



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

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Anzac Day

April 26th

Lest we forget

Gallipoli

Easter

Jerusalem



SUN²⁹ APRIL 2012
**ST SIMONS PARISH
MARKET DAY**

a variety of retail stalls . . .
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From the Editor's Desk

April for many Australians is synonymous with Anzac Day, when we remember the spirit, selfless service and sacrifice of the Anzacs. I hope that many of you will take the time to recognise these brave people on the 26th. Gone but not forgotten.

Of course this month also contains Easter, which has significant religious meaning, as Christians remember the crucifixion and celebrate the resurrection of Jesus Christ. All our Christian churches are conducting special services and additional Mass, details of which (where we have them) can be found elsewhere in this paper. To some, Easter is a time for the Easter Bunny and, especially to our young, that is a good enough reason to enjoy lots of chocolate eggs.

I encourage as many readers as possible to consider responding to our distribution co-ordinator, Peter Rumble's, request for help. Peter works extremely hard to ensure the paper gets to every household, but can not achieve his goals without volunteers to deliver the papers. A normal delivery is less than 100 papers, which takes no more than half an hour of your time once a month. Don't be shy. Give him a call 9752 7592

There have been reports of a bogus CFA representative calling on residents to sell them equipment on behalf of the CFA. He looks real...but he isn't. Beware.

Public Transport Minister, Terry Mulder, has released the findings of the Government's feasibility study into the Rowville rail link. It seems that the project is at least 10 years away, but as the Rowville Rail Study representatives said at a recent meeting, it really couldn't be achieved any quicker. Necessary upgrades to the Dandenong line, Huntingdale station and the central network added to the cost and time frame and had to be completed as part of the project. Some of these upgrades are already in the pipeline. Mr Mulder also hinted that the 'every four minute' bus service from Huntingdale station to Monash University, that carried up to 17,000 passengers a week, could become permanent, a move that could jeopardise the future of the line. But that doesn't help Rowville residents Mr Mulder. According to figures released in the Stage 1 report it was anticipated that by 2046, about 68,000 passengers per day would use the line and Rowville station would have a frequency use similar to Glen Waverley.

We have never been so close to getting the rail link. It is hugely important that residents visit the website www.rowvilleraillstudy.com.au to better understand the current position and have an input into the lines future, regardless of whether you want the rail line or not. The deadline for submissions is April 27th. You can read more about this subject in Nick Wakeling's Column.

I have to end this month's editorial on a sad note. Whether you are an AFL fan or not, whether you are a Melbourne fan or not, the sad passing of Jim Stynes can not go unmentioned. Jim was a giant on the field, a great servant to Melbourne Football Club both on and off the field and latterly a great humanitarian, admired and loved by all he touched. To his wife and two sons, we have lost a great man, you have lost a great father. RIP Jim.

David Gilbert

DEADLINES May 2012 EDITORIAL & ADVERTISEMENTS Wednesday, 11 April

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

PHOTOS – email separately to:
john@malleebull.com
DISTRIBUTION
Saturday, 28 April 2012

What's On Locally

April 2012



Sponsored by:
Lions Club
of Rowville

DIRECTORY

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

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

CFA Juniors Meet every Thursday 7pm.

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

1st Rowville Scout Group

Scouts (11-14 years)

Yarra Troop - every Monday 7.30pm

Strzelecki Troop - every Thursday 7.30pm

Cubs (7-10.5 years)

Emu Pack every - Tuesday 7.00pm

Kangaroo Pack - every Wednesday 7.00pm

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

Venturers (14-17.5 years) every Friday 7.30pm
Contact Terri 0418 567 923

Fruitful Vine Church Services every Sunday 10am.

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

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

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

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

Life Activities Club Regular Activities. Call Melva 9762 3764

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

Little Athletics For training & event days: 9763 1404.

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

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

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

Probus Club (Knox Combined) Meet 1st Tues each month (except Jan, July & Nov) at the Stamford Hotel at 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** every Wednesday 9.30am **New Vogue dance:** every Tuesday 7.30pm. Contact Anthea or Arleen 9801 3509

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

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

Rotary Club Every Tuesday at Baton Rouge at 7pm

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

Salvation Army Services every Sunday 10am

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

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

Tuesday 7.30pm, Wednesday to Friday 9.15pm

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

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

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



Calendar of Events April 2012

- 1 Apr **Run for the Kids** www.r4k.com.au/r4k
- 1 Apr **Daylight saving ends**
- 1 Apr **Change your smoke alarm battery**
www.changeyourbattery.com.au
- 1 Apr **Casey Home and Garden Show**
www.blazingstar.com.au
- 6 Apr **Good Friday**
- 6 – 9 Apr **Stawell Gift** www.stawellgift.com
- 11 Apr **World Parkinson's Day**
www.parkinsonsvic.org.au
- 14 – 15 Apr **Casey Food, Wine and Jazz Festival**
www.blazingstar.com.au
- 17 Apr **World Haemophilia Day**
www.haemophilia.org.au
- 18 Apr **National Day, Zimbabwe**
- 20 Apr **Scams.** Free information sessions. Boronia
www.consumer.vic.gov.au/news-and-events/events/scams-free-information-sessions
- 20 – 22 Apr **Apollo Bay Music Festival**
- 21 Apr **Mulgrave Fun Day** www.monash.vic.gov.au
- 22 Apr **Earth Day** www.earthday.org/about
- 25 Apr **Anzac Day**
- 25 Apr **International Guide Dog**
www.guidedogsvictoria.com.au
- 26 Apr **Pay It Forward Day** payitforwardday.com/
- 26 – 29 Apr **Yarra Valley Food & Wine Festival**
www.yarrawalleyfestival.com.au
- 1 May **World Asthma Day** www.nationalasthma.org.au

Did You Know?

There are only four words in the English language which end in "dous":

Can you name them?

Answer on page 23

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.

April Events

Rowville Community Kitchen Thursday April 5th at 12pm. 16-18 Kingsley Close, Rowville. Bookings essential. Please call Christine 0417 851 204 or email rck@hotmail.com

St Simon's Parish Mass: 5.30am, 8am, 9.30am & 11am.

Poetry Competition Results

We had a difficult time judging the entries in the poetry competition, but finally selected the two winners.

In the Primary School category the winner was Hailey Merrigan, who wrote about her lovely sisters. The Secondary School/Adult section was won by Mrs Nicola Hall with her verse about Easter's Seasons. Congratulations to you both.

We also wish to make a special mention of Natalie Blazeovski, whose poem about 'Life' was really enjoyed and to Mrs Marguerite Stark-Ebert for her two cute and thought provoking entries.

To all those who entered, thank you for taking the time to do so. There will be more competitions in the future, so keep your eyes on the paper.

David Gilbert

CORRECTION

In the March issue of the RLCN, we incorrectly stated that the **Easter Sunday St Simon's Parish Mass** times were in the evening. This was an error. The correct times are as follows:

5.30am Vigil & Mass

8.00am

9.30am

ROWVILLE WALKING THE NEWS Distributors' Report April 2012

Thank You to distributor Linda Chapple – 4 ½ years
Welcome back to Distributor Julie Dearing.

Voluntary Positions

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

- George Knox Dr, Ideal Crt, Van Haaster Crt. Please contact – Jill Mitchell - 9795 6414
- Platypus Crt & Monbulk Cres
- Murrindal Dve (from Karoo to drain), Alfa Crt, Mayfield Pl, Overton Cl, Rosebank Crt

Please contact – Ian Richards – 9763 9260

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

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

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

Please contact – *Peter Rumble* – 9752 7592

1 x Captain who delivers pre-counted bundles to the distributors

The area is the Timbertop Dr and Seebeck Rd Estates.

Please contact – *Jill Mitchell* – 9795 6414

Peter Rumble - 9752 7592 - Distribution Co-ordinator

WINNERS AT RLCN



Collect The Coloured Dots competition Winners Antonina (above) and Dana below receiving their \$50 Vouchers from The Editor. Well done.



ROWVILLE PICTURE FRAMING

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



NEW HOURS

Thursday, Friday & Saturday

9am to 5pm

Please call to make an appointment outside these hours

9763 0069

www.rowvilleframing.com.au



Rotary Club of Rowville-Lysterfield

Australia through the eyes of a French exchange student

You may recall our article late last year about the program of Rotary Youth Exchange, an official program of Rotary International, which allows around 8000 students to exchange annually to around 60 different countries throughout the World.

This article explained at length the benefits to a Rotary Exchange student who spends one year living in a foreign country.

The Rotary Club of Rowville-Lysterfield has been proud to host Lara Molenda who has come all the way from Merignies in France. Lara is 17 years old and is attending Rowville Secondary College at year 11 level and has been here since August.

We recently interviewed Lara to find out more about how her 8 months in Australia has been so far.

How have you found the experience of living in Australia so far?

I have loved being here in Australia. It is very different from home in France particularly the school, weather, trees and driving on the different side of the road. Melbourne as a city is also very big and I love the tall buildings.

How have you coped living away from your family for so long?

I have found being away from home very easy; I still



Lara with the French flag and a familiar landmark.

keep in contact via Skype with my family every month. The main reason is also there are so many people supporting me here with other exchange students and the various host families I have been with.

What activities have you undertaken so far and what is the favourite thing you have seen or done during your stay?

I have been to Sydney, Hot Air Ballooning in the Yarra Valley, The Great Ocean Road, Sovereign Hill Ballarat, the penguins and Hamilton Island. As well as visiting the great City of Melbourne Victoria and its wonderful Gardens. There have been so many highlights as this is a beautiful country but my conquering of my fear of snorkeling with turtles in Hamilton Island stands out.

What do you hope to still do?

I would still love to go surfing in Phillip Island and visit the Gold Coast and Perth. I will be going to Central Australia and Tasmania though over the coming weeks.

How have you coped going to a school in Australia, is it different to back at home?

I have found School a lot different particularly choosing the subjects and wearing a uniform for the first time ever. I have made lots of friends though and have felt very welcome.

Do you see this opportunity as a life changing experience?

I definitely believe this has been a life changing experience. You learn about the culture, another language and you learn lot about yourself. Since arriving I now feel half French half Australia and happy to call Australia my second home.

Do you think you will be an ambassador for Australia when you get home and will you come back to visit one day?

I would not hesitate to recommend Australia to my friends and family and would love to come back one day again for sure.

See the What's On Locally section for further details of where and when Rotary meets. If you would like to visit the Rotary Club of Rowville-Lysterfield one night or become a member please call Anthony Johnson on 0412 586 283 or Jeff Somers on 0413 150 587 or email jjsomers@ozemail.com.au

Editor's Note:- We are very glad that you are enjoying your stay in our lovely country and I'm sure you are being a great ambassador for yours. Profitez du reste de votre séjour à Rowville/Lysterfield.



Wellington Care Centre Counselling Services

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Contact: WCC Office on - 9764 3738
www.wellingtoncarecentre.com.au

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

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



The Power Of Humanity

Red Cross mobilises the power of humanity, a simple yet powerful notion of people helping people, that can make a real difference to those in need. The power of humanity invites everyone to join together and play a part in making

the world we live in a better place for us all.

Working in local communities across Australia and internationally to achieve the Red Cross vision, our members, branches and units, our volunteers and aid workers, our staff and our supporters, give us unparalleled strength.

If you would like to join us, why not come along to one of our meetings details of which appear in "What's On Locally" on page 2. For further information, please ring Libby on 9755 8010.

Good for **U** *apply now!*
AND your community

Call for Community Grant applications

Applications open Thursday 1 March and close Monday 30 April.

Pick up an application from Fern Tree Gully **Community Bank**® Branch, 67 Station Street, Fern Tree Gully, Rowville **Community Bank**® Branch, Shop 7 Wellington Village Shopping Centre, 1100 Wellington Road, Rowville, www.ftgcommunity.com.au or www.rowvillecommunity.com.au

Applicants must be a customer of either Fern Tree Gully or Rowville **Community Bank**® branches.

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Toastmasters

Speaking Amongst Friends



Tell me about yourself...

Have you ever been in the situation where you have needed to introduce yourself and been lost for words? The solution is to have a short speech prepared which can be adapted to suit the situation you find yourself in. The ability to turn a chance meeting with a prospective employer, client or peer into an opportunity to grow professionally and personally is a worthwhile skill to learn. This speech, often referred to as an “elevator speech”, is a valuable tool when used appropriately. The fact that you may only have an audience of one, or a few, does not detract from the importance of what you have to say and how you say it.

The ability to answer the question “Tell me about yourself?” in a strategic, coherent manner does not always come naturally. It can be difficult to think on your feet and formulating a response can prove to be a challenge, especially if you are feeling pressured. However, utilising the skills learned at Toastmasters will assist you to excel in such a situation. At Toastmasters



you learn to structure speeches and provide responses to questions that effectively communicate your message. Toastmasters is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Our clubs are comprised of groups of people, with different professional backgrounds and experiences, who meet regularly to practice and improve their public speaking and leadership skills in a safe environment. Each week, Toastmasters helps people build their competence in communication.

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

For further information, contact Sheree at contact@rowvilletoastmasters.org.au



You will see from the logo that we have reverted to our original name. The basic concept of Neighbourhood Watch ‘residents keeping an eye out for unusual and suspicious behavior and

trimmed.

- Within the building, challenge or report people you do not recognise – even if they are wearing a suit!
- Make sure the building has proper security devices.
- Use locks properly, set alarms, store items in secure areas and monitor access.
- Be aware of ‘tailgaters’, people who get access by tagging along with staff or residents.
- In offices, make sure health and safety regulations are in place, including ‘floor wardens’ to check fire and stairwell doors, ensuring each floor and utility rooms are closed and locked at the end of the day.

People seem to think that because they are in a multi-storey complex they won’t be burgled. But the threat of burglary is still there. Each building needs to develop a sense of community just as much as a residential street does.

For advice on security and crime prevention contact Knox Police Crime Prevention Officer L/SC Lee Thomson, 9881 7948.

For details of Knox Neighbourhood Watch see website www.knoxsafercommunity.org.au

Life Activities Club Knox



Geelong Getaway Group In The Shade

Our members have been really spoiled with choices this year. A bus trip to Woop Woop, then another bus trip, for the garden group, to Ballarat and the latest, when 48 members boarded the bus for Lakes Entrance, for the start of a 5 day / 4 night holiday touring our wonderful Gippsland Riviera.

Thanks to our dedicated conveners, we really are “Out and About”! But, if this doesn’t appeal, we have many other activities to share with you, like Rhythm and Blues with our music appreciation group, or a tour of 3MBS community radio station, could also be very interesting. You can choose to do all of the activities, some, or none, or just enjoy the friendship and companionship that we offer.

The February and March Picnics in the Park were well attended, and numbers are increasing on the Cinema evenings. Some members forgo the film, and simply meet us for a meal afterwards. Sort of a pseudo “Dine out”. 36 members enjoyed a sweltering long weekend in Geelong (see photo) and because we could guarantee at least 30 passengers, we enjoyed an informative harbour cruise on Corio Bay. Let’s hope for more temperate weather for our May weekend getaway in Seymour.

The March Newsletter is hot off the press, and envelopes, stamps, etc. are at the ready for posting. All we need is your name and address, and phone call, and you can read about all of our activities.

Membership is only \$20.00 per year.

Please ring Melva 9762 3764 or Helen 9729 1151



Great things happen here everyday

Join us on a Tour with the Principal

Saturday 26 May – 9:30am

Saturday 16 June – 9:30am

To make a booking, phone 8805 3814 or email registrar@knox.vic.edu.au



The Knox School

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220 Burwood Highway Wantirna South
www.knox.vic.edu.au

CELEBRATING
30
years
1982 – 2012

1982

The SEC agreed to partially connect the street lighting in the Park Ridge Estate, as the estate was only partially developed. This would be upgraded as the estate grew. The RLCN said farewell to their editor, Ted Biddiscombe, starting a search for a replacement. The inaugural meeting of the **Environment Group** was fixed and would be chaired by the Mayor, Cr Hurtle Lupton. "Masterminding A Mystery" was the title of a short story written for the paper by **Fiona Tapscott** a year 6 student at Rowville Primary School. Scary stuff! Let us know how your literary skills developed Fiona.

1987

Stephen Griffiths wrote a scathing letter about the apathy of Rowville residents who failed to attend a meeting to discuss the Stud Park Shopping Centre Complex. Apparently "a massive handful of residents made a minute meeting room look enormous". He went on to offer to organise and build playground equipment in the Reserve behind Balmoral Court as funding would not be available for another 12 months. How do you see Rowville today Stephen and how is your fencing business? Knox Council advised that the **\$150,000 roundabout** at the junction of Kelletts Rd and Taylors Lane would be built, as it was preferable to two sets of traffic lights between there and Stud Rd. What happened there?? **Council** agreed to a Ministry of Education proposal to amend the planning scheme for the area south east of Palmerston and Napoleon Rds, from 'Residential' to 'Public Purpose 2P (Primary School)'. Lysterfield Primary School was conceived. The Police arranged two meetings for May to launch 'Neighbourhood Watch'. Did you attend?

1992

March was a month for **thieves**. The Mobil service station was held up twice, drugs were stolen from a medical centre and cigarettes were the target of thieves at the Stamford Hotel. **Householders** started to receive their new smaller yellow lidded bins for household waste. From the 4th May, the larger 240 litre bin would be for recycled items only. **Construction** was well under way in Stud Rd between the

Lions Club of Rowville



The Lions Club of Rowville was privileged recently, to host the Zones 3 and 6 Region Final of the Youth of the Year Quest at Baton Rouge. Four finalists took part, namely Amy Galbraith of Donvale Secondary College, sponsored by the Heathmont Lions Club, Oliver Hornung of Luther College, sponsored by Croydon Lions, Breanna Anderson of Mooroolbark Secondary College, sponsored by Mooroolbark Lions and Priyanka Chakaranarayan of Westall Secondary College, sponsored by Rowville Lions.

All four gave excellent presentations and impressed the judges so much that it made their job very difficult. After much deliberation, Oliver was awarded the public speaking prize for his speech on homelessness. Amy was awarded the overall prize and she will now go on to the next level of judging. We all wish her well.

MEMORY LA

From the Archives

Ampol service station and Fulham Rd. The complex would house a Barnacle Bill and Peking Duck restaurants with take-a-way facilities, plus two medical and two dental suites. **Poker machines** appeared for the first time at the Stamford Hotel. **Kellie Ann Farrugia** was one of only two girls selected from hundreds of dancers to perform with the Australian Ballet's production of "The Nutcracker". How did you perform Kellie?

1997

Rowville **Toastmasters** had their first members achieve their 'Competent Toastmasters (CTM) award, Manalini Kane and Annette Smith. How has it helped your careers ladies? Council agreed to renovate part of the Community Centre to accommodate the Rowville & District **Neighbourhood House**. **Rowville Primary School** became the first Australian school to host a school visit from El Salvador. It was a hectic three weeks, so who out there remembers the visit? The **Anglican Archbishop** of Melbourne and Primate of Australia, Dr Keith, conducted his first service in Rowville. Were you in the congregation?



The Council erected a 'handsome wooden sign' near the corner of Wellington and Lysterfield Rds to indicate the site of the **Avenue of Honour** which was planted in 1918/19.

2002

RSC year 10 student **Cobie Williams** was selected to

Readers are advised that the Club is holding a garage sale on Saturday April 21st at 36 Piperita Road, Ferntree Gully from 8:00 am. All money raised will go back into the community so everyone is encouraged to come along and help out by buying something from us. Any queries about the garage sale should be directed to Damien on 0421 847 960.

A special thank you goes to the members who turned up for their shift at the Knox Festival in spite of the inclement weather (even Mother Nature can't deter these good people from the work they do). If you are interested in joining this dedicated, fun group, just call our Membership Chairman Roger on 9752 7066 or 0428 105 121 and he will be only too pleased to assist.

Local History



Sponsored by Nick Wakeling MP, State Member for Ferntree Gully

represent Australia at the Edinburgh Military Tattoo. What was it like Cobie and are you still highland dancing? A \$3.7 million redevelopment of the **Community Centre** was announced to help the needs of the area's youth and elderly. The State Government legislated to cease all **entry fees to State Parks**, making Lysterfield Park and Lake available for everyone to enjoy free. **Rowville Senior Citizens member, Maud**, was on her 33rd cruise! Can anyone beat that? **Reservoir Crescent** was realigned to the north and the original southern section was renamed **Providence Place**.

2007

Little Athletes, Tim O'Brien, Jared Blatancic and Jackie Lee Fredricksen all gained medals at the Victorian Multi Event Championships. Tim also qualified for the State Championships by winning four gold medals at the Regionals one of only two athletes to achieve this feat. Are you all still running? Year 6 students at **Park Ridge Primary School** went in a 'luxurious five star coach' to Canberra for an educational visit. Can you tell us what it was like? The **Rev. Brian Massey** retired as 'Pastor to Seniors' at the Baptist Church, having seen that ministry expand and mature. Do you remember Brian? **Knox & Districts Over 50's** hosted the well known gardening expert, Kevin Heinze, who spoke about gardening, life and relationships, Did you go?

David Gilbert

MOTHERS DAY EVE DINNER DANCE

KNOX ITALIAN COMMUNITY CLUB Inc.

Presents

ELVIS & TOM JONES

"TOGETHER AND REMEMBERED"

TRIBUTE SHOW

STARRING

GEOFF KENNEDY & MELBOURNE'S PREMIER LIVE SHOWBAND HONEY BEE & THE STINGERS

Saturday May 12

6.30 - 12.00

3 COURSE DINNER, DANCING & A GREAT SHOW!!

GLASS OF BUBBLY & A ROSE FOR ALL THE MOTHERS

MEMB: \$60 NON MEMB: \$65 CHILD U/12yo: \$30

BOOKINGS ESSENTIAL.

Michael: 0419 330 977 or Fermina: 9801 5543

99 KAROO ROAD, ROWVILLE.



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.



Photo: Sylvia Don, the leader of the group is at left holding the quilt and Lorraine Urquhart is in the middle at the back.

We are still working on 5 new U3A groups to start in Rowville, including Creative Writing, Gardening, Tai Chi and Psychology, depending on suitable accommodation in the daytime and at a reasonable cost. The tennis group continues.

This term 122 classes in total went ahead in Parkhills and other areas. New painting classes began very successfully and a new projector in the Computer room was recently installed. Eight computers, plus a tutor computer, are used for classes in computer studies and in languages, as well as being used for enrolment periods.

Enrolment for term 2 took place in the last week of term 1, but there are still vacancies in some classes and enrolment in these will be available for the first week of term, starting on April 30. During the April break, a Fashion Parade will be held showing Slade and Givoni products on April 10. Tickets for \$5, that include afternoon tea, can be ordered by calling 9752 2737.

Two bus trips have been arranged for members in May

and June.

New committee appointees have settled into their new positions in the very hard working committee. At the Annual meeting held in February, several U3A Knox members were given Distinguished Service Awards in gratitude for more than 15 years service. These included **David Evans**, who has led the Bushwalking group for 15 years.

Don Brown, a former President and class Coordinator, who still looks after 5 different activities every week, and is still Campus Manager.

Kath Brown, also former President and Class Coordinator who teaches 3 subjects a week and is also on committee.

Mayree Clayton, who devotedly looked after U3A Knox's extensive library for 15 years.

Maggie Kamensky, who has been catering manager and looked after events for many years. There were also three awards in absentia, to

Jess Whitlock, (who sadly died before she could receive the award),

Alf Floyd, long time tutor of History and

Vera Dailey who began the Folk Art classes and is still teaching.

On March 1st, our Chatty Patchers group, presented Lorraine Urquhart of the Eastern Women's Refuge with eight woollen quilts, known as "Waggas", made from woollen off-cuts donated to the group by a U3A member

Rowville Senior Citizens

Our membership is steadily increasing as everyone who has joined is enjoying bowls, cards and rummikin on Wednesdays and bowls and bingo on Fridays, tell their friends all about us.

We have a full programme for the coming year that started with a trip to the Werribee Open plains Zoo last month. On the 16th April we are off to the cinema to see "The Best Exotic Marigold Hotel" followed by a hearty lunch afterwards.

In May we will have our Club's Memorial day on 18th followed by a trip to the Karralyka Theatre followed by a lunch...yes another one! We will report on these events in the next month's paper.

Anyone interested in joining us at any of our functions, please call Ena Thompson on 9764 9380 or Margaret Smith on 9755 7542.



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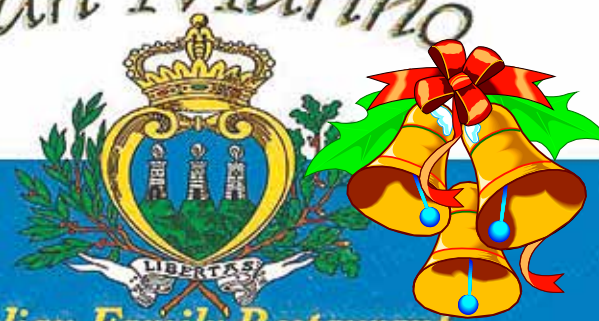
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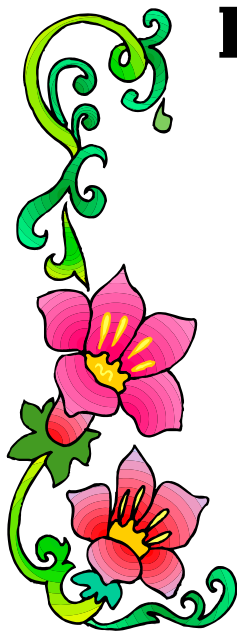
My Sisters

My sisters are very nice
They often give me good advice
Emily plays a lot with me
Lisa makes me cups of tea

We have fun all day long
We dance and sing a lovely song
They like to get me dressed
They try to make me look my best

We are always having so much fun
We spend our day doing a big run
They hug me all the time
And loved listening to this rhyme

Hailey Merrigan Age 8



Easters Seasons

Easter in Oz, with the smell of gum leaves
Wafting about in the autumn breeze
Magpies are singing their musical song
Cockies screeching, loud and long
Over in England, spring's just begun
Daffodils blooming, lambs skip and run
The blackbirds are nesting in their garden abode
Primroses peep from the side of the road
Here, roses keep blooming against the house wall
The nuts and the berries they ripen and fall
It's autumn in Oz, spring in the UK
Whatever the season, enjoy Easter day

Nicola Hall (Mrs)

Lakesfield Reserve, Lysterfield Community Meeting

On Monday February 27th at 7.30pm, Cr Sue Mcmillan chaired a meeting of interested people to discuss the future and immediate needs of the groups currently using the Council facility and to explore potential use by other groups. Cr McMillan welcomed local State MP for Ferntree Gully, Nick Wakeling and Terry Jenvey from Knox Council, plus representatives from Lysterfield Cricket Club, Lysterfield Junior Football Club and Ferntree Gully Rotary Club.

Whilst Knox Council has direct responsibility for the facility, they do not have the funds at this point to redevelop/renovate the site.

State Government does not have responsibility for upkeep of facility but has traditionally provided funding, for example through grants, to assist with the improvement of local, Council facilities. It was agreed that opportunities for further funding/grants would be enhanced by increased patronage of this facility to occur.

Steve Ketzner of the Lysterfield Junior Football Club said they were in their second year as a stand alone club with the EFL. The club is now fielding U13s back through to U8s, with a playing list at the moment of 135 children. This was expected to grow to 200+ children in the next couple of years. The football club are interested in fielding a girls U11's team, but as the female toilet has to be accessed through the combined change room it was far from ideal. The disabled toilet was also unacceptable.

Auskick also use this facility, with the LJFC managing this activity. It was pointed out that the car parking is very difficult during those evenings with parking spilling out the streets surrounding the park and causing a lot of congestion.

Brian, from Lysterfield Cricket Club relayed the same difficulties and concerns as the football club. The cricket club has 8 senior teams (70 players), 2 veterans teams (30 players) and 100 Milo Cricket participants that attracts a large number of parents, with an equally large numbers of cars).

Difficulties identified included car parking, inadequate facilities

for fund raising and social activities, restricted space in changing area, toilets and storage of equipment.

LJFC have had preliminary plans drawn up to realign the boundary of the ground adding 15-20 metres, which is needed by both the football and cricket older age groups.

The issue of fencing was also raised raising the question does the potential risk to the public during sporting activities override the "open space" feel of the ground?

The basketball and tennis court associated with this facility are very well used and the representatives felt that these courts could be enhanced also.

Ferntree Gully Rotary Club voiced their concern with the lack of community facilities in the Lysterfield area and the poor facilities for female players and spectators.

Terry Jenvey (Knox Council) suggested that the facility needed to grow in its use and the demand be re-assessed. By including other groups in the use of the facility would increase the demand and then improve the ranking of the facility in the capital works listing for future funding allocations in the Knox Council budget.

Nick Wakeling suggested the tenants identify all the works they would like to be done, for example toilets, changes rooms, etc. and then prioritise for Council to take into consideration. The Lysterfield Primary School currently use the oval putting additional pressure on the grounds. Sue McMillan agreed to contact the Principal to discuss further use by the school. Sue was also asked to investigate insurance coverage.

Terry Jenvey agreed to speak with Community Development and Leisure teams at Council to better understand the greater needs of the community in the Lysterfield area beyond football and cricket and how other groups in the community could be brought in to support increased activity at this facility.



Hello all you Over-50s out there in Knox. We hope the Easter Bunny brought you lots and lots of goodies? That may be the last of the pleasures of the Summer/Autumn period as we've already had our first taste of Winter (as far back as early-March). As the coolness of Autumn/Winter comes upon us, we'd like to invite you to join us at the Knox & District Over50s for some heart-warming company and entertainment.

We had a marvellous start to 2012, with lots and lots of "goodies". These included one-day bus trips to beautiful and interesting places, a trip to the harness racing at Yarra Glen, a BBQ at the Tim Neville Arboretum and, probably while you are reading this article, a 4-day trip to the north-east of Victoria to take in the wonders of the Autumn colours in Bright and more.

Each month we offer a wonderful choice of social activities, such as bus trips, monthly lunches, book clubs, coffee mornings at Myer. As a financial member of the Over50s, you would be welcome to participate in any or all of these events.

Even more delights will follow as the year progresses. In addition to the normal monthly activities, we are planning visits to the Knox Theatre Company, Ballet at the Art Centre, Annie the Musical and the Mesopotamia Exhibition. Our monthly newsletter "Knox Natters Matter" (which is distributed at our General Meetings) will keep you up to date on all that's happening.

We'd be delighted if you would like to come along and join us at our next General Meeting on **Tuesday, 24th April**. You can get to know us and listen to our guest speaker of the month, who as a change of pace, will be in the form of musical entertainment from Claire & Tom.

For all meeting details please see "What's On Locally" on page 2. We look forward to seeing you there. Contact Jill on 9801 4363 for any further information.

Cake Decorators Association of Victoria Rowville Branch

Hi all,

At our February workshop, we saw some lovely babies dressed as animals and our next workshop on April 1st will be over before the paper reaches you.

So our following workshop will be on **Sunday, June 10th**, where we will be making and wiring up a lovely bunches of Daphne. Our special Demonstrator for the day will be Gillian Pristov. This is also the 'Biggest Cup of Tea' for cancer. So please bring some loose change and your lunch,

Sunday, July 8th, is our Christmas in July Demonstration day with 4 top demonstrators. Bookings are essential and we are starting to take them now, as there will be a catered lunch. There will additional information in forthcoming issues of the RLCN. This is an additional event to our full calendar.

Our workshops are held on Sundays, bi-monthly at Turrammurra Dr. Scout Hall, Rowville from 10am-3pm.

For bookings and enquiries phone Velma on 9763 8646 or Madeleine on 9870 5743

Velma Brown





Rowville Community Library

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

April

“Feeding the minds of our community...”



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Paul Burden will share his experiences with the exciting new technology at 2pm on Thursday **26th April** 2012.

Free event. All welcome. Please book in.

Rowville Quilting and Craft group: This new group will meet on the third Friday of the month at 1.30pm. Bring along your latest project to work on, something to show and tell or just come to see and hear from others. Some months we may have a guest speaker. It's open to everyone who would like to come and you will be made welcome. Free event. No bookings required. The next session will be on **20th April** at 1.30pm.

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday **5th April** at 9.30am. Even if you have attended before you can come again for more help. All welcome. Bookings essential. Free event.

Holiday closure: Please note that the Eastern Regional Libraries will be closed over Easter from Thursday 5th April at 8pm until Tuesday 10th April at 9am. Best wishes to everyone for a safe and happy holiday season from all of the staff at Rowville Library. We will also be closed for the Anzac Day holiday on Wednesday 25th April. The book chute will be open for returns during these times.

School Holiday Program: During the term holidays we will again offer a school holiday program for primary school children. **Monday 2nd April** 10.30am Age 3+ Hop to It! Funny bunny stories and craft for Easter. **Wednesday 4th April** 10.30am Ages 5+ Roll Up, Roll Up for circus stories and games! Create a crazy clown picture.

Wednesday 11th April 10.30am Ages 4+ Clown Around with a magical performance by Ron the Clown. Cost \$4 per child to be paid upon booking. **Friday 13th April** All day All ages Art, craft and puzzles in the library all day. Come anytime to do some drawing, pasting, thinking and creating!

Making rag baskets: At 2pm on the third Tuesday of the month, **April 17th**, join Joy Serwylo as she instructs us in the fine art of making rag baskets. If you have a medium or small crochet hook, bring it along with you. All welcome. Refreshments provided. Bookings preferred. Gold coin donation appreciated.

Special Saturday Storytimes: We are now offering a special storytime every Saturday morning at 10.30am. Come along with friends and family to join the children for this one hour session! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Everyone welcome. Free event. No bookings required. Please note that there will be no session on 7th and 14th April.

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 Storytime is at 7pm on Friday **4th May**. **Please note that there will be no bedtime storytime in April due to Good Friday falling on the first Friday.** Are you a member of the **Rowville Community Library**? If not, join now. Joining is easier than you think....all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free.

Normal **opening hours** for Rowville library are Mondays, Tuesdays and Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 10–4 and Sundays 1–4. Details about the library service are available from our website at www.erl.vic.gov.au, and you can even join on-line.

Rose Thompson Manager – Rowville Community Library
9294 1300

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2012 — International Year of Reading Rowville Library's Colouring Competition for children of all ages.

Win some great book prizes.

Entries to be submitted to Rowville Library at Stud Park Shopping Centre by Friday 13th April.

Name _____

Age _____

Phone number _____

MELANIE AND THE WORLD'S GREATEST SHAVE

You will recall that we featured Melanie Kennedy in our February issue, as she was going to have her head shaved as part of the World's Greatest Shave Day to aid leukaemia research. Her aim was to raise \$10,000 and on a warm sunny Sunday outside the Pie Shop in Scoresby, her mother was able to tell me that she had raised over \$13,000.

But more was to come, as around 30 people from a crowd of 100 or more offered to pay \$10 each to cut one of Melanie's plats, which had been created by a professional hairdresser, free of charge, just prior to the event. Her grandmother cut the second last plat, then the



last one was snipped for \$100, raising another \$400, plus the \$10 donations from friends who also had their heads shaved earlier in the day. Then out came the electric hair clippers and the transformation was complete.

Melanie wanted to thank the Rowville businesses that offered her so much help and her friends for their moral support, especially in the days leading up to the 'Shave'. Her hair will now go to make wigs for leukaemia sufferers.

Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



Local Tennis Achievers

The Pizzey Cup is an under 18 School Sports Tennis Competition and the Victorian representative side has just been announced.

Rowville/Lysterfield is well represented with five youngsters selected, Michael Best and Alex van de Steenoven who attend Rowville Secondary, Alana Parnaby from Brentwood, Ryan Draffin from St Joseph's College and Daniel Nickels from Caulfield Grammar. This is Michael Best's second selection in the team.

This is a significant representation as the team is only 16 players (8 girls and 8 boys).

Ryan, Alana, and Alex also play their tennis at Eildon Park Tennis Club, as does another non Rowville member of the team, Aaron Addison, making 4 from the one tennis club.

The final practice session and uniform presentation will be on the 13th April. The team then travels to Toowoomba to compete against the other state's representative teams from the 29th April to the 5th May.

Editors Note:- The best of luck to you all. I'm sure you will do your best and hopefully reap the rewards of all your hard work.



Rowville Neighbourhood Learning Centre

Rowville & District Neighbourhood House have changed their name.
After much consultation and in order to better reflect a broader

span of what our organisation has to offer, it was decided by the majority of our members that our name be changed from *Rowville & District Neighbourhood House* to **Rowville Neighbourhood Learning Centre**. Many names were put forward but the final result encapsulated what our organisation represents. Since the introduction of Adult, Community and Further Education (ACFE) pre-accredited courses, our organisation has become the hub of adult learning in Rowville. Pre-accredited courses are heavily subsidised most being less than \$50. Highly skilled, experienced tutors are engaged to deliver our courses. Bookings for Term 2 have now commenced.

Classes include:

- First Point of Contact in Reception
- Introduction to English as a Second Language

- Short Course in Office Administration
- Introduction to Horticulture
- Introduction to Small Business
- MYOB: Beginners
- Updating Your Skills for Returning to the Workforce
- Microsoft Word and Excel 2010
- Getting Restarted with Computers & Internet & Email
- Basic Introduction to Your Computer – Evenings
- Basic Introduction to Your Computer – Daytime
- Next Step in Computers

Rowville Neighbourhood Learning Centre still provides our popular programs and activities for children and adults including dance, art and craft, photography, languages etc.

To find out more about any of our courses, please call 9764 1166.

Wellington Care Centre Parenting after Separation

A specially designed "One Day" workshop to help you explore better ways of adapting to and dealing with the challenges of Parenting when separated.

When: Saturday April 28th, 9:00am to 5:00pm

Where: Wellington Care Centre, Cnr Wellington Rd and Le John St, Rowville.

Cost: \$120.00* (includes lunch)
(Some subsidy is available for special needs)

Registration: Phone 9764 3738 before April 21st.

This workshop is facilitated by Lifeworks in association with **Wellington Care Centre** cnr Wellington Rd & Le John St, Rowville.

Real Estate Tips

Supplied by Barry Plant Real Estate 150 Kelletts Rd Rowville

barryplant.com.au/rowville 9753 2828

Welcome to our new monthly column, where we hope to offer readers advice on all things Real Estate.

So to start let's talk about things to consider when you are thinking of selling your property.

When considering putting your home on the market the factors to consider when choosing your agent should be:-

- What is their knowledge of recent sales in your area?
- Are they showing you recent sales that are very close comparisons for your property?
- Have they got a proven track record of selling properties similar to yours?
- Do they maintain a database of qualified buyers?

Does the agent have a team of salespeople behind them to ensure as many potential buyers inspect your home as possible?

And, most importantly, Do you feel that you trust the agent enough to work with you to achieve the result that you are after? There is no purpose, in the current market, in thinking that just because an agent is really confident about getting you a price that is above comparable sales that this will actually happen. It is really important to set yourself up for success, with a clearly defined strategy to achieve your aims.



Che bella sera!



Rotary Club of Knox Leads The Fun

What a great night!

How often do you hear comments like ‘arguably the best Rotary event in years’?

How often do people go up to the band and say ‘we really enjoyed your playing and singing’?

How often are organisers thinking about next year’s event while this year’s event is still running?

In a nutshell, the Venezia Night, a partnership between the Rotary Club of Knox and the Knox Italian Community Club was a roaring success from beginning to end. This was down to the planning talent, enthusiasm and vision of two men: Michael and Bill.

Laurie Smale was a genial MC with a command of Italian rare for someone from an Anglo background. NuvoSound, the band, were good.. *really good*. The food was typical of the area around Venice and very fitting for the occasion.

But didn’t the participants ‘get into it’?



Digital cameras are being released with ever increasing telephoto lens capability. However, many people are disappointed with the photos when taken at maximum focal length. The photos are blurry! The more you extend your lens the more important it is to use a tripod or other support to prevent your camera moving during exposure and so blurring the scene.

However, there are many occasions where a tripod or support is not available or it is inappropriate to use a tripod. Some tourist sites even prohibit tripods!

If you have to hand-hold your camera, just remember “the inverse exposure rule”. If you are taking a photo with your lens extended to say 400mm focal length then you should ensure your shutter speed is at least 1/400th of a second (the inverse of the focal length). If your lens extends to say 600 mm when taking a photo, then the minimum shutter speed should be 1/600th. Set a faster shutter speed by switching from the “auto” setting on your camera to “program mode (P) or similar”. You may have to increase the ISO setting to compensate and allow you to use a faster shutter speed.

Fortunately many cameras now have image stabilization capability to help, to a limited extent, when you cannot fully set the faster shutter speed recommended for the focal length you are using.

It sometimes just needs a little experimenting, but

The highlight of the evening was the parade of masks, which looked as if it was all smoothly pre-planned. In fact it was Michael’s ‘off the cuff’ idea and, as so often at successful events, a bit of improvisation goes a long, long way. *It was great fun!*

This inaugural event was a near sell-out. When word gets around, the organisers will be beating people off with sticks for future events.

To crown a great night, we raised almost \$4000.00 towards our goal of funding an under privileged student for a study tour to Italy, which both K.I.C.C. and Rotary Knox are working on together.



A lovely hand-held sharp photo of a tawny frogmouth, high in a tree, taken with a 400mm lens, 1/400th shutter and ISO 600.

it will pay off as you will end up with nice sharp telephoto shots of distant scenes!

HINT: Remember the “inverse exposure rule” when taking photos with your telephoto lens to freeze camera movement.

Lysterfield Wolves Junior Football Club



In 2012, the Club is fielding 6 sides in the Eastern Football League from Under 8’s through to Under 13’s. New players are most welcome for all age groups. Girls are also encouraged to join the Club.

Come and join this fantastic local junior football club in Lysterfield.

LJFC will also be conducting Auskick this season. Online registration details are available on the website at www.lysterfieldjfc.com.au

Practice matches will be held on the 1st April at Lakesfield Reserve for age groups from Under 9 to Under 13.

Jumper presentation will take place after training on Friday the 13th April. The 2012 season commences on Sunday the 15th April.

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

Go Wolves in 2012.

Visy Community Grant

Got a Project you need funded?



Grant applications now open

You can now apply to **Visy Recycling's Community Grant**, a program set up by the Pratt Foundation that provides grants of up to \$50,000 to assist not-for-profit groups carry out projects that will benefit the broader Knox community.

Groups should be aware that Deductible Gift recipient (DGR) status is required in order to be eligible.

Groups interested in applying for a grant should submit an application on the form available on Knox City Council's website-

www.knox.vic.gov.au/commstrength

Grant submissions open Monday 2 April and close Friday 4 May 2012.

For further details, call Geoff McMeeken 9298 8190 or email geoff.mcmeeken@knox.vic.gov.au or Deb Robert on 9298 8818 or email deb.robert@knox.vic.gov.au



Heany Park Scouts Caving weekend

From the 17th to the 19th of February, Heany Park Scouts went to Mt Eccles. 10 lucky scouts got the chance to go caving! After a rough start getting there at 12:15am we set up the tents and went to sleep.

The first day was fun filled but tiring. We went down into 3 caves in the morning. They varied in size, some having small holes to squeeze through before finding ourselves in open caverns, while others had large openings with small tunnels to explore.

After a refreshing frozen drink with lunch, we walked in another direction and went in 3 more caves. The caves were formed by volcanoes. We crawled on hands and knees through tunnels where lava had flowed through. The rocks very rough, we were very grateful to have knee pads and leather gloves to protect ourselves.

The last few caves had very small squeezes where nearly everyone got stuck. The last cave had a very small exit and all of the older scouts (13 & 14 yr olds) squished through despite the fact that they only just fitted when they were 10 and 11! We ventured into some of the caves and discovered some beautiful wildlife -moths.

With the mud on our faces and our stomachs rumbling we went back to our tents for a well-deserved dinner and a well-needed sleep.

On Sunday we went down a steep climb into a huge cave that had hundreds of ferns growing through the rocks at the entrance. Inside there were thousands of rocks that we had to climb over to get to the back of the cave. We also had to avoid the bat poo! We found a small hole that we explored on our bellies before we had to do the 4 hour drive home.

We made it home exhausted but with fantastic memories of a great weekend.

Written by Dana, Caitlin, Zoe and Rebecca

Editor's Note:- What a great adventure. Were you scared?



Josh F trying to squeeze out



The PNG National Team With the Combined Local Team

Eildon Park Cricket Club

A very busy Season 2011/12 has now concluded and as always, it has been so much more than just what was achieved on the field. The season saw Eildon Park's true heart shine through as we made valuable contributions to the local Rowville Community and to some extremely worthy causes.

In January, we combined with our friends from the Knox Gardens Cricket Club in taking on the Papua New Guinea National Team in a charitable fundraiser. The day was a showcase event for local cricket in Papua New Guinea and all funds raised went into Junior Cricket in their country. The day was a huge event and saw a combined side from Knox Gardens and Eildon Park take Papua New Guinea all the way, with the match finishing in a breathtaking Tie. Fittingly in the 'Super Over' it was the Papua New Guineans who took home the win to cap off a memorable day for all. The combined efforts of the day saw a mountain of cricket equipment donated as well as all the funds from the BBQs, Raffles and games on the day. A huge congratulations must go to Knox Garden's President Rob Cottle and former Knox Garden's President and current Head of Cricket in PNG Bill Leane for organising and hosting this fantastic event!

For the second consecutive season Eildon Park hosted a Jane McGrath Pink Stumps Day in recognition of the many Australian families effected by Breast Cancer.

A terrific day was had by the 60 Ladies in attendance and the club was a sea of Pink for the event. The Ladies enjoyed a terrific Chicken and Champagne Lunch, loud and energetic music and a whole heap of laughs, while watching our 2nd XI, who were appropriately dressed in Pink, battle it out on a beautiful Summer's day. As always, the club banded together with partners from our local Community to hold a number of raffles and fundraising auctions, with the proceeds proudly donated direct to the Jane McGrath Foundation.

Recently, we have seen the club recognise the need and the passion young girls play in our local Community, as we put together a combined team to help start an Outer East Girls Cricket Tournament. Dressed proudly in Eildon Park colours the girls have begun a Super 8's format, played purely for participation and the girls have had some great fun, many of them trying cricket for the very first time. This is something we hope will open doors for young girls to take on Cricket in a fun and social atmosphere. Anyone interested in this concept, we urge you to call Warren Griffin on 0421 616 807, so you can join in on the fun.

While the Cricket on the field has been a terrific success and finals action was a plenty at the club, it's events like these and contributions like this to our local Community that make's Eildon Park's heart beat and we thank and congratulate all those involved as we continue to strengthen our role in our Rowville Community.

Christian Trotter Vice President

Rowville Football Club



Welcome to the 2012 season. Training has been ... full swing since late January and practice matches started on March 17th. Through our Newsletters we will be able to update you with our new recruits and with what his happening at the Club.

To comply with Liquor Licensing requirements, we have made some changes to Rowville Football Club Membership for 2012. Membership of the Club is available at a cost of \$20 for the year including GST. Membership gives the members access to the clubs licensed premises, the ability to stand for election as an office bearer or to committees and the right to participate as a voting member of the club. Additionally it gives members discounts on club functions and events.

2012 Season Tickets will be sold separately with a

Members price of \$40 including GST which represents great value, s Season Ticket for Seniors (Over 65) is available at a Members price of \$10. Non - Members can purchase 2012 Season Tickets for \$50 each and Seniors (Over 65) for \$40.

Local sporting clubs and Local MP's, Kim Wells, Member for Scoresby, and Nick Wakeling, Member for Ferntree Gully have welcomed \$100,000 of Victorian Government funding to upgrade the oval at the popular Rowville Recreation Reserve, which is home to both Rowville Cricket Club and Rowville Football Clubs. It is used for training and matches all year round, so it plays an important part in the lives of many local residents.

The new Lights at Seebeck Oval are on schedule with footings, tunnelling and underground cabling completed. Towers are scheduled to be installed in late March and the lights ready for April.

We are looking forward to a great season, with success on the field and lots of community involvement through the coming months. Go the Hawks.

SPORTING ROUNDUP



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

Little Ath's EMR Championship

Great results were achieved by Rowville and Rowville Lakes athletes at this year's Eastern Region Championship. 'Region' is the qualifying round for State Championships, where the top athletes from around Victoria will soon compete.

Millie Reed made a statement in the under 12 sprints, claiming gold medals for the 70 and 100 and silver in the 200metres. Jackie-Lee Fredricksen also made her mark in the speed events comfortably winning both the U14 100m and 200m, then adding a bronze for the triple jump. Little sister Melanie who is now old enough to compete at her first Regionals won the U9 girls triple jump, with a huge hop, step and jump which extended 7.88m. She also placed second in the 70m and third in the high jump.

Keelin McGeehan was another U9 to excel. She won a remarkable three gold medals, for the 70m, 200m and long jump as well as finishing second in the 100m. Team mate Hailey Merrigan was first in the 60m hurdles and high jump, second in the 800m and third in the 400m.

Lachlan Viney (U12), Kaya Beagley (U11) and Jesse Eickhoff (U10) dominated the boys hurdles. Each won gold in *both* the 60 and 80m. Lachlan and Jesse managed to produce Rowville & Knox records in their 80m hurdle runs. Kaya extended his talent to high jump where he placed second while Lachlan broke another Rowville & Knox Electronic record while finishing second in the 400m, as well as running to a bronze in his 200m final. Monique La Rose was another multiple medal winner. She used her speed to finish first in the U11 70m and long jump, and third in the 100m. Holly Hodges had a great weekend in the U10 girls taking a first, second and third for the 60m hurdles, 70m, and 100m respectively.



Rowville/Rowville Lakes Little Athletics

Declan Brown had the same results in the U12 boys, but for the 100m, 200m, and Long Jump.

Blake Tahlambouris demonstrated his versatility by winning the 800m and taking silver medals for the U11 boys 200m and javelin.

The Rowville area continues to produce a number of very talented race walkers. Courtney Beer won the youngest age group at EMR, U9s, whilst Brianna Lille won gold in the U10. Hayden Walmsley won the boys U11 walk and big brother Reese was second in the U14s.

Our girls took complete control of the dais for both the U11 and U12 1500m walk. Brodie Richardson put in an awesome race for first, Mikhala Hodges second and Krystal Nuku third in the U11s. In the U12s Hayley George stood on top, Anaya Hodges received silver and Jessica Lillie took the bronze medal.

Jemma Stapleton went home with two silvers and a bronze for hurdles and the U11 70m. Bayley Carlin did well to grasp silvers in both U12 boys' hurdles after a spectacular crash and roll in the heats. Chloe Beovich was our best thrower with silver in the U11 javelin and bronze in the shot.

Stephanie Bollaart was second in the U15 800m, Caitlin Bronte second in U12 60m hurdles and Johnny Hilton third in the U12 walk. Others to gain a bronze medal were Rebecca Munyard and Matthew Evans for the U9 200m and U11 shot put respectively, as well as Jayden Irving (U12 70m) and Ellana McGeehan in the U12 long jump. Beccy O'Brien was third in the U13 shot put and Sophie Ryan third in the U10 discus.

It is remarkable that so many young athletes from one locality can achieve such high level results at a regional championships. Apart from these medallists a significant number of others placed in the top eight for their events. Unfortunately it is not possible to mention everybody,



but some finalists include Riley Smith, Tess McLeod, Jacinta Dickinson, Olivia Ryan, Brianna Garner, Taylah McMahon, and Hamish Byron.

Records

With this standard of performance it is not surprising that numerous records have fallen in recent times.

At Centre level, Knox electronically timed records have been claimed by Blake Tahlambouris for the boys' U11 200 and 400m; Millie Reed for the girls U12 200m and Bayley Carlin, U12 60m hurdles. Keelin McGeehan and Hailey Merrigan have both taken U9 sprint records.

Rowville Lakes Club records have also been achieved by Brodie Richardson, Chloe Beovich, Beccy O'Brien, Brodie Richardson and Reese Walmsley.

Rowville Lakes PBs:

Personal Best (PB) medals are presented throughout the season to athletes achieving 10 (bronze), 20 (silver) and gold (30) PB performances.

This shows continuous improvement. At Rowville Lakes five athletes have reached gold. They are Byron



Brown, Krystal Nuku, John Hilton, Bayley Carlin and Olivia Ryan. Mia Stapleton of Rowville Little Athletics Club was one of their first to attain 30 PBS.

Some of the many silver PB medallists include Tristan Rashleigh,

Jordan Hall, Kaiden Browne, Aron Henry, Nicholas Pepper and Thomas and Zachary Carlin. Luke Johnston in U10 has also gained twenty PBs as have Andrew Beer, Jake Pantano, Lara Johnston, Lily Ryan, Chloe Jolme, Chevy and Reenie Matheson and Jacob Richardson.

Thank You

Special thanks to Phil Matthews who has been a long-serving member at Rowville Lakes and established the work done by KLAC photographers who provide all the photos for this section. Phil no longer has children involved in Little Aths and after endless hours and many years of voluntary work he has decided to hang up his boots. Whoever gets Phil next will do very well for themselves! Thanks Phil.

Coming Up

State track and field results will be reported next edition, as well as major award winners. Despite this Little Aths is really about participation and developing skill, fitness and friendship. Cross Country is a great place to start and with 500m runs for children as young as 4yrs, as well as a parents 1km race every few weeks there is something for all the family. Cross Country starts in April so to keep you fit over Winter, Heany Park, Rowville and St Simons' students should call Steve on 0409 231 380 or 9764 3384. If you attend Park Ridge, Karoo or Lysterfield Primaries contact Nick on 9764 0661 to find out more. High schoolers, or if you attend somewhere not listed, contact either.

Rosemary Merrigan

St. Simons Community Football Club

'The Knight's' training is in full swing with the start of the 2012 season nearly upon us.

Team lists are finalised with a team in each age group from U8's through to U17's. Jumpers have been presented to all players and everyone is ready for the first bounce.

Under 11 Girls Required

The St Simons Community Football Club is this season

fielding a girls U11 team. Are you an U11 girl (born 2001 or later), interested in playing

football in 2012? Training is under way and new faces are most welcome. For further information please contact Adrian Bugeja on 0412 551 186 or sscfc@me.com or Andrew Williams on 0434 602 591 or andrew.williams@ozed.org.au

Footy means Fun

Footy means Friends

Footy means The Knight's

T is for Tackling, and running them down
H is for Hitout, straight to a team mate
E is for Encouragement, throughout the game

K is for Kicking, the footy around
N is for Number, we wear on our back
I is for Interchange, rotating around
G is for Goals, hopefully we kick heaps
H is for Hanger, leaping up into the air
T is for Team, all playing as one
S is for Song, that we sing at the end

Byron B U11

Go Knight's



Nick Wakeling Column

Busy Rowville Intersection Project Completed

The \$475,000 project at the intersection of Wellington Rd, Silkwood Way & Braeburn Pde Rowville has been completed and is now in operation. This project has seen the extension of the east and west approach turning lanes on Wellington Rd, installation of fully controlled right-hand turn arrows and two turning lanes on Silkwood Way and Braeburn Pde and the installation of pedestrian barriers. The project was initiated when many local residents raised concerns on the safety of the intersection after 10 casualty crashes were reported within the five year period ending December 2009. “The completion of this project is great news for Rowville residents. The improvement to this intersection will ensure a safer passage for motorists.” Mr Wakeling said.

School Crossing Upgrade at Wellington Rd Rowville

The pedestrian safety upgrades at the school crossing on Wellington Rd near Westminster Drive in Rowville are now complete. Mr Wakeling said the \$250,000 project has replaced the existing flagged school crossing with pedestrian operated signals. “The work has made it safer for school children, their parents and other pedestrians to



Nick Wakeling & Edward Donahue At The New Pedestrian Crossing

cross the busy arterial road” The 2011/12 State Budget included nearly \$601 million for road projects that would deliver significant improvements for local communities in outer suburban and regional areas.

Rowville CFA Finds a New Home

On Thursday 23rd February, local MP’s Kim Wells and Nick Wakeling had the pleasure to announce a new \$5.5 million CFA station to be built on the Cnr of Le John St & Wellington Rd Rowville to improve emergency services

to local residents. “The new integrated station, which will be staffed by volunteer and career fire fighters 24-hours a day, will be a great asset for the Rowville Community.” Mr Wakeling said.

Mr Wells confirmed the expansion will give the Rowville brigade the facilities to keep providing a responsive and effective service for residents. “The Rowville Fire Brigade responds to around 260 call outs each year and has recently been involved in a number of significant incidents.” Mr Wells said.

The CFA will be working closely with local residents to ensure the new facility’s plan and design meets the expectations of the community. Pending relevant approvals, completed construction is expected in August 2013.

Two Rowville Students Take Out Top State Sports Awards

Congratulations to Jedd O’Sullivan of Heany Park Primary School and Louise Brown of Rowville Secondary College on winning the 2011 Victorian School Sports Award in Basketball. Jedd and Louise were amongst 61 students who were presented the awards at a special reception at the MCG on Wednesday 7th March. The Victorian School Sports Awards are an important vehicle for identifying and recognising young sporting talent from our local government schools.



Why Vaccinate Your Pet?

Like they say ‘**prevention is better than cure**’, and it is no different with the diseases that can affect our dogs and cats. Most of these diseases are viral and do not respond well to medication and for this and other reasons we strongly recommend vaccinations.

How vaccines work

Puppies and kittens initially require three vaccinations between 6 and 16 weeks of age and annually thereafter. Vaccinations work by exposing a pet’s immune system to a small amount of the virus or bacteria through an injection, which stimulates and encourages a pet’s immune system to produce antibodies to fight the virus or bacteria.

Without vaccinations, dogs and cats are in danger of contracting potentially fatal diseases such as:

Dogs:

Canine Parvovirus

This highly contagious virus can affect dogs of all ages, although it is more serious in puppies. Canine parvovirus attacks the intestines resulting in blood-stained diarrhoea, vomiting and severe abdominal pain.

Canine cough (also called kennel cough)

This condition is the result of several highly infectious diseases which can be easily spread wherever dogs

congregate such as kennels, shows and obedience classes. Common symptoms involve a harsh, hacking cough that often ends in gagging. A vet can administer the vaccine into a dog’s nose using an applicator instead of an injection.

Canine Hepatitis

Canine Hepatitis primarily affects the liver of young unvaccinated dogs, that are at higher risk. If the liver is compromised a number of symptoms may present such as nausea, fever, vomiting, loss of appetite, tender and swollen stomach, jaundice (yellowish tinge to the skin and eyes) and pale coloured stools.

Canine Distemper

Canine distemper is a worldwide multi-systemic viral disease and can affect any dog, especially unvaccinated puppies. It is a progressive virus that attacks the white blood cells of the lymphatic system and damages the gastrointestinal and respiratory systems. Some of the typical symptoms presented are fever, coughing, runny nose, discharge in the eyes and nose, vomiting, diarrhoea and loss of appetite.

Cats:

Feline Respiratory Disease (also known as Cat Flu)

Cat flu is caused by a number of viruses and bacteria, that can affect cats of all ages. Symptoms may persist for up to three weeks and can include fever, sneezing, coughing, nasal discharge, conjunctivitis, ulcers on the tongue and eyes, loss of appetite and lethargy.

Feline Immunodeficiency Virus (FIV or Feline AIDS)



FIV is a retrovirus that attacks the cells of a cat’s immune system. As a result, an infected cat can’t fight off infections as well as a healthy cat can. Outdoor cats at the highest risk. Initial symptoms may include fever, loss of appetite, diarrhoea, lethargy and swollen lymph nodes. A course of three injections as well as yearly boosters is available.

Feline Enteritis

Feline Enteritis attacks the intestines resulting in high fever, blood stained diarrhoea and severe dehydration that can be fatal. It is The symptoms of Feline Enteritis include: loss of appetite, vomiting, diarrhoea, lethargy, increase in water consumption but unable to retain it.

Feline Leukaemia (FeLV)

Feline Leukaemia Virus is a retrovirus that attacks the immune system and can cause cancer.

It is spread amongst cats through saliva, blood and urine and an adult cat can also pass it onto its young whilst still in the uterus. Symptoms include: weight loss, fever, diarrhoea and swollen lymph nodes.

Feline Chlamydia

Feline Chlamydia is a chronic upper respiratory disease caused by a bacterial infection. The symptoms include conjunctivitis, abnormal eye discharge, breathing difficulty, sneezing and watery nasal discharge. This disease can be treated with early detection and correct veterinary care.

Keep your pet healthy and happy by starting them off on the right paw and maintaining their vaccination program.

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

Mr Wakeling congratulates both Jedd and Louise for being wonderful ambassadors for their schools, their sport and their peers. "Jedd and Louise have not only demonstrated great skill in their chosen sport, but also dedication, sportsmanship and a pursuit of excellence," Mr Wakeling said.

"Hopefully the success acknowledged will inspire others in the local community to see the benefits of a healthy and active lifestyle. As we all know Victoria is the home of Australian sport and it is very pleasing to note that we have our own home grown champions in the local community," Mr Wakeling said.

Rowville Rail Update

In fulfilment of a Coalition Government election commitment, Minister for Public Transport Terry Mulder released the draft **Stage 1 Rowville Rail Feasibility Report** on Friday 9th March. The independent study outlined a proposed route, station locations, patronage and engineering solutions. The report by Sinclair Knight Merz (SKM) also detailed a range of construction challenges and constraints on the existing rail network that would need to be addressed before the rail extension could be delivered. "The draft report proposes new railway stations at Monash University, Mulgrave, Waverley Park and two options for a station at Rowville, with an altered station layout at Huntingdale. It is clear there is strong support for a Rowville rail line with direct, regular connection to Melbourne's CBD and Monash University" Mr Mulder said.

Key findings of the report:

Based on the preliminary design concepts, construction of a Rowville rail line is possible but has significant complications due to the surrounding urban environment and the lack of historical protection of a route. Running Rowville train services direct to the city would require improvements on the Dandenong line from Huntingdale to Caulfield and add to pressure for rail capacity improvements in central Melbourne as well.



Kim Wells and Nick Wakeling At The CFA Site Announcement with CFA members L/R John Egbers, Mark Jackson and Mark Walker.

Members for Scoresby Kim Wells and Ferntree Gully Nick Wakeling welcomed the report's release and a copy of the report is available at www.rowvillerrailstudy.com.au. Mr Wells said the study team was seeking community comments on the draft report from now until Friday 27 April 2012 and had held two public forums in March at Rowville Secondary College and Monash University to more fully explain the situation and answer community questions. Comments can be made in writing or via a submission form on the study website and can be emailed to the Rowville Rail Study team at submissions@rowvillerrailstudy.com.au

Mr Mulder said "The report found a Monash University station would drive significant off-peak patronage, as well as the commuter peaks." He acknowledged that construction of a rail line would present engineering and traffic challenges given that, unlike in Perth with its Joondalup and Mandurah lines along freeways, land had not specifically been reserved for a rail line along the median strips of major arterial roads such as Wellington Road. "The Coalition Government looks forward to more community input prior to the final report's submission to government mid-year," Mr Mulder said.

Liberty Avenue Three-Year-Old Kindergarten



Late last year the kindergarten was lucky enough to receive a Telstra's Kids Fund grant from the Telstra Foundation. The parent of one of our kindergarten children is permanently employed by Telstra and was eligible to apply for a grant to support a project run by the kindergarten because it is a not-for-profit organisation. In keeping with the Early Years Learning Framework, our emphasis was on the use of natural resources (rather than plastic-based items) in the learning environment. We successfully applied to establish a sensory garden, using natural plants and materials, in the outdoor play area.

Our aim was to construct a playground that is filled with a variety of natural materials, textures, sounds, fragrances, flavours and interesting things to look at. We set out to create a playground that promotes active exploration, experimentation, learning and involvement; a playground that appeals to children of all ages and that continues to evolve and grow with us.

Under the inspirational design, creativity and direction of the kindergarten teacher, Debbie McNamara, work began on the sensory garden during the summer holidays. Over a couple of working bees, the kindergarten community turned a bland outdoor area into an exciting and visually interesting landscape. (See photos)

As well as thanking the Telstra Foundation for our funding, we would also like to thank the parents and children who attended the garden working bees. In the next issue, we will describe the features of the garden and how the children are enjoying their new natural outdoor play area.

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 – Kylie on 9752 9981.



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Rowville Group Fitness Pilates

Pilates is a relaxing yet challenging mind and body class that can ease back pain, strengthen back and core abdominals and provide great toning and improved posture. The class includes Pilates matwork and strength and toning with the fitball. Improve your flexibility and mobility with this quality workout. Advance bookings are essential. Casual class \$17. Pay for the term and pay just \$13.50 per class Wednesday 9.15am Wednesday 6.15 pm

Boxing circuit is a fun high energy class using kickboxing and boxing techniques in a circuit style hour of good technique, great fitness, with toning and strengthening for both upper and lower body. Use gloves and mitts for punching drills and kickshields for awesome lower body toning. Burn fat, work out your stress! Suitable beginners and all levels of fitness. No bookings required. Wednesday 7.30pm \$13

Rowville Group Fitness at the Rowville Community Centre

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

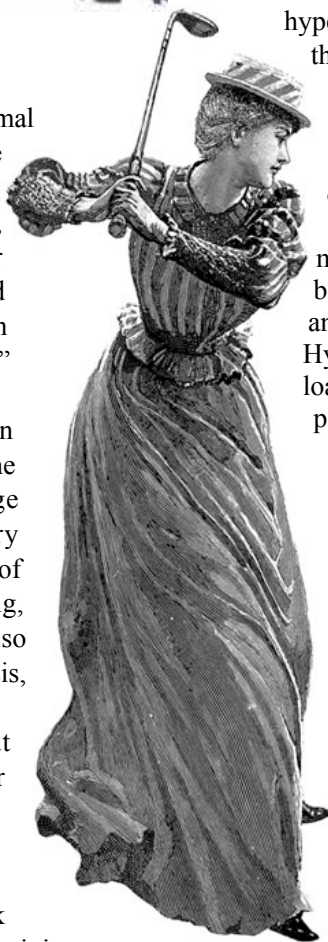
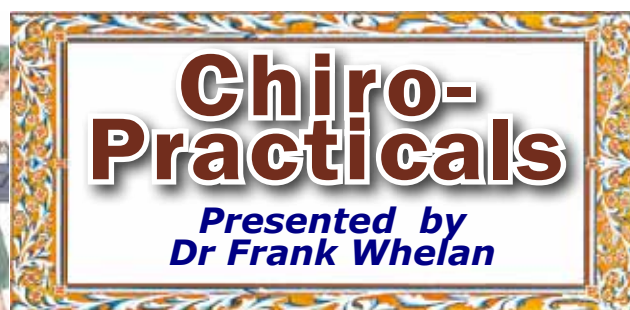
Hyperkyphosis – Is your posture affecting your health?

Hyperkyphosis is the condition where the normal arch of the upper back has increased to the point where, when lying on your back on the floor or with your back and feet against a wall, the back of your head can't touch the floor or wall without extending your neck and head backwards. It affects both men and women and is commonly referred to as "hunchback" in men or 'Dowager's Hump' in women.

It looks very obvious in the elderly, when unfortunately there is little that can be done to assist the condition, other than manage the symptoms. These include respiratory difficulties, loss of balance, increased risk of falls and increased difficulty with bending, walking and climbing. Osteoporosis can also increase the risk and severity of Hyperkyphosis, through the risk of vertebral fractures.

Recent studies have now shown that Hyperkyphosis can affect quality of life as per the above, ultimately leading to the increased risk of early mortality.

„When Chiropractors assess a person's posture, when they present with neck or back pain that is often brought on by as simple an activity as bending over or twisting and reaching for something,



hyperkyphosis is one of the underlying causes that will be investigated. It is likely that the onset of this condition is already causing a strain to back and neck structures, such that it only takes a small incident to tip it over the edge.

In today's environment where more and more activities involve sitting with head bent forward over desks, computers, ipads and phones, it's likely that the incidence of Hyperkyphosis will increase, as the increased load of the head in a 'Forward Head Position' places more strain on the upper back.

As with most things, prevention is better than cure, so try to avoid long periods where your back is arched forward or slouching. Regularly stretch your neck and head back, as well as your shoulders.

If you are noticing a partner, family member or friend who is looking more hunched over than they should be (ears above the shoulder when viewed from the side), then a Chiropractic postural assessment may be the starting point to improving their long term quality of life.

Kado DM; The rehabilitation of hyperkyphotic posture in the elderly.

Eur J Phys Rehabil Med. 2009 Dec;45(4):583-93.

Dr Frank Whelan

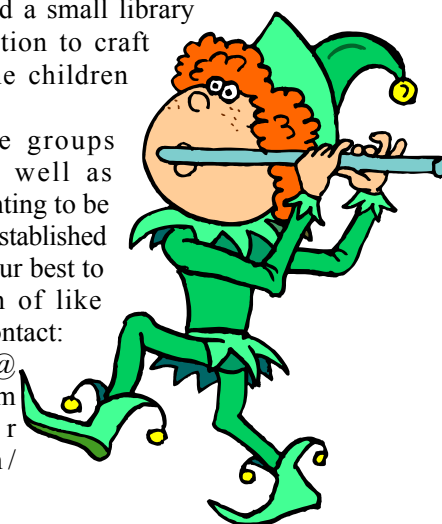


Term one is very quickly passing us by and I would like to welcome all the families currently using Possums Playgroup for their children's enjoyment. As we approach Easter, the children and parents/carers will be doing craft activities involving painting Easter eggs and making Easter bunnies in the coming weeks.

Possums Playgroup is situated in the same building as Rowville preschool, on the corner of Wellington Rd and Tirhatuan Drive Rowville (Melways 81 J3). We cater for families of children aged between 0-6 years, and have sessions of 2 hours duration. Enrolments are now being taken with our session times being 9:30-11:30, 11:30-1:30 and 1:30 to 3:30, 5 days a week.

Interested parties are welcome to come and inspect our facilities which include an outside play area with sandpit, cubbyhouse and undercover area. We have a range of toys for both outside and inside play that are suitable for babies and toddlers and a small library corner, in addition to craft supplies for the children to use.

We welcome groups of people, as well as individuals, wanting to be placed with our established groups and do our best to match children of like ages. Please contact: possumspg@hotmail.com for further information/availabilities.



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

Injury Prevention

"How to stay out on the field"

Every athlete would love to have a season/year that is unaffected by injury, but unfortunately too many don't! Common mistakes that we, as physiotherapists, find that lead to overuse/overload injuries are, inadequate warm-up, technique, training load/surface, footwear and core stability. These factors, especially in combination, will place athletes on the short and long term injury list.

Our advice to any athlete, whether they are a runner, cyclist, swimmer or netball player who is serious about sport, is to give yourself the best chance to succeed. Gathering all available information will reduce the risk of potential injury and be an aid to enhancing performance.

We regularly provide athlete screenings that will highlight deficits in flexibility, strength, control and technique deficiencies. With the appropriate advice and exercise plan, this allows all athletes to reduce their potential risk of injury and maximise performance.

Sinus Tarsi Syndrome

The sinus tarsi is a small cavity located on the outside of the ankle between the talus and calcaneus bones. This cavity houses anatomical structures including ligaments, nerves & joint capsule. These structures may be injured following an ankle sprain or due to the repetitive strain

/ compression associated with an overpronating (rolling in) foot.

When this occurs, the condition is known as Sinus Tarsi syndrome. It most commonly presents with; pain over the outside of the ankle, swelling &/or tenderness in the region, pain that is worse in the morning and stiffness that slowly improves as the patient warms up, pain during walking or running especially on slopes or uneven surfaces.



Contributing factors include; overpronation (rolling in) which compresses the structures in the cavity, poor flexibility, inappropriate training, inappropriate footwear &/or a change in footwear, and muscle weakness

Treatments vary depending on severity and mechanism of injury but can include, anti-inflammatory advice including ice or heat, joint mobilization, taping, exercises to improve strength, flexibility & balance, activity modification advice, biomechanical correction - orthotics &/or footwear, and a gradual return to activity program.

Your Podiatrist at Rowville Sports Medicine Centre can provide you with treatment options and advice to help you effectively manage your pain.



Steel Pilates is now available at Rowville Physiotherapy!!!

Steel Pilates is an individualised survivorship program designed specifically for men with cancer.

Steel Pilates is a holistic 10 week rehabilitation and fitness program incorporating physiotherapy, fatigue management and exercise.

The Steel Pilates program has been specifically designed to inspire and encourage men in Australia and New Zealand diagnosed with cancer to regain their wellbeing, physical strength and to incorporate exercise into their lifestyle.

A free information session will be held at Rowville Physiotherapy on Saturday 3rd March at 12:00pm

Please call us for further information & to book your place!



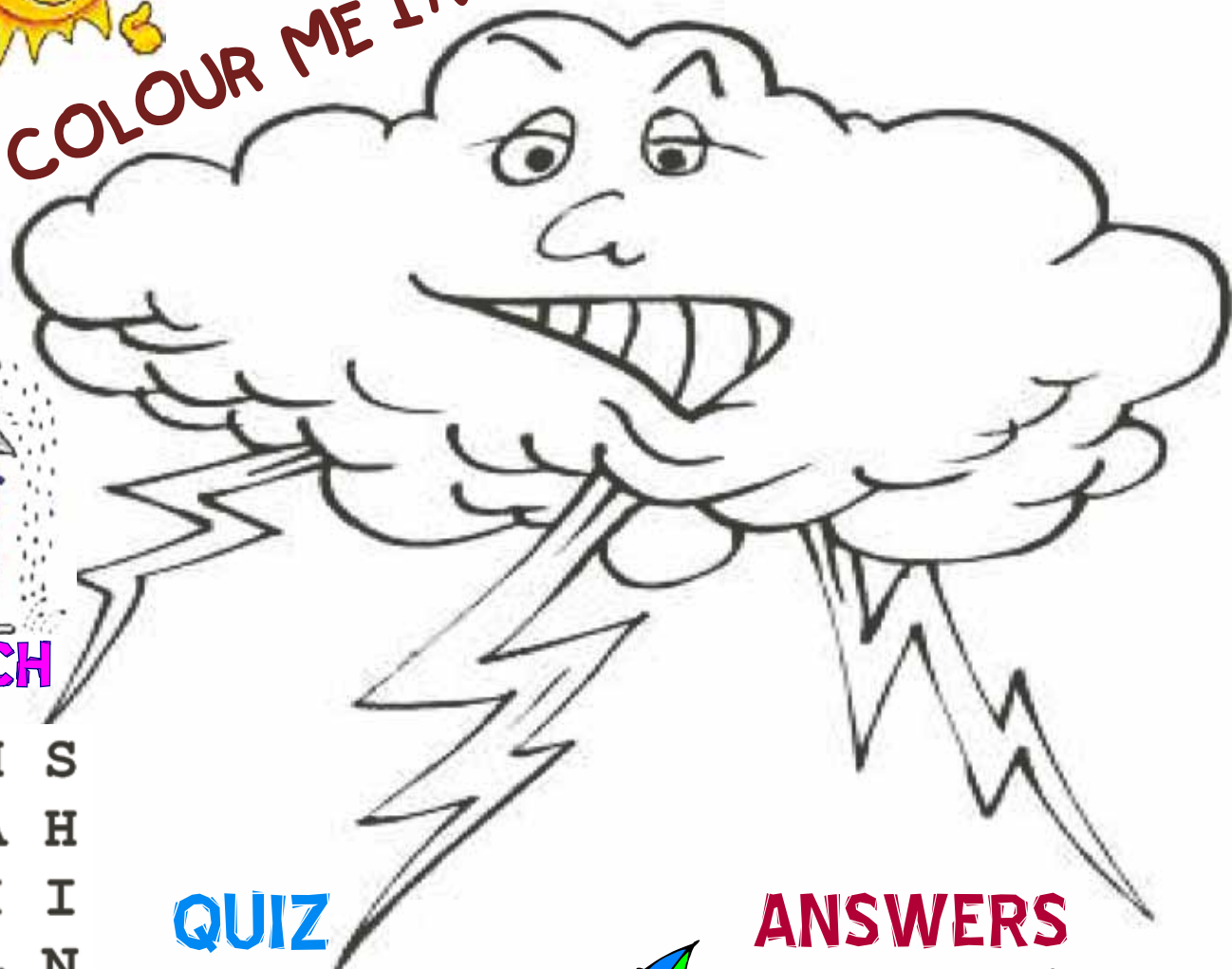
Rowville Physiotherapy - 9763 9233
www.rowvillephysio.com.au
Email: info@rowvillephysio.com.au
www.steelpilates.com.au

WEATHER JOKES

1. What happens when it rains cats and dogs?
2. When can four people go outside under one umbrella and not get wet?
3. What did the good hurricane say to the bad one?
4. What is a cyclone's favourite game?
5. Why were the mice afraid of the storm?



COLOUR ME IN!!



WEATHER WORD SEARCH

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

AUTUMN

FIRE

FLOOD

HAIL

RAIN

SHINE

SPRING

SUMMER

SUN

WINTER

QUIZ

1. How many months in a season?
2. What month do flowers grow?
3. What is the most wet season in a year?
4. When are fires most likely to happen?
5. What month does the Easter bunny come?

ANSWERS



- 1 3 months
- 2 Spring
- 3 Winter
- 4 Summer
- 5 April

QUIZ



JOKES

1. You have to be careful not to step in a puddle when it's not raining.
2. I'll be keeping my eye on you.
3. Twister.
4. It was raining cats and dogs.
5. It was raining cats and dogs.



Alan Tudge Writes

Chicks for Charity

based organisations, that do so much to assist people facing tough times.

One of my great pleasures as a member of Parliament is to meet and support the incredible Knox-based organisations, that do so much to assist people facing tough times. One such organisation is a relatively new Foundation called *Chicks for Charity*. The Foundation was formed a few years ago by a group of Knox women who decided to make their regular "girls nights" more meaningful. So over lots of chatting and a few glasses of bubbly, the *Chicks for Charity* was formed with a mission to harness the energy of people and "give back" to those in need.

From humble beginnings, the Chicks now have over 500 supporters and have raised \$80,000 for local charities and families. They have helped families with very sick children, they have provided for disabled children, they have assisted women in tough domestic situations, and supported working mums in crisis.

It is an incredible effort. I had the pleasure of attending one of their fundraising evenings in Scoresby a few weeks ago. The 13 'chicks' who make up the executive are inspiring local women, led by Ferntree Gully resident, Kim Rawlings. They show what is achievable with a bit of passion, some good ideas, and lots of hard work!

And in case you think the blokes get off lightly, Kim's husband is doing the Melbourne Ironman to raise money for them! If you want to get involved, or are able to donate to this fantastic local charity, please go to the website at www.chicksforcharity.com.au

Alan Tudge MP Federal Member for Aston

Knox Council



Rowville & Lysterfield

Minutes of Feb. 28th Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the City of Knox Council meeting held on the 28th of February 2012.

Item 6.4 Proposed Planning Scheme Amendment C93 to Implement The Stamford Park Master Plan.

Amendment C93 proposes to enable implementation of the Stamford Park Master plan (adopted in February 2010) - which illustrates design objectives and options for three precincts within Stamford Park - through a series of changes to the planning controls which apply to this site. A report was presented to Council in February 2011 requesting approval to seek authorisation from the Minister for Planning to prepare and exhibit the Amendment. As a result of public exhibition, Council has received nineteen submissions to the Amendment (refer to Appendix A of the Council minutes from February 2012 for summary of submissions). This report recommends that Council requests that the Minister for Planning appoint an independent planning panel to consider all of the submissions received, in accordance with the Planning and Environment Act 1987.

The amendment was exhibited for six weeks between 12th October and 25th November 2011. Nineteen submissions were received. Seven of the submissions were from government departments and agencies that have no objection to the Amendment. Nine submissions were from residents and the remaining three were from: the Rotary Club of Rowville Lysterfield, the Knox Historical Society and Kingston Holdings Victoria Pty Ltd (landowners of the adjoining Kingston Links Golf Club). Council resolved to:

1. Consider the submissions received in response of Amendment C93.
2. Request that the Minister for Planning appoint an Independent Planning Panel to review the Amendment and all submissions received and respond to the issues raised.
3. Authorise the Director - City Development to make

changes to Amendment C93 prior to the approval of the Amendment, where changes do not affect the purpose or intent of the Amendment.

4. Receive a future report on the outcome of the above discussions and the Panel Hearing for the Amendment.
5. Receive a report by the June 2012 Strategic Planning Committee meeting outlining the advantages and disadvantages of a Planning Scheme Amendment to apply heritage controls to the interior of the Stamford Homestead as requested by the Knox Historical Society.
6. Write to the Rotary Club of Rowville requesting an update on any discussions with the RSL regarding the idea of erecting a monument in Stamford Park to honour service men and women and that the Stamford Park Steering Committee and Councillors be advised of the outcome

Works Report as at 13th February 2012

Bicycle Shared path renewal program

Contract 1906 has been awarded to RABS Paving. Works began on the 23rd of January. Both Stud Road shared paths have been completed from Kelletts Road to Ferntree Gully Road and from Timbertop Drive to Wellington Road.

Stamford Park Redevelopment

Quotations are being obtained for additional site fencing, asbestos removal and demolition of the garage. Refurbishment of the guest quarters is underway to accommodate the Stamford Park Men's Shed Inc. and will be completed by end of February 2012.

Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

(1) Demolition of Stamford House shed being organised for late February and remainder of pathway link construction from rear of Stamford House to Emmeline Row to be completed by Knox Construction in March.

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

Liberty Avenue Reserve Master Plan Implementation Stage 1 & 2

Tender evaluation complete, awaiting Council approval for preferred tenderer. Assessing Melbourne Water requirements for works near MW drains as well as a shared path agreement.

Stud Road, Rowville - Sunshine St to Timbertop Drv - Footpath

Developer has engaged a surveyor to prepare plans and submit a plan of subdivision to facilitate the transfer of land.

Karoo Reserve - Site Development

Design documents complete. Quotation documents are being prepared to take into account additional concrete paths and some traffic management.

Eildon Park Storm Water Harvesting

A Young Person's View



Kony 2012 shows the power of social media

Many of you may have witnessed a social media explosion in the form of Kony 2012 in the last week. I am currently studying Public Relations, so this phenomenon was of special interest to me. It was truly amazing to see this YouTube clip, of 29 minutes, spread across the Internet at such a rapid rate. From a mere 20 hits on YouTube on Monday the 5th of March, this figure had swelled to 15 million by Friday.

The evidence of such an amazing feat accomplished by a single charity in the United States has shown how invaluable social media is to advertising today. The issue that scholars often point out is that businesses have difficulty in understanding how to use social media to their best advantage. But they really need to know how. Social media is the fastest, easiest and cheapest way to promote a brand, especially if your audience can be reached in this way. The funny thing is that it's not only young people on social media anymore. More and more adults are purchasing I pads and becoming active on social networking sites. I even have the occasional tutorial with my grandma and teach her how to use Facebook.

I thought that as a PR student I knew the amazing power of social media, since I use it day in, day out and often more than once a day. It cannot be denied, however, that the Kony 2012 campaign has been insanely successful, whether you agree with its representation, or not.

Marita Lacota

- **Stage 2** Tanks are installed and being connected to stormwater pipe. Irrigation system being connected.

Avalon/Stamford/Stud Road Intersection Modification

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

Tirhatuan Drive (No 18) Rowville - Drainage Design

Initial informal agreement reached with Melbourne Water and Education Department on a partnership approach to facilitating a design solution within school grounds. Concept plan to be reviewed followed by meeting with Education Department.

McKay Road - Reconstruction

Works completed.

Norris Road - Reconstruction

Contract works completed.

Raymond Road - Reconstruction

Works completed.

Wellington Road/EastLink - Shared Path

Tenders for design and construction of two bridges have been called with tenders closing 14th of February.

Rowville Recreation Reserve No 1 - Renovation Design

Design progressing on schedule.

Rowville Reserve - Floodlight Design/Installation

Contractor appointed, works commenced first week of February.

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New Communications Officer Introduction

My name is Laura and I have now been in the role of Communications Officer at Rowville Secondary College for four weeks.

I have now published an edition of the *RSA Sports Report*, *RIA Platform*, and two editions of *The Rowville Times*, during my first few weeks on the job, and the experience has been amazing, if not a little hectic. Preparing material for the newsletters, as well as *The Rowville Lysterfield Community News* allows me the opportunity to communicate with not only the staff, students and parents at RSC, but also with the community at large and in future I will attempt to make the most of these dual methods of communication.

I have joined the team at Rowville after working for several years in eLearning. As Project Manager I was involved in many elements of the process of creating training material for organisations such as *The CFA* and *Australia Post*. I enjoyed my time in this role, however I have been eager put my Communications and Journalism degree to good use, and to focus on my interests and my strengths.

All of Rowville Secondary College, and the broader Rowville community have been so generous in welcoming me to the school and helping me deal with the intensity of my first few deadlines. I've been having a lot of fun compiling material for the newsletters and would like to encourage anyone within the school community to let me know when relevant newsletter material, including dates, events, articles or photos may have a place in any of our newsletters.

I am enthusiastic about generating more opportunities for Rowville students to have a part in the school newsletter production process, especially any students who are interested in journalism. If you, or someone you know is keen to get involved then it would be great to start featuring more student compiled, produced or edited material for the newsletters, and for the Rowville Lysterfield Newspaper.

Thank you everyone for the warm welcome, and I look forward to meeting many of you in the near future,

Farewell Maryanne

Rowville Secondary College has recently bid a tearful farewell to Maryanne Karlovic, Communications Officer from 2010 – 2012. Maryanne's Arts and Public Relations degree with a major in Journalism equipped her perfectly for her role at Rowville and she appreciated the "help and support" the staff provided her with, but had a real sense that she could make the role her own. Of the numerous tasks which comprised her daily routine, it was the public relations aspects that she enjoyed the most. A constant stream of invitations from the faculty and students ensured Maryanne's willing attendance at all important events. She also displayed her passion as a makeup artist during the school's musical



Kodie Spiekman

productions.

Maryanne published the first issue of 'The Rowville Times' for the new school year, before setting her sights on a future in Events Management. Her work as Communications Officer has touched many lives, and afforded her many amazing experiences. She leaves behind many a sad face amongst the staff, the students and the broader school community.

60 second "The Wiz Quiz"

Name: Kodie Spiekman **Role:** Featured Dancer

What does a Featured Dancer do?

"I'm kind of a specialist dancer, we dance to most of the tracks in the production."

How long have you been rehearsing?

"This is our second rehearsal, it's pretty fun, we're just getting started with all these new things so it's pretty good, it's getting there."

What's the process for learning dances?

"We're just really going over the basics, trying to get all the choreography down, and then once we get into the more deeper rehearsals we'll start perfecting the technique"

What are your hopes for the production?

"I think it's going to be really great, we had a read-through the other day, and it was really good. The teachers have everything planned out well so it's going to be great this year!"

Congratulations Paige Edwards!

New Rowville Sports Academy Year 7 student Paige Edwards has been selected for the Under 13 Girls (Metro) State Development Program Soccer Squad for 2012. As one of approximately 24 players selected, Paige will have the potential to be chosen for the final squad of 16 to represent Victoria at the National Youth Championships during April. Paige will attend two training sessions a week at Darebin International Sports Centre in the lead up to the National Youth Championships. She will also attend a Training Camp at Geelong Grammar School.

Paige has also been selected to tour Spain in the Coerver Coaching U13 Boys Select Squad and compete in the Donosti Cup and Costa Blanca Cup during the July school holidays. Her selection follows her attendance at a Coerver National Performance Camp in January this year in Canberra during the week following the Futsal Nationals.

The tour includes a visit to Real Madrid stadium to play a warm up game in Madrid then attend the Donosti Cup in San Sebastian, before travelling to the Costa Blanca Cup on

the Mediterranean Coast approx 1 hour south of Valencia and will depart Madrid.

Congratulations on your achievements so far Paige, and good luck!



Year 10 Peer Support Leaders Natasha, Tara and Emma, have marked **National Day of Action Against Bullying and Violence** by talking to year 7 students offering advice

New Volleyball Program

It is with excitement and delight that *The Rowville Sports Academy* begins its Volleyball Development Program in preparation for 2013.

Preliminary training sessions for students from the General Excellence Program with an interest in joining the squad have been held at lunchtimes, with numbers growing as the weeks progress. Seasoned volleyball coach Peter Bundy has signed on as Head Coach for the 2013 program and has been working with the development squad on basic skills and the fundamentals of the game. Thirty-three years of highly successful coaching experience at Upwey High School have set Peter in good stead for starting the squad at Rowville.

The current volleyball scene within Victoria is not as flooded with potential players as other sports, giving those with passion and skill the chance to really make a name for themselves. "For an athlete it's a really great opportunity" says Peter, who can see the makings of a great player, even in year 7.

"The atmosphere is really different" says Peter, of volleyball in comparison to other sports, "It's a very friendly game, I mean it's also aggressive... the girls are more clever, the boys are more powerful, but it's a great game to watch for girls and boys!"

Any Year 7 or 8 students who are interested in playing volleyball, or even just a little curious, are encouraged to come along to training sessions at either campus.

Laura Gordon

Communications Officer



Coach Peter watches closely

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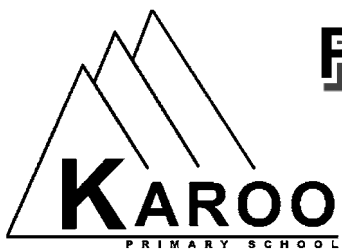
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Primary School

This year we have five Prep classes and the students have settled into school extremely well. They are taking great advantage of the Prep playground where they are closely supervised and encouraged to develop their social skills. Next term they will explore the other play areas within the school grounds.

Our Prep program includes a wide range of activities both in and out of the classroom environment. There have been opportunities for the students to make, create, share and participate. Importantly, they have been encouraged to have a go at new activities. Crucial to their learning is the opportunity to make new friends and to ensure they are in a safe and caring learning environment. Prep students are supported by our Buddy Program. All Prep students have a Year 5 buddy; during allocated times they meet for lunch, sharing books and creative activities.

To enhance the Preps first unit of work; 'Keeping



Preps Driving Safely.

Myself and Others Safe' activities were planned to support their understanding of personal safety at home and school. The students went on to explore Pedestrian and Traffic Safety. This included a talk from the School Crossing Supervisors. 'Kids Car Ed.' visited the school and students had the opportunity to 'be a driver' and a pedestrian, experiences that provided lots of fun and learning.

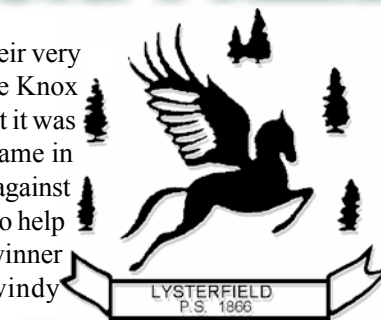
Right: Students are using their understanding of Road Safety to design a safe road.



Lysterfield Primary School

Lysterfield P.S has recently had their very successful athletics carnival at the Knox Athletics Track. We all agreed that it was a fantastic day. The students all came in their house colours and competed against other students in their age groups to help their house become the overall winner for 2012. Despite the crazy, windy weather, students participated in a range of athletic events. They raced, jumped and threw all around the venue. Overall, Sturt (yellow house) led the way to the top and were the overall winners! Everyone did an amazing job and the results from the day helped select students who would represent the school at the District Athletics. We have over 60 students heading off to district later in Term 1!!!

On Monday and Friday mornings and Wednesday lunchtimes, Miss Bristowe and Mr McKenzie have organised a running club for years 3-6 students who want to improve their overall fitness, especially with cross country coming up. They participate in a range of training programs, including sprints, endurance, fartlek



and team relays. Everyone is doing their absolute best, never holding back and are hopefully going to do a great job at cross country.

Editor's Note:- For those amongst you, like me, who had not encountered the word 'fartlek' before, it means "A method of

training for middle and long distance running, where athletes run over country, mixing fast with slow work". You learn something new every day!!



Congratulations to Our Student Leaders

What does it take to be a leader is what Rowville Primary Senior School students have been investigating this term. By investigating different local and global leaders, students have learnt how decisions that change communities, countries and history can be made. They have applied this learning to their own lives and have taken their knowledge of what it takes to be a leader to apply for school leadership positions.

To help them investigate, senior school students took the opportunity to have question time with Mr Alan Tudge MP when he visited the school recently. At a whole school assembly, the students asked him a range of 'tricky' questions about his role as a leader in our community. These questions helped students to understand what it takes to be a leader. Answers to such questions as "How do you react to criticism and bad publicity?", "What strategies do you use to make important, but difficult decisions?" and "What advice do you have for aspiring leaders?", have

helped the students prepare for their leadership elections. Congratulations to the following students who have been successful in their applications to be leaders and will be officially presented with their badges by Mr Kim Wells on Monday 19th March.

School Captains

*Chloe Gardiner
Stephen Prior*

House Captains

*Daniel Lawrence
Trent Young
Luke Mackay
Liam Evans
Skye Ladell
Cissy Xue
Kirra Datseres
Isabella Wale*

Parliamentarians

Peer Support

*Alison Hughes
Brooklyn May
Tahlee Mackay
Julie Chan*

Environmental

*Shruti de Livera
Sinéad Berry
Xera Serbanescu
Yasmine Asmar*

Health and Wellbeing

*Kane Hender
Mabel Soon
Jessica Trang
Samantha Stewart*

Ceremonies and Special Events

*Kaye-Celle Mumford
Yunlin Bai
Mitchell Phelan
Jackson Cardona*

Community Service

*Caitlin Black
Caitlin Taylor
Natasha Westbury
Angus Jones
Adam Bromage
Technology
Ammar Alkinani
Cameron Nickeas
Su Park
Archana Kuppadakath
Michael Abdelmessih*



Senior School Leaders With Alan Tudge MP

Hat Trick to Flintoff House

On Tuesday 13 March, the annual House Athletics Carnival was held at the A.C. Robertson Fields in Ringwood. Each student in Years 3 to 6 had the opportunity to participate in hurdling, a 100 metre sprint and a 400 metre event on the track and then participated in shot put, long jump, discus and a vortex throw as field events. Points were accumulated through placings gained in track events and by reaching arbitrary standards set for field events. The day was preceded by an invitational 800 metre event and concluded with the running of 200 metre sprints and relays.

The upshot of all this activity saw Flintoff House win for the third consecutive year by four points from Lexcen House. Curry and Border Houses filled the minor placings. The objective of the sports is to celebrate the completion of the Athletics unit of the Physical Education program run by our Phys Ed teacher, Mrs Lyn Laphorne, and to gain some ideas for the possible line up for the inter-school competition to be held later in the year.

Singapore Bound

As part of his scholarship grant as a High Performing Principal, our principal, David Mann, spent the last week of the term in Singapore attending the ICT Learning Conference and visiting designated high performing schools. The purpose of his visit was to investigate how ICT could be used to improve learning at Park Ridge.

The school has purchased 60 mini laptops for classroom use. How to gain maximum benefit from this investment was one of David's prime intentions.



Proud Flintoff House Captains, Krystal and Cooper, display the perpetual shield for House Athletics Competition after a third successive victory.



St Simon's Primary School

We welcome back all our families, new families and teachers to the new school year. The theme for our school community for 2012 is, "Success Through Teamwork". This theme ties in strongly with our planned Religious Education topics and follows on from our focus last year of, "The Power of One – You Can Make A Difference".

The year has got off to a smooth start with children settling in to their new grades and of course the enthusiastic arrival of the Preps.

Over the summer a new adventure playground was installed and we wish to thank the Parents' Association for financing this equipment for the children. They are thoroughly enjoying the use of the new playground.

School Leaders 2012

We wish the following students all the best in their leadership roles for 2012.

Environment

Marsha F
Aaron C
Jessica D'R
Michael N

Service/ Social Justice

Matthew M
Jessica S
Mark S
Michala J

Sports

Maddy A
Ryan R
Zach G
Abbey G

Mr. Phil Hesse (Principal)

Student Wellbeing

Kaleb C
Anita M
Bianca T
Daniel N

Ict-Computer

Matthew F
Alysha W
Nevin E
Hayley P

The Arts

Blake B
Caitlyn T
Brandon R
Kate D

School Talk

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



Art News

Although we didn't win this year's Knox Festival competition, the children selected from grades 3 to 6 put a great deal of effort and creativity into their banner themed; "IN THE MAKING". The banner looked wonderful and thanks to those who participated for giving up their lunchtimes to be part of this special event.

Mrs Melinda Wharton (Art Teacher)

Clean Up Australia Day

Once again the school participated in this annual event, collecting rubbish on the school grounds and school boundaries. It is wonderful to report that the amount of rubbish being collected has lessened over the last few years, proving the children have a pride in how their school looks and they can make a difference by developing good rubbish disposal practices.

Mr. Geoff Klep
(Deputy Principal)



Heany Park Primary School

Our Trip to the Queen Victoria Market

On Tuesday the 6th of March, Grade 3 at Heany Park Primary School went to the Queen Victoria Market. We went by bus and it took a long time to get there. We went to see all the food and we tried some when Cleave took us on the food tour. We saw a sheep's head, sheep's brains and a sheep's lung, it was gross. Then we went to the fish corner and a man showed us an octopus, I was so scared! Later we were able to taste bread with hummus dip and we had a fruit juice. I had never tasted that before. We were given a taste of some boiled lollies and then we got to go shopping. I bought a baby kangaroo toy with pink



pyjamas on. I love the Queen Victoria Market and I wish I could go back. It was the best day ever!

Christine 3A

Heany Park at Queen Victoria Market

I had a fantastic time at the Queen Victoria Market! First we went on the bus and I sat at the back with my mate Cullen. It was exciting when we finally arrived at the market and I waited for my Mum so we could have our snack, I gave her a hug.

I was so hungry after the long bus ride. When we had the taste testing

I blocked my nose because it smelt like fish, when I turned around I saw lamb heads and hearts and brains. I didn't really feel like lunch after that. Then it was time to go shopping, I bought an Aboriginal necklace. The excursion was awesome fun and I saw lots of foods I had never seen before.

Nick 3A





To think we're almost a quarter of the way through the year is a little unnerving. The particular tenseness that seems to have hung off the digits 2 0 1 2 has been that of uncertainty

(for most). The past few years were painted in unpredictability, and it seems that this year isn't going to break the slightly dismal pattern. The culmination of career uncertainty, global financial crisis, personal debt, arduous processes of rebuilding, family strife, business dealings, obligation and natural disasters have not been lightly dismissible from the average person's thought process. So what do we do when, like Melbourne weather, we don't exactly know what to expect? For as much as the weather is forecasted seven days in advance, and more accurately predicted within 24 hours, we are still under the mercy of bipolar skies. What if we prepared our gardens



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.

for the rain that didn't come when forecasted? If we wore a favorite outfit on an apparently sunny day, but it was windy and wet? Or if we rugged up on a day that, from midday, shone like summer at its finest? What if what we expected didn't happen the way we thought it would? The best thing a person could do is to perceive how to appreciate the unforeseen circumstance. Sure this is much harder to do in theory than in practice, but the attitude and perception of a person governs their countenance. The person who is frequently disappointed is a tortured person who paints their own bars on their cell of misfortune. But the person whose lively attitude is not offended by rain, hail or shine is going to find their day peppered with much more potential, for these people find opportunity in just about anything!

Don't get me wrong, hardships do not pass as simply as rain, and are more destructive than hail, but don't forget

how phenomenal the capacity of a determined and opportunistic individual is. Opportunists are certain of something. There is a certainty that every great person holds onto in the face of uncertainty. Oh, don't think you're not a great person, because you are.

What are you certain of? What do you rely on to stay strong when everything else is shifting? What security is there in your life and how solid is it? At ACF we've been discovering just how strong and how certain Love is and we've been facing bigger and bolder things, both individually and together. You're most welcome to join us on any given Sunday, we'd love to share a little of our certainty with you!

You can contact us at www.acfchurch.com or visit us at 1070 Stud Road, Rowville, 3178. Full details of our service and Pre-School Playgroup times can be found in "What's On locally" on page 2.



Easter is upon us and this is a most important time in the life of the Christian Church. The time we remember the death and resurrection of Jesus and the promise of God's enduring love. As Christians, we seek to live as Easter people. We seek to live in the light of God's promises and love.

Rowville Uniting Church will celebrate Easter this year

with our first service on Maundy Thursday (5th April) at 7:30pm. This will be a quiet reflective service including communion. Following that we will celebrate Good Friday at 10am and Easter day at 10am. We extend a warm welcome to any who wish to join us in these significant services.

Rowville Uniting Church meets every Sunday at 10am for worship that is a blend of contemporary and traditional. We have a small Sunday School that meets during the service. We seek to offer modern thinking on today's issues as we seek to be Christian in the 21st Century.

Kids Hope is a program that many churches in our area are involved in. It involves a partnership between a church

and a primary school. We are in partnership with the Park Ridge Primary School and are pleased to offer mentors, who share a little of life's journey with children who are identified as benefitting from such a relationship.

Being the church today, is not just about offering our own programs. It is also about our facilities being used to benefit the community. We seek to make our facilities available to groups and families as much as we are able. We are pleased that a number of community groups from dance to compassionate friends are able to use our facilities. Our buildings can be used for a variety of purposes so if you have any enquiries about building use please contact our office.

Trevor Bassett



www.rowvillebaptist.org.au
office@rowvillebaptist.org.au
Ph: 9764 4242

At Rowville Baptist the highlight of April will be Easter (April 6-8). This is a celebration of the heart of the Christian faith as we reflect on the Cross and Resurrection of Jesus Christ. What did it mean back then? What does it mean for us in 2012? If you want to add some meaning to your Easter, why not participate in one of our Easter events?

At 9am on Good Friday we will be spending an hour

focussing on the death of Christ and considering how it could have been "for us". If you have ever wondered why Christians have made the Cross their primary symbol, this event will offer some answers. You are welcome to join us afterwards for hot cross buns.

The Easter weekend can be a busy one, so on Easter Saturday morning we are offering an opportunity to take some time out for quiet reflection. Starting at 9am, you are invited to join us for an hour of readings, prayers and quietness. Make some space for the spiritual in your Easter.

On Easter Sunday we will gather at 10am to celebrate the biggest shock announcement in history, "He is risen!" We will be singing some great songs and sharing a hope that

nothing - even death - can overcome. If you are looking for some good news for today and the future, this is the event for you.

Over the past few months a number of new people from various backgrounds have been getting involved in the life and mission of Rowville Baptist. They are finding opportunities to make new friends, grow in faith and engage in serving others in significant ways. You are welcome to join them. To find out more about Rowville Baptist visit our website www.rowvillebaptist.org.au; give us a call (9764 4242) or drop in to one of our worship events - 10am or 7pm every Sunday.

Rev. David Devine Senior Pastor



Salvation Army

Over the past few months many things have been happening at The Salvation Army in Rowville. We have had a new Assistant Officer appointed and Major Jenny Craib joined our team in January. In partnership with The Salvation Army Employment Plus, we have two projects running to assist those who are unemployed. In one, they are gaining employment skills and working toward a Certificate in Work Education and the other project has jobseekers working toward a Hospitality Certificate. There is quite a buzz around the place.

There are a few things coming up. Easter Services will be held Thursday April 5 at 7:30pm, Good Friday, April 6 at 9:30am the Easter Sunday, April 8 at 10am. These services are open to all ages and you are welcome to join us at any of these.

From Thursday April 12 at 12:30 we will be hosting a Community Lunch which will be prepared and served

by our Hospitality Students. Bookings can be made to attend this lunch by contacting the church office on 9753 2795.

Saturday April 28, 9am to 2pm we are holding our first Car Boot Sale. \$10 for a car space or \$15 for a table inside. To book your spot, contact the office. We will also have a sausage sizzle and coffee shop set up so now we are praying for good weather!

The Red Shield Neighbourhood Appeal is fast approaching, with the doorknock weekend being May 19 and 20. We have been encouraged by the amazing support of our community in past years and are now looking for volunteers to assist with the Appeal. Jenny is overseeing this for our area this year so if you are able to assist us again this year we would be grateful. It is another way that we see the community helping the community when we work together in this way.

More details can be found on our website www.salvationarmy.org.au/rowville or you can contact us by email corpsofficer.rowville@aus.salvationarmy.org

Judy, Jenny and the team at Rowville Salvos look forward to partnering with you in our community again this year! Be blessed!!

Judy Shaw



How did your garden survive the summery months? Are there areas in your garden where the soils are still hydrophobic? Plants large and small can be re-hydrated by pulling back mulching material around the base, scraping some soil away close to the stem to determine the dryness in the soil. Apply some water to that spot and observe if the water penetrates the soil or, runs off the surface.

Try loosening the soil even if it's just to break the soil's crust, and if possible create a slight hollow or bowl effect around the plant's root zone. Sprinkle 'Wettasoil' or 'Saturaid' around the plant, using a hose with high pressure, force water into the soil, watering in the wetting agent until there's no more foaming. Alternatively, apply by dissolving wetting crystals into watering can. When plants are well watered, liquid feed with a watering can, or a container attachable to the garden hose then, cover with the mulch again. Remember use this procedure only

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on your allocated watering days.

April is always a time to contemplate remodelling or making major changes in the garden. It's now that I usually decide whether to reduce my lawn bed space for expanding garden beds, incorporating more drought tolerant plants of course. A part of me despairs at the thought of the loss of an abundance of flowers, lush English garden plants, and lawn beds. However, there are still plenty of resilient, hardy flowering plants and lawns to choose from.

If you're considering re-landscaping areas in your garden, and want to create high traffic or entertaining areas, there are alternatives to growing lawn, such as compacted fine gravels, or 'Lilydale topping' for small areas. There are also good selections of modern pavers, incorporating cameo's of mosaics. If you prefer to retain or expand your lawn, one of the tougher grass varieties is called 'Tall Fescue', while some gardeners have even opted to

use artificial grass.

April is a great time to consider planting bulbs, rhizomes, corms and tubers into garden beds for winter/spring displays. This family are amongst the toughest, drought tolerant plants to grace your garden, as they contain a storehouse of nutrients and moisture in the bulb. In fact, most of the winter and spring flowering bulbs require little supplementary watering. The toughest include Jonquil, Daffodil, Freesia, Star flower, Muscari (grape hyacinth), Anemonies, Ranunculus, Snowflake, Ixia, Sparaxis, Iris varieties, Dahlia and Belladonna Lily.

For meeting details of the Knox Home Garden Club, see "What's On Locally" on page 2.

Lonnie Holland

[From page 3] There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous

Wacky Wisdom

How long a minute is... depends on what side of the bathroom door you're on.





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