



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

PUBLISHED MONTHLY BY THE ROWVILLE  
LYSTERFIELD COMMUNITY NEWS INC.

**FREE**

Editor: David Gilbert - Phone: 9763 3157  
Circulation: 13,790 Web: [www.vicnet.net.au/~rlcnews](http://www.vicnet.net.au/~rlcnews)

Issue No.323 March 2011  
ISSN 0819 0240

### Rowville Uniting Church Family Fete

Starting at 9a.m. on Saturday March 19th

AUCTION 11a.m

SAUSAGE SIZZLE

STILL LOVED GOODS

CHILDREN'S ACTIVITIES

BOOK STALL

JEWELLERY

CAKES

FACE PAINTING

DUTCH PANCAKES

COUNTRY KITCHEN

DRINKS & ICE CREAMS

LUCKY DIPS

LUCKY NUMBERS

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**Cost of subscription:** The R-LC News is posted to subscribers within Australia for an annual fee of \$11.00. Contact our Treasurer for details.

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April 2011

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Wednesday, 16 March

Articles, News or Letters to the Editor  
rlcnews@vicnet.net.au or Fax: 9763 3157  
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DISTRIBUTION  
Saturday, 02 April 2011

## FROM THE EDITOR'S DESK



The SES were once again called into action last month as torrential rain hit Lysterfield and Rowville. Dandenong Creek rose to 4.7 metres, high enough for a potential flood warning to be issued to Rowville residents and major roads were closed. There were also reports of sightings of snakes.

These SES volunteers who give up their time to help affected residents, be it flood, fire or hail, deserve a huge 'thanks' from all residents even if you were not affected this time. Personally, I think they deserve a long rest.

So the argument over the Stud Rd bus lanes goes on, with a promise of a resolution by the end of March. Scoresby MP Kim Wells has suggested adding another lane and retaining the bus lanes, but the Public Transport Users Association prefer the much less costly alternative of making the bus lane available to taxis and cars with three or more passengers (T3). Mr Wells responded by saying that people expect the State Government to abide by their commitment to remove the bus lanes. On top of this, March 10<sup>th</sup> is the deadline for the election promise of a feasibility study for the Rowville rail project. If it wasn't such an important issue it would be farcical.

The issue of 'hoons' in suburban streets came to the fore again. Taylor Ward Councillor, Darren Pearce said he had received complaints about speeding in several local streets, especially around Anthony Drive in Lysterfield as well as Heany Park Rd and Pitfield Cres in Rowville. If you see 'hoon' activity it is your responsibility to report it to police before there is a serious accident and possibly loss of life.

There are a large number of events happening this month (see the Events Calendar) but I urge you all not to miss the Knox Festival on 5<sup>th</sup> and 6<sup>th</sup> and to make the effort to go into the City for Moomba. Don't forget too, the big 'Clean Up' days, business, school and community. Be proud of your surrounding and our Country. For those who need an adrenalin rush you could do worse than the Air Show at Avalon from the 4<sup>th</sup> to 6<sup>th</sup>.

You will also read in this issue the plight of the Apex Club of Rowville. If you have the desire to help out in the community give them a call. They will be delighted to explain their aims and activities and welcome you into their club.

If you enjoy a good laugh then have a go at our invitation to win tickets to the Comedy Club. A joke or funny story could win you a night of hilarity at Knox Ozone, with some of our funniest comedians.

Finally, a very special thanks to Rebecca Li for responding to my call last month for a report from on the courts at the Australian Open. "A Tennis Ballkids Story", which is featured on page 9, is a great read and is very well written indeed.



**Thank You** – to John Woodward for taking on the 4C distribution also to retiring distributors Marjorie Lade (30 years of distribution), Lesley Richardson (2 ½ years) Peter Broughan - ACP (Area 2) Captain & Counter (8 yrs)

**Voluntary Positions** Distributors are needed for the following roads and areas:

- Gearon Rd (Pia to Clausen), Dalmatia Crt  
Please contact - Shirley Oudshoorn - 9764 4672
- Oaktree Rise (Conifer to Major [west end]),  
Clementine Cl, Grenfell Pl  
Please contact - Peter Rumble – 9752 7592

**2 x Area Contact Persons (ACP)** who liaise between distributors and the Distribution Co-ordinator

**2 x Captains & Counters** who count out the papers and deliver them to the distributors.

1. The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road.
2. The area bordered by – Lakeview Ave, Waradgery Dve & Stud Rd

Please contact - Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator

What's On  
Locally

March 2011



Sponsored by:  
Lions Club  
of Rowville

## DIRECTORY

**Apex Club** Meet on the 2nd & 4th Tuesday each month.

**AfCFellowship** English services 10am 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 7.30pm. 'Flying Solo' a single Mums support group every Wednesday, details 9759 6642

**CFA Juniors** Meet every Thursday 7pm.

**1<sup>st</sup> Rowville Scout Group**

**Scouts (11-14years)**

Yarra Troop - Every Monday 7.30pm

Strzelecki Troop - Every Thursday 7.45pm

**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 6.30pm

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** Meet on 3<sup>rd</sup> Monday of each month at U3A Parkhills Campus.

**Life Activities Club** Regular Activities. Call Melva 9762 3764

**Lions Club** Meet on 2<sup>nd</sup> & 4<sup>th</sup> Wednesday each month 7.30pm at Knox Tavern. 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 4<sup>th</sup> Monday of each month 7.30pm at RDNH.

**Probus Club** Meet 1<sup>st</sup> Tues each month (except Jan & Nov) 10am.

**RAFT Anglican Church** Holy Communion 8.30am Family Worship 10.30am every Sunday. **Family History Group** meet on 1<sup>st</sup> Wednesday each month at 10am. **Mainly Music** meet every Wednesday 9.30am

**Red Cross Rowville** Meet 3<sup>rd</sup> Wed. each month 10am. Libby 9755 8010

**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 6.30pm. Sunday 8am, 10am and 11.30am

**Toastmasters** Meet 2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month 7.30pm at RAFT Church

**TOWN Club** Meet Wednesdays 9.30am at Uniting Church

**Uniting Church** Services every Sunday at 10am. KUCA (Primary Children) Fridays 7pm LINK Thursdays 10am

## THIS MONTH MARCH

**St Simon's Church** Friday 4th March - **World Day of Prayer** - Ecumenical Service – 7.30pm

**Rowville Uniting Church**

Saturday 19th March **Annual Fete**, stalls, food, children's activities and an auction at 11am

**Knox Italian Community Club**

Sat 26th March Sicilian Night Dinner Dance 6.30pm to midnite. 4 course meal, music by "Robert Gangi Trio" For Bookings: Danny 0418 798 987 or Tony 9758 7396

**Rowville Baptist Church**

Sunday 27th March The Church will be celebrating its Anniversary (Started in 1974) with a Thanksgiving Service and Lunch from 10am.

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



# Calendar of Events March 2011

## Lymphoedema Awareness Month

## Epilepsy Awareness Month

## Women's History Month (2011 Theme 'Women In The Business Of Food')

- 1<sup>st</sup> March** **St David's Day** (Patron Saint of Wales)
- 1<sup>st</sup> March** **Business Clean Up Day**  
(Improving their environmental impact)
- 4<sup>th</sup> March** **World Day of Prayer**
- 4<sup>th</sup> March** **Schools Clean Up Day**  
(Get children to care for the environment)
- 4<sup>th</sup> – 6<sup>th</sup> March** **International Airshow Avalon**  
(Feel like you're in the pilot's seat)
- 4<sup>th</sup> – 14<sup>th</sup> March** **Melbourne Festival**  
(The best of Victoria's culinary culture)
- 5<sup>th</sup> & 6<sup>th</sup> March** **Knox Festival**  
(2011 Theme "Creative Community")
- 6<sup>th</sup> March** **Clean Up Australia Day**  
(Sleep well knowing you helped out)
- 6<sup>th</sup> – 12<sup>th</sup> March** **National Ground Water Awareness Week** (Is essential to health)
- 6<sup>th</sup> – 13<sup>th</sup> March** **Seaweek** (an appreciation of our marine and coastal environments.)
- 6<sup>th</sup> – 12<sup>th</sup> March** **World Glaucoma & Orthoptic Awareness Week** (Test your Eyes)
- 8<sup>th</sup> March** **Shrove Tuesday** (Also known as (Uniting Care's Pancake Day))
- 8<sup>th</sup> March** **International Women's Day**  
(Recognising women's achievements)
- 9<sup>th</sup> March** **Ash Wednesday** (Lent Begins)
- 10<sup>th</sup> March** **Children's Vision Day** \
- 10<sup>th</sup> March** **World Kidney Day**  
(Protect Your Kidneys & Save Your Heart)
- 10<sup>th</sup>-12<sup>th</sup> March** **Worlds Greatest Shave**  
(Leukaemia Foundation Initiative)
- 12<sup>th</sup> – 14<sup>th</sup> March** **Moomba** (Dragon Boats, 'Birdman Rally', fireworks, Parade and Waterfest Carnival)
- 13<sup>th</sup> – 19<sup>th</sup> March** **Coeliac Awareness Week**  
(Coeliac Disease & the Gluten Free Diet)

- 13<sup>th</sup> - 20<sup>th</sup> March** **Multiple Birth Awareness Week**  
(Helping Multiple Birth families)
- 14<sup>th</sup> March** **Labour Day Public Holiday**
- 16<sup>th</sup> March** **Ride2School Day**  
(Make riding and walking normal for kids)
- 17<sup>th</sup> March** **St Patrick's Day** (Patron Saint of Ireland)
- 19<sup>th</sup> – 27<sup>th</sup> March** **Cultural Diversity Week**  
(Victoria's Cultural, Linguistic & Religious Diversity)
- 20<sup>th</sup> March** **Thai Culture and Food Festival**
- 18<sup>th</sup>-20<sup>th</sup> March** **The Basin Music Festival**  
(The community music festival for Knox)
- 20<sup>th</sup> March** **Holi** (A boisterous Hindu festival with coloured water and powders)
- 20<sup>th</sup> – 26<sup>th</sup> March** **National Play Group Week**  
(Discover What Play Groups Do)
- 21<sup>st</sup> March** **Harmony Day**  
(Celebrate the Nation's cohesive and inclusive nature)
- 21<sup>st</sup> March** **International Day for the Elimination of Racial Discrimination** (Reminds us of our responsibility to promote and protect this ideal)
- 21<sup>st</sup> March** **World Poetry Day**  
(A Unesco Initiative to Support Poetry Teaching)
- 21<sup>st</sup> March** **World Forestry Day**  
(Reminds Us of the Importance of Forestry)
- 21<sup>st</sup> – 27<sup>th</sup> March** **Salt Awareness Week**  
(This Year's Theme 'Salt and Men's Health')
- 22<sup>nd</sup> March** **World Water Day** (UN initiative since 1992)
- 23<sup>rd</sup> March** **World Meteorological Day**  
(Weather, Climate & Air We Breathe)
- 24<sup>th</sup> March** **World Tuberculosis Day**  
(Respiratory Council Aim - Eliminate TB)
- 24<sup>th</sup> March** **Close The Gap Day**  
(Oxfam's Drive to Improve Aboriginal Health)
- 25<sup>th</sup> March** **Wish Day** (Make-A-Wish Australia 'Laugh For Kids Today')
- 26<sup>th</sup> March** **Earth Hour 8.30pm** (hundreds of millions of global citizens from hundreds of countries will unite in turning their lights off)
- 26<sup>th</sup> – 27<sup>th</sup> March** **Greek Festival** (Lonsdale St City)
- 26<sup>th</sup> March** **Purple Day for Epilepsy Awareness**  
(Wear Purple Today)
- 27<sup>th</sup> March – 2<sup>nd</sup> April** **Arthritis Awareness Week**  
(Inspiring Positive Management)
- 28<sup>th</sup> March – 3<sup>rd</sup> April** **Wound Awareness Week**  
(Lift Awareness of Wound Management)
- 31<sup>st</sup> March** **Good Samaritan Day** (Honouring Victoria's Unsung Heroes)



## WIN COMEDY CLUB TICKETS

How would you like to spend an uproarious night at the Comedy Club...FREE?

Simply send us your favourite joke or funny story (printable!) and the entry selected by our committee will receive a double pass. We will publish the winner in next month's paper.

## Letter to The Editor

Dear Team,

I've read your section "Memory Lane" with interest and think I might have answers to some of your questions. Regarding 1996, the "Stylus Night Club" to my knowledge was situated on the former premises of "The Swagman" at Burwood Highway in Ferntree Gully. These days it has been replaced by ALDI Ferntree Gully. Furthermore "Finn's Motel" (1986) was located in the Caravan Park on the eastern side of Stud Road, south of Wellington Road, near the power lines. The Motel looked very run down in the early 1990s and I was often wondering whether it was still in operation. These days retirement units are under construction on the site.

Kind regards

Matt Schaper

Editor's Note:- Thanks Matt for the information. Like a number of landmarks it seems the night club's days have come and gone.

## KNOX COUNCIL

## Tag the taggers... by reporting graffiti online

If there's graffiti in your area, you can help be part of the solution by reporting it to Council. Best of all, you can now report it online. Graffiti and Vandalism Committee Chair, Councillor Adam Gill, said "The new Council web feature, which also enables photo uploads, would support Council's efforts to clean up graffiti on private, public and its own properties quickly and assist Police in their efforts to catch taggers, as well as keeping Knox tidy". Cr Gill suggested residents should also call their local Police station if they noticed graffiti on their own property. "There are three Police officers throughout Knox who are dedicated coordinators for using this database, which records all graffiti, pinpoints areas that are being targeted the most and identifies which "taggers" are most actively defacing property in Knox" Cr Gill said. "Each year, we have a number of requests relating to removal of graffiti, now, residents can report online through a great new graffiti reporting service, which can be found



on Council's website, [www.knox.vic.gov.au](http://www.knox.vic.gov.au) under the 'online services' side tab, and then through 'online service requests'.

"Council is empowering the community to take action and help Police catch vandals," Cr Gill added. While Council doesn't clean graffiti from private property, Council can assist residents and businesses by providing a graffiti cleanup kit or discounted paint. Residents can call Council on 9298 8000 for more information about these kits.

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## Live, Learn & Have Fun Whilst Helping Others

Apex Australia is a vibrant and energetic volunteer service organisation, focussed on harnessing the ideas, ideals and intelligence of younger Australians aged 18 to 45. The Apex story is one of fun, fellowship and friendship that offers the opportunity to give others a fair go, practical help and positive role models to reach their own potential.

The first Apex club started in Geelong in 1931, as a result of three architects trying to join another service club but being refused due to their restrictions. The familiar Apex triangular emblem was soon seen in many country towns and is today one of the most recognisable symbols in Australia. Since its inception, more than 200,000 younger Australians have learnt key skills whilst making a practical contribution to the common good. Apex is neither sectarian nor party political and whilst Apex is authentically Australian it also supports initiatives to help our regional neighbours.

At the heart of Apex is our clubs, such as the Rowville one, a group of focussed volunteers that take their responsibilities seriously and take pride in helping their community. There are approximately 350 clubs nationally and the Rowville club has been in existence since 1976. Apex Club membership was until the 1990's male only, but today it includes both genders in the 18 to 45 age group. After 45, ex members can become Senior Active, wherein

they can still offer their expertise and time, whilst not being a fully fledged member. There is also an Apex Youth scheme being introduced that is school based and is open to 14 to 18 year olds.

Throughout its history Apex has always shown a preparedness to tackle the problems of the day, without forgetting those issues and social problems that are not high profile or fashionable. In the 1930's Apex helped the Royal Flying Doctor Service with equipment and pioneered the introduction of free milk to Australian school children. In the next decade they succeeded in a compulsory tuberculosis X-ray testing scheme and in the 1950's established the first Guide Dogs for the Blind training centre. In the following decades they have raised substantial funds for Autism, supported MS education, aided the creation of the SIDS Foundation and established the Robert Stoltz Scholarship to the Vienna Conservatorium of Music, as well as raising over \$4 million for life education in Primary Schools, regarding substance abuse and donating more than \$1 million to the Westmead Children's Hospital.

Today Apex undertakes a range of activities aimed at youth, including an all States public speaking competition and holding a national debating final at their July national convention. The Teenage Fashion Awards are also run by Apex, with the top three contestants in each State contesting the national final in October each year.

Apex Rowville was born in 1976 with 28 members although in the last 10 years it has struggled to keep membership in double figures. As part of the bi centennial celebrations they received a Government grant to host "Party At The Gardens", which involved taking over the whole of the Caribbean Gardens complex for a day. In 2005 as part of the Centenary of Rowville the club arranged a sale of "Centenary Wines and Wine Glasses" that culminated

with a Black Tie Ball at the Community Centre. In addition the club has provided over 1,000 hours of community service per annum, assisted the Bonnie Babes Foundation in various projects including Mother of the Year and National Babies Day awards and offered enormous support to the "burn Rubba for Bubba" at Calder Park Raceway. Apex Rowville co-ordinated the delivery and staffing of a BBQ trailer at the Kinglake Evacuation Centre. They also took up 2 trucks of firewood (!) and donated 65 bikes into the region. For the last two years they have co-ordinated other clubs for the Yooralla "Great Vic Trek" which has helped raise over \$600,000. This year they will once again be responsible for the Oppy Bike Ride on 6<sup>th</sup> March at the Knox Festival and continue their wholehearted support of the Stringybark Festival in October.

Apex Clubs of Australia has come a long way since John Buchan, Ewan Laird and Langham Proud founded the organisation 80 years ago.

The Apex Club of Rowville is always ready to welcome new members. They meet on the second and fourth Tuesdays each month at the Stamford Hotel, 7pm for a 7.30pm start. One of the meetings is 'business' the other is 'social'. For more information and a friendly welcome, call Carmen on 0407 750 069 or email to president@apexrowville.org

## Australian Red Cross Rowville Unit

Australian Red Cross Blood Service is going from strength to strength throughout Australia, with new and refurbished blood donor centres opening across the Nation. In April, Prime Minister Julia Gillard, who was then deputy PM, officially opened the Werribee donor centre.

Last year blood donor centres were opened in Orange (NSW), Ipswich (Qld), Ballarat (Vic) and Onkaparinga (SA). The Mackay premises in Queensland was also refurbished.

Port Adelaide in South Australia and the Shire donor centres in NSW celebrated their first birthdays and the Bourke Street centre in Melbourne celebrated it's 10<sup>th</sup> anniversary.

To find your nearest Blood Service donor centre, visit [www.donateblood.com.au](http://www.donateblood.com.au)

If you wish to join us, or want further information about meeting days etc. see our entry in "What's On Locally".



## Lions Club of Rowville

The Lions Club of Rowville consists of dedicated members who receive great pleasure in being able to help people in need. That help comes in many forms and is always carried out in a cheerful, courteous manner with the recipient's privacy a top priority. To assist us in our work, it is necessary for us to conduct regular fundraisers and we are very grateful for having been granted a sausage sizzle at Bunnings, Scoresby on the first Friday of each month. Added to the takings of our stalls at the Knox and Stringybark Festivals, these extra funds will allow us to spread our help a little further this year.

As usual, we will have a sno-cone tent at the Knox Festival on March 6 - 7 and all money raised goes back into the community so it's a good way for people to contribute. For those concerned about the possibility of their number plates being stolen, we will be at Wellington Village on Saturday March 26 from 8:30 am, attaching non-removable screws in return for a gold coin donation.

We are off to a good start to 2011 with three prospective new members, but there is always room for more. If you are interested in volunteering in the community and making new friends along the way, why not give our Membership Chairman Ken a call on 9763 4653 and he'll be happy to tell you all about our activities and how you can help make someone else's life a little bit easier. It doesn't take much time but can really make a difference.

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## Life Activities Club Knox

Do we have something special organised for March? Let's see. Our February Picnic in the Park, was attended by 20 members or so, and hopefully we'll have a bigger number for our March 3<sup>rd</sup>. Picnic. We take sandwiches or something to barbecue, and generally just socialise. Afterwards, some go for a walk, or we can play bocce.

The Armchair Travel group are visiting faraway places from the comfort of a seat and probably with a cuppa in hand. Then there is the luncheon group, with knife and fork in hand. The card groups are having a good deal, and they too, will have a cuppa in hand.

Another group will spend a lovely day at the "Morning Star Estate", smelling acres of roses, at this gothic Victorian Mansion, not to mention a giant arbor as a centre



## 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.

piece and a waterfall.

Then we have our "Weekend Getaway" up to Eildon, where we can walk, fish, explore the area and enjoy the sight of water at Bonnie Doon. But mostly, relax and enjoy each others company.

Of course, other activities continue, i.e. cinema, music appreciation, painting, water aerobics, badminton, social games, walking groups, cuppa and craft, (another cuppa), and the organ group.

Feel free to ring for our current newsletter, which explains all of our activities, with convener's names, and either ring these conveners or myself for more information. Our subscription fee is \$20.00 per financial year.



Melva 9762 3764

Helen 9729 1151

Editor's Note:- That sounds like a lot of tea drinking Melva. Bags or real leaves??



## Neighbourhood Watch

### Rowville Community

## Rowville Neighbourhood Watch closes.

### And a new system starts-

Neighbourhood watch was launched on 18th May 1987 in Rowville comprising of 4 areas, which was the result of Michael Walters and others door knocking to get support.

Initially the area was known as Y91 and Y92 and in 1990 was renamed Foxtrot 54,55,56 and 57. F54 and F57 closed some years later and in June 2005 F55 and F56 combined to becoming known as KNX 28 and KNX29. At the start of NHW, 1000 community newsletters were being distributed in the area and by 2010 it had risen to 3000. Over 23 years, 241 newsletters have been produced

and are being preserved. Our newsletters received state awards numerous times.

Many community programs were conducted and the crime statistics reduced when comparing 1000 homes to 3000 homes with current crime trends. Rowville Neighbourhood Watch had a very good relationship with our police officers, who attended the meetings conducting many NHW programs in partnership. With the change in police leadership and pressure on young families, it was becoming difficult to replace area representatives who had moved out of the area.

The long drawn out change to NHW and police unable to attend meetings and unable to provide crime statistics for publication in the newsletters brought much unrest within the community. Rowville NHW managed to keep producing newsletters until 2010.

A new system called Police Service Area (PSA) has been started within the Knox area. All interested residents are able to participate in this new system.

I would like to thank all the zone representatives over the 23 years which NHW operated and our many sponsors for their support and for the many police officers who gave their own time.

Ron Lade

Area Co-ordinator



## Rowville Toastmasters

### Toastmasters' contests encourage success.

Been thinking about visiting? Why not mark Tuesday, March 22 in your diary as the night to come?

Each year Toastmasters clubs worldwide compete in various contests. The winners advance through various levels. On March 22 are the Impromptu speaking and International speech contests for Ranges Division, to be hosted by Rowville. In the Impromptu contest, contestants are taken out of the room and come back one by one to answer the same question over 2-3 minutes. Impromptu speaking is a skill we can all learn. At the contest level you'll hear some amazing responses!

For the International contest, each contestant presents a 5-7minute speech of their choice in which the winner can advance to compete for the title of World Champion of Public Speaking. Out of thousands of contestants from all over the world in the Toastmasters International Speech Contest each year, only one walks away as the World Champion. In 2009, this was achieved by Mark Hunter from Queensland!

However, the true success of the contest system is shown as each speaker commits to write a speech, hones it, and receives feedback to improve their content and delivery, practices the speech and finally delivers it. Participation almost forces you to be better than you have ever been, and it's a wonderful opportunity for the contestants to put into practice the techniques they've learned in the Toastmasters program.

**So why not visit us in March. You'll be impressed... and inspired! Where:** RAFT Church, Cnr Taylors Lane and Kelletts Rd, Rowville (Melways 73 B11)

**When:** 7:15pm for 7:30pm start on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month

For further information, why not contact Erika at rowvilletoastmasters@gmail.com



## ROWVILLE PICTURE FRAMING

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



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Thursday, Friday & Saturday

9am to 5pm

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## 1986

**FIELD**S or **F**riends Interested in the **E**nvironment of **L**ysterfield and the **D**evelopment of **S**ervices was formed to take a stand on local issues. Does anyone recall anything about the group? The first stage development plan was submitted for the whole of the Seebeck property to the west of Taylors Lane. As each allotment was more than 725sq m, a 5% open space contribution was applicable (=1.6 ha reserve) together with the 1.8% widening requirements to Taylors Lane. Council applied to the RCA for \$18,000 to re-surface Stud Rd from Police Rd to Dandenong Creek and \$1.75m for the duplication of Stud Rd from FTG Rd to Dandenong Creek.

## 1991

The Apex club held a 'Billy Cart' derby at the Community Centre and apparently the track was worth coming to see. Can anyone remember it or better still show us a photo? The clubhouse at Churchill Park Golf Course was destroyed by fire. Council granted McDonalds Australia Pty Ltd permission to construct a restaurant and medical centre on the corner of Stud and Fulham Rds. Fast food had arrived as KFC came to Rowville the previous

December. Rowville Seniors were excited about the closing attraction of Senior Citizens Week, a "Re-cycled Teenagers Debutante Ball". Who can tell us more about that? John E Sutton was ordained as the first full time Minister of the Rowville Church of Christ and Leigh Scanlan became the new Principal of St Simons Primary School. John Lucas and Alan Runting won the Australian Fireball Championship in their 16ft yacht "No Second Prize" and set their sights on the World Championships in Sweden. Did you make it boys?

## 1996

The Eastern Campus of Rowville Secondary College was opened with College Principal Ian Linnett and Eastern Campus Principal Anne Coughlin helping to plant trees in the grounds. Under the auspices of Joan Pepi the inaugural meeting of the Rowville Neighbourhood House Reference Group was well attended. Were you there? Excavation work began on the new Lysterfield Primary School but controversy arose over the future of the 120 year old buildings, the oldest institution in the district. What happened to the "unfinished steel structure" on the corner of Stud and Wellington Rds, that was to be a Basketball Centre?

## 2001

TXU, an electricity provider, sold the Rowville Transmission Facility on the corner of Stud and Wellington Rds for \$30 million. I wonder what it is worth today? Knox Council invited local 'characters', particularly those in uniform, to appear in one of the numbers at their concert to celebrate the Centenary of Federation. No acting or singing required. Did you volunteer? Mayor Jenny Moore, along with over 300 other people, attended Rowville Baptist Church Centenary service, whilst Andrew Fuller spoke to an interested audience at the Uniting Church about schoolyard bullying. Did you attend either? Who can remember the Professional Championship Wrestling at the Community Centre?



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

## 2006

The 1<sup>st</sup> Rowville Venturer Scouts canoed down the Yarra River at night, right into the centre of Melbourne, not something you do often. Were you one of them? As a result of increased staffing levels, Rowville Police Station was able to provide a 24 hour a day, 7 day a week response vehicle in the area. Tayla Kearns from Rowville Little Athletics won gold medals in the Girls Under 11, 100, 200 and 400 metres events and a silver in the 70 metres at the Eastern regional Championships. Do you still run Tayla? To coincide with the visit of the Volvo around the World Ocean Race yachts, the Australian Access Class Championships were held in Melbourne. The Access boats are specifically designed to accommodate people with different levels of physical and mental abilities. Jane Purbrick from the Lysterfield Club finished 8<sup>th</sup> in division 6, despite suffering a stroke two years ago and won the Encouragement award. Are you still sailing Jane? Who was the Knox Over 50's Club member who acted as a T1 driver at the Commonwealth Games? Tell us about your experiences.

## Bonnie Babes Founder Retires

Having lost her first two unborn sons (she now has two healthy sons) former long time Rowville resident, Rachel Stanfield-Porter thought that other Mothers suffering the same emotional pain might get comfort and support by talking to others feeling the same grief and loss. So on Valentines Day 1994, the Bonnie Babes Foundation was created on Rachel's kitchen table, to provide support to families in Australia, when very little help was available from other sources.

With the help of Kim Wells, the current State Member for Scoresby, local businesses, service clubs and exposure in our own RLCN, Rachel was able to grow the Foundation and help more and more families. The Foundation, which is a non profit charity, raises awareness of the impact of stillbirths, miscarriages and pregnancy difficulties, whilst also providing grief counselling and assisting neonatal research through funding. Amongst their many achievements, the Foundation was instrumental in establishing a children's area at the Springvale Botanical Cemetery, which is overlooked by a huge bronze baby statue in honour of children lost during pregnancy and childbirth.

With the advent of the pregnancy, birth and baby hotline formed by the Government in 2010, the grief counselling arm of the Foundation has developed as a separate entity, The Small Miracles Foundation, leaving Bonnie Babes to concentrate on raising funds for research. A book of the same name written by Rachel is available in good bookshops.

I asked Rachel if she had one outstanding memory and she recalled "The poor lady who lost nine children but with our help and support tried one more time and gave birth to a healthy baby girl. That was a wonderful moment". She added "I couldn't have achieved anything without the help of our ambassadors, who give up their time to help others". One of these is Pinky McKay, who despite having a family life bringing up five children, being a nurse, a breastfeeding councillor, conducting on-line parenting and breastfeeding seminars and recently undertaking 'Baby Massage' with Danni Minogue, has written two books "Toddler Tactics" and 'Sleeping Like A Baby'. Her third offering, 'Parenting By Heart' was released at Chadstone Shopping Centre in mid February and all three books are available at department stores and all good bookshops. She also has an e-Book "Breastfeeding Simply". Visit her website [www.pinkymckay.co.au](http://www.pinkymckay.co.au) for more information.

# KNOX Community Farmers Market

STAMFORD HOMESTEAD  
ROWVILLE

2nd Sunday of every month

Next market -

Sunday March 13<sup>th</sup>

Fresh produce straight from the farmer's gate

8:00am to 1:00pm

Stamford House  
Emmeline Row,  
Rowville

(Entry off Stud Rd at the traffic lights  
next to the Pool Shop)

← to Wellington Rd

STUD ROAD

STUD PARK  
SHOPPING CENTRE

to Ferntree Gully Rd →



Pool &  
Spa Shop

Emmeline Row



# Rowville & District Neighbourhood House

Every community has been touched by floods and bushfires over the past few months and our thoughts and prayers go out to all those who have been directly or indirectly affected by this devastation throughout Australia.

We appreciate the great work done by the CFA & SES branches with their volunteers and many helpers throughout the communities that have acted so quickly to rally together, doing all they can to help those in need. Neighbourhood/Community Houses understand the importance of support to keep communities united.



Rachel has been involved as chairperson of ISIS and was instrumental in initiating the Governments 'Maternity Services Review'. She has received numerous awards including the Lord Mayors 'Celebrating Melbourne Award' and the Patch Adams Humanitarian Award in 1999. She has no regrets on retirement. "I feel it is time to stand back and believe I am leaving the Foundations in excellent hands" she said. Asked to sum up Rachel a close friend said "She has a Heart of Gold". The Foundation is now has branches world-wide. You can contact Bonnie Babes Foundation at [www.bbf.org.au](http://www.bbf.org.au) or the Small Miracles Foundation at [www.smallmiraclesfoundation.org](http://www.smallmiraclesfoundation.org)



## Classes in March are:

**First Aid Training** CPR updates 26 March 9.30 - 11.30am

**First Aid Training** - 26 March 9.30am - 4pm Level 1&2.

**Food Safety Training** - 21<sup>st</sup> March Level 1: 9am - 1.00pm, Level 1.30pm - 5.00pm

**Responsible Service of Alcohol** - 21 March 5.30pm - 9.30pm

**Cash Flow for Life** - 16<sup>th</sup> March - 30<sup>th</sup> March (3sess) 7.00pm - 8.30pm

**Wardrobe Magic Workshop** - 24<sup>th</sup> March: 7pm - 9.30pm

**Step into style** - 31<sup>st</sup> March: 7pm - 9.30pm

**De-Clutter Workshop** 1 - 24<sup>th</sup> March: 7pm - 9pm

**Manage my Time Workshops** - 28<sup>th</sup> March: 7pm - 9.30pm or 31<sup>st</sup> March 10am - 12.30pm

**Beaded Jewellery Making** - 1<sup>st</sup> March: 5<sup>th</sup> April: 7.30pm - 9.30pm

**Card Making** - 2<sup>nd</sup> March - 23<sup>rd</sup> March: 7.30pm - 9.30pm

**Learn to Massage for Relaxation** - 10<sup>th</sup> March - 7<sup>th</sup> April (5 Sessions) 7.30pm - 9.30pm

**Limestone/Hebel Sculpture** - 16<sup>th</sup> March - 30<sup>th</sup> March: 1pm - 3pm

**Mosaics** - 4<sup>th</sup> March - 8<sup>th</sup> April: 9.30am - 11.30am for 1st class and 9.30 - 12 noon for 5 classes (6 sessions in Total)

**Computers** - Microsoft Excel 16<sup>th</sup> March - 6<sup>th</sup> April (4 sessions) 7.30pm - 9.30pm

**Refresh your Computer Skills** with Rob 9<sup>th</sup> March - 6<sup>th</sup> April: 9.30am - 11.30am

**Basic Intro to your Home Computer** - 3<sup>rd</sup> March - 31<sup>st</sup> March 9.30am - 11.30am

**Introduction to editing your Digital**

Ladies, take some time out for yourself and celebrate International Women's Day with us on our annual

## Women's Health Day

Saturday 12<sup>th</sup> March 10.00am — 3.00pm

Guest Speaker  
Laughter, fun and games  
De-Clutter session  
Beaded Jewellery  
Belly Dancing  
Card Making  
and more

**\$15.00**  
complete package  
(lunch & light refreshments included)

Ph: 9764 1166  
BOOK NOW TO AVOID DISAPPOINTMENT

**Photographs:** 15<sup>th</sup> March - 5<sup>th</sup> April 7.30pm - 9.30pm

You may join some of the classes even if they have started at the beginning of the term. Please ask us if this is possible.

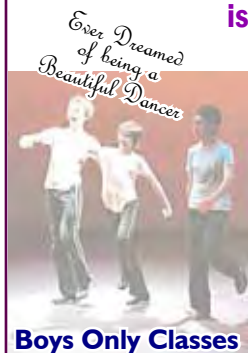
Please call us on 9764 1166 if you would like a brochure or email us on [inquiries@rdnh.org.au](mailto:inquiries@rdnh.org.au) for any information on the many varied classes that are held at your Neighbourhood House.

Are you a Tutor with skills to teach any vocation to our Community? Please call us on 9764 1166 or send your resume to [admin@rdnh.org.au](mailto:admin@rdnh.org.au)



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**LUNCH SPECIAL 15% OFF TOTAL BILL**

**TUESDAY TO FRIDAY FROM 11.30AM TILL 3.00PM**

EXCLUDING PUBLIC HOLIDAYS  
**DINE IN ONLY**



**Natural pest and disease control:** Join our Growville Growers session at 2pm on Friday 4<sup>th</sup> March 2011 to hear from Graeme George from Earthcare Permaculture. Graeme delivers an excellent session and all gardeners will benefit from his knowledge which he shares so willingly. Natural alternatives are not only better for the environment, but often better for the wallet! All welcome. Gold coin donation appreciated. Bookings please.

**Local author, Edel Wignell – Book Launch:** Join Stephen Whiteside (GP & Performance Poet) when he launches Edel Wignell's 'Long live us!' illustrated by Peter Allert. The launch will be held on Tuesday 8<sup>th</sup> March at 2pm and Edel would love to see you there. 'Long live us!' is for readers aged 7-10 years and is a fractured folk tale starring a very hungry Troll who interacts with characters from other folk tales, hoping to enjoy a delicious meal. The ending is a surprise to both the Troll and the readers of the book. Books will be available for purchase on the day. Bookings essential (for catering purposes) Ph. 92941300 or book on line at [www.erl.vic.gov.au](http://www.erl.vic.gov.au) Free event.

**Harmony Day:** Join us to celebrate our multicultural community on Monday 21<sup>st</sup> March from 10.30am for morning tea.

The library has a Chinese collection as well as DVDs and CDs in Italian. This event is held annually in Australia, always on March 21<sup>st</sup> and celebrates Australia's diversity with the slogan, 'Everyone Belongs'. Everyone is welcome. Free event.

**Multicultural Interaction Group:** This group needs you! On Thursday mornings from 10.30am you can join other people for a chat, a game of scrabble (to help improve the English language) or perhaps bring your knitting! Everyone is welcome to attend and it would be great if some Australians and other cultures joined in. Sessions are free. Refreshments provided.

**When Great Minds *Don't* Think Alike - Insights for parents of children with Learning Difficulties:** On Thursday 24<sup>th</sup> March 2011 at 7pm Nadine Shome from Reminds will be joining us for a session on helping children with learning difficulties including dyslexia, auditory processing disorder, neuro developmental delay, ADHD, sensory integration issues and language disorders. This is a free event and bookings are essential. All welcome

**Author talk – Ilsa Evans:** Ilsa Evans will join us at Rowville Library on Thursday 31<sup>st</sup> March at 7pm. Ilsa is well known for her hilarious novels, including the famous 'laundry series'. Her more recent books "Broken" and "Sticks and stones" have a much more serious undertone, but will have you on the edge of



# Rowville Community Library

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

**March**

"Feeding the minds of our community..."



your seat and biting your nails! These books are so well written that you feel as though you are actually witnessing firsthand what is unfolding! Book now! Free event. All welcome.

**Computer Help Sessions:** On Tuesday and Thursday mornings a tutor is available from 10am to assist people in using the computers. They are able to help with Internet, Email, Facebook, Word, Excel and everyone will be welcomed including complete beginners. The sessions are free and bookings are essential. Meanwhile anyone who needs help with using computers just needs to ask the staff and, subject to staff availability, you will be given every assistance. The best times for staff availability would be on Monday

and Wednesday mornings from 10am. There is no need to book and it's free, but we cannot guarantee staff availability. All welcome.

**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 discussions to ascertain your tastes and volunteers will make monthly deliveries. For further information please ask to speak to Rose or Raelene on 92941300.

**Growville Growers:** The Growville Growers group meets on the first Friday of the month at 2pm. Anyone can be a member of this group as there is no 'joining process' and cost is minimal. All who attend will be made welcome. The next meeting is on **March 4<sup>th</sup> at 2pm for the Natural Pest & Disease Control talk.**

**Chinese Group:** If you know someone who speaks Chinese let them know that they can attend every Friday at 10.30am. On one Friday of the month, **March 11<sup>th</sup>**, the Chinese Librarian, Emma, will be attending. Our Chinese collection includes adult and children's books, DVDs, Cds, magazines and newspapers. Borrowing is free. Meetings will be every Friday from 10.30am to 12 noon. **Free event! All Welcome.**

**Bedtime Storytime** is held on the first Friday of the month at 7pm. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) Our next Bedtime Storytimes are at 7pm on Friday **March 4<sup>th</sup>** (Wear your pyjamas and join us for some Christmas stories, craft and a treat!) and **April 1<sup>st</sup>**. All Welcome.

**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 1<sup>st</sup> Monday of the month at 2pm our next meeting will be on Monday **7<sup>th</sup> March** at Rowville Library. Free event. Bookings not required. **Coming up in April:** Sylvia, from Bunnings, will talk about the right tool for the right job and how to care for your tools on Friday 1<sup>st</sup> April at 2pm. Just in time for the Easter Holidays we have a chocolate talk with time and date to be confirmed. Hope there's lots of samples!! Australian Hearing will again conduct screenings for pensioners on Tuesday 19<sup>th</sup> April. (Please ring for an appointment time 92941300)

**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.

**Regular storytimes: Bookings are not required.**

**Monday 10.30am** Toddlers storytime (age 1 - 3)

**Tuesday 10.30am** Preschool storytime (age 3+)

**Wednesday 10.30am** Toddlers storytime (age 1 – 3)

**2pm** Tiny Tots storytime (age 0 – 12 months) **Bedtime storytime** is on **1<sup>st</sup> Friday of the month at 7pm**

Are you a member of the **Rowville Community Library**? If not, join now. Joining is easier than you think....all you need to join is a driver's licence with your current address. Joining is free. Borrowing is free. Normal **opening hours** for Rowville library are Mondays, Tuesdays and Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 10-4 and Sundays 1–4. Details about the library service are available from our website [www.erl.vic.gov.au](http://www.erl.vic.gov.au) and you can even join online.

**Rose Thompson Manager**

**Rowville Community Library 9294 1300**



Last month, in preparation for the new U3A Knox term, Parkhills, U3A's home, became a much more "green" building with the installation of solar panels, which are part of a "smart roof" fan system. This installation will

keep the building at an even 20–21 degrees winter and summer, minimising the use of air conditioning and gas heating. These will still be needed in extreme weather conditions, but the installation will save a great deal in utility costs.

As U3A Knox has on most days about 200 people through its doors (membership was over 1000 people at end of last year), such costs are a major consideration. More than 110 sessions per week are held in the building, some of which are being offered for the first time, a Knox Council building which has been U3A's home since 1996, and been upgraded twice in that time. People over 45 and retired from full time employment can become members, and

most members volunteer some service to the organisation to run it. We have a variety of subjects including Computer subjects (at a small extra cost), Languages, History, Speechcraft and Creative Writing.

Membership costs are only \$40 per year.

If you are interested, have a look at our website [www.u3aknox.com.au](http://www.u3aknox.com.au) or give us a call on (03) 9752.2618. Email inquiries should be sent to [office@u3aknox.com.au](mailto:office@u3aknox.com.au) etc. See details on the website.

*Editor's Note:- It sounds like a great system. Maybe other organisations, schools etc. could investigate the possibilities?*





## Dr Frank Whelan

You don't have to be a school leaver, a junior sportsperson or a community minded youngster to be an achiever. Age is not a barrier to achievement as the following story illustrates.

Dr Frank Whelan at 53 years of age is a newcomer to the chiropractic profession, having gained his VCE in Chemistry in 2005 before qualifying as a chiropractor after completing the 5 year course at RMIT Bundoora, 3 months ago. The curriculum includes 4,200 hours of classroom, laboratory and clinical experience, of which 555 hours are devoted to learning about adjustive techniques and spinal analysis.

Frank started his working life with Safeway at Forrest Hill as a trolley boy before joining McEwen's (remember them?) and finally Mitre 10, where he worked for 20 years in various marketing and merchandise roles. He read an article in 2000 about a man who died on his 100th birthday, whilst his party was in full swing, and after Frank visited a chiropractor for a lower back pain, decided then that he wanted to live that long too and help others to reach that age as well. A resident of Wantirna South, Frank has a school teacher wife and two adult children (one in graphic design and one in HR) and has been at Wellness On Wellington since January 3rd.

I asked Frank what the most common complaint was and he said "They are mostly to do with the spine, from low back to neck but we deal with every bone and joint in the body".

Frank said that basically an adjusting table and his hands are his only tools, although he also uses an 'activator' for improved accuracy and precision. I suggested that with so few pieces of equipment the session charges seemed somewhat high, to which he replied "The cost of consultations is relatively low, especially when compared



to the results achieved. Private health insurance covers chiropractic and in certain cases Medicare refunds part or all of the costs. Remember too, that the public can come to us first, without visiting a doctor, although some patients do come with GP referrals".

Having suffered for many years at the hands of doubters and sceptics, Frank believes that "Chiropractic has now taken its rightful place in the health care community, which is evidenced by the inclusion of a chiropractor in an increasing number of medical centres".

Chiropractors are the spinal health experts, focussing on the relationship between the structure (primarily the spine) and the function, as co-ordinated by the nervous system and the scientific fact that the body is a self-regulating, self-healing organism. Chiropractors are Government registered and regulated. As a profession the primary belief is in natural and conservative methods of health care.

A History of Chiropractic (from the Greek chiropraktikos

meaning 'done by hand')

Hippocrates advised: "Get knowledge of the spine, for this is the requisite for many diseases". Herodotus, a contemporary of Hippocrates would correct spinal abnormalities through manipulation of the patient's spine. The philosopher Aristotle was critical of Herodotus' tonic-free approach because, "he made old men young and thus prolonged their lives too greatly."

Chiropractic officially began in 1895 when Daniel David Palmer of Iowa performed the first chiropractic adjustment on a partially deaf janitor, who mentioned a few days later to Palmer that his hearing seemed better. This led Palmer to open a school of chiropractic two years later. Early chiropractic bore similarities to osteopathy and was criticized as practicing medicine without a license, which led to many chiropractors, including D.D. Palmer, being jailed.

For most of its existence, chiropractic has battled with mainstream medicine, but by the mid 1980s there was a growing scholarly interest in chiropractic, which helped efforts to improve service quality and establish clinical guidelines such as recommending manual therapies for acute low back pain.

## A Tennis Ballkids Story

With bottle in hand and uniform perfected, we march onto court with pride and adrenaline running through our veins. Ballkids played a massive role in the success of the 2011 Australian Open and being one was an amazing experience.

Having front row seats to some of the world's most renowned tennis players and the opportunity to serve them as best as we could compensated for the long hours and hard work we had to put in.

Although servicing, rolling and running on court was exhilarating, so were the fantastic memories we created off the court. Making friends with fellow ballkids and supervisors, assisting visitors and learning how to travel around Melbourne Park. Watching professionals train early each morning and being in the midst of media opportunities, meeting some of the greats such as Jo-Wilfred Tsonga and taking photos to please the tourists.

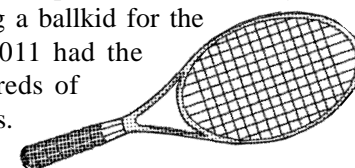
Personally, my best memory was being lucky enough to ballkid on the great Rod Laver Arena and serving the one and only Roger Federer against the infamous Xavier Malisse. Performing in Federer's usual glory, there was literally a bubble of perfection around him; it's a wonder how I could stop myself staring.

When you come back off the court and observe how professional tennis players live each day, you realise how human, how down to earth and how considerate they are. Doing this had the ability to inspire us to improve our own tennis playing.

I was particularly inspired by the wheelchair tennis players who had unbelievable strength in their arms and great mental power to play without the help of their legs. Their determination and respect for each other proved to be more than any other match we had ever ballkidded for.

If it were the attractive yellow uniform or running up and down to cater Roddick with his towel after every single point, if it were having to specifically service the ball a bit higher to John Isner or having to dodge his freakishly speedy serves, if it were the chicken schnitzel sandwiches from the staff café or hearing of a ballkid having to assist a player with her undergarments, if it were the precious friendships made or the crazy times spent with them, being a ballkid for the Australian Open in 2011 had the power to create hundreds of unforgettable memories.

Rebecca Li



## When Harry met Shirley

### 60 Years of Married Bliss

In an age where 50% of marriages end in divorce, Harry and Shirley Christensen are true survivors. When asked why modern marriages fail at such a high rate Shirley says "Living together as a trial before marriage doesn't seem to help".

Shirley met Harry at their place of work, an insurance company in the City in 1945, but they were soon separated as Harry joined the RAAF. After training, he was only in the service for 16 months as the war ended and he returned to civilian life back in the insurance business. In fact Harry spent all his working life in insurance retiring in 1991. Shirley left the insurance office and became a dental assistant, before leaving to get married.

Early courtship was difficult as Shirley lived in Bentleigh and Harry in Essendon and although transport was not as good as it is today they still met as often as possible. They were married at Bentleigh Baptist Church in February 1951 and celebrated their diamond wedding anniversary (60 years) with a new LCD HD television. Their first home, for a year, was a family weekender in Upper Ferntree Gully on a block of land that Harry had previously bought for £28.10s. and was paying off at 5/- a week.

In 1954 Shirley gave birth to her first child a daughter and later they had a son and another daughter. Today they have five grandchildren and a great granddaughter. Their next home was in Burwood, where their house was built on an old strawberry farm, then moved to Forest Hill and finally 10 years ago to Peppertree Village in

Rowville. Whilst living in Burwood they used to drive to a weekender in Dromana travelling down a single lane Stud Rd and recall the abundance of blackberries in the area and the orchards and market gardens. It was also whilst living in Burwood in 1961 that Harry took up lawn bowls, a sport he still enjoys to this day. Shirley took up bowls in 1986 having previously enjoyed what she referred to as "Hit and Giggle Tennis" and working in a variety of volunteer roles.

They enjoy their quiet life in Peppertree Village, love the amenities and appreciate the friendliness and company of the other Villagers. At 84 and 82 years old they are a shining example of living life every day. Congratulations to you both.





# Knox Festival, 5-6 March 2011

100 free workshops and activities. 120 community groups and 2000 volunteers. A 35-year history, with 30,000 regular attendee. **It can only be the Knox Festival, returning on 5-6 March, 2011!**

This year, the celebration focuses on our 'Creative Community', by looking at the history of the event and the history of Knox itself. "It's about celebrating the life and colour and talents and skills of this wonderful community we call Knox. We'll be doing that through art making and viewing, food cooking and consuming, music playing and listening, fashion designing and wearing, and community building. 'Creative Community' is a great way of realising the many benefits of living in this community, as well as the many fascinating people who make it what it is." reports Knox Mayor Sue McMillan.

## What's on for 2011?

Knox Festival kicks off on the Saturday morning from 10am, at the Wally Tew Reserve, formerly Ferntree Gully Recreation Reserve, in Ferntree Gully. Two full days of programming include entertainment across eight performing stages, 50 visual arts stations and a youth area.

A key feature of Knox Festival will again be *Ethni City*, an area dedicated to multiculturalism and exploring the different cultures that make up Knox, with performances from up to 20 local multicultural groups, a cultural kitchen, featuring MC Hung Le, with cooking demonstrations and food tasting sessions, and an activity rotunda with art and craft activities.

A community stage will also showcase the many talented young people in Knox, with music, singing and dancing on show across the two days. Teenagers will also enjoy the chance for some downtime in the Knoxious Chill Lounge, comprising skate, BMX and online gaming. They'll also be able to learn from the best, with circus skills workshops and demonstrations from Circus Ruccis.

A special production, featuring performers from Circus Ruccis, lion dancers from Chinese Cultural Centre of Victoria and hip-hop artists from Flipside Enterprises, will also be a part of festival this year. The group, which secured a Community Partnerships grant from Arts Victoria, will deliver a 20-minute outdoor presentation of *King Monkey Fights the Water Dragon*, based on a classic Chinese folk novel.

The Great Oppy Bike Ride will also return for 2011 with excellent prizes on offer for participating groups. The free bike ride, which runs on the Sunday of Festival, celebrates Australian cycling legend Sir Hubert Opperman while also highlighting the bike paths in Knox.

Links to registration forms can be found at [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

## Twilight Cinema

This year's Twilight Cinema, formerly Cinema Under the Stars, will be on the Saturday night of Festival. Starting at the family-friendly time of 6:30pm, Twilight Cinema will feature the 2011 Golden Globe winning *Toy Story 3*, using upgraded LED technology to compensate for the earlier



Knox Woodworkers proved a big hit in 2010 with their hands-on activities - see them again in 2011.

viewing time.

Fire twirlers and other performers will entertain the crowd, following the showing of the movie and then the CFA Torchlight Parade will commence. Fireworks will finish the night off at 9pm.

## Knox Festival details

Saturday 5 March and Sunday 6 March, from 10am at Wally Tew Reserve, Brenock Park Drive, Ferntree Gully. There is limited parking and we encourage people to walk, ride or take public transport. There is some parking at St Joseph's College, 5 Brenock Park Drive, Ferntree Gully (gold coin donation). Alternatively, there will be free parking at the Ferntree Gully railway station, with regular free shuttle buses to the festival site, between 10am and 5pm.

**Entry:** Child/Concession: \$1.50, Adult: \$2.50, Family \$6. Free entry if you ride your bike!

Knox Festival is presented by Knox City Council, with the support of key sponsors and partners, including Westpac, Victorian Multicultural Commission, BusVic, Etiko, Channel Nine and *Knox Leader*.



## SPORTING ROUNDUP



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

## Rowville/Rowville Lakes Little Athletics

### Wet Wet Wet!

We've seen so much water some of our newer families may think they've joined a swimming club! Little Athletes are a tough breed however, and they have been pressing on with events despite the weather whenever reasonable to do so. That's how things started on Friday February 4 when the flash floods occurred while Knox was holding a twilight meet. Sprint records were probably broken in the dash for cover, and the Rowville Club looked as though it was seeking an entry in the Guinness Book of Records for the maximum number of people who could huddle under one tent. It's one way to build a sense of connectedness!

### Knox Open Day:

Fortunately the Knox Open Day was held under blue skies and resulted in a plethora of medals for youngsters from Rowville and Lysterfield. Entries were a little down this year, although still in the hundreds, with competitors attending from other centres including Shepparton, there was even a New South Wales athlete.

Under 7s Jared Hodges, Jordan Kondic and Nick Pepper produced great results in their first Knox Open Day. Jared took home gold in the Long Jump and Silvers for the 200m and Shot Put. Jordan was second in Long Jump and Nick placed third in the 70m. Jesse Eikl continued his string of fine performances taking out four gold medals in the U9 age group. The only other boy to win an event was Byron Brown in the U10 walk.

Several girls won gold. Charanja Thavendran was first in the U15 Girls 100m, 200m and Long Jump, while Tayla Kearns (Interaths Girls) and Jacki-Lee Fredricksen (U13) won two events each. Holly Hughes (U15), Jemma Stapleton (U10) and Hailey Merrigan (U8) all won High Jump. Hailey broke the Rowville Club record, and went on to improve the mark again the following week at Saturday



## WELLINGTON VILLAGE Shopping Centre Community Fair 2011

Saturday 26th March  
9.30am-3pm

## ON STAGE

**BOLLYWOOD DANCING** (and Arabian)  
**MAGICIAN RON GALLAGHER**  
MC: Craig "Huggy" Huggins  
from Gold 104.3FM  
Boyd Academy of Dance  
Karoo Calisthenics  
Djembeia African Drumming Group  
Heany Park Primary School  
Loong Fu Pai Martial Arts



**ALSO...** • Rowville CFA Fire Truck • Police Car • Bouncy Castle  
• Heany Park Scouts Climbing Wall • Face Painting • Plane Ride  
• Balloon Sculptor • Kids Crafts • Rotary Sausage Sizzle  
• School Displays and more...

*The Community Fair is a family fun day to get to know what is going on in your local community.*

Wellington Village Shopping Centre, cnr Gearon Ave and Wellington Rd, Rowville







## Walking the News Glynis Allen

Glynis Allen moved to Rowville 15 years ago and was so impressed with the RLCN that she became a distributor in October 1997. Her elderly neighbour was also delivering papers and when she retired, Glynis, with some initial help from her children, took on her round too, making a total of 230 papers. Glynis says that she loves being able to combine helping the community with getting a healthy amount of exercise. Maybe you would like to join our happy team of distributors? Contact Peter Rumble on 9752 7592

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competition.  
Other Open Day gold medallists include Courtney Beer, Melanie Fredricksen, Emma Lacey, Grace McFaul, Millie Reed and Brodie Richardson. Sister Sophie and Olivia Ryan both showed their prowess as long jumpers. Mia Stapleton confirmed that she can race walk. Chayley Nugent let everyone know she is back on the scene with two silver medals. Ben Pepper, Monique

Larose, Mark Merrigan and Toni Abrahart also took two silvers, while Blake Tahlambouris and Jamieson Rossiter each managed four.  
We had so many medallists it isn't possible to mention them all here, Kaya Beagley, Brandon Kondic, Kaylen Rasti, Jessica Shugg, Daniel and Stephanie Bollaart, Stephanie Parton, however a full list is publically available through the KLAC website.

## Ray Abley Handicap Race

The Ray Abley handicap race is held annually, with only one male and one female athlete from each age group at Knox invited to participate. Congratulations to Rowville's Riley Smith who was selected and finished in second place in the boys' race, and Chantel Dickinson who crossed the line third for the girls. **Cont. p.14**

# Ritzzy Rosellas



The Ritzzy Rosellas are into their fifth year of fun. We finished off 2010 with a Kris Kringle afternoon tea. Santa and Mrs Claus made an appearance as gifts were given out and photos taken. This event causes a lot of hilarity as we depart from the regulation Red Hat attire and dress in Christmas costumes. In the past we have had elves, presents, reindeers and ladies who are so adorned in Christmas decorations that they are mistaken for the Christmas tree.

Red Hatters love to dress up. Over the years we have dressed up as fairies and gone on a picnic to the fairy tree in the Fitzroy Gardens. At a Red Hat Gathering in Townsville a couple of years ago the dress up theme was the tropical. We had fish, coral, mermaids, pirates and jelly fish on parade. This year we are having a pirate afternoon which should be a lot of fun. Red Hatters are very creative and help one another to create some amazing costumes and accessories.

At the end of January one of our girls was renewing

her wedding vows and wanted a Red Hat guard of honour with the ladies holding decorated fly swats. A couple of our ladies got together and with glue guns, feathers and baubles decorated twenty fly swats for the guard of honour. The fly swats are important to Red Hatters as they are used to "slap ourselves silly" when the conversations get too serious. There is a designated fly swat carrier in the Ritzzy Rosellas but it very rarely gets an airing as we are too busy laughing and having a good time.

We have a full calendar planned for the rest of the year. There are several trips planned for 2011. Groups are going off to New Orleans in August, to Hobart in September and to Adelaide for a convention in October. We have lots of lunches, dinners and outings to many fun places planned for the rest of the year.

If you would like to find out more about Red Hatting please ring Kerry on 9764 4717.  
Red Hattingly Yours Kerry Queen Bubbles 'n Baubles  
<http://redhatritzyrosellas.blogspot.com>  
[theeustaces@bigpond.com](mailto:theeustaces@bigpond.com)

## Eildon Park Tennis Club

The Club's Open day was well attended for a hot blustery summer day and the weather didn't stop the young ones participating in, what was for many, their first tennis lesson. It was a great opportunity to find out more about the club or sign up for weekly lessons, pick up some giveaways and have a free sausage and an icy cold slushy to cool off at the end of a hit. If you missed this event and are looking for information go to our website for all details.

It was great to see the ballkids that represented our club at the 2011 Australian Open all decked out in their uniform at the Open Day. They had a wonderful experience and are looking forward to trying out for the honour again in 2012. If you are interested in learning and trying out to be a ballkid, keep an eye on our website for training dates in the next few months.

Unfortunately our clubrooms were inundated with the flood waters of early Feb and although some of our club members did a thorough clean up job into the early hours the carpet was destroyed and needed to be pulled up. Our courts drained and dried well and play was able to resume just days after the deluge. Other local clubs did not recover as quickly and Eildon Park offered to host some night competition teams until their courts became available again.

A special promotion from Tennis Australia is allowing Lee Pearson our club coach to offer midweek ladies tennis fitness sessions at a super special rate during the



Left to right: Scott Tomlinson, Ryan Draffin, Gabriel Delutiis (Front) Joshua King, Lee Pearson & Rebecca Lee

second school term. These are designed for all levels of tennis ability from beginners to competition players and ladies wanting to get back to the game. It is a fun social environment that encourages a have a go attitude. If you wish to participate please contact Lee Pearson for more details and register your interest.

If you are interested in getting involved in our club please call Stuart Draffin our Membership Secretary on 0408 778 658. If you are interested in receiving coaching please call LEEP Tennis Academy and speak to Lee on 0409 396 479. Additional information about Eildon Park Tennis Club can be found at [www.eptc.org.au](http://www.eptc.org.au)





The most common nutritional disorder in animals living in this modern society is excess body weight which more often than then not leads to pet obesity. There are many contributing factors to overweight pets but the main one is overfeeding. We all know that Christmas & the New Year is a time for indulging and we are all guilty of spoiling our pets with Christmas dinner left over's and an excess of treats throughout the festive season. If you have noticed that your pet has adopted a few extra Christmas kilos or is a little tubby in general then February and March are the months to get your pet fit and healthy. There is a very high percentage of slightly overweight pets that very quickly become obese and unfortunately there are many health risks associated with obese pets.

Overweight pets are likely to live a less active and shorter life; be more prone to joint and mobility problems; develop skin problems and a lower resistance to infection; be at greater risk during surgery; be disinterested in exercise and play

Risks for the overweight pet:  
Heart disease; Susceptibility to infections; Diabetes mellitus; Neurological disorders; Increased surgical & anaesthetic risk; Respiratory problems; Cancer; Earlier onset of joint problems e.g. arthritis; Skin problems; Reproductive disorders; Inactivity; Decreased quality of life; Premature ageing

If your pet has a weight problem, (this includes being underweight) then why not start off the New Year with the help from your local Greencross Vet. We offer a weight management program tailored to your pet, to help them reach and maintain their optimal body weight. The inclusion of regulated exercise and quality veterinary diets helps promote a total health focus to benefit your pet.



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# Knox Council Storm Response

Knox Council is working through a near record amount of calls for storm water assistance following the 1 in 100 year storm that swept across Victoria last weekend. Chief Executive Officer Graeme Emonson said Council had received more than 250 requests for assistance during the weekend deluge and officers responded to a further 834 calls on Monday. "Each of these requests was for assistance with managing storm water. Council has had staff working continuously since late on Friday responding to requests right across the city. Each of these requests are prioritised, with issues threatening roads or homes taking precedence over other requests" he said. Mr Emonson said Council crews had to close as many



as 20 roads across Knox to help respond to flooding. He said that the number of calls to Council were almost on-par with levels seen immediately after the freak hailstorm that wreaked havoc across Knox in March 2010.

"Every request will be processed. "We just ask that residents be patient as we respond to an unprecedented number of requests." Council is also working with Melbourne Water to identify water capacity issues and identify any blockages in the drainage system."



Knox CEO Graeme Emonson, who worked 24 hrs a day during the crisis.

**Book early to avoid disappointment!**

## Community Skills Workshops

*A Knox City Council program supporting volunteer and non-profit community groups.*

- Officer bearer roles and responsibilities for committees of management**  
Wednesday 23 March, 7-9: 30pm - **FREE**
- Knox online demographics – how everyone can access them for free**  
Monday 4 April, 9: 30am – 12noon - **FREE**
- Successful submission writing**  
Wednesday 4 May, 7-9: 30pm - **FREE**
- Effective communication on committees**  
Thursday 9 June & Wednesday 15 June, 7-9pm - **FREE**
- Let's work together – Community Development Fund information sessions**  
Wednesday 11 May, Thursday 19 May, Monday 6 June or Friday 17 June  
**FREE**

For registration and further information, visit Council's website or contact the Community Development Officer, Community Strengthening Team.

**w** [www.knox.vic.gov.au/commskills](http://www.knox.vic.gov.au/commskills)  
**e** [commskills@knox.vic.gov.au](mailto:commskills@knox.vic.gov.au)  
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**nrs** 133 677 (quote '03 9298 8000')  
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# Alan Tudge Writes

## Rising Costs Hurt Families

Residents of Rowville and Lysterfield enjoy a community and lifestyle to which many in Australia aspire. The houses are nice and generally well kept, there are quality schools and parks, and there is a strong community spirit.

Even in such a strong local community, thousands of individuals are currently doing it tough. In some instances this is due to the loss of a job, serious illness or addiction. But I am concerned that the financial strain is more widespread than this.

What I am hearing from many people in Knox, who might not normally contact their local Federal Member of Parliament, is that they are being deeply affected by increases in the cost of living. I am hearing this from retirees on fixed incomes, from busy families and from singles.

Their views are backed up by the statistics: electricity has risen 42% since 2007, gas prices are up 29%, water up 46%, with interest rates continuing to rise. Add to the list rising petrol and grocery costs. They are all going up faster than wages or the pension.

Danielle, a local mother, describes well the difficulty this is causing: *"I am a single mother. Our mortgage rates are set to rise. Petrol prices are high. After I've allocated my money to bills I can afford to spend \$240 per week which has to cover food, petrol, any school excursions, clothing, shoes, entertainment, I can assure you, there's not much room for fun. I feel as though the government and big companies (gas, water, electricity) are taking everything they can. This financial pressure we're under takes the joy out of life."*

People are saving money where they can, and others, such as Bill and Dawn O'Neill from Waterford Park Retirement Village have taken measures such as removing half the lightbulbs in their living room in order to save on electricity. But some things we can't cut back on. Many of the goods and services that are rising in price so rapidly are essential items.

The Government does not directly control the prices



Dawn & Bill O'Neill with Alan Tudge MP

of most of these items that are causing pain, but it has an impact. I will continue to argue for household cost relief in the Australian Parliament. We must make savings and do what we can to support families who are under strain.

Alan Tudge MP

Federal Member for Aston

## Youth Stage Coordinator The Basin Music Festival

[www.thebasinmusic.org.au](http://www.thebasinmusic.org.au)

"It's exciting to work with so many young people in and around Knox. There is a lot of work going into the festival and the Youth Stage, so it will look fantastic when it all comes together on the 19th and 20th of March. (Still room for a few more volunteers.)

There are a lot of young bands in the area and they are all looking for their big break into the music world. It would be wonderful to see one of the many bands that have applied go on to professional success.

It was great to hear that Cr Van de Vreede is playing at the festival; his playing at the homeless sleep-out was truly amazing. You tend to think that a councillor isn't human, but that's not the case. Cr Van De Vreede has a beautiful singing voice that goes so well with acoustic guitar.

Can't wait to hear him play at the festival, and to hear all these young bands perform on the Big Break Youth Stage."

Anthony Osborne, Rowville

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- Ballarat ~~SOLD~~
- Carlton/Brunswick ~~SOLD~~
- Doncaster/Greensborough ~~SOLD~~
- Rowville/Dandenong ~~SOLD~~
- Bendigo ~~SOLD~~
- Benalla/Wodonga ~~SOLD~~
- Shepparton ~~SOLD~~
- Warrnambool ~~SOLD~~



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## Little Athletics from p.11

### Victorian Relay Championships:

This year for the first time State relay Championships were held after Christmas, with the qualifying rounds well before. Children compete as part of a Centre, so athletes from our clubs joined with those from other Knox Clubs to race. Another first was the venue. Only three weeks before the championships were held we received notification that Olympic Park would be unavailable and the program would be run at Doncaster. In true Melbourne style we experienced four seasons in one day, and managed to be both wet and sunburnt! Again numerous of our athletes participated and ran with strong hearts, minds and legs.

The Knox Under 15 girls teams were comprised almost exclusively of Rowville and Rowville Lakes runners and continued their years of success by winning three gold medals. Congratulations to Toni Abrehart, Rebecca Fredricksen, Holly Hughes, Grace McFaul and Charan Thavendran, and to all athletes who participated.

### Cross Country Starts Soon:

It's time to start considering whether you'd like to join us for Saturday morning Cross Country which begins in April. Registered athletes can compete at no further cost. New members are welcome and for the winter season only need to be four to enlist. We even have parents' races. Please call Michael 9755 7120 or Nick 9764 0661 for more information.

Thanks to KLAC photographers.

Rosemary Merrigan

## Knox Italian Community Club

Recently we have had a successful Emilia Night with 270 guests attending. The local band "Nuvo Sound" had everyone dancing throughout the evening, and from comments received later, the food was fantastic.

The clubs Friday night Bocce Competition was an awesome event, held over a five week period. Many of our members and friends competed in a friendly yet competitive way and the whole event was thoroughly enjoyed by all. The well attended Presentation Night was filled with good food, fun and of course trophy's for the winners. We have now started the next five week Bocce competition which started on the 11<sup>th</sup> February 2011.

On Sunday the 27<sup>th</sup> February 2011 we held a fundraiser day for the Flood Victims. There was a raffle, auctions and a movie with a delightful lunch prepared by our volunteer ladies. All proceeds will be donated to the "Premier's Disaster Relief Appeal" to assist victims of flooding in Queensland, (Fundraiser reference no: TF/11/3652) and also on behalf of the Salvation Army who are collecting

## Eildon Park Cricket Club



It's been a big summer of cricket and thankfully as we approach the end of the season, Mother Nature has decided to look after us. While the club continues to achieve great success on the field, with our Seniors, Veteran, Juniors and our future champions, the Milo 'In2Cricket' stars, we have been assisted greatly off the field in our local community. We have

been blessed to have the support of some wonderful local businesses who assisted in building our club into what it is; a community club that caters for the local community.

Season 2010/11 has seen Eildon Park form new community partnerships with Kelletts Charcoal Chicken at Rowville Lakes Shopping Centre, Chemmart at Wellington Village Shopping Centre, Kool Kids (Rowville) and the Pie Shed in Scoresby. We welcome these terrific businesses on board and look forward to building a strong relationship together in our quest to making our community the best we can make it.

Special congratulations to our local member Nick Wakeling, who successfully retained his seat at the recent State election. Nick has given so much to the local community and is a valued member and supporter of our club and we congratulate him on his deserved re-election.

With these members of our community and our continued relationships with our major partners in Dimension Data, Mulgrave Country Club, Gaspipe Plumbing, Coates Hire and Saxon Sports, our club will always continue to be a strong and active member of our terrific community.

Christian Trotter Vice President

## Rowville Rockets Basketball Club



Rowville Rockets won the Grand Final of U16 Boys C Division at the Eltham-Dandenong Basketball Tournament.

Every year Eltham and Dandenong run the Eltham-Dandenong Basketball Tournament on the Australia Day weekend. The

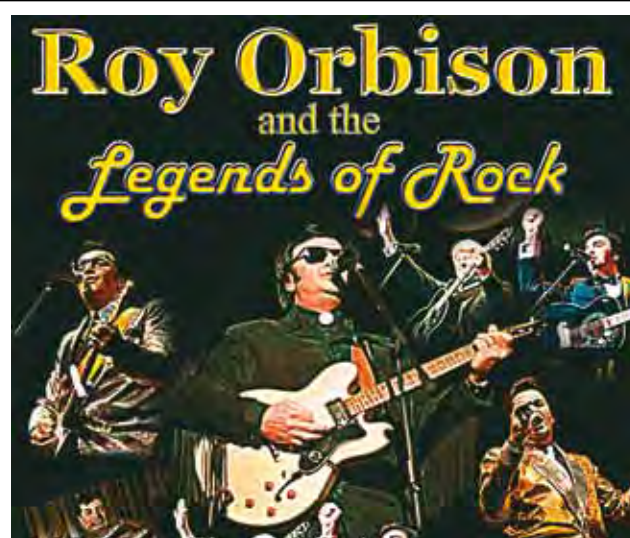
games are held at various stadiums across Melbourne. This year over 800 teams entered in age groups ranging from under 8 to under 20 across boys and girls. Teams this year came from interstate and New Zealand. Entries consist mostly of competition representative teams, however domestic teams are welcome to enter also.

Rowville Rockets entered two Domestic teams this year. The club's best U18 girls played in the C Division and a Boys U16 team in the C Division. The Girls team made it all the way to the Semi-Finals. This was an excellent result and we are very proud of their achievement. Well done Girls.

The Boys Team won every game including a nail biting Grand Final that could have gone either way. They defeated an Altona representative team 27 to 24. This was an outstanding achievement considering none of the boys are representative players. Congratulations Boys we are

raised from every function goes to the upkeep of the premises and towards local, interstate and even overseas appeals like the Italian Abruzzo Earthquake Appeal.

Our next event is on the 16<sup>th</sup> April, "Roy Orbison and the Legends of Rock" hosted by Tony Lewis a Jerry Lewis impersonator. The evening starts at 6pm and includes a four hour show starting at 7.45pm. Roy had his first hit 'Only The Lonely' in 1960 and went on to record nine top ten hits in the next four years the most famous probably being 'Oh Pretty Woman' which was featured in the 1990 film of the same name starring Richard Gere and Julia Roberts. Other 'appearances' on the night will be Buddy Holly, who along with his backing group the 'Crickets' had four top ten hits between 1957 and 1959 and the Everly Brothers, whose close harmony records gave them fifteen top ten hits between 1957 and 1962. The final 'act' will be the legendary Elvis Presley who dominated pop music from 1956 to 1977 with thirty nine top ten hits. Unfortunately, all except Don and Phil Everly have passed away and this night will be full of nostalgia and memories. Bookings for the Show can be made by ringing Michael on 0419 330 977 or Danny 0418 798 897. The cost of the Show only is \$35.00 per head or the Show with Dinner is \$65.00 per head.



Starting at 7.45pm, 4 Hours of Nostalgic Hits

for the Victorian Flood Victims.

During February we were affected by the heavy rains and our under cover Bocce area was flooded. Our members have worked very hard to clean up and allow the games to continue. We are a non profit organisation and all funds



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### Rowville Rockets Winning Boys Team

**Back row:** Dylan Spooner, Jayden Wood, Trent Castle-dine, Andrew Kaali (coach), Brendan Speedy, & Corey Martino.

**Front row:** Damian Byrne, Jaydyn Hill, Jake Reinsha-gen & Samuel Nikceovich.

very proud of you all.

Rowville Rockets is a junior Basketball Club formed on the 18<sup>th</sup> August 1991. The club is based in Rowville and has players which come from surrounding suburbs. We currently have 52 teams playing in the Dandenong Association Domestic Competition.

We have teams for boys and girls ranging from U9 to U20 age groups. The club is run by a committee of volunteers and all the coaches are volunteers. Our policy is to give all players, regardless of ability, the opportunity to participate in a game of Basketball and encourage player's parents in be involved. The new Winter 2011 season registration starts in February. If you would like to play please contact Antonella on 9755-8116.

## Knox Multiple Birth Association

### National Multiple Birth Awareness Week: 13-20 March 2011

The Knox Multiple Birth Association Inc. is a not for profit community organisation which would not operate without the dedication of our volunteer members. Most committee members volunteer their time in order to give back some of the support that was offered when they were expecting their multiples. It is quite a daunting experience for some to find out that there is more than one heartbeat at that first ultrasound!

The Knox Multiple Birth Association was founded in 1978 by a group of volunteer parents of multiples. Our memberships have ebbed and flowed over the years but we currently have 57 member families together with 7 Life Members. Our membership base is predominantly twins but we also have several triplet families onboard.

The aims of our club are to provide a means of communication for sharing information about the care and raising of multiple birth children, offering support to multiple birth families and increasing awareness of the special needs of multiple birth families.

We hold regular weekly events throughout the school terms, including a rostered playgroup on Tuesdays and Wednesdays and a Coffee Morning for new parents of multiples on Friday mornings. Other social events that we organise throughout the year include Parent Nights Out, Family Days, Multiples In School Information Evenings, Antenatal Evenings for expectant families, the supply of

# 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



## Anterior Knee Pain in Adolescents

Anterior knee pain (or pain about the knee cap) is a very common condition that affects active teenagers. It is more common in boys than girls, and commonly presents between the ages of 9 and 16 and is linked with growth spurts. It is more common in those who play sports that involve lots of running and jumping such as football, basketball and netball and can be very frustrating and debilitating to the sufferer.

One cause of anterior knee pain is a condition known as Osgood Schlatter's disease where the athlete will complain of pain at the front of the knee of varying intensity that is often worse with activity. Osgood Schlatter's can be diagnosed in the physiotherapy clinic without the need for medical imaging.

Treatment of Osgood Schlatter's involves activity modification, stretching and strengthening exercises, and correction of abnormal biomechanics (e.g. flat feet). It is important to know that the condition can take between 6 to 12 months to fully recover. Surgery or injections are not effective for treating this problem. Some level of physical activity can continue as pain allows.

Not all anterior knee pain is "Osgood Schlatter's" and more serious conditions do exist so it is essential that you consult your physiotherapist to correctly diagnose and manage your pain.

## Support Angliss Hospital



...at the **Upper Ferntree Gully Angliss Hospital Auxiliary Plant Fair**, 9th March outside the Main Entrance, Angliss Hospital - 9am till approx 4.30pm. All money raised goes towards specified equipment.

The Auxiliary are also holding a Stall in Ferntree Plaza, 17th March, 9.15 till 2.30pm. (New members welcome) Enquiries: Maxine Lane on 9758-3087.

a casserole for new parents, and School Aged Multiples (SAM's) school holiday activities. Our member benefits include a bi-monthly newsletter, a multiples specific library, a support program for new families, breast pump hire, merchandise, bereavement/special needs referrals as well as a discount card.

We propose holding our weekly coffee morning at Gloria Jeans, Knox Shopping Centre on Friday, 18 March 2011, commencing at 10:00am. This will be an opportunity for some of our younger multiples to be out and about and hopefully highlight the number of multiples in our community, as well as promoting the support and services that are available at a local level. Keep an eye out for the green and blue balloons!

If you would like any information in relation to any services or activities, please call (03) 9513 9920 for current club contact information or check out our website [www.knoxmba.amba.org.au](http://www.knoxmba.amba.org.au)

Naomi Polchow

President Knox Multiple Birth Association

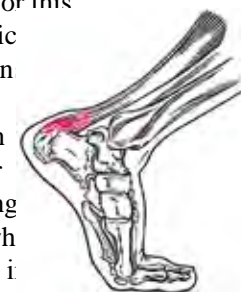
## Heel Pain in Kids / Severs Disease

Also Known as Calcaneal Apophysitis, Sever's Disease is an extremely common cause of heel pain, particularly in the young and physically active, who are still growing. It is characterised by pain during and after sport in and around the heel both at the back and sometimes the sides and bottom.

### Causes:

Until you stop growing, growth plates do not close. Some take longer to close than others. The heel and knee are probably the most common areas for this Kids and adolescent's bones typic faster than the muscles, tendon ligaments.

In Sever's, the achilles tendon which attaches into the back for the heel pulls on the bone creating movement in the growth plate, wh results in inflammation and pain i heel.



It is most common in those who participate in activities involving running and jumping (football, basketball and athletics). It is most common between the ages of about 9 and 14 and in most cases very easily managed.

### Contributing Factors

- Poor footwear – unsupportive
- Overpronation (excessive rolling in) – increase the stretch and pull on the achilles and hence creates more movement in the growth plate
- Age – most commonly between ages 9 and 14
- Rapid growth spurts
- Weak calves
- Tight calves

### Treatment:

Treatment will vary depending on the severity and the persons individual pain levels. It can involve:

- Footwear changes / advice
- Activity Modification - (In most cases complete rest is not needed)
- Stretching / Icing – Gentle stretching of the calf muscles prescribed by your podiatrist
- Orthotics - to control the overpronation and reduce tension on the achilles or lifts under the heel.

Your podiatrist at Rowville Sports Medicine Centre can advise you on what is best for you individual case to help control / relieve pain.



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# Rowville Primary School

## Creating Community and Collaboration.



'School is Life', it needs to be in the best shape possible for our students and members of the community. New students and classrooms that have been remodeled into inviting learning spaces made the new school year at Rowville Primary School particularly exciting. We welcomed into our school over ninety new children and their families. There was great excitement as parents and new prep students flocked into the school. The parents of our new students had come to school to meet their child's first teacher and to experience their child's entry into formal schooling.

Amongst the parents were first time school parents, Belinda and Clint Field (as featured on the front page) who described the 'first day of school as being an important stepping stone in the lives of all parents.' Daughter Tayleea began her morning by exploring the new learning environment around her and interacting with her new peers.

Much effort had gone on during the holiday break to prepare the learning environment for the new school year and this special day. A major operation that involved the removal of all objects from every classroom in the junior school occurred so that the floorboards could be polished. The end result has been the creation of learning spaces that provoke student's creative thinking and problem solving and encourage exploration. The rooms are clutter free and awash with natural light. They feature indoor plants

and exciting new furniture that informs and engages the learner. Everything in the space is there for a purpose. The physical environment has become the students 'third teacher.'

Meanwhile, the senior students have commenced the year in eager anticipation of the big move. They are preparing for their big move into the new 21<sup>st</sup> century learning space that has been built as part of the Building Education Revolution. Last week a group of senior students met with the Principal and the Assistant Principal to share their vision for future learning. This environment will create opportunities for all senior students to interact and collaborate on a range of learning projects in a manner that encourages students to take responsibility of their own learning.

A kitchen has been designed to be part of this inquiry driven learning environment. Students across the school will learn Italian through cooking and a kitchen garden will be developed to support this program.

A unique feature of our new building is that it is connected with large sliding doors to the two existing learning spaces. This will create further opportunities for



*A group of students with Principal Anne Babich and acting Assistant Principal Anita Yon.*

students in the Middle School to be part of one big learning community. We have created an atmosphere of community and collaboration that creates endless opportunities for students to learn. The physical environment has been shaped around different stages of learning- exploration and play in the junior school- growing independence in the middle school- and autonomous self directed learning in the senior school.

When our senior students move into their new environment, all the 19<sup>th</sup> century classrooms (portables) will be removed and this will enable us to develop new playing areas.

## PARK RIDGE PRIMARY SCHOOL

### Park Ridge Welcomes in a New Year



It's a new year and both teachers and students alike have returned to school refreshed and ready to learn. Park Ridge Primary School is looking forward to another great year, especially with such a wonderful teaching staff and student leadership team.

We would firstly like to welcome back three returning staff members; Mrs Lyn Lapthorne has returned to teach Physical Education, Mrs Wendy Ball (nee Emes) is teaching Year 2 and Mrs Carrie Chalmers is teaching Year 1. It is great to have you back!

On a sadder note, we had to say goodbye to our graduate teachers whose contracts ended in 2010. Mrs Leah Johnstone, Mrs Szilvia Costello, Miss Julie Saunders, Miss Tanya Mollica and Mr Tim Norton will all sadly be missed this year, but we wish them well in their new positions.

Park Ridge Primary School boasts a great student leadership program as well as providing many and varied clubs and extra-curricular activities for students to develop their interests and talents.

We would like to introduce you to our new student leadership team for 2011:

**School Captains:** Lachlan S. & Kiara H.

**Vice Captains:** Sam H. and Joyee K.

**House Captains:**

**BORDER**

**Captains**

Bailey G. Bianca P

**Vice Captains**

Hayden T.

Feng-Tian L

**FLINTOFF**

**Captains:** Shane B. Mikeeli H

**Vice Captains:** Brant N. Annie G.

**LEXCEN**

**Captains** Luke R. Jessie W.

**Vice Captains** Joshua M. Beccy O

**CURRY**

**Captains** Daniel N. Olivia M

**Vice Captains** Daniel W. Angela G.

Park Ridge Primary School is excited to introduce a new leadership group starting this year called the 'Techsperts'. This group of computer tech experts will be led by Year 6 student, Riley F., and will be responsible for assisting students and teachers with implementing Information and Computer Technology across the school. A highly skilled group of students will be chosen and trained to assist in classrooms and during lunchtime skills lessons.

Another new leadership role at Park Ridge this year is the Liaison Leader. This position has been filled by the highly capable Toni O. and she will be responsible for liaising with Junior School Council, School Council and the Management Team on issues and decisions that affect

the students.

Our E.L.F.S. (Environmental Leaders For Sustainability), Science Club, Book club, Maths Olympiad Team and Running Club will be continuing this year and we will be adding a new Writing Club for those budding authors to develop their skills. We will keep you updated on the goings on from these clubs throughout the year.



Knox & District Over50s hold a general meeting on the 4<sup>th</sup> Tuesday of each month, 1.15 for 1.30 pm start in the main area of Boronia Progress Hall. Each month we have a different speaker and 2011 promises to be one of the best, with a variety of interesting and entertaining talks on the agenda.

It will be a busy year socially, with plans for visits to many interesting venues. We will also continue our regular morning teas at Myer Knox City, Movies at the Metro, Morning Melodies, Sunday Concerts and one day bus trips. All members are invited to make suggestions for future events and outings.

Our monthly newsletter, *Knox Natters Matter*, will continue to keep all informed of upcoming events & outings.

Our editor welcomes contributions of poems, articles, jokes, cartoons, etc.

Contact Stuart on 9763 8756 for any information.





# School Talk

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



As several year 7 students walked around the grounds early Friday morning, there was a sense of unfamiliarity and nerves which crossed their faces; however they were soon clouded by excitement as they settled in throughout the day.

On behalf of Rowville Secondary College, I would like to give a warm welcome to all year 7 students and their families. May you take all the opportunities that the College has to offer and wish you a fulfilling beginning of your secondary school journey.

## Back to School at Rowville Secondary College

Friday the fourth of February marked the first day back for students at Rowville SC. After seven long weeks of holidays, students flocked both East and West campuses early Friday morning for their first day back for 2011.

Excitement was in the air as the College welcomed over 200 year seven students to their first day of high school, as well as 29 new teachers. The school grounds and hallways were filled with smiles, laughter and joy as friends reunited with hugs and plenty to talk about.

The strike of the first bell officially began the day, and students made their way to various locations for a morning assembly presented by the head of schools from each campus. Students were then directed and escorted to their home rooms to settle in with their new class and teachers. By the afternoon, students began their classes and got straight into work and yet again, began a new school year which, in itself, faces its own challenges.

However, with a new year come new goals and motivations to achieve, whether it is academic, creative or sporting and this year, Principal Glenn Fankhauser, will strive to push the value of hard work and motivation in student's work. "This year I will talk of the value of hard work." He said. "Reading research articles over the holidays, has convinced me even more that success is far

more attributable to hard work than is to innate talent."

The result of hard work was demonstrated to students in the first whole school assembly held at both of the College campuses on Friday, 11 February. Over 20 high achieving senior students, who completed their journey at Rowville last year, were recognised and received a certificate for their dedication and outstanding results in their studies. Congratulations to Sambhav Kothari, who received Dux of 2010 with his outstanding ATER score of 99.65 and two perfect study scores of 50. Sambhav along with the many other high achievers from last year will be an inspiration to the students of Rowville SC and their presence at the College assembly was motivating to all.

2011 is an exciting year for Rowville Secondary College, with many opportunities and events ahead for students to be a part of. The College community looks forward to the year ahead with great anticipation.

### Bright new faces, the future of Rowville SC

The first day back to a new schooling year breathes a breath of fresh air, as a new generation of year 7s take their first steps into Rowville Secondary College's gates and begin their high school journey.

On Friday, February 4<sup>th</sup>, the College welcomed over 200 year 7 students to the community with open arms and faith that they will pursue their journey with Rowville Secondary College with much promise.



Karoo students have had a fantastic start to the school year. Last year the students participated in a whole school Transition Program over several sessions. The program was structured to support students in developing new relationships with other students and teachers. This year we have 26 classes, five of these are Prep classes.

Our Senior students are encouraged and supported to take on Leadership roles within the school. There are many opportunities for students to develop their skills and to become an integral part of our school community. To determine our school leaders our Year 5 students prepare a speech and present it to their peers stating why they would be a suitable student leader. The decision making process includes the students and staff. To provide them with Leadership and social skills they will be participating in a Leadership day in March. This year we will be combining with student leaders from Heany Park. We are keen to develop and establish greater relationships with our neighbourhood schools.

### Leadership Positions:-

**School Captains** Patrick Atacador and Jacinta Crowhurst  
**House Captains:-**

**Baringa** Captains: Belinda Lown Haren Wickramasinghe Jarryd Bowler Nadia Sakissian

**Wyandra** Captains: Adam Naranpanawa Jessica Rajasingham

**Vice Captains:** Sarith Gunaratne, Lauryn Marston

**Murrindal** Captains: Matthew Gregg Jessica Kelly

Vice Captains: Nick Beare Sarah Morris

**Kellbourne** Captains: Michael Dudley Joanna Odrowaz

Vice Captains: Carter Hills Isabella Battaglia

### Junior School Councillors (Years 3-6)

Blake Linton, Erin Mc Kenzie, Skye Gommers, John Sharry, Emily Fontiniotis, Tiffany De Filippis, Jessica Dunning, Amelia Humphreys, Gabrielle De Fillipis, Morgan Daniel, Chelsea Browning, Ben Sonnberger, Patrick Blanche and Abdul Wahid Mohamed.

## Community Development Fund Evaluation Panel

### We Want You!

Council needs a community representative to join the Community Development Fund Evaluation Panel to work with Councillors and Council staff on the annual assessment of grant submissions. If you are a resident of Knox and are interested in nominating, please submit an Expression of Interest before Thursday 24 March 2011.

### Contact Deb Robert on:

t 9298 8000  
e cdf@knox.vic.gov.au or  
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We are a friendly church with a lively mix of music suiting those who enjoy both the traditional hymns and the more contemporary songs. We offer worship that is relevant and invites people to engage in the Bible and its message today. Our service is weekly on Sunday morning at 10am. You are invited to join us after the service for a cuppa and a time of fellowship and community building.

Church Programs: RUC-ED (Sunday School) for Primary aged children during worship. KUCA Club is fortnightly on a Friday night at 7pm for Primary aged children. Our senior Youth Group meets the alternate week to KUCA. LINK is a social coffee and chat group for anyone who feels they would enjoy good company and a chance to get out of the house for a couple of hours. It meets on Thursday mornings from 10am.

We are working towards the launch of our Toddler Gym, with thanks to Rowville and district Rotary Club and the Knox City Council. We plan to launch this program for children aged 0-5 in the second school term. More information will be advertised closer to the start date.

The Bridgewater Centre continues to offer low cost counselling by a fully accredited psychologist. This service, which has been running for over 15 years, continues to be a vital service to Rowville and Lysterfield. No medical referral is required and the fee is less than the out of pocket expense when claiming through Medicare.

It is also the time of year for our annual fete. This year the fete will be held on Saturday 19<sup>th</sup> March. There will be lots of stalls and food, activities for children and in general a good time for any who attend. As usual there will be the auction, which always seems to produce a great bargain or two. The auction will be held at 11am. We invite you to join us at our fete and support us in the great programs we offer the wider community.

For more information please contact our church office on 9753 3495.

Trevor Bassett



The warmth of sunshine on your back, your favourite person's laughter, a hand-written letter in the mail, a well delivered joke, and the kindness of a stranger; these are a handful of occasions which provoke everyday joy. Lately, there's been much less of it than I think has been healthy. What with Australia literally inundated with bad news and summer's bullying rainclouds, bushfires (and our poor performance in the Ashes), there has been little reason for smiling and even less reason for celebration. These haphazard events have begun to steal our joy away. The problem, of late, with our leak in joy, is that our most effective recovery is the one which looks like a humble smile and a determined hope. Take away the joy and/or the smile, and the hope is weakened, meaning recovery is doubted and determination, diminished.

I'm not saying we are to be stoic, or that being saddened by recent events is a crime, but I'm saying it's a non-negotiable that society and individuals have a source of joy. What is the world without smiles or laughter? Cliché as it is, I honestly believe laughter has an amazing potential to be the best medicine. Why? Because we all appreciate freedom. Think about it. Joy manifests itself in smiles and



## ROWVILLE

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What an exciting start to the year it has been at The Salvation Army in Rowville!

Our official opening was at the end of January, and we were honoured to have Alan Tudge, Federal Member for Aston, and Nick Wakeling, State Member for Ferntree Gully, unveil the commemorative plaque.

We have been very pleased to be able to assist families get their children back to school and relieve some of the stress involved in that. Since the arrival of Sarah we have been able to recommence offering community support including financial and material aid, Positive Lifestyle Program, Advocacy and other support services as needed. Appointments can be made between 1-3pm on Wednesdays and Fridays by calling the church office on 9753 2795.

At The Rowville Salvation Army Worship and Mission centre we align ourselves with the mission and values of The Salvation Army's Southern Territory, Transforming

laughter only possible in the freedom to be able to afford it. The freedom to feel joy, though circumstances are crashing around you and hopelessness has never seemed more aggressive, has an incredible strength about it. I speak not of delusion, it is hope, it is joy, and it makes you bigger than your situation. Loss is inevitable in the lives of every human being. However, to be able to rise above it and offer the most beautiful contribution to your society, **joy**, is a blessed thing! Have you met somebody before who hardly ever seemed dampened by their surroundings and seemed to drip sunshine with every step? I have. They're inspiring, admirable and the furthest from "cold". They understand heartache but they refuse to submit to it and insist on lifting those around them up because as much as they understand heartache, they understand progress and know that joy and the hope it believes in is an essential motivation for rebuilding.

Quite a few of these people I know from church. Some of them are such pillars for all who lean on them. Their smiles lift the heaviest burden and their words nurture wounds. So where did they get it? How are they able to smile, to laugh, to be abundantly joyful though the debris of turmoil crunches under their every step? They have a hope and a joy that *seems* never-ending only because they have a hope and joy that *is* everlasting! This joy I do not exaggerate, it is ample supplies of honey after bitterness and overwhelms and overflows us. The joy we have is the joy we were *given*, given freely as a gift from our Creator who knew we could never muster enough of our own and so gave us an eternal supply! The catch, to let Him love you and to love Him back. It'd be the easiest and hardest decision you'll ever have to make.

God is with you in and through your worries, whether you're aware of it or not. He cares about what you worry about and is capable of lifting you above them, despite the magnitude of the crisis, because He is able. Yet He won't do it without your permission. It is because He is able to lend his hand to us in all things, that we can rise above the stink of life, to joy, laughter and freedom. He adores you far more than you could imagine possible; and it's His

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

*Below: Alan Tudge, Federal Member for Aston, and Nick Wakeling, State Member for Ferntree Gully, unveiling the plaque.*



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limitless love, joy, peace, comfort, forgiveness, protection, provision and strength that give us the nerve to possess joy in the face of heartache and heartbreak. We are *sure* His love never fails and it's a wonderful thing to be sure of! If you need a little convincing, a little witness of joy and a smile or two, we'll be happy to share them with you. It seems we have plenty on Sundays because congregating joy is particularly contagious. For our services and times, which are all held at 1070 Stud Road, please see our entry in "What's On Locally".



We have been shocked and saddened by the impact of Cyclone Yasi and the floods in Queensland and Victoria. For many of us it came close to home in the downpour on February 4. As so often happens, adversity brings out the best in many people. I am sure we have all been heartened by the many expressions of courage, generosity and community spirit we have seen in response to these events. Community is a high value for Christians and a major feature of church life. Within local churches we seek to support one another and others in various ways during crises and in everyday life. At Rowville Baptist we offer a range of groups and activities that help people to connect with others and contribute to each other in positive ways. Here are some of the groups we offer.

**Playgroups** on Tuesday, Thursday and Friday mornings during school terms. Pre-school children learn to socialize through play and their parents get to socialize over coffee.

**Youth Group** on Friday nights. Have fun and make friends in a safe and positive environment.

**"Flying Solo"** on Wednesday mornings is a very welcoming and supportive group for single mums. Childcare is available. We run this with





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