



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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FREE

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IN THIS ISSUE OF ROWVILLE - LYSTERFIELD COMMUNITY NEWS
What's happening in your neighbourhood; activities, events, service groups,
governments, clubs, schools, churches, history, achievers and more...



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Saturday, 02 July 2011

FROM THE EDITOR'S DESK



Attending the RLCN Reception on May 5th was a humbling experience. I thoroughly enjoy delivering our paper around my local streets and have been happily doing so for two years. But here I was in the company of people who have willingly given of their time for 5, 10, 15, 20, 25 and 30 years. Presenting the awards, our President Rob James,

wondered just how many kilometres that would work out to be and how many hours of exercise it amounted to, bending down to low newspaper tubes, walking up and down hills, in all kinds of weather. The satisfaction gained is equally hard to put a figure on as is our appreciation of their time and commitment. Our sincere thanks to you all for the job you do with special thanks to the Yates family for their continued volunteering through three generations.

Next month, the first of winter, sees some every worthwhile causes, not least of which is Red Nose Day, Blood Donor Day and World Environment Day. Our support of these is of great importance to each of them. If a glass of wine and some exotic food is more your style visit the Good Food and Wine Show.

Democracy has been seen to be alive and well with Council reviewing the Stud Park Structure Plan (Stage 2), with Council passing a number of amendments and deferring any decision until a future Council meeting.

It would seem that our readers enjoyed the poem by Edel Wignell so you will be glad to read that Edel will supply further examples for adults, teens and children in future issues of the RLCN. In the meantime all those budding poets amongst our readers might like to submit their own rhymes for all our readers to enjoy. Don't be shy, send them in.

Finally, you've all heard about the "World's Biggest Morning Tea" so how about, at the other end of the scale, a visit to Yarra Valley for the Winter Solstice "Shortest Lunch". I think they will have a festival for just about anything. Any ideas?

Letter to the Editor

Dear Editor

In the last edition of the RLCN, you posed a question in Memory Lane (1996) asking if there were any original members of the Red Cross Rowville branch still involved.

Marcia Kent joined the Red Cross in 1971 along with other regrettably deceased stalwarts Connie Fordham and Kath Finn (Kath owned the Rowville Caravan Park) and is still involved. She is 99 years old having been born in 1912 and has received her long service award in 1988, a first bar in 1994 and a second bar in 2002. Next year as she celebrates her 100th year not only will she receive a message from the Queen she will also gain her third bar, a very rare occurrence indeed.

Kind Regards

Pauline Lilley

Editor's Note: Thanks Pauline. I feel an interview coming on!!



Thank You to Peter Broughan - ACP (Area 2), Captain and Counter (8 years) and Graeme Smith – Distributor for 22 years & Life Member

Welcome to Sean Hansen – who will be doing Graeme's distribution

Voluntary Positions. Distributors are needed for: Murrindal Dr (between drain reserves).

Please contact Ian Richards – 9763 9260

Eildon Pd (both sides from Murray Cres (end opposite childcare) to Dandelion Drive and from childcare centre to Dandelion Drive), Metcalf Cr, Tyrell Crt, Reeve Pl. Please contact Lesley Jenkins – 9755 5065

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Please contact – Peter Rumble – 9752 7592

Distribution Co-ordinator

What's On
Locally

June 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 Playgroups - Tue, Thur & Fri mornings during school terms.

CFA Juniors Meet every Thursday 7pm.

1st Rowville Scout Group

Scouts (11-14 years)

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, contact Erika rowvilletoastmasters@gmail.com

TOWN Club Meet Wednesdays 9.30am at Uniting Church

Uniting Church Services every Sunday at 10am. KUCA (Primary Children) Fridays 7pm LINK Thursdays 10am. Toddler Gym Friday 9.30-10.30 & 11am-Noon (during School terms)

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.

Paris Edition

The design and layout of this edition of the RLCN is being completed in sunny Paris, France for electronic transmission to the printers.

John Mortimore, Design & Layout
Blvde R Lenoire, Bastille, Fr

Calendar of Events

June 2011

- 1 – 30 June **Jump Rope for Heart 2011**
www.heartfoundation.org.au
- 1 – 7 June **Thyroid Awareness Week**
www.thyroidfoundation.com.au
- 3 June – 5 June **Good Food & Wine Show**
www.goodfoodshow.com.au
- 5 June **World Environment Day**
www.un.org/observances
- 5 June **MS Walk & Fun Run** www.mswalk.org.au
- 5 – 11 June **Bowel Cancer Awareness Week**
www.bowelcanceraustralia.org/bca
- 8 June **World Oceans Day**
www.theoceanproject.org/wod
- 10 – 13 June **Mt Baw Baw Opening Weekend**
www.mountbawbaw.com.au

- 10 – 13 June **National Celtic Festival**
www.nationalcelticfestival.com
- 10 – 13 June **Mind Body Spirit Festival**
www.mbsfestival.com.au
- 12 June **World Day against Child Labour**
www.un.org/observances/days.shtml
- 13 June **Queen's Birthday** (except WA)
- 14 June **Men's Health Week**
www.menshealthaustralia.net
- 14 June **World Blood Donor Day**
www.donateblood.com.au
- 19 – 25 June **Refugee Week**
- 19 – 25 June **Drug Action Week**
www.drugactionweek.org.au
- 20 – 26 June **World Continence Awareness Week**
www.continence.org.au
- 21 June **MND Global Day** www.mndaust.asn.au
- 22 June **Winter Solstice**
- 24 June **Red Nose Day** www.rednoseday.com.au
- 27 June **Global HIV Testing Day**
www.positivewomen.org.au
- 29 June **World Scleroderma Day**
www.sclerodermaaustralia.com.au

RLCN Annual Reception

This year the Annual Reception for the Rowville / Lysterfield Community News took on a slightly different feeling as we move into the thirtieth year of production, with the celebration of one member, Marjorie Lade, receiving a certificate for 30 years of service. We congratulate her on reaching such a milestone for the News.

Held at the Rowville Community House on Thursday the 5th May I was ably assisted by Alan Tudge MP, Nick Wakeling MP and Cr Mick Van de Vreede in handing out the certificates. I thank them for their ongoing interest in the News and was delighted to see their affinity with our community members in their light hearted conversations on the night. They seemed to know everyone.

After introductions many of our local community members stepped up to receive certificates for their dedication to the paper for 5,10,15,20 and 30 years of volunteering.

Five years Certificates went to :-

Cindy Banjanin, Rob James (that's me) and Jo Wilson. Those unable to attend on the night were : *Lauren Hopkins, Lesleigh King, Sunny Somaia, Joanne Wilson and the Honorable Kim Wells.*

10 years:- Geoff Baird, Evelyn & Alan Bishop. Rita Cicchiello, Marie-Anne Duthil & Fruitful Vine Melbourne Church. Those unable to attend were: *Sue Blackwell, Shaddy Cameron, Valerie Gosch, Jill Greenard, Lesley Jenkins, Nadia Porter, Karen Reinsch and family, Linda Strahan, Donna Tukukino & St. Simon's Primary School.*

15 years:- John & Rhemy Brady, & Janice Nicol, Those unable to attend were:- *Diana Amend, Tricia Johnston, Lynne Lindberg, Ian McDonald, Nelly McLennen & Lynn Stubbs.*

20 years:- The Yates Family and unable to attend *Sue Rasti and son Kyle*

30 years:- Marjorie Lade

It was also a privilege to see Life Membership go to the Yates Family for their 20 years of service with Kelly, Phillip and Rhonda there to receive the award. Sue Rasti and son Kyle were also made Life Members. SEE PAGE 9

I wish to thank all our distributors that work behind the scenes to deliver this great newspaper, to keep up the good work and see you soon at our next annual reception. I would also like to thank my committee for putting on a seamless evening.

Rob James President

Editor's Note:- If you would like to offer your services to the paper either as a distributor or as a committee member please don't be shy and contact us on 9763 3157 or by email rlcnews@vicnet.net.au

Knox Young People Petition for Public Transport

To bring to the attention of the public the transport needs of the young people of Knox, Jonny Sugumar and Anthony Osborne have been going around with a petition for young people to sign, listing a group of key public transport issues that young people need to remain mobile.

They have identified the need for more frequent bus services especially in Rowville towards Lysterfield where the only frequent service is the 691 which operates once every 30 minutes on a weekday, finishing roughly at 8:30pm. Also identified was the need for the Rowville Rail feasibility study to be fast tracked with construction beginning within

the next two years. "We would wish that adults will listen to us young people more. It's disappointing that the people that rely most on public transport hardly ever get consulted on the issue that determines how they move over large distances," says Jonny Sugumar, 16 of Rowville. "Very few young people have parents that can drive them to where they need and want to go constantly. As such, young people have to rely on public transport to get from point A to point B, and within Knox, public transport needs improvement. We have discovered that with increased frequency more people are using public transport as it's more reliable for them, but we still need the companies to promote their service so that more people know about it and use it," says Anthony Osborne, 20 of Rowville

People seeking information on the petition can email knoxypt@hotmail.com.au For more information you can contact Anthony Osborne on: 0439207179 Email: Elitrian@hotmail.com



RLCN 20 Year Award Recipients with Federal MP for Aston Alan Tudge



RLCN 15 Year Award Recipients with Cr Mick Van Der Vreede



RLCN 10 Year Award Recipients with State MP Nick Wakeling



RLCN 5 Year Award Recipients with Federal MP for Aston, Alan Tudge

Rowville Community Centre

The Rowville Community Centre, located in Fulham Road, Rowville runs many programs. Some of our new programs the centre is offering include, Soccer Time Kids (soccer for 1 – 5 year olds), Zumba fitness and Thai Boxing.

Other popular programs include yoga, stretch and tone and seniors activities to name just a few. For more information about all the programs on offer please contact the centre on 9763 7400 for a brochure.

THE ROTARY CLUB OF ROWVILLE - LYSTERFIELD



New Football Club for Lysterfield and a New Name for Rotary

It is official, Lysterfield now has its very own football club fielding teams for the under 9's 10's 11's and 12's. Playing as Knox/Lysterfield over the last few years under the banner of the Knox Junior Football Club and boasting great success on field they are now in 2011 officially known as the Lysterfield Wolves Junior Football Club (See separate report).

In another proud moment of giving back to our local community our Rotary club provided the Lysterfield Wolves with \$4000 of funding to contribute to the cost of their new football jumpers.

We recently joined them at Lakesfield oval at their jumper presentation night where our president Darren St Ledger handed out the new jumpers. We were so pleased to be part of this momentous occasion and to especially see how honored the kids were to receive their new jumpers and to now have their own identity. We wish everyone involved at

the football club a great future and many years of success on and off the field.

For more information and for all enquiries about joining the Lysterfield Wolves Junior

Football Club please visit their website at www.lysterfieldjfc.org.au or contact registrations officer Greg Crawford on 0417 535 817.

On another note we are pleased to announce that application for a name change has been accepted and signed off by Rotary International and we will now be known as the Rotary Club of Rowville-Lysterfield. We encourage residents of the Rowville and Lysterfield area who wish to join our vibrant family of businessmen and women who are passionate about making a difference in our local and wider community to visit our club one night, to join in the fun and see how Rotary can perhaps make a huge difference in your life and even your business.

Please see "What's On Locally" for meeting details. We have dinner, guest speakers and fellowship. For enquiries please call Anthony Johnson on 0412 586 283 or Jeff Somers on 0413 150 587 or email jsomers@ozmail.com.au.



Volunteering has never been this much fun.



Lions Club of Rowville

Once again the club has decided to include the Youth of the Year Quest in our list of projects for the upcoming year. This quest is open to youths between 16 and 19 years of age, and

is a wonderful way for teenagers to improve their

communication and leadership skills. There are five levels of judging with a public speaking winner and an over all winner at each level, with the over all winner advancing to the next round.

For creative students, we will also be conducting the Lions Clubs International Peace Poster Contest. Students aged 11 – 13 on November 15th are eligible to participate and through the contest students are encouraged to visually

depict their interpretation of the contest's theme which, for 2011-2012, is "Children Know Peace".

We will shortly be approaching schools in the area regarding both of the above competitions so anyone knowing of a young person who might be interested should suggest the student advises his/her school of that interest. Alternatively, a phone call to our Youth Project Chairman Don on 0415 521 283 with details of the student's name and school will set the ball rolling.

Editor's Note:- Don't miss out on these opportunities kids. Contact Don today.

Australian Red Cross Rowville Unit Young Migrants Learning To Be Leaders

Last November, young newly arrived migrant and refugee students participated in the 'Young Leaders of Today'

course run by the Red Cross at Northern Melbourne Institute of TAFE (NMIT).

The six day course covered leadership skills, training and self development, enabling young migrants and refugees to take on leadership roles within the community. The course also encouraged students to achieve personal goals and to address issues of concern to them. They were visited by a local councillor who spoke about his role as a leader in the community. During the graduation speech each student prepared and delivered a speech in front of an audience.

A Red Cross project officer said the course was designed to give students the opportunity to develop professional skills whilst learning more about their communities. The class took on a fundraising project by hosting a barbeque at the NMIT campus and raised over \$400 for people affected by the recent national disasters throughout Australia.

"This course enables young migrants and refugees to realise that they have the ability to deal with issues that arise and gives them the confidence to orchestrate positive change within their lives and the community" the project officer said.

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

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

1A Park Boulevard, Ferntree Gully
Phone: 9752-2737



U3A Registration

U3A Knox's 110 or more classes include quite a few sports activities. Swimming, golf, badminton, and several different walks, as well as cycling groups are offered.

For instance there are 3 golf groups, one at Dorset Golf Club which is mainly for men and involves an 18 hole team competition, that is very much enjoyed by all the players. There is also another group of men who compete at Glen Waverley in a 9 hole competition and a ladies' group at who play at Churchill Park.

The picture on the right is of one of the men's groups, at Dorset golf Club. Duncan McIntyre is hitting off watched by several team mates all giving him tips and instructions!

The picture on the left shows a group waiting to enrol for new subjects at Term 2 enrolment day.

Some vacancies in a few subjects are still available.



Hitting it off at Dorset Golf Club

KNOX SAFER COMMUNITY

What can we do to reduce drug problems in our community?



Most Australians use drugs, including alcohol, without experiencing problems. However it is important to give some thought as severe costs in lives, health and happiness across society.

National Drug Action Week, June 19-25, offers just such a reminder. The theme this year is 'Look after your mind!' and emphasises the dangers of mixing drugs

and alcohol. For more information see the website drugactionweek.org.au

Do you know someone who needs help?

Knox Community Health Services at 1063 Burwood Highway, Ferntree Gully, provide free and confidential alcohol and drugs counselling, support, advocacy, education and training. Phone 9757 6200 (office hours) and ask for the Intake Worker.

For support 24/7, Eastern Health's Turning Point Alcohol & Drug Centre offers a range of services including a 'listening ear', support in a crisis, or information about where to go for treatment. Phone 1800 888 236. There is also a Youth Substance Abuse Service on 1800 014 446. And for family advice phone 1300 660 068.

Modelling responsible behaviour is something everyone can do, from parents to workplace, sports and other community groups.

Here are a few initiatives:

Run a parent's night to discuss drug issues.

Develop an action plan in your workplace or club on how to manage alcohol or drug abuse

Provide alcohol-free recreation for young people. Use Victoria Police Partysafe guidelines

If your group wants advice about running an event contact L/SC Lee Thompson, Knox Safer Community Co-ordinator at Knox Police Station 9881 7948

Knox Safer Community (the new face of Neighbourhood Watch) meets on the first Tuesday of the month at 7.30pm at Knox Police Station. The website is www.knoxsafercommunity.org.au

Finally, if you have information about any drug-related crime contact Crime Stoppers on 1800 333 000.

(Information supplied by Anne Margot Boyd on behalf of Knox Safer Community)

Rowville Seniors

Hi all you 55+ citizens out there. Have a look at our meeting times and dates in "What's On Locally" and come and join us at the Rowville Community Centre.

Our Club is here to help all those who are living on their own and are in need of friendship and a few hours out and about each week. We are a fun living group, so please give us a try.

As mentioned last month we had a lovely day out on

April 19th, showing 65 youngsters the art of playing bowls. Lunch was served to us by a bunch of very competent girls and boys. We thoroughly enjoyed the meal and wish to thank very much to all those who helped out and made it such an enjoyable occasion.

A group of us went to the Waverley Cinemas in mid May and enjoyed the film "Water for Elephants" then followed it with a filling lunch. I hope one of our members

will report on our special annual day on May 20th for past bowlers and bingo members.

In June 10th there is a trivia and bowls lunch and it is another FREE day.

Our 21st birthday will be celebrated on July 15th with a trip to the Sandown Tabaret.

Regretably I will not be able to attend these latter functions as I leave for a five week trip to the UK and Europe ending up in Athens and the Greek Islands. It's a hard life I know but someone has to do it!!

June Swanborough 9759 6986



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1986

Rowville Playgroup advertised for 'Nannies' and 'Grandmas' for their 3-year-old sessions to add reassurance and security. Do you remember if any applied? The Rowville Red Cross sent out invitations to their 15th year celebrations to be held at the 'Park Hotel' in Stud Road. Where was that? Issues burned with the Council regarding the application to build a Dutch Club at the Drive-In site and the Local Government Commission for the restructure of local government, specifically boundaries in the 'Eastern Melbourne Segment', which had a direct affect on Rowville and Lysterfield. The Rowville fire Brigade unveiled their new Hino 4WD Tanker which replaced a 13 year old model.

1991

The Mayor started off a series of articles from councillors, something that I believe was stopped by Council. John Raymond was pleased that the Scout Hall in Taylors Lane and Murrindal Pre-School were both now open. He also advised that the Monash Highway (Wellington Road) had been given a 'Priority One' for it's duplication. The Rowville Branch of the Red Cross celebrated 25 years with a reception at the Civic Centre. Work that one out? Sue Kibeiks was a member of the team that won the Victorian Aerobics Team Championships and her daughter Sue, a pupil at Lysterfield Primary School vowed to follow in Mum's footsteps. I wonder if you did Sue? Mr Len McCarrick was selected as the inaugural Principal of Karoo Primary School. The MMBW announced a change to the way water was charged to residences. Consumption between 0 and 150 kilolitres was now going to cost 15 cents per kilolitre. Previously it was FREE. There were no changes to tariffs above 150 kilolitres. And a Rowville resident won \$350,000 in tattsлото!!

ROWVILLE PICTURE FRAMING

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1996

Pat Stemmer was elected president of the RLCN, having previously distinguished herself in 1991 by asking "why can't women be on the committee?". The Rowville Branch of the Red Cross celebrated their 25th anniversary at the Waverley Golf Club. I'm guessing 1991 should have read '20 years'!! The RLCN Theatre Goers Club attended the Peridot Theatre production of "It Runs In The Family". Did any of you go to the Knox Theatre's production of the same play last month and can give us a comparison? Knox council received a report on the possible development of an 18 hole golf course north of Karoo Road. 30 responses were received after advertising in Melbourne daily papers but only one proposal was lodged and this was under review.

2001

The RLCN paid tribute to the dedicated and respected Federal Member for Aston, Peter Nugent, who passed away in late April. His funeral was attended by family members, friends and work colleagues including the then Prime Minister John Howard. The Federal Government pledged \$220 million for the Scoresby freeway an amount to be matched by the State Government with additional funds from the private sector. Mitre 10 at Stud Park closed it's doors for the last time. Dennis Richardson celebrated a 20 year association with the Rowville Football Club which makes me wonder if you are still involved? Two local children won Premiers awards for Victoria's top VCE students. Megan Cox of Lysterfield for Technological Design & Development and Niloshan Vijayalingam of Rowville for History. Where are you both now? Where too is Fiona Moghaddas, RSC's year 2000 dux with an ENTER score of 99.90?

2006

The Apex Club of Rowville was preparing to celebrate their 30th anniversary in August by holding it's 750th Dinner meeting. Have you reached the big 1,000 yet? Knox Mayor David Cooper officially launched the Rowville branch of the Bendigo Bank at Wellington Village Shopping Centre. Grandparents and retirees were in demand again, this time for the Knox and District Toy Library. Did you volunteer? Pauline Bunker retired from Rowville Primary School after 38 years teaching, 22 of which were at RPS. Mitchell Thomson and Jackson Scott received the highest possible award for a cub scout, the 'Grey Wolf'. Were these the first recipients for 1st Rowville Cub Scouts?

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Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

40 Years of Memories

A block of land in Rowville was purchased for \$1,500 and a house was built on it for \$9,500, no not this year but that was the price in 1969/70 when Pauline and John Arnott moved into the area.

John was born in 1943 and moved to Perth in 1964 where he worked as a customs agent. Five years earlier in 1959, Pauline, who was born in 1944, emigrated with her parents to Perth from East Ham in London. The two met and when Pauline moved to Sydney in 1964 with her parents (Her father was a Baptist Minister), John was not far behind. They married in 1966 then John was transferred to Moorabbin where they lived until the house in Rowville was completed. Their son, John, was born during the stay in Moorabbin and daughter Julie arrived after the move.

The house they built in Deschamps Crescent was one of the original four houses constructed and they had uninterrupted views of the surrounding farmland. John recalls that "due to the flooding of Dandenong Creek and the flood plain below the Stamford Estate, I had to drive home via Dandenong to avoid the often flooded Wellington and Ferntree Gully Roads". Pauline's early recollection was "having to wheel the pram over rough ground with no footpaths to the infant welfare centre at Rowville Pre-School in Wellington Road".

I asked John, who was an original member of the Rowville-Lysterfield Development Group, the forerunner of the RLCN, about the current debate over a rail link. He said "I went to a meeting in the early 1980's to discuss the rail link to Rowville via VFL Park, so you could say progress is a little slow on that project!" At the same time the RLDG did have some success by getting a traffic island installed in Stud Road at the junction with Avalon Rd. "Stud Rd was only a two lane road then but getting out was a lottery" remembers John.

I asked what landmarks have disappeared and Pauline remembered the windsock at the Stamford Hotel for helicopter landings and takeoffs, although she admitted that she never saw either. John recalled the lake on the corner of Lakeview Avenue and Stud Road which remained until the land changed hands in the late 80's. They both recalled the "Birdcage" which was the proposed basketball courts where the seven/eleven store is now, and the happy evenings spent at the Drive In. John remembered that the building on the corner of Wellington Road and Eastlink, currently occupied by Funtastic, was the original distribution centre for the Myer stores." There were lots of large trucks coming and going all day" he said. Pauline added "You avoided the area as much as possible, especially when the football crowds came out of Waverley (VFL) Park around 5pm. Wellington and Stud



Roads were 'no go zones' for an hour or more".

When we arrived, the only shop was Gilligan's Store on the corner of Bergins and Stud Roads. "It served as a post office, milk bar and small general store, but it was a fair walk there and back" said Pauline. "Eventually in the late 70's, Joe Nassar opened a milk bar right next door to us which made life a great deal easier. Shopping finally came to Rowville with the development of Stud Park. Before that the land only had one weather board house on it and a number of cows" she recalled.

John explained that "In those days Rowville was really four isolated estates with no community feel to it. The RLDG helped to develop a sense of community as the estates slowly crept towards one another and Stud Park shops became the hub".

In 1987 they moved to a larger new house in Superior Avenue, "An area that was dominated by 'Show Houses' and we made a tidy profit on our first house" said John.

Pauline said "When I took Darren to Rowville Primary School through the surrounding woodland, it was their second year of operation and they only had 97 students!" In 2000 they moved to the Seebeck estate, meaning to downsize but ending up extending the house to cope with the demands of the Hillview church where John was a pastor until 2009.

The Arnotts were one of the two families who founded the Baptist Church of Rowville's in 1969 and John was

instrumental in acquiring the 7 acres of land the current church is on for \$85,000. John remained active within the Church acting as secretary for many years. Pauline started teaching Christian Religious Education at Rowville Primary School and remembers working for much of that time alongside Marjorie Lade another long time resident who moved away in March.

Photo right - Stamford Hotel and Stud Road



Rowville Toastmasters Club Speaking Among Friends

Can you afford the time to come to Toastmasters?

Do you sometimes feel overwhelmed with the number of tasks you have to do? Do you want to improve your speaking skills (those work presentations are required), yet can't imagine how you can possibly fit it anything more into your busy schedule?



Toastmasters may be the answer for you. In its self-paced, learn-by-doing program, you can learn how to do 'more' because you learn efficiency. Simply, it is being smarter in the way time is managed, or more correctly, tasks are managed. As well, when you enjoy what you're doing and you feel like you're learning, things seem not to take much time. Every Toastmasters meeting has a structured agenda and most times you'll be assigned a role. Whether it's the Timekeeper role to keep the meeting on time or the role of Table Topics master, running the impromptu speaking program, to name just two of the roles, you'll receive advanced notice of each meeting. Each role requires a degree of preparation,



organisation and commitment but the greatest learning comes from the preparation, and then the doing. Our meetings are fun-focused and can be exciting and motivating. Just look at the picture where the M.C. for the evening spoke about his love of sneakers, 68 pairs and rising! Why not get your sneakers on and come along and put your feet in the door? Time to move forward for those speaking tasks to make them come easier.

For further information, contact Erika at rowvilletoastmasters@gmail.com



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Rowville Community Library

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

June

“Feeding the minds of our community...”



Change Of Day: Please be advised that the **Chinese Friendship Group** which meets on Friday mornings at 10.30 will change to THURSDAY mornings from the beginning of June. Therefore the first meeting in June will be on Thursday 2nd at 10.30am. If you know someone who speaks Chinese let them know that they can attend every Thursday at 10.30am. Our Chinese collection includes adult and children's books, DVDs, CDs, magazines and newspapers. Borrowing is free. Meetings will be every Thursday from 10.30am to 12 noon. **Free event! All Welcome.**

Friday Evening Bookchat: This is a new group running in 2011 and needs some members! Why not come along on Friday 10th June at 7pm and try it out? It's free, there is no particular book to read as you just talk about what you have been reading, to give others some ideas about what they might like to read next, and vice versa. A selection of new titles will be made available for borrowing. Held on the second Friday of the month at 7pm. Refreshments are provided. No bookings required. All welcome!

Fast, easy way to learn a language: Join Bill Handley, author of the speed mathematics books, as he tells us about his fantastic method to make learning a language so much easier and quicker. Bill has spoken at Rowville Library previously but this will be the first time he speaks to us on this topic. The session will be held at 6.30pm on Friday 17th June, 2011. Free event. All welcome. You can book by phoning the library on 9294 1300 or visiting our website at www.erl.vic.gov.au.

Understanding autism; an educational perspective: As in previous years, Judy White, Principal, Special Development School, will talk about autism. The latest ideas and strategies will be discussed as well as a brief introduction into the condition and how it can affect individuals and families. The session will be held on Thursday 23rd June at 7pm.. Free

event. Please book. All welcome.

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, at other times, anyone who needs help with using computers just needs to ask the staff and, subject to staff availability, you will be given every assistance. The best times for staff availability would be on Monday and Wednesday mornings from 10am. There is no need to book and it's free, but we cannot



guarantee staff availability. All welcome.

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

Home Library Services: If you have difficulty coming to the library to borrow materials, or if you know someone else with difficulties, please contact the library to arrange for a home delivery service. Library staff will select some items after 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.

Growville Growers: The Growville Growers group meets on the first Friday of the month at 2pm. Anyone can be a member of this group as there is no 'joining process' and only a Gold coin donation. All who attend will be made welcome. The next meeting will be on **Friday June 3rd at 2pm** with a presentation of his excellent products by **Neil from Amgrow**. Neil has been our speaker in the past and was very generous with samples for members of the

audience. This session should appeal to all gardeners as well as those who want to learn about the benefits of these products. Bookings please

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 **June 3rd** (Wear your pyjamas and join us for some stories, craft and a treat!) and **July 1st**. 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 1st Monday of the month at 2pm our next meeting will be on Monday **6th June** at Rowville Library. Free event. Bookings not required.

Coming up in July: Peter Douglas will visit the Growville Growers on Friday July 1st at 2pm to teach us all about hanging baskets. We are fortunate to have **Gail White** to present another session on how best to use Ancestry.com for your family history searches on 14th July at 2pm. Just in time for our chilly winter weather **Stephen Wilson** demonstrates some Winter Warmer recipes over lunch on 21st July at 12.30pm. School Holiday Programs will be running in the July school holidays, including a special SATURDAY AFTERNOON Storytime session at 2pm on Saturday 9th July.

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

List of regular storytimes: Bookings are not required.

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

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

Bedtime storytime is on first **Friday of the month at 7pm**

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

If not, join now. Joining is easier than you think. All you need to join is a driver's licence with your current address. Joining is free. Borrowing is free.

Normal **opening hours** for Rowville library are Mondays, Tuesdays and Wednesdays 9-5.30, Thursday and Friday 9-8, Saturdays 10-4 and Sundays 1-4.

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

Rose Thompson Manager - Rowville Community Library 9294 1300

ROWVILLE FIRE BRIGADE WINTER 2011 FIRE SAFETY MESSAGE

Extracts from CFA Connect (<http://www.cfaconnect.net.au>)

As the weather cools down, the risk for house fires increases significantly, as Victorians use wood fires and gas and electrical heating appliances that may not have been turned on since last winter. Recently, two houses in outer eastern Melbourne were totally destroyed by fire, with both incidents caused by heaters. These incidents were an example of how quickly a fire could take hold in the home if a heater was faulty, not properly maintained or was too close to flammable materials.

It is usual to expect to see an increase in heater fires during winter months but, since February, there have been some cool temperatures meaning that heaters are being switched on early. Some of these heating appliances have not been turned on since last winter, which is why it is



so important to check that they are working properly, particularly older heaters. If you are in any doubt about your heating appliance, throw it out or get it checked by a professional because taking that simple step can avoid a fire in the home which, as we

saw recently, can cause significant amounts of damage and loss.

In 2010, CFA responded to 37 more electrical-related fires than the previous year, with a rise in all fires where the cause was from a heater. This included fires caused by dryers, central and portable heating, electric blankets and water heaters.

Make sure you turn off heaters when you go to bed.

Make sure you have a working smoke alarm in your home. If a fire breaks out while you are asleep, a smoke alarm can save your life.

For more information on home fire safety visit www.homefiresafety.com.au

Joyce Hollingsworth 0417 100 401

COMEDY CLUB TICKETS

Congratulations to our winner from last month, Tania from Rowville. Two tickets are on their way to you.

Thanks to everyone who entered.

The correct answers were

Question 1 Rosemary Merrigan

Question 2 Rob James

Question 3 Edel Wignell

This month the questions are again based on the contents of the paper. Look carefully and the answers are all in the pages...somewhere.

Question 1 Who is the manager of the Rowville Library?

Question 2 Which Family were presented with their RLCN Life membership?

Question 3 Who in 1991 became the inaugural Principal of Karoo Primary School? Good luck to everyone. Send your answers, marked "Comedy Club Answers" to RLCN c/o Rowville Community Centre or by email to rlcnews@vicnet.net.au Entries close on Sunday 12th June. 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.

Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



An Hour With Rev. David Devine, Senior Pastor of Rowville Baptist Church

In 1969 two families from Bentleigh Baptist Church purchased land in Rowville and thought it would be wonderful to start a church on the land. By 1974, six families began worshipping together as the Rowville Christian Community in private homes and a year later at the Rowville pre-School. It was the first church in Rowville. As the size of the congregation grew, land was purchased on Wellington Road in 1980 and this is the home of the Church today. The first pastor was Alan Wade and today the Senior Pastor is David Devine.

David was born in Belfast, Northern Ireland in 1960 and spent 9 very happy years there growing up in a Christian family. His Canadian born father was employed as an engineering draughtsman by the large Belfast Ropeworks, whilst his Mother spent much of her time looking after David's wheelchair-bound grandmother before she passed away in 1968. Seeking a better life, the family spoke to an uncle living in Australia and finally decided to emigrate here. The family moved to Adelaide where David completed his schooling that culminated in a degree in Accounting from the South Australian Institute of Technology (now the University of South Australia). The next four years saw David employed in the Auditor-General's Department and later as an auditor in the SA Health Commission.

David admits to being a very shy schoolboy and youth but when a good friend died in 1982 he felt challenged to have a bigger impact. He was asked to speak at a memorial for his friend. Despite nerves and hesitation he delivered the speech. As a result, a Youth Pastor in his church asked if he would consider preaching. David did some soul searching and decided to give it a go. "On a hot Adelaide summer night in 1983 I preached to between 40 and 50 people and there was no going back from there" remembers David. He went to Theological College and Flinders University and spent

five years as a youth pastor. David recalls that "during that time I spent a month in Zimbabwe and five months in the UK and I believe this is where I became aware of the community aspect of the Church".

In 1989 David went with a youth mission to Papua New Guinea, a trip which he says 'had it's moments'. The most important of these was meeting Annette, a young dental nurse, who was destined to become his wife in 1990. They have been married for 20 years and have two teenage children, neither of whom show an inclination to follow in Dad's footsteps.

In his younger days, David played hockey and basketball. These days he tries to keep fit by attending a local gym. He enjoys popular culture (movies, TV etc) and regular dates with his wife.

It was in 1990 that David took on his first full time role



in the Church and when in 1992 the opportunity arose to have a church of his own, he and Annette happily moved to Melbourne and the suburb of Camberwell. Whilst he enjoyed his five years there David says "I wanted to make the relationship between Church and Community more relevant, so when the opportunity arose in 1997 to move to the younger outer suburb of Rowville, I accepted the challenge".

Rowville Baptist has about 2.8 hectares on Wellington Road and their ten year development plan was finally approved in 2006. "We are going forward at a steady pace" says David,

"developing community feel and looking at the services we provide. In a few years people will be able to visit our new 500 seat Church and enjoy the many facilities and services we will provide. Rowville Baptist aims to keep growing as a provider of community services and we will use these resources to be a good neighbour to those around us".

Life Membership Award for the Yates Family

In 1991 our daughter Kelly Yates was a member of the Rowville Girl Guides, and as part of working towards gaining her Baden Powell Award she was required to carry out a community service for an extended period of time. Looking around for something worthwhile, she decided that delivering the RLN would be a good choice. However after she commenced she was advised that the time involved for delivering the paper fell short of the hours/timeline required to achieve the community service badge.

This did not daunt Kelly as she gladly took on another project working at the Rowville Library for 4 hours every Saturday morning, but decided she enjoyed delivering the RLCN and so commenced our long association as family distributors.

Kelly continued, with help time to time from us, to deliver the RLCN until she built her home and moved to Narre Warren in 2004. By this time we were so used to the paper turning up on the doorstep each month that Phil and I decided to continue as we enjoyed the walk around the local neighbourhood.

Our grand-daughter Danae who was then only 7 yrs old decided that she would like to help out as well and since 2004 goes with her Pop whenever she can. So as Kelly left the distribution chain she was replaced by Danae who we hope

will continue with us delivering the RLCN for many more years to come and learn the true value of community service.

To receive our 20 year Distribution Certificate was a real pleasure but then to be presented with a Life Membership Award was indeed a surprise and great honour. Our thanks to the RLCN Committee for valuing our small contribution so highly.

Phil & Rhonda Yates



Yates Family Receive their Life Membership from L-R Knox Cr Mick Van der Vreede, Stae Member for Ferntree Gully Nick Wakeling, RLCN President Rob James and Federal Member for Aston Alan Tudge

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CAMPANIA NIGHT DINNER DANCE

Saturday 25th June 2011
Knox Italian Community Club Inc.

4 course dinner, drinks at bar prices
Members \$34.00 Non members \$38.00
Child under 12 \$20.00

99 Karoo Road, Rowville 3178

PH: 9764-868

Bookings: Michael 0419 330 977
Danny 0418 798 987
Tony 9758 7396



SAPORE DI NAPOLI
Robert Severini Trio

Floorshow
With

Annamaria Colasanto



Karoo Kids Page

Jokes

- Q1 Why do basketball players love cookies?
A Because they can dunk them.
- Q2 Why did the chicken cross the basketball court?
A Because the referee was blowing fouts.
- Q3 What do basketball players and babies have in common?
A They both dribble.
- Q4 What stories are told by basketball players?
A Tall stories.
- Q5 Why do basketball players go to jail?
A Because they shoot the ball.
- Q6 What sound do the basketballers make when they fall?
A A slam thump.

Knox Basketball Stadium Poem

Watch them play day and night;
They're so amazing,
Oh what a sight!
Playing nice,
All good sports,
And silly boys in baggy shorts!

The stadium is full at Knox Basketball,
Knock Out was fun and so was Poison Ball.
Everybody was happy, after-all we had a ball!

by Kody



RECOUNT

On the first day of Term 2, all the year 6 students went to the Boronia Basketball Stadium. We have been doing this for the past seven years. This is the time to have fun and learn new skills about basketball.

BASKETBALL QUIZ

- What does Basketball not have?
A) Ball B) Bat
- What do Basketball & Tennis have in common?
A) Net B) Bat
- How many people on a court from each team at a time?
A) 5 B) 10
- What sport is Basketball similar to?
A) Cricket B) Netball
- How do you score in Basketball?
A) Shoot the ball through the hoop.
B) Pass to someone
- How much is a standard shot worth?
A) 4 B) 6 C) 2
- How many points do you get from outside the 3 point line?
A) 6 B) 1 C) 3
- How many points do you get if you shoot from half court?
A) 1 B) 4 C) 3
- What team does Kobe Bryant play for?
A) Los Angeles Lakers
B) Miami Heat
- What country is basketball mainly played in?
A) America B) Indonesia

We were split into five groups. In our groups we had two coaches to supervise us and teach us. Throughout the session our coaches would teach us skill to become a great basketball player. We also played many fun games such as knock out, poison ball, sea land air and we even played a five minute game of basketball so we could show the coaches what we had been learning.



Year 2 Students Participating In Clinic

WORD SEARCH

b	a	s	k	e	t	q	s
a	n	y	e	a	n	d	h
l	d	a	y	o	a	r	o
l	i	e	l	n	g	e	o
y	e	s	r	l	e	s	t
g	o	a	i	t	a	t	i
w	h	e	l	l	o	o	n
s	h	o	o	t	i	m	g

shooting
running
ball
goal
basket
shoot
ball

t	a	p	e	o	p	l	e
a	i	w	a	j	u	m	p
g	p	m	s	g	o	o	a
a	o	d	e	e	t	k	p
m	o	n	d	r	e	m	h
e	h	s	u	e	s	a	a
c	o	o	l	a	t	e	n
r	c	n	u	r	u	t	t

timer
court
people
game
jump
hoop
run

Not only was this a day to increase our fitness but a day to enjoy a fantastic game of basketball.

Liberty Avenue Three Year Old Kindergarten

During Term 1, the children settled into the learning environment and established relationships with each other. Term 2 now focuses on the children's learning and involvement in a group situation. Some of the learning aspects that we will focus on include developing skills, such as confidence, independence, a sense of self-worth and respect for others, which will help the children to work as a contributing member of a small group. We will encourage effective communication and listening skills, and provide opportunities for sharing (including the playspace, equipment and ideas).

At the moment, many of our learning opportunities involve the use of natural materials. One such experience that is currently available for the children to explore involves a large tray filled with seeds, including rice, lentils, split peas and popping corn. The children can use their hands to scoop, pour and rearrange the seeds in the container or by adding cars and trucks they can create roads and patterns through the seeds as they play. This can be relaxing for children, but also provides countless opportunities for experimenting with mathematical concepts such as shape and volume. Sharing this experience with others offers opportunities for communication, building relationships, developing tolerance, taking turns, sharing and developing self-regulatory skills. Developing patience, tolerance and a



sense of community are important skills that we use right throughout our lives when we are learning, working, playing sport and in our daily lives. It is important that we foster these skills in our children as well.

At Liberty Avenue Three Year Old Kindergarten, we currently offer two different groups, each with a maximum of 20 children in attendance. Our Gumnut group is a "deferred" group, specifically for children whose attendance at 4-year-old preschool has been deferred for a year, allowing the children more time to mature before going to school. This group attends for 2 x 3hr sessions per week. Our Bottlebrush group attends for 2 x 2.5hr sessions per week. The costs vary according to group preference.

We employ two staff members, including a qualified kindergarten teacher and an assistant. We pride ourselves in offering families an individually based programme, where the children's progress is monitored and their needs are planned for on an individual basis. We offer a safe, nurturing, learning environment and a stimulating educational programme that encourages the children to have fun together as they learn.

Enrolments: If you would like more information about our kindergarten, our session times, the program we offer or if you would like to obtain an enrolment application form, please contact our enrolment secretary – Caroline on 9752 9565.

KNOX ITALIAN COMMUNITY CLUB

The President Michael Migliaccio would like to thank the Committee and all guests in attending and making the "Roy Orbison and the Legends of Rock" on the 16th April a great and successful night. The show had hit after hit song with many of the audience singing along, showing their age as they knew the words!!

On the 12th June there will be the yearly religious celebrations in honour of St Anthony of Padova, with the holy Mass starting at 3 pm followed by the blessings of the bread and of the Club's grounds during the short procession. Refreshments will be available thereafter and I encourage everyone to come along. You will all be most welcome.

Bocce News

Our community Bocce Friday night competition is once again proving to be very popular. The presentation night will be held on the Friday 10th June with a \$20 entry and dinner to be served. All our members are welcome. Bring a friend.

The Knox Cup Bocce Doubles Competition will be held on Sunday 31st July. The \$20.00 entry fee includes lunch.

It is the Club's anniversary on 23rd July and we will give you more details in next months RLCN.

Don't forget that the K.I.C.C. Hall is available for Hire for any occasion (conditions apply). Please contact Mr Danny Zarro on 0418 798 987.



NILS: No Interest Loans Scheme

Richard has been a music lover all his life. He learned to play the clarinet and had a “student” model for many years. He dreamed of one day upgrading to a more professional sounding instrument. Richard heard about the NILS program and applied for a loan to purchase the clarinet he had always wanted.

“I was so happy when the loan was approved and was able to get this beautiful instrument. It just sings to me” he said. “It’s got such a beautiful sound and I am still learning all that it can do. It’s given me so much pleasure in the lonely periods of life”

Richard also agreed that Nils can offer real solutions to improving your quality of life if you are willing to accept responsibility.

About the program

No Interest Loans Scheme provides individuals and families on low incomes an opportunity to apply for an interest free loan for an essential household item. Loans are for one item at a time and are for a maximum of \$1,000. There are NO fees, charges or interest. When a borrower makes a repayment to Nils, funds are then available to be used for a loan for someone else.

Loans are generally for the purchase of an essential household item like a fridge, washing machine, furniture, TV or bed. Other items such as health aids or items that



may improve quality of life are always considered. Loans are not for emergency relief, bonds / rent money, or debt repayment.

You may be able to make an application if:-

You hold a Centrelink Payment/Health Care Card or are on a low income

You have lived in your current accommodation for least 6 months

You are a resident of the City of Knox

You can establish your willingness and capacity to repay a loan

Fortnightly repayments over a 12 to 18 monthly period usually applies. The amount you repay is set according to the size of the loan and your capacity to make repayments. The loan repayments will be timed to accommodate your wages or benefits payments.

You can apply on your own behalf for a loan. Please call for an information pack.

Please call Knox Infolink **first** on 9761 1325 to enquire about this scheme to see if you are eligible to apply.



Knox Home Garden Club

“Promoting sustainable gardening”

I’m glad to read in the gardening articles recently that, “minimalist gardens are dead!” Gone are the soulless, hard lined, contemporary gardens that tried to be the answer to sustainable gardening throughout the 16 years of drought.

It is still important to practice water conservation, using plants suitable for Australian conditions that require less water, mulching, soil fertility and composting.

According to landscape architects and designers, edible plants can be integrated within ornamental beds instead of creating separate veggie patches. I love the look of rainbow chard or silverbeet grown amongst perennials or shrubs with their vibrant colorful, edible stems and their deep green, blousy leaves. The colorful oak leaf and mignon lettuces, chili plants, purple form of culinary sage, rosemary with their pretty mauve/blue flowers work well amongst ornamental garden plantings. A good example of this principle is showcased at the St Kilda Community Gardens, where you can check out the plethora of small plots cobbled together and, the harmony that is created in companion plantings combining edibles with non edibles. It is well worth a visit!

Gardeners are changing in what they want from a garden. People want a garden to contain herbs for the kitchen, easy to grow fruit trees such as, dwarf Ballerina range of apple trees, multi-graft stone fruit, citrus and olive tree varieties. Espaliering fruiting trees along wire fencing or trellises, also provide some structure and form around a garden, paths or a driveway. Landscaping with espaliered fruit trees can also be used as a living barrier or fence, framing garden rooms within which you can create garden beds. There seems to be a resurgence of the desire to grow flowers – and lots of them. It appears that with more consistent and higher rainfall, the gardeners’ confidence has rebounded and they want to produce gardens with scent, mood, soul through foliage, form and flowers. Gardeners like to attract birds, insects and wildlife into their ecosystems by way of frog ponds, mass plantings, mini wetlands and plant diversity.

With the regular rainfall that we’ve been blessed with, the soil is soft and moist and ready to provide the plants we love with the sustenance that produces flowers and fruit. There are many, many easy to grow, hardy flowering plants to surprise and excite you.

Lonni Holland

The “**Knox Home Garden Club**” meet on the 3rd Monday of every month at 8.00pm.

Venue: Parkhills U3A, Park crescent, Ferntree Gully. Supper after meeting.

All welcome!!



Cake Decorators Association of Victoria

Rowville Branch

The Rowville Branch of the Cake Decorators Association of Victoria held a big morning tea for Cancer research on Sunday 10th April. It was a great day, with 30 people participating and decorating cup cakes with all sorts of designs.

Our next meeting is Sunday 12th June from 10 am to 3pm. We will be making Gladioli and double Fuchsias at the Rowville Scout Hall Turramurra Dr. Rowville. Reservations for the clown workshop are filling fast and as limited numbers are available please contact us as soon as possible to secure your place.,

For further information contact either Velma 9763 8646 or Madeleine 9870 5743

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Eildon Park Tennis Club

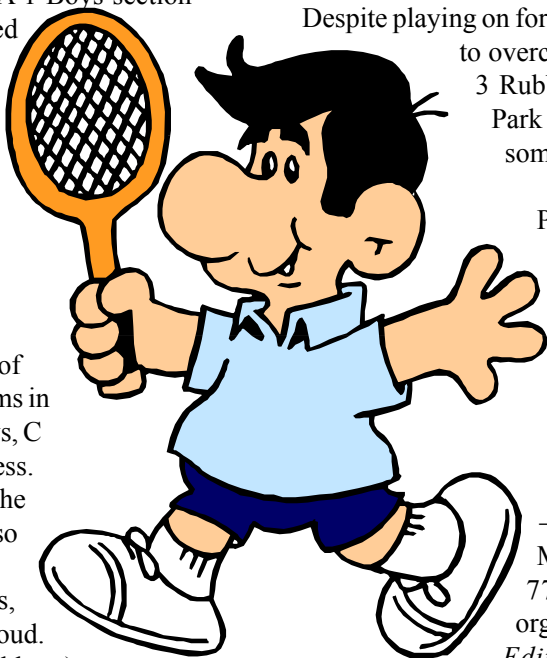
Eildon Park Enjoys Summer Success

Eildon Park Tennis Club has completed one of its most successful summer seasons with the club's junior teams leading the way with outstanding results across all grades.

Of the 52 junior teams that started the season, 29 teams gained valuable finals experience. Fifteen (15) of the sides competed in the Grand Final, with nine (9) teams achieving the ultimate outcome. The highlight of the season was the success of Eildon Park in having four teams playing off in the top 3 sections of the Waverley Association. These three sections were the feature matches hosted by Waverley Tennis at Robinson Reserve, the home of Waverley Tennis. Having the matches umpired by umpires from Tennis Officials Australia enhanced the sense of occasion for both players and spectators.

Ben Jones and Alana Parnaby lead the way by capturing the prestigious top section title of the Presidents Cup with a dominant display over Boronia. This reflected their strong performances throughout the season and underlined their top of the ladder status. The top A 1 Boys section was a very tight and strongly contested match between two Eildon Park sides. The match came down to the final singles rubber in a match tie break. The tie breaker had all spectators on the edge as both players tried to take control. Ultimately, it was Curtis Petrucci and Lachlan Bridgland who eventually came out on top, taking the title, coming from third on the ladder. The performance of the top teams was complemented by teams in other grades, with the C 1 Boys, C 3 Boys, C 4 Boys and DSp 1 Boys all tasting success. This trend continued on Sunday with the D2 Triples, D 5 and D 6 Triples teams also achieving the ultimate result.

Not to be outdone by the junior teams, three senior teams also did the club proud. The club's top senior team (A 2 Rubbers) justified their top of the ladder status by holding off a strong and determined Glenburn. The BSp 2 Rubbers side travelled to Monash University to take on the top side.



Paul's Photography Patter

Everyone takes many photos that bring back memories of trips, outings, family functions and family growing up etc, but, when you show them all to others they may not be so impressed with your photographic skills and soon tire of seeing a mass of photos.

One golden rule is to sort your photos into two groups. The first one you show to others and the second is kept in a file/album for personal memories only. The first group should be a small number of your best!

Some people take photos and rely heavily on post manipulation with computer programs to try to improve them. This time consuming process has a place, but it is better to try to get the photo the best you can "in the camera" at the time, as they say. This at least minimises post manipulation!

We will discuss one suggested technique each month. You can consider using these hints to hopefully make your photos more pleasing.

Everyone takes scenery but many photos can appear "flat". There are several techniques to improve on this and add a

Knox Regional Netball Centre

The Knox Regional Netball Centre in Ferntree Gully is currently looking for teams to join its Wednesday and Friday daytime ladies' competition. All games are played indoors on sprung floors with qualified umpires.

There is also a free crèche



supporting these competitions run by qualified staff employed by Knox City Council. If you are interested in entering a team or finding out more contact the centre 9758 7191. Alternatively if you are looking to join contact the centre and register your interest.

Despite playing on foreign territory, they were able to overcome their opponents. The B 3 Rubbers final was an all Eildon Park affair with both sides playing some very competitive tennis.

Having taken out 15 Premierships, ranging from the top junior sections thru to the lowest junior grades and several senior premierships it would be fair to say Eildon Park Tennis Club has had a summer to remember and celebrate.

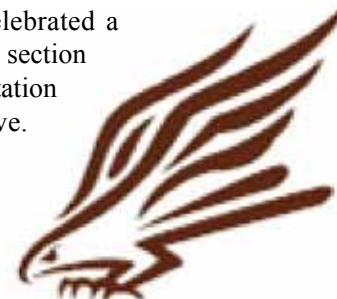
Enquiries to Stuart Draffin – Junior Convenor and Club Membership Secretary – 0408 778 658 or visit www.eptc.org.au

Editor's Note:- What a truly wonderful season. Congratulations to all the players, coaches and parents. Now to replicate the achievements next season.



Rowville Cricket Team - 1954

The Rowville Cricket Club celebrated a successful season for the junior section of the club at our recent Presentation Night, held at Seebeck Reserve. Over 120 juniors along with their families attended the evening, with all players receiving a trophy to celebrate their season's achievements.



Our premiership winning Under 13 side celebrates with their flag at Presentation Night.

Our Under 13 side celebrated their undefeated season and premiership on the night. The team, coached by Gary Trevenen, won both their semi final and grand final in convincing fashion. Congratulations to the boys who secured the club's first junior premiership in a decade.

Our major trophy winners on the night were:

Junior Club Champion: James Trevenen

Under 17 Age Group Champion: Adam Howell

Under 15 Age Group Champion: Jovan Latinovic

Under 13 Age Group Champion: James Trevenen and Sam Beer (shared)

Junior Club Person: Gary Trevenen

Overall the junior section of the club has enjoyed a successful transition to our new home at Liberty Reserve, behind Heany Park Primary School. With our junior numbers increasing by 30% this year, it bodes well for the future of the club. Next year we will continue with our popular Milo in2Cricket program as well as fielding sides in Under 11s, 13s, 15s and 17s. Registration for next season will take place in August, any interested parents should contact Junior President Mark Oudshoorn at oudshoorn@hotmail.com or



A colourful scene of a large urn in a lovely garden setting.

pleasing "depth" to the scene.

As one example, I wanted to take a distant photo of a lovely urn as the main focus in a particular garden, so I used a path and colourful border plants to lead the eye to the urn and add "depth" to the scene. Also, by centring this particular image I feel I made it more pleasing and balanced.

HINT: One way to add depth to a scene is to visually lead the eye to the main subject of your photo.

Paul Lucas



SPORTING ROUNDUP



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

Rowville/Rowville Lakes Little Athletics

Cross Country

Rain, hail or shine committed Little Athletes pound the ground at Cross Country most Saturday mornings through Autumn and Winter. We've had beautiful sunshine on the rolling grass at Jells Park, and lots of huff and puff on the hills at Norton's. As the photo's attest, it's really a lot of fun and a great way of keeping fit.

Our little under 6s are really getting into the action.

While they haven't yet been old enough to compete in a track and field season, twins Trent and Joel Stapleton as well as Brodie Rasti have covered the 500m each week. They are all very determined and race with utter enthusiasm. It's great to see Ryan McLeod and Ben Watson running too. The U6 girls participate in the same race. Two Elises (Bardsley and Carbery) as well as Hayley Eickhoff, Zoe Shanley and Sarah Smith give the boys a run for their money!

Some weeks Brielle Shanley has been the only U7 girl to represent the Rowville and Rowville Lakes clubs so it would be good to see a few more six year olds join her in the 1km event. Courtney Beer has been a strong finisher amongst the U8 girls most weeks and we are pleased to welcome Sarah Ternes to Cross Country in the same age group.

We continue to be well represented by U10 boys with Chris, Kaya, Kaylen, Blake and Lachlan frequently competing and keeping in shape for their other sports. Our U11 boys are also plentiful with races including the likes of Hamish, Bayley, Jack, Jai, Jay, Andrew, Jordan and Lachlan.

Brianna Garner has been the first or second U12 girl home most weeks. Samantha and Grace Butler also run in this age group's 2km event, as does Lana Kitteringham.

Our numbers really thin out in the U13-15s.



Clockwise from above: Sarah, Zoe, Jemma & Brooke, Zachery, Zac and Keen as mustard at the start.

Although there may be forty to sixty participants in the 3km race, few are from Rowville and Rowville Lakes. We have, however, been encouraged to see Taylah McMahon, Emily Merrigan, Zac Ryan and Madeleine Gosden Rasti.

Anyone who has competed in the summer season is able to participate in Cross Country on a regular or ad hoc basis without paying any further fee. New members aged 4-15yrs are also welcome to attend for a trial run before joining up. Contact Andrew 9763 1404 or Nick 9764 0661 for more information.

Thanks to the dedicated KLAC photographers.

Rosemary Merrigan

Editor's Note Come on you teenagers. You don't know what you are missing. It's a great way to get warm on a cold day!!!



Rowville & District Neighbourhood House



2011 Hip Hop Dance Showcase

The Hip Hop Dance Showcase will be held at St Judes Parish Community Centre 51 George Street, Scoresby on Friday June 17 starting at 6.30pm

Tickets for the event are available from Rowville and District Neighbourhood House, phone 9764 1166

Or contact us at inquiries@rdnh.org.au



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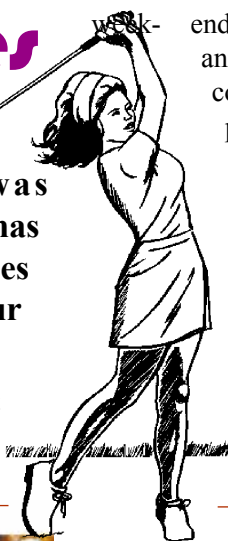
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Timbertop Ladies Golf Club

Timbertop Ladies Golf Club was established over 20 years ago. The Club has a membership of approximately 25 ladies and we are always looking to increase our numbers.

Competition is held on Saturday mornings at Tirhatuan Golf Club Stud Road Rowville. We are a friendly group of ladies and this



end we will be travelling to Tocumwal for our annual golf trip away. We also have special competition days, gala events, and inter-club pennant.

This year we had an excellent result and came equal first with Ringwood Golf Club. There are opportunities to play special events at other clubs throughout the year. Our joining fees are \$100.00 per year plus green fees.

If you would like to join us for a game, please contact Muriel on 0427 585 575.



Healthy, Happy Pets for Life!

Our pets are living longer, which is great as we get to spend more time with them. However, just like us, our pets are becoming more susceptible to health conditions associated with age, lifestyle and environmental causes. Generally, providing your pet with a good diet and regular exercise is the ideal base to keep them healthy. However, there are a number of factors that can influence your pet's body causing a higher demand for key nutrients including:

Age As your pet ages there is a higher risk of developing health conditions like osteoarthritis.

Lifestyle Pets today are a greater part of the family, often eating different foods and living indoors.

Environment From changes in the climate to harsh chemicals, irritants & pollution that you and your pets are exposed to, environmental factors can take their toll on your pet's body.

These factors, and in some cases genetics, can all contribute to your pet's wellbeing. That's where proactive preventative care and natural therapeutic healthcare supplementation can give extra help.

Preventative Care For Healthy Pets

The old adage that prevention is better than cure is as true for our pets as it is for ourselves. This is particularly true for dog breeds that are predisposed to certain conditions such as: **Joint problems** as our pets age e.g. large breed dogs including Labradors and German Shepherds; **Skin conditions** from a young age e.g. Terriers and Retrievers.

Providing extra nutrients by using supplements can help to meet the higher demand these breeds need, helping to promote long term wellbeing. Typically these products work in synergy with a good diet and exercise so you can provide your pet the best of health.



Did you know that proper oral care isn't just good for the mouth, it's good for the whole body, too. Poor dental health, on the other hand, can put your pet's systemic health at risk.

- Plaque builds up on a pet's teeth
- Bacteria in the plaque irritate the pet's gums
- The irritated gums bleed, allowing bacteria from the plaque to enter the bloodstream
- Bacteria in the bloodstream travel throughout the body, and can negatively impact vital organs

Plaque is at the root of most dental problems in pets. Plaque is a colourless film that contains large amounts of bacteria. Left untreated, plaque hardens into a substance called tartar that forms along the base of the tooth, near and below the gumline. This process causes inflammation of the gums that is known as gingivitis. As the inflammation progresses, it destroys gums and tissues that support the teeth, leading to pain and tooth loss.

Signs of periodontal disease may include any of the following:

Bad breath, yellow-brown crust on teeth, red or bleeding gums, change in chewing or eating habits, tooth loss, change in behaviour and abnormal drooling. Here at Greencross we believe regular dental checkups are essential. For pets that form tartar quickly or those with a history of oral problems, frequent examinations and cleanings may be advised. Call to find out if your local Greencross Vet clinic offers free nurse dental health checks.

Knox & District Over 50s

It's June and the cold, wet lonely days of Winter are here to dampen our spirits. Well, not at the Knox & District Over50s! We have all sorts of events and functions coming up which will brighten your days and bring you warmth and companionship.

At 1.30 pm on the fourth Tuesday of each month, we hold our general meeting at the Boronia Progress Hall for about 30 minutes, then partake of refreshments and settle down to listen to our guest speaker. On Tuesday, 28th of June, our speaker will be Margaret from the Herbs Society of Victoria to tell us all we ever wanted to know about

herbs, including their past and present history in healing and cooking. It's amazing how much you can learn while being so well entertained.

Each month offers a wonderful choice of social activities, such as bus trips, lunches, book clubs, movies, morning teas, etc. Additional highlights in June and July include a play and a musical. Our monthly newsletter "Knox Natters Matter" will keep you up to date on all that's happening.

So, dress warm, grab your umbrella and catch up with us at our general meeting and any other of the events which strike your fancy.

Contact Stuart on 9763 8756 for any further information.

Rowville Football Club

The Rowville Football Club has made a great start to the 2011 Season with the Seniors and Reserves winning three out of their first 4 matches and the Colts winning two out of four.

Paul Mynott has returned to the Club as Senior Coach, Paul coached the Clubs Premiership teams in 2003 and 2004. His Assistant Coaches are Former Hawthorn Star Chris Barlow, former Rowville Premiership player Noel Stoddart and former Coach Marc Hardy.

The Rowville Premiership flavor continues in the Reserves with Tate Burgmann and also in the Colts with John Mole leading these teams, John is assisted by



Rowville Juniors Premiership Coach Brad Burns.

The Club is delighted to have a set an EFL record with 9 Colts Players listed in the TAC Cup Competition in 2011, a great endorsement of the development programs at both the Rowville Football Club and Rowville Hawks Junior Football Club.

The Club plays its home matches at Seebeck Oval on Stud Road in Rowville, a full day of exciting local Football is on offer with the Colts Starting at 9.40am, the Reserves at Noon and the Seniors at 2.10PM.

Football clubs transcend barriers of age, gender, disability, ethnicity and promote teamwork; respect for common property and resources. Physical fitness, a healthy lifestyle, positive attitudes, discipline, responsibility and



Co-Captain Matt Jackson breaks clear.

accountability are paramount to the Club.

The Rowville Football Club provides a range of options for you to get involved and is always pleased to welcome new members, supporters, volunteers and players. Visit our Web Site at www.rowvillefc.org.au for further details.



The Lysterfield Junior Football Club has performed admirably during their inaugural season in the Eastern Football league competition.

The Under 11's are on top of the ladder also with a 4-1 ratio. and the Under 12's are 2nd on the ladder with a 4-1 win/loss ratio.

The Under 10 & 9 sides play non scoring football, but both sides have put in some great performances, impressing both their coaches and supporters alike. They also both have the Lightning Premiership competition to look forward to, with results to follow in the next article.

On the Sunday closest to Anzac Day, the Club recognises the occasion, and at the home venue holds a commemorative ceremony before each game. During the games a player who is adjudged the player who best demonstrates the Anzac spirit, is awarded an Anzac Day medal. Anzac medal winners typically demonstrate Courage, Determination and Mateship.

The underlying objective of the Anzac Award is to educate the players on the importance of the Anzac, and learning about the courage, endurance and mateship of those who served our country. The medals are made possible due to an affiliation with the Boronia RSL, and the medals are presented at a Family Day following Anzac Day. This year they were presented by the President, Mr. Rod Canobie.

All at the Wolves are enjoying the season and encourage others to join us. Any enquiries can be directed to the President, Mr. Steve Ketzer on 0487 486 487 or the Registration Officer, Mr. Greg Crawford on 0417 535 817.



Boronia RSL President, Rod Canobie, and Wolves President, Steve Ketzer presenting the 2011 Anzac Day Medal Awards. From L to R. William Lao (Under 12) Nick Stirling (Under 11) Kieran Edwards (Under 10) Jake Whitchurch (Under 9).

Waterford Valley Lakes Retirement Village Anzac Day at the Village

The Waterford Valley Lakes Retirement Village residents held their 9th Village Anzac Day Commemoration Service in front of the Village Lakeside Club to commemorate the Australian & New Zealand Remembrance Day. As with previous years, this year again saw an increase in the attendance of resident's grand children, young friends and local youth.

On a fine and cloudy morning nearly 200 guests, residents and family attended the Service. Guests included the Member for Ferntree Gully Nick Wakeling MP MLA and Tony Randello, General Manager Retirement Living Lend-Lease who was accompanied by his young son and the Waterford Valley Lakes Facility Manager, Greg Swinton.

Others present were local members of the Clergy, Police Officers, Village Staff, Rowville Secondary College Staff and joint School Captain's Christobel Teo and Neilson Del Roserio who together presented the Anzac Requiem. Local youth were well represented with cornet player Bradley Todd and highland-piper Ian Cameron providing the music for the Service.

Present at the service were residents who had seen active service during WW2 with the army, navy and air force, along with others who also served in our peace time defence forces. Each Anzac Day is of great personal



significance for many of our residents and their families. The Village service is one of the largest held annually within this district.

At the end of formalities, which included laying of wreaths and poppies, those present adjourned indoors for a light morning tea catered for by the ladies of the Village. As in past years this provided an opportunity to share some valuable moments with our invited guests and those who have participated in the Service.

Don Horsburgh, Resident Chairman, Village Commemoration Service Organising Committee
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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 - 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 for 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**

VILLAMARIA

Villa Maria's White Road helps Boronia centenarian celebrate a long and happy life...

The world was a very different place when May Tuskin was born in 1910.

Crossword puzzles, band aids and insulin didn't exist, and even ball point pens, drive-in theatres and monopoly were decades away from being invented.

On May 18 this year, May will celebrate her 101-year birthday surrounded by friends at Villa Maria's White Road Activity and Respite Centre in Wantirna, where she has visited each Tuesday for the past five years.

Run by not-for-profit aged and disability services provider Villa Maria, White Road has a range of programs and activities for adults living in the East with an acquired physical disability, such as a brain injury or stroke, a visual or physical impairment, or who are frail aged.

May, who still lives independently in her own home in Boronia, said she looked forward to the birthday get-together, although was still recovering from her centenary



celebration last year. "I love coming to White Road," May said. "Everyone is so friendly here. I can't say enough about them or thank them enough for my last birthday. I haven't got over that yet, I got the fright of my life!"

Wendy Elkington, who runs the White Road activities and lifestyle program, described passionate Melbourne Football Club supporter May as "bright and bubbly". "May loves her food, her beer and she loves to have a good joke," Wendy said.

May was born an only child in Richmond where she

lived for half of her life before moving to Boronia 50 years ago. Widowed at age 49, May had one son Brian who sadly passed away in 1998.

May was employed by many wealthy families during her working life, looking after their houses and animals until she retired at age 79.

May said one of the biggest thrills of her life was travelling on a plane for the first time around Australia and New Zealand when she was in her eighties.

Cassie Maher (03) 9855 7729 or 0406 382 560.

Villa Maria

Villa Maria is a values-based organisation providing quality services and life enhancing opportunities for older people and children and adults with a disability.

Established in 1907 as the Catholic Braille Writers Association, Villa Maria has grown to become one of Victoria's largest not-for-profit providers of disability, education and senior services with more than 60 programs supporting 5,000 people across the state and southern New South Wales.

Every day of the year, more than 950 staff and 300 volunteers respond to the unique needs of the people and families we support with openness, innovation, creativity and flexibility.

Victorian Hobby Ceramic Associon Annual VHCA Ceramic and Hobbies Expo

The VHCA has been operating in Victoria since 1985 and is administered by volunteers committed to the art of Slip Cast Ceramics. Slip refers to



clay in a liquid form. Slip casting involves the use of moulds (which are made of plaster) to form a shape, and is done by pouring the slip into the mould and allowing it to "set up" to the desired thickness. The excess slip is then drained out leaving

a layer of clay against the wall of the mould.

After a short drying time, the mould is opened, the clay shape taken out and trimmed of excess clay. At this point the clay is still very soft and is referred to as "leather hard". The piece is then put aside to dry.

When dry it is referred to as "Greenware". A lot of decorative work and painting is done at this stage.

To become mature the clay requires firing. Once it is fired it is referred to as "bisque" meaning "fired clay". Earthenware bisque

is porous and needs to be coated with a glaze, re-fired to make it impervious.

Slip casting opens up a world of its own. The piece can be decorated using many techniques in such a way to make it a 'one off' and completely individual work.



The best way to learn is in classes.

The VHCA can suggest studios in your area. Being a member of the VHCA, keeps you up to date with the latest in ceramics and exposes you to a huge variety of skilled people.

Join now to take advantage of two free ceramic workshops scheduled in the next 12 months. (First Workshop: "Sgraffito & Etching Greenware")

Want assistance with your ceramic pieces? We can help you!

In addition, you will receive the following: a personalised V H C A member's badge; seasonal newsletter and regular meeting with guest speakers; free entry to the Annual Show; \$15.00 voucher for Dove Ceramics products;- Opportunities for special positions within the

association; discover new techniques, products and attend informative seminars; discounts on greenware; and training programs on how to be a show exhibitor, or a judge.

The highlight of our year is the Annual VHCA Ceramic and Hobbies Expo. Entries close on 20th July and it is open to all ages from beginner to the Professional.



The 2011 Show Committee are now planning the next great event – our 22nd Birthday and the theme is "Under the Sea" – so, let your imagination run wild!

It's being conducted at :-

Polish Club Rowville, Stud Rd Rowville.

On the weekend of the 27th and 28th August 2011

Open 10.00 am til 4.00 pm

We welcome entries from all over Australia and now the world and invite you to read the entry details on our website www.vhca.org.au and enter! There are lots of trophies and awards on offer and the experience is always worthwhile Many ceramic artists find it helpful as it improves the quality of their pieces and encourages them to explore different mediums and techniques.

Trade Tables are available at the Show. The earlier you apply and confirm the more chance we have to advertise your presence at the Show in any sort of craft

If you would like information on any aspect of ceramics, whether it be to learn, how you can join our small but enthusiastic group, how to get involved in the Show, how to become a Judge – anything at all, please do not hesitate to contact us.

Our postal address is Victorian Hobby Ceramics Association (Inc), c/- 14 Glendale Crescent, Berwick Vic 3806 or telephone the President, Toni Daniel on (03) 9778.8230 or either Tony or Jenny Watson on (03) 9704.7750 or you can email us at: VHCA@VHCA.org.au

Be part of a friendly supportive network - be a part of the VHCA



The Eastern Transport Coalition has welcomed the announcement of feasibility studies for Rowville and Doncaster rail networks as part of the State Budget 2011.

This study will examine a range of issues related to the projects, including construction, operation, land use and potential environmental impacts.

ETC Chairperson, Councillor Samantha Dunn, said the funding announcement was a great win for public transport and commuters in the east and outer east. "The community has been crying out for these missing links in our rail network, so it's good to see that these well overdue projects are back on the table," Cr Dunn said. "It is important that the government consults broadly and extensively to capture the needs of commuters and the business community and the ETC, who can provide important local knowledge to the consultation, looks

forward to assisting the government in their consultative process," she said. "The economic and environmental benefits of an extended rail network in the east of Melbourne are enormous.

Knox Councillor, and Eastern Transport Coalition member, Mick Van de Vreede welcomed the budget announcement as the next step in major public transport upgrades for Knox. "We'll be keen participants in the Government's study, providing information and input from our own earlier study," Cr Van de Vreede said. "The community will also want to have a say and we look forward to the Government giving them a good hearing. *Samantha Dunn: 0407 364 509*

Put Your Best Foot Forward

Rowville and Lysterfield residents were being encouraged to put their best foot forward and start walking for their wellbeing during National Chiropractic Care Week, last month.

Launching the *Just Start Walking* initiative, which is designed to raise awareness about the importance of keeping active, local chiropractor Dr. Frank Whelan from Wellington Family Chiropractic said while we are living in more mobile times thanks to portable technology,

physically we are less active. "The human body is designed for movement, so to keep your spine at its best we need to stay active. It's time to lace up the sneakers and quite simply, just start walking," he said.

Dr. Frank used National Chiropractic Care Week to highlight the importance of posture and mobility on our overall health and wellbeing. Residents can book in for a free photographic postural assessment taking about 10 minutes. Your overall health can be affected by the health of your spine. "An active spine is a healthy spine and a healthy spine leads to a healthier life" asserts Dr Frank. "What better way is there to encourage people to stay active than through walking? It's simple, inexpensive, achievable and easy," he said.

"Regular, moderate activity, such as walking, has been shown to improve posture and overall health, as well as reduce the risk of a wide range of common health complaints." Chiropractors are experts at analysing posture and spinal problems; with five year university training they can provide expert care, exercises and lifestyle advice

Dr Frank suggests "Make an appointment with your local CAA chiropractor to assess your spinal health and incorporate some more regular activity into your lifestyle".

Dr. Frank Whelan Wellington Family Chiropractic
1101 Wellington Rd. Rowville

www.rowvillechiro.com.au Ph. 9780 8910

Spectrum Health & Wellbeing at The Remedy Group

The health and wellbeing market has grown considerably in the last ten years and Derek Miglietti, of Spectrum Health & Wellbeing has witnessed it all.

Derek is the youngest of four children born to Italian migrants after they settled in Melbourne in 1958. Derek was educated at Mazenod College and continued there after the family moved to Patterson Lakes. He represented his school at basketball and went on to play at district level.

From a young age until his early thirties Derek was involved in martial arts and it was at this time that he realised that fitness and health were a combination of the mind, body and spirit.

After completing secondary college he qualified as a fitness instructor and taught at various gyms and high schools. "As much as I enjoyed seeing people achieve their fitness goals I realised there was a great deal more to health and wellbeing than physical fitness, which led me to further my studies in natural therapies" says Derek. As a specialist Integrative Therapist, Derek initially studied Reflexology, and now after



twenty years experience he has diplomas in Remedial Massage therapy, Psychotherapy, Reiki and Counselling. (You will need to ask Derek to explain some of the treatments!!).

Derek has gained varied experience in the industry, working with numerous chiropractors, physiotherapists and allied health therapists, as well as working in nursing homes. He has also worked for the St Kilda AFL football club and Indoor Sports Victoria. In addition to his Rowville practice, Derek lectures in health and fitness and continues his work as a trainer and consultant.

After a somewhat nomadic life, Derek settled

in Rowville in 2000 and married in 2008. His wife Kerry, who works in community health, has been a keen triathlon competitor and together they cycle regularly exploring the many bike paths around Knox.

The World Health Organisation defines health as 'A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity', and Derek subscribes wholeheartedly to this definition. "The future of our industry is bright as more people understand what allied health practitioners can exactly offer patients" says Derek.

For more information or to make an appointment call Derek on 9755 8859 or visit him at 1/1100 Wellington Rd (Wellington Village Shopping Centre). Alternatively visit his website www.ntpages.com.au/spectrumhealth

Health & Wellbeing



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



Tennis Elbow (Lateral Elbow Tendinopathy)

"Tennis Elbow" is a term used to describe an injury to the tendon on the outside of the elbow. There are many terms used to describe this injury such as lateral elbow tendinopathy, lateral epicondylitis and lateral epicondylalgia.

Typical symptoms include

Tenderness over the outside (lateral) of the elbow

Pain on the lateral elbow with gripping

Pain with resisted extension of the middle finger

Research has found that the tendon most commonly responsible for the pain is the extensor carpi radialis brevis (assists in lifting your middle finger) and under a microscope has disorganised collagen (the fibres that make up the tendon), increased blood vessels and an absence of inflammatory cells. Therefore, the term "epicondylitis" is outdated (as "itis" denotes inflammation) and the term tendinopathy is more appropriate.

Research has also shown that a combination of physiotherapy modalities with strengthening exercises produces the best short term and long term results.

Consult a physiotherapist from Rowville Physiotherapy for an accurate diagnosis (referral from your neck and nerve entrapment are two conditions that present similarly) and to discuss your treatment options.

Knee Pain in Runners – Runners Knee

Patellofemoral Joint Syndrome (PFJS)

Also known as "runner's knee", this is the most common knee condition characterized by pain around and under the knee cap. Almost anyone can get it, but it particularly affects runners, cyclists, hikers and office workers or anyone else who *sits* for a living. It is a result of malalignment of the knee cap as it tracks in its groove's on the upper and lower leg bones and/or an inflammation due to overuse which puts extra pressure on the nerves around and soft tissues (muscles/tendons/ligament) surrounding the knee.

Causes:

Feet rolling in - (Overpronation)

Knock Knees – knees coming together (Genu Valgum)

A knee cap that sits higher than average (Patella Alta)

Muscle tightness or dysfunction

Training in the hills or on stairs &/or sudden increase in training

Increase in training too quickly.

Symptoms:

Pain the front of the knee

Pain with: stairs, squats running

Swelling below around the knee

Pain when getting up from a chair when the knee has been bent particularly if the feet don't touch the ground when sitting.

Treatment:

Reducing pain and inflammation

Taping

Muscle strengthening

Massage or Dry Needling

Footwear changes

Training Modification

Orthotics to alter biomechanics

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



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Derek Miglietti
Therapist & lecturer with over 20 years experience in health & fitness

Ph. 9755 8859

1/1100 Wellington Road, Rowville
The Remedy Group: Wellington Village Shopping Centre Also available -

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'S.H.A.W...We can help!' To find out more:
www.ntpages.com.au/spectrumhealth



ROWVILLE PHYSIOTHERAPY

Posture Analysis

96 Kelletts Rd (Building B)
Rowville 3178
(Cnr Kelletts Rd & Taylors Lane)

9763 9233

Email: info@rowvillephysio.com.au

**OPEN EXTENDED HOURS
6 DAYS A WEEK**



Friday walkers: "Romancing the stone".

Are you retired? Or planning to retire?? We would like to meet you. After retirement, or even before, your spare days could be filled with fun, friendship and outings with other like-minded people.

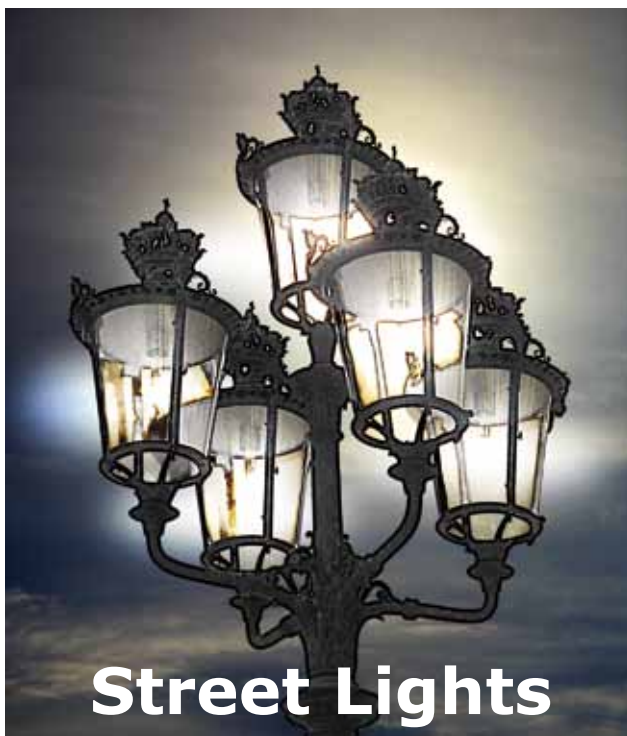
We offer monthly activities, weekly activities, and a couple held on the second and fourth week each month. For fitness, there is badminton, various walks, and water aerobics which are not for competition, but purely for ourselves and the happy time spent together.

Other social ways of getting together include: card games such as canasta and "500", board games, painting, craft, cinema, organ and music appreciation, lunches, visiting and appreciating other people's gardens, bus trips. Our longer trips include 4 night / 5 day bus trips, and the "Weekend Getaway", where we meet up at an arranged caravan park, either with caravans, tents, or sharing cabins. Our time there is filled with expeditions, barbecues, dining out, walks, games, and getting to know each other. Very comfortable.

Take a chance and join in on any two of the these activities, no pressure, and if you like, think about becoming a member. It's only \$20.00 per year, and this includes quarterly newsletters, 2 or 3 committee sponsored events per 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



Council joins fight to keep electricity rates at fair levels.

Learning about our smallest residents

Finding out how small children learn is the aim of a new research study underway in Knox and local parents are being invited to get involved. The *Smalltalk* research study conducted by the Parenting Research Centre (PRC) with support from Council will help researchers discover how literacy best develops in young children.

The PRC is looking for local families to get involved and is offering incentives of \$150 and three children's books for eligible participants. Knox Mayor Cr McMillan said Knox residents with children aged between 6-12 months may be able to take part in the study. "Children who take part in the study will also have the opportunity

Knox Council

Knox Council is joining more than 20 other Victorian Councils in a call to bring back fairness in street lighting costs. Mayor Sue McMillan said recent price hikes in street lighting maintenance and replacement, approved by the Australian Energy Regulator in October 2010 were unfairly impacting on local government. "From 1 January this year, charges for operation, maintenance and replacement of street lights increased by between 18 and 42 percent throughout Victoria," Cr McMillan said. "For Knox, this means an increase in street lighting costs of approximately \$140,000 for 2011, with further increases anticipated in each following year. There has been no associated increase in service, yet since 2004 street lighting charges to Councils have increased by 73 percent, against an increase in the Consumer Price Index of only 19 percent over the same period".

Cr McMillan said participating Councils were preparing a joint submission for an Australian Competition Tribunal hearing, to be heard in coming months. "We need to take action now, to ensure Councils get a fairer deal," she said.

to play with other children, and parents will be rewarded for their involvement."

Cr McMillan said the study would also analyse the impact of home-based learning for young children. "Understanding how our children learn is a valuable exercise and I'm pleased that Council is able to support this work," Cr McMillan said. "It's also a landmark study, likely to benefit all Victorian children, and it's great to see Knox being chosen as the centre for the research."

The study is running throughout 2011, with participants required to take part in group sessions held over six consecutive weeks throughout the school terms.

Interested people could contact their Maternal and Child Health Nurse or call Jo Novak, at Council, on 9298 8000 for more details and to find out eligibility criteria.



Alan Tudge MP & John Hoy - driver

Alan Tudge Writes Run for your mind!

Puffing Billy had my measure. In fact he left me for dust, despite his driver promising to go easy on us!

But beating the train in the Great Puffing Billy train race

earlier in the month was not really the goal. Rather, a few of my federal parliamentary colleagues and I formed a "Run for your Mind" team to raise the profile (and some cash) of youth mental health in the outer east.

I had organised this effort as part of my campaign on youth mental health and convinced Tony Abbott, Greg Hunt and Dan Tehan to also run the 13.5km race.

With the generosity of several corporate sponsors, we were able to raise \$19,000 with most of the money going to the Headspace Foundation and the Butterfly Foundation to deliver youth services in Knox.

It was a beautiful day in the Dandenongs for the run, despite Puffing Billy's victory.

We have called for a re-challenge next year!

State Budget Delivers For Knox Residents Says Nick Wakeling

Nick Wakeling MP, State Member for Ferntree Gully, today said that the 2011-12 Victorian Budget has delivered on a number of election commitments in the Ferntree Gully electorate. After 11 years of neglect and incompetence, the Budget announced by the new State Government has delivered funding for a range of significant service and infrastructure projects throughout Victoria.

The Budget, delivered by the State Treasurer Kim Wells MP, has also delivered a number of significant programs

in this electorate:

- \$8 million for Stage 2 of the Eastern Autistic School in Ferntree Gully
- \$2 million for the Rowville rail feasibility study
- \$270,000 funding assistance to upgrade facilities at local sporting clubs (Seebeck Reserve, Picketts Reserve, Liberty Reserve, Lakesfield Reserve, HV Jones Reserve, Wally Tew Reserve, Fairpark Reserve, Eildon Park Reserve and Dobson Park)
- \$250,000 to increase pedestrian safety and upgrade the crossing on Wellington Road, Rowville (near Westminster Drive)
- \$200,000 in environmental funding towards the redevelopment of CSR quarry in Ferntree Gully
- \$150,000 to support the work of the Sant Nirankari

Mission in Rowville

- \$50,000 funding for environmental rehabilitation of environmental projects (Friends of Koolunga) plus a further \$50,000 funding to assist the Friends of Blind Creek
- \$50,000 for Stage 1 of Knox Community Health Service's master plan to redevelop its facilities
- \$40,000 to upgrade the bus stop on Burwood Highway (near Manna Gum Road)

Nick said "I am delighted to see that the promised \$8 million has been delivered to the Eastern Autistic School in Ferntree Gully. Four other schools, Ferntree Gully North, Wattleview, Fairhills, and Mountain Gate Primary Schools, have also received commitments for significant funding upgrades".

Knox Council Budget

As many of you would be aware, Knox City Council has met to release a proposed budget for 2011-12. Below are the basic aims, challenges and initiatives. Submissions to Council close on Friday June 10th.

General Overview

Budget guided by the Long Term Financial Strategy. Existing service levels maintained, with some minor growth.

Cost escalation factor for 2011-12 of 4.04%
Operating budget of \$124.801 million (cash basis)
Capital Works budget of \$32.751 million
Additional \$1.748 million in Asset Renewal investment compared to the 2010-11 original budget
Long term, responsible planning
Meeting future challenges in service delivery and managing the community's assets
Delivering on Vision 2025
Long term financial planning
Protecting and revitalising community assets

The Challenges Ahead

Investment in early years services
Planning for an ageing population
Balancing sustainable rates and charges increases with service delivery needs
Unlocking the potential of Activity Centres
Addressing backlog of ageing infrastructure
Maintaining the condition and renewal of Council assets

New Initiatives for 2011-12

Council's Greenleaf environmental program
Continued transport advocacy through the development of a local economic impact assessment for the Rowville Rail project to leverage the opportunity for greater input into the State Government feasibility project
3,200 additional hours in home care, personal care, and respite care to meet the increasing needs of the aged community in Knox Reactive tree maintenance to better manage the damage from storm events

Questions In The Council Chamber

A number of questions regarding the 'Stud Park Structure Plan' and planning developments in the area were raised in public question time.

Question 4 Has any thorough study been carried out to date on the impact of the increased traffic which will occur in the Stud Road service road and nearby Stamford Crescent and have any negative aspects been identified?

Answer The Chief Executive Officer, Mr Graeme Emonson responded advising that traffic impacts are assessed with any planning application. Mr Emonson advised that the application would be considered on its merits and any traffic management issues would be considered as part of the development application.

Question 5 Will a traffic management study be conducted before the item is considered?

Answer The Acting Director of City Development, Mr Paul Dickie responded that detailed traffic impacts would be considered as part of the assessment of this development application.

Question 7 In view of the fact that the Stud Park (Stage 2) Structure Plan has not yet been ratified, why is Knox Council voting on allowing a 6-storey development, before the decision has been made on whether to implement high density housing in established residential communities?

Answer The Acting Director of City Development, Mr Paul Dickie responded that applications must continue to be considered whilst the structure plan is being considered. The Chief Executive Officer, Mr Graeme Emonson further added that Council had earlier agreed as part of the Notice of Motion on the Stud Park Structure Plan (Stage 2) to undertake further review.

Question 10 Are all Councillors completely familia (sic) with the Stamford Estate area and if not will they visit the area to ensure they are/can fully comprehend all the problems outlined by the objectors of the high rise apartment blocks.

Answer Councillor David Cooper responded to the

questioner that he cannot speak on behalf of all Councillors however he did view each planning application site before Council. The Mayor, Cr Sue McMillan also responded that all Councillors take their role very seriously and respond to the issues presented before them.

Question 15 Has Knox Council or its Planning Department asked the MMBW now known as Melbourne Water to do a thorough investigation of the capacity of current storm water drains and the sewerage system in the Tirhatuan Ward, to see whether it can cope with the 6-storey complex, in particular and all the other high-density complexes proposed?

Answer The Chief Executive Officer, Mr Graeme Emonson responded that in assessing any planning application, Melbourne Water as a referral authority would be consulted as part of the process for Council to consider an application.

Question 21 Do the Knox Councillors realise or care that a decision to allow high density housing in established low density housing areas of Rowville, would irrevocably change the whole character of the neighbourhood, be severely detrimental to current residents' amenity and inevitably introduce problems like increased crime, violence and drugs – all commonly associated with high density housing in the inner suburbs?

Answer The Mayor, Cr Sue McMillan responded that the Councillors collectively are listening to the residents of the Knox community. The Councillors appreciate hearing the concerns raised by members of the community in relation to issues before Council

Question 22 Has Councillor Van de Vreede decided whether he has a "vested interest" restricting him from discussing and voting on the proposed 6-storey development at 1088-1090 Stud Road and will he be voting on May 31st?

If Councillor Van de Vreede has not decided when will he make that decision and when will he let residents know of his decision?

Answer Cr Mick Van de Vreede responded that legal advice was being obtained on the impact of the development of structure plans and the affect this may have for an individual Councillor in context of the Conflict of Interest provisions within the Local Government Act. Cr Van de Vreede responded that until further advice was obtained he would need to abstain from voting on the matter regarding the Stud Park Structure plan.



Minutes of April 27th Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting on the 27th of April 2011.

Item 5.2.1 Councillor Pearce (Taylor Ward)

Councillor Pearce raised an issue of concern on behalf of residents in the Stud Park area in relation to the Stud Park structure plan and planning developments in this area.

Item 5.2.3 Councillor Van de Vreede (Tirhatuan Ward)
Councillor Van de Vreede advised of a recent consultation process undertaken with residents of the Rowville area regarding a 6 storey development proposal which falls within the Stud Park structure plan.

Item 6.1 Notice of Motion No. 16 – Stud Park Structure Plan (Stage 2)

Notice of a previous motion by Cr Darren Pearce was moved. After a number of amendments the following motion was carried.

Council resolved to :

1. Defer public exhibition of Amendment C92 (as resolved at the 8 June 2010 Strategic Planning Committee meeting) until further resolved by Council at a future Council meeting.

2. Conduct a review of the Stud Park Structure Plan (Stage 2) focusing on objectives and planning guidelines relating to built form outcomes in the proposed Substantial and Moderate Change areas to provide greater certainty.

3. Adopt an interim 3 storey height limit (9m) in the proposed Substantial and Moderate Change areas pending the outcome of the Stud Park Structure Plan review.

4. Refer the Stud Park Structure Plan review to the Housing Advisory Committee to ensure the findings are consistent with the Housing Policy review currently underway.

5. Receive a further report with the findings of the Stud Park Structure Plan (Stage 2) review for consideration.

Works Report as at 11 April 2011

Stamford Park Redevelopment

The Project Steering Committee met on 28 March and considered the Procurement Options Report prepared by AECOM Consultants for the development of Stamford Park. The Committee resolved to present a proposal to Council's May Issues Briefing.

Corhanwarrabul Creek Trail (To Dandenong Creek) - Shared Path

Works have recommenced following delay on Melbourne Water wetlands. Concreting along Kelletts Road main drain completed with associated swale, rock beaching and concrete section along Stud Road to follow.

Stud Rd, Rowville - Sunshine St to Timbertop Drv – Footpath

Discussions with the developer are ongoing. Title details will be finalised once the widening of Sunshine Street at Stud Road has been completed.

Wellington Road , Rowville - Smartbus Footpath

Connection

Works scheduled to start mid April 2011.

Solar Powered extraction fans in Pre-Schools

Project is now complete. "Smartbreeze" units have been installed at six sites: Rowville and Boronia Childcare Centres, Knoxfield, Wattleview and Liberty Ave Preschool Centres and Illoura Early Intervention Centre

Rowville Recreation Reserve Storm Water Harvesting

Project abandoned due to unacceptable water quality. Funds transferred to Murrindal Playroom Extension.

Avalon/Stamford/Stud Road Intersection Modification

Awaiting approval on design from VicRoads.

Taylors Lane Playroom Extension - Consultation & Design

Concept design completed.

Stud Road, Rowville – footpath

Construction complete

Tirhatuan Drive (No 18) Rowville - Drainage Design

Site surveyed. A meeting with Melbourne Water has occurred with Melbourne Water agreeing to flood map area to assist design process and to consider funding assistance. Waiting on results from Melbourne Water investigations which will initiate another meeting to discuss possible options available.

McKay Road – Reconstruction

Contractor appointed and due to start in early April 2011.

Norris Road – Reconstruction

Design completed with construction deferred to 2011/12 due to insufficient funding

Raymond Road - Reconstruction

Contractor appointed and due to start in early April 2011.

Karoo Primary School

Term 2 commenced with great ease at Karoo Primary School. Our Year 2 and Year 6 students commenced the term with a visit to the Knox Basketball Stadium. Every year, all Year levels participate in the basketball clinics as the activities cater for students of all ages and abilities. Please make sure you see the Karoo Kids Page in this edition for more information and fun activities about basketball.

In Terms 2 and 3 we run our whole school Tribes Program. Each child in Prep- 6 is allocated to a specific Tribe consisting of approximately 18 students from across

the school. They are assigned a teacher for the duration of the Program. For 40 minutes every fortnight the Tribes meet and participate in a variety of activities. The purpose of Tribes is to build relationships across the school and also to introduce the students to another adult. Last year was a great success and we again look forward to developing new relationships within the school.

Education Week was celebrated at Karoo on Monday 16th May with an Open Night. All classrooms were opened from 6.30-8.00 p.m. During the evening our two school choirs performed showcasing our fantastic Music Program. The school featured student work through displays, highlighting the varied and purposeful learning activities the students are engaged in.



Karoo Primary School ~ A Tribe In Action

What a busy Term 2 it has been for Rowville Secondary College! It has only been a few weeks into the term, however already we have had success stories from students throughout the college in Mainstream, RIA and RSA.

Peter set to take on the English Premier League

Peter Skapetis, who has been a student of Rowville Sports Academy since the beginning of the year and a progressive player for South Melbourne Soccer Club since he began playing in the under 8's division, has signed a two year youth contract with English Premier League club, Birmingham City. Now, after eight years and countless hours of hard work, his dreams of making it to the top are becoming a reality for the young athlete.

"I am really happy about being selected and being given the opportunity," he said. "It shows how hard I have worked and it is definitely a good step to further my career." Peter, who is only 16 years of age, will leave Australia for England on July 2nd to commence his two year Youth Contract as a "soccer apprentice".

He will continue his studies at a college and will incorporate full time training as well as playing in the sides' under 18 league. "Their philosophy and the way they play is something I want to be a part of," he said.

Peter, whose idol is soccer superstar Cristiano Ronaldo, currently trains around 30 hours a week on top of his



academic commitments and says he will continue his current routine in preparation for the EPL.

Although he has already made a huge step in his soccer future, he has become proactive and reassessed his goals for the two years he spends at the renowned Soccer Club. "I want to make the first team as quickly as possible," he said.

VET Students to Umpire at MCG

On the 4 May, year 11 VET students commenced the first of three sessions in AFL umpiring.

The students were mentored by former VFL umpire, Neville Nash who will take the class for a total of seven hours in coming weeks. By the end of the sessions, students will develop knowledge of umpiring characteristics, decision making and skills in regards to the field, boundary and goal umpiring.

It is a mixture of theory and practical sessions and the students will have the opportunity to umpire some Auskick games at both the MCG and Etihad stadiums throughout May and June. According to VET teacher, Gary Gilbert, the students enjoy the umpiring, especially when it is during half time for Auskick.

"They love it! It gives them a chance for hands on learning in a practical format and umpiring in front of a big

crowd, which is the chance of a lifetime," he said.

Keep an eye out for Rowville SC students when they umpire for Auskick at upcoming games!

Fame

The college production of is in full swing with rehearsals now occurring three times a week, in preparation for the opening night on Wednesday, 3 August. During June, the entire cast and crew will attend a production camp at Alpine Ash Mountain Retreat, where intensive rehearsals will take place. If you would like to sponsor the production, please contact Maryanne Karlovic on 9755 4555.

Editor's Note:- All the very best Peter. It's a tough road but the rewards are fantastic, but I don't need to tell you that do I? To all those budding umpires keep at it and learn to ignore the taunts of the crowd. We can be an unforgiving lot!!! Finally I'm looking forward to the production of Fame which I'm sure will be equally as good as Grease last year.



Lysterfield Primary School



Lysterfield Primary School recently opened their new Investigation Room to the delight of the Prep students.

The Investigation Room has an inquiry focus that is designed to challenge students into being curious and creative in a safe and secure environment. The room is full of activities that will develop their skills such as negotiation techniques, sustainability, scientific experiments and problem solving to name a few.

We recently interviewed Senober and Ben, two of our Preps, from Lysterfield Primary School and asked them some questions about the Investigation Room.

Are the Preps enjoying the Investigations Room?

Senober: Yes I like it.

Ben: It is exciting.

What are you enjoying about the Investigations Room?

Senober: Reading books and making Mother's Day cards.

Ben: Playing with dinosaurs and Lego.



What new things are you learning?

Senober: We learnt how to read words.

Ben: We learnt how to colour in the lines.

What have you done in the Investigation Room?

Senober: Puzzles and coloured in a nice card for mum.

Ben: Puzzles and cards for mums and dads.

FOOTBALLER VISIT

On Monday 10th May we were lucky enough to have Isaac Smith and Jarryd Morton from the Hawthorn Football Club



*They have very strict diets and...

*They have 12 coaches, just for one team!!!

The Senior School really enjoyed their visit and are asking when more players will come!!!

visit us. We learned some incredible things such as:

*Many of the players have jobs outside of the AFL, which they go to on Wednesdays.

*Their day off is Wednesday, as their weekends are taken up by football.

*Players from all over Australia are drafted into clubs. For example Isaac is from NSW and Jarryd is from WA.

*Jarred has two brothers in the AFL. One of whom plays for the Richmond Tigers, while the other plays for the Melbourne Demons.

School Talk

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



United in Our Shared Goal of the Best Education for All

This shared goal between parents and staff, is to ensure that all our students have the best education possible so they are successful when they leave school and prepared for whatever the future holds.

To support this goal the Rowville Primary School Council and staff recently joined together for the annual school council dinner meeting, when the new school council meets the staff. The new School Council President, **Neil Veitch** welcomed staff and parents and spoke about how the school council promoted the work of our school to the broader school community, encouraged families to express their ideas about education and the school, and supported the work of our teachers.

The School Council values the contribution of all staff and in particular Neil recognised the contribution of our teachers. The efforts of outgoing school councillors were acknowledged.

Malcolm Hills served on Rowville Primary School council for four years. He worked behind the scenes with other members of our school council to reinstate the Simon Avenue school crossing. He contributed on the communications working party which has resulted in electronic communication of the school newsletter to the majority of our families. Malcolm was also a member of the BER working party that successfully negotiated with the builder for the contractor to come on site to



Edith Alcock (left) and Malcolm Hills (right)

commence installation of the air conditioning during construction.

Edith Alcock served on school council for four years. During this time she ensured that our discussions always centred on fairness and inclusivity of all students. Edith worked tirelessly with Faye Westbury to lead and organise the amazing 2010 fete. She also initiated and developed the "Parents as Partners" program to enhance parent partnerships and communication within our school.



Dean Bray and Principal

Dean Bray was acknowledged for his work as School Council President for five years. Dean led the development of the School Council Building Fund which continues to bring donations into our school. He was also a generous financial contributor to the fund. He was supportive of innovation and I could always depend on his support in projects that took our school into the 21st century. This included the development of the playground at the school entrance and the upgrade of the gym and other facilities. Whilst he did not seek re-election as president he continues as a school councillor.

Student leaders witnessing a proud moment of Anzac history.

The Ceremonies and Special Events Parliamentary working party represented Rowville Primary School at the Anzac Ceremony that was held at Ferntree Gully National Park on Wednesday 4th May. The students witnessed the unveiling of a new plaque dedicated to the 2/27th battalion. The 39th, 2/14th and 2/16th battalions are already represented with their own memorial plaques on individual stones. These four battalions

fought for our nation on the Kokoda Track. The whole area of the park is dedicated to the memory of those who fought gallantly on the Kokoda Track.

An army cadet unit from Dandenong formed a catafalque party guard around the stones. Approximately 400 people attended the ceremony including representatives from schools in the Knox area, the local RSLs and the local Knox community. Guest speakers included family members of the Veterans from the Battalions.

It was a very moving ceremony and it was a privilege to represent our school on this solemn occasion.

Renee Mackie, Lachlan Williams, Cassidy Denny, Amelia Roper, Liam Ross and Irene Makripoulas



PARK RIDGE PRIMARY SCHOOL

Learning About Anzac Day

On the last day of term 1, April 8th, the Year 6 students of Park Ridge visited the younger classes to teach them about the importance of Anzac Day. The lessons went for an hour and were highly engaging. The teachers were very proud of the students and the Year 6 students enjoyed the opportunity to be the teachers of the younger children. Read their recounts of the experience.

Margo, Hailey and Kylie were sent off on a mission to teach Miss Mac's grade for Anzac Day. Kylie did the introduction and the game ('Two Up'). Hailey talked about the two videos we showed and Margo wrote and read the information. She also read a book called, 'Angel of Kokoda'. We all helped with making the poppies. We were nervous at the start but we had a great time teaching. The Grade 5-10 children all had a good time and they really loved the Anzac biscuits.

Margo, Hailey & Kylie 6-14

Our group, Toni, Kate, Andy and Liam, taught P-06, Mrs



Epstein's grade. The Anzac lesson was a success because all the kids listened and paid attention while we were speaking and explaining about the Anzacs. The activities that were included in the lesson were making poppies, watching an Anzac video, a colouring competition and reading a book called, 'My Grandpa Marches on Anzac Day'. It was fun, a good experience and we enjoyed teaching them.

By Kate, Toni, Andy and Liam 6-14

Our group went to 5-23 to teach them about the Anzacs that fought bravely at Gallipoli on the 25th of April, 1915. In our group were: Rachel, Crystal, Suraj, Sam and Josh. First Rachel introduced the group and then she read a speech about Anzac Day. We got the kids to watch a video on YouTube. When the video was done the Year 5's made beautiful paper poppies to wear. After helping them with their poppies, Crystal read a book called 'My Hiroshima'. We got them to colour in a poppy colouring page, then played 2 rounds of 'Two Up'. We thought the day went really well and we would definitely do it again.

Rachel, Crystal, Suraj, Sam & Josh 6-14

Philipp, Luke, Kiara and Bec went to 2-08, Mrs Zachariah's class. We made poppies, watched videos and talked about



Anzac Day. We also had a colouring in competition and had 2 winners, which were Georgia and Andy. Philipp read them a book called 'In Flanders Field' and then Bec and Kiara asked questions. For all the questions they got right, they got a snake. At the end of the lesson Kiara and Bec ran a game of Two Up and we had two winners, a girl and a boy. Then we listened to the 'Last Post' and had a minute silence afterwards. All the kids had a great time.

By Kiara, Bec, Philipp and Luke 6-14





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Community Garden Under Way

RAFT Anglican Church has a vision to be a church known in the community. We seek to do this by creating a range of activities and events for community members to engage with.

Playgroups, Youth groups, a community VCAL programme, and seniors groups are just some of the activities that we seek to engage people in through the week. Then of course there are our Sunday services at 8.30am and 10.30am.

Last year a Community Kitchen was established.



VCAL students together with members of the RAFT church community preparing a bed for the Community Garden.

This was run from RAFT's kitchen. The aim is to build relationships, and to teach people how to cook nutritious and economical meals in a healthy way, and how to prepare a menu.

This term we are having a break in order to launch a new community project, a Community Garden. The Community Garden project has been on the drawing board for more than a year. Discussions with Knox Council have

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.

enabled us to plan a substantial garden on the road reserve on Taylors Lane adjacent to the church property. This has involved students from VCAL (Victorian Certificate of Applied Learning), which runs classes at RAFT, and members of the church community. Nine boxes 3m x 3m have been built, and the garden is being fenced off.

The aim of the Community Garden is to create a resource for the whole community. It is intended to formally launch this project in Term 3 for community participation. It is hoped that individuals and families in the community will use this opportunity to join us in learning how to grow vegetables and develop an appreciation of what is involved in healthy eating.

There are benefits across the community. The project will create a community hub for our neighbourhood, and build social connections. There will be a sharing of skills, teaching people how to grow their own vegetables. The project will promote physical exercise and mental well-being. The list goes on.

If you are interested in finding out more information about the Community Garden project or being involved, or taking on a plot to grow vegetables, please contact the church during office hours on 9764 2573

Rev Phil Meulman, Senior Minister



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

For over 30 years the Rowville Baptist Church has been running a low-cost program for primary-aged children during school holidays. It has become a highlight of the midyear holidays for a growing number of local families. Last year about 160 children attended each day. The good news is that **"Club Extreme"** will be on again this year.

Every day (9:30am-12:30pm) from **July 11 to 15**, children who are in Prep to Grade 6 will be enjoying *the drama, craft, games and excitement that have come to be expected at "Club Extreme"*. This year's theme, **Wild Wild West**, should produce lots of fun. As usual, the church buildings will be transformed to reflect the theme. Our dedicated team of volunteers is planning dramas, dance, stories, songs and crafts that will ensure the children have a great time.

This is always one of the highlights of Rowville Baptist's year. Members of the church community, young and older, get involved in various ways. It's fun to see the church auditorium and other spaces decorated to reflect

the theme and it's fantastic to have so many children on site enjoying themselves so much.

Our generous volunteers and donors mean we can continue to offer this high quality program at an affordable price of only \$5 per child, with a maximum of \$10 for each family, per day. There is an early bird weekly rate of \$20 child/\$40 family if you book by July 3. To book visit www.rowvillebaptist.org.au or contact the Church office on 9764 4242; email office@rowvillebaptist.org.au.

The young people of Rowville Baptist are key contributors to Club Extreme, with many of them having their first experience of serving and leading as they work alongside more experienced leaders. It's just one of the ways we seek to help young people develop in life-skills and faith. On Friday and Sunday Nights we have regular events for young people, at which, they can make good friends, have fun in a safe place and discuss issues of faith and life.

On the June long-weekend a large group from Rowville Baptist will be taking part in the State Youth Games at Warragul.

For details of that or other youth activities, contact our Youth Pastor, Dennis, on 0431 878 128.

Rev. David Devine Senior Pastor (9764 4242)



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Like a good few of our neighbours, our metal roof had to be completely replaced after last year's hailstorm. The plumbers have just completed the new white finish, and the insurers have paid up!

Underneath it all, Fruitful Vine continues to be a secure and lively spiritual home ... for times like these. Enquiries: 9752 7767



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It's officially here... Winter. There's no denying that the cold mornings of May prepared us for this. Winter blew us an early kiss, and deepened the temperature to a chilly consistency. Few trees still resist their undress, insisting on holding onto the little dignity they have left, sparse leaves and little green; the rest, stripped naked. The sky displays an assortment of gray and there is little of nature's vibrancy left that Winter did not temporarily banish. The days are endured because they must be and hopes for warmth are the bulk of our motivations. There

is something about the cold that tempers our souls into a particular vulnerability.

This said, how much more has appreciation girded the simple pleasures of life? Haven't life's little tokens proved impressively uplifting against the backdrop of colder climate? How much more did that steaming beverage thrill you? Or the relief of walking into a heated room, disarm you? How much more did that stranger's courtesy and kindness resurface your shy smile? Or the greeting of one of your favourite people, enthrall you? What helps us persevere in the ruthless cold of winter, are the heart-warming pleasures. From the greener side, winter can be the loveliest and most satisfying season, especially for those surrounded in warm, loving company. The flip side is that others with much less support may experience a frighteningly, crippling quarter.

This is where perspective and hope take illuminating spotlight. I'm sure you'd agree that hearing one remark,

"I love the crisp of winter mornings", is a refreshing change from the chorus of common complaint, "Cursed weather. I am miserable. I hate winter". As much as the former comment might indict the rolling of eyes, strange looks and smirks, it is more admirable than the boring and unnecessary latter. Our lot resides in our perspective of opportunity and the placement of hope. Do we perceive winter as a season of opportunity or a season which needs to be endured, followed by the sprouting of opportunity in spring? For if winter is nothing but useless turmoil, we waste the wonderful opportunity presented in seeing beauty in the *apparently* dreary elements.

There is something about optimism and opportunism that attracts us. Perhaps because we wish we were *hopeful* enough to share in it. Ah, hope. Hope is our tomorrow. It is the concept of future reward for present toil, justifying our effort and whispering *"it is worth it"*. Unfortunately, the contrary to this is demonstrated especially in winter,

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with statistically more people falling into depression and attempting suicide within Winter's cold frame, than in any other season. Life in winter is harder when hope is meagre.

But what is there to hope in?

Now to the crux of what I've been itching to allude to, that which wraps Winter in all sorts of 'wonderful'...Love/God (*I know half of you are tempted to disengage right about now, but I implore you bear with me! I don't care that love is cliché, it has reason to be!*). Love is worth hoping

in, be it: Summer, Autumn, **Winter**, Spring. In it, in Him, is the assurance that we need never be anxious about the hardships and harshness of life because our life is in greater hands. Because ours is the promise of strength in everlasting joy and joy in never-failing strength. Because we are not governed by circumstance, instead, we use grim situations as a platform for miracles, not to mention an opportunity to grow our love, faith, character and intimacies with God and each other. Because as imperfect as our days may be

and as imperfect as we ourselves are, the love we have been promised is divinely perfect. This we know.

In a season when everything under Melbourne's sky begins each day carpeted in new frost, I beseech you: find hope, find love. And if you don't know where to start looking, start here, at church. But let me assure you, if you are looking for Love, in the truest, grandest sense of the word, I can promise you, you'll be found... because Love was looking for you first. Meet Him halfway, we're local.



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