



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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## Rowville Secondary College 2012

**WEDNESDAY 1<sup>st</sup> AUGUST @ 7PM**

**THURSDAY 2<sup>nd</sup> AUGUST @ 7PM**

**FRIDAY 3<sup>rd</sup> AUGUST @ 7PM**

**SATURDAY 4<sup>th</sup> AUGUST @ 5PM**

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Website | [www.rowvillesc.vic.edu.au](http://www.rowvillesc.vic.edu.au)

Eastern Campus

Humphreys Way, Rowville

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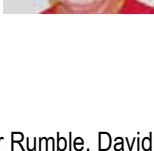
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## From the Editor's Desk

Last month, June, I happened to be shopping in the Stud Park Shopping Centre and couldn't help noticing the wonderful displays for "Schools Showcase". Had I not visited the shops that week (?), I would not have known that there was such an event taking place. I have spoken to the management at the centre on many occasions, only to be told that they have no calendar of events and were unable to advise me of forthcoming activities.

One of the purposes of our newspaper, is to inform the community of what events are going to happen in our suburbs and what have already happened, but without a flow of information we are unable to fulfil our aims. It is a shame that organisations go to a great deal of trouble to display and man stands/displays and don't have the added exposure that our paper offers.

I don't get to Wellington Village Shopping Centre or Rowville Lakes Shopping Centre as often, but apart from the annual fair at Wellington Village, we learn nothing of their activities.

**I issue this plea to all Centres. Let us know what is happening, so that we can support your activities.**

July sees three major celebrations. Ramadan begins on 20<sup>th</sup> July for our Muslim community and I don't think there are many people that don't know that July 4<sup>th</sup> is American Independence

Day, but how many know that July 14<sup>th</sup> is Bastille Day? I took my, then, young family there to see the celebrations in

1978, only to discover that the Bastille had long been demolished and all that remains is a commemorative bollard in the middle of a busy intersection. So much for doing your homework before you leave on holiday! Don't fall for the same trap.

Finally, in this age of saving the environment and saving money at the same time, Bendigo Bank has an interesting offer. Visit the site below and register for your FREE power saving SmartSwitches. They are designed for home computers and televisions, so register now at:- <http://www.bendigobank.com.au/public/campaign/switch-to-save/index.asp>



## WACKY WISDOM

**A pessimist** is one who feels bad when he feels good, for fear that he'll feel worse when he feels better.

## What's On Locally

July 2012



Sponsored by:  
**Lions Club  
of Rowville**

## DIRECTORY

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

**AfC Fellowship** English services 10am (simultaneous kids R.O.C.K. program) 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, Thurs, and Fri. mornings during school terms.

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

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

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

**Scouts (11-14years)**  
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 atm.russell@Gmail.com

**Fruitful Vine Church** Services every Sunday 10am.

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

**Hillview Comm. Church** Services Sunday 10am. For details call 9763 7776

**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 3<sup>rd</sup> Monday of each month at 8pm at U3A Parkhills Campus.

**Knox Neighbourhood Watch** Meet 1st Tues of month 7.30pm Knox Police Station. L S/C Lee Thomson 9881 7948

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

**Lions Club** Meet 2<sup>nd</sup> & 4<sup>th</sup> Wed - 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

**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](http://www.oa.org.au)

**Probus Club** (Knox Combined) Meet 1<sup>st</sup> Tues each month at the Stamford Hotel at 10am.

**Probus Club** (Knoxfield Ladies) Meet 4<sup>th</sup> Monday each month at Waverley Golf Club at 9.30am. Contact Jennifer

on 9762 8181.

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

**Red Cross Rowville** Meet 3<sup>rd</sup> Mon. each month 10am. Contact Joan: 9764 4611

**Restore Comm. Church** Services 10.15am at Eastern Campus of Rowville Secondary College. Details 8736 9042

**Ruby Gumnut Goddesses** (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 Rowville 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

**Stud Valley** Thursday mornings at Tirhatuan Golf Club 9 & 18 hole competition.

**Ladies Golf Club** Contact Nola 9700 3804 or Pam 0409 934 966

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

**Toastmasters** Meet 2<sup>nd</sup> & 4<sup>th</sup> & 5<sup>th</sup> Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Sheree: [contact@rowvilletoastmasters.org.au](mailto: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 Thurs 10am. Toddler Gym Friday 9.30-10.30 & 11am-Noon (during School terms)

**Yoga Buddies** Yoga for Kids! 2-5 years Fri 10am, 6-13 Tue 4pm Rowville Scout Hall. Contact Erin: 0402 080 469 or [erin@yogabuddies.com.au](mailto:erin@yogabuddies.com.au)

## July Events

**The Hut Gallery** 157 Underwood Rd, Ferntree Gully

**The Hiltrud Barfus Print and Drawing Exhibition**

Opens Sunday 8<sup>th</sup> July at 2pm - to Sunday 29<sup>th</sup> July  
Gallery Hours 11am to 4pm. Free Admission. For more details Phone 9758 8955 or visit our website [www.vicnet.net.au/~thehut](http://www.vicnet.net.au/~thehut)

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



# Calendar of Events July 2012

- 2 – 14 July **Melbourne Magic Festival**  
melbournemagicfestival.com
- 3 July **Asalha Puja Day**  
www.interfaithcalendar.org/2012
- 4 July **Independence Day USA**
- 7 July **Kingston Farmers' Market**  
www.kingston.vic.gov.au
- 7 – 8 July **Montalto Vineyard Abundance Festival**  
www.montalto.com.au
- 8 – 14 July **National Diabetes Week**  
www.diabetesaustralia.com.au
- 12 – 21 July **Melbourne Cabaret Festival**  
http://melbournecabaret.com
- 14 July **Bastille Day**
- 15 July **The Age Run Melbourne**  
www.runmelbourne.com.au
- 20 July **Ramadan begins**  
www.interfaithcalendar.org/2012
- 21 July **Annual Antique Fair - Pakenham**  
www.the4cs.org.au
- 27 July **Stress Down Day** www.stressdown.org.au
- 27 July **Schools Tree Day**  
treeday.planetark.org
- 28 July **World Hepatitis Day**  
www.hepatitisaustralia.com
- 27 July – 5 Aug **National Family History Week**  
www.familyhistoryweek.org.au
- 28 – 29 July **Melbourne Open House**  
www.moh.org.au
- 29 July **National Stepfamily Awareness Day**  
www.stepfamily.org.au
- 30 July **Parent Seminars - Cyberbullying**  
www.share.vic.edu.au
- 30 July – 5 Aug **Cerebral Palsy Awareness Week**  
www.cerebralpalsyaustralia.com



**Thank You** to retiring distributors – Sri & Mal De Silva (15 years); Rob & Lyn Phillips (3 years); Manli Zhang (5 months) and to Janette Anderiessen for taking on extra distribution.  
**Welcome** to new distributors Lyndall Navez and Alice Donato.

## Voluntary Positions

Can you or do you know someone who can be a distributor in the following areas?

- North side of Rathgar Rd = Lords Crt, Sunset Tee, Ambley Rise, Viewgrand Rise, Viewline Dve, Park Valley Dve – 95 papers  
Please contact – *Kel Emerson* – 9752 9365
- Superior Av (odd # 25 to 57 & even # 24 to 64), Yellowstone Cl, Glenelg Crt, Ladonga Crt – 63 papers  
Please contact – *Lesley Jenkins* – 9755 5065
- Karoo Rd (odd nos. 255 to 287), Bonaparte Pl, Elba Cl, Crimea Cl, Murrindal Dr (between Karoo & Josephine) – 88 papers



## When in doubt press Help

help button is becoming the site of first resort for all difficulties. Not least for staying safe online.

In this connection a federal government website [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au) is well worth a look. You can download software to install a Kids Help button on your computer or phone. This opens a child-friendly path to 'Talk? Report? or Learn?' You can check out the site before installing and see the first message: 'If you are in danger phone 000'.

Other links are to the Australian Communications and Media Authority (ACMA)'s Kids' Helpline on 1800 55 1800 for web counselling about 'worrying things that happen online'. Or, for anxiety and depression, to Life-line's 24-hour counselling service on 13 11 14. 'Reporting' includes reporting bullying to ACMA or suspicious behaviour to the Federal Police. The 'Learn' pathway includes cybersafety packages for schools or families.

This is just one of many reliable online resources of community safety information. View the Knox Neighbourhood Watch website [www.knoxsafercommunity.org.au](http://www.knoxsafercommunity.org.au)

for more. For details of our meetings see "What's On Locally" on page 2. The 3 July meeting will be a training workshop on another important aspect of community safety: Crime Prevention through Environment Design. Inquiries to L/SC Lee Thomson Tel. 9881 7948



Please contact – *Ian Richards* – 9763 9260

▪ Farview Drive, Christian Crt – 47 papers  
Please contact – *Shirley Oudshoorn* – 9764 4672

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

**2 x Captains** who count out the papers and delivers them to the distributors.

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

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

3. The area is the Timbertop Dr and Seebeck Rd Estates (ACP only)

Please contact – *Peter Rumble* – 9752 7592

*Peter Rumble* - Distribution Co-ordinator

## DEADLINES August 2012 EDITORIAL & ADVERTISEMENTS Wednesday, 18 July

**Articles, News or Letters to the Editor**  
[editor@rlcnews.com.au](mailto:editor@rlcnews.com.au)

Or drop off/post to RLC News, c/- Community Centre, Fulham Road, Rowville 3178.

**PHOTOS** – email separately – do not embed in documents.

**ADVERTISING:** [advertise@rlcnews.com.au](mailto:advertise@rlcnews.com.au)

**DISTRIBUTION**  
**Saturday, 04 August 2012**

## A Young Person's View

### Taking the fun out of Facebook

I recently found a startling statistic which caused me to create an alias for myself on Facebook. 90% of employers will look for your profile on Facebook before hiring you. And 69% of prospective employees were not chosen for a job because of what was found on their page.

I am really active on social media as many young people are, and I found the prospect of this so scary. I don't really have anything to be afraid of really, since I'm a pretty tame individual on Facebook and am really careful about what I post, but I was still worried. So I typed my name into Google to see what would come up. My 'MySpace' from four years ago, including a grammatically awful and immature comment I had made in high school, was the second thing listed. From four years ago! Also, any event that I had attended set as 'public' on Facebook came up on my search. Not only is it worrying to know that employers could potentially see which gigs I attend every week, but privacy can be threatened in this way too.

A few months ago, I experienced a similar scare. I went to interview someone for a story and he told me that he had looked up my profile before meeting me. I had set my Facebook profile to 'private' years ago, so I wasn't too worried. But my interviewee, unbeknownst to me, was able to see *all* of my Facebook photos. Not that there's very much to see, but I just find it scary, even just from a privacy perspective. I'm now really paranoid every time I change any settings on Facebook, just in case somehow, my privacy settings are switched off without me knowing.

Everyone should keep an eye on what they post on social networking sites. The best thing to do, though it may not be fun anymore, is to assume everything you post is public.

*Marita Lacota*

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The Rowville Unit is a very small part of Australian Red Cross, but as a Group, we are very committed to volunteering. To achieve our goals and aims we meet every month to arrange activities to assist with the wider work of Australian Red Cross/Red Crescent movement.

We partake in a range of activities such as our annual luncheon at Clover Cottage, helping out at the Op. Shop, collecting for 'Red Cross Calling' and making use of the Knox Council bus for a day. We also attend the Blood Bank regularly, to serve refreshments to those donating valuable blood.

Thanks to the dedication of some very keen knitters amongst our members, we are able to supply 'Trauma Teddies' to a range of children in hospitals and wherever else they may be needed. For example we have already donated more than 200 'Teddies' to the Monash Hospital this year. This is a much appreciated effort by our knitters.

At the present time, members meet at the Waverley Country Club. Full details of our meetings can be found in "What's on Locally" on page 2.

If you would like to join our happy band please call Libby on 9755 8010

## Lions Club of Rowville



As the new financial year begins, the Lions Club of Rowville is already hard at work planning our 2012-2013 projects. Various committees have been formed and everyone is enthusiastic about what they can do to help, both the club and the community at large. As always, we will be working closely with Knox Council and various other service organisations and charities in the area, to ensure we are able to help as many people as possible during the coming year.

Our new Membership Chairman, Damien, is also motivated and enthusiastic about increasing our membership, thus bringing new ideas to the club, as well as spreading the workload and adding to the camaraderie. The club is renowned for its friendly environment and anyone interested in coming along to a meeting to check us out would be made very welcome.

We have our own meeting room at Knox Tavern and meeting details can be found in "What's On Locally" on page 2. A call to Damien on 0421 847 960 will provide further information and transport can be arranged, if necessary.



## Rotary Club of Rowville-Lysterfield

### Rotary join forces with Interact for overseas aid.

Joining forces can achieve so much. Testament to this was a joint effort between the Rotary Club of Rowville/Lysterfield, the Committee for Sri Lanka and those wonderful young people from the Interact club at the Rowville Secondary College. This joint effort donated much needed medical equipment and 10 hospital beds to rural hospitals in Sri Lanka and also the donation of books and learning aids to a School in Rambukkana.

The donations of the beds was organised by the Rotary club of Rowville/Lysterfield and through the Interact club were able to organise the donation of medical equipment, books and learning aids from the Glenallen School, a school for students with physical disabilities in Glen Waverley.

The Committee for Sri Lanka played an integral role in this joint venture to coordinate the hand-over of goods and the shipment overseas.



The consignment was accepted by the Hon.Consul for Sri Lanka in Victoria Mr Bandu Dissanayaka on behalf of the ministry of health in Sri Lanka. Logistic support for the shipment was provided with the courtesy of Transco shipping. Present at the occasion was Dilkie Perera, chairperson of CFSL, Mohan Perera, CEO of Transco shipping, Pradeep Jayawardene, Director International service Rotary club of Rowville/Lysterfield, Gary Forest, Director New Generations, Rotary club of Rowville / Lysterfield, President Jessica & Vice President Meaghan from the Interact Club and the deputy Principal of

Glenallen School in Glen Waverley, which donated the items.

The books and learning aids will no doubt help for many years to come, in the good education of those less privileged. The wheel chairs will provide much needed equipment and thanks to the 10 beds patients, probably after major surgery, will get to sleep on comfortable beds instead of lying on the floor of a hospital corridor, as is quite often the case.

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 Jeff Somers on 0413 150 587 or email [jjsomers@ozemail.com.au](mailto:jjsomers@ozemail.com.au).

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# ROWVILLE FIRE BRIGADE

## Home Fire Safety Message – Winter 2012

Take action now to reduce the risks of fire in your home. Have you recently tested your smoke alarm? Did you change the battery in your smoke alarm at the end of daylight savings? Have you prepared and practised your home escape plan with your family and children? Do you keep the keys in your deadlocked doors when you are at home or asleep? Is your heater due for a service? Do you keep a fire extinguisher and fire blanket handy and do you know how to use them?

### Facts

Of the 1042 residential fires in Victoria last winter, 37% started in the kitchen, 14% in the lounge room and 10% in the bedroom.

Leaving cooking unattended was the main cause of home fires in Victoria last year, responsible for 25% of incidents. This was followed by electrical faults (11%) and heating malfunctions (10%). 35% of fires did not have a working smoke alarm.

Residential fires last winter resulted in an estimated \$20 million in damages and six lives lost.

## Common Causes of House Fires are:

**Faulty Electrical Appliances.** If a fire starts, turn off the power immediately at the power point or switchboard. Don't overload power points and use only one appliance for each outlet on a powerboard.

**Electric Blankets.** Do not leave electric blankets on overnight or during the day. Keep electric blankets flat

## Rowville CFA Juniors

Whilst everyone is aware that the Rowville Fire Brigade has a membership that attends emergency situations, not everyone is aware that there is also a Junior Membership. Juniors consist of kids between the ages of 11 and 16.

The Rowville Junior Fire Brigade has a very similar set-up as the senior brigade, in that it has a captain, lieutenant and secretary. One of the juniors' responsibilities is to help with fundraising. For the past two years we have been raising money for the Kmart wishing tree. Last year we raised \$180 and bought presents for a family of four.

The Rowville Juniors are not the only junior brigade around. There are many more around the state and most of us come together in February for the Junior Fire Brigade State Championships. This is a competition involving Wet and Dry hose drills, all performed against the clock and other brigades.

We trained for over five months last year and this year



for the State Championships and other competitions. We give up our school holidays to train, and our weekends to do these competitions leading up to state.

The summer comps run from December through to March, and then we compete in winter comps from May to September against The Basin Junior Fire Brigade.

*Written by Rowville Juniors, Captain Taylor Lindsay and Junior Jess Walker*

with controls at the side of the bed. Visually inspect the blanket for burn spots and damaged wiring.

**Home Heating.** Turn off heating when you go to bed; keep clothing, curtains and toys at least one metre from your heater; place a screen in front of open fires and never let an open fire burn after you have gone to bed or left the house; never leave children unattended near open fires or heaters.

**Candles.** Keep burning candles away from curtains and place on a safe, heatproof surface. Do not leave candles burning when you go to bed or leave the house and use only in the presence of adults.

**Cooking.** Know how to use your fire blanket; never leave cooking unattended and keep pot handles turned inwards

so that they cannot be knocked over.

**Laundry.** Clean the lint filter on your clothes dryer after each use. Let the dryer complete its cool-down cycle.

## Things To Do To Keep Safe:

Install more than one smoke alarm in your home to increase early warning of a fire.

Keep passageways and exits uncluttered.

Complete the simple home fire safety checklist on [www.homefiresafety.com.au](http://www.homefiresafety.com.au) – it could save your life.

If a fire starts get out, stay out and call 000 (triple zero).

*Statistical Source: Combined CFA and MFB statistics, June – August 2011.*

## Plan before you go to parks

Many parks across the state have experienced between 100-200mm of rain, which has resulted in some areas of parks being closed in the interests of public safety. Parks Victoria encourages people to continue making their travel plans, plan ahead and take care. The Parks Victoria website [www.parks.vic.gov.au](http://www.parks.vic.gov.au) is updated regularly with the most current park conditions. You can also call 13 19 63.

Some closures in East Gippsland and the Alpine National Park already in place. Assessments on damaged park



areas is ongoing and includes

- Buchan Caves Reserve, however tours of Royal Cave are expected to resume and the campground will be open
- The Lakes National Park
- Areas within Gippsland Lakes Coastal Park
- Cape Conran Coastal Park and Corringale Foreshore Reserve
- Areas within Croajingolong, Snowy River and other remote National Parks are likely to be inaccessible
- Alpine National Park - sites around Licola and Dargo and areas north and east of Omeo.

In some areas, seasonal road closures have come into effect early in the interests of public safety. Many parks

will have fallen trees, rocks, washouts and swollen and flooded creeks. We ask people to avoid remote bushland in the affected areas.

Vehicle access to some metropolitan Melbourne and regional parks may also be restricted due to protected industrial action. Some campgrounds in regional parks may be affected with reduced servicing of facilities.

Parks Victoria apologises for any inconvenience caused by the protected action activities. Arrangements will be made wherever possible to minimise the impact on visitors.

The majority of parks still have pedestrian and bike access. The list of parks that are likely to be affected by protected action is here on the Parks Victoria website: [parkweb.vic.gov.au](http://parkweb.vic.gov.au)



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## Red Hat Society Ruby Gumnut Goddesses



Yet another photo in Bendigo!

One of the things Red Hatters find, is that people love to take our photos. Often people just ask outright and we are very happy to oblige and pose readily for the camera. Sometimes, they ask to be included in our photos, as happened to us when the Ruby Gumnut Goddesses travelled to Bendigo to visit the Grace Kelly exhibition. As we boarded the train and walked through to our carriage we heard lots of comments, some positive, some bewildered and some who recognised what we were about. There were also lots of smiles and the occasional phone whipped out as we walked by.

As we walked up Mitchell Street to go to the Art Gallery, a group of female teenage students from a local college waved to us. They called out for us to stop and quickly crossed the road to ask if they could have their photo taken with us. They told us we were “really cool”. Obviously we had made an impression and a good one at that. As we sat down and posed with the girls, they were full of questions as to what we were about and where we were going. They liked our response that we dressed like we did so that we stood out. No beige clothing for us! They were laughing

with us as they took turns to take our photo and one girl promptly stated that she had just posted us on Facebook. Is that the ultimate compliment from a teenager? They walked away waving good bye and saying they couldn’t wait to tell their Mum’s what a cool bunch of old ladies they had met down the street. If only they knew that we feel as young and love to have fun as much as they do.

On that day we had our photos taken about five different times. Some people are too shy to ask and quickly pull out a camera when they think we are not looking. Often we have been stopped by tourists from all over the world. There are photos of us in Asia, Europe and America that I know of. One year at the International Flower Show in Melbourne, we spent the whole day being stopped for photos. We believed that the photographers must have thought we were part of the show. That could have had something to do with the fact that we all wore hats covered with flowers.

It’s great fun being a Red Hatter and if you would like to know more please ring me, Kerry, on 97644717.



Early morning, with drizzle and a low temperature, our ever hopeful fishing group met at 8am for the drive to Williamstown pier. Yes, this time a salmon was landed, and the rest of our time together was spent in warm sunshine. With some hot chips. Even if the idea of Christmas in July is not one’s ideal, we can see it as just another excuse for meeting and eating together. The photo competition closes on July 31<sup>st</sup>. better get a move on to enter.

Much dealing going on with our card groups, i.e. Bolivia, Canasta and 500. These are evening activities. The Yarra Ranges Museum is the destination for this month’s garden outing. After an introductory talk and

morning tea, there will be time to browse the exhibition at leisure.

This sounds interesting. A guided tour behind the scenes, of the Australian Ballet Centre, observing dancers at work, costume production, and morning tea. \$18.00.pp.

The Newmarket to Footscray outing included bonus sightings of various landmarks. The original fencing from the days of the cattle sales still remain, and I think, so does the atmosphere, even though multi storey housing and parkland surrounds the area. Passing through the “Women’s Peace Park”, then later, as we continued along the Maribyrnong River, an impressive Chinese Temple came into view, and with it, a statue of a God protecting fishermen. Our photo shows the housing development.



If you would like to know more about our friendly club, please ring and the current newsletter will reach your letterbox. Contact us at [www.life.org.au](http://www.life.org.au) or call Melva on 9762 3764 or Helen on 9729 1151

## Toastmasters



**The Toastmasters Journey – an opportunity for growth.**

Many individuals contemplating joining Toastmasters may initially feel shy, lack confidence, or are afraid that they might not know what to do or say. However, after attending a Toastmasters meeting visitors soon realise that these apprehensions are not only common, but that they are manageable and can be overcome.

At Toastmasters you are able to learn the basic skills of public speaking and controlling nervousness. By accepting opportunities to speak, members find they are able to grow in both confidence and ability. The Toastmasters program enables members to let their personality shine though when communicating and allows them to express themselves with enthusiasm and ease.

Toastmasters is not only for individuals looking to develop

public speaking and leadership skills, or furthering their career, although the Toastmasters program is globally recognised as being able to help members achieve this. However, it also provides a great deal more, in that it provides tools for everyday life. Membership in Toastmasters is one of the greatest investments you can make in yourself.

Our club has a broad range of ages, professions and experience amongst our members, and as each member contributes to the meetings, the meetings are guaranteed to be educational, varied and enjoyable. Fun, laughter, friendship, knowledge and strengths are practised, shared and applauded at every meeting.

Members find that meetings are “learning laboratories” where each meeting provides both new and experienced members the opportunity to learn something. Every meeting helps participants practice and hone their speaking and leadership skills.

### How Does It Work?

The meetings are effectively run as a “learn-by-doing” workshop.

The meetings are run in a no-pressure atmosphere.

There is no instructor in a Toastmasters meeting. Instead, members evaluate one another’s presentations. The feedback is immediate and evaluations are given in such a way, that

personal growth is a positive for all members. This feedback process is a key part of the program’s success.

Meeting participants take turn to

- Run the meetings or sections of it
- Give speeches
- Evaluate speeches
- Give or moderate short talks called “table topics”
- Give short impromptu talks on assigned topics
- Assume other roles such as Ah counter, Grammarian and Timekeeper
- Greet visitors and guests

Toastmasters International is a world leader in communication and leadership development and the program will improve your confidence and ability in speaking, listening, and presentation skills. 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.

Details of meetings can be found in “What’s On Locally” on page 2

For further information, contact Debbie at [contact@rowvillertoastmasters.org.au](mailto:contact@rowvillertoastmasters.org.au)



This message is for all you “young at heart” Over-50s out there.

Brrrrr!!! Yes, we know it’s cold and damp (quite normal for this time of year actually), but don’t let the Melbourne winter get you down and stop you from enjoying a satisfying social life. At the Knox Over50s we can warm the “cockles of your heart” with plenty of fun and entertainment.

At our monthly meetings we are entertained by, or informed, on the things that matter to people of our generation. Already this year we have had interesting speakers on such diverse subjects as, Effects of Aspirin on Healthy Lifespan, Reiki Therapy and Guide Dogs. We have also been entertained by a talk on the ‘Inhabitants’ of Melbourne General Cemetery, listened to music from Tom & Claire and laughed at the comedy of Don Jones.

Each month club members enjoy coffee mornings at Myer Knox City, lunches at various venues around Knox, day trips, book clubs and much more. A 7-day trip to Merimbula at the end of September will be one of the highlights of our year.

So much more is planned for the rest of this year and our monthly newsletter *Knox Natters Matter* (which is distributed at our General Meetings) will keep you up to date on all that’s happening. As a financial member of the Over50s, you would be welcome to participate in any or all of these events.

We’d be delighted if you would like to come along and join us at our next General Meeting on **Tuesday, 24<sup>th</sup> July**. You can get to know us and listen to our guest speaker of the month, who in July is Naomi from Garden Lawyers. We look forward to seeing you there.

Please see “What’s On Locally” on page 2 for meeting details. For more information contact Jill on 9801 4363.



# Headspace announced for Knox Ozone

Wednesday the 6<sup>th</sup> of June was a great day for young people in Knox, Maroondah and Yarra Rangers when the Minister for Health and Ageing, Mark Butler, announced that Knox Ozone will be the next location for a headspace service for the region. The Headspace centre will provide young people with an ease of access to seek help on issues relating to Mental Health, Sexual Health, Sexuality resources, Vocational Training Opportunities and more.

The announcement has been the culmination of months of planning by the Eastern Ranges GP Association (ERGPA) soon to become Eastern Melbourne Medicare Local (EMML) and the other consortium members which include Knox City Council, Knox Community Health, EACH and a few other organisations. It is also the efforts of the 10,000 strong petition from residents and the voice of young people saying that they would prefer to have the service at Knox Ozone.

The team of young people raising money for headspace, thank the generosity of local people and a number of schools for getting on-board and holding fundraisers.

For more information go to [http://runmelbourne.everydayhero.com.au/east\\_metro](http://runmelbourne.everydayhero.com.au/east_metro)

Anthony Osborne



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## U3A Knox will be starting two new classes in Rowville for term 3

Both of these classes will be held at the RAFT Church centre on the corner of Kelletts Road, and Taylors Lane. The first of these will be 'Psychology, The Essence of Holistic Health', which will begin on Tuesday 24<sup>th</sup> July, at 11 a.m. 'Gardening' will commence on Thursday 26<sup>th</sup> July at 1 p.m.

You can book for these classes from Monday 23<sup>rd</sup> July, by ringing the U3A Knox Parkhills office on 9752 2737. Membership of U3A Knox is \$20.00 for the next 6 months of 2012, and there is no extra charge for these classes.

U3A members have heard some interesting speakers of late, including on Tuesday 5<sup>th</sup> June Dr David Templeman from Monash University, who spoke to our group studying the Ancient Trade Routes, about the situation in Tibet.



Dr Templeman specialises in this area and delivered an interesting overview of the current political situation in Tibet and the part it played in the trade routes.

We were also privileged to show a display of photographs "A Year in Ferntree Gully" by Barbara Oering of Ferntree Gully which everybody said evoked the essence of the area. The writing groups saw this display on the previous day, along with a talk on 'Using Images in Creative Writing' from Barbara and the editor of Ferntree Gully Community Newspaper, Anne Boyd.



Dr David Templeman

## Did You Know?

An ostrich's eyeball is bigger than its brain.

An ostrich kicks forwards, not backwards like a horse

An ostrich egg can weigh up to 5 lbs

An ostrich can lay an egg every other day until they have a clutch.

An ostrich does NOT bury its head in the sand.

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- **DESSERT – Choose One:**  
Tiramisu Cake Chocolate Mousse  
Gelati Ice Cream
- **GLASS SOFT DRINK – Choose One :**  
Pepsi, Pepsi Max, Solo, Lemonade, Sunkist, Or Raspberry



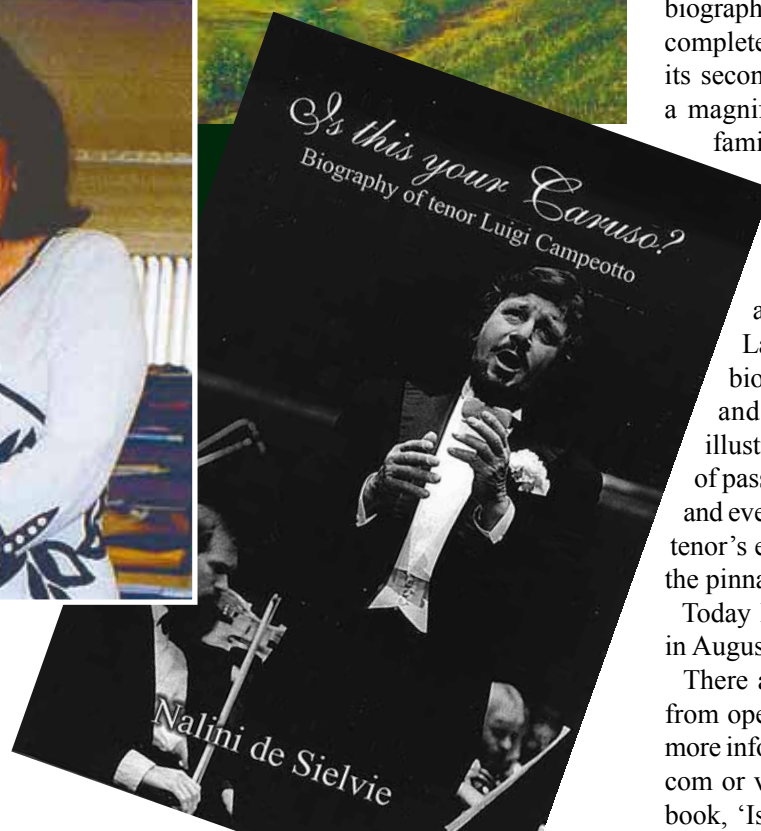
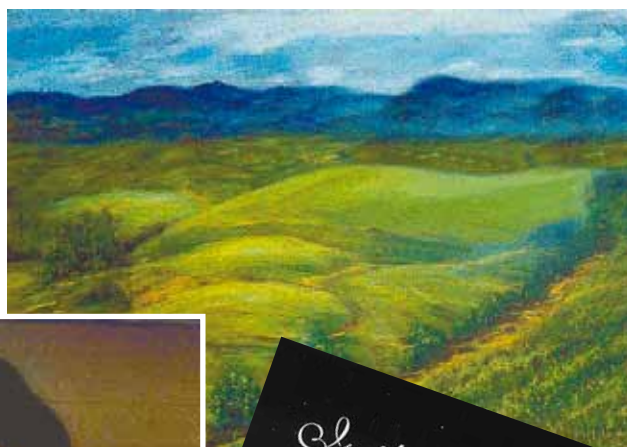
# An Hour with Nalini de Sielvie

Nalini de Sielvie was born in Nuwara Eliya in the central highlands of Ceylon (now Sri Lanka) surrounded by tea plantations, in 1952. Her father was a station master who encouraged her writing whilst her mother was artistic, which is where her love of art and music derive from. She married in 1970 and the family left their homeland in 1972 at the start of the internal troubles there and settled in Melbourne, eventually putting down roots in Rowville in 1978 where they lived until 1996. With her husband Conrad, who is a maintenance manager for Woolworths and their two sons, who were in the first classes at St Simon's Primary School when it opened, Nalini had time to develop her writing and painting skills, which culminated with her winning a painting prize at the 1995 Stringybark Festival. Her preferred medium is oils, she prefers land and seascapes and has illustrated many of her own book covers. One particular portrait, a form she doesn't rate amongst her favourites, hangs proudly in a church in Sri Lanka.

She qualified as a journalist before leaving Ceylon and gained a Diploma of Commercial Art from the Melbourne Institute of Art. After 14 years working at Centrelink and 5 years at the Australian Taxation Office, Nalini is now a piano teacher at a primary school near her home in Mt Martha and believes that if she hadn't followed her chosen path she could well have become a school teacher.

Nalini, who says "I started 'scribbling' from the age of 12", has written eight books with her first being published in 1987. Her claim to fame with the RLCN, is that she wrote the first private article for us in 1981. Her subjects vary from fiction to verses and a biography and she has many awards to show for her endeavours. She currently has 3 unfinished novels and a collection of Sri Lankan folklore, that keep her occupied.

Nalini was included in the "Who's Who Of Australian Writers" in 1995 and is currently the President of Authors Australia Inc., an association set up to help aspiring



authors. She also belongs to a number of other writers' and artists' associations. When she has spare time she likes to potter in the garden and play with her three cats.

"If I had to select the people I most admire, in literature, art and music, it would be Oscar Wilde, Constable and Chopin" she says.

For the future, Nalini wants to write her own autobiography and see her book "Catsville" turned into animation. For budding writers or painters she has this edict "If you are passionate about what you want to do, don't ever give up, just 'Follow That Dream'".

For further information on any of Nalini's works go to [www.nalinidesielvie.com](http://www.nalinidesielvie.com)

*Interviewed by editor David Gilbert*

## Is this your Caruso?

Nalini de Sielvie's biography of Luigi Campeotto, "Is This Your Caruso", came about when his pianist, knowing that Nalini was a author, asked if she would write his biography. Nalini first met Luigi in 2001 and the book was completed in 2006. This month the book is celebrating its second edition. The book tells the amazing story of a magnificent tenor, born to an impoverished farming family in Northern Italy, who rose against all odds

to become the greatest tenor of his time and has been hailed as a second Caruso by famous musicians, critics and audiences the world over.

Before being discovered, Luigi worked in an asbestos mine in Wittenoom Gorge in WA and on Lancellin Island in a crayfish processing plant. The biography, skilfully written with great sensitivity and humour is based on Luigi's own narration, illustrating his strong sense of 'grand opera'. It is full of passion, drama, love, trials, successes, achievements and eventually tragedy. It is a poignant story of a brilliant tenor's endurance, courage and determination to ascend the pinnacle of fame.

Today Luigi lives in Seaford and will be 76 years old in August.

There are now 3 CD's available at \$25 each, ranging from operatic arias to Italian and Neapolitan songs. For more information contact Nalini at [nalini@nalinidesielvie.com](mailto:nalini@nalinidesielvie.com) or visit her website [www.nalinidesielvie.com](http://www.nalinidesielvie.com) The book, 'Is This Your Caruso' costs \$25 and is available from Melrose Books at [marketing@melrosebooks.com](mailto:marketing@melrosebooks.com), on-line from Amazon or from leading book stores.

*David Gilbert*



A very competitive Memorial Bowls and Bingo afternoon was held on the 18<sup>th</sup> May. In the end, congratulation to the winning team which was comprised of Trudy van Tilburg, George Pawlik, John Maessen and Linda Bridal. The runners up were, Kevin Sonogan, Margaret Stephan and John Puah.

Many members won at Bingo and the afternoon went well with cakes provided for the afternoon by our treasurer Sandra.

On Wednesday 22<sup>nd</sup> May, a busload of members went to the Karalyka Theatre to see "Show Stoppers Of The West End". Everyone agreed that it was a fantastic show. Afterwards they went to the Pinewood RSL Club for a tasty lunch. All in all, it was a most enjoyable day.

On the 26<sup>th</sup> June, a group of members will go by bus to the City where they can visit the casino, the aquarium or whatever else they would like to see. We will let you know how they went next month.

Our membership continues to slowly increase and now totals 140. We are a happy group and would welcome any new people to the Club. Full details of where and when we meet can be found in "What's On Locally" on page 2

For further details, please contact Ena Thompson on 9764 9380 or secretary Margaret Smith on 9755 7542.

## Cake Decorators Association of Victoria Rowville Branch



At our June workshop, we had 21 ladies working and they made some lovely Daphne.

On Sunday July 8<sup>th</sup>, we will be having an additional event, which will be our Christmas in July Demonstration Day. There will be four top class, experienced demonstrators on hand to assist and advise. Those demonstrators are, Rhonda Morris, Lynne Burch, Sue Oteri and Pam Archibald. Bookings are essential, as this is a catered lunch and we remind you that we cannot take bookings at the door. Be there before 10am as we start right on time.

The following workshop on August 12<sup>th</sup>, is the Dolly Varden Cake, kit work shop, which must also be booked in advance. Our workshops are held on Sundays, bi-monthly at Turrumurra Dr. Scout Hall, Rowville from 10am to 3pm.

For bookings & enquiries please contact Velma on 9763 8646 or Madeleine on 9870 5743

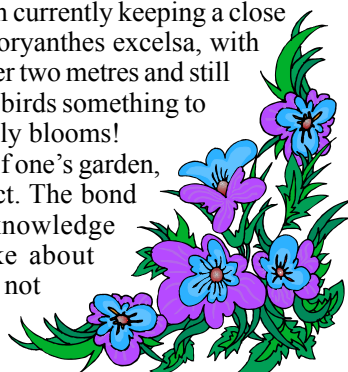
## Knox Home Garden Club

It is always a joyous moment to see new seedlings emerge, to nurture those seedlings into beautiful blooms or tasty fresh vegetables. No store bought tomato will ever match the favour of a sun-ripened home grown one. And the magical crisp crunch as a knife slides through a freshly picked cabbage. Sharing vegetables with one's friends and neighbours. And how clever do we think we are when we can strike cuttings of just about everything!

Watching the change of seasons is a gardener's delight as each one brings with it its own special features. It is fabulous to watch the flower buds swelling until they burst forth into glorious blooms. In winter, it is the bulbs turn to brighten up our gardens. I'm currently keeping a close watch on my gynea lily, doryanthes excelsa, with its flower spike reaching over two metres and still growing. That will give the birds something to squabble over when it finally blooms!

The continual evolvement of one's garden, it is never a finished project. The bond between gardeners, the knowledge shared. So, what do I like about gardening? What is there not to like?!

*Betty Wright*







# Rowville Community Library

Sponsored by Cr Darren Pearce, Taylor Ward

July

"Feeding the minds of our community..."



**School Holiday Program:** Rowville Library will offer a school holiday program during the July holidays. Events will include:

Monday **July 2nd** at 2pm. Indigenous Elder Ian Hunter visits for NAIDOC Week 2012. Great stories and activities. Suitable for all ages.

Tuesday **July 3rd** at 10.30am. Indigenous Storytime. Dreamtime stories to enjoy. Age 4+

Friday **July 6th** at 7 pm Bedtime Storytime. Indigenous Dreamtime Stories. Age 3+

Tuesday **July 10th** at 10.30 am - Wintery Warmers. Stories to warm you up in wintertime. Age 4+ Wednesday **July 11th** at 11 am - Funky fairy tales + Silly superheroes - Stories, activities and craft. Age 4+. All events are free. Please ring the library on 92941300 or book online at [www.erl.vic.gov.au](http://www.erl.vic.gov.au)

**Biodiversity in your garden:** At 2pm on the third Tuesday of the month, **July 17th**, join Irene from the Knox Environment Society who will teach you how to develop an area of your garden for local wildlife and why it is important. All welcome. Refreshments provided. Bookings preferred. Gold coin donation appreciated.

**Author talk -Ira Bex:** Ira Bex, local author, began his writing career in the mid 1960s on television for Crawford Productions, the makers of Homicide, Division 4 etc under the name of Ron B Williams but had to retire from the business through ill health. He now returns to the writing world with his self published book, 'The Pawnee Incident'. Author signed copies of the books will be on sale at 7pm Friday 20<sup>th</sup> July. Bookings essential. Free event.

**Graphic novels (manga) for adults:** We now have a collection of graphic novels for adults, located at the beginning of the Adult Fiction sequence just inside our front entry. As with any collection in the library, please ask for assistance from our staff at any time. The library is a great free resource for the whole community, providing books, DVDs, CDs and magazines. Why not borrow now and save!

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

**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 **5<sup>th</sup> July** at 9.30am. Even if you have attended before you can come again for more help. All welcome. Bookings essential. Free event.

**Special Saturday Storytimes:** 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. Everyone welcome. Free event. No bookings required.

**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. Free event. No bookings required. The next session is on **20<sup>th</sup> July** at 1.30pm.

**Rowville Writers' group:** Meet at Rowville Library on the fourth Tuesday of the month to share their work and support each other in their endeavours. All welcome. Free event. No bookings required. Next meeting is on Tuesday **24<sup>th</sup> July** at 1pm.

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

**Afternoon Bookchat!** Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. It's a great session to get ideas about what you might like to read next and is open to everyone. Held on the 1<sup>st</sup> Monday of the month at 2pm our next meeting is on Monday **2<sup>nd</sup> July**. Free event. Bookings not required.

**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 **6<sup>th</sup> July**. All Welcome.

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



A Garden for Wildlife in Rowville

always interesting to hear what others think about them. Our Friday evening session has vacancies so if you are free on the last Friday of the month at 7pm for about one hour or so, please come along.

**Kids on Wednesdays:** Held at 4pm during school terms, this group is for primary school aged children and involves a variety of activities. It's fun and it's free!

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

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

**List of regular storytimes: Bookings are not required.**

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

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

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

at **2pm** Tiny Tots storytime (age 0 - 12 months)

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

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

If not, join now. Joining is easier than you think....all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free.

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

Details of library service are available from our website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au) and you can even join on-line.

Rose Thompson Manager - Rowville Community Library  
9294 1300

## Framptons Carpet Court Storybook Challenge Results

Today we are happy to announce the winner of the inaugural Framptons Carpet Court Storybook Challenge as Ethan Morrice of Narre Warren North Primary School. Ethan submitted a story about what he loves the most in his community, winning \$1,000 worth of books and a reading mat for his classroom, as well as a book package worth \$250 for himself.

Framptons Carpet Court reported an overwhelming response from the local community to the Storybook Challenge, with wonderfully creative stories and pictures submitted from primary schools in the local area.

More than 1,252 Victorian children entered the Storybook Challenge, describing what they love about their community. The program, which is being run in conjunction with the National Year of Reading, aims to encourage more shared reading and creative writing in classrooms across Australia.

Morgan Bailey PR Edge





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Wentworth Ave  
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**Wednesday 7.00-8.00pm**  
**Thursday 7.00-8.00pm**  
**Saturday 10.30-11.30am**

1<sup>st</sup> Rowville Scout Hall  
66 Turramarra Dve  
(Opposite St Simons P.S.)  
**Wednesday 9.30 - 10.30am**

**GLEN WAVERLEY**

Brandon Park Community Centre

649 Ferntree Gully Rd  
(Behind Fire Station)  
Glen Waverley

**Tuesday 9.30 - 10.30am**  
**Saturday 9.30 - 10.30am**



**ROWVILLE**

Park Ridge Primary School  
Wentworth Ave  
**Tuesday 7.00-8.00pm**

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# Destanee Aiava

## New Champion Crowned in Paris

A young champion was born on the clay courts at Roland Garros (France) last month, crowned as the best junior for her age in the world.

Destanee Aiava is just 12 years old now, but started at the age of 5 at a Wilson Pee Wee tennis lesson, with Justin Yeo from Serious Tennis. Recognising her athletic ability, he continued coaching and shaping her game, on and off the court. A big part of a junior's tennis future, is connecting as a team between coach, parents and athlete with all parties heading in one direction.

Serious Tennis operates the premier High Performance



*Destanee with Steffi Graf*

Tennis Academy in Melbourne at its Doveton base, but believe it is important to now offer high quality coaching for the Grass Roots, always hoping to spot that next

## Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



champion, or just getting kids to enjoy the game.

Rowville Tennis Club is excited to announce that Serious Tennis has chosen their club to branch out, establishing their Grass Roots tennis base at Rowville Tennis Club. "We are excited to bring more players up from the grass roots, including Wilson Pee Wee tennis and Tennis Australia's Hot Shots program." says Director Justin Yeo. Serious Tennis will be offering all coaching services at Rowville Tennis Club at the Police Road (off Stud Rd) complex.

For more information phone: 0422848356 or visit [www.serioustennis.com.au](http://www.serioustennis.com.au) or [www.rowvilletc.com.au](http://www.rowvilletc.com.au)

## Paul's Photography Patter



Repetitive patterns in a photograph can create a pleasing effect on the eyes and generate differing effects on the senses.

Purely regular, sharply defined straight lined geometric shapes such as a series of roof tops or walls of buildings etc convey feelings of order and neatness.

Repetitive patterns where the objects vary slightly such as a mass of planted flowers or massive lines or rows of flower beds receding into the distance have a soothing and colourful effect.

An example is in the attached photograph. I could have just photographed several pots in a row on the stand to show their varying painted patterns and colours, but that would have only produced a normal unexciting image.

By grouping the pots into a repetitive pattern arrangement



*A repetitive display highlights the decorative and colourful pot display*

and tilting the camera to show the pots on a diagonal slant, it changes the whole image into a hopefully more interesting photo, highlighting the variety of colourful pots.

Many people say to me "You must take good photos because you've got a good camera". However, this image is a typical example of me using my imagination and thinking about what I am trying to achieve in a photograph, before actually taking it. The quality, or kind, of camera is not the most important factor. It is mainly you and your imagination!

*Happy snapping, Paul Lucas.*

**HINT:** Look for scenes where a repetitive pattern will add to the image rather than just capturing a normal photograph.

## Wellington Care Centre Counselling Services

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

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



**ROWVILLE  
COMMUNITY CENTRE**  
20 Fulham Road, Rowville  
Tel: 9763 7400

The Rowville Community Centre located in Fulham Road Rowville, offers a variety of programs to all ages. These include yoga, stretch and tone, zumba, 3 year old kinder and senior citizens, to name a few.

The Centre has rooms for hire on a once off, or longer term basis and we are always interested in hearing from people wishing to run a new activity in our centre.

If you would like to know more about the programs currently on offer, or would like to chat about hiring a room, then please contact the centre on 9763 7400 or email [rcc@knox.vic.gov.au](mailto:rcc@knox.vic.gov.au)

## Real Estate Tips

Supplied by Barry Plant Real Estate 150 Kelletts Rd Rowville  
[barryplant.com.au/rowville](http://barryplant.com.au/rowville) 9753 2828

### Beat the Rush

Most people believe that the best time to sell their home is in spring. Of course, when the weather is fine and sunny everything does look lovely and people thinking of making a move, are more likely to feel like taking a drive around the area they are thinking of moving to and may look through some 'open for inspections' to get a feel for the market. Whilst this results in a greater number of people inspecting homes, it does not necessarily translate into a greater number of sales, as many of these people are just beginning their search for the perfect property.

A property that is well presented and correctly marketed will attract buyers regardless of the time of year and in fact, will often achieve a higher price if it is offered for sale dur-

ing the winter months.

The reason for this is purely supply and demand. Because owners believe that the cooler months are not the best time to sell, there is often less homes on the market during winter and therefore buyers have fewer properties to choose from.

When a great property comes on to the market and there is little to compare to it, buyers get very excited and this puts the seller in a good position to achieve a great price for their home. Buyers don't wait for a particular time of year to move, they buy a home when the need arises, for example, a change of job, a new addition to the family or the need for additional space.





# Here Comes "The Wiz"



The stage musical "The Wiz" is coming to Rowville, courtesy of a talented bunch of students at Rowville Secondary College. Striving to put on a first class performance and balance it with school work is hard no doubt, but the four leading performers just bubble with confidence.

Lucy (Dorothy), Shane (Tin Man), Sophiia (Scarecrow) and Bradley (Lion) have all been at RSC since year 7. The two girls are now in year 12 and the boys in year 11 and all except Shane, who lives in Ferntree Gully, are Rowville residents, who love the closeness of everything, although the regular late arrival of the buses is frustrating.

Bradley and Sophiia started their thespian activities in 2010 in the school production of Grease, although Sophiia says you would never recognise her as she is always cast in male roles. Lucy has been involved in school productions since year 7, has been involved in amateur dramatics and has attended drama school for two years, whilst Shane, who is a musician at heart, only started stage work last year.

The Wiz was first performed as a stage play in 1974 and won 7 Tonys, but the later film version in 1978, was a commercial and critical failure. Sophiia suggested that the film interpretations were good, but Bradley felt that Diana Ross in the lead role was a bit 'airy'. Lucy was the only member who had not seen the film and the others did not think they would put any of the film characterisation into their performance, although Sophiia was keen to "add a touch of Michael Jackson".

Only Shane could boast family involvement with the stage, as his father had been in Indie films and been an extra in mainstream productions. Lucy's relatives had been extras too, whilst Sophiia said her Dad was an extrovert that enjoyed the stage and public speaking.

They all agreed that acting allows you to express yourself and one of them (name withheld!) said it gives you the chance 'to be an idiot'!! Dancing seemed to be the toughest part of their roles and finding the time to achieve a perfect result was difficult.

It was almost a unanimous decision about their favourite song in the show, the duet between Dorothy and Lion, 'Be A Lion'. Shane added the evil witches solo and Lucy had affection for 'I Was Born' and the finale song 'Home'. Their choice of ideal role was very individual. Bradley settled for the Phantom in Phantom of the Opera, or Tony from West Side Story whilst Sophiia had no hesitation in nominating Dorian Gray in The Picture of Dorian Gray or Snow White in the cartoon. Lucy chose Inspector Javert from Les Miserables and Shane's choices had to be researched by the writer as he selected Stacey Jaxx in 'Rock Of Ages' and as a consequence of his love of music, River St James from the 'American Idol' talent show.



Favourite actors ranged from Tina Fey (Lucy), Johnny Depp (Sophiia) and Hugh Jackman (Bradley and Shane). All except Shane, who wants to pursue music, particularly the guitar, expressed a desire to enter either media or drama courses after school.

For now though it is back to that fine balance of school work and performing, mixed with nervous anticipation and lots of energy. I get the feeling we are in for a real treat. Performances are on 1<sup>st</sup> – 4<sup>th</sup> August with tickets available from July 25<sup>th</sup> at [www.trybooking.com](http://www.trybooking.com)

*Interviewed by editor David Gilbert*

Supporting the broad range of courses we have on offer at Rowville Neighbourhood Learning Centre are our skilled tutors. Our tutors are highly experienced and bring many years of knowledge to the courses they teach.

This month we would like to introduce to you, four of our tutors.

## Karen Khoury Short Course – Introduction to Office Administration Tutor

Karen has been working in a variety of administration/customer service roles in various organisations for 32 years. Karen also spent time as Administration Co-ordinator at Rowville Neighbourhood Learning Centre. During her employment at Rowville, Karen has been able to utilise her skills and experience in office administration, to develop and deliver, 'Short Course - Introduction to Office Administration'. Karen thoroughly enjoys the challenge and has been delivering the very popular course since Term 3, 2011.

## Susil Piyanandana MS Excel Tutor



## Rowville Neighbourhood Learning Centre

Migrating to Australia in 1988, Sri Lankan born, Susil has academic qualifications including B. Sc. Degrees in General Science and Special Mathematics and a M.Sc. degree in Computer Science. Susil's career began as an Assistant Lecturer in Mathematics and then moved into the information technology field where he has worked for the past 30 years. He has also co-authored an IBM Redbook on an IBM Technology offering in 2007.

Susil has been tutoring MS Excel at Rowville Neighbourhood Learning Centre for 4 years. He thoroughly enjoys tutoring, as it gives him the opportunity to support the community that he and his family have been living in since 1994.

## Ian Nyholm Basic Introduction to Computers Getting Restarted with Computers and Internet and Email

### Microsoft Word and Excel 2010

Ian has worked in a variety of roles in various organisations including Australia Post, Bristol and Taubmans Paint Companies and Coles. For the past 20 years, he has been teaching people to use a variety of



computer systems and he provides a very relaxed way of teaching novices to use computers. This is evident from our positive feedback and very popular classes. Ian lives in Rowville and is a very active member of his community.

## Sin Fong Chan MYOB: Beginners

Sin Fong's extensive experience in training, software development, business administration and technology, provides for a very comprehensive MYOB: Beginners course. Apart from his widespread MYOB experience, Sin



Fong also possesses linguistic skills in English, Cantonese and Mandarin. He mentors and tutors people from diverse backgrounds, different age groups and at various professional and skill levels. Sin Fong also volunteers in various capacities in the community. This is part of the ACFE Pre-accredited Courses (Learn Local range) of adult community education and training programs. The focus of Learn Local is on individual needs, tailoring programs for both the learner and businesses. Our comprehensive range of courses will provide individuals with employability skills and businesses an opportunity to offer staff quality professional development.

Please contact our friendly staff at Rowville Neighbourhood Learning Centre to learn more about our courses or to enrol on 9764 1166. Visit our website on [www.rdnh.org.au](http://www.rdnh.org.au)





## Schools State Tennis Finals

Rowville Secondary College Senior Boys tennis team, competed recently in the School Sports Victoria - State Finals and finished as the Runners-up. The winners were Maribyrnong but the boys from RSC did really well.

They qualified at District level, playing at the Knox tennis club and won comfortably. Moving on to the Eastern Zone finals at Ringwood, RSC again won, although they had

a tough match in the final against Box Hill SC, who run a specialist tennis program, 4-2. After winning Zone, the boys had to travel to Traralgon on the 11<sup>th</sup> May for the South Eastern Conference finals, which again included some serious tennis schools like S.E.D.A based at Melb Park who like Box Hill SC, run a specialist tennis program.

The results were even more gratifying as Rowville Secondary College has a sports academy, which offers basketball, netball, soccer and golf, but no tennis program.

## SPORTING ROUNDUP



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

### Photo left:

L to R Ha Park, James Makrodimitrios, Nathan Ponton, Mike Best, Alex van de Steenoven, and Mitch Atherton.

The State finals were contested by the eight conference winners. Rowville Secondary College won their group, beating Ballarat SC, Viewbank College, and Catholic College Wodonga, to make it to the final and compete against last year's senior secondary boys tennis winners Maribyrnong SC. The boys put up a great show but ultimately the MSC team's depth and RSC injuries were the key.

Michael Best, the captain and number 1, played his heart out against a much higher ranked player for a narrow defeat. Alex van de Steenoven playing at number 2 also won against a much higher ranked player, and remained undefeated throughout the entire competition, Ha Park, who is only in year 8, battled well at number 3, and Nathan Ponton, who had injured his ankle, was not able to contribute his normal quality tennis was the number 4. The boys had been supported throughout by Mitch Atherton and James Makrodimitrios who played very well when called upon during the competition, and were a fantastic support for the team.

The Team was ably managed by Mr Gary Gilbert, Senior Team Leader (Year 10, 11 & 12) at RSC, who looked after the boys and drove them to all their venues, which was a great effort and much appreciated.

## Lysterfield Wolves Junior Football Club

The Auskick program is well and truly running this season under the guidance of Brad McNay. At present, 95 children are enjoying the Saturday morning clinics along with their parents, who seem to relish the egg & bacon rolls.



### Under 8s

The Lysterfield Football Club decided to introduce under 8 football this year and it has been an enjoyable journey. We started with the theory that this is an extension of Auskick and that it would help the development of the boys, to progress to semi competitive football.

Upon receiving registrations, we realised we had eight kids who were turning 7 during the course of the year and were probably going to struggle to match it against more seasoned opponents. Our first couple of weeks proved to be a struggle with the boys really getting used to what a match day was all about. Since then have worked really hard as a unit and the results have been remarkable. Under 8 footy does not have registered results (nor should it have), however anyone who has seen us play since our inception, would be amazed that this is the same group of boys who took to the field at the start of the year. Their commitment to improve, their willingness to listen and adapt to a different way of football (Auskick) has been a credit to them.

The support from all the parents during the course of the year has been sensational and I'm sure all the boys will do LJFC proud, I certainly am.

*Go Wolves- Sean Hansen ( Under 8s Coach)*

### Under 9s

Half way through the season and it has been a very enjoyable start to our boys Aussie Rules football careers.

Our Under 9s team has 21 players that have progressed from the Auskick program and it is the first season of competitive footy for all of our boys. We have been very competitive against teams, who are all in their 2<sup>nd</sup> season playing together and we have in fact had a positive result in a few of our games.

As the coach I am delighted to see the enjoyment that the boys are getting from playing footy and the improvement in their individual and team skills during the games every week, as we work on new skills at training.

Each week we rotate every player around in their positions and so the boys are learning the skills that are required to play in each position. The U9's Wolves have improved very much since the start of the season.

*Go Wolves!! Ab Bakhach (Under 9s Coach)*

The remainder of the teams are enjoying good seasons, with many players achieving 50 games. The Under 11's are poised at the half way mark at 4-4, with every chance to influence the finals set up.

The 12's are well placed in fifth with a 5-3 record so far and should also see finals action. The Under 13's, promoted to C division after last year, have yet to win a game but continue to improve each week.



## New Graffiti Strategy

The introduction of a joint Council and Police graffiti management database two years ago has significantly helped to identify and prosecute offenders. Police can use this database to charge offenders for all their tags, which leads to harsher penalties.

By reporting graffiti straight to Police, or via Council's online graffiti reporting tool, you can help Police catch more offenders and reduce graffiti. Last year, publicity about Police being hot on the trail of taggers responsible for the tags **CREEP**, **WESK**, **RATES**, **AROSE**, **KAWT** and **REDMAN**, resulted in four of them being caught.

For more information about reporting graffiti, please visit [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

## Eildon Park Cricket Club

The new committee at Eildon Park Cricket Club is as busy as ever with season 2012/13 not far away and pre-season training commencing in August for our Seniors and September for our Juniors.

**Registration Day** will be held on Saturday **18<sup>th</sup> August** from 9am to 12pm at Stud Park Shopping Centre. You will find us set up between Coles and Kmart and we'll be ready and waiting to take your registration and



welcome you to our great club.

Any junior players who are looking to play cricket at a well-run and successful club this is the place to be. We especially welcome players within the Under 9 through to Under 13 age group.

We are a very social and family orientated club and a list of social events will be available on the day so get involved and join "The Panthers".

Visit our website at [www.eildonpark.vic.cricket.com.au](http://www.eildonpark.vic.cricket.com.au) for all the latest news and updates.

*Tricia Pollard Secretary*





## St Simons Community Football Club

Three local junior football players, from St Simons Community Football Club, recently celebrated some milestones: **Dylan Spooner** and **Corey Smith**, 100 games each and **Mitch Dennis** 50 games. They commemorated



*St Simon's U11 team*

these events by running through a specially made banner (thanks to parents), during an under 15 game at Liberty Reserve. Well done boys!

The Knight's U11 girl's team has been accepted into the South Metro Junior League Girls U12 and are now playing regular games on a Saturday and really enjoying their football. Best of luck girls.

The Knight's have nine teams entered in the EFL juniors this season. The non competitive teams (U8, 9 and 10s) are all playing fantastic football, as they put together the basic skills that they have learnt over the past years, in both Auskick and footy training.

Four out of six of our competitive teams are holding down spots in the top four, of their respective sections. Hopefully they can hold these top four spots right through to round 14 and then have a successful finals campaign. Good luck to all teams.

## Milestones

### 50 Games

Marcello S (U11), Thomas L (U11), Mitchell W (U12), Andrew C (U12), Jai S (U12), Luke P (U12), Rhys O (U12), Guy L (U12), Cooper M (U12), Ethan K (U12), Luke O (U12), Nicholas G (U13), Mitchell D (U15), Matthew E (U17), Adam S (U17) and Ahmed H (U17)

### 100 Games

Samuel N (U15), Christian M (U15), Corey S (U15), Dylan S (U15), Fabio D (U17), Luke J (U17) and

Aaron C (U17)

*Congratulations to everyone*

*Go Knights!*

## Little Aths Cross Country

We've seen plenty of mud and guts out in the luscious parks of Knox and Glen Waverley so far this cross country season. Championship events and Open Days are still ahead in the Little Aths season, but regular week-to-week competition has greatly helped youngsters who have been competing in Schools' events.

Elise Bardsley continues to be a front runner in the Girls' Under 6, 500m, with several other Rowville and Lysterfield boys and girls in the race each week. Trent and Joel Stapleton continue to battle out for a top position in the U7, 1k event.

Dharam Deol has run most weeks in the U9, 1500m, so must be getting fitter and stronger, and Cody



Eickhoff is out there most weeks too. Girls in this age group are more plentiful, with Maddy Reynolds, Kate Bettridge, Sarah Ternes, Hailey Merrigan and Hannah Hodges amongst our regulars.

Under 10 Holly Hodges, has shown the standout commitment amongst the girls in this age group, with Sophie Ryan and/or Molly Bollaart joining for the occasional run.

Some of our older members are regular runners. These include Lana Kitteringham, Stephanie Bollaart, Simone Louey, Emily Merrigan, bothers Alex and Ryan Dean, and Zac Ryan who no doubt see the fitness benefits when they play other sports.

Byron Browne has typically been the first U11 Knox boy to cross the finish line in the 2000m. This undoubtedly helped him at the recent schools Division Championships where he finished in first place on the hilly Norton's Park course. Numerous other

Little Athletes had won through to represent their respective schools on that day and for those who take part at weekly LA cross country, this experience and training no doubt helped. Little Athletes running in Schools' Divisions



included, Kate Bettridge, Lachlan Viney, Jay Sutherland, Mark Merrigan, Kaya Beagley, Cooper Stainthorpe, Blake Tahlambouris and Jemma Stapleton.

Knox Open Day and Region and State events are ahead. Best wishes to all who take on the competition, and to those who enjoy cross country simply for the pleasure of rolling the legs over and staying fit. New members are welcome to try a run or two before they join up. Cross Country begins at 9am on most Saturday mornings. Training is available for those who choose it.

For further information contact Steve on 0409 231 380 or 9764 3384, or Nick on 9764 066.

Thanks to KLAC photographers for our photos.

*Rosemary Merrigan*



## Knox Regional Netball Centre

The Knox Regional Netball Centre, located in Ferntree Gully, offers netball to all abilities. The centre is currently taking registrations for ladies day time competitions, that are held on Wednesdays and Fridays. These competitions are supported by a free childminding service with qualified staff. There is also a mixed competition on Sunday evenings.

Also, stay tuned for information about our annual School Holiday Netball Clinic which will be held during the break between terms 3 and 4.

For more information about these programs please contact the centre on 9758 7191 or email [knox.netball@knox.vic.gov.au](mailto:knox.netball@knox.vic.gov.au)





## Nick Wakeling Column

### Local children's service shares in more than \$40 million in capital grants

Member for Ferntree Gully, Nick Wakeling MP, together with Minister for Children and Early Childhood Development the Hon Wendy Lovell MLC recently announced that the Murrindal Children and Family Centre in Rowville will receive a \$300,000 grant which will be used to deliver a \$650,000 upgrade to this important local facility.

The project will re-establish the community meeting room which is used for First Parent Groups, staff meetings and other user groups, after an earlier redevelopment to add an additional classroom to provide for Universal Access. There will also be an upgrade to the car park, as well as a new veranda for the playgroup room.

"This is great news for local children, not just now, but well into the future," Mr Wakeling said. He added, "These grants show just how committed the State Government is to educating our youngest children and setting them up for a life of learning. I'm especially proud that a local centre has received much needed funding to help increase its capacity and prepare for 15 hours in the year before school as part of the Universal Access agreement."

Minister for Children and Early Childhood Development, Wendy Lovell, said the Victorian Government was committed to recognising early childhood as an important tier of education. "The early childhood years are vital," Ms Lovell said. "We know that 95 per cent of a child's brain development happens by the age of five, and a good quality early childhood education will give them a great foundation for their primary, secondary and tertiary education, and for their future work life."

### 2012 Multicultural Evening

In May Nick Wakeling MP, hosted an informal supper for many local multicultural groups at the Polish House 'Syrena' in Rowville. The evening was well attended and the group representatives had an opportunity to ask the Minister for Multicultural Affairs and Citizenship, the Hon Nick Kotsiras MP, questions relating to their organisations. Representatives from local Indian, Polish, Italian and Egyptian Committees were in attendance. Also in attendance were our local Multicultural Regional Advisory Council members, Emanuel Cicchiello and Cr Joe Cossari. All participants were spoilt with homemade Polish donuts!

### Liberty Reserve \$30,000 Funding

Liberty Reserve in Rowville is set for a lift, thanks to a \$30,000 Victorian Government funding boost to upgrade kitchen equipment, install blinds and install a new synthetic cricket pitch. Minister for Sport and Recreation, the Hon Hugh Delahunty MP, recently announced the funding, which was pledged during the 2010 election campaign.

"Sport and recreation plays a vital role in Victorian



Nick Wakeling and guests at the multicultural evening

communities, especially here in Rowville," Mr Delahunty said.

Member for Ferntree Gully, Nick Wakeling MP, welcomed the announcement. "The upgrades to the clubs facilities and the ground will make a big difference to the local clubs like St Simons Junior Football Club, Heany Park Auskick and Rowville Cricket Club who use the facilities throughout the year". The funding will provide a safer training and playing environment for players and improved shelter and facilities for spectators. "This is part of the Victorian Government's overall commitment to work with local councils, clubs and communities to develop quality local facilities that bring more people together through sport," Mr Delahunty said. "By investing in projects like this we're helping local clubs develop better recreation facilities."

### Active Melburnians challenged to Step up their fitness training

New purpose-built fitness steps running parallel to Melbourne's famous "1000 Steps" in the Dandenong Ranges National Park are set to meet the training needs of more than half a million visitors annually, with the recent completion of the first section of the bluestone steps on the Lyrebird Track. Minister for Sport and Recreation, the Hon Hugh Delahunty MP, was joined by leading Australian sports scientist Dr Dick Telford and Olympic marathon runner Lisa Weightman, to test-run the new workout destination being built by Parks Victoria, which is due to open to the public in August.

Mr Delahunty said the \$400,000 Victorian Government project would take pressure off the congested 1000 Steps, whilst Member for Ferntree Gully, Nick Wakeling MP confirmed the new fitness steps will greatly benefit not just the local community but also anyone who enjoys exercising outdoors. Dr Telford said. "There will be three fully equipped fitness stations so I encourage exercise enthusiasts to take up the challenge and give the steps a go."

London-bound marathon runner, Lisa Weightman, who is coached by Dr Telford, said the steps were great to run on and the planned 250 metre interval distance markers allow runners to track their personal bests over repeat visits without needing to count steps."

### Calls for community partnerships to help plant two million trees

Member for Ferntree Gully, Nick Wakeling MP is urging

local community groups within the Ferntree Gully electorate to register their much needed assistance for the Victorian Government's 2 Million Trees Program. This program is part of the Victorian Government's commitment to taking practical action to improve the state's environment and to plant two million trees by 2014.

"Over the next two years the Victorian Government will work with organisations across the State to plant 1.5 million trees across parklands and other open public space in metropolitan Melbourne and half a million trees along waterways in regional Victoria," Mr Wakeling said. "Trees are vital for a healthy environment as they provide shade, clean the air and help cool the environment. They also provide habitat for animals and plants and help protect our water catchments."

Environment and Climate Change Minister Ryan Smith said, "Communities will be working together to revegetate and revitalise our environment, which will have flow-on benefits for our waterways, beaches and bays."

The Department of Sustainability and Environment (DSE) is responsible and will co-ordinate the planting.

For more information or to obtain an application form, go to the web page at <http://www.dse.vic.gov.au/2-million-trees>

### Be vigilant and keep FIRE out of your home this winter

Member for Ferntree Gully, Nick Wakeling MP today urged residents of the Ferntree Gully electorate to be vigilant against fire this winter, when the likelihood of house fires can increase by up to 20 per cent. **SEE PAGE 5**



### Celebrating our Golden Oldies

Watching our four legged companions grow older is a heart-warming and rewarding experience. This July, Greencross Vets are celebrating Senior Pets and highlighting the ways in which we can help you to ensure that your senior pet lives a long and happy life.

It's easy to forget that our pets are ageing seven times faster than us! As our pets get older, they become susceptible to age related diseases such as diabetes, poor kidney function, liver failure, heart disease, cancer, arthritis and obesity, amongst other physical ailments.

The key to a long and healthy life is early detection of serious health issues and this can be achieved with Healthy Pets Plus. Healthy Pets Plus is a preventative health care program that helps you to prevent disease, detect irregularities before they lead to expensive treatment and best of all, improve the quality of your senior pet's life and allowing you to save at every vet visit.

Give your Golden Oldie the gift of a long and healthy life by joining Healthy Pets Plus today!



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## 1982

The **Rowville Medical Centre** in Kellets Rd opened its doors for business on May 31<sup>st</sup>. **Dean Gascoyne** went to Rollerama rollerskating with the 1<sup>st</sup> Rowville Scouts and spent a lot of time falling over. Do you remember it Dean? **Amanda Dolling** wrote a lovely poem "The Rain Dragon" for the paper. Do you still compose Amanda? The **Knox Environment Society** was formed on June 7<sup>th</sup>, with 35 residents in attendance. Were you there? Resident **Tony Ho** was very busy, lecturing on 'Temperaments and Why We Behave the Way We Do', whilst at the same time treating the Rowville Craft Group to a Chinese cooking and tasting demonstration. Do you recall either event?

## 1987

'Turn Your Heart Toward Home' was the title of a film series presented at the Baptist Church by Dr James C Dobson. Did you see the series? Council approved the name **Eildon Park**. Approximately 420 people attended each of two launch meetings for **Rowville Neighbourhood Watch**. Were you amongst them? Rowville Primary School hosted five Indian students and according to **Dylan Brown** "They spoke better English than we did". A second application to erect kennels etc for **23 greyhounds at 1 Clauscen Drive** was refused by Council with the notice to take legal action if the illegal use of the site continued. Who can shed some light on this?

## 1992

Knox Council voted to build the new **fire station** in Arcadia Reserve, Taylors Lane, despite resident's protests led by Ian Nelson. Heany Park Primary School's interim planning



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

committee held a survey and the school was nearly called **Bergin Vale Primary School**. Three Premiership and one Runners Up flag were won by **Rowville Rockets Basketball Club**. As we never hear from you, are you still in existence? Who remembers listening to author and broadcaster **Evan Green** during his visit to the Library? The **Knox Historical Society** recommenced publication of its journal "The Knox Historian"

## 1997

Knox Council decided to name the reserve in Dandelion and Pinehill Drives, "**Peregrine Reserve**". The intersection of Stud and Wellington Roads retained its dubious record of being the **number one black spot** with seven accidents in the first quarter. **Hennessy Lane Hair Design**, with a branch in Kellets Rd., won 'Salon Of The Year' for the second year running at the industry awards at the Hilton Hotel. How's business today? The **Swan Hill Pioneer Settlement** display came to Stud Park Shopping Centre with a traditional blacksmith and other tradesmen. Do you remember seeing it? The Rowville Baptist Church welcomed their new minister, **Reverend David Devine** and his family.

## 2002

**Patrick Finn**, the Principal of Heany Park Primary School retired, saying he had not had a boring day in 43 years of teaching. You have now had ten years of retirement Patrick, without a boring day? **St Simon's Primary School Preps** went to Hastings to learn about the sea. They fed pelicans and went to sea with 'Mangrove Jack'. Can you remember the trip? Council approved, with 20 conditions, extensions to the **animal boarding facility** in Powells Rd. 20 conditions? **Lysterfield Primary School** launched their webpage during their Open Day. Have a look. It's great. "It is sort of Neighbours with fangs" is how **Christopher Rodier** described the RSC year 12 play, 'Summer Of Aliens'. Can someone confirm that?

## 2007

The **Uniting Church** celebrated 25 years in Rowville, having held their first service in 'Aimee Seebeck Hall' on May 30<sup>th</sup>. Who recalls attending the '**Bollywood**' dancing lesson at the Library? The **Knox & Districts Over 50's Club** attracted a huge audience to hear the late Bud Tingwell relate his wartime experiences and his life in radio, TV and film. Were you present? **Park Ridge PS** had an official opening and assembly attended by Federal and State Members plus all local school Principals. Meanwhile **Rowville PS** celebrated the opening of their new playground.

## Alan Tudge Writes

## Success for Headspace in Knox

Our local community can and does have an impact on government decisions affecting us.

This was truly highlighted last week, when it was announced that a Headspace Centre will be opening in the old Centrelink building at Knox Ozone. I am ecstatic that the Knox Headspace Campaign, which began 15 months ago, has experienced such success. Thousands of people in our local community have got behind our efforts and made this a reality.

The campaign included establishing a Youth Mental Health Committee, collecting and tabling a 10,000 signature petition, lobbying the Knox Council to support the effort, bringing other health providers on side, making speeches in parliament, and raising \$10,000 in donations to help seed its establishment.

I particularly acknowledge and thank members of the Knox community, Perna Diksha and Pauline Renzow, the co-petitioners, who have fought tirelessly for this Centre and bravely spoken about tragedies in their own families. The Headspace Centre will assist thousands of young people who need somewhere else to turn. Depression and severe anxiety can have a devastating impact and I know this new Centre will make a real difference.

Any young person who needs support, advice or just someone to talk to, can walk into a Headspace centre and be treated with respect and compassion. The aim is that every young person can have a life where they are hopeful and positive about the future.

The Centre is scheduled to open in November and will include GPs, pathology, youth workers, drug and alcohol workers, mental health nurses, psychologists, counsellors, suicide prevention workers, psychiatric registrar, dietician (as part of the eating disorders clinic), health promotion and community outreach, employment services and information services.



Image provided by Headspace



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Rowville

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### Rowville Group Fitness

#### Pilates

Book Now for Term 3

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

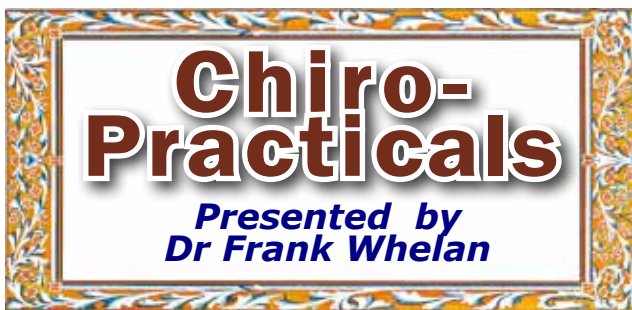
is a fun high energy class using kickboxing and boxing techniques in a circuit style hour of good technique, great fitness, with toning and strengthening for both upper and lower body. Use gloves and mitts for punching drills and kickshields for awesome lower body toning. Burn fat, work out your stress!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

Wednesday 7.30pm \$13

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**Enquiries to Lisa on 0407 873 271**  
or go to: [www.rowvillegroupfitness.com.au](http://www.rowvillegroupfitness.com.au)





## Chiro for Kids?

The nervous system is the master controller of our body and if its communication channels become fuzzy, we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestion issues, asthma, behavioural problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the symptom, roads lead back to the body's ability to self-regulate and function at a peak level. While Chiropractic may be able to help with a number of health issues, our focus is not treating ailments; our focus is ensuring the nervous system can work efficiently.

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health,

such as bad posture, prolonged postures, sleeping on the tummy, knocks and falls, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety. Did you know it's estimated that nearly 50% of children land on their head before the age of one and that before the age of seven will have fallen 2500 times. Even before these stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications.

Taking your children to see a Chiropractor is a proactive way to improve their health and wellbeing as per the following list.

1. To maximise their neural plasticity (brain and nerve development).
2. To enhance their overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear-aches and general illness.
4. To help with colic and Irritable Baby Syndrome.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their ability to concentrate.
8. To assist with behavioural disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Dr Frank Whelan

# 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



## Are YOU at risk of Diabetes? Well... start moving!!

**National Diabetes Week: 8 – 14 July**

Diabetes is the name used for a group of conditions characterised by an elevated level of sugar, or glucose, in the blood. While this can be due to several reasons, a long-term build up of glucose in the body's circulation can lead to multiple health problems. Vital organs of the body that are typically affected, include the eyes, feet and kidneys.

Although there are two types of diabetes, it is Type 2 which is becoming increasingly common. It is often referred to as a 'lifestyle disease' as it is largely due to a number of factors, which are entirely preventable. These include: poor diet; overweight; high blood pressure; elevated cholesterol; smoking; inactive lifestyle.

If you recognise any of the above risk factors as being familiar to your own lifestyle, the good news is it's never too late to address them!

In particular, including exercise in your day-to-day routine is one of the easiest factors to change. Research shows *the right type* of physical activity can help to control your blood glucose, blood pressure and cholesterol levels, not to mention reduce or eliminate the need for medication and may include a combination of:

- Cardiovascular activity - such as walking, cycling, swimming and dancing
- Resistance exercises - such as lifting weights, body weight activities, and pilates
- Flexibility activities - such as stretching and yoga
- Balance activities.

While everyone with (or without) diabetes should be doing regular exercise, it is important to discuss with a health professional the activities that are appropriate for your particular condition, lifestyle and overall health. Your Exercise Physiologist at Rowville Sports Medicine Centre can recommend safe exercises and ensure you are performing them correctly to prevent injury, as well as providing information on helping you to improve your long-term health outlook.

## Physiotherapy

### Complex Regional Pain Syndrome (CRPS)

Few people have heard of CRPS, but for patients experiencing this condition it is often life changing. CRPS is characterized by persistent and often severe pain, skin sensitivity, altered blood flow, changes in the affected body region, swelling, hair and nail changes and movement disorders.

It is estimated that 1 in 4000 people in Australia will experience CRPS, with hands and feet commonly affected, even after relatively minor trauma. Some studies have indicated immobilization may be a risk factor in the development of symptoms. The cost in lost income is around 1 billion dollars.

Research has not been able to identify an exact cause of CRPS although many studies, that examine altered patterns of brain activity, have provided new approaches to assist patients with such persistently painful problems. In fact, altered patterns of central nervous system activity are becoming increasingly evident in a variety of chronic pain syndromes and are providing new treatment methods. Approaches such as the 'Graded Motor Imagery Program', sensory discrimination techniques and movement re-education strategies, can be beneficial for patients. Rowville Physiotherapy is one of the few clinics in Australia with a comprehensive understanding and treatment approach to assist patients with CRPS. Please contact Stuart Canavan or Rachel Owen for more information.

## National Pain Week

Rowville Physiotherapy will be recognising 'National Pain Week' between July 22-28th with an information evening for patients, about advances in pain research and treatment, at 7pm on Thursday 26th of July. Bookings are essential as spots are limited. A \$5 donation to chronic pain research is payable by attendees. Please contact Rowville Physiotherapy on 9763 9233 for more information.



## Rowville Physiotherapy – 10 Year Anniversary

*I recently interviewed the principal of Rowville Physiotherapy and this is what he had to say.*

It is hard to believe our practice has now been running for ten years. Firstly, I would like to say a big thank-you to the Rowville, Lysterfield and broader Knox community for your support over the last ten years. We have certainly made it our mission to provide the community with the best possible physiotherapy care and have a strong community focus in all that we do. This community focus has been evident through our assistance of the Rowville Junior Football Club, Rowville Senior Football Club, Knox Athletics Venue, Knox Hockey Club, Scoresby Women's and Junior Football Club, Knox Triathlon Club and the residents of the Peppertree Retirement Village. Across many years our sports medicine team, in a voluntary capacity, has also assisted participants in the Oxfam and Upstream 100km & 50km challenges, Relay for Life, Knox Triathlon's Duathlon and many other various sporting events.

Some of you may not be aware of the expansive nature of our physiotherapy programs. The growth and development of our practice has allowed us to provide many specialised programs to patients not available at other facilities. Many of the programs on offer, particularly our treatment programs for those experiencing complex pain related conditions, are leading our profession in their innovation and effectiveness. Many of the comprehensive programs on offer include: Complex Pain and Chronic Pain treatment programs Women's Health Physiotherapy programs Extensive sports and athletic injury assessment & management approaches

A variety of clinical pilates based programs including community based mat classes, one to one pilates and new three on one clinical pilates classes

If you are a patient who has a persistently painful problem that has not responded to previous forms of treatment, our approach that incorporates the latest research in pain sciences may be of benefit to you.

Once more thank you to all those patients over the years that have supported our practice. We look forward to continuing to support Rowville and the Lysterfield area for many years to come. Please keep up to date with our website [www.rowvillephysio.com.au](http://www.rowvillephysio.com.au), for further information regarding our ever expanding program and treatment options for our patients. Alternatively, Facebook is another way of keeping up to date with activities at the practice [www.facebook.com/rowvillephysio](http://www.facebook.com/rowvillephysio). Simply 'Like' us on Facebook.

*Stuart Canavan & the Team at Rowville Physiotherapy*



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# Kids Page

## Are you the Beauty or the Beast?

This heart warming movie finally reaches the full potential that it should. It ticks all the boxes in every category and, because of this, the movie stands out above others. Beauty and the Beast is a great, timeless fairytale with a very passionate and inspiring moral to it. There could be countless ways to describe this movie, but only words of high praise can do it justice.

Now yes, I do believe that Beauty and the Beast has already had its fair time to shine and received its fame, but nothing



in the movie world these days screams 'BRAND NEW' like keeping an old fairytale classic exactly the same but adding a much loved, modern feature to make it even better: 3D! We've seen this 3D addition have success with other much loved movies, such as the

Lion King, and it doesn't let us down here either. It's fun and creative and a great way to get some of our older, yet still brilliant movies back onto the big screen again.



The story revolves around a young girl named Belle, who lives with her father just outside a small town where she's well known for not being quite like anyone else. When her father goes missing, Belle goes on an outing to find him, only to have disaster strike. She finds her father trapped in an enchanted castle with the

Beast where she exchanges herself so her father can go free. So things are looking pretty grim, but they start to heat up when the Beast has a sudden change of heart toward the way he feels about her. But when the Beast makes a silly move, and Belle finds herself in trouble, things start to go in the wrong direction for both the Beauty and the Beast.

Throughout, the movie engages everyone who watches with its beautiful and touching songs with added dancing and creativity. This certainly showcases the mood of the movie in an excellent manner. Everything that is said and done in this tale, has a very valid point which is why the moral to the story plays such an important part. However, at times it is blatantly obvious and easily predictable as to what is going to happen next, and occasionally I felt that the story lacked showing more of the development in the relationship between Belle and the Beast.

Beauty and the Beast is a wonderful tale which captures the true meaning that 'beauty is found within'! I rate it 4 and a half stars, and highly recommend it to everyone. For those who have seen the original, it is definitely worth seeing again in 3D.

Written by **Kirra Nicole Dateres**, Rowville Primary School, 6JU.

## Word Find Find the following words:

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

FUN, ART INSPIRATION, PRACTISE, CELEBRATIONS, COMPUTERS, TECHNOLOGY, SCHOOL, CLASS, THINKING, BEST, WORKING, NUMERACY, WRITING, GRADE, MATHS, SHARE, CHALLENGE, TABLES, ASK, LEADER,

The left over letters will spell out a sentence. Can you work out what the message is?

## Canteen food should cost less

Think about your local canteen and how much it costs to buy lunches every day. Some people may be spending \$50 a week or more. So much of your hard earned salary being spent on lunch orders. Canteen food is far too expensive and the amount we receive is quite small. We also waste a lot of money on things that are not worth buying.

You have to buy a lot of food to satisfy children's needs, which causes us to use a lot of money. Some items in the canteen are cheaper if you simply purchased them from Coles or Woolworths instead. Some days they can even have special offers like 10-20 cents off, but canteens don't.

Prices should go down, but canteen prices are always rising. Prices could at least go down 20-30 percent. Some items are not worth the money, like party pies or sausage rolls. One of the only items that has a reasonable price, is the hot chicken

## Compiled by Rowville Primary School

### I wish

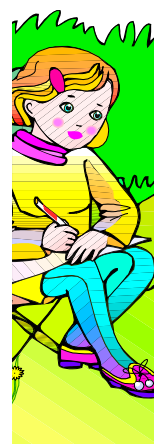
I wish I could fly  
Fluttering up high  
I could touch the sky  
Why can't I?

I wish I could see the past  
Even if it was fast  
It would be a blast  
Would the memories last?

I wish I could see light  
All day and all night  
I'll never get a fright  
Would it be a great sight?

I wish I could have a friend  
Who would give me something to lend  
It should not be pretend  
Well, this is the end.

By **Tanisha Aziz** (5DO)



### Shine!

The world is quiet  
The night loomed darker  
Sad souls were screaming for help  
A little girl came over  
As she smiled the sun came up  
It shone in the air like a ferocious fire  
The world was at peace  
And it was no longer quiet!

By **Shruti De Livera** (5DO)

roll with a price of \$3.50. Another is the lasagne and the vegetarian lasagne, also with the price of \$3.50. The reason why I think these are worth buying, is because these meals fill you and are healthy as well. They also have a good amount of quantity so you don't really waste a lot of money.

Canteens should also have more varieties of meals. There should be different types of pizzas because some people who are vegetarians, or from certain religions, cannot eat them. They should also have different sizes so if people can't eat a lot, they get the smallest size and if someone wants to really fill themselves they get the largest size.

The reason why I think canteens should have some changes is because I am from a different religion and it is very hard for me to get a lunch order, even though there are some vegetarian orders. I think that canteens should take my opinion into consideration and change some of the ways other people from other religions and cultural backgrounds would be able to have a decent amount of choices, get a decent amount of food and for a decent amount of money.

By **Yasmine Asmar**

## Is your poor posture affecting your health?

These symptoms can all be caused by poor posture:

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- Lower Back & Pelvic pain
- Shoulder & Arm pain
- Leg, Knee & Foot pain
- Upper Back & Rib pain

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**Q: What's an ig?**  
**A: A snow house without a loo!**

**Q: Where can you find an ocean without any water?**  
**A: On a map!**

**Q: If you live in an igloo, what's the worst thing about global warming?**  
**A: No privacy!**

## Winter Jokes

**Q: What did the big furry hat say to the warm woolly scarf?**

**A: "You hang around while I go on ahead."**

**Q: What's the difference between a walrus and a banana?**

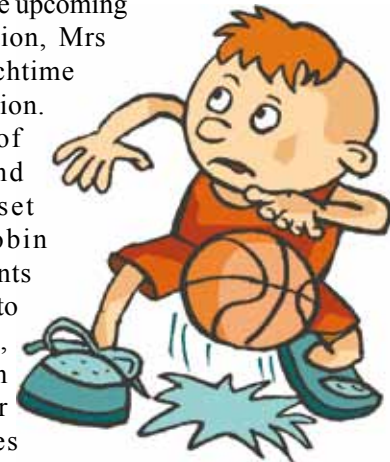
**A: You'd better find out, because if you ever try to peel a walrus...!**





## Lysterfield Primary School Basketball League

In preparation for the upcoming Hooptime competition, Mrs T. organised a lunchtime basketball competition. Teams consisted of 4 or 5 players and the fixture was set up as a round robin competition. Students had the opportunity to showcase their skills, as well as have fun playing with their friends. The games were refereed by voluntary students from the Senior School. Mrs T. found the selection process difficult, but managed to pick eight sides for the upcoming Hooptime event. We wish these students the best of luck for this event, which will be held early Term 3.



## Melbourne Zoo

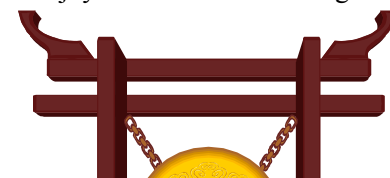
Recently the Preps had an exciting trip to the Melbourne Zoo. The Preps were very excited, as this was their first primary school excursion. They got to touch some of the animals and were lucky enough to feed a giraffe. They saw lots of amazing animals and didn't want the day to end. Here is some of the preps feedback of the excursion:

"It was very good. My favourite animal was the Gorilla, and my favourite place was the discovery room. I really liked seeing the animals, especially the wolf, speaking to my friends and going on the bus."

"I really liked the elephants and getting to hold the trunk and tail, I also liked the giraffe because I got to see them eat food. I got to go on the bus with all my friends and I had a great time. I also got to hold and feed a koala and go in the butterfly cage and a rainbow butterfly landed on my head."

## Chinese Cultural Incursion

On the 30<sup>th</sup> of May the Senior School had a visit from the Travelling Chinese Museum. This was to support their learning about Asian countries, which had been occurring in the classroom. To kick off the incursion, the Senior School went down to the gym for a performance by Sabrina. She got them into groups and taught them some Chinese luck, dragon dance moves. Groups were picked to do the dance moves while holding an actual luck dragon costume above their heads. The groups became the dragon! Students also had the chance to make Chinese lanterns, create their own Chinese medicine potion for healing and enjoy their Chinese cooking.



## Liberty Avenue Three Year Old Kindergarten

Throughout Term 2, children have continued to develop their social skills and establish relationships with each other. They thoroughly enjoyed participating in all of the Mother's Day activities, which included a Mother's Day Stall, where the children were able to purchase gifts for their mothers, grandmothers or special people in their lives. All items in the stall were \$2 and the children discussed with their teachers items which they believed would best suit their mother. They also worked very hard to produce a beautifully decorated shopping bag to present to their mums at the Mother's Day morning tea, where everybody enjoyed delicious scones with jam and cream and the children sang songs to entertain the mums.

Over recent weeks, some of the experiences have been altered, which has sparked new interest in participating. For example, the drawing and pasting has been moved from the tables to the easels. In doing this the children have a larger area to draw and paste, are remaining focussed for longer and are including more detail in their drawings. This also encourages children to discuss their artwork and have their ideas recorded on their pieces. This reinforces the idea that we can convey meaning through text. As both easels are being used, painting has been moved to

the tables where thinner brushes are required, which again has sparked new interest in painting. The thinner brushes have encouraged the children to experiment with line, colour, shapes and patterns in their artwork.

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

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

Enrolments: If you would like more information about our kindergarten, our session times, the program we offer or if you would like to obtain an enrolment application form, please contact our enrolment secretary, Kylie on 9752 9981.

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# Breakfast at School

## PARK RIDGE PRIMARY SCHOOL

As part of the school's camping program, it is usual for the students in Preps to come to school one morning to have breakfast. Not only do they come to eat, but they arrive in their pyjamas. In mid June, 80 hungry Preps arrived clad in dressing gowns, pyjamas and slippers to be greeted by their teachers, also clad in their night attire, to participate in the annual Prep Breakfast. With the help of some generous mums, the students were served cereal and toast washed down with some fruit juice.

The ordeal over, the students changed into the regular uniforms and got on with a day of learning.

This activity is part of an extensive camping program, that had been a successful part of the

school's program for many years.

In Year 1, students have an Extended Day that involves remaining after to school for dinner and sample camp activities. Year 2 extends to an "At School" sleepover. From

Year 3 onwards, the students undertake curriculum based camps/tours of three, four and five days' duration, that provides not only rich learning experiences, but allows students to develop independence and resilience in controlled environments away from home.

*Editor's note:- Surely the 'breakfast in pyjamas' might be better held in the summer?? I think the teachers deserve a medal!!*

**Photo right: Preps enjoying their 'Breakfast In Pyjamas'**



## Twilight School Day 2012

### Celebrating and sharing learning in Education Week



An amazing and spectacular night was had by the students, teachers, parents and the wider school community on our annual Education Week 'Twilight School Day'. Mothers, fathers, aunts, cousins, grandparents and even family friends came to school to celebrate everything that is great in learning!

The school day, starting at 1pm and finishing at 7:30pm instead of the usual 8:45am until 3:15pm was the absolute highlight of the week, with parents and relatives coming in to school with the students to share and celebrate the fantastic learning we are doing at Rowville Primary School.

Not only were old, new and future parents and the wider school community able to observe and join in reading, writing, maths and inquiry workshops, but they were also able to get a taste for the delicious food (homemade tomato soup and bread), that their children had prepared in the Stephanie Alexander Kitchen. Parents also got their hands dirty when helping with gardening and harvesting of our wonderful fresh produce from the newly established kitchen gardens, and when it got too dark to

be in the garden, they visited the Environmental Science Centre to learn about seed propagation. Families became artists when visiting the visual arts room and had the chance to get fit during PE sessions.

Parents and relatives marvelled at the new and improved Nganagee Building that houses the Senior School and the refurbished buildings in the Junior and Middle school and experienced how children best learn in the 21<sup>st</sup> century. Students in the Senior School were able to share the learning that they had done on their brand new laptops. With a ratio of at least one computer to two students, students demonstrated all the great opportunities they get to publish and present work and to organise data and thinking.

An enormous thank you must be said to all of those staff who worked tirelessly to organise the fantastic night and all of those parents, relatives and community members who assisted and visited on the night. Without the help

and support of our local community, the event would not have been such a brilliant success.

It was amazing to see the many new families coming through the school to observe the learning and facilities and all that Rowville Primary has to offer. If you weren't able to make it to the Twilight School Day and you are interested in having a personal tour of the school with Principal, Anne Babich, feel free to contact the school on 9764 1955 to arrange a time that best suits you.

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PREGNANCY – help body adjust to changes plus prepare & recover from child birth





## Primary School!

### District Cross Country Results

Well done to the 60 students who ran in the District Cross Country at Jells' Park on Friday 18<sup>th</sup> May. The weather was kind to us and all races proceeded smoothly. Eight schools took part with approximately 70-80 students competing in each race. Thanks to the many parents who also assisted around the course or at the finish line.

The students certainly ran strongly and the benefits of running, club training and attendance were once again evident. Thank you to the girls who ran in an age group above their own (which is permitted) when students were unable to compete. It was a great 'team effort' with most students finishing in the top half of the field.

The overall result for Karoo was a terrific 1st place!!!

So the Cross Country Shield is once again 'living' at Karoo until next year. Students who finished in the top 10 received an invitation to the Division Cross Country and ten Karoo students are off to that event, which we will report on next month.

## Supporting research to help find a cure for juvenile diabetes

The children of Heany Park Primary School realise the seriousness of diabetes and that there are a lot of people who have it in Australia - around 3.5 million people. So the Junior School Council have decided to help fund research to find a cure. We are selling jelly babies, badges, key rings, charms, lip balm and fridge magnets. We all need to remember that if we want to help people with diabetes, a good way is to buy diabetes products! Thank you for your help.

*Heany Park JSC (Junior School Council)*



## Dancefair

Over two nights, some Grade 5 (Friday 15<sup>th</sup> June) and Grade 6 students (Friday 11<sup>th</sup> May) from Heany Park PS, participated in the Dance Fair Competition. All the students did a fantastic job and should be extremely proud of themselves. Our competitors included:

**Grade 5:** Holly Parker, Brooke Leitch, Jemma Aylen, Jemma Stapleton, Caitlin Golotta, Tahlia Shultz, Jessica Sharp, Jade D'Angelo, Zoe Walsh, Taya Sutcliffe, Amber Bristow and Paige Skaltsonis. A special mention to Brianna Lillie who placed 3<sup>rd</sup> in the Solo section.



**Grade 6:** Madeline Gyi, Karen Boupaphanh, Ekala Diver, Bethany Cooke, Molly Sceney and Anoushka Bhatia.

Heany Park PS placed

Hood and Stacey James) and 2<sup>nd</sup> in Solo (Crystal Li), Duo (Brooke Kelsey and Maddy Stewart) and Troupe (Jacinta Chan, Jordan Lew, Lou Ann Bedford, Emily Parisi, Ashley Yankos, Mia Famularo, Hillary Tsang and Courtney Nagel).

A big thank you to all the teachers who have assisted with these dancers. *Natalie Wheaton and Carolyn Pidoto (Dance Coordinators)*

in every section this year!

We came first in Grade 6 teams (Brooke Kelsey, Georgia



## Yoga Buddies

These school holidays try something new! A Yoga Buddies school holiday class keeps kids entertained and active with 2 hours of fun and games through yoga!

School holiday classes are \$25, run for 2 hours and include a snack & drink halfway. (Family discounts apply). Both classes have very different themes, so students can attend one or both and have fun, new experiences each time.

Classes will be held at the Rowville Scout Hall from 1.30-3.30pm on Tuesdays 3<sup>rd</sup> & 10<sup>th</sup> of July. Both classes have

different themes and will be made up of a combination of traditional and modified yoga poses, partner and group poses, games, activities, relaxation and massage.

Bookings are essential. For more information or to book, please visit [www.yogabuddies.com.au](http://www.yogabuddies.com.au) or call Erin on 0402 080 469.







### Bewick Kicks Off as Head Coach of RSA

Rowville Sports Academy is proud to announce the launch of Australian Rules Football in 2013. The Rowville-Lysterfield community will already be familiar with the impressive reputation of the Sports Academy, a part of Rowville Secondary College responsible for shaping young sports enthusiasts into elite athletes.

The launch is coupled with the announcement that dual Essendon premiership winner, Darren Bewick, has been appointed head coach for the program, bringing a wealth of experience as both player and coach to the young athletes.

*"I'm really excited, from what I've seen of the other programs and the success that they've had. I'm really excited that young footballers in the area will have the same opportunities to progress and see how far they can go with their football"* Darren said.

The opportunities already afforded to young basketball, netball, golf, and soccer players have seen the Sports



the future the Academy can offer.

Football program coordinator, Mark Oraniuk, believes young players in the program will be at a significant advantage, with ten classes each week during which their football can be prioritised.

*"I think it will enhance their ability to perform at the elite end of sports, especially if they have aspirations to play elite level footy. It targets, not only the skills and fitness, but also aims to provide a rounded program that supports all the athletes and also ensures that they are attending to other parts of their schooling and their life, instead of specifically focusing on the sports side of things"* Mr Oraniuk said.

The support of the Eastern Ranges Football Club, at which Darren Bewick also coaches, is integral to the football program with the strong relationship already formed promising to ultimately deliver the highest quality training that young football players could hope to receive.

### Register now to participate in 2013

**Register by July 20th to participate in 2013 Trials**

**To register for trials or information contact Simone Farrugia at [farrugia.simone.m@edumail.vic.gov.au](mailto:farrugia.simone.m@edumail.vic.gov.au) or phone 9755-4561. Trials commence on July 24th at Kilsyth Recreation Reserve, Colchester Road, Kilsyth**  
*Laura Gordon Communications Officer*

Academy's reputation grow since its 2008 inception. Students now travel from across Victoria on a daily basis, or even move to the Rowville area in pursuit of their sporting dreams and

## School Talk

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



Bring your family and friends along for a night of good old trivia and help raise money for Rowville Secondary College's production, The Wiz. Great prizes, great music, and be amongst the first to get a taste of the magical world of Emerald City.

**Date:** Saturday 14th July, 2012

**Where:** Rowville Secondary College- Western Campus Senior Study Centre 7pm

\$15 ticket entry, which will include light refreshments.

Tickets will go on sale soon! So don't miss out.

Look out for more information in the next newsletter.

## Rowville & Lysterfield Knox City Council Council Minutes May 29th Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the City of Knox Council meeting held on the 29<sup>th</sup> of May 2012.

**Item 4.1** Councillor Pearce presented a petition with 14 signatories objecting to a traffic treatment program in Liberty Avenue, Rowville. The Petition lay on the table.

**Item 6.2** Proposed development of a three storey building containing thirty seven (37) apartments and basement car parking and creation/alteration of access to a category one road at 1118-1120 Stud Road, Rowville, Melway Ref. 81 J1 (Application No. P2010/6822)

Council resolved to issue a Notice of Refusal to Grant a Planning Permit for the development of a three (3) storey apartment building containing thirty seven (37) dwellings and basement car parking, and creation/alteration of access to a Category 1 Road at 1118-1120 Stud Road, Rowville, based on five grounds.

**Item 6.3** Application to develop the land for a three (3) storey apartment building containing (14) dwellings at 1098 Stud Road, Rowville Melway Ref. 81 J1 (Application No. P/2011/6551)

An application for review of Council's failure to make a decision within the prescribed timeframes of the Planning and Environment Act 1987 has been lodged with VCAT. A hearing date has not yet been provided.

Council resolved that if Council were in a position to make a decision in the prescribed timeframes of the Planning and Environment Act 1987, it would have issued a Notice of Refusal to Grant a Planning Permit for the

development of a three (3) storey apartment building containing fourteen (14) dwellings at 1098 Stud Road, Rowville, on five grounds.

**Item 6.4** Application to develop the land for the construction of a three (3) storey apartment building containing fifteen (15) dwellings at 5 Stamford Crescent, Rowville, Melway Ref. 81 J1 (P/2011/6750)

Council resolved to issue a Notice of Refusal to Grant a Planning Permit for the construction of a three (3) storey apartment building containing fifteen (15) dwellings at 5 Stamford Crescent, Rowville on five grounds.

### Works report at 14 May 2012

#### Stamford Park Redevelopment

The Directions Hearing for the panel process in relation to the Stamford Park planning scheme amendment was held on 18 April. The Panel meeting will take place on 21 May. Advertising for the subdivision planning permit has now closed.

#### Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

- (1) Demolition of Stamford House shed completed and the remainder of pathway link construction from rear of Stamford House to Emmeline Row to be completed.
- (2) Design works only for next stage to be undertaken in consultation with Parks Victoria and the Scoresby Employment Precinct developer.

#### Liberty Ave Reserve Master Plan Implementation Stage 1

Works have met practical completion. Minor rectification works, including those caused by vandalism, being carried out. Bench seats and tree surround seats also being installed. Commencement of maintenance period for 13 weeks.

#### Stud Road, Rowville - Sunshine Street to Timbertop Drive - Footpath

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

#### Eildon Park Storm Water Harvesting - Stage 2

Tanks installed and connected to stormwater pipe.

Irrigation system to be connected to tank.

**Avalon/Stamford/Stud Road Intersection Modification**  
Further detailed community consultation is required. To be deferred, pending resolution of Stud Park Structure Plan.

#### Murrindal Playroom Extension (Stage - One)

Building works complete Certificate of Occupancy issued.

#### Eildon Parade Playroom Extension - Construction

Project on hold for a needs review.

#### Taylors Lane Playroom Extension - Construction

Project on hold for a needs review.

#### Tirhatuan Drive (No 18) Rowville - Drainage Design

Survey of the school has been completed and confirmation of the services within the school is to be finalised.

#### McKay Road - Reconstruction

Works completed.

#### Norris Road - Reconstruction

Contract works completed.

#### Raymond Road - Reconstruction

Works completed.

#### Wellington Road / EastLink - Shared Path

- (1) Bridge Crossings - contractor well underway with design of two bridges.
- (2) Shared Use Path - concrete path 70% complete.

Awaiting construction of bridge to complete outstanding length of path.

#### Rowville Recreation Reserve No 1 - Renovation Design

Design nearing completion.

#### Rowville Reserve - Floodlight Design/Installation

Works complete.

#### Traffic Hotspot Treatment Program

Approvals and consultation processes are underway. Letter drop completed at Liberty Avenue.

#### Reservoir Crescent, Rowville, Dam Repair

Detailed design for dam safety works well underway. Knox City Council Meeting minutes are available for viewing in full at the Council website, [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

*Darren Arnott*





The winter season seems to blow in a number of disappointments with the cold air.

Our insistence to stay warm can sometimes make the cool climate an enemy of sorts. So what do we do when we miss sunshine and the sky seems only to display a variety of grey? What do we do when we're still recovering from yesterday as we begrudgingly lift ourselves from a warm bed on a winter's morning? Well, it's rather simple, really. You hope for better days. You hold onto an honest belief that life has more to offer than it has currently offered you. Hope is not just daydreams of what we would rather be doing, it is the strength to believe and head towards better. Hope is the deposit that our imagination helps to preserve when reality isn't cooperating. The wonderful thing about reality is that it is very malleable to humanity. Our response to our circumstance is exactly the influence on reality that governs what happens next.

So why don't we hope more often? It doesn't hurt at all, and don't say you fear even more disappointment. The



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.

Here are a few tips to make you smile (or at least smirk) over the cooler weather:

- Yell "I'M ALIVE!" as you open your eyes in the morning.
- Say "I love you!" to the next car that cuts you off on the road.
- Try to think of the celebrity that most resembles the person in front of you in the coffee queue.
- Lastly, smile stupidly at somebody you love, and when they look quizzically and nervously back at you, just wink at them.

Don't worry, spring is coming, but in the meantime, look for the opportunity in winter to be a little more hopeful. And if you struggle to believe there are hopeful people in the world (because you've yet to find many/any) you haven't met our church community. Sure, we have our down moments, but we do have enough hope in our lives to keep us buoyant and we're not only happy to share it with you, but we have enough to give to you too. You're welcome to meet us and demand (or ask politely) for us to share our hope. Because it would be our absolute pleasure!

For all service details see "What's On Locally" on page 2.



## Rowville Baptist Church

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

[office@rowvillebaptist.org.au](mailto:office@rowvillebaptist.org.au)

Ph: 9764 4242

Are you looking for some affordable fun activities for School Holidays? We will be running our popular "Club Extreme" programme every morning from July 9th to 13th. It offers a full morning of safe, positive and exciting activities for Primary aged children (Prep to Grade 6).

Last year almost 200 children participated each day in the crafts, games and music. Our enthusiastic volunteers have been busy for months preparing drama, dances and other

activities, based on this year's Pirate theme. It costs just \$5 per day, with a maximum of \$10 per family.

You can register on the day, but it makes things easier for you and us if you pre-register by calling 9764 4242 or download a form from our website ([www.rowvillebaptist.org.au](http://www.rowvillebaptist.org.au)).

"Club Extreme" is our biggest children's event every year. But on every Sunday morning during school terms we run activity groups for children from pre-school to Year 8. The younger ones enjoy discovering the wonders of God in stories, songs, crafts and games. The older ones have fun too, but also engage in some good discussions about faith and life and consider ways they can start making a positive difference

in the world. All our groups seek to be inclusive and caring and all leaders have Working With Children Checks.

For more information contact Wendy (9752 6011).

We also run playgroups for children and parents on Tuesday, Thursday and Friday mornings during school terms. These provide opportunities for children to develop social skills while playing, doing crafts and enjoying simple songs and stories. For more information contact Perlita (90163180).

Of course, Rowville Baptist isn't just for children. We offer a range of groups and activities for people of all ages. To find out more call us on 9764 4242, visit our website or join us for our main worship event on Sundays (10-11:30am).

*Rev. David Devine*



Hillview Community Church has a new home. After 15 fruitful years of being in Laser Drive, we have moved just 230m around the corner to our new home at 7 Seismic

renovations of our auditorium are moving along. It truly is a testimony of God's faithfulness and a community of faith and love for each other that has seen this new home become

Court, still in the beautiful community of Rowville. We have moved from leasing to ownership, and the move has provided for us much needed expansion for our Children's Church, Administration & also our Sunday Gathering.

We are celebrating our seventh month here, and

a reality.

This month we welcome Theresa Dedmon from Bethel Church for a Creative Weekend (July 13th-14th). Jerame & Miranda Nelson will also be joining us again this year (July 20th-22nd) for a great time of experiencing the Goodness of God. The last time Jerame & Miranda were with us, we saw people receive significant healing for long term ailments in their lives.

For more information of these and other upcoming events, and all that is happening around and in Hillview Community Church, please visit [www.hillview.org.au](http://www.hillview.org.au) or call 03 9763 7776. We look forward to welcoming you at one of these events or even at our Sunday Morning Service at 10am.



9753 3495

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

You are assured of a warm welcome at Rowville Uniting Church. Our worship seeks to be vital and relevant and if you are really lucky, Monty the mouse might even be in attendance to offer some words of wisdom! Sunday school is available during the service and we seek to offer a mix of music that suits both the traditional and more contemporary.

Winter has settled in and many trees are now bare of leaves, as they withdraw to replenish themselves for the new growth that will come in spring. In the southern hemisphere winter coincides with a quiet time in the life of the church. Here we seem to have our quiet time in summer. Whenever we have times of quiet and withdrawal, we are reminded that we all need to time to recharge and renew and be ready for new growth, for the spring times in our life. God blesses us when we make time to spend, perhaps in prayer, perhaps in study of the Bible, times that prepare us to be involved in God's work in the world.

The Link group meets on Thursdays at 10am in our meeting

room. People who would value a friendly time around a table sharing morning tea are most welcome to come along to this group.

Our church is involved in the Kids Hope program, in partnership with Park Ridge Primary School. We greatly value our mentors, who share in a special relationship with children who will benefit from a one on one mentoring time with an adult, for one hour per week. This program is sponsored by World Vision and we are proud to be part of it. We are also proud to be involved with such a great school.

We are pleased to have received a grant from the Bendigo Bank community grants scheme, that will enable us to promote mental well-being, beyond our consulting rooms at the Bridgewater Centre. Please look for our article on mental well-being on a regular basis in this paper. If you have any issues that Teresa, our Psychologist, can help with, our service is very low cost and does not require a referral from a health practitioner. Please call the office to make an appointment.

Toddler Gym continues to meet Tuesdays and Fridays, 9:30 and 11am, at a cost of just \$5 per family, in school terms. Please contact our office about this program. Registration is essential.

*Trevor Bassett*



Restore Community Church is a Pentecostal Church, part of the Christian Church in Australia.

Services are held Sunday mornings at 10:15am in the Performing Arts Theatre at Rowville Secondary College (Eastern Campus), Humpreys Way, Rowville. A children's program, for both crèche and primary aged kids, is held during the service. After the service everyone is invited to stay for a time of fellowship, enjoying an assortment of hot/cold, savory/sweet, finger food and beverages. All other programs are held from the Laser Drive address.

Restore Community Church also offers Women's, Men's and Youth Programs as well as small home groups (Life Groups- for Bible Study, held on a fortnightly basis), a church prayer meeting (held on the alternate week to Life Group meetings), the Alpha Program for new Christians and the opportunity to become involved in Ministry, if you become a regular attendee at Restore.



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Special Community Events are held throughout the year. Restore Community Church is strongly involved in local and overseas missions. Through an orphanage in Sri Lanka, around 30 children are sponsored and more children are available for sponsorship. We are also involved in mission work in China and East Timor.

Restore Community Church also offers accredited training in Christian ministry and discipleship, through the Timothy School of the Bible (TSB). TSB is designed to expand each student's biblical understanding, Christian experience, and ministry abilities, through the systematic study and application of the Word of God. Courses range from a Certificate I in Ministry Foundations, to an Advanced Diploma of Ministry and are designed to equip Christians for victorious life and ministry. The certificate programs are for committed Christians seeking to grow in the Lord, and the diploma and advanced diploma programs are intended for people preparing for Christian ministry and leadership roles.

The church office and auditorium, is located at 2/18 Laser

Drive, Rowville (off Kelletts Road), and is open Tuesday to Friday from 10:00am-5:00pm. Anyone is welcome to come in for private prayer or to enjoy a coffee/tea. Counseling is also available by appointment.

#### Restore Community Care

Restore Community Care is a non profit organisation that aims to provide assistance to the disadvantaged and underprivileged and to those who are experiencing emotional, physical or other hardship. It provides emergency clothing, food parcels, food supplements, crises intervention and care to the homeless, drug addicts or drug dependents, long term unemployed, low income earners or recipients of government benefits, in poverty and other misfortune, helplessness and destitution. RCC offers a range of services, mostly to the Knox Community but also to those in surrounding suburbs.

The Restore Community Care office is open from Tuesday to Friday between 10:00am-5:00pm. Appointments are necessary.







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