspect, which some groups find difficult to reconcile. We are all bound by policies and budgets that can, occasionally, restrict our ability to react as the community wishes. Yes, being a Councillor can interfere with family life but you take on the role understanding the consequences. All aspiring Councillors would do well to remember that they should cut their teeth with community groups, join committees (including Council ones) on a range of subjects and don't proceed for purely political aspirations".

Once upon a time Mick rode his push bike to work, "but there are hills now that weren't there before" he claims. He played school football from age 10 to 17 and cricket from 10 to 48. Today slightly less strenuous activities like gardening, trout fishing and watching Emily dance are the extent of his activities. He does still ride his bike whenever he gets the opportunity. "Up until I was about 8 years old I followed Richmond in the AFL, but changed my allegiance to Geelong. In the last six years it has been a great time".

What does the future hold for Cr Van de Vreede? "I have seen a great deal of the Australian continent over the years and it is all beautiful. I particularly enjoy the desert areas, they are so different and attractive. However, I do sometimes wish I had travelled more outside of Australia but hope to rectify that soon by travelling overseas with Emily" concluded Mick.

Let's hope he doesn't desert our shores for too long. I think we need him in Council.

Interviewed by David Gilbert

Hamper distribution

Photo: volunteers serving as part of the Knox Community Christmas Support hamper distribution at Rowville Baptist Church.

The success of this valuable service, giving families in hardship the hope and joy of a happy Christmas, is due to the selfless support of the volunteers and the generosity of the donors.

David Devine



Changes to bus services in 2012

Knox Council has welcomed recent changes to three local bus services. Public Transport Consultative Committee chair, Councillor Mick Van de Vreede said, "The improvements to these three routes mean that they are now more responsive to residents' needs, running more often and in some cases, later, ensuring more people can get around in Knox on public transport. But there are still many missing transport

links - Rowville estates such as Timbertop, don't have any bus services, while the Stamford Park estate doesn't have a fixed route. The route 900 SmartBus also needs to be extended from Stud Park to Ferntree Gully station to improve transport choices for Rowville residents".

"All of these changes were identified in the State Government's bus services review in 2010", said Cr Van de Vreede, "but we're still waiting on action. 2012 needs to be the year that residents see these improvements."

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Meet the New Mayor

New Mayor Councillor Adam Gill has served on Council for 9 years and says he will be doing a great deal of listening to the community over the coming months. He greatly admires immediate past Mayor Sue McMillan and despite Council being in the spotlight last year, feels that under her guidance they achieved some really positive results.

Adam was born in Sydney, and settled at an early age in the Melbourne suburb of Box Hill before moving to Forest Hill and finally Knox. He recalls Knox was full of orchards and enjoyed riding his bike around the area with his mates. Burwood Primary was his first school, followed by St Luke's Catholic Primary in Wantirna. I enjoyed playing football at school and I became involved with basketball and martial arts in my youth, but today my enjoyment is watching local sport.

I asked Adam why he ran for Council and he replied, 'I used to notice little things in my neighbourhood that needed doing, like broken paths, playgrounds in disrepair and aged shopping precincts. I also noticed the positives that Council supported, like youth programs and library services – being on Council I could make a difference.



Mayor Adam Gill with wife Amanda and their three children at Rowville Community Centre

It was these things that started my move into Council. It was a desire to improve things where I could and make a difference for the whole community. I suppose the only downside to the job, like many other Councillors, is the time dedicated detracts from family life'.

When questioned about what world leaders Adam admired he stated that 'people like Dr Graeme Clark who doggedly pursued his dream, despite criticism from many that it would never work, and eventually invented the cochlea implant and Winston Churchill for his

determination and persistence in the face of huge obstacles are some examples'.

As Chair of the graffiti and vandalism committee, he said he wanted to see offenders convicted of a crime pay compensation for damage caused to property in their fight against graffiti. Over the next year the Council would invest in upgrades to a number of key parks.

He will sit on multiple committees to achieve these and other goals. His major project this year will be to support open space projects in Knox.

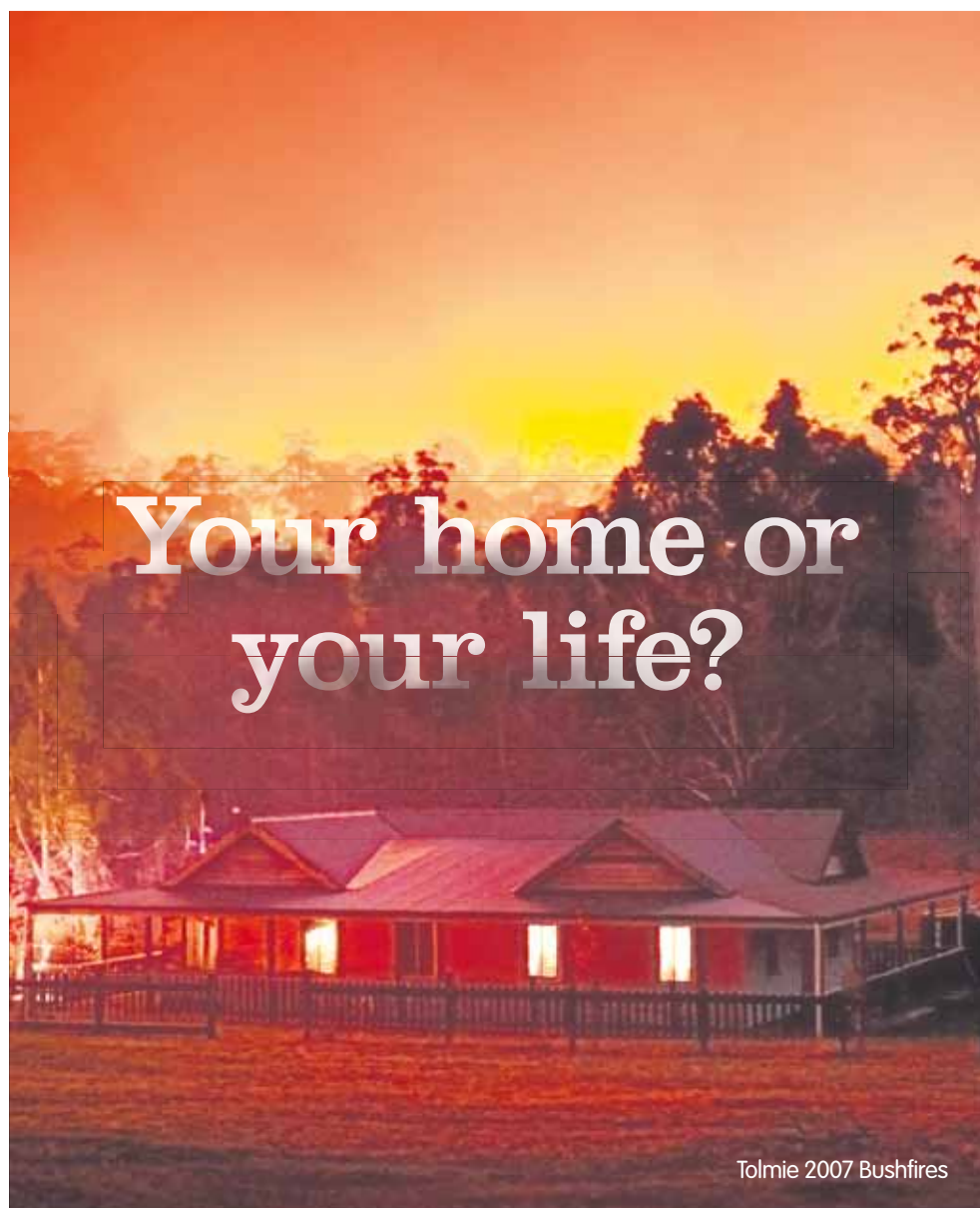
Adam is committed to the provision of passive open space, and supports planning around community parks and places. He mentioned the Arboretum in Ferntree Gully, as an example of well designed open space in the Knox area, well used and loved by the community.

For 2012, Adam intends to continue his support of libraries. As 2012 is the 'National Year of Reading' Adam will devote time to promote reading in our community. The

'Australian Early Development Index' shows that there were too many vulnerable children in Knox, that hadn't attended pre-school and were not reading at home. Council have expanded the library 'Storytimes for the Children' programme to include Saturdays, but more needs to be done.

My conviction is that this hardworking, committed Mayor will not let the grass grow under his feet this year.

Interviewed by David Gilbert



Your home or your life?

Tolmie 2007 Bushfires

Don't risk your life on a last minute decision.

Be prepared for a bush or grass fire, wherever you are.

A wet year doesn't mean we're safe from bush or grass fires.

Rain encourages growth. It only takes a week or two of hot, dry weather to turn growth into fuel for a fire. Fires don't just threaten people who live in the bush. Anyone can be affected.

Write or review your Bushfire Survival Plan and practise it.

Even if you've already written your plan it's no time to be complacent. Give yourself and everyone you

love a better chance of survival by thinking through your decisions and reminding everyone of what they should do.

You think that you are ready, but are you really ready?

Do you have a good understanding of the risk around you and have you thought through all of the possible scenarios and what you will do? Find out for sure by taking the FireReady Quiz or the FireReady Challenge at cfa.vic.gov.au.

Make your plan at cfa.vic.gov.au or call 1800 240 667.

It could save your life.

PREPARE. ACT. SURVIVE.

FireReady 



Diagonals can create a more dynamic image than the same subject photographed in the normal horizontal or vertical position. In the attached photograph your eye follows the diagonal line from one part of the image to another encouraging you to scan the entire picture, sweeping naturally from the bottom left hand corner to the top right of the frame. However, buildings etc can be just as attractive and dynamic slanting the other way.

Use large, fast memory cards if your camera has a high pixel count, or if you take considerable amounts of video as these files use a lot of card space. However, it is best to avoid the very largest cards because losing one (due to card or camera loss or the card becoming defective) means potentially losing many images.

Have you noticed how your computer gradually slows down over time due to an accumulation of minor data and programs on the hard drive that are no longer needed? A similar situation occurs with your camera memory card, even though you delete all photographs from the memory each time the card is full. It is recommended to not just delete all your photos but completely reformat your memory card while it is the camera on an occasional basis to overcome this issue.

HINT: Evaluate the scene you are taking to see if using a different angle to produce a diagonal view may give a more interesting photo.



Bougainvillea on the diagonal

"I saw this branch of Bougainvillea in Africa, crouched to eliminate the background, and twisted the camera on an angle to get a more dynamic image against the blue sky."



Knox Regional Netball Centre

The Knox Regional Netball Centre offers ladies netball on Wednesdays and Fridays (with a free crèche with qualified staff), a mixed competition on Sunday evenings and a ladies comp on

Mondays through to Thursdays. For the Wednesday ladies competition team registration is free, as is the crèche, the only charges are the weekly court fees.

Matches are played at 9.30, 10.15 or 11.00 (special requests can be made and often accommodated). So get fit, have fun and hang out with your friends and form a netball team today!

If you are interested in entering a team for 2012, the season begins in February. Often there are teams looking for players to join them so if you want to play call the centre on 9758 7191 or email knox.netball@knox.vic.gov.au to register your interest.

Rowville Hawks Junior Football Club



2 x AFL Draftees

The Rowville Hawks Junior Football Club congratulates past players Hayden Crozier and Dylan Orval on their selection at last month's AFL Rookie Draft. Hayden will be heading off to Fremantle and Dylan to Adelaide. Both these young men played together for many seasons at the Hawks. We wish them both successful careers as AFL footballers.

The Second Registration day for 2012 players will soon be held at Stud Park Shopping Centre. Children turning eight through seventeen in 2012 are most welcome to join our club. More information can be sought by contacting registration@rowvillehawks.com.au

The club is undertaking the task of updating its history. If you have any information or memorabilia to offer, please contact footy@rowvillehawks.com.au and we will happily contact you. We are particularly interested in information from the 1970's. Keep up to date by visiting www.rowvillehawks.com.au. RHJFC can be contacted by email – footy@rowvillehawks.com.au

Rowville Cricket Club JUNIOR SECTION

The junior section of the club was proudly represented by a handful of players in representative cricket during early January, who all performed very well. Club U/15 captain James Trevenen represented Victoria in the School Sports Australia Under 12 competition, picking up 4 wickets and 2 catches during the carnival. Our U/13 captain Sam Beer represented the FTGDCA in the Russell Allen U/14 shield, batting at 3 in most matches where he scored 84 runs, took 2 wickets and 3 catches across the week. Triyan De Silva represented the FTGDCA in the Keith Mitchell U/12 Shield, opening the batting, and scored 83 runs in his matches, also picking up 3 wickets for 4 runs against the RDCA. Thomas Keyhoe represented the FTGDCA in the Josh Browne U/12 Plate, batting in the middle order, and scored 55 runs and also picked up three wickets during the week. Well done to these four young men who we are sure not only represented their state or league with aplomb but also the Rowville Cricket Club.

Last year the club held a very successful Pink Stumps Day, raising over \$1000 for the McGrath Foundation. This year we will be holding another event on Friday 2nd March at Liberty Reserve. Keep your eye on our website www.rowvillecc.com

Lysterfield Sailing Club



Access Class Championships at Lysterfield Lake

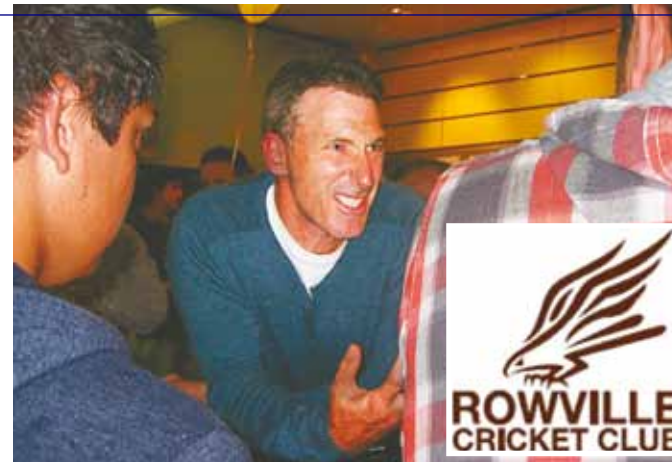
The 2012 Victorian Access Class Championships will be held at the Lysterfield Sailing Club from Friday March 16th to Sunday March 18th.

Lysterfield hosts a regular Sailability program for people of all ages and abilities using the Access class boats and the club has also conducted a variety of Championships for a range of classes. We are one of the State's smaller but friendly and active clubs,

Rowville Cricket Club



RCC clubrooms decorated for Sportsman's Night 2.



Damien Fleming talking with cricketers

com for more details. All members of the community are invited along, wearing pink of course! Our aim is to try and beat our funds raised from last year. We are looking for local businesses to get involved, so please contact us if you would like to know how you can assist.

As we enter the second half of the season we still have several teams in contention for finals, and with strong performances over the next few weeks we are hoping to see some 'March action' for our junior teams.

Mark Oudshoorn

SPORTING ROUNDUP



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

located in the picturesque Lysterfield Lake Park.

More than 30 competitors are expected to participate, arriving from around Victoria and some from interstate. Many will use these championships as an important lead-up event for the Access Class World Championships being held in Sydney the following month. Single-person competition will be held in the Access 2.3, 303 and Liberty classes. Two-person competition will be held in the Access 303.

Whilst open to all sailors, the majority of competitors in the Access Championships generally have some form of disability and many use wheelchairs for mobility ashore. But once afloat, their speed and tactics match any able-bodied competitor.

The Official Notice of Race has now been released and entries are now invited. Look out for information on the class website www.accessclass.org or visit the Lysterfield Sailing Club website www.lysterfieldsailing.com.au
Brian Girling: brian@controlpak.com.au
Phone 0427 521 128



Saturday 26th November 2011, will long be remembered by club members as one of the best social events ever held by the club. A Sportsman's Night attended by around 130, with Damien Fleming (Australian ex-Test cricketer and Foxtel commentator), Kevin Bartlett (Richmond FC great and SEN commentator) and Bruce Eva (3AW legend). Bruce Eva was MC for the night and he kept the evening humming along with his sports background and intimate knowledge of both Damien and Kevin.

Kevin Bartlett entertained the crowd for around 30/40 minutes with his recollections of Richmond games and players, a very amusing and informative talk. Damien Fleming also spoke for a similar time, with reference to his time with the Australian cricket team, and especially as the first Australian to get a hat-trick on debut against Pakistan. Both speakers answered questions from the audience and spent time chatting with guests for a couple of hours after the formal part of the evening had concluded.

The clubrooms with new tables and chairs and decorated in the club brown and gold colours looked magnificent. The meal of spit roasted marinated chicken and lamb, salads, potatoes and all the trimmings was a hit with everyone, Michael Arfi weaving his magic with the spit.

On-field there have been mixed results for the 1st XI. A great win just prior to Christmas followed by a disastrous loss in the first game in the New Year and a win against the top team the following week proving this fact. The return of Nick Bogar, Leigh Dalglish and Aaron Daniels to the club has strengthened the ranks and this could prove the difference between win and loss.

The 2nd XI have had similar results, but continue to be competitive. The 3rd XI are in the top part of the ladder and should play-off in the finals if they continue with good results.

The "Presidents Club" members enjoyed their second meal, cooked by President Craig Mitchell. The club has 22 members, comprised of players and supporters who continue to support the club financially. Up-coming social functions include a Trivia night mid February, the Daniel Draper 20/20 cricket game vs Rowville Football Club and our presentation night in late March at the Dandenong Club.

The Rowville Cricket Club welcomes new players and members. If you are interested in becoming a player or member please contact Club President Craig Mitchell on 0409 425 705.

You can visit our website www.rowvillecc.com for more information about the Club.

Christine Mitchell 9763 7941

Rowville/Rowville Lakes Little Athletics

Little Athletes return to Knox in 2012 ready to run on their new track. While families enjoyed their Christmas break the long-awaited track resurfacing, and lane painting was completed. Now it's likely that even more records will be broken as youngsters reap benefits of our upgraded facility.

— This season's Victorian Multi Events Championships were held at the new Albert Park track late last year. Approximately twenty local boys and girls attended and were very excited to be running on a blue track! Blake Tahlambouris tallied 1278 points in the U11 Boys enabling him to stand alongside the podium to collect a fifth place ribbon. In the same age group Kaya Beagly, competing in his first State Multis, also finished in the top ten. In the process he created new Rowville Club Multi Event and 80m hurdles records.

Other athletes to achieve Rowville Records were Hailey Merrigan (U9); Jesse Eickhoff and Jamieson Rossiter who managed to score exactly the same number of points (952) in U10 boys, and Monique La Rose (U11Girls).

For Rowville Lakes four individuals have broken



Gold for the mixed team

event records since our last news item. Beccy O'Brien has twice bettered the U13G shot put best mark which now sits at 8.23m. Brodie Richardson and Reece Walmsley have improved the U11 girls and U14 boys 1500m walk records respectively. Blake Tahlambouris not only created a new club record for the U11 100m, but also bettered the Knox Centre's best electronic time for the event.

It was pleasing to see the efforts of Jack Deidrich, Matthew Evans, Courtney Beer and Cody Eickhoff who were amongst our competitors participating for the first time.

By the time you read this State Relay Championships will have been settled. (Look out for results next edition.) This end of the season also brings Centre, Regional and State individual Championships, so there's plenty of action ahead.

Now that we're more than halfway through the season a multitude of children have received PB medals for reaching 10 and even 20 personal bests. John Hilton and Jacob Richardson have been doing extremely well in this regard. Olivia Ryan and Byron Browne aren't far behind.

It's not too late to join, and there's always Cross Country to keep you fit over Winter. Call Steve on 0409 231 380 or 9764 3384 or Nick on 9764 066 or to find out more.

Thanks to KLAC photographers.
Rosemary Merrigan



Under 13's taking it easy



After tasting Premiership success in their inaugural season, the Lysterfield Wolves Junior Football Club is raring to go for season 2012.

We are seeking new players for all age groups from Under 8 through to Under 13. Girls are most welcome. Come and join this fantastic local junior football club in Lysterfield.

The Club is holding a Registration Day on Sunday the 19th of February between 10.00 am & 12 noon, at Lakesfield Reserve, Lakesfield Drive, Lysterfield. All previous and new players are encouraged to come along and meet the coaches, register for the 2012 season and enjoy a free sausage.

Further information will follow regarding Auskick registration for 2012 in a later issue.

Enquiries to the President Mr. Steve Ketzer on 0487 486 487 or the Registration Officer, Mr. Greg Crawford on 0417 535 817.

Premiers U/12 Eastern Football League 2011



Race to the front.

Government Heeds the Calls of Young Rowville Animal Lovers

The Member for Scoresby, Kim Wells, has thanked three junior animal activists for their efforts to raise awareness about animal cruelty. He presented 11-year-old Rowville Primary School students Sophie, Jasmine and Ali with a certificate of appreciation on Friday, 25 November 2011.

The students wrote to him expressing their outrage about animal abuse, animal testing and puppy farms. They are trying to raise money and donate items to animal shelters.

In their letter, the students said they could not believe that people could abuse or kill helpless animals. "People should treat animals the way they would want to be treated," they wrote.

Mr Wells said the Baillieu government made an election commitment to tackle the issue of illegal puppy farms and ensure operators are held accountable for the welfare of their animals. "We introduced tough new legislation to the Victorian Parliament cracking down on illegal puppy farms. Included are new penalties, massive fines for cruelty, equipping the RSPCA with new policing and



Kim Wells MP presenting certificates to Sophie, Jasmine and Ali from Rowville Primary School.

confiscation powers and seizing profits and assets of illegal puppy farms. These are the strongest laws ever introduced to protect against animal abuse" said Mr Wells.

The government will establish a \$1.6 million Animal Welfare Fund to help organisations that provide care and treatment for abused animals. The legislation will also make it illegal to sell or advertise the sale of puppies



Heat Stress in Pets can be Fatal!

This is the time of year where we need to be mindful about the effects the hot weather can have on our pets. Unlike humans, most animals can't sweat to reduce body heat. Instead, dogs and cats lose heat by panting but there is a limit as to how much they can cool themselves down.

No matter how healthy you think your pet is, dogs, cats, rabbits, guinea pigs etc of all shapes, sizes and age can be affected by Heat Stress (or heat stroke) however, dogs with short noses, such as the bulldog, pug and boxer, are particularly at risk.

Heat Stress occurs when animals are confined in hot environments, often when locked in cars where the temperature can rise to lethal levels very quickly and in many circumstances it is life threatening.

Modifying your exercise or walking routine should be considered in the warmer months also. Jogging or walking early in the morning or late in the evening is recommended as the temperatures are definitely cooler at these times. Ensure that you pet has adequate shade in its backyard and refrain from tethering a dog to something that can prevent them from seeking different areas of the yard throughout the day.

Signs that your pet could be suffering from heat stress:

- Excessive panting
- Bright red gums and tongue which turn to blue
- Salivation
- Vomiting
- Anxious pacing, uncoordinated, stumbling

- Seizures or strange behaviour
- Collapse
- Coma
- Death

Heat stress can affect pets so quickly that they can become comatose within a very short timeframe of being exposed to the heat and direct sun. If you suspect that your pet is suffering from heat stress you should contact your local vet for advice immediately. In the meantime, there are a few techniques that you can do to keep your pet quiet and try to lower the body temperature.

First Aid techniques for Heat Stroke in pets:

Soak a towel in cool water, drizzle the water on your pet concentrating on the head, stomach, neck, inner thighs and pads of the feet

Wrap your pet in a cool wet towel

For larger pets, gentle hosing or bathing with cool water, followed by cool towels applied to the head and stomach You want to cool your pet slowly to avoid hypothermia, which is why it is important to use cool water not iced water

Tips on preventing heat stress in your pet:

Ensure that you pet has access to plenty of fresh, cool water at all times

Modify your exercise routine with your pet to avoid the midday sun

NEVER leave a pet in a car even if the windows are open or even if it appears to be an overcast day

Remember that all pets can be effected by heat stress but pets with longhair, overweight, older animals and specific breeds are at a higher risk

Make sure that outdoor pets have access to lots of shade and prevent tethering them to an object that may not allow them to move freely around their yard

Inside animals also need to have access to lots of fresh water and well ventilated spaces

If it's too hot for you then it is too hot for your pet!

Age of Pet	Worming Schedule
6-12weeks	Every Fortnight
12weeks - 6months	Every Month
6months - adult	Every 3 Months for the lifespan of pet



without a microchip identification number or notice, giving the community confidence that puppies sold are only from legitimate breeders.

Mr Wells commended the three Rowville Primary School students for drawing attention to the issue and for their efforts to help animal shelters saying "It is great to see young people like Sophie, Jasmine and Ali taking the trouble to write to their government representatives about issues that are important to them, such as animal cruelty."

Knox Council Soccer players rejoice! Your facility is open!

The Knox Regional Football Centre (KRFC) at Eastern Recreation Precinct was officially opened on Monday 12 December. Football Federation Victoria will manage the football (soccer) facilities on Council's behalf, including a full-size synthetic pitch and the first five-a-side public facility in Australia. Beginners and social footballers keen to get some exercise with friends, through to the elite competitor will all be catered for, be they boys or girls, men or women. On Sunday, 5 February, the first Football Fives tournament ever to be staged in Australia will be held at the Football Centre. More than 40 teams of enthusiastic footballers will take part, including the 2XU NSL All Stars team featuring SBS Football Analyst and ex-Socceroo Craig Foster and the Oceania player of the century Wynton Rufer. The tournament begins at 11am and will conclude with a Grand Final at 3pm.



Cake Decorators Association

A happy new year to everyone.

The Rowville branch of the Cake Decorators Association of Victoria held our Christmas workshop at the Rowville Scout Hall in Turrumurra Drive. It was a fun day with all the ladies making a Christmas candle cake then everyone enjoyed a buffet lunch before Santa came to visit and everyone received a gift.

Alan Tudge accepted approximately 60 donated cakes on behalf of The Rowville Salvation Army, made by our members for distribution to the less fortunate. Two Christmas cakes were donated to the Scout Group.

In future we will be meeting bi-monthly. The workshops start on Sunday Feb 12th from 10am 'til 3pm where we will be making baby animals with Pam Archibald.

If the temperature is over 30degrees we will have to cancel, as there is no air conditioning.

Bookings & Enquiries phone Velma 9763 8646 or Madeleine 9870 5743



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Nick Wakeling Column

\$100,000 funding injects new life into local sport in Rowville

Local sporting clubs and Local MP's, Kim Wells, Member for Scoresby, and Nick Wakeling, Member for Ferntree Gully have welcomed \$100,000 of Victorian Government funding to upgrade the oval at the popular Rowville Recreation Reserve (Seebeck Oval)

Nick Wakeling MP, said the latest funding would benefit the whole community. "The Rowville Recreation Reserve is home to both Rowville Cricket Club and Rowville Football Clubs who use Seebeck Oval for training and matches all year round, so it plays an important part in the lives of many local residents. This funding will not only benefit the members of these local sporting clubs but nearby schools and community groups as well." Mr Wakeling said.

Mr Wells commented that the upgrade was greatly needed, especially as numbers at sporting clubs grew. "This investment will mean clubs and the community will have a fully functional oval, that can be used in all weather and allow for more teams to get their time on the field." The Rowville Recreation Reserve project funded through the Sustainable Sports Ground Program, will involve a full oval upgrade including new soil profile and shaping, new



In order of appearance - Nick Wakeling MP, Dave Howlett – President of Rowville Football Club, Craig Mitchell – President of Rowville Cricket Club & Kim Wells MP

drainage, irrigation system, curb and channelling, cricket pitch, part sodding and sprigging.

David Howlett of the Rowville Football Club also welcomed the upgrade, pointing out that the growth in Junior Teams would result in fielding more teams in future years. Improved facilities would also give the football club more scope to expand, with the possibility of fielding an

adult women's team.

The Rowville Cricket Club are expecting similar benefits to their growing teams. With seven junior cricket teams, from only three teams two years ago, five senior's and two veteran's teams, Craig Mitchell from the Rowville Cricket Club acknowledged that the oval upgrade would be a great benefit to the players. The Rowville Recreation Reserve in Rowville is among 30 sporting venues across the state to benefit from a \$1.9 million Victorian Coalition Government funding boost to help councils and clubs implement sustainable water management practices. Minister for Sport and Recreation Hugh Delahunty said the Victorian Government has invested more than \$1.9 million in the program towards 30 projects across Victoria for sports such as soccer, football, netball, lawn bowls and tennis. "Unfortunately in the last few years some Victorian clubs and councils struggled with the impact of extreme weather, especially floods and drought, on their sports facilities and this funding will assist local clubs. "By improving the quality, water efficiency and sustainability of these local facilities, we are encouraging more people to be more active and boost their health by becoming involved in community sports at their local clubs," Mr Delahunty said.

For more information about the *Sustainable Sports Ground Program*, visit www.grants.dpcd.vic.gov.au

A Fine Philosophy on Life

A philosophy professor stood in front of his class with some items in front of him. When the class had settled down without speaking he picked up a large empty jar and proceeded to fill it with rocks that were about 4cm in diameter. He then asked the students if the jar was full?

They all agreed that it was. So the professor picked up a box of small pebbles and poured them into the same jar. He gently shook the jar and of course the pebbles filled up the holes between the rocks. He then asked the students again if the jar was full. They laughed but agreed that the

jar was now full. The professor then picked up a bag of sand and poured that into the jar which of course filled up all the empty space.

"Now" said the professor, "I want you to imagine that this jar is your life. The rocks are the important things, your family, your partner, your children and your health. Things that if everything else was lost, your life would still be full. The sand is everything else, the small stuff. If I had put the sand in first there would be no room for the pebbles or rocks. The same goes for your life".

He went on, "If you spend all your time and energy on

the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness, play with your children, take time to get medical checkups and take your partner out for a meal or to the theatre. There will always be time to go to work, clean the house, do the gardening and put out the dustbin. Take care of the rocks first, the things that really matter, set your priorities, the rest is just sand".

But then a student stood up and walked to the front of the class. He took the jar, which his classmates and the professor had agreed was full and proceeded to pour in a stubby of beer. Of course, the beer filled the remaining spaces between the grains of sand making the jar truly full.

The moral of this story is simple.

No matter how full your life is, there is always room for a beer!

Editors Note:- I read this anonymous tale years ago and couldn't resist the chance to reproduce it here. Cheers!

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Pilates is a relaxing yet challenging mind and body class that can ease back pain, strengthen back and core abdominals and provide great toning and improved posture. The class includes Pilates matwork and strength and toning with the fitball. Improve your flexibility and mobility with this quality workout.

Advance bookings are essential. Casual class \$17.

Pay for the term and pay just \$13.50 per class

Wednesday 9.15am Wednesday 6.15 pm

TERM ONE STARTS FEB 8TH

Boxing circuit is a fun high energy class using kickboxing and boxing techniques in a circuit style hour of good technique, great fitness, with toning and strengthening for both upper and lower body. Use gloves and mitts for punching drills and kickshields for awesome lower body toning. Burn fat, work out your stress! Suitable beginners and all levels of fitness. No bookings required.

Wednesday 7.30pm \$13

Rowville Group Fitness at the Rowville Community Centre

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



Melanie and the World's Greatest Shave

Melanie Kennedy is a 14 year old young lady who is passionate about raising funds for any type of cancer research because, she says, "We shouldn't have to lose the people we love to such horrible diseases".

Every March, thousands of people shave their heads to raise funds for the Leukaemia Foundation and Melanie will be doing just that on March 18th between 12pm and 2pm at 'The Pie Shed' in Scoresby, who generously offered their business for her shave. Melanie's goal is to raise \$10,000 and has already had amazing support from local businesses who are displaying her fundraising boxes which she collects and banks each week. "I will also be having hair colouring and face painting along with a raffle to help boost donations," said Melanie. "If you are able to donate a raffle prize please contact my mum Jaqueline Kennedy 0407 828 583."

"Any company that donates \$500 or more will be invited to send a representative to cut off one of my pony tails on

this day and will receive a photo and a thank you, to display in their business. Afterwards, all my hair will be donated to the Leukaemia Foundation to make wigs for people who have had chemotherapy and lost their own hair."

Melanie has collection boxes at Stud Park (Donut King), Wellington Village and Rowville Lakes shopping centres.

Leukaemia is a type of cancer of the blood or bone marrow. Acute leukaemia is characterised by the rapid increase in the number of white blood cells and Chronic leukaemia is an excessive build up of white blood cells. In short, leukaemia prevents the immune system from working properly which in turn causes a sufferer to be more susceptible to infections.

In 2000, of the 256,000 people, young and old diagnosed, 209,000 died. There is no single known cause for any of the types of leukaemia and this is why research is of paramount importance.

If you want to help Melanie reach her goal, go to the World's Greatest Shave Website: www.worldsgreatestshave.org.au then click on *search for a shaver* and search by her name: Melanie Kennedy.

Editor's Note:- What a great way to start the new year by donating to a wonderful cause. I look forward to learning that Melanie reached her goal and more.



Nick Wakeling - Health Electorate Report Card for Breast Screen 'Above Average'

Nick Wakeling, Member for Ferntree Gully and Parliamentary Secretary for Health, is calling on more Victorian women aged 50-69 to participate in free mammograms, particularly in the Ferntree Gully electorate as it is vital to achieving substantial reductions in breast cancer deaths.

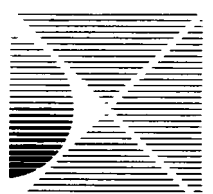
In a show of bi-partisan support in aid of an important health initiative, Victorian State Members of Parliament joined together recently for the release of the inaugural "electorate report card" at Parliament House. The electorate report card shows women's participation rates in free screening by BreastScreen Victoria, by electorate. Participation rates from 2008-2010 for each electorate are compared with the State average.

The new initiative follows from BreastScreen Victoria's research which demonstrates that support of key leaders in the community influences a woman's decision whether to attend the screening program. In the Ferntree Gully electorate, the report card shows a participation rate of 58 per cent of eligible women in 2008-2010, compared with the current state participation rate of 53.8 per cent.

"I am very pleased to see that women in Ferntree Gully electorate of the eligible age are accessing the free checks, which are so important in detecting breast cancer early. "I would really like to see more women in the 50-69 age bracket taking advantage of this service, and getting the results for the next report card closer to, or even exceeding, BreastScreen's target rate of 60 per cent by 2015," said Nick Wakeling.

"Last year 207,655 women were screened by the program across 50 sites in Victoria. I would be very pleased to see this figure increase significantly as the result of the new initiative," concluded Mr Wakeling.

To make an appointment please contact 13 20 50



**BreastScreen
VICTORIA**

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



ROWVILLE PHYSIOTHERAPY

The last 10 years has seen significant changes in the physiotherapy profession and the treatment of problems that affect tendons or those people experiencing low back pain.

One disorder that effects most of us at some point in our lives is lower back pain. Unfortunately many people continue to experience ongoing spinal pain after their first episode of low back pain. Research has identified deficits in the way that the muscles that support our spine and pelvis function can be a component of ongoing pain. The use of technology such as real time ultrasound has given physiotherapists an enhanced diagnostic tool to assess such deficits.

Another change in medicine has been in the area of tendon research. Most people may have heard the term 'tendinitis' often used with structures such as Achilles tendon. Research has been quite conclusive in identifying that inflammation is typically not associated with ongoing tendon problems and changes within the structural health of the tendon are a large component of a patients ongoing symptoms. Research has allowed for a more directive treatment approach that medical professionals can use to address such tendon changes.

Like all areas of medicine, physiotherapy treatment approaches continue to evolve and change. Progressive practices utilise these emerging forms of treatment in order to provide their patients with the most optimal forms of patient management. Anyone experiencing problems such as chronic low back pain or a tendon based problem is encouraged to discuss these advances in treatment approaches with their GP or physiotherapist.



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Back To School - Shoe Fitting Guide

Below are seven fitting tips to getting the correct fit for your child and help reduce the risk of foot, ankle, knee, hip and lower back pain.

Features of a good shoe: Fixation

All shoes should have at least one of the following: Laces, buckle, strap or velcro to hold the shoe to the foot rather than the foot and leg muscles having to work harder to hold the shoe on the foot.

Firm Heel

The heel shouldn't be able to bend easily when applying force from the back or side. The heel should not slip up or down in the shoe when walking.

Stiff Shank

The sole in the middle of the shoe should be stiff. It shouldn't bend or twist easily.

Bend at the Ball of the foot

Should bend easily at the ball of the foot to aid in propulsion and not jam up joints that are meant to bend freely during walking or running.

Fitting of a Shoe: Length

Allow 10-12mm, approximately a full thumb nail between the longest toe and the end of the shoe. Keep in mind the big toe is not always the longest.

Width

The shoe should feel snug/firm but not tight or feel like there is excessive pressure.

Allow 2 fingers width between the eyelets when done up.

Depth

Toes should not be pressing into the top of the shoe when standing. If the shoes is too deep creasing will be seen.

For further advice on fitting of school or running shoes or any foot or lower limb injury, consult your Podiatrist.

Caleb McInnes Rowville Sports Medicine Centre



The Importance of Good Head Posture

Posture is the position we hold our body in when standing, sitting or lying down. Our body does have an ideal posture, which enables it to function at its maximum potential, which also means that variations from the ideal position can have a detrimental effect on our health. Most people don't realise that the average adult head weighs about 4.5 kg, because we don't notice the work our spine, muscles and ligaments are doing to stabilise it, when it's sitting in the ideal position.

When that position is changed by the postures we adopt in our daily activities, we are actually increasing the load on our neck to the point where for every 2-3 cm of Forward Head Position, we double the load our neck and back structures have to cope with. This leads to increased wear and tear that in the short term can lead to upper back and neck pain and headaches and in the longer term to restricted movement and the increased likelihood of Osteoarthritis.

While all the new computer and mobile phone technologies are designed to make our lives easier, they are having a detrimental effect on our posture because of the hours we spend with our head and neck bent forward reading computer screens and other digital displays.

Dr. Frank Whelan from Wellington Family Chiropractic specialises in assessing posture and the effect it may be having on your spine. He says that good posture for



your head means that when viewed from the side your ear should be located over the centre of your shoulder. When viewed from the front your nose should be straight (not tilted) and both eyes at the same level. Any variations may indicate some spinal dysfunction.

The extent of your neck movements can also be an indicator of whether poor head posture is causing any restricted movements. With normal rotation you should be able to almost touch your chin to your shoulder and with normal side bending, bring your ear to your shoulder, so that it is at least at an angle of 45 degrees.

If you or others in your family are spending lots of time with heads bent forward, a simple exercise is to stretch your head back at least 6 times every hour to maintain good head position and muscle tone. Bookings for a full postural assessment can be made by phoning Wellington Family Chiropractic on 9780 8910.

RITZY ROSELLAS

When women are young and have young children it is very easy to make new friends through play groups and your children's school years. As we get older and our families have grown up and are starting their own lives, it becomes harder to make new friends. Becoming a Red Hatter solved that problem for me when I was facing retirement and leaving behind a network of acquaintances gathered over the last 35 years. I knew I needed to do something new. One day I found an article in the National Seniors magazine. It was about a group of women who were members of the Red Hat Society. Their group was based in Hobart. I devoured the article with great excitement as I knew this was something that I would really enjoy.

I got in contact with the Red Hat Society in the US and was soon put on to a group based in Wantirna. I went to my first event dressed in purple and with a red flower in my hair not sure what was going to happen. At that first event I met some lovely ladies who made me feel very welcome and I decided to become a Red Hatter. I belonged



to that group for about two years and in November of 2006 I went to a gathering of Red Hatters in Perth. I was amazed at the sight of 300 women all dressed in purple clothes with red hats all laughing, chatting and thoroughly enjoying themselves.

After returning home I decided to form my own chapter with four other friends. I wanted to be more active in Red Hatting. We had our first event on Dec 16th 2006 with sixteen ladies who had responded to my article in the Rowville/Lysterfield Community News. And the rest as they say is history. I now have a solid friendship base of about sixty women who I would never have had to opportunity to meet otherwise. We come from all walks of life and our ages range from forty seven to one hundred and one. We all love getting dressed up and always have a lot to catch up on with family news plus chatting about what has been happening in our lives when we get together at Red Hat events. A lot of us do other things together as well as Red Hatting.

We have great fun together. In the last couple of months we have had afternoon tea at the Grand Hyatt, have been to Bar Bosh for dinner, had a pirate party and celebrated our fifth birthday. So if you are in the situation where you would like to make new friends Red Hatting is a great way to do it. If you would like more information about Red Hatting please ring Kerry on 9674 4717.

www.freenaturepictures.com



Poetry Corner

ACTION FOR FROGS!

Second Prize, Humour Section, Murtoa's Big Weekend Poetry Competition, 2011

'We're losing our frogs,' a spokesperson said.
'Extinction is coming; soon *all* will be dead.
Look at those frogs – they're crossing the highway!
Daily they're dying by entering the fray.'

'Quock!' croak the frogs, urged by their needs,
Knowing it's time for their amorous deeds,
Oblivious to the fact that others have died -
Reproduction is something that won't be denied.

'The frogs are dodging, the traffic is surging,
Don't *look!* Disaster! The traffic is merging.
The frogs are so stupid, they're losing their lives -
So eager to cross to mate with their wives.'

The frogs know the season; they croak, 'Away!
Leap to the road; leap fast; do not stray;
There's a wet place beyond where our loves we will meet;
We'll chuckle and croak in a frenzied frog-greet.'

The spokesperson said, 'Tunnels, I suggest,
Would help frogs to travel and allow time for rest,
Or overhead crossings, the frogs may prefer -
An impression of flying - the traffic a blur.'

Tunnels they dug and crossings they built,
The frogs cruised across and mated in silt.
The Association for the Protection of Wild Animals was glad,
And so, too, was ev'ry Frog Mum and Frog Dad.

Edel Wignell © www.edelwignell.com.au



REASON TO SMILE!

Congratulations to our 2011 graduates on your outstanding VCE results.

10% of students in the top 5% of the state.

Special congratulations to our highest achiever, **Zoe Guo** who received an ATAR of **99.4**

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Knox & District Over 50s

Welcome to the New Year everyone. We trust you all had a very happy and peaceful break and are now thinking about your options for recreation and entertainment in the near future.

Well, we at Knox Over50s are a very social group and visitors are most welcome to join us to discover some new ideas for 2012. Come along to our next General Meeting on **Tuesday, 28th February**. You can get to know us and listen to our guest speaker, Amanda Freeman on the subject of Reiki, a form of therapy in which the practitioner is believed to channel energy into the patient in order to encourage healing or restore wellbeing.

Each month we offer a wonderful choice of social activities, such as bus trips, lunches, book clubs, movies, morning teas, etc. As a financial member of the Over50s, you would be welcome to participate in any or all of these



events which, during February and March, will include some Morning Melodies, a picnic/bbq at the Tim Neville Arboretum, harness racing at Yarra Valley and a "high tea" at Marybrooke Receptions in the beautiful Dandenongs.

Our monthly newsletter "Knox Natters Matter", (which is distributed at our General Meetings), will keep you up to date on all that's happening.

We meet in the Boronia Progress Hall on the fourth Tuesday of the month at 1.30 pm.

We look forward to seeing you there. Contact Pat on 8786 9690 for any further information.



Rowville Senior Citizens

A very happy new year to everyone and I hope 2012 will be prosperous and healthy.

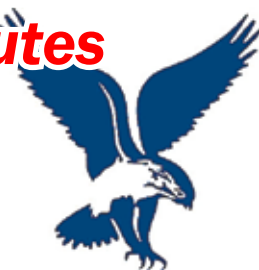
The club resumed activities on the 18th January and our year ahead is full of outings and activities. Our

Christmas breakup was held on the 16th December and everyone tucked into a spit roast and enjoyed the music from Rick Charles. The hampers went down extremely well and all the members who won one were delighted with the contents.

Our first outing for the year will be Rayners fruit orchard on 13th February. We are currently planning a visit to the theatre to see the show "Annie" in August. There are only 30 seats available so if you haven't put your name down yet, now is the time.

For further information on our friendly club, please contact Margaret on 9755 7543 or Ena on 9764 9380.

Council Minutes Nov-Dec Meetings



November 22nd & December 13th 2011

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meetings held on the 22nd of November and 13th of December 2011.

November 22nd 2011 Meeting

Item 6.6 Application for three (3) Lot Subdivision and alterations to existing dwelling at 67 Rathgar Road, Lysterfield. (Application No. P2010/6877)

The proposal has been assessed against the following and found to comply: Residential 3 Zone, Design and Development Overlay – Schedule 3, Vegetation Protection Overlay – Schedule 1, Significant Landscape Overlay – Schedule 5, the Dandenong Foothills Policy and Neighbourhood Character Policy. It is considered that the proposal achieves the objectives of the State and Local Planning Policies. It is recommended that a Notice of Decision to issue a Planning Permit be issued.

Council resolved to issue a Notice of Decision to Grant a Planning Permit for the modifications to the existing dwelling and subdivision of land into three lots at 67 Rathgar Road, Lysterfield subject to endorsed plans and 32 conditions.

December 2011 Meeting

Item 4.2 Councillor Pearce presented a petition with 112 signatories objecting to the rezoning of the Waverley Golf Club to residential.

The Petition lay on the table.

Item 6.3 Application To Develop The Land For Four (4) Double Storey Dwellings At 3 Denver Crescent, Rowville, Melway Ref. 72 H12 (Application No. P2011/6321)

The proposed medium density residential development is located within the Stud Park Major Activity Centre and within walking distance of public transport and services. The concept of four dwellings on the site is considered to be appropriate. However, the proposal fails to meet design requirements of the Knox Planning Scheme, particularly with regard to energy efficiency, walls on boundaries, vehicle access, and landscaping. The development also fails to provide for housing diversity. On balance it is considered that the proposal does not respond well to State and Local Planning Policies. It is considered that the scale of modifications required to gain compliance are beyond the scope of planning permit conditions.

Council Resolution

An application for review has been lodged with VCAT based on Council's failure to determine the application within the prescribed time. It is therefore recommended, if Council were in a position to make a decision, that a Notice of Refusal to Grant a Planning Permit be issued on the following grounds:

1. The proposal is inconsistent with applicable objectives for residential development as contained within the Local Planning Policy Framework of the Planning Scheme and in particular Clause 22.10 Housing Policy.

2. The proposal demonstrates several fundamental deficiencies when assessed against the objectives of Clause 55. In particular, compliance with objectives for energy efficiency, landscaping, vehicle access and parking, overlooking, walls on boundaries and daylight to new windows.

3. The development does not comply with the State Planning Policy Framework, Local Planning Policy Framework and the Municipal Strategic Statement (MSS) as contained in the Planning Scheme.

4. The proposal is contrary to orderly and proper planning.

Item 14.2.1 Green Wedge Zone

Cr Gill moved that Council should receive a report at the 27 March 2012 Ordinary Council Meeting outlining the options to afford land in the Lysterfield Valley outside the Urban Growth Boundary in a Green Wedge zone, the maximum protection from inappropriate development.

The report should include information on the potential for a Planning Scheme Amendment to rezone Green Wedge 2 land (4 hectare min lot size) to the Green Wedge 1 Zone (20 hectare min lot size), including the indicative, timing and resources required.

Motion was carried

Works Report at 28th November 2011

Stamford Park Redevelopment

The Stamford Park Planning Scheme Amendment is now on public exhibition following its successful launch at Council's 2011 Stringybark Festival.

Corhanwarrabul Creek Trail (to Dandenong Creek) – shared path

(1) Demolition of Stamford

House shed being organised for January 2012 and remainder of pathway link construction from rear of Stamford House to Emmeline Row to be completed by Knox Construction in February 2012.

(2) Design works only for next stage. To be undertaken in consultation with Parks Vic and after agreement reached with Scoresby Employment precinct developer.

Karoo Reserve – Site Development

Design documents complete. Quotation documents are being prepared.

Eildon Park Storm Water

Tanks are installed and being connected to Stormwater pipe.

Avalon/Stamford/Stud Road Intersection Modification

Further detailed community consultation is required. To be deferred pending resolution of Stud Park Structure Plan.

Murrindal Playroom Extension (Stage – One)

Contractor has not completed landscape works. A completion of building works notice has been issued to contractor.

Tirhatuan Drive (No 18) Rowville – Drainage Design

Melbourne Water computations on Council's concept proposal of constructing a retarding basin within the school have been checked and are satisfactory. Awaiting feedback from the Education Department on Council's concept.

McKay Road Reconstruction

Works completed and placed on maintenance.

Wellington Road/Eastlink Shared Path

Consultation is currently underway with EastLink to obtain final approvals for path.

Rowville Recreation Reserve No 1 – Renovation Design

Design progressing on schedule.

Rowville Reserve – Floodlight Design/ Installation

Project let, permits received and pole locations signed off by club. Awaiting a minor amendment approval sought by club.

Reservoir Crescent, Rowville Dam Repair

Water level reduced to mitigate risk of dam breaching and concept solution nearing completion by dam safety specialist. Will need to consult with Parks Victoria requesting permission for works within their parks area.

Darren Arnott

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The U3A Knox term will begin on February 6th with a record number of more than 120 subjects available. At Rowville, the U3A Tennis program will continue, and at least two more subjects will be available from the start of Term 2, after some delay in obtaining suitable accommodation for them. Tutors (nearly 90 of them currently, some leading up to 3 sessions a week) are enjoying the break, are busy preparing for the new term.

One of these is Alan Black, (photo) who first came to U3A Knox as the result of a personal challenge, to better understand and appreciate language after taking little interest in the subject in his school days. Specifically he looked for a Poetry appreciation class, and the only one offering a suitable programme was Alastair Hopkins' class at Knox. Alan was very pleased to find it met all his expectations and he thoroughly enjoyed it. (this class is continuing in 2012).

Belonging to a volunteer organisation encouraged him to offer his services in return, teaching in a subject he knew and loved, 'Ancient Trade Routes'. He had come to study this area when he was intending, some years ago, to visit China, and began a course at C.A.E. in preparation. There he met two ladies, Myra Roper, former head of Melbourne University Women's College, who had travelled widely in China and many other countries and the former Deputy Head, Muriel Crabtree, who was then teaching courses in Ancient Trade Routes.

Much later, Miss Crabtree gave Alan her course notes,

and the two ladies gave him slides taken on their travels, plus artefacts such as goat skin (vellum) scrolls inscribed in the Ge-ez language from Ethiopia, with Bible references. These have been donated to the State Library for display during their current 'Mirror of the World' exhibition. Some of the slides and the course notes, form part of the courses Alan now teaches at Knox.

Alan had had some early experience in teaching when he worked in the 70's, developing training programs. Joining the Junior Chamber of Commerce (JCI), he became President in 1975, and worked for that organisation for several years, becoming a full time officer. Afterwards he moved to Canberra for three years taking his family there and developing training programs and organising conferences including some to China.

He went to China with a group just 12 months after the death of Chairman Mao, and on the 9th September 1979, (coincidentally also his birthday), his group met with guides late one night for a tour and were overjoyed to discover that the group (with guides) would be given the great honour of being allowed to pay their respects to Chairman Mao's body, the first westerners (except for President Tito of Yugoslavia) to be given a glimpse of the body.

At a conference in Japan, he met a fellow JCI member from Malaysia, and kept in touch with him for some years. Later, this friend asked for help for a relative who needed open heart surgery, something that was only available in



three or four countries at that time.

With cooperation from other JCI members, a surgeon was found, and with government support the surgery was carried out successfully. Some years later there had to be repairs to the original operation, and once again JCI cooperated. Although there were complications, with time in intensive care, the result was again good and the patient went home in good health.

Alan was Business Manager of Lions International Diabetes Institute (although not himself a diabetic) an organisation which researches and treats diabetes and both he and his wife are Life Members of the Australian Plastics Pioneers. In more recent years, Alan had health problems and worked only part time for a while, finally retiring in 2005. He joined U3A Knox in 2008.

Alan thoroughly enjoys teaching at U3A and will be covering two subjects in Term 1, both under the umbrella of Ancient Trade Routes and destined to be much enjoyed by his very keen pupils. His Monday class will start with 'Caves of the Silk Road', followed by 'Tang Dynasty (618 to 907AD)' in Term 2. His Tuesday class will study Ethiopia, followed by Jade and finally Afghanistan.

He was due to have a hip operation in December and has been quoted as saying he confidently expects to be able to dance on the tables in Term 1.. hopefully!

See the U3A website www.u3aknox.com.au for details of U3A registration and all enrolments in classes.

Knox Home Garden Club

Your garden. It is your own special place. However, there is much more to plants and gardens than what is in our backyards. Our home gardens are just a minor part of the bigger picture. Think of all the places where you can see and enjoy plants such as international and local flower shows, world famous gardens, botanical gardens, metropolitan, local, state, national, marine and coastal parks, sanctuaries and reserves.

Wherever you go, be it locally, interstate or overseas, there is sure to be an opportunity, if not several, to explore our world's wonderful and diverse flora. When travelling overseas, depending on your destination, there



are many fabulous and famous gardens to visit. Gardening tours led by our high profile gardening gurus are another popular way to enjoy overseas and interstate gardens. Local garden clubs also organise some very enjoyable gardening tours.

How long is it since you have visited our superb Royal Botanic Gardens in Melbourne? Founded in 1846 by Baron Sir Ferdinand von Mueller, the gardens are 38 hectares of pure delight with about 10,000 species from all over the world. William Guilfoyle was also instrumental in creating these magnificent gardens. Many events including theatre (The Wind In The Willows for example) are held in the gardens and guided walks are very popular.

The fun Children's Garden is a delightful place to visit with your family, but check for opening hours before you go.

The Royal Botanic Gardens in Cranbourne is another wonderful place to visit. Of particular interest is the Australian

Garden which has many different landscape displays and exhibition gardens. Geelong and Ballarat also have excellent botanical gardens and are just a short drive away. Parks and gardens are there for all of us to enjoy. Remember to do the right thing when visiting them, take out everything that you brought with you and as they say, leave nothing behind except your footprints. Pets aren't always allowed so check before you go or leave them at home just in case. Most gardens have free entry.

While it is our just reward to sit back in the shade with our cup of tea or a coldie and admire the results of our labour, take some time out to experience and enjoy the wonderful parks and gardens that have been created for us, our children and future generations. Knox Home Garden Club meets 3rd Monday of each month at U3A Parkhills Campus, Park Boulevard, Ferntree Gully, at 8pm. Visitors welcome, supper afterwards.

Editor's Note:- I have visited many of these gardens and attest to their beauty. They are well worth the effort.

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A Young Person's View

I'll admit right now that I am a great admirer of Richard Gill, the music director of Victorian Opera. I'm not going to pretend that he hasn't influenced much of what I have to say here. However, I was lucky enough to attend a choir from a young age and from this experience I have seen firsthand the value of a musical education. It's not only wonderful, but should be an essential part of every child's education and I'm not merely quoting Mr Gill here.

On tour with my choir in New Zealand, we were invited to a Maori school where the entire school were taught a number of songs at their school assembly. We were shown the Haka and we saw an unforgettable acapella performance (without accompaniment) by the older kids' choir. In New Zealand, we also attended a national competition for school choirs. My primary school experience was no more than a whispered Australian anthem at our school assembly and an hour with Mrs Wallace on the piano once a week that ended by Grade 6.

Music engages young children. We learn our ABCs using rhymes. Singing and playing instruments gives kids confidence. It is an outlet that children can explore and relax in. Kids love music and as adults we continue to enjoy it. Why do all mobile phones today have music players?

New Zealand is ahead of us in the education of music, though it is not because Australia is lacking in musical talent. Just watch the ARIAs or listen to Triple J Unearthed, a digital radio station devoted to brand new Australian music. Clearly, there is a need, and a desire for music to be taught in schools.

So let's make it happen.

Marita Lacota

Nick Wakeling

Safer Crossing In Time For New School Year

Nick Wakeling, Member for Ferntree Gully and Parliamentary Secretary for Health, is pleased to announce that another election promise has been met in the Ferntree Gully electorate with works commencing on an upgrade to the pedestrian crossing on Wellington Road, Rowville, near Westminster Drive.

In May 2011 the Coalition Government committed \$250,000 in the 2011-2012 State Budget to install pedestrian operated signals to improve the safety of the crossing.

"The safety of this crossing has been raised with me over a significant period of time by worried residents. This particular crossing has been of concern to those whose children use it to access the various primary and secondary schools in the area. It is also of concern to residents using this busy road outside of school hours when the school crossing flags are not in operation," said Mr Wakeling.

"An improved crossing will also make it easier and safer for residents crossing on foot from the south side of Wellington Road," concluded Mr Wakeling.

The signals are also expected to provide benefits to some vehicles turning in or out of Westminster Drive as the activation of the pedestrian crossing will provide them with a break in traffic on Wellington Road.



Work is scheduled to complete by early 2012. Weather permitting this will see the upgraded crossing completed in time for the new school term in 2012.

Local Schools Audited For Maintenance Action

Nick Wakeling announced every government school in the Ferntree Gully electorate will undergo a full maintenance audit as the first step in reversing a decade of neglect. Schools will also share in additional maintenance funding.

Auditors will visit every Victorian government school over the next six months to gain a comprehensive picture of the current state of their facilities. Mr Wakeling said the Condition Assessment Audit was sorely needed and would be used to prioritise much-needed repairs.

"Education is of great importance to the Coalition Government, and adequate facilities in schools is a basic requirement. An audit of one school alone in the electorate showed a maintenance backlog of 76 defects and an estimated cost of more than \$87,000. The true picture is set to be much higher and will be revealed once the audit of all local schools is completed," said Mr Wakeling.

Education Minister Martin Dixon said recent media coverage of the long-standing state of disrepair of many of our schools showed that such an audit was long overdue. The audit will assess the condition of all rooms in schools, outbuildings and covered walkways and will enable maintenance funding to be targeted to urgent projects and provide principals with the information they need to better direct their annual maintenance funding.

The \$100 million maintenance boost announced in the last year's Victorian Budget, annual funding for school maintenance has grown by \$25 million to almost \$90 million in 2011-12.

The audit is expected to be finalised by May 2012.

Youth Advocacy Group

Are high rise developments all bad?

Young People in Knox have the opportunity to have a say on how their local suburbs should look like with the Youth Advocacy Group.

With recent events in Boronia and Rowville reacting to medium/high density development proposals, the Youth Advocacy Group decided to gather the views and opinions of young people about where they are living now and what they would like in the area for the future. After all, most young people want to live in the area they were raised in so it is important that they get the chance to have a say of what the area should look like when they get the opportunity to move out of home into their own place.

While the survey is still out there for young people (12-

25), early results indicate that young people definitely want to remain in the suburb that they grew up in with a call for more affordable housing prices, not just for buying, but especially for renting. Compared with the opinions of the appropriate development groups, young people view medium density developments around the major activity centres as vital to meet their future housing needs.

There is also a call for more social housing, with young people citing that there needs to be more housing available for the elderly, disabled and those out on their luck. Young people are viewing social housing as a significant factor in future housing needs, breaking away from the stereotype that social housing is just for those in the lower socio-economic bracket and focusing more on the fact that most people in social housing are either elderly, single parents (mostly single mothers) or disabled residents.

The Youth Advocacy Group is encouraging young people to fill in the survey which is available at: <http://justlocal3178.blogspot.com/> to have their say on how their local suburbs should look.

Anthony Osborne President Youth Advocacy Group

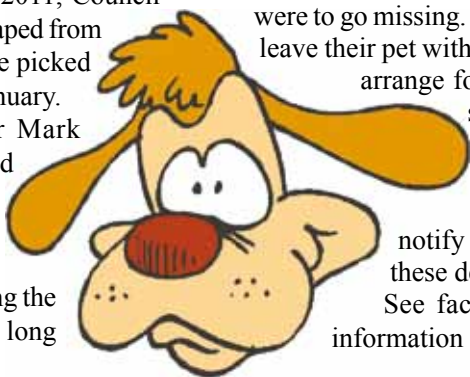
Knox Council

Pets and holidays

As the Christmas and New Year's holiday period comes to a close, Council is reminding residents to ensure their pets are registered and microchipped, particularly dogs.

Between 24th and 27th December 2011, Council picked up a total of 45 dogs that had escaped from their properties. A further 23 dogs were picked up between 31st December and 1st January.

Acting Chief Executive Officer Mark Dupe said "When a dog is registered and microchipped, a Council officer is able to reunite it with its owner almost immediately, avoiding the need to take it to the Council pound, thereby avoiding the distress of having an animal lost for a long



period of time. Additionally, residents who find lost dogs with tags often contact owners directly, ensuring quick return of their animal."

Mark stated that, "of the 68 dogs picked up by Council during the Christmas and New Year's Eve periods, only 38 had some form of identification."

Mr Dupe said pet owners going away for holidays should consider the best way of being contacted if their pet were to go missing. "Many go away for the holidays and leave their pet with a neighbour or leave it at home and arrange for someone to tend to it," Mr Dupe said. "We'd advise residents doing this to attach an extra tag to the dog with the contact details of the person caring for it. Alternatively, they can notify Council or the microchip registry of these details."

See facebook.com/lostanimalsinknox for information on pets lost in Knox.



On Friday 16th March, 2012 Rowville Primary School will be holding a twilight fete from 3.30 pm to 8.30 pm.

In 2010, a dedicated group of volunteer parents and teachers from Rowville Primary School combined their collective efforts to hold the first fete in over 15 years. It was a resounding success and the community asked for a repeat event. The fete raised funds to go towards a synthetic running track for the students.

This year's fete will be an exciting event for the whole school and local community with popular rides, side-show amusements, spinning wheel, BBQ and bar area, lucky dips and our huge raffle where you can win an Apple Macbook Pro.

Entertainment will be provided so come along and enjoy a fun-filled night browsing through our market stalls or relax with a gourmet sausage from the BBQ and some hot Red Rooster chips. There will be bargains galore at our trash and treasure stall and a large array of food stalls to satisfy everyone.

Why not pre-purchase a wristband for unlimited rides on all the major attractions for \$25.00 from the school office or buy on the night for \$30.00.

Many members of our school community have been working behind the scenes for over a year to ensure that the fete is spectacular.

We would love you to come along on the 16th March and share in the fun.

Alan Tudge Writes Students Recognised for

Outstanding Citizenship



Alan is pictured with Ami Joy and her mother, Karelyn Joy.

The Aston Shield: recognising outstanding young citizens

Towards the end of each year, I have the pleasure of recognising some of our great young citizens in Rowville and Lysterfield. In each of our local schools, I present the Aston Shield for Good Citizenship to a student who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

Miss Ami Joy, from Rowville Primary School, was recognised as such a student. A popular girl, Ami had not only participated fully in the opportunities of school life, but had made a big difference to the lives of others. For example, in grade 4, Ami had initiated a school-wide fundraising effort for needy children, 'Operation Christmas Child'. She had also been involved in School Parliament, working on ways to make the school a better place. The other winners were equally impressive.

The Aston Shield

The Aston Shield is given in the spirit of Tilly Aston, who was a remarkable woman in Australian history who did so much for the welfare of blind people.

Tilly was born in 1873 and was completely blind by the age of 7. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library. Tilly herself had to drop out of university because there were no braille books. Finally she set up an organisation that still exists today and helps tens of thousands of people each year, Vision Australia.

Tilly Aston was an incredible contributor to Australia whose legacy is alive today, not only through the organisation she founded, but also through the students of the Shield given in her name.

I am very proud of our young award winners. If Tilly was alive today, I am sure that she would also be very proud. They are great ambassadors for their school and for our community. Well done to all of them!

Other Rowville and Lysterfield students to receive the 2011 Aston Shield were:

- **Fiona Shan**, Park Ridge Primary School
- **Alex Lowes**, Rowville Secondary College
- **Jya Epstein**, Rowville Secondary College
- **Taylor Siwek**, St Simon the Apostle Primary School
- **Kylie Stone**, Lysterfield Primary School

Editor's Note:- I'm sure your family, school friends and teachers are all extremely proud of you. On behalf of all the community "Well done".



The final assembly of 2011 was an opportunity to recognise those students who have demonstrated outstanding citizenship throughout the year. The Honorable Mr Alan Tudge, Member for Aston, gave an inspiring speech and presented those students with their certificates.

Excellent citizenship develops from helping and thinking of others around us in the junior

Retirement of an inspirational teacher a loss for Rowville Primary School

At the end of 2011, Penny Fraunfelder ended her teaching journey after more than forty years service to education and fifteen years at Rowville Primary School.

Penny commenced her training in 1968 at Melbourne Teacher's College and taught at Ardeer, Kangaroo Flat, Ardeer South, Iramoo, Mandurang, Maiden Gully and Kangaroo Flat Primary Schools prior to Rowville Primary School.

Penny arrived at Rowville Primary School at the start of the 1996 school year. She devoted the next fifteen years of her career leading the learning of students in predominantly year two. Her classroom was always characterised as a calm environment where students who required additional care and nurture flourished. Penny provided encouragement and hope when children were having difficulties. She developed close connections with families and was respected in the community for her professionalism.

Penny was a loyal supporter of Rowville Primary School. She accompanied many delegations of students overseas as part of the International School to School Exchange. She served as a parent representative on our FORPS parent body and her input was highly valued by the parents.

Penny is a professional who has demonstrated what it means to be a committed lifelong learner. The profession has undergone many changes since she commenced her training in 1968. During that time Penny has learnt and relearned her practice many times. She has served as a model to teachers of what it means to be a professional, with her ever happy and accommodating disposition.

Penny's knowledge, experience and caring nature will be missed by many students, teachers and parents in the Rowville Primary School community.

We would like to thank her for her dedication to Rowville Primary School and wish her the best in her retirement.

School Talk

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

school to dedicating time and commitment to projects that benefit the wider school community in the senior school. Excellent citizens demonstrate our school values; tolerance and inclusion, responsibility, doing your best, resilience, integrity and care and

compassion and make good choices about their actions.

Many of the citizens this year have contributed to extra-curricular activities and wider community organisations and demonstrated initiative in fundraising projects for those less fortunate than themselves.

We congratulate the following students who have demonstrated outstanding citizenship:

PREP: Sharni Resuggan, Justin Shin

GRADE 1: Sunny Young, Seline Dogrusever

GRADE 2: Mitchell Ladd, Olivia Kratina

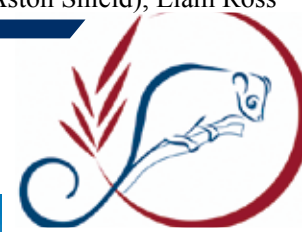
GRADE 3: Ashley Honeybrook, Cooper Denny

GRADE 4: Morgaine Delahoy, Caitlin Taylor

GRADE 5: Luke Mackay, Chloe Gardiner

GRADE 6: Ami Joy (Aston Shield), Liam Ross

**ROWVILLE
SECONDARY
COLLEGE**



Welcome back to another school year!

The end of 2011 saw our group of Year 12 students end their journey at Rowville Secondary College and move on to the next chapter of their lives. We congratulate the class of 2011 for their hard work and determination throughout the year and wish them all the best in their future endeavours.

With one chapter coming to an end, a new one will begin as our group of Year 7 students begin their journey at Rowville SC on Monday, 6 February, where we will be sure to see many excited faces walk through our gates.

As in past years, 2012 will not disappoint with many events taking place, such as the College production of 'The Wiz', the swimming carnival, athletics carnival and the adventurist camps, just to name a few.

This year will also be a very exciting year for the College as we launch the Rowville Mathematics and Science Academy, which is based at the Western Campus in Year 7 and 9.

On top of all these exciting events and opportunities that will be taking place, students will tackle the year through hard work and dedication to their studies, especially our Year 12 students who are entering into their final year at Rowville.

We hope that the College community had a joyful and relaxing festive season and we look forward to another year at Rowville Secondary College.

Maryanne Karlovic Communications Officer

RAFT Anglican Church

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Good neighbour at the Community Garden

Ask Donna what comes to mind at the start of each day. "Things growing," she unhesitatingly replies, her face lighting up, eyes sparkling.

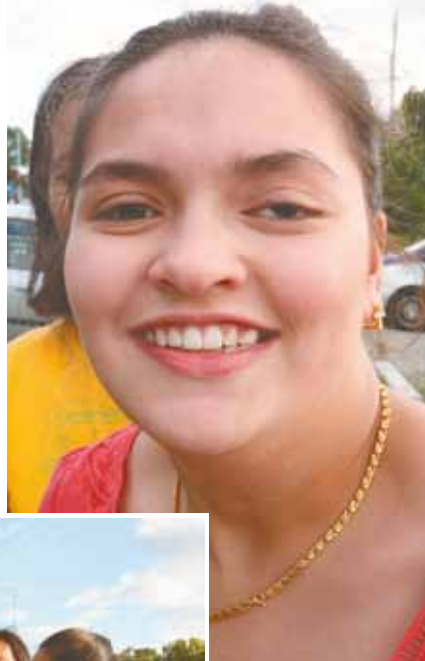
Donnavalle Brain, as she is registered at birth, is one of nine proud owners of a plot each at the Community Garden at RAFT Anglican Church. In the three months since the first seeds have gone in, the plots have flourished into a lush garden as the chirping of birds in the early morning and the settling of dusk contend with "across the back fence" chatter of plot neighbours.

RAFT's Community Garden project has taken off beyond the wildest imagination. "I have been blown away," says RAFT Senior Minister, the Rev Phillip Meulman. "I am still trying to come to grips with an idea that has bloomed to become a part in people's lives." The most dramatic has been evidently that of Donna. Yet just as profound has been that of single mother of three Nicole Nugent and the other garden neighbours.

Members and staff of RAFT should know. The church has kept two of the nine plots for itself, and a third for students of the Victorian Certificate of Applied Learning, who helped build the garden in the time VCAL held classes at RAFT.



The garden is starting to bear fruit, encouraging many in the congregation to put down veggie patches in their own backyard. But that is nothing compared with the life-changing encounter of the Brain household. Mother Gemma thought it would help in the rehabilitation of 15-year-old Donna, who has had an impairment since an accident when she was three years old. Occupational therapist Nicola Miller had no doubt. Since then, therapist and family, including engineer father Donovan, Gemma, auntie Naonite Nuere, elder sister



Donnavalle



Donnavalle (right) with the family Brain (from left), mum Gemma, dad Donovan, sister Dayanarra, brother Jaydon, and auntie Naonite.

Dayanarra and younger brother Jaydon have been accompanying Donna to her vegetable plot.

Jaydon, 8, is thrilled, speaking for the family. "It has made it better for my disabled sister," he said. Donna is overjoyed. "I am happy," she said. "Before, I would be indoors at home, doing nothing."

Which is an understatement. Therapist Nicola keeps her busy enough. But the vegetable garden is "fantastic", she said. "It gives Donna ownership of something. It keeps her active and assists her to use more of her upper body."

Single mother Nicole in the neighbouring plot counts herself fortunate to have gone to the Stringybark Festival, where she came to know about the Community Garden at RAFT's display. "I thought it would be an opportunity for me to socialise with other people," she said. "And it has exceeded all my expectations."

She talked about the tenants at the neighbouring plot, "with their disabled daughter", who was clearly happy, and enjoyed "getting her hands dirty". Now Nicole has extended her plot to her own backyard, where she now has a veggie patch. And she is delighted that her idea about wanting to meet people has borne fruit in home produce.

Editor's note: All nine plots at RAFT have now been taken up.



St Simon the Apostle Parish

We welcome you to the community of St Simon the Apostle Catholic Church 2 Taylors Lane Rowville.

A warm welcome to all.

There is an opportunity to receive the sacrament of Reconciliation on Saturday from 5.00pm to 5.30pm.

Blessing and anointing of the sick on the 1st Friday of the month at 9.15am Mass.

Baptisms are celebrated on the 1st & 3rd Sunday of every month at 12.15pm. Check our website for Enrolment and Preparation dates.

Can we be of assistance to you!

We offer After School Religious Education for children from Prep to Grade 6. We also prepare children for the Sacraments of 1st Holy Communion and Confirmation.

We welcome all enquiries about the Catholic Faith.

We offer support in areas of Bereavement or illness.

We will be happy to help you reconnect with your Catholic faith.

These are just some of the areas that St. Simons Parish is only too happy to assist you with. Check our website : www.stsimonsparish.com.au to read our weekly bulletin for upcoming events in the parish.

For our Eucharist times please see our entry in "What's On Locally" on page 2.

Please feel free to contact our parish office by email office@stsimonsparish.com.au or by phone on 9764 4058, Monday to Friday from 8.30am to 4.00pm and speak to one of our parish team.



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

We finished 2011 on a "high".

As part of **Knox Community Christmas Support** a team of volunteers comprising teenagers, seniors and others in-between participated in distributing hampers and gifts to over 400 households across Knox. Then on Christmas Day more volunteers catered for over 90 guests at our Community Lunch. A delicious festive lunch was followed by hampers and toys for the children. Many of our guests experience financial hardship and/or social isolation. The Lunch was a highlight of their Christmas – and of those who served among them.

As we enter 2012, we see it as a year of promise and opportunity. We expect various programmes to expand and new people to join us. You are welcome to participate in a vibrant church that is having a growing impact on its community. Visit our website www.rowvillebaptist.org.au or call 9764 4242 to find out more.

At Rowville Baptist we offer a range of activities and events for various ages and interests – for men and women, children and seniors. We have participants who are strong in faith and others who are still exploring and questioning. In addition to worship services and Bible study groups, we have special interest groups including a Book Club, Photography Group and Craft Afternoon. "Flying Solo" is a weekly support group for single mums that we run in conjunction with Anglicare. There are regular organized tours for Seniors and informal meals at the church and in restaurants. "Food with Friends" is a monthly midweek dinner for all ages that attracts diners from the church and community. We also have a Prayer Healing group which provides sensitive spiritual assistance to those carrying burdens or suffering from past hurts.

The **Wellington Care Centre** provides high-quality affordable counselling by a group of outstanding counselors, including specialists in childhood issues (including autism spectrum disorders), family matters and men's issues. There is also a Budget Support Worker who can assist one-on-one with money concerns. Phone 9764 3738 to find out more.

In 2012 we are excited that our experienced Youth Pastor, Dennis Medina, will be working full-time now that he has completed his Masters degree. Under his leadership we are looking forward to expanding our work among local youth. For more information on Rowville Baptist Youth, contact Dennis on 0431 878 128.

We are looking forward to this year of worship and service and invite you to let us know if there are ways we might be of assistance to you.

Rev. David Devine 9764 4242

Rowville Uniting Church



9753 3495

office@rowville.unitingchurch.org.au

On behalf of the Rowville Uniting Church I would like to take this opportunity to wish all the readers and volunteers of the Rowville and Lysterfield Community News a very happy New Year. New years are a time to look with optimism at the time ahead and to seek to leave behind the year that is past. Perhaps to set goals and dream new dreams. Perhaps it is a time to consolidate and build on the achievements of the year past. However it is for you, we at the Uniting Church hope that you might fulfil your hopes and dreams for 2012. We pray that you might also know that we share in a wonderful God who journeys with us, whether the journey is tougher than we hoped or one

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Rowville Uniting Church seeks to be a church community that shares in one another's joys and challenges. We meet at 10am on Sunday morning to share in worship that seeks to offer something that meets both the more traditional and the more contemporary need. Sunday School is available during our worship time.

The Bridgewater Centre continues to offer low cost counselling from our fully accredited Psychologist. This service is based on self referral and our fee is lower than the out of cost expense from medicare. If life is more challenging than you can manage, call the office and make an appointment. Or



Rowville Uniting Church Toddler Gym

if you would like to discuss matters more spiritual our minister is available also.

Last year we started the Toddler Gym program. This program was made possible with support from Rowville and District Rotary Club and the Knox City Council. Toddler Gym runs on Tuesday and Friday mornings, 9:30 to 10:30 and 11 to 12noon. Pre registration is essential for this program and enquiries can be made at the church office. The cost for this program is \$5 a session per family on a pay as you go basis. Playgroup also meets on Fridays

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following the second Toddler Gym session.

We believe in a God who desires wholeness and life, a God who knows us, understands us and most of all loves us. So, come as you are, you are welcome at Rowville Uniting Church. For any other church enquiries please contact the church office. 9753 3495
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