



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

PUBLISHED MONTHLY BY THE ROWVILLE  
LYSTERFIELD COMMUNITY NEWS INC.

**FREE**

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## The Way of the Cross

join us as we walk, reflect and sing about Jesus' journey  
to the cross and focus on the true meaning of Easter

**Friday 22<sup>nd</sup> April**

**starting at 10am outside Rowville Community Centre | 20 Fulham Road**

*a joint initiative of Hillview Community Church, RAFT Anglican Church,  
Rowville Uniting Church, The Salvation Army & St Simon's Catholic Church*



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May 2011

**EDITORIAL & ADVERTISEMENTS**  
Wednesday, 13 April

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

**PHOTOS** – email separately to:  
john@malleebull.com

**Advertisements** – Local Services  
Directory or Display Advertisements to:  
rlcnadve@vicnet.net.au Chloe Kircher: 0434 502 003

**DISTRIBUTION**  
Saturday, 30 April 2011

## FROM THE EDITOR'S DESK



We are looking for a person interested in reading through the monthly Minutes of the Knox City Council to extract anything specific to Rowville – Lysterfield or that has an impact on our suburbs. In years gone by, council plans, proposals and developments were reported each month and were very popular reading. Can you spare an hour or so a month? Give me a call on 9763 3157 or email rlcnews@vicnet.net.au

I am delighted to have a 'Kids Page' back and my grateful thanks to the students of Rowville Primary School and their teacher Trish Welti. It was an undoubtedly nervous experience being first cab off the rank and I think you have all done a great job. In the May issue, the next school will have got some ideas from your efforts and it won't be so harrowing.

We were sad to learn that the 'Friends of the Dandenong Police Paddocks' were disbanding. They have done a great job of making the community aware of the paddocks. Sadness also surrounds the departure from Rowville of long time supporters of the *News*, Marjorie and Ron Lade. We wish you both health and happiness in your new life in Gippsland.

It was most pleasing to see such a large, well behaved crowd at this year's Knox Festival. There was something for everyone and more than 100 community groups were involved. With the help of favourable weather more than 45,000 people attended over the weekend, which was an increase of 5,000 on the previous year. Well done Knox.

Knox Council has approved changes to the Stamford Park redevelopment. Anyone interested in seeing the details should contact peter.kavan@knox.vic.gov.au

It was pleasing to learn that the Government's pre-election promise to instigate a feasibility study into the Rowville Rail has started. Of course there is a big difference between 'study' and 'action' so we will revisit the subject in 18 months time.

Apart from an increase in assaults and attacks, crime seems to be 'arrested' by the police. Theft from vehicles fell 9% (we're learning and listening), robberies fell by 17% and property damage was down by almost 16%. The brakes were also put on serious traffic offences down 25%. We at the RLCN would like to help reduce the rates even further. A regular column would reach every home. What about it??

Easter is almost with us again and we are all reminded of it's religious significance. No, it's not all chocolate eggs and bunnies. Even if you are not a regular church goer, take this opportunity to visit any one of the many churches in our suburbs and share in this special celebration.

Remember as well the Diggers, men and women, who served our country in two World Wars and many conflicts since, some of which are still ongoing, fighting for peace and freedom. Ironically it is the 70th Anniversary of the

Seige of Tobruk and that town and its neighbours are once again the centre of conflict. Spare a thought for them and all our service personnel on Anzac Day.

Finally have a look at the article *Do You Know These People*. Somebody must know them and want the photos back.

David Gilbert

## ROWVILLE-WALKING THE NEWS

### Distributors' Report April

Welcome – to new distributors - Andrew Williams, Ursula Nowaski and Joseph Ratnaingham

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

- Murrindal Dr (between drain reserves). Please contact – Ian Richards - 9763 9260
- Oaktree Rise (Conifer to Major [west end]), Clementine Cl, Grenfell Pl  
Please contact - Peter Rumble – 9752 7592

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

2 x Captains & Counters who count out the papers and delivers 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

April 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.

**1st 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 3rd Monday of each month at U3A Parkhills Campus.

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

**Lions Club** Meet on 2nd & 4th each Wednesday 7.30pm at Knox Tavern. Transport & meal available 9752 2785

**Little Athletics** For training & event days: 9763 1404.

**Multiple Birth Assoc.** 2-3 yr old Playgroup Tuesdays & Wednesdays 9.30am Kristin 9754 4318 Parents Coffee Morning - Fridays 10am Wendy 0425 805 918

**Neighborhood Watch** Meet on 4th Monday of each month 7.30pm at RDNH.

**Probus Club** Meet 1st 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 1st Wednesday each month at 10am. **Mainly Music** meet every Wednesday 9.30am

**Red Cross Rowville** Meet 3rd 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 2nd & 4th 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 - APRIL

### Baptist Church

Fri 22nd and Sun 24th Easter Services :

Remembrance Service from 9-10am on Good Friday (April 22nd) and from 10-11:30am on Easter Celebration Service Sunday (April 24th)

### Knox Italian Community Club

Saturday 16th 'Roy Orbison and the Legends of Rock' 6pm with 4 hour show at 7.45pm. \$35 per head for the show or \$65 with dinner. Bookings: Danny 0418 798 987 or Michael 0419 330 977

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



# Calendar of Events April 2011

## Lymphoedema Awareness Month Epilepsy Awareness Month

- 1st April **National Smile Day** [www.humourfoundation.com.au](http://www.humourfoundation.com.au)  
 1st April **Be Alarmed Day** [www.changeyourbattery.com.au](http://www.changeyourbattery.com.au)  
 1st – 10th April **National Youth Week** [www.youthweek.com](http://www.youthweek.com)  
 2nd April **World Autism Awareness Day**  
[www.un.org/observances/days.shtml](http://www.un.org/observances/days.shtml)  
 2nd April **International Childrens' Book Day** [www.ibby.org](http://www.ibby.org)  
 3rd April **Daylight Saving Ends**  
 4th April **International Day for Mine Awareness and Assistance in Mine Action (UN)** [www.mineaction.org](http://www.mineaction.org)  
 5th – 10th April **Australian Badminton Championships**  
[www.badmintonvic.com.au](http://www.badmintonvic.com.au)  
 7th April **World Health Day (UN)**  
[www.un.org/observances/days.shtml](http://www.un.org/observances/days.shtml)  
 7th – 17th April **Beyond Hotham** [www.mthotham.com.au](http://www.mthotham.com.au)  
 8th April **Apollo Bay Music Festival**  
[www.apollobaymusicfestival.com](http://www.apollobaymusicfestival.com)  
 11th April **World Parkinson's Day** [www.parkinsonsvic.org.au](http://www.parkinsonsvic.org.au)  
 14th – 17th April **Australasian Quilt Convention and Expo**  
[www.aqc.com.au](http://www.aqc.com.au)  
 15th – 17th April **Southern 80 Water Ski Classic**, Echuca  
[www.southern80.com](http://www.southern80.com)  
 15th – 21st April **Creativity & Innovation Week**  
[www.creativityday.org/Welcome.html](http://www.creativityday.org/Welcome.html)  
 16 – 17th April **Artanica 2011** [www.mtmacedonhort.org.au](http://www.mtmacedonhort.org.au)  
 17th April **World Haemophilia Day** [www.haemophilia.org.au](http://www.haemophilia.org.au)  
 17th April **Run For Kids** [www.r4k.com.au](http://www.r4k.com.au)  
 17th April **10th Annual Scale Model Exhibition**  
[www.themob.websyte.com.au](http://www.themob.websyte.com.au)  
 18th April **World Heritage Day**  
[www.gdrc.org/heritage/world-heritage-day.html](http://www.gdrc.org/heritage/world-heritage-day.html)  
 19th – 26th April **Pesach (Passover)**  
[www.interfaithcalendar.org/2011.htm](http://www.interfaithcalendar.org/2011.htm)  
 19th – 30th April **Rip Curl Pro Surfing Bells Beach**  
[www.ripcurl.com.au](http://www.ripcurl.com.au)  
 22nd April **Good Friday** [www.interfaithcalendar.org](http://www.interfaithcalendar.org)  
 22nd April **Earth Day** [www.earthday.net/about](http://www.earthday.net/about)  
 22nd – 26 April **Stawell Gift** (Aus. Post) [www.stawellgift.com](http://www.stawellgift.com)  
 22 – 24 April **Mildura 100 Ski Race** [www.milduraskiclub.org](http://www.milduraskiclub.org)  
 23rd April **St George's Day** [www.stgeorgesday.com](http://www.stgeorgesday.com)  
 23rd April **World Book and Copyright Day**  
 23rd – 29th April **Global Road Safety Week (UN)**  
[www.un.org/events/roadsafety](http://www.un.org/events/roadsafety)  
 24th April **Easter Sunday** [www.interfaithcalendar.org/2011](http://www.interfaithcalendar.org/2011)  
 24th April **World YWCA Day** [www.worldywca.org](http://www.worldywca.org)  
 24th–30th April **Global Action Week on Education**  
 25th April **Anzac Day**  
 25th April **World Malaria Day** [www.rollbackmalaria.org](http://www.rollbackmalaria.org)  
 26th April **World Intellectual Property Day**  
 28th April **World Day for Safety and Health at Work**  
 28th April **International Guide Dog Day**  
[www.guidedogsvictoria.com.au](http://www.guidedogsvictoria.com.au)  
 28th April **Pay It Forward Day** [payitforwardday.com](http://payitforwardday.com)  
 29 – 30 Apr **East Gippsland Field Days** [www.egfielddays.com](http://www.egfielddays.com)  
 29th April - 1st May **Healthy Food & Lifestyle Show**  
[www.healthyfoodshow.net.au/](http://www.healthyfoodshow.net.au/)  
 30th April – 11th May **Bright Autumn Festival**  
[www.brightautumfestival.org.au](http://www.brightautumfestival.org.au)

## Win Comedy Club Tickets



We had no winners in our 'Favourite Funny Story' competition so this month, as a new AFL season has started, we will have a small quiz. Send your answers, marked "Comedy Club Answers" to RLCN c/o Rowville Community Centre or by email to [rlcnnews@vicnet.net.au](mailto:rlcnnews@vicnet.net.au)

- Which team won the first Australian Rules Premiership in 1897?
- Who won the first Brownlow medal in 1924?
- Prior to the Gold Coast Suns, which was the last team to join the competition in 1997?

The first correct answer drawn will win two tickets to the Comedy Club at Knox Ozone that can be used anytime until the end of October 2011.



## Do You Know These People?

During February, three photographs were mysteriously left in the letterbox of a Rowville residence. There was no letter nor was the envelope addressed. They have obviously been lovingly reproduced at some expense and maybe for a special occasion. If you recognise the photos, please contact the RLCN on 9763 3175 or by email [rlcnnews@vicnet.net.au](mailto:rlcnnews@vicnet.net.au) We would love to return them to their rightful owner.



**John Woodward** is one of our Counters since November 2000. He will be increasing his count next issue from 650 to 1,270 when he takes on extra papers in another area because someone retired.



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## THE ROTARY CLUB OF ROWVILLE

### A young Australian making a difference in Nepal

The members of the Rotary Club of Rowville get to meet many fantastic and inspirational guest speakers at our Tuesday meetings. Recently we had the privilege of meeting Stephanie Woollard, a charming young lady who is really making a difference to the lives of women in Kathmandu by creating a not-for-profit organisation known as Blessed Life with the motto 'Empowerment for Sustainability'.

Stephanie started this program after visiting Nepal in 2005 when she felt compelled to help some of the most marginalised and disadvantaged women, all with disabilities, living in the capital Kathmandu. They were



all living in a small tin shed. When Stephanie met these women they had nothing and she saw an opportunity to get them out of poverty by building their skills and empowering them.

Along with some helpers Stephanie has travelled to Nepal at her own expense numerous times and provided training and development in handicrafts including the

making of soaps, candles, bags, soft toys and a range of winter clothing such as beanies and scarves. She also provides the raw materials and sells the finished products for them back here in Australia. All money raised is then returned to these ladies.

The group has recently grown from 8 to 20. The women's involvement has helped to create a newfound confidence and solidarity amongst the group as well as restoring their dignity. Stephanie is hopeful that some of these ladies will return to their villages and implement these programs there.

The Rotary Club of Rowville was extremely proud to offer a sponsorship to Stephanie to ensure this remarkable program continues.

To find out more, purchase some products or to become involved please visit [www.blessed-life.com](http://www.blessed-life.com).

The Rotary Club of Rowville meets every Tuesday at the Baton Rouge Quality Inn, Stud Road Rowville at 7:00pm for dinner, a guest speaker and fellowship. If you would like to visit our club one night or become a member please call Anthony Johnson on 0412 586 283 or Jeff Somers on 0413 150 587 or email [jsomers@ozmail.com.au](mailto:jsomers@ozmail.com.au)



## Lions Club of Rowville

The Club was delighted with our fundraising efforts at this year's Knox Festival. With excellent weather resulting in a good attendance, this was our best year in a long time, and we thank everyone who contributed to that by purchasing sno-cones and drinks from us. As always, all money raised will go back into the community to assist people in emergency situations.

For anyone needing such assistance, a phone call to Roger on 0428 105 121 will set the ball rolling.

The success of any service organisation is, in part, reliant on good planning. Whilst our new Board of Directors doesn't officially take over the reins until July 1<sup>st</sup>, already

committees are being formed and projects being drafted for the 2011-2012 financial year. We have recently welcomed two new members who are eager to roll their sleeves up and get involved in club activities, and we hope to increase our membership further in the near future.

Anyone interested in volunteering in the community and making new friends along the way can give our Membership Chairman Ken a call on 9763 4653 and he'll be happy to provide information on club activities and how being a Lion can help make people's lives a lot easier.

*Editor's Note:- Lions Australia's executive officer, Rob Oerlemans, recently announced that \$1.5 million was raised through the sales of the famous Lions Christmas Cakes and Puddings. More than 320,000 cakes and 2,000 cartons of puddings were sold and the money raised goes to many needy causes. A marvellous result from a dedicated organisation.*



## Australian Red Cross Tracing Family Ties

When Betty and her mother were hauled to safety aboard a Red Cross hospital ship as Singapore fell to the Japanese

in World War Two, they had no idea that over 60 years later Red Cross would again lend them a helping hand, this time to bring their family back together.

Betty and her mother had settled in Sydney but they had lost contact with Betty's father Bert and their cousins. Sadly, news of Bert's death came a few years after they fled Singapore, but thanks to the determination of their cousins and the International Red Cross tracing network, Betty has recently reconnected with her cousins.

The family was reunited after cousin Joan made the trip from England to Mildura. Betty, who grew up with just her mother and grandmother to call 'family', says "It's really nice to know that you've got family out there and to be reunited after all these years"

Come and join us and find out what else we do.

Contact details are in "What's On Locally".

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## Community Noticeboard

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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.

# The Biggest Folk Art Item in Knox (The World Maybe?)

Some weeks ago a lady from the Alice Johnson Kindergarten in Park Boulevard, Ferntree Gully, came across the car park to our U3A Knox building to ask if we had some painters who could decorate the shed in the kindergarten to make it nicer for the children.

We introduced her to Shirley Harper the tutor of our Folk Art Group and she agreed to try. In fact the result is totally brilliant. As you can see from the photograph the now very attractive shed, depicting gingerbread men, will give the children hours of fun. If you look closely you can see cheeky gingerbread men at the side window and one at the door.

This is a great example of a seniors group, U3A Knox, co-operating in a project to help children nearby, and well worth showing. Shirley is centre front in the accompanying picture, with members of her group hard at work.

U3A Enrolment day for term 2 is Monday 18<sup>th</sup> April from 9.30 – 11.00am. (New members 10.30 – 11.00am). Phone 9752.2737 for advice, or visit our website [www.u3aknox.com.au](http://www.u3aknox.com.au)

Kath Brown, U3A Knox Publicity. 9752.2618.



## Rowville Toastmasters

### What is Toastmasters?

Looking to improve your speaking and leadership skills?

Ignite your career? Win that job interview? You've come to the right place. According to Toastmasters International, a Toastmasters meeting is "a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly atmosphere". Members learn communication skills by working in the Competent

Communication manual, a series of 10 self-paced speaking assignments designed to instill a basic foundation in public speaking. Speaking assignments vary and your first will be an "Ice Breaker" – a four- to six-minute speech to introduce yourself to the group. As you grow in confidence, your assignments will grow with you. Members also learn leadership skills by taking on various meeting roles and working in the Competent Leadership manual. Whenever you stand up and speak, you receive encouraging, helpful feedback on how it went and how you can improve next time. This proven method will help you build your confidence and skills quickly. You'll also have lots of fun too.

So why not come as a visitor to one of our meetings. 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



### Speaking Among Friends

For further information, why not contact Erika at [rowvilletoastmasters@gmail.com](mailto:rowvilletoastmasters@gmail.com)

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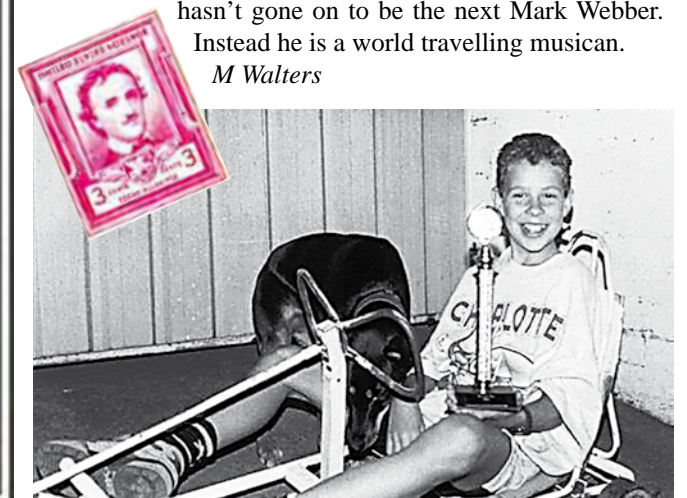
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Hi David

From the archives, in the March issue reminded us about the community fun day where the Apex held a billy cart derby at the community centre. It was a great day out for all involved but especially for Shane Walters who won the event. Here he is sitting proudly on his billy cart holding the trophy. Shane hasn't gone on to be the next Mark Webber. Instead he is a world travelling musician.

M Walters





## Memory Lane from the Archives

### 1986

A great deal of time was taken up on the subject of restructuring local government in Victoria. Reform was needed as the current system had failed to adapt to changes in society and development. Municipalities would have to have at least 60,000 persons, a rate revenue of at least \$10 million and the 'offices' should be no more than forty five minutes travel time. The survey was completed and further inquiries and final implementation were expected by the end of the year. Meanwhile the duplication of Stud Rd. was progressing, Council accepted a fixed price tender for two 'En-Tout-Cas' tennis courts at Rowville recreation reserve and approved, in principle, the siting of a Scout Hall on the proposed Reserve in Taylors Lane. The Editor asked if everyone enjoyed summer. One day in December and three in February! Sound familiar?

### 1991

This issue carried an 8 page lift-out supplement, resulting from research conducted by Monika Andrews entitled "Young People Have Options", which detailed over 50 clubs and activities for the young people of Knox. Many still exist today, but it may be time for a youth worker at

the Council to update the list. A central collection point for articles was established at the Community Centre, now today, only two articles are received this way. Email has become the most common communication tool. Vic Roads re-classified some local roads. Does anyone still call Stud Road "Dandenong Valley Highway" or Wellington Rd to the west of Stud Rd "Monash Highway"? Paratea Road was extended, but stopped 20 metres short of Turrumurra Drive!! And a burst drum of nitric acid caused a fire at the Lysterfield Tip!!

### 1996

The Lysterfield Community was up in arms over the sale of Lysterfield Primary School, particularly the old building (Given by William Lyster in 1874) and also the proposed sale of the site of the old Lysterfield Progress Association Hall (Given by the Sellman brothers in 1928) for a paltry \$30,000 without community consultation. The Bridgewater Centre, a community counselling centre opened at the Uniting Church and the 'swimming pool for Rowville' petition was sent to council with 800 signatures. Maryann Waterstone was the inaugural winner of the Lions Club Scholarship for year 10 students going on to year 11. What are you doing now Maryann? Matthew Townend received the highest possible award from the Salvation Army Kids Klub the "Commissioners Legionnaire". What are you doing today Matthew?

### 2001

Knox Council described the 4.2 km stretch of Lysterfield Rd between Glenfern and Wellington Rds as 'low standard' and 'unsafe'. They agreed to lobby Vic Roads



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

for 'blackspot' funding. Kyle Rasti won the "Best Overall Athlete" at Rowville Little Athletics, competing in many events including a leap of 1.85 metres in the high jump. Are you still competing Kyle? Rowville Secondary College Year 2000 Dux, Fiona Moghaddas was accepted for medicine/surgery at Monash University. She said much of her success in gaining an ENTER of 99.9 was due to the teaching staff at RSC. Am I likely to see you in an operating theatre Fiona? Heany Park Primary School thanked retiring PFA President Julie Madders for her commitment over the last 5 years, raising more than \$50,000. Where are you now Julie?

### 2006

Cr Mick Van de Vreede lamented the decision of SEITA not to construct a shared path parallel to Eastlink between Ferntree Gully and Wellington Roads. A lost opportunity he said. Which children can remember attending Bill Handley's 'Speed Maths' at the Library? Thousands of people flocked to the Lysterfield State Mountain Bike Course for the Commonwealth Games Cross Country Races. Did you go? Rowville Cricket Club 1st XI finished on top of the ladder for the first time which meant they hosted the grand final and went on to win their second consecutive Knox Tavern Cup. Were you a member of the victorious team?

## 1000<sup>th</sup> Visitor to Stamford Park

In October 2010, The Rotary Club of Rowville brought the Knox Community Farmer's Market to Stamford Park on the second Sunday of each month. Guided tours of the historic Stamford Park Homestead and gardens are now offered by Knox City Council to coincide with the Market. Tours are conducted by the Stamford Park Development Project Manager, Peter Kavan at 9.30am, 10.30am and 11.30am, assisted by a number of local residents with a passion for the interesting history of the site.

During the tour, visitors are given an insight into the lifestyle of the Row family after whom Rowville is named, as well as the daily lives of the other families who have lived at Stamford Park over the years. Visitors also get an opportunity to learn about the indigenous history of the site and inspect the various archaeological dig sites before they are covered over, and a unique close up look at the relics excavated so far.

A highlight for kids is to place their thumb in the thumb print left by the maker of one of the many hand made bricks uncovered at the site.

The future plans for the development of Stamford Park are also on display during the tour. People from all over Knox and surrounding suburbs are discovering Stamford Park, and its fascinating history, and tour numbers are steadily growing.

On Sunday March 13, 2011, we reached the milestone of 1,000 visitors through the gates of the Homestead. Andrew Lloyd from Ferntree Gully was pleasantly surprised to receive a \$100.00 hamper of fresh produce from the Market. Andrew said 'I only came out for a bag of tomatoes'. Fortunately, we'd put tomatoes in the hamper.

Michael Walters

## Cake Decorators Association of Victoria Rowville Branch



The Rowville branch of the Cake Decorators Association of Victoria demonstrated sugar craft for the two days at the Knox Festival and what a great weekend we had with lots of interest in how and what we were doing.

We are now holding, a Cup Cake Workshop, Kit Day, and the big morning tea for Cancer research on Sunday 10<sup>th</sup> April from 10 am -3pm at the Rowville Scout Hall Turrumurra Dr. Rowville. Bookings are

essential as limited numbers available.

Information Phone – Velma 9763 8646 or Madeleine 9870 5743 Cakie91@optusnet.com.au



## Your community needs you for Census 2011

The Australian Bureau of Statistics (ABS) is now recruiting collectors to work in paid positions for the 2011 Census. It will be held on Tuesday 9 August 2011 and state-wide around 7,000 people are needed to distribute Census forms and collect them upon completion.

Census is a great community-based activity and makes a real difference in helping define who we are and what our community will look like in the future. Data collected by the Census supports planning, decision-making and funding at all levels of government and is behind the local services and facilities you use every day.

Census workers are vital to the success of the Census and the ABS is looking for field staff that can connect with communities and encourage participation. The key to a successful Census is the strength and quality of field staff; the ABS expects to be recruiting 43,000 field staff nationally including approximately 8,000 in Victoria.

If you are interested in joining the Census, you can apply online at [www.abs.gov.au/census](http://www.abs.gov.au/census).

## KNOX Community Farmers Market

### Expansion of Stallholders

To add to our current quality produce mix we are seeking interest from potential stallholders in the following categories:

**FRESH PASTA, CHEESE, HAND MADE JEWELLERY, AND LEATHER GOODS, CROCHETING AND KNITTING, WOODWORK, LOCAL ART AND CRAFT**

To discuss your possible inclusion in the market contact Warren Miller 0414 956 611 or Jeff Somers 04130150587

2nd Sunday of every month

**8:00am to 1:00pm**

**NEXT MARKET: April 10<sup>th</sup>**

**STAMFORD HOMESTEAD**

**Emmeline Row, Rowville**

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



# Tiles, Motorbikes and Clay Targets

On the 25<sup>th</sup> February 1950 Merv Whitelaw and Valma Barnes got married at the Church of England in Elsternwick. For those readers who are mathematically challenged that is 61 years ago!

Merv was born in 1928 in Colac where his father owned a motorcycle shop, which explains his lifelong passion for two wheeled transport. The depression saw the decline of the business and the family moved to Melbourne in 1938 where Mr Whitelaw became a bricklayer. Merv went to school in South Caulfield before moving to Hughesdale Technical College. Upon leaving he gained an apprenticeship at a grocery store where he stayed for 4 years. At 19 he applied to join the army but didn't take up the option and set up a small business in Huntingdale making roof tiles. "In those days they were all hand made and we produced 400 a day" says Merv.

Meanwhile Val, who was also born in 1928, was attending Murrumbidgee State School where she was dux of her class before taking up a clerical position with Foy & Gibson's store in Collingwood. She loved dancing and it was at one such occasion at Caulfield Town Hall that they first met. Merv had arrived on his Norton 500 and recalls asking Val if she liked motorbikes and the positive answer was all that was needed to bring the young couple together.

## Rowville Community Centre

The Rowville Community Centre located in Fulham Road Rowville offers a variety of programs to all ages including yoga, stretch and tone, 3 year old kinder, senior citizens and zumba to name just a few. The centre has rooms for hire on a once off or longer term basis and we are always interested in hearing from people wishing to run a new activity in our centre. If you would like to know more about the programs currently on offer or would like to chat about hiring a room then please contact the centre on 9763 7400 or email [rcc@knox.vic.gov.au](mailto:rcc@knox.vic.gov.au)

## Wellington Care Centre Counselling Services

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- Individuals
- Couples
- Families

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Contact: WCC Office on - 9764 3738  
[www.wellingtoncarecentre.com.au](http://www.wellingtoncarecentre.com.au)

**Wellington Care Centre**  
cnr Wellington Rd &  
Le John St, Rowville.

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

Helmets were not compulsory in those days and Val says "When we arrived at places, my hair was all over the place so a good comb was essential". Over the years Merv has owned more than 40 different bikes.

They rented their first home in Huntingdale before building on a block they bought for £270.00. Subsequently they moved to Wheelers Hill before moving to Peppertree Village in 2001 where they thoroughly enjoy the living. They have two sons Gary born in 1952 and Jeffery born in 1954. The tile business had grown quite considerably for 40 years, but on advice from a friend in the same business Merv decided to sell to one of the large nationals that were forcing the small operators out of the business.

Merv's other passion has for the last 60 years been clay target shooting and he has a cabinet full of trophies, sashes and medals that witness his skill and achievements. His garage is pretty full too. He has competed in Victorian and Tasmanian State Titles and in 1961 was the National Champion. Just last month he returned from Tassie where he was disappointed to have only scored 49 out of 50!! "The targets fly at about 55kmh and you are 40 - 50 metres away so you need good eyesight and quick reactions as each target is released at a different height and angle" says Merv. He is a Lifetime member of the Melbourne Gun Club and acted as a referee at the 2006 Commonwealth Games.

"I have seen many countries travelling with Merv, including Asia (where Merv is a Life Member of the Singapore Gun Club), Europe, UK, New Zealand (Merv was 2<sup>nd</sup> in their 1979 Championships) and 37 states of the USA" says Val proudly.

They have both thoroughly enjoyed their 61 years together and wouldn't change a thing. Val puts their longevity down to sharing and being 'good mates'. Merv, with a cheeky smile simply says "I think she likes me"!



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# Rowville Community Library

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

April

“Feeding the minds of our community...”



**The right tool for the right job, how to care for your garden tools:** Join our Growville Growers session at 2pm on Friday 1<sup>st</sup> April 2011 to hear Sylvia from Bunnings. This session should appeal to all gardeners who want to know the best way to go about different jobs in the garden. All welcome. Gold coin donation appreciated. Bookings please.

**Easter treats:** Food, especially chocolate is a feature of Easter giving and sharing. Join chef Stephen Wilson for a celebration of the Easter season as he demonstrates how to make fabulous goodies for you to share with family and friends. Stephen Wilson is a chef with over twenty five years experience in a career that has taken him around the world and includes time spent at the Savoy and the Hilton in London. He has now returned to Melbourne where he is the proprietor of Chilled Out Catering. There are bound to be lots of ‘tasties’ of all things chocolate so be sure to make it to the library on April 7<sup>th</sup> at 1pm. Bookings are essential. All welcome.

**Mobile phone help:** Again we have Sally from the Telstra Shop, Stud Park, coming to help you out with using any brand/plan/carrier of mobile phone. This is a free event and bookings are essential. All welcome.

**Free hearing checks for pensioners:** The library will be the venue for Australian Hearing on Tuesday 19<sup>th</sup> April, 2011 when they offer a free hearing screening for pensioners. Make your appointment today by phoning the library on 9294 1300

**School Holiday Program:** There is a special program for activities to be held during the April School Holidays. Please call in to the library to get a printed program. Alternatively you can visit the library website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au) and you can even book on line!

**Saturday Afternoon Storytime:** On Saturday 16<sup>th</sup> April at 2pm, Inger will present Eggstraordinary Eggstra Special Stories & Activities. This is a chance for parents and grandparents not available on week days to come to a storytime and share the experience with their children. No bookings required. Everyone welcome. Free event.

**Public Holiday closure:** All Eastern Regional Libraries, including Rowville Library, will close on Friday 22<sup>nd</sup> April for the Easter and Anzac Day holidays reopening on Wednesday 27<sup>th</sup> April. The library chute will remain open for returns, although items will not be due on the closed days.

**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 your English) 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.

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

**Kids on Wednesdays:** Held on Wednesdays at 4pm during school terms. This group will be specifically for primary school aged children and involve a variety of

activities. It's meant to be fun and it's free!

**Home Library Services:** If you have difficulty coming to the library to borrow materials, or if you know someone else with difficulties, please contact the library to arrange for a home delivery service. Library staff will select some items after a discussion to ascertain your tastes, and volunteers will make monthly deliveries. For further information please ask to speak to Rose or Raelene on 9294 1300.

**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, **April 8<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 **April 1<sup>st</sup>** (Wear your pyjamas and join us for some stories, craft and a treat!) and **May 6<sup>th</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 **4<sup>th</sup> April** at Rowville Library. Free event. Bookings not required.

**Coming up in May:** Paul Lucas joins us on Friday 6<sup>th</sup> May at 2pm with his stunning presentation of New Zealand gardens. Senior Constable Robert King will present a free session on Confident Living at 1.30pm on Monday May 16<sup>th</sup>. On Friday May 20<sup>th</sup> at 6.30pm Bill Handley will turn us into maths champions with his session on Speed Mathematics. (Primary school and above). The Biggest Morning Tea will be held on the morning of Tuesday 24<sup>th</sup> May. All donations to support cancer research.

**Tiny Tots storytime:** Come and enjoy our special storytime designed for babies aged 0-12mths on Wednesdays at 2pm. Relax, enjoy the stories and meet new friends.

## List of regular storytimes:

**Bookings are not required.**

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

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

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

**2pm** Tiny Tots storytime (age 0 - 12 months) **Bedtime storytime** is on first **Friday of the month at 7pm**

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

**Rose Thompson** Manager

**Rowville Community Library 9294 1300**



## Knox Italian Community Club

### Flood Appeal Fundraiser 27<sup>th</sup> February

The President Michael Migliaccio would like to thank all the members and friends that took part in making this day a success.

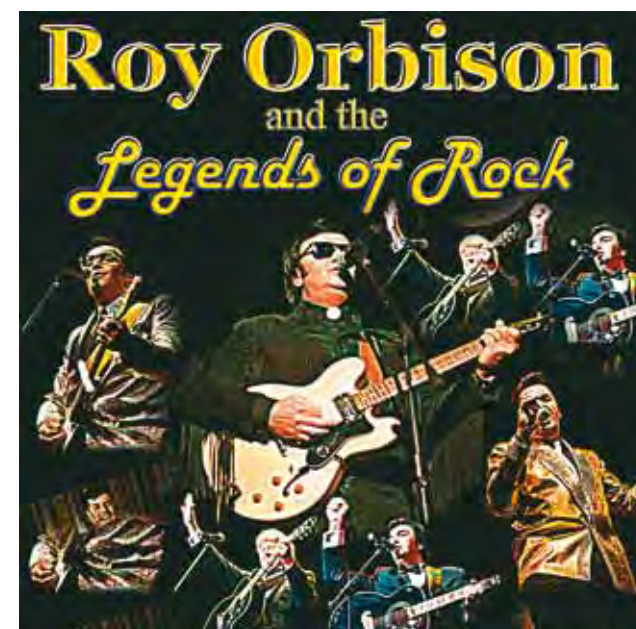
\$2835.00 was raised on the day through raffles, auctions and donations, and a very special thanks to Mr Luigi Albicini, the President of our affiliated Pensioners' club, that raised approximately \$1600.00 on the previous Thursday. These amounts have been sent to the "Premier's Disaster Relief Appeal" in Queensland and to the Red Cross Flood Appeal in Victoria respectively.

A sincere thanks to both Club's committee members and friends for volunteering their time and donations, and for achieving a great result in aid of our friends in Queensland and Victoria.

Thanks to all our sponsors, supporters and friends of the Knox Italian community Club.

Don't forget our forthcoming event on 16<sup>th</sup> April, Roy Orbison and the Legends of Rock. This is sure to be a big night.

*Michael Migliaccio* (K.I.C.C. President)



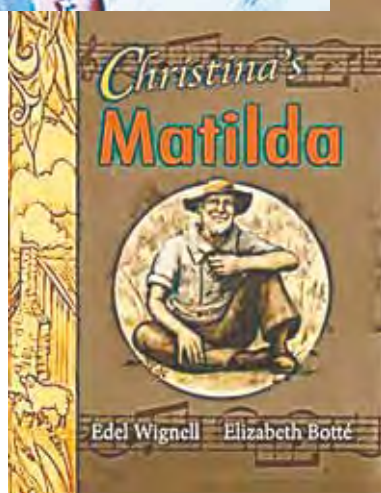
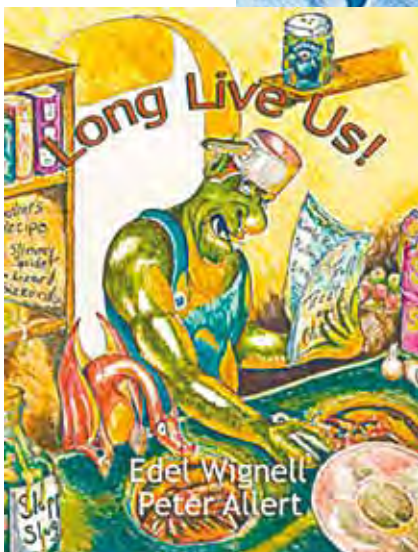




## Edel Wignell our Quiet Celebrity

Every article and every website I've seen on Rowville resident Edel Wignell starts with an explanation on how to pronounce her forename. So why should we be any different? Edel (rhymes with medal), is one of Australia's leading writers of children's books, having had ninety books, fiction, non fiction and picture story books published. Her work has not been confined to children's books and you can find her features, short stories and poetry for adults in newspapers, magazines and on-line.

Edel was born in Echuca and lived with her five sisters on a sheep farm seven miles west of town. "Grandma used to tell us stories, mostly folk tales, and I have based some of my stories on these" says Edel. She attended a rural school of fourteen pupils for eight years at Wharparilla West, then travelled by bus to Echuca High School. Having completed Year 12 at the age of 17, she headed for Melbourne and three years at Toorak Teachers College where she specialised in infant teaching. Then followed eight years teaching, one of which was spent in England, before returning to Melbourne and a post as a lecturer/teacher at Burwood Teachers College. It was here that she was invited to write a column for a teacher's magazine progressing finally to a regular column in the Melbourne Age newspaper.



Whilst teaching she met her husband to be, Geoffrey Wignell and they spent 51 happy years together before he passed away in 2009. When an antiquarian book seller came to catalogue Geoffrey's huge book collection he marvelled at the 'eclectic selection' he found. "It was one

of the nicest things he could have said" remembered Edel.

"After seven years I wasn't sure that the 'give give' of teaching was my vocation so I spent six years studying art, drawing and painting, and tried my hand at gold and silversmithing but I couldn't totally ignore writing and eventually in 1979 I became a full time writer" says Edel. Apart from my Grandmother, inspiration comes from my interest in folklore, memories of my childhood, simple things that happen to children, even odd incidents I read in newspapers. Late in 1987, Tamarind Books was founded by a Jamaican lady, Verna Wilkins, who set out to ensure children had access to books featuring black and ethnically diverse characters. In 2007 Tamarind became an imprint of Random House Children's Books strengthening their position as a multicultural publisher. Up until this time there were books featuring and illustrating Aboriginal and Torres Strait Island peoples but not for the ever increasing children from the Indian sub continent, Asia, Africa, Papua New Guinea and the South Pacific Islands. Now these children can see themselves in a variety of books, including some from the pen of Edel such as "Big Eyes, Scary Voice".

On the 8<sup>th</sup> March an audience of 56 attended the launch of Edel's latest book "Long Live Us" about a Troll that lives under a bridge and is very very hungry. It is beautifully illustrated by Peter Allert. Later, on the 29<sup>th</sup> March, an historical non fiction book for young adults and adults, "Christina's Matilda", was launched by the Premier of Victoria the Hon. Ted Bailleau at Toorak Library. Everyone knows the words to 'Waltzing Matilda' but few know that the tune was provided by a Melbourne woman, Christina Macpherson. Superbly illustrated by Melbourne artist Elizabeth Botte, the book is enhanced by evocative photographs of Christina supplied by her great niece Diana Bailleau. Diana, who unfortunately died aged 93 in 2008, is the mother of the Premier.

Edel is a morning 'power walker' who enjoys art, films, theatre and opera, loves owls but is terrified of spiders! She is unsure of how many more books she has in her, but is certain that books will survive the 'on-line era'. "Books will survive" she says, "because people still love the tactile comfort of a 'real' book".

## Men's Shed Comes to Rowville/Lysterfield

The newly formed Stamford Park Men's Shed Inc is a member of the Australian and Victorian Men's Shed Associations and is negotiating with Knox council for a licence to utilise the Guest Quarters at the Historic Stamford Park Homestead. The "Shed" also have a contract to provide ground maintenance at the homestead. Now they are looking for members, male and female aged anywhere between 18 and 80.

According to the Australian Men's Shed Association, the modern Men's Shed is an updated version of the backyard shed where people can make things, learn and apply skills and simply meet and socialise with other people with similar aims and issues or just pass the time of day. President Phil Keily says "We just want to bring people together in a safe and friendly place to talk about life and life's experiences and share their knowledge, be that in wood or metal craft, gardening, cooking, whatever. You don't have to have special skills, just come along, meet and learn from others".

A common theme in all Sheds is about people feeling useful and contributing again to their communities, making friends and availing themselves of health information programmes and opportunities. We have helped to lift the spirits of many people who have found themselves under stress through, for instance, the loss of their job or a feeling of being unwanted or inadequate. Beyond Blue are a major sponsor of the AMSA.

There are 483 Sheds in Australia with a total membership of 40,000. Victoria has 130 Sheds and over 10,000 members. AMSA negotiations with Federal

and State Governments have so far resulted in grants in Victoria of \$4.5 million and \$3.3 million from the Federal Government.

"Through our own activities we plan to make things to sell, kids toys, kennels, planter boxes etc. The Shed supplies the material, the members make the item and the proceeds from the sale are put back into the Shed to buy more material and equipment. We may also be able to utilise member's experiences to provide free of charge services to the community such as lawn mowing or odd jobbing, but this will depend on available skills and the nature of the requests" says Phil.

An information night will be held on April 11<sup>th</sup> at the Rowville & District Neighbourhood House, starting at 7pm and refreshments will be available. Once the licence has been signed future meetings



will be held in the Guests Quarters at the Stamford Park Homestead in Emmeline Row Rowville. Membership is \$50 per annum plus a joining fee of \$25 and family memberships will also be available. For further information and a membership application form contact Phil on 0418 560 020 or email [info@stamfordparkshed.org.au](mailto:info@stamfordparkshed.org.au). Take a moment to visit our website as well [www.stamfordparkshed.org.au](http://www.stamfordparkshed.org.au).

"Our aim is to help people feel they have something to offer and help them to participate in society by having good physical and mental health" says Phil.



**KNOX ITALIAN COMMUNITY CLUB INC.**  
99 Karoo Road, Rowville  
presenta  
**Roy Orbison**  
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Spettacolo eccezionale della durata di 4 ore, 8pm-12pm  
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La serata sarà presentata dal comico **Tony Lewis**  
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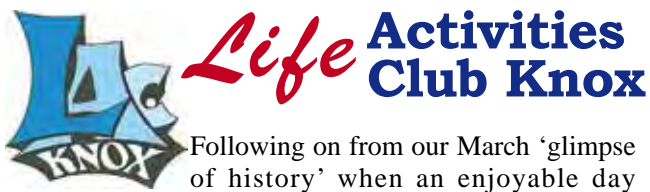
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Following on from our March 'glimpse of history' when an enjoyable day was spent touring the spectacular Royal Exhibition Building, and then on to the Old Treasury Building, which is regarded as one of the finest nineteenth century buildings in Australia. Then on the train journey home, there was lively discussions about our special time together.

This month, our curiosity will take us to the 'Trans Australia Airlines' museum, to be reminded of the rich and colourful history of domestic passenger aviation in Australia, with thousands of relics on hand,

including Ansett memorabilia. I can recall travelling 3 days to reach a destination that today would take less than 27 hours or thereabouts. For lovers of Irish Music, join the music appreciation group as they are entertained by "Celtic Thunder". This is a group of 5 young men, who have enjoyed success performing in live shows.

Welcome to our new convener for "extended travel tours", so our 4/5 day bus holidays are back on the agenda.

The cinema group needs a convener, and if days and time need to change, we can too.

Check the calendar and if you're free, join in on one or



Original TAA Douglas DC 3

two of these activities: Bushwalking, cards, lunches, painting, water aerobics, badminton, armchair travel, social games, etc. It's not a big commitment as some activities are held monthly, others take place twice per month, while others are weekly. A fantastic choice.

So, come along to any 2 activities, and then, if you like us, become a member.

Our annual membership fee is only \$20.00 pp, per financial year.

More details about our activities are available by ringing the numbers below, and we will also be happy to forward our current newsletter.

Melva 9762 3764 or Helen 9729 1151

## Knox Home Garden Club

How is your garden looking right now? How long is it since you have really looked at all of its components? What about the structures? Pergolas, arches, outdoor furniture, decking, are they in good repair or have they passed their use by date?

Perhaps you might like to change the style of your garden. If so, decide what sort of garden style that you want to create, for example, formal, native, cottage, exotic, cacti and succulents, or maybe you want an outdoor living area more suited to your family's needs. Your options are virtually endless.

Stop! You're not rushing out to the nursery already, are you? Purchasing plants now is like buying the curtains before you build your house. No, there's work to be done. Decide whether you want to change a lot or a little of your garden. If it's a major overhaul, do it properly. Get out the pens and paper and start by noting down everything that you would like to have. Do you want a lot of lawn, an entertaining area, vegie patch, pool, garden shed, children's play area, have a place for the rubbish and compost bins, keep some chooks, and somewhere to dry

the washing? Is it necessary to have a built in barbecue or would a mobile one that could be stored elsewhere be more suitable? Don't forget your budget. The pool may have to wait but make sure that you allocate the space for it so that there is no major upheaval when the time is right.

Other factors that may influence how you plan your garden include the site. Is it level or mountain goat territory or oddly shaped, where the house is sited on the block, what is the size of the block, the soil and the aspect? How much time do you intend to spend maintaining your garden?

Inherited plants can influence your plans but unless your design requires an empty canvas, don't be too hasty in ripping out everything in sight. It takes just a few hours to remove trees and shrubs that have taken years to grow. What a disaster if you realise they were what you wanted after all. They also provide a quick start to a mature looking garden and a good rejuvenating prune may be all that they need

Outdoor living areas are ideally sited on the north to north-east side of the house to make best use of the winter

sun. Of course, come summer, you will need to provide shade. Pergolas, large umbrellas, a tall tree, shade sails or a roofed-in area are just a few more decisions to make.

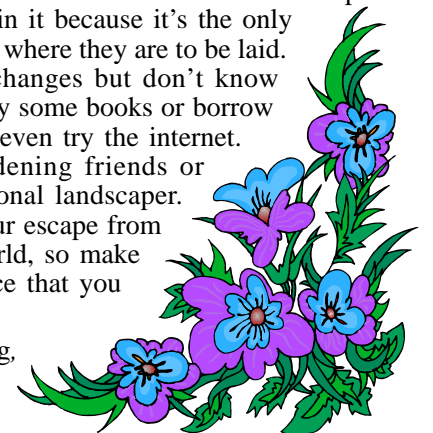
A big factor in weekend blitzing your garden is the fact that it will take much longer than the TV shows! Decide whether you are willing and able to do it yourself or if you need the help of friends or professionals. Work out a logical modus operandi. It is too late to cry: 'Oh no, look at my nice new lawn' as the wheelbarrow full of pavers gouges great ruts in it because it's the only way to get them to where they are to be laid.

Want to make changes but don't know where to start? Buy some books or borrow from your library even try the internet. Talk to your gardening friends or contact a professional landscaper.

Your garden is your escape from the rest of the world, so make it a delightful place that you want to be in.

Happy gardening,

Betty Wright



### Making Victoria FireReady:



**"We're working every day to keep Lysterfield FireReady."**

**Mick Van De Vreede**  
Lysterfield Lake Park Ranger

Lysterfield Lake Park is one of eastern Melbourne's largest parklands. The Department of Sustainability and Environment and Parks Victoria work all year round to make sure they are FireReady. With extra staff and equipment we are improving fire preparedness.

- 97 kilometres of tracks and fuelbreaks cleared for improved fire suppression access
- Works scheduled to upgrade 21 kilometres of fuelbreaks and create two kilometres of new fuelbreaks

- Four planned burns completed last season and five burns scheduled for 2011

For more information on how Parks Victoria is working to make our parks FireReady, call the Victorian Bushfire Information Line on **1800 240 667** or go to **www.parks.vic.gov.au**

**PREPARE. ACT. SURVIVE.**

**FireReady**

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



## Rowville & District Neighbourhood House



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email: [inquiries@rdnh.org.au](mailto:inquiries@rdnh.org.au)  
web: [www.rdnh.org.au](http://www.rdnh.org.au)

Wow, after a very busy start to Term One, that seems to have flown by in a flash, our new Term Two brochure is now available.

For the upcoming Term Two, we are excited to feature a new set of Photography classes with our new tutor Joanne. Take a look at our full guide to *Short Courses & Activities* for information on all of our Programs.

### Photography Basics – with Compact Digital Cameras

Learn about auto-focusing, automatic exposure modes, lenses and automatic flash settings, to get sharper, clearer and more colourful photos. Also covers composition for more attention grabbing shots and how to store and

enhance your photos.

*Students required to bring along your camera and instruction manual.*

3<sup>rd</sup> – 24<sup>th</sup> May (4 sessions) Tuesdays 7.30pm – 9.30pm  
Consists of 3 weeks class & 1 Field trip 21<sup>st</sup> May. **\$100.00**

### Photography Basics – with SLR Digital Cameras

Introduction on the use of manual control of Digital SLR (or digital camera with full manual). Understanding of aperture, shutter and ISO. We cover focusing to get sharper, clearer and more colourful photos. Also covers composition for more attention grabbing shots, and how to store and touch on enhancing your photos.

*Students required to bring along digital SLR camera, tripod and instruction manual.*

7<sup>th</sup> – 28<sup>th</sup> June (4 sessions) Tuesdays 7.30 – 9.30pm.  
Consists of 3 week class + 1 Field trip 21<sup>st</sup> June. **\$118.00**

### Introduction to Editing your Digital Photographs

Using **Adobe Photoshop Elements**, learn how to bring your digital photos to life. Learn how to touch-up, crop



or rotate pictures, add titles and captions, plus lots more.  
*Basic computer skills essential* 9<sup>th</sup> – 30<sup>th</sup> June (4 sessions)  
Thursdays 7.30pm – 9.30pm **\$95.00**

Our brochure is available at the Rowville Library, Rowville Council branch office, or you can pick one up at the “House”, inside the Community Centre on Fulham Road and on our website.

*Lesley Jenkins, Programming*

## Eildon Parade Playgroup's New Baby Group

Eildon Parade is delighted to announce a new baby group. On Thursdays at 11.15am we are inviting parents with babies that are one year old or under, to come along and benefit from the company of other infants. We have limited places available so don't be late.

We are looking for families with children aged from 0-5 years to join our play group and can offer your family a stimulating, fun and safe environment for your children to continue their learning & development. We have activities for all ages, including toys, books, dress-ups, cubby houses, sand-pit, swings and bikes. We also have a wonderful craft room for painting and pasting, a full kitchen, excellent change facilities that include highchairs and porta-cots. No child is too young for playgroup. All children from 0-5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.

Another innovation which brings us into the 21<sup>st</sup> century is that you can now find Eildon Parade Playgroup on Facebook. Jump on and have a chat.

We look forward to seeing you at our Playgroup.

Come and join the fun.

Contact Amy on 0418 109 566

## Rowville Group Fitness

## Pilates

TERM TWO PROGRAMS

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

Advance bookings are essential.

Term 2 commences May 4. 9 classes - \$117  
**Wednesday 9.15am Wednesday 6.15 pm**

## Boxing Circuit

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

Wednesday 7.30pm **\$13**

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

Enquiries to Lisa on 59 686 329  
or go to: [www.rowvillegroupfitness.com.au](http://www.rowvillegroupfitness.com.au)

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- Carlton/Brunswick **SOLD**
- Doncaster/Greensborough **SOLD**
- Rowville/Dandenong **SOLD**
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# Rowville Secondary College

## Year 7's take on Ace Hi Camp

*Year 7 camp for 2011 took place in the town of Boneo at Ace Hi camp ground from 21 February to the 2 March.*

Three separate groups of students, which consisted of two Eastern Campus groups and one Western group, took part in a three day, two night extravaganza jam-packed with adrenalin and initiative based activities which carried the students over till the final day.

The first group was the Western campus students and staff who were at Ace Hi from 21st of February till Wednesday 23rd. On the West's final day at Ace Hi, the first of the two East groups met with them and began their three days of fun and adventure.

A very exhausted Western campus group said their goodbyes to the East, jumped on the bus and waved Ace Hi Camp goodbye, as they left, homebound for Rowville Secondary College. On the other hand, the East group said hello to an exciting and fun filled three days, which was sure to blow them away.

Prior to arriving at Ace Hi, students packed the buses at Rowville SC, before embarking on their journey. Their first stop was at the Cape Shank light house where students and staff had a quick lunch break and explored the rock pools and caves. Before long it was time to jump back on the buses and out to Ace Hi Camp.

The first day of camp consisted of organising students into their cabin groups and settling in, before jumping straight into the activities.

During the course of the three days, each group participated in all of the provided activities which included rock climbing, ropes courses, flying fox, horse riding and horse awareness program, giant swing, initiative activities, archery and a wildlife experience.

In between activities and meals, students were given free time to explore the grounds on their own and build on friendships with many new faces. By the final day, after several exciting and new activities, minimal sleep and plenty of walking, the year 7 camp for the first East group came to an end.

Everyone was exhausted, especially the staff and parents who volunteered their time and missed out on a whole lot of sleep, while patrolling the camp area for giggling and sugar-filled year 7's.

Soon enough everyone was back on the buses



and embracing the ride home back to Rowville. A non-stop and exciting camp filled with many fun times and memories.

All students had an absolute ball and have brought back, not only memories, but also many new friendships that will be cherished in years to come.

*Maryanne Karlovic*  
Communications Officer

*Editor's Note:- Have you contacted Paul Campbell or Jane Zaal to help their students decide what to do with \$10,000? I'm sure you can think of some great ideas. Contact the school and let them know. 9755 4555*



## SPORTING ROUNDUP



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



## Rowville/Rowville Lakes Little Athletics

### Rowville Lakes Wins Best Overall Club:

Congratulations to the families of Rowville Lakes Little Athletics Club which was named Best Overall Club at the Knox Centre this season. The Lakes is one of eleven clubs participating so there is plenty of competition for the award which recognizes the efforts of parent helpers as well as participating children. Many members are drawn from Karoo, Lysterfield and Parkridge Primary Schools. We hope this will inspire others to join us next season!

### Knox Awards:

The Centre also presents a number of individual awards. From a field of approximately 300 contenders, ten year old Blake Tahlambouris received the perpetual trophy for Best Overall Male Athlete, an outstanding achievement based on points accumulated at weekly competition.

Several other youngsters were awarded Best in Age: these include Keelin McGeehan (U8G), Stacey James (U10G), Millie Reed (U11G), Lisa Morris (U15G) and Lachlan Viney (U11B).





# Heany Park & 1<sup>st</sup> Rowville Scouts



## Rock Climbing in the Grampians

18 Scouts from Heany Park and 1<sup>st</sup> Rowville Scout Groups left Melbourne at 6:15pm Friday night and arrived at the camp ground at about 11pm. The trip was long but the stop on the way helped. We all arrived relaxed and tired, but we all managed to set up our tents in the dark. Then straight to bed, apart from some boys and girls who stayed up talking all night.

We all woke up to find some uninvited visitors had eaten all our biscuits and noodles during the night. What cheeky kangaroos, they didn't leave a single crumb! We had bacon and eggs, which we all love, for breakfast. All excited, we got dressed and went for a walk to meet the people who were going to let us rock climb. We had to wear a harness and another important part of our safety, was a helmet.

There were many different rock walls to climb. We spent the rest of the day taking it in turns climbing up the walls. We started with the easier ones and progressed our way up to the harder ones. While one person climbed, another 2 were at the bottom holding onto the rope to catch the climber if they fell.

By the end of the day, we had tired arms and legs and were glad to take off the harnesses, but we proud of the walls we had climbed.

After a late dinner, we played some games and had a candlelit investiture at the rock walls. An investiture is



a ceremony to welcome a new member into scouts.

Sunday morning we packed up camp, then walked 5km to Mt Zero. We walked through a flood and stopped for photos in some of the caves we passed. We had to climb a steep hill, but the view at the top was worth it, we could see across the floodplains towards Horsham.

Another long 4 hour trip home with many of us snoring on the way. We had a fantastic weekend and are now looking forward to our next camp at Sorrento with the cubs.

*By Sheridan Young and Caitlin Durant (Heany Park Scouts)*

*Editor's Note:- That sounded like a really great time. You will have to write and tell us all about Sorrento*



in each age group who accrues the most personal best performances. Local girls to gain this award were Sophie Ryan (U9), Jemma Stapleton (U10) and Olivia Ryan (U11), Stephanie Bollaart (U14) and Emily Merrigan (U15). In the boys Cody Eickoff (U8), Byron Browne

(U10), Brayden James (U13) and Griffin James (U15) all received their age group's trophy.

### Regional Championships:

Championships provide the opportunity for children from U9-U15 to be involved in the more competitive side of track and field. This year the Eastern Metropolitan Regional Championships were held at Nunawading and a large contingent of our children took part. All gold medallists automatically qualified to compete at the State Championships, which are to be held at Olympic Park a few days after the time of writing.

Congratulations to EMR gold medallists Byron Browne and Brodie Richardson who won the boys and girls U10 walk respectively.

Youngsters Jesse Eickoff and Brianna Lilly are Under 9, so this year was the first year they were old enough to qualify for the Victorian Championships. Jesse secured two spots by winning both the 60 and 80m hurdles, while Brianna was first to finish the girls' walk.

Ruhani Panthaman took out the U12G triple jump, while friend Charanja Thavendran raced to number one in the U15 200m. In the same age group Holly Hughes kept her cool to be the last competitor







## What Is Heartworm?

Heartworm is a parasitic disease of dogs and cats that is transmitted by mosquitoes. It is not contagious between dogs and cats, or from dog to dog or cat to cat. An infected mosquito bites the pet, and injects a larval stage of the worm under the skin. After 5 to 6 months, it becomes an adult worm in the heart and pulmonary blood vessels. These adult worms then mate and produce microfilaria (baby heartworm), which are then drawn up by a mosquito when it feeds on the pets, and the cycle begins again.

## What Are The Signs Of Heartworm?

**Dogs:** Months or years may pass before signs are seen as Heartworm is usually an insidious disease. When symptoms appear, they are usually signs of early or more severe heart failure. The worms physically interfere with the mechanical action of the heart valves and cause inflammation and roughening in the blood vessels going to the lungs. The heart has to work much harder to pump the blood, and starts to become enlarged and dilated. As the disease progresses, breathing becomes more difficult, the abdomen may distend with fluid and the dog becomes lethargic, loses weight, and often stops eating. If left untreated, heartworm is nearly always fatal!

**Cats:** Usually, there are few obvious signs in the cat. Heartworm may be associated with heart failure, a cough, or vague poor health, and can also cause sudden death, sometimes after the cat coughs up blood. The presence of only one or two heartworms is often fatal in cats.

## How Do I Know If My Pet Has Heartworm?

A blood test is performed at the vet clinic.

**Dogs:** In the case of dogs, the test is very accurate, and results are often available before you leave the clinic.

**Cats:** For cats, testing is less accurate because of the lower number of worms involved and X-rays or an ultrasound examination may be required to confirm an infection.

## Can Heartworm Be Treated?

**Dogs:** Yes! However, it is not without its potential problems. Prevention is far better than treatment.

**Cats:** Treatment is difficult. There are no drugs approved for treatment of heartworm in cats, so prevention is far better.

## How Do I Prevent My Pet Getting Heartworm?

**Dogs:** If your dog is over 6 months old, a blood test to check for the presence of Heartworm is necessary before you commence prevention. Prevention should begin at 6 to 8 weeks of age, and is achieved by giving one of the medication options available. A yearly injection is available and is the most convenient for those that may forget to give tablets regularly. Monthly medication comes in a flavoured tablet form or "Spot-on" type drops applied to the skin.

**Cats:** A "once a month" topical application is available or a chewy tablet. Ask your Greencross Vet for the best treatment to suit your cat.

## How Common is Heartworm?

**With the floods contributing to an increase in breeding of mosquitoes, statistics could change over the next year.**

**Dogs:** Over 50% of non-medicated dogs will become infected with heartworm by the time they are middle aged.

**Cats:** Infection rates in cats are uncertain due to their varying lifestyles of being mostly indoors or outdoors. It is a very significant disease in cats due to the high fatality rate.



Knox Mayor, Cr Sue McMillan with her Mojo.



## Pet registrations due

Now's the time to show how much your dog or cat means to you, by re-registering your pet with Knox Council. And if it's a new pet, less than a month old, microchipped and with a proof of purchase, Council will register it free!

Council's Local Laws Coordinator Elke Tapley said "For many Knox residents, their pets mean the world to them and their families," but we need to remember that owning a pet comes with responsibilities, such as registration. By registering your pet, you're helping to ensure its quick return if it goes missing and you're showing that you care about your pet's wellbeing."

Cats being registered for the first time this year must also be de-sexed. This will only apply to newly registered cats, however, and not to those already currently registered.

Registration forms will be in your letterboxes soon, with registration due by 10 April 2011. For more information about registering your pet, call Knox Council on 9298 8000 or visit [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

## Avoid nuisance calls - Do Not Call Register

The Do Not Call Register is a secure database where you can list your numbers to avoid receiving unsolicited telemarketing calls and marketing faxes.

The Australian Communications and Media Authority (the ACMA) is responsible for the register under the *Do Not Call Register Act 2006*

Once your number(s) are listed on the register, telemarketers and fax marketers must not contact those numbers. Any business that either calls or faxes a listed number, or arranges for calls or faxes to be made or sent on its behalf, may be in breach of the legislation and could face penalties.

The registration period for numbers has been extended from three to five years and fax numbers can now also be included. Nearly a third of Australian households, about 4 million phones, have registered to be protected against intrusive telemarketing calls.

You can re-register or register for the first time, or get more information at [www.donotcall.gov.au](http://www.donotcall.gov.au) or telephone 1 300 792 958.

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## Muzz Buzz Gets A New Owner

26 year old Ross Hovey took over the Muzz Buzz outlet at 3 Bergins Rd. in November and he says sales are improving all the time. Ross comes from a Geelong trucking family but has spent most of his working life working in the hospitality industry. "I was looking for something permanent and started negotiations for another franchise when this one became available" says Ross. It is a fun business, very competitive and offers me a real chance to meet the people of Rowville and Lysterfield.

"Apart from delicious coffee we also serve iced coffee, milk shakes and, from time to time, offer promotional blends" adds Ross.

Ross employs nine young people from the area, all of whom receive full training in coffee making, storage, customer service and all aspects of OH&S regulations.

Ross concludes by inviting readers to "drive through, mention the Rowville Lysterfield Community News and receive \$1 discount on your drink. Just look for the new flags and give us a try".



# Alan Tudge Writes

## Youth Mental Health a local priority

It is not well known, but the largest contributor to ill-health or disability among young people is mental illness. It affects one in three young people at some stage. In Knox, the incidences of depression, severe anxiety and other mental illness are higher than the state average. We do not know why this is the case. It just is.

While the statistics paint a picture of the prevalence of the problem, they do not reveal the anxiety, the pain or the loneliness that many sufferers face, nor do they reveal the sense of worry or hopelessness that a family can sometimes feel when one of their loved-ones is afflicted by a mental disorder.

We have many outstanding services in our local community to help young people, but more must be done. At present, only a quarter of young people gets assistance. We need to continue to remove the stigma associated with mental illness and we need to have accessible, affordable services in place. With 75% of all mental health disorders emerging before the age of 25, it is particularly important to focus on helping our youth.

I am holding a public forum in conjunction with Knox Community Health and the local GP Association



*Alan discussing youth mental health with Chris Potter, CEO of Knox Community Health and Kristin Michaels, CEO Eastern Ranges GP Association.*

to discuss the issues and kick-start a campaign for better youth mental health services in the outer east. I hope you can come along and contribute to the discussion or just listen in.

**Youth Mental Health  
Public Forum**  
**Monday 4<sup>th</sup> April 2011,  
6pm – 7.30 pm**  
**Fairhills High School  
auditorium, 330 Scoresby  
Road, Knoxfield**

*Alan Tudge MP Federal Member for Aston*

## An Hour with Nick Wakeling

Nick Wakeling, the State Member for Ferntree Gully, was born in NSW in 1971, the eldest of two sons to Jacqueline and Bill. He grew up in Dandenong North where he attended Rosewood Downs Primary School before going to Haileybury College. He completed his BA at Latrobe University where he first ventured into the political field as a member of the Liberal Club. Furthering his education at RMIT, he eventually graduated as the top graduate from Monash University with a Masters degree in Industrial and Employee Relations.

His early working life involved, not unnaturally, industrial relations, human resources and workplace relations with the Victorian Government, VACC, Nillumbik Shire Council and more recently the Adecco Group of Companies.

Nick's ancestors on both his maternal and paternal side arrived on our shores in the 19<sup>th</sup> century and in one way or another were involved with politics. His Grandfather was passionate about political debate and instilled in his son Bill (Nick's father) the significance of political philosophy and debate, so it was no surprise to his family when Nick joined the Liberal Party in 1989 and was a member of the Noble Park Young Liberals from 1989 to 1999, holding the Presidency in 1990. He has been a member of the Rowville Senior Party Branch since 2000 and was President from 2003 to 2005.

In 2005 Nick was preselected for the seat of Ferntree Gully and in 2006 narrowly defeated the incumbent Anne Eckstein by 27 votes. Nick was appointed as Shadow Parliamentary Secretary to both the Leader of the Opposition in 2008 and Community Services in 2009. A 12% swing in the 2010 election saw Nick safely elected to the current State Government. In December, Nick was appointed Parliamentary Secretary for Health.

Nick has an irrepressible interest in our local community and served as a Knox Councillor from 2003 to 2005. He was Chairman of the Combined Pre-School Committee



and the Knox Pride Awards and has been involved with the Dandenong Ranges Orienteering Club and the Knox Historical Society. The Good Friday Children's Hospital Appeal and the Salvation Army Red Shield Appeal have both benefited from his involvement.

Nick is proud, that since being elected he has fulfilled his promises on the 'keep clear' zone at the Napoleon Road – Lakesfield Drive intersection and getting the Rowville Rail feasibility study started. "There are still many things to be done, not least of which is the Stud Road Bus Lane between Kelletts and Ferntree Gully Roads, finding a new home for the CFA and making the Rowville Police Station a 24 hour facility" says Nick.

I asked him what his ambitions were in politics and he said "You can't predict the future. There is a large degree of luck and timing involved so who knows what the future holds. Knox needs dedicated community minded people and that is where my immediate future lies". I wondered if Nick had been overseas to experience other Governments and he confirmed that he had been to Washington where he studied not only their political structure but also schools, business and the prison system. He was amazed at how big and different the school system was. "The school I visited had 2,500 students and was more like a University



## Rowville Secondary College Farewells Assistant Principal Eva McMaster



Rowville Secondary College will be saying farewell to one of their Assistant Principal's at the end of term 1. Assistant Principal of the last eight years, Eva McMaster, has challenge for Rowville Secondary College, her principal team colleagues and other staff members are extremely excited for her. Doncaster Secondary College has made a very wise decision, one who recently been provisionally appointed as Principal at Doncaster Secondary College.

Whilst Eva's loss is a great chch will enable their school to go to the next level of achievement.

The Rowville Secondary College community wish Eva all the best in her new position as Principal and have every confidence that she will exceed expectations.

campus with first class amenities" he said. "In contrast", he added, "did you know that 1 in 4 Rowville secondary students go to school outside of Knox to schools where the demographics have seen a decline in young people. This doesn't include private or religious specific schools".

On the subject of changes he has witnessed in Rowville, Nick chose the growth of housing in the Sovereign Crest Estate and Heany Park areas and the development of Waterford Valley Retirement Village. It is much more suburban today.

Outside of work Nick, has enjoyed the challenge of orienteering since 1985 and is a supporter of the Brisbane Lions originally the Fitzroy Lions. He is also a great supporter of our newspaper and has been a distributor for nearly 5 years.

Somehow in his busy life Nick found time to meet his future wife Levili in 1991 and in 1997 they married and moved to Rowville. They have three children, Thomas, Emily and Grace. Levili's parents have been Rowville residents for over 40 years.

I asked Nick if he would encourage his children to go into politics and what advice he would give them. "I certainly wouldn't discourage them, it's an honour to represent your community, but broad shoulders are a pre-requisite. It can get a bit bumpy at times" he said.



*Knox Festival - cooking for Heany Park Scouts*



# Eildon Park Tennis Club

There are busy times ahead at Eildon Park Tennis Club with the summer season coming to a conclusion with many sides making finals and the winter season preparations well under way for a smooth transition between seasons. All 9 courts at Eildon Park have stood up well to what Mother Nature threw at us lately and new sand has just been added to the surface to replace what was washed away and to enhance play. Some of the regular outside venues the club uses during our busy competition times have unfortunately not fared as well and alternate arrangements have been arranged. Here's hoping we get more court time over the coming months. The club's new coin operated lights for night play have been a popular addition with members, allowing greater opportunity to play the sport they love. Now that daylight saving has finished, the increased access to the courts will be enjoyed by more players. Why not raid the piggy bank for some gold coins, ring a mate and meet down the club for a bit of a hit at the end of the day. Eildon Park Tennis Club is pleased to welcome members of the Electric Train Driver's Social Club for their Annual Tennis Tournament on April 10. This full-day event comprises a round-robin format with the competitors being train drivers and controllers associated with the train network. The club is looking forward to hosting this event. The facilities at Eildon Park Tennis Club are being made available on a casual hire basis. The agreed fee includes courts and facility usage as well as assistance by club members with catering for the participants. Should other organisations wish to explore opportunities to hold their tournament or social events at Eildon Park Tennis Club, please contact club President Michael Tomlinson via the

club website. Eildon Park Tennis Club would be pleased to tailor an event to suit your organisation including tournament play, coaching clinics, children's activities and beginner's events as required. We wish all players well for the upcoming finals series. Compete to your best and enjoy the experience of finals. 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)



On Saturday 7<sup>th</sup> May the Knox Regional Netball Centre is hosting the Victorian Netball League Holden Cruze Cup match between Monash University Central and Geelong Cougars. This is your chance

to see the top netballers in the state battle it out in a local venue. Matches start at 6pm with the Championship Match taking place at 7.40pm. Tickets are \$4.00 for adults and \$1.50 for students/concession and are available at the door. To find out more about the event, please contact the Knox Regional Netball Centre on 9758 7191.

# Little Athletics

- continued from Centre Pages

remaining in the high jump. The U15 girls were undoubtedly our most successful age group, with Lisa Morris and Grace McFaul also taking a gold medal, Lisa in the 300m hurdles and Grace in the 1500m. Numerous other children won medals at EMR, and those who finished with the performance ranking them in the state's top 24 for an event will compete at Olympic Park. Given that thousands of children are involved in Little Athletics this is a significant achievement. We are proud of them all and trust they will enjoy the experience. Read next month's edition of Rowville-Lysterfield News for details of their results. **Centre Records:** Many club and centre records have been broken recently, so many that it isn't feasible to list them all. Here are a few of the Knox Centre records created by our athletes on Knox Championship Day: Keelin McGeehan U8 Girls 70m and 100m; Courtney Beer U8 Girls 200m and 60mh; Jesse Eickhoff U9 Boys 60mh and

80mh; Jemma Stapleton U10 Girls 70m; Blake Tahlam-bouris U10 Boys 400m; Jordan Munyard U11 Boys 70m; Lachlan Viney U11 Boys 200m; Bayley Carlin U11 Boys 80m; Millie Reed U11 Girls 100m and 400m and Tayla Kearns U16 Girls 400m. For more information and Little Aths results visit the Knox website at [www.klac23.org.au](http://www.klac23.org.au) **Cross Country Starts Soon:** Calling new members. If you want to get fit, meet some new friends, like to roll your legs over, or hope to last a full game in one of your other sports why not take up cross country running? Registered Little Athletes pay no additional fees, and new members may sign up for \$50. (For 4-6yr olds it's just \$25). Cross Country is held in parks around Knox on Saturday mornings commencing at Koomba Park on April 2. Please call Michael 9755 7120 or Nick 9764 0661 for more information. Thanks to KLAC photographers. *Rosemary Merrigan*

# Works to start at Murrindal Family Centre

Renovations to double the capacity of Murrindal Family Centre in Rowville have started. Local Friberg Ward Councillor Andrew Walter said he was delighted that an extra preschool room would be delivered to the busy family centre. "Adding another preschool room to Murrindal Family Centre means, under current regulations, Council will be able to provide an additional 30 four-year old preschool places." Cr Walter said. "Rowville, in particular, is currently experiencing a 'baby boom' and Council realises that there will soon be many more parents seeking preschool places for their children." Cr Walter said that in addition to a new preschool room, the centre upgrade would also include construction of a new playground, outside the new preschool room. He said the project was made possible by a \$200,000 grant from the Victorian Department of Education and Early Childhood Development, as well as \$227,000 from Council. "Council is pleased to partner with the Victorian Government in planning for our children's future," Cr Walter added.



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# VILLAMARIA

## Villa Maria's Carinya - offering support for people with dementia and their families in the East

Villa Maria's Carinya Dementia Service has started the New Year with a new home in Lysterfield.

Carinya is a dementia specific, planned recreational and overnight respite service run by not-for-profit aged and disability services provider Villa Maria, offering people with dementia living in the Eastern region a chance to maintain their independence and quality of life.

It's also an important service for their carers, who gain much-needed respite from what can sometimes be a stressful role.

Carinya program coordinator Melanie Allsop said a move from Wantirna South to a new home in Lysterfield

## Knox Council

### Boostrix vaccination for new Dads

Fathers-to-be will now be able to receive a free Booster shot for whooping cough (also known as pertussis) prior to their child being born. Director Community Services, Kerry Stubbings, said changes to State Government health policy meant that partners of pregnant women could get the Boostrix shot as soon as the pregnancy was confirmed. "This booster helps safeguard families against a highly contagious bacterial disease and Council and the State Government want to do everything possible to make it more available for parents. "State Government statistics show that only 50% of men get the Boostrix vaccine, so we'd really like to see this increase."

Ms Stubbings said the free Boostrix vaccine could not be given to mothers during pregnancy, but should be administered following birth of their child.

Knox Council also provides free whooping cough vaccine to newborns. Parents are responsible for immunising their babies at 2 months, 4 months, 6 months and 12 months of age, as well as at 4 years of age and students in year 10 (or equivalent age).

[www.knox.vic.gov.au](http://www.knox.vic.gov.au) for more information on immunisation and our immunisation locations and schedule.



cnr. Fulham Road & Bridgewater Way,  
Rowville, 3178 Tel: 9753 4203

Email: [office@rowville.unitingchurch.org.au](mailto:office@rowville.unitingchurch.org.au)

Presents a series of Community Education Workshops, **Understanding and Managing Anxiety**. The sessions will be held on Mondays in May – 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> and run from 1pm to 2:30pm. Cost is \$5 per session or \$20 for the series.

This five week series is for adults experiencing problematic anxiety (or caring for a family member or friend) and aims to create greater understanding of this common issue. Topics will include understanding what anxiety is, types of anxiety disorders and phobias, management, treatment and self-help tips, and helping children overcome anxiety.

The workshops will be facilitated by Teresa Butler, registered psychologist and member of the Australian Psychological Society. She has fifteen years of counselling experience across a wide client base and range of issues and holds a Masters Degree in Psychology (Counselling). Teresa is also available for counselling appointments at the Centre on Mondays and Thursdays. Cost for counselling is \$40 for individuals and \$50 for couples/families, with concessions available.

If you would like to register for the Anxiety Workshops or book a counselling appointment, please contact Kerryn Davies at the Bridgewater Centre on 9753 4203.

late last year had given guests, their carers and staff a positive, fresh start for the New Year. "The large grounds, modern appliances, decor and space give people opportunities to feel relaxed and safe while they spend time with us," Melanie said. "Our guests and carers are very happy with our spacious new home."

Upwey resident Anne McKinnon, whose husband Ferg has been visiting Carinya for three years, said the new house was 'absolutely beautiful'. "It is so lovely and open and I love the outdoor area where the guests can go out and look across the hills. Ferg's been getting into the garden and he's been watering the plants etc for them," Anne said.

Ferg, who has frontal lobe dementia, said he enjoyed taking part in a Men's Group on Mondays, including outings to sports games, parks and restaurants, and relaxing around the home on Thursdays, interacting with other guests, doing quizzes and drinking coffee. "My first trip was to Frankston with the Men's Group and every Monday since then has been good," Ferg said.

Anne said Carinya was a vital part of their life providing respite for Anne and a social outlet for Ferg.

"Some days are fantastic and we can just flow through the day but other times it can be quite tiring and I look forward to having just a bit of 'me time'," Anne said. "When Ferg is at Carinya it's a big weight off my



**Carinya Programme Co-ordinator, Melanie Allsop**

shoulders. It's lovely to know he's enjoying his day, I think that's very important. The staff are very caring and really look after him. Ferg enjoys helping the staff and some of the older guests. He helps one man with his diary, writing down what he's done during the day because by the time the man gets home he's forgotten. It's good that they can help each other, he's formed some great friendships."

If you would like more information on Carinya contact the program co-ordinator on 9752 7700 or email [carinya@villamaria.com.au](mailto:carinya@villamaria.com.au)

# Health & Wellbeing



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



## Ankle Pain - Tarsal Tunnel Syndrome

The Tarsal Tunnel is a small space on the inside of the ankle, covered by a thick ligament that protects the nerves (posterior tibial), veins, arteries & tendons which run through it. Tarsal Tunnel Syndrome is a compression of the posterior tibial nerve that produces pain / symptoms along the path of the nerve which runs through this tunnel into the foot.

### Causes:

- Flat feet (over-pronation) – causing compression on the nerve
- Injury (eg Ankle Sprain) that causes inflammation in the Tarsal Tunnel resulting in nerve compression
- Enlarged or abnormal structures which take up extra space in the Tarsal Tunnel. Eg: swollen tendon, ganglion, bone spur, varicose veins

### Symptoms:

- Tingling, burning or a feeling similar to electric shock
- Numbness &/or pins and needles
- Pain, including shooting pain
- The symptoms may be localised or wide spread and extend from the ankle to the heel, arch, toes or calf.
- Symptoms may appear suddenly but most commonly occur after the foot being overloaded through prolonged standing, walking / running or a new exercise program.

### Treatment:

- Seeking treatment early is very important as symptoms can worsen rapidly. If left untreated then there is the possibility of permanent nerve damage. Progression of symptoms makes diagnosis difficult, making it harder to treat. Treatments include: Rest & Ice
  - Oral Medications • Immobilisation
  - Exercises • Orthotics / footwear changes
  - Injection therapies (local anesthetic or cortizone)
  - Surgery
- Your podiatrist at **Rowville Sports Medicine Centre** can advise you on what is best for you individual case to help control / relieve pain.



## Dry Needling & Trigger Points

### What is Dry Needling?

Dry Needling, is the use of a fine needle (Acupuncture needle) being inserted into muscle in the region of a trigger point. The aim of dry needling is to relieve the affected muscle of muscle tension & pain. Usually patients do not feel the needle penetrate the skin, as the needle is very thin. If the muscle is sensitive, shortened or has an active trigger point, the patient may feel a cramping sensation in the muscle and/or the reproduction of the pain they have been experiencing.

### What is a trigger point?

A trigger point is a tight band of muscle which is highly sensitive to touch or pressure. Trigger points can cause pain over the affected muscle or refer pain to other areas of the body. Trigger points can develop from poor posture, injury, or sporting pursuits.

Trigger points can often be the cause of persistent pain and can impact athletic and daily functions considerably. Your physiotherapist via careful assessment can determine the presence of a trigger point.



**ROWVILLE  
PHYSIOTHERAPY**

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## School Talk

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

are so you know what to do to get a little bit better" – Chae aged 5  
Each student in our school has had one-on-one time with their class teacher about personal learning. The teacher acts a bit like a sporting coach. They give the student feedback on performance and growth. Together they set goals for future direction in literacy, numeracy and social learning. Through this conversation, our students as young as five years of age are being supported to become independent learners. Continual monitoring and reference to the student's individual learning goals helps them to engage in reflective thinking about their learning and take responsibility for it.



### Perfect Practice Yields Results

Two year six students, Lachlan of Grade 6YO and Kealan of Grade 6GO represented Rowville Primary School at the Divisional Swimming Trials on Friday 4<sup>th</sup> March 2011. Kealan was a

winner because he achieved his personal best. Lachlan was a winner because he achieved his personal best and qualified for the next level of competition. While we are very proud of the achievement of both these students, their success has also provided us with an authentic story of what separates ordinary and extra ordinary performance.

Innate talent alone is not enough. Practice alone is not enough. Success is the outcome of existing talent in combination with deliberate and targeted practice. Both Lachlan and Kealan engage in ongoing and deliberate practice every week. However, it is not only practice for practice sake. Both boys co-construct their goals with their coach. They know what these are and they judge themselves against a standard. Sometimes it is against that of other competitors and sometimes it is against their own personal best. Both boys were able to nominate best known performers in swimming who were inspirations to them.

Kealan trains once or twice a week from 8.00-9.00pm for swimming. He has a coach who supports his training. His dream goal is to represent Victoria in Breast Stroke.

Kealan's short term goals in swimming are to beat his personal best times in three different swimming strokes. In 50m freestyle he would like to beat his best of 38 seconds. In 50m breast stroke his goal is to swim a time of 41 seconds and for 50m backstroke his goal is to swim best his best of 39 seconds.

He also trains once a week for football and once a week for Karate. This training helps develop his swimming and stamina. He works with coaches in both these sports. Kealan makes sure that his diet supports his training routine. He eats a lot of fresh vegetables from his garden. He eats fresh eggs from

his chickens. He has fresh food for his lunches and snacks

Lachlan's dream goal is to reach the National Swimming Squad and represent Australia. In 2009 he represented Australia in the Indian Ocean All Stars Challenge. Lachlan trains twice a week for swimming. This includes one night from 8.00-9.00pm and one morning from 5.00-7.00am. He only misses training if he is sick. His coach gives him feedback about his techniques and watches him as he practices this technique. When he masters one technique he stretches himself past his current limits by identifying another technique to master.

His other goal is to beat his personal best in freestyle which is 32.41 seconds in forty meters. His other goal is to beat his personal best in freestyle which is 32.4 seconds in a distance of fifty meters.

He also trains in soccer twice week. This includes about two hours of training on a Sunday and one hour on a Wednesday night. This builds stamina in swimming and running. Lachlan monitors his diet and eats lots of lean meat and fresh vegetables.

Both boys nominated their fathers as the role models who influenced them to become involved in sports. Kealan's father was the captain of the Urunga Beach Surf Lifesaving Club. Lachlan's father played for Hawthorn in the under nineteen's and the reserves.

Lachlan represented Rowville Primary on Friday 11<sup>th</sup> March at the Regional Swimming championships in Back Stroke. He finished in fourth place, just hundredths of a second from third. Once again he was a winner because he exceeded his personal best.

*Lachlan & Kealan*



*Awesome Swimmers*

## Lifting the Bar on Learning

Whether we are learning at school or outside of school, both our achievement and capacity to learn is enhanced if we have goals that we are able to clearly articulate and if we have a supportive adult who facilitates our learning.

Our prep students have only been at school for twenty-three days, but this was their response when they were asked how having learning goals helped them with their learning.

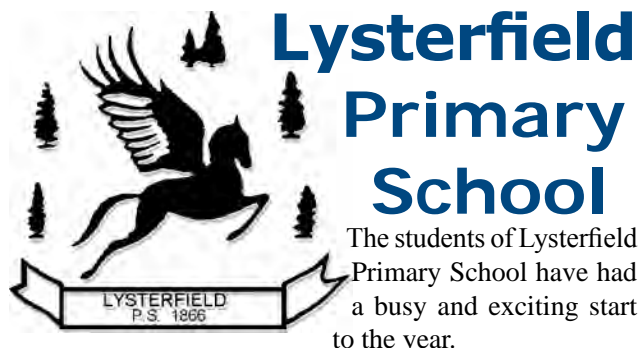
"Goals help you know what to do to be an even better reader, the little things you do to get there" – Lucy aged 5

"When you work on your goals it helps to build your reading stamina up. It's fun because you can read 10, 11, 12 minutes, like forever!" – Ryan aged 5

"It helps build up your reading stamina. The goals







The newly formed Senior School have been running elections for the leadership positions within the school. Interested students wrote and presented their speeches and members of the Senior School got to vote for their ideal candidates using the preferential system of voting. The votes were tallied and our School Captains and House Captains for 2011 were chosen. The school's principal, Tina Clydesdale, was very impressed with the quality of the student's speeches and thinks they should all be congratulated for having the courage to have a go.

The proud School Captains are Nick S and Olivia T and the school vice captains are Luke M and Brooke M. "I was so proud of myself when I heard my name" said Olivia. We also voted on the House Captains. Here are the results.

For Mitchell we have Nateisha S and Daniel M  
For Flinders we have Rebekah N and Harley W  
For Sturt we have Lauren G and Tristan S  
For Cook we have Kylie S and Jake P.

Leadership positions have also been filled for Technology, Library, Performing Arts, Sport, Visual Art, Environment and School Promotion.



Also in the works is our new building. The shade and shelter is now being put in place. Lysterfield is hoping that the building will be open at the start of Term 2. The building will house the Senior School classes. It is a modern, state of the art working space. All of the Senior School is greatly looking forward to moving in.

By Hanne D and Hope G



## St Simon's Primary School



### Opening of the School Year Mass and blessing of the new building.

Friday the 11th February celebrated the opening of the school year with a Mass and the blessing of the new school teaching complex. The Mass was celebrated by Bishop Tomlinson former Parish Priest of St. Simon the Apostle. Also in attendance were the representatives from the Federal Government, Alan Tudge, and from the State Government local member Nick Wakeling.

### School Leaders 2011

Congratulations to the following school leaders who received their leadership badges recently.

#### Environment Leadership Team

Ryan K  
Callum P  
Edeliene D  
Isabella Mc

#### Student Wellbeing Leadership Team

Aiden S  
Dylan W  
Emma W  
Lucy F

#### Service/Social Justice Leadership Team

Christopher B  
Thomas B  
Kate J  
Tian G

#### ICT- Computer Leadership Team

Bradley D  
Sean S  
Zoe E  
Lia C

#### Sports Leadership Team

Nick B  
Luke M  
Jorjai C  
Bianca C

### Knox Festival Banner Competition

'Creative Community', was the theme of the banner competition this year at the Knox Festival. It was a great success. There were 21 entrants from schools all around the Knox area. Our school was awarded "Most original

Idea". We also received a Marbry Craft Supplies voucher to the value of \$200.

Other results were: Best use of materials – Kent Park Primary, Judges encouragement Award – Park Ridge Primary, People's Choice Award – St Jude's The Apostle. A big thank you to all the children involved in creating the banner. Your creativeness, enthusiasm and flair for art made it all a worthwhile experience.

Melinda Wharton (Art Teacher)

#### Knox Festival Art and Craft Exhibition

Congratulations to Madeleine C in 3 Yellow who won 3<sup>rd</sup> place and an encouragement award for the two drawings she entered in the Knox Festival Art and Craft Exhibition. A wonderful achievement.

### School's Clean Up Day

Thank you to all students and teachers for participating on Friday 4<sup>th</sup> March in St. Simon's Primary School's Clean Up Australia Day. The students were eager and very well prepared to clean up the school and outer school areas. St. Simon's teachers were very pleased and gratified with the student's effort in making *our* school proud. At the end of the day, the Environment Team counted 55bags of rubbish collected by our school.

In the future our Environment Team will start up a gardening club, and would like to keep the school clean by maybe investing in some recycling bins. The recycling bins would be good for LOL can and other recycling materials. We also would like everyone in the playground to put in an effort to keep our school clean.

*We really appreciated the effort that all students and staff put in.* Thank you from the **Environmental Team** Ryan, Callum, Edeliene and Isabella Mc.

## SPORTS NEWS

### Athletics Day

We held our School Sport's Day on Tuesday 1<sup>st</sup> March. Unfortunately the rain impacted on our day as it did last year and we had to juggle the program quite a bit. As a result our Sports are not completed but we will endeavour to complete all outstanding events here at school before the end of term.

#### St Simon's Auskick Game – NAB Cup Grand Final.

Friday 11<sup>th</sup> March, 24 children participated in the half time Grid Game at Ethiad Stadium. A great experience for all the children.

Shane Regan (Sports Co- Ordinator)



# Rowville Kids

Hi Kids! We are from Rowville P.S. and we are very excited about publishing our first ever Kids Page of fun things to do and read about. We'd love to know what you think so please write to the editor, Mr. Gilbert and let us know your ideas.

## Brain Buster

If a cowboy rode into town on Monday and stayed three nights and left on Friday how did he do it?  
By Kristen.G. 3JU

**WHAT AM I?** I'm a 5 letter word for an item of food. Take away the first letter. You are left with a form of energy. Take away the first 2 letters. You're left with something necessary for survival. Scramble the last 3 letters. You can drink me. What word am I? *By Ain Year 2F*

**Tall Miss Eticoat**, in a white petticoat, with a red nose. The longer she stands the shorter she grows. What is Miss Eticoat?

*What tables don't you need to learn?* by Robin. V

**Tongue Twisters** - How many times can you say these quickly?

*She sells seashells by the seashore.*

*Ten topsy turvy tortoises tumble in the tide.*

## Poet's Corner

**I'm your Special Place** by Ashna. A. Year 5BO

Here I am spinning through space. I'm the earth  
I'm your special place.  
These are my mountains crumpled and steep  
These are my oceans wild and deep.  
These are my deserts empty and bright  
These are my cities that light up at night.  
These are my forests, please keep them green  
These are my rivers, please keep them clean.  
Here I am spinning through space, take care of me  
I'm our special place.

## Italian Cooking Classes

At Rowville P.S. we have **Italian** cooking classes using the ingredients that we have grown in our Kitchen **garden** classes. Some grades made these 'fantastico' Corn **Fritatas**. Try them they are easy and delicious.  
by Year 2WE

### Corn Fritatas

Ingredients:

- |                           |  |
|---------------------------|--|
| 3 cobs of corn            | 1 ¾ cups of milk                       |
| 240g plain flour          | 1 tablespoon chopped flat leaf parsley |
| 3 teaspoons baking powder | 1 teaspoon of chopped chives           |
| A pinch salt              | 30g melted butter                      |
| 1 egg                     |  |

**With adult supervision:**

1. Remove husks and silk from corn and then remove kernels with a sharp knife.



melted butter

9. Allow the batter to stand for an hour
10. Heat butter in frying pan over medium heat and add a few dollops of batter. Cook until the underside is golden. Flip and cook the other side.

Yummy corn fritatas are now ready to eat. Try them with bacon and maple syrup.



## ANSWERS

Brain Buster Answer: The cowboy's horse was named Friday.  
What Am I? Answer: Wheat  
Miss Eticoat Answer: She's a lighted candle  
What Tables? Answer: Dinner tables.

## Word Search

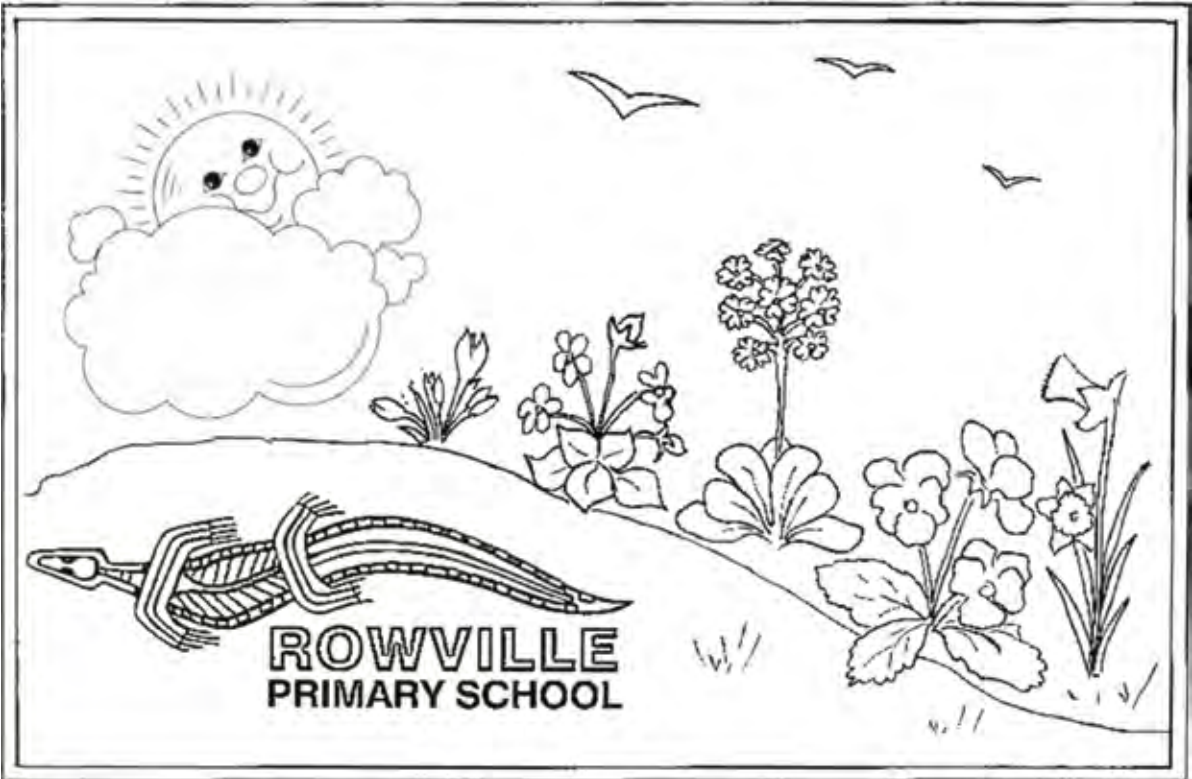
B	R	E	A	D	I	N	G
S	D	N	E	I	R	F	A
Q	L	I	B	R	A	R	Y
H	H	I	E	D	T	O	G
Y	P	C	L	M	R	P	N
L	E	I	N	L	A	T	I
B	A	G	R	U	C	Z	T
M	F	Y	A	E	L	W	I
E	L	M	C	O	A	E	R
S	S	D	O	R	S	A	W
S	N	H	U	K	S	D	J
A	C	A	N	T	E	E	N
S	M	A	T	B	R	U	Y

by Brittany

**Can you find these words?**

- |        |         |          |
|--------|---------|----------|
| school | reading | assembly |
| gym    | lunch   | canteen  |
| art    | count   | friends  |
| class  | writing | library  |

Colour Me







# Combined Churches The Way of The Cross

The Way of the Cross is an opportunity to walk, reflect and sing about Jesus' journey to the cross.

## An invitation to Our Community at Rowville

Hillview Community Church, RAFT Anglican Church, Rowville Uniting Church, The Salvation Army and St Simon's Catholic Church have all joined together to help us remember what Jesus has done for us through his passion and death on the cross to His resurrection. There will be some scripture readings, prayer, reflections, singing and a performance to help us deepen our appreciation of Jesus' love for us.

We would love you to join us in this journey through the Bible whether you are part of a church or have never been to church but are interested in thinking more deeply about Easter.

We will be meeting at the Rowville Community Centre (20 Fulham Rd) at 10am and concluding with Hot Cross Buns just down the road at Rowville Uniting Church.



## RAFT Anglican Church

*"Building passionate followers of Jesus Christ"*

**Parish of Rowville & Ferntree Gully**

131 Taylors Lane, Rowville Ph: 9764 2573

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

### RAFT In The Neighbourhood

Oscar-winning director George Stevens summed up the essence when he called his film "The Greatest Story Ever Told". The 1965 epic retelling the story of Jesus Christ gets us thinking about the greater than life-sized characters in that most read book in the world, the Bible.

For a book written over 16 centuries ago, across 40 generations by more than 40 authors, it has one consistency in its counsel to readers, to love God, and to love our neighbours. That has been the inspiration, and the purpose, at RAFT.

It shows in what we do, in our home at the corner of Kelletts Road and Taylors Lane and in what we do with our neighbours in Rowville, Lysterfield, Ferntree Gully, and in the City of Knox and beyond. It isn't always obvious to us, but as we go into a new term, reflecting on the weeks, months and year ahead, we are reminded of our purpose, and the friends in our midst.

Our "prize-winning" Community Kitchen has been the revelation of the past year. This is a program that seeks to promote healthy eating choices, teaching people how to cook affordable meals that are nutritious and appealing, in a social setting. From a single lunch session, it has expanded to lunch and dinner sessions every Wednesday. The Community Kitchen was one reason Knox City Council gave RAFT a grant to upgrade its kitchen facilities. "Many of our participants enjoy the opportunity to sit down to a meal and have a chat after the cooking," says facilitator Lyn Phillips of what participants do with what they cook. Classes for the new term are open. Contact Lyn or Rob on 9763 3078.

This year, RAFT will be seeking to establish a Community Garden through a partnership with the



*SES's Paddy the Platypus at RAFT's Mainly Music.*

Victorian Certificate of Applied Learning (VCAL) schools program that is run at RAFT. The Community Garden is another program funded by a grant from Knox Council. It is open to members of the community who want to learn about establishing sustainable communities.

Other RAFT programs resuming this term serve interests ranging from pre-school children to youth and Wise Owls, and people interested in family history.

Among activities for children, at times drawing on partners in the community, is Mainly Music, a teaching program through music. After the hail storms last March, Paddy the Platypus from the SES came to reassure children on rain and water. Two other children's playgroups run on Tuesday and Thursday.

Music is big with the youth, who have held an Out of the Garage band contest coached by former Skyhooks rocker Bob Spencer.

For more information on RAFT's community activities, telephone 9764 2573.

## Au Revoir to Marjorie and Ron Lade

38 years ago, Marjorie and Ron Lade moved from their Gippsland home in Yarram to Rowville and have happily lived here ever since, involving themselves in many community activities, not least of which was their commitment to delivering the RLCN since the first issue in 1981. In fact Ron was heavily involved in starting the paper and served on the initial committee.

Ron ran his own engineering company in Yarram then joined the MMBW in 1973 and remained with them until his retirement in 1992. He had a passion for old Holden cars, owning an FX and his 3 trailer load collection of old parts were eagerly acquired by a Holden Car Club last month. Ron says "They had no use for the two skips of metal I had so 4 tons went to a scrap metal merchant".

Both Marjorie and Ron were active members of the Methodist Church in Scoresby where Marjorie taught at Sunday School. They became initial members of the Rowville Baptist Church congregation and Ron was partly

responsible for the development of the land where the Church is and moving the old school building from Box Hill. They became involved with the Church's 'Outreach' programme and helped form the Friendship Club and Friendship travellers. "We had some lovely memories of trips and events" says Marjorie.

Marjorie became the CRE (Christian Religious Education) teacher at Rowville, Park Ridge and Karoo Primary Schools and became the "District Commissioner" for the Girl Guides. At the same time she brought up three daughters who have now given them nine grandchildren. Meanwhile in 1987 Ron, who is a Life Member of Apex, decided to get involved with the formation of the local 'Neighbourhood Watch' and watched it flourish over the years. With a hint of sadness Ron says "It is a shame that it has passed into history. I'm not sure if the new organisation can have the same community impact, especially with the lack of police figures".

Before they closed their front door for the last time on 21<sup>st</sup> March, it was a privilege to meet and reminisce with Marjorie and Ron, who recalled that there were only about 70 houses in the Stamford Estate when they arrived. I asked what memories they would take with them and Ron said "Trying for 20 years to get traffic lights at the Wellington Rd and Taylors Lane intersection. In the 1980's Rowville was commonly referred to as 'The Lost Sister of

Knox' and reading the weekly papers I don't think much has changed". I had to agree.

So 'au revoir' to two stalwarts of our community and all the best wishes for a happy retirement in Warragul. Your contribution will be sorely missed.

*Interview with the Editor*

## Knox Regional Netball Centre

On Saturday 7<sup>th</sup> May the Knox Regional Netball Centre is hosting the Victorian Netball League Holden Cruze Cup match between Monash University Central and Geelong Cougars. This is your chance to see the top netballers in the state battle it out in a local venue.



Matches start at 6pm with the Championship Match taking place at 7.40pm. Tickets are \$4.00 for adults and \$1.50 for students/concession and are available at the door. To find out more about the event, please contact the Knox Regional Netball Centre on 9758 7191.





Rowville Uniting Church is a warm and friendly church that welcomes people to join us for worship that is both traditional and contemporary. We seek to engage with God in ways that speak meaningfully in today's world, with a good mix of music and preaching with a practical focus. We gather at 10am on Sunday morning and Sunday school is offered during the service. We always enjoy a good time of fellowship following the service.

The year is running away and it is almost Easter. Easter is late this year which adds to the dilemma of the way the year is running away! It is very pleasing to note that this year the churches are combining once again to offer the *Way of the Cross* on Good Friday. Rowville Uniting Church will offer a Maundy Thursday service on the 21<sup>st</sup> April at 7:30pm. We will join the Way of the Cross on Good Friday and our Easter Day service will be the usual



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.

time of 10am. Easter is perhaps the most holy of times for the Christian Church, a time to reflect on the death and resurrection of Jesus and the life that is offered to all of humanity through him. It is fitting that we have such special times to worship to give God our proper thanks and praise. You are invited to join with us in any of these special times.

### Toddler Gym

We are starting a new program called Toddler Gym. Thanks to the generosity of Rowville Rotary Club and the Knox City Council, we are able to offer a program to the wider community for pre kinder children that will add significantly to early childhood development. Toddler Gym will commence on Friday the 29<sup>th</sup> April. There will be two one hour sessions: 9:30-10:30 and 11:00-12md. The cost is just \$3 per family for a session and there is

no need to preregister.

### Playgroup

A new Playgroup has started at the church recently and is on Fridays at 11am. The group brings lunch and shares a wonderful time playing with the many fun toys in the cupboard whilst also being a great way to meet new friends at a similar stage in their life. New families are welcome to join and fees are \$20/term. After Toddler Gym starts in term 2, Playgroup will run from 12:30pm - 2:30pm giving families the opportunity of attending both the later session of Toddler Gym and then Playgroup.

Both of these programs are offered to all in our community and not dependant on church membership. If you would like to enquire about either of these exciting programs, please contact Kerry Davies at the Church Office - 9753 3495 or Kerry Bassett - 9763 4100 or email office@rowville.unitingchurch.org.au



This year, Easter and Anzac Day fall on the same long weekend. Both are occasions for remembering the sacrifice of others on our behalf and for reflecting on the impact of those sacrifices on our lives today. Both are times to recognise humanity's struggle for peace in our broken and bruising world. Both offer examples of courage and conviction that can inspire and encourage us in love and hope. We invite people of all ages, backgrounds and faiths to join us from 9-10am on Good Friday (April 22) as we reflect on the death of Jesus Christ and peace with God.

And also from 10-11:30am on Easter Sunday (April 24) as we rejoice in the resurrection of Jesus and the hope it offers us and our world.

In the New Testament, Easter coincided with another nation's day of remembrance, the Jewish Passover. So this year, as part of our preparation for Easter, we have invited a guest from "Celebrate Messiah" to make a presentation on "Messiah in the Passover". This will take place during our Morning Worship from 10am on April 10. Everyone is welcome to join us for this interesting free presentation.

After Easter, we will be celebrating the first anniversary of the Wellington Care Centre. The Centre provides low-cost counselling from a team of outstanding counsellors. The team includes specialists in children (particularly those with autism spectrum conditions), adolescents,

men's issues and trauma recovery. Many people have benefitted from such counselling in the Centre's first year. The Centre also hosts helpful life-skill seminars and distributes material assistance to a large number of local people facing financial hardship.

Later this year we will be offering seminars and sessions on "Living on a Tight Budget" and also addressing youth mental health issues. For more information visit www.wellingtoncarecentre.com.au or phone 9764 3738. The Wellington Care Centre is already proving to be an asset for the residents of Rowville, Lysterfield and surrounding suburbs and there is more to come in the future. You are welcome to join us in celebrating a great first year at the Anniversary Service from 10am on Sunday May 1.

Rev. David Devine Phone 9764 4242



## ROWVILLE

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This year, The Salvation Army Red Shield Appeal is going to be taking place on the weekend of May 28<sup>th</sup> & 29<sup>th</sup>. Currently, The Salvation Army are in the throes of arranging this annual appeal and we invite you to join us at 11:30am on Monday 16th of May at Knox City (near Gloria Jeans) where The Salvation Army's local Corps Officers will be joined by Mr Alan Tudge, Federal Member for Aston who will officially launch the appeal for the City of Knox.

Funds raised through the Red Shield Appeal are used to assist people in need in Australia regardless of their nationality, race, belief, sexuality, ability or behaviour.

This includes those who are homeless, those who suffer domestic violence and families who struggle with the weekly budget. Funds raised also support some of our programmes like drug & alcohol programmes, family housing programmes and our women's refuges. They also support our disaster relief, which this year involved us being able to help those affected by floods with cash grants immediately at their time of greatest need.

Over 1 million Australians are helped by The Salvation Army every year and at any given week the Salvos provide:

- more than 2,000 beds for the homeless
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- As well as many other programmes supporting local communities.

We are urgently seeking local community members to help us with collecting at this year's appeal. If you are able to assist us, please contact Lieutenant Sarah Eldridge on 0429 988 920 as soon as possible so we can allocate you to a team.

As always, we extend the invitation for you to join us at our Sunday Worship services at 10am, and encourage you to call us should you need assistance from our Community Support Services. We thank you for your support of our work, and look forward to partnering with you at this year's Red Shield Appeal!

Sarah Eldridge, Lieutenant, The Salvation Army Rowville, Associate Corps Officer Ph: 0429 988 920



Silver: the traditionalists' marriage anniversary gift marking 25 years (ours was a little less novel). I suppose you could say the 25<sup>th</sup> birthday of our church (Australia for Christ Fellowship) could be duly considered a 25<sup>th</sup> anniversary, what with The Church biblically resembling Christ's bride and being in partnership with Him.

Like every other 25th year of celebration, this church has accumulated a wealth of experiences that made the voyage to the quarter century mark, an absolute victory! We have, as a collective, experienced just about every emotion known to humanity (being obviously a congregation of human

beings) and have consequently hit some rough patches, dry 'seasons', heavy storms, internal friction and interesting democracies. However, the hotter the fire, the greater and purer the refinement.

The beautiful thing about a community of willing people trying to make themselves and the world a better place, is the impressive capacity for forgiveness it reveals, because forgiveness is necessary wherever the selfish nature of humanity is exercised (which is often more frequent than we'd like to acknowledge). Honest to goodness, congregating people from all walks of life, different places of origin, various cultures, and diverse experiences would warrant huge disparities of clashing natures. But having kept the mixed bag mixed and joyously engaged with one other, still, after 25 years, is nothing short of divine miracle.

Speaking of divinity, we must honour the only reason we're thriving in our cosy Rowville residency: and that is predictably Jesus Christ. We cannot deny the hardships that shaped us, but we must not neglect the hand that held us together when we ourselves were falling apart. You

see the miracle of broken people gathering and healing together and to each other is the awe that we have in the love of The Father. We're still here only because *He loved us*, simple as that. He loved us and he loved that we tried loving each other for 25 years, even if sometimes we weren't very good at it. For despite our own failings, in Him we were somehow made whole. And in Him we learnt to live and love together.

On Sunday March 6<sup>th</sup>, Australia for Christ Fellowship celebrated 25 years of life together with each other and under the umbrella of marvellous grace. We also erected new signage so that we're no longer the hidden church at the bottom of the hill that nobody's familiar with. So with extended arm to you, we now invite you into this family community for the love and growth of *another 25 years!*

Oh and lastly, I must excitedly mention that podcasts from our website (acfchurch.com) are now freely available for you to sample what we at ACF like to talk about! This said, do come and see our faces, relationships don't exist between you and our podcasts, but they can between you and I.



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