



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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**Priceless**

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Principal sponsor



### Saturday 20 & Sunday 21 October 2012

10am-5pm, Rowville Community Centre,  
Fulham Road, Rowville (Melway 81 K1)



See **Knox Leader** on 16 October  
for a full program or go to  
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## From the Editor's Desk

This month I will start with huge congratulations to the Rowville Hawks on their Grand Final win. A great season and a fitting result for coach Paul

Mynott, captain Mathew Stanley, best on ground Alex Frawley and the whole team. Upwards and onwards into Division One in 2013. I notice you even got a mention from Alan Tudge in Federal Parliament. High recognition indeed.

On a sadder note, it is with sincere regret that we have to say "Thank you so much and goodbye" to Jan & Tel Chambers, who were my first volunteer proof readers in October 2010. They did a fantastic job (as all the proof reading team do) and we wish them all the best for the future. Now of course we are looking for replacements, so if you can spare half an hour or so each month and think you would like to give it a go, please call me on 9763 3157 or email editor@rlcnews.com.au

The information that Eastern Region Libraries have re-launched the Knox mobile library is great news for

residents. The library will call weekly on Wednesdays from 9.30am to 11am at Wellington Village Shopping Centre

and fortnightly on Tuesdays from 9.30 to 10.30am at Isomar Retirement Home. Full details can be found at [www.erl.vic.gov.au](http://www.erl.vic.gov.au) The vehicle will carry 2,000 books.

If you are looking for a good cause to support and get some exercise at the same time why not join in the "One Voice" walk against child abuse. Child abuse is all too common and every \$100 raised pays for a child to attend a day at camp, or \$500 for a whole week. This is a joint venture by Southern Cross Kids' Camps and the Bendigo Bank and will be held on Saturday October 13<sup>th</sup> starting at 10am. The walk will be around Lysterfield Lake Walking Track. More information is available at [www.sckc.org.au](http://www.sckc.org.au)

Finally, don't forget, that Saturday October 27<sup>th</sup> is Election Day. It is your community and your opportunity, to have an input into the future of Rowville-Lysterfield and Knox in general. Locations can be found at [www.vec.vic.gov.au](http://www.vec.vic.gov.au) or call 9752 2205.

David Gilbert

What's On  
Locally  
October 2012



Sponsored by:  
Lions Club  
of Rowville

## DIRECTORY

**Apex Club** Meet on the 2nd & 4th Tuesdays each month. 7pm for 7.30pm [rowvilleapex@gmail.com](mailto:rowvilleapex@gmail.com)

**ACF Church** 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). All at ACFC 1070 Stud Rd. Rowville. [www.acfchurch.com](http://www.acfchurch.com)

**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 Oct. and Dec.. 10am-3pm (watch for extra meetings) Scout Hall, Turrumurra Drive Contact 9763 8646

### 1<sup>st</sup> Rowville Scouts

**Scouts (11-14 years)** every Thursday 7.30-9.30pm  
**Cubs (7.5-10.5 years)** every Wednesday 7.00-8.30pm  
**Joey Mob (6-7.5 years)** - every Thursday 6.00-7.00pm  
**Venturers (14-17.5 years)** every Friday 7.30-10.00pm  
Contact Terri 0418 567 923 [atm.russell@gmail.com](mailto:atm.russell@gmail.com)

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

**Girl Guides** Age groups 5-8 years, 8-11 years, 11-14 years and 14-18 years. Contact Jill Livingston, Eastern Region Manager 0409 583 847.

**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 [www.knoxsafercommunity.org.au](http://www.knoxsafercommunity.org.au)

**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.

**Mens Shed** Meet at Stamford Park Homestead on Tues, Thurs & Sat (Stamford Park) from 10.00am – 3.00pm. Contact Phil Keily 0418 560 020 or [www.stamfordparkshed.org.au](http://www.stamfordparkshed.org.au)

**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)

**Possums Playgroup** Mon.-Fri. 11.30-1.30 and 1.30-3.30. [possumspg@hotmail.com](mailto:possumspg@hotmail.com)

**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 Wed. 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. For details phone: 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  
**Sant Nirankari Mission** Services Sunday 12noon to 2pm and Wednesday 7 to 8.30pm

**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

**Tirhatuan Golf Club** Saturday, Men's and Ladies 18 holes: Tues am, Men's Senior 18 holes: Wed am, Ladies 9 and 18 holes. Contacts: - Men, Simon 0488 048 240: Ladies, Margaret 9547 8881

**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 Debbie: [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)

## October Events

**The Hut Gallery** Annual Exhibition of members works October 14<sup>th</sup> to 28<sup>th</sup>.

Poetry in the Hut October 21<sup>st</sup> at 3pm. \$4 includes refreshments.

Gallery is open on Sundays from 11am to 4pm. Details 9758 8955 or [www.vicnet.net.au/~thegut](http://www.vicnet.net.au/~thegut)

**RAFT Anglican Church** The Family History Group speaker on Wednesday 3<sup>rd</sup> September will be Wendy Brown, who will talk about "Walhalla – Gold Town Of Gippsland". Enquiries Bev Cooen 9759 5455 or [jibec@bigpond.com](mailto:jibec@bigpond.com)

Prayer & Healing Monday 1st and 15th October at 8pm.  
**Wantirna Club Social Golf Club** Are seeking new members for their Sunday games. If you are interested call John on 9763 5411



# Calendar of Events October 2012

9 Sept – 31 Oct **The Dandenongs' Garden Festival**  
www.villagesofmtdandenong.com.au/springfest

13 Sept – 9 Oct **Tesselaar Tulip Festival**  
www.tulipfestival.com.au

1 – 7 Oct **RSPCA Awareness Week** www.rspca.org.au

1 – 31 Oct **Girls Night In** www.girlsnightin.com.au

1 – 31 Oct **Wildlife Awareness Month**  
www.wildlifevictoria.org.au

2 – 4 Oct **Healesville Sanctuary Keeper for a Day**  
www.zoo.org.au/learning/holiday/HS-Zoo-Keepers

6 – 7 Oct **Healesville Heritage Festival**  
www.yvr.com.au

6 – 13 Oct **R U OK ? Day** www.ruokday.com.au

6 – 14 Oct **Mornington Peninsula Pinot Week**  
www.mpva.com.au

10 Oct **Ride 2 Work Day** www.bv.com.au/ride-to-work

12 Oct **National Day of Spain**

12 – 13 Oct **Wandin-Silvan Horticultural & Farm Machinery Field Days** www.wandinsilvanfielddays.com.au/

13 – 19 Oct **Knox Seniors Festival** www.knox.vic.gov.au

14 – 20 Oct **Carers Week** national.carersaustralia.com.au

14 – 20 Oct **National Nutrition Week**  
www.nutritionaustralia.org

15 – 19 Oct **Week Without Violence** www.ywca.net

19 Oct **Loud Shirt Day** www.loudshirtday.com.au

20 – 21 Oct **Stringybark Festival** www.knox.vic.gov.au

22 Oct **Pink Ribbon Day** www.pinkribbonday.com.au

25 – 28 Oct **French Polynesia Festival**  
www.frenchpolynesianfestival.com.au

26 Oct **Australian Army Big Band** www.knox.vic.gov.au

31 Oct **Halloween Night Tour: Melbourne General Cemetery** http://mgc.smct.org.au/

**If you would like to add your club, organisation or association to the Directory or Calendar free listing,**



## The people who keep us safe

The **Knox Police and Emergency Services Expo** at Knox Shopping Centre will be held on Sunday 7 October 2012 between 11.00am and 4.00pm in Melbourne Street within Knox Shopping Centre. The street will be open to display emergency vehicles, but it will be closed to other traffic.

The purpose of the Expo is to raise awareness of the Knox Emergency Services. You will be able to meet the people who attend the call outs and see the equipment they use. There will be photo opportunities for the kids. The Expo coincides with Community Safety Month.

The following will be on display:

**Knox Police:** with highway patrol, uniform police and crime prevention strategies. Also a highway patrol car and motorcycle and a multi purpose police vehicle. Constable T Bear and the Police Band.

**CFA:** a tanker with various fire safety information and displays of the equipment used in fire/rescue situations.

**SES:** a rescue truck and equipment used at emergency scenes.

**Knox Council:** a Local Laws vehicle and a representative from the Community Safety Department. Victoria Police, the SES and the CFA will have recruiting information available. For more information contact Sergeant Ken Hawke at Knox Police Station on 9881 7000 or visit www.police.vic.gov.au (Search - "Knox") or www.aroundyou.com.au/events/knox-police-and-emergency-services-expo



*Where is the Time Capsule now?*

## AGM Advice

The Rowville Lysterfield Community News will be holding their AGM on Thursday 22nd November at 8.00pm. at the Rowville Neighbourhood Learning Centre within the Community Centre on Fulham Road Rowville. There will be a guest speaker and all our advertisers, contributors, sponsors and readers are very welcome to attend. We probably have the shortest meetings you've ever attended, no more than an hour, so it won't be a late night.

For further information  
please call  
**9763 3157**

## DEADLINES November 2012 EDITORIAL & ADVERTISEMENTS Wednesday, 17 October

**Articles, News or Letters to the Editor**  
**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**

**DISTRIBUTION**  
**Saturday, 3 November 2012**

# Letters to the Editor

## Time Capsule

Dear Editor

I was pleased to see the story by our then Rowville PS Principal Mr. Pickett.

I have wondered if the time capsule was ever unearthed and opened in 2010 but heard the school has no knowledge of where the capsule was placed. Apparently it still sits waiting to release stories of school history of that time.

Here is a copy and original photo taken of this event which was 27 years ago in 1985. Would it not be wonderful to recreate the photo pose with the adults and children as they are today.

Dear Ron, would you mind to please contact the school with any info you may recall of the site.

Cheers

*Barbra Bernardi*

Rowville

Dear Editor

Emanating from one of our Rowville schools, a female voice is dominating the local airwaves. This woman, presumably the Principal, has an affliction known as 'microfonus obsessus', or microphone fever. This affliction is suppressed during junior teacher days, but bursts forth when seniority allows control of the microphone. These incessant announcements interrupt the playground activities of the children and dominate the surrounding environment. I am at the Waverley Golf Club, at least a kilometre away and can hear her banalities at that distance, pity the more immediate neighbours.

Lady, you might think you are a real chance for the Golden Tonsils Award but, let me tell you, you are deluded. Silence is golden. We are hearing, but is anybody listening?

*Name and address supplied.*



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## Rotary Club of Rowville-Lysterfield Rotary help to develop a school in Sri Lanka

The Committee For Sri Lanka (CFSL), joined by Rotary Club of Rowville/Lysterfield, has embarked on a project to develop Dedunupitiya Vidyalaya, an underprivileged school in Rambukkana, Sri Lanka with a student population of 450.

As the first stage of this project, it is aimed to provide the school with much needed basic office equipment, furniture, computers, costumes for the girls' band and cricket gear for the newly formed under 12 & under 15 teams. It is also intended to repaint the dilapidated school buildings.

CFSL recently held a Trivia night / Quiz Show at the Uniting Church hall in Box Hill to collect funds for the first phase of the project. The event was a success with over 100 people attending from the Sri Lankan and wider Australian community. Renowned Quiz master Ruwan Senanayake conducted an excellent quiz program which was well received by the enthusiastic crowd.

Rotarian Neil White, President Elect of the Rotary Club of Rowville Lysterfield, presented a grant from Rotary towards the first phase of the project and expressed the club's continued commitment to support Sri Lankan projects. In her address, Dilkie Perera, the Chairperson of the Committee for Sri Lanka stressed the need for expat Sri Lankan community to help the cause of the motherland.

The CFSL project committee was ably led by Nimal Aluthgamage with the support of Dr Senake Perera, Upuli

Wickramasuriya, Thilaka Wellalage, Mohan Perera and Rotarian Pradeep Jayawardene.

In the next two stages the plans are to build the Library for the school, which will serve as a center for a village re-awakening program, backed by a micro credit scheme for self employment in the neighboring villages. The project implementation in Sri Lanka is to be monitored by Ace Cargo Ltd agents for TNT World Wide Express. The organisers thank Mohan Perera, CEO of Transco shipping for being the architect of this noble concept.

This is yet another example of how the power of Rotary can be utilised to help much needed projects both abroad and in our local community.

If you are passionate about giving something back to your local community and helping those much in need both locally and internationally, if you are a local business person who can see the great advantage of networking with likeminded business people and if you would like to make

a lot of new friends, we are always looking to grow our membership. Please feel free to contact Jeff Somers on 0413 150 587 or email [jjsomers@ozemail.com.au](mailto:jjsomers@ozemail.com.au) to organise a visit one Tuesday night and join in the fun that is had at the Rotary Club of Rowville Lysterfield, where everyone is welcome. See the 'What's On Locally' section for further details of where and when our Rotary Club meets.

Our Rotary Club can be found on Facebook under our page 'Rotary Club of Rowville- Lysterfield' we would love you to visit and 'Like' our page. You can also follow us on Twitter @RotaryRowLyster.



## Rowville Apex Club

In the upcoming weeks we will be the Stringybark Festival, which is held on Saturday October 20<sup>th</sup> and Sunday October 21<sup>st</sup>. The event is taking place in and around the Rowville Community Centre.

It's a terrific event about sustainability, with an emphasis on making this a fun experience, with community groups, the council and businesses showing hands on, what people are doing in the local area to be sustainable. There will be music, handcrafts, food demonstrations and more, plus importantly this event is plastic bag free, so do remember to bring along a reusable bag.

The Apex Club of Rowville will be holding a food stall at this event, so please come over and purchase a tasty bite to eat, which will help us with our community fundraising.

## Lions Club of Rowville



Fundraising is crucial to an organisation such as the Lions Club of Rowville and October is set to be a very busy fundraising month, starting with a sausage sizzle at Bunnings Scoresby on Friday the 5<sup>th</sup>, followed by another one at Sam's Warehouse Rowville on Saturday the 6<sup>th</sup> and one at Woolworths Scoresby on Saturday the 13<sup>th</sup>.

Added to this is the Stringybark Festival on the weekend of October 20<sup>th</sup> and 21<sup>st</sup>, at which the club will be selling 'sno cones'. Hopefully the weather will be favourable and a lot of money raised, that can be used to help people in the community. For the third year in succession, members will also be helping out at the festival with dishwashing in the food court.

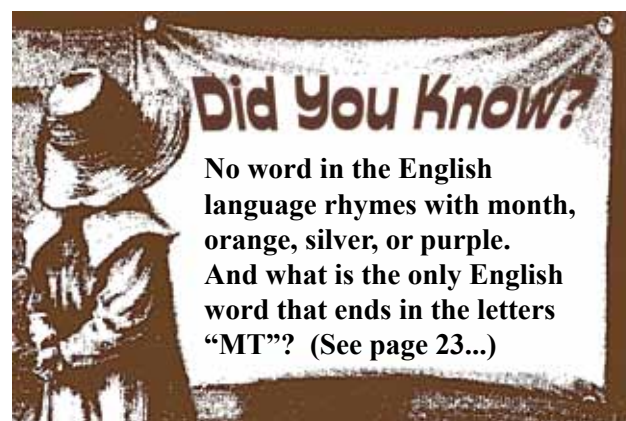
Two new members have joined the club recently, Jenny and Geoff Nussbaur, immediately putting their hands up to start helping, and they are very welcome additions to the club. Jan Melkonian was also welcomed back after an absence due to ill health. It is really good to have her back.

This year's Membership Chairman, Damien Johnson, is currently planning a membership drive and anyone interested in joining, or even just coming along to a meeting or two to check us out, can contact Damien on 0421 847 960 and he will be only too pleased to assist.

We are currently in the process of arranging free Fresh Fruit Friday for a local primary school and hope to raise more funds to provide further assistance within the community.

If you would be interested in volunteering to help us with this event or any future events, please email us at [rowvilleapex@gmail.com](mailto:rowvilleapex@gmail.com)

Katrina McMahon



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# Wellington Village

Wellington Village Shopping Centre provides the daily shopping needs to the local suburbs of Rowville/ Lysterfield and is, in the truest sense, a real community centre where the owners of the stores and even the centre itself are locals. This means a very high level of pride in the centre and the service that is offered unlike the larger faceless malls. When developing the Centre, which opened in 2004, one of the key factors was to secure Ritchies IGA as the anchor supermarket, which was in keeping with the community ethos of Wellington Village.

In 1870, when Thomas Ritchie opened a grocery store in

the tiny country settlement of Frankston, he did so intent on three things. Keeping his shop competitive, rewarding staff, and donating part of his profit back to the community. Now approaching 150 years in business, Ritchies is proud of its status as Australia's largest independent supermarket and liquor chain, a company in which many staff have shares and our founder's "shilling for every pound" offer has grown into the Community Benefit program. As we say, shop at "Ritchies, where the community benefits". Ritchies donates to many non-profit organisations in the Rowville / Lysterfield area through the Community Benefits scheme. The centre also boasts a family and budget friendly Aldi supermarket, a childcare centre and 25 speciality stores. For example, Chemmart Pharmacy at Wellington Village offers more than professional products and advice. Twenty minute health checks, bowel screening, blood pressure checks, cholesterol testing, national diabetes agency and the Kate Morgan Weight loss program are just some of the services offered. An additional new service offered at the Centre is the Eastern Regional Mobile Library, which operates along the central promenade from 9am to 11am each Wednesday. Wellington Village stores are open 7 days a week for your community service. Visit us on [www.wellingtonvillage.com.au](http://www.wellingtonvillage.com.au) and support us by clicking 'like' on our Facebook page and keep in touch.



School Holidays?? Not for us, because our activities continue throughout the Whole Year. And this month's plan is very inviting. A picnic lunch in a lovingly tended Monbulk Garden, then the Friday walkers will enjoy the Rhododendron gardens as part of the walk, with packed lunch on our back. Then there will be our special lunch to celebrate 25 years of fun, activities, friendships, etc. (Interesting entertainment too !)

On the third Monday this month, Andre Bocelli will delight the Music Lovers, and the Sunday Walkers will enjoy sea views as they walk towards the city. Maybe even have a paddle. Don't forget, our Weekend Getaway in Daylesford. Bring your caravan, tent, or share a cabin, as it will be another great weekend for creating happy memories.

Between all of this, we have the two Cinema nights, Craft, Bushwalks, Badminton, and splashing in Knox Leisureworks. i.e. Water Aerobics. What

a month! We should also mention the Fishing Group! On a wintery day, these ever hopefuls braved the wind at Werribee South, wanting to catch the, "One that got away". Once again, it was a case of not this time, but it doesn't matter, it was a very enjoyable day and our picnic lunch together really adds to the outing.

If you would like to know more about our friendly club, please ring and the current newsletter will reach your letterbox. Or contact us on [www.life.org.au](http://www.life.org.au)

For further information contact Melva on 9762 3764 or Helen on 9729 1151



*Keeping warm at South Werribee*



As you are reading this article, Knox Over 50s is welcoming back a group of members from the club's annual extended trip which, this year, was a seven-day jaunt to Merimbula in New South Wales. You just never know where it might take us next year!

We are a dedicated lot at the Knox Over 50s. Dedicated to fun and social activities that is! Our members take every opportunity they can to enjoy the fine company and good times, which should be experienced by those of us who have reached that time of life, when we can kick back and enjoy the "fruits of our labours". Why don't you come along and join us?

Each month, club members enjoy coffee mornings at Myer Knox City, lunches at various venues around Knox, day trips, book-clubs and much more. As a financial

member of the Over50s, you would be welcome to participate in any or all of these events.

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. The Social Sub-committee is already working on ideas for 2013 and welcomes input from all our members.

We'd be delighted if you could come along to our next meeting on Tuesday, 23<sup>rd</sup> October, when our speaker will be Geraldine Robinson on the subject of "Magnetic Therapy". There is a small bonus on this occasion, with a 10-minute talk on the 'Darnell Fashion Collection', presented by a representative from Eastern Libraries. You will find that at these monthly meetings, we are entertained/amused/informed about the things that matter to us. We look forward to seeing you there.

Details of our meeting times, dates and venue, can be found in "What's On Locally" on page 2.

Contact Jill on 9801 4363 for any further information.

# shop locally

and enjoy supporting your community



Wellington Village is your local shopping centre and part of your community.

Support your local community and shop at **Ritchies Supermarket**, as they support local groups and Australian farmers, which benefits everyone.

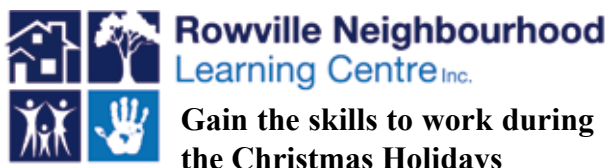
You'll love the friendly village atmosphere at the centre and the vibrant mix of food, beauty, health and professional services available with ample car parking too.

Wellington Village is on the corner of Wellington Road and Braeburn Parade Rowville.



[wellingtonvillage.com.au](http://wellingtonvillage.com.au)





**Rowville Neighbourhood Learning Centre Inc.**

### Gain the skills to work during the Christmas Holidays

These courses are the Certificate level requirements needed for a variety of industries and they are offered locally, for your convenience, at the Learning Centre in The Rowville Community Centre Building on Fulham Road in Rowville.

### Food Safety Level 1- with CFT International Pty Ltd (RTO 21120)

People involved in the preparation or serving of food services must undergo accredited training. This Nationally Recognised training is for the Hospitality, Retail, Community and Health services.

Hospitality and Retail – SIXOHS002A

Community and Health – HLTF207C

### Responsible Service of Alcohol-SITHFAB009A

All persons serving alcohol in Victoria need this certificate which is approved by Director of Liquor Licensing Victoria.

### First Aid Level 2 (HLTFA301B)-Provide First Aid

**CPR Update (HLTCPR201A)**-This session is held in the first 2 hours of the First Aid course.

### Conversational French

Learn the language skills that will help you when you travel around French speaking countries, or refresh your basic French, verbs, sentences and speaking or writing skills.

### Italian Language

If you want to learn Italian conversation and grammar including reading and writing, this is the course for you. It also offers general discussion of Italian history, society and culture.

### Courses for Christmas

**Card making for Christmas**-Learn to make Christmas



One of Mrs B's jazz groups getting ready to perform at Stringybark 2011

cards and or gift tags using various techniques including quilling.

**Jewellery Making for Christmas**-Make beautiful beaded bracelets, anklets, earrings and necklaces for special occasions. Ideal for Christmas gifts or casual wear.

**Cake decorating**-Learn to make a stunning Christmas cake. Call 9764 1166 to register your interest, check course details or book in to the class of your choice.

### Fun activities to engage the children at Stringybark on October 20<sup>th</sup> and 21<sup>st</sup>

The Knox Houses will be offering fun activities at Stringybark for children to be creative while using recycled and natural materials. Each House will have something different for the little ones to try, with the opportunity to take home new learning, as well as a creation they will be proud to show off. While the children are enjoying themselves, why not take the time to ask about what is available for you as well.

Representatives from the Houses will be there throughout

in his 'bag of tricks'. Actually, upon contemplation, every person in the club is revealing his or her hidden treasures and we go as far as to say that every man and woman has a 'bag of tricks' that can be opened up to reveal undeveloped or dormant talents.

So what is in your 'bag of tricks'? Maybe you are a humorist too and do not know it. Perhaps your story-telling abilities are just waiting to be outed, as you grab people's attention and hold them trance-like when you relate any tale. Then again you might like the debate, or relish in the skill of impromptu speaking, or speak with flourish and incredibly demonstrative body language. Or is your forte in using the latest visual aids, like electronic whiteboards and digital photos?

Whatever is hidden and sitting there undernourished in your bag, the experience of the Toastmasters journey and achievements is there too, for the grasping and to 'have a go'. Don't undersell yourself! The program at Rowville Toastmasters is specifically designed to take real goers along their path and at their pace; to assist them in awakening the sleepy tricks.

Having it 'in the bag' is one thing. Getting it out is another and that is where support and structure in an enjoyable environment really helps. You may be aware that you can

speak publicly, but you may also think that you are not much good at it. So you hold back from having a go. Essentially, it's not who you are that holds you back, but who you think you're not.

If that sounds like you, then why not take some action and check us out at Rowville Toastmasters? "Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear..." so said Norman Vincent Peale.

In the "What's On Locally" section of this paper, the meetings times are listed. Have a go right now and contact Debbie at: [contact@rowvilletoastmasters.org.au](mailto:contact@rowvilletoastmasters.org.au) and she will answer any queries that you might have. Oh, and bring your bag!

Stringybark, to provide information and assistance about the kinds of quality opportunities that are available, very close to where you live. The 5 Neighbourhood Houses and Learning Centres are also known as Learn Local Organisations, where adults can improve their job ready, computer and general employability skills, at affordable government funded prices. Rowville Neighbourhood Learning Centre will again be organising the Community Stage at the Stringybark Festival. Performances will be showcased throughout the weekend, including Hip Hop and Jazz demonstrations from our classes. Children from a variety of age groups will show what they have learned in class and many local schools will

be presenting their numerous different talents for your entertainment.

Wendy Hiam

## Waterford Park Retirement Village

On Sunday 21st October Waterford Park Retirement Village are having an:

### Open Rear Garden Day.

12 Villas will open their backyards to the other residents, so they can see what has been done to their small back yard and to also inspire others to work on their own backyard. Two of the villas will act as watering holes and offer a glass of wine.

Last year it proved to be a very social day with residents meeting each other in different situations.

For more details, contact David Teasdale: phone 9763 3115

## Rowville Toastmasters



### Having a Go

How often have you been in the situation where you do not necessarily volunteer to do something because you are an expert, but you 'have a go' anyway, when there is no one else offering? You give yourself a nudge by saying, "Someone has to do it!", which tends to mentally let you off the hook, in case you find the 'going' a hard road. But there is a pleasant surprise along the way and at the end, as you discover that you certainly could have a go and in fact achieve well. Success in stepping forward to risk failure is an act of courage, display of character and usually very practical!

Often, it is not until we are forced into dealing with circumstances that we find that in our 'bag of tricks' so to speak, are many skills and talents waiting to unfold and develop. Some people who have been through adversity will talk about how, what we label as suffering, failure, challenge, dispute and so forth, are not necessarily tests, but chances to show more of our abilities and capacities.

As Dr. Wayne W. Dyer is quoted as saying, "Circumstances do not make a man, they reveal him." What a joy it is to take on challenges and find out that you are really good at things?

This year's Rowville President is someone who exemplifies the action of 'having a go'. He takes the plunge, has a go at every opportunity that comes his way, including entering contests. He is currently club champion in Humorous Speeches. Members are always eager to see what else he has



Knox City Council  
**HealthyAgeing**

**knox seniors festival**  
6-24 October 2012

**VICTORIAN SENIORS Festival**  
7-14 OCTOBER 2012

Visit - Listen - Learn - Experience  
*Awaken the senses! Something for everyone!*

*'Celebrating Life & Good Eating'*

Food is vital to life in so many ways. A source of nutrition, it is also a joyful part of celebrations, social gatherings and cultural events and a great way to enjoy life at any age.

Food is a way to keep in touch with family and with friends, old and new – whether by cooking together, going out for meals or sharing special events. That's why **'celebrating life and good eating'** is a key theme for this year's Knox Seniors Festival.

As part of the Victorian State Government's 30th year celebrations, the Knox Seniors Festival will feature health promotion materials, cooking demonstrations and opportunities to sample delicious healthy foods.

There are a variety of other activities on offer, so come along and enjoy the festivities.

For further information or program of events, call 9298 8000 or go to [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

Authorised by Graeme Emonson, CEO, Knox City Council, 511 Burwood Highway, Wantirna South, VIC, 3152

Advertisement



# Cake Decorators Association of Victoria

## Rowville Branch



Well, Spring is upon us and our next workshop is Sunday, October 14<sup>th</sup>. We will be teaching how to make Singapore and Phalinopsis (Moth) Orchids. For requirements list, ring Velma. Please bring your lunch. Tea and coffee available.

Watch out for us from Mon 1<sup>st</sup> to 7<sup>th</sup> October. Our demonstrators will be at Stud Park Shopping Centre outside the shoe shop, so come have a chat.

We are still taking bookings for Nov 11<sup>th</sup> for Decorate a Christmas Cake in 1 day. Everything supplied.

Our workshops are held on Sundays, bi-monthly at Turramurra Dr. Scout Hall, Rowville 10am-3pm. Non Members most welcome.

Bookings & Enquiries: Phone Velma 9763 8646 or Madeleine 9870 5743



# Australian Red Cross Rowville Unit

On Wednesday 19<sup>th</sup> September, thirteen members of the Rowville Unit of the Red Cross held a morning tea for Marcia Kent, to celebrate her 100<sup>th</sup> birthday. Helen Hayes (Vice Chairman of the Victorian Advisory Board) presented Marcia with a beautiful floral tribute and best wishes from the Australian Red Cross.

Marcia has also received messages from the Queen and Quentin Bryce. Marcia is the second member of our unit to attain 100 years of age. A very happy morning was enjoyed by all.



# Peppertree Hill Retirement Village - Spring Fair -

Peppertree Hill retirement village is hosting a Spring Fair on Saturday 13<sup>th</sup> October 2012 from 9.00am to 2.00pm.

There will be a variety of stalls with plenty of exciting food, home-made crafts and pre-loved items to purchase. The Fair showcases the wonderful talents of the residents and provides visitors with an opportunity to see what retirement living at Peppertree Hill has to offer.

Bring your family and friends and join us for morning or afternoon tea at Peppertree Hill.



Lyn Westwood and Alison Barr at the home made cards display at the 2010 Spring Fair.

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- 1 x Slice of Garlic Bread
- 1 x Main Meal (maximum value of \$17.00)

## SENIORS' LUNCH SPECIAL

**\$16.00 per person**

Available Tuesday to Sunday 11.30am to 3.00pm  
Must present Seniors Card to receive offer  
Cannot Share Meals

- **SLICE GARLIC BREAD**
- **MAIN MEAL – Choose One:**
  - Chicken Parma with Chips and Salad
  - Grilled Fish with Chips and Salad
  - Lamb's Fry with Gravy, Mash Potato and Vegies
- **DESSERT – Choose One:**
  - Tiramisu Cake
  - Chocolate Mousse
  - Gelati Ice Cream
- **GLASS SOFT DRINK – Choose One :**
  - Pepsi, Pepsi Max, Solo, Lemonade, Sunkist, Or Raspberry



# Rowville Community Library

**October**

"Feeding the minds of our community..."

**Declutter your life and your home:** You know you need to come to this session! Join Angela Lo Valvo from New Beginnings-Professional Organising at Rowville Library on **Thursday October 18th 2012** at 6.30pm as she provides some tips on getting our lives organised. All welcome. Free event. Bookings essential.

**Chesterfield Farm Community Garden:** Did you know that we have a community garden in our neighbourhood? Melissa and Fiona, founding members of Chesterfield Farm Community Garden in Scoresby, will speak to us on **Tuesday 16th October 2012** at 2pm about their adventures in developing the garden. All welcome. Free - bookings please.

**All about patchworking:** Join us on **Friday 19th October 2012 at 1.30pm** as we host Judy Nolte from Waverley Patchworkers for an excellent presentation of patchworking and some beautiful examples of her work. All welcome. Refreshments provided. Bookings preferred.

**Financial Planning for the over 50s:** Everyone has retirement goals but not everyone's retirement goals are the same – so how do you actually go about making those dreams a reality? A better understanding of the options available to you is the first step towards this. Andrea Jenkins from Jenbury Financial is visiting Rowville Library to speak about planning for YOUR retirement. Gain an insight into: \*How and when you can access your super \*Accessing super while continuing to work (transitioning to retirement) \*How to ensure you don't pay too much tax \*The different types of pension available \*How to be sure your family will be financially secure after you are gone \*How Jonathon Smith boosted his retirement savings by \$40,000 in five years just by re-structuring his finances. Join us for this very informative event at **7pm on Thursday October 25th**. Bookings essential, phone 92941300. Free event.

**School Holiday Program:** Join the fun at Rowville Library during the school holidays. Sessions include : **Tuesday 2nd October – 11.00am Roald Dahl Rendezvous** - We all love his wonderful books so join us for a fun hour of Roald Dahl stories, puzzles and quizzes. Ages 5+, **Wednesday 3rd October – 11.00am Yummy Fun** with food stories and games. Design and make your own laminated placemat. Bring your favourite photo to copy and use on your creation. Ages 5+, **Thursday 4th October – 2.00pm CARP Productions presents "2012 Book Week Show"** The show includes stories from this year's Book Week shortlist, music, bright costumes, parts for the children to play, and lots of laughs. Ages 4+ Cost \$4.00 per child (to be paid at time of booking), and **Friday 5th October – 7.00pm Brilliant Beastly Bugs and Beetles at Bedtime**. Wear your PJs, bring your teddy and join us for our monthly Bedtime Story and craft. All ages

**Computer Help Sessions:** On **Tuesday** and **Wednesday** mornings a tutor is available from 10am to assist people to use the computers. Tutors are able to help with Internet, Email,



*Watering at Chesterfield Farm Community Garden*

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 4th October** at 9.30am. Even if you have attended before you can come again for more help. All welcome. Bookings essential. Free event.

**Saturday Storytimes:** We are now offering a special storytime every Saturday morning at 10.30am during school terms. Come along with friends and family to join the children for this one hour session! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Everyone welcome. Free event. No bookings required.

**Rowville Quilting and Craft group:** This group will meet on the third Friday of the month at 1.30pm. Bring along your latest project to work on, something to show and tell or just come to see and hear from others. Some months we may have a guest speaker. It's open to everyone who would like to come and you will be made welcome. Free event. No bookings required. The next session will be on **19th October** 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 will be on **Tuesday 23rd October** 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 or Gail! Free. No bookings required although we recommend that you phone first to ensure staff availability.

**Afternoon Bookchat!** Have you ever read a fantastic book

**WALKING THE NEWS**

**OCTOBER 2012**

**Distribution Report**

**Thank You** to Jan Bates who has volunteered to be the Area Contact Person for Area 2.

**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 Tce, Ambley Rise, Viewgrand Rise, Viewline Dve, Park

Valley Dve – 95 papers

Please contact – Kel Emerson – 9752 9365

- Karoo Rd (odd nos. 255 to 287), Bonaparte Pl, Elba Cl, Crimea Cl, Murrindal Dr (between Karoo & Josephine) – 88 papers
- Murrindal Dve (from Karoo to drain), Alfa Crt, Mayfield Pl, Overton Cl, Rosebank Crt – 58 papers
- Wahroonga, Gwalia & Regents Park Crts, Kellbourne Drive (from Murrindal Dr roundabout to Karoo Rd), Karoo Rd (even #'s 208 to 216) – 110 papers
- Minya, Neerim & Caloola Cts, Kellbourne Dv (from Landsborough to Murrindal), Cascam Crt – 119 papers

Please contact – Ian Richards – 9763 9260

**2 x Area Contact Person (ACP)** - who liaises between distributors and Distribution Co-ordinator

**1 x Captain** - who counts out the papers and delivers them to the distributors.

- The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road
- The area: Timbertop Dr & Seebeck Rd Estates (ACP only) Please contact – *Peter Rumble* – 9752 7592

*Peter Rumble* - 9752 7592 - Distribution Co-ordinator

and wanted to tell someone about it? Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. It's a great session to get ideas about what you might like to read next and is open to everyone. Held on the 1<sup>st</sup> Monday of the month at 2pm our next meeting will be on **Monday 1st October** at Rowville Library. 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 5th October**. All Welcome.

**Bookclubs:** There are three bookclubs running in the library which meet once per month. 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 on Wednesdays at 4pm during school terms. This group will be specifically for primary school aged children and involve a variety of activities. It's meant to be fun and it's free!

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

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

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

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

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

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

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

**Saturday 10.30am** during school terms

**Are you a member of the Rowville Community Library?** If not, join now. Joining is easier than you think....all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free. Normal **opening hours** for Rowville library are Mondays, Tuesdays and Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 10-4 and Sundays 1–4.

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

*Rose Thompson Manager – 9294 1300*

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ROWVILLE	GLEN WAVERLEY
<b>Park Ridge Primary School</b> Wentworth Ave <b>Monday</b> 7.00-8.00pm <b>Wednesday</b> 7.00-8.00pm <b>Thursday</b> 7.00-8.00pm <b>Saturday</b> 10.30-11.30am  <b>1st Rowville Scout Hall</b> 66 Turramarra Dve (Opposite St Simons P.S.) <b>Wednesday</b> 9.30 – 10.30am	<b>Brandon Park Community Centre</b>  649 Ferntree Gully Rd (Behind Fire Station) Glen Waverley  <b>Tuesday</b> 9.30 – 10.30am <b>Saturday</b> 9.30 – 10.30am

**ROWVILLE**

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

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## An Hour With Gary Morgan of Hillview Church

In 1980 in the coal mining town of Neath, in South Wales, Gary Morgan came into the world, the son of a welder and a nursing mother who was the local representative for Britain's largest public service trade union, Unison. Gary was an able student, who gained a tertiary college diploma in Business Studies, but there was no sign of what the future had in store for him. In fact, he says unashamedly that "I was an atheist, like my father and spent many hours repeating his thoughts to friends and acquaintances".

Then one day in 1994, he was mocking a young boy at a youth camp, who was reading a book. Gary flipped the book out of the boy's hand and caught it, realising as the book fell open that it was a bible. He was transfixed and overwhelmed by the illustration of the crucifixion and in that moment everything changed. He rang his father to tell him that he had 'found God' to which the reply came, "We'll talk about that when you get home".

In 1999, Gary travelled to South Africa, a visit that had a profound and massive impact on his beliefs and vision. He returned to Wales and undertook some 'lay preaching', whilst starting out on working life at Hitachi and then Toyota where he became a quality engineer.

Gary attended a 2005 conference in USA, as a guest speaker and it was here that he met another guest speaker from New Zealand, Sarah. Gary stayed in America, another 7 months before flying to NZ where he proposed in January 2006 and they married shortly after in February 2006. After a short honeymoon, the young couple returned to the USA for a conference they were speaking at in Florida. The privilege of speaking at many different churches, in numerous nations, took them on a 3 year journey around the world.

In 2008, the Morgans' instincts led them back to NZ, to assist with a Church in Wellington that was being led by Sarah's parents. After a few months working with them, they headed for Melbourne and a meeting with John and Pauline Arnott. The Arnotts' expressed their desire to hand on the Hillview baton to a younger couple and Gary and Sarah immediately knew where their future lay.

In January 2009 the Morgans moved to Melbourne, where they initially rented a home in Rowville, but moved to Berwick where they live today. Sarah works in a pharmacy,



but is very involved with the Church and her excellent organisation and efficiency makes her an ideal senior leader alongside Gary. Hillview began outgrowing its building in Laser Drive and had to find a new home, but they wanted to own their new premises, not rent. In a fantastic effort, they raised \$530,000 and now feel truly settled in their homely and welcoming property in Seismic Court.

"It is a wonderful and satisfying experience to see people come alive to who they are, to see a glimpse of hope in their eyes" Gary says. "But in those helpless situations, when you witness impossible situations like terminal illness and poverty, sometimes hope & love is all you have to give". Gary has always liked empowering people and can't imagine what other profession he could have chosen to achieve that goal more successfully.

Gary does admit to *some* spare time, in which he continues his boyhood passion for the guitar, in fact "any instrument that looks like one will do" he says. Jazz, Funk, it is all about the guitar. He enjoys Formula One racing and tennis and enjoys a good read, mostly devouring books on general knowledge and research. Sarah meanwhile relaxes with their 2 adorable Beagles, Oscar & Lucy

His advice to aspiring young church leaders is "What we do doesn't make us who we are, but who we are, compels us to do what we do and in that, love unconditionally, live unreservedly and laugh uninhibitedly

I have always followed this thought Gary says, "Those that say it can't be done, should not interrupt those that are doing it".

As I completed this interview I was reminded of this quote from Dr Livingstone, which I thought suited Gary perfectly. "I will go anywhere, provided it be forward".

David Gilbert

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## Poetry Corner Water Monsters Five

Soon after white explorers and settlers arrived in Australia, the Aboriginal people told them about a water monster which lurked in the rivers, creeks, billabongs and swamps. Bunyip was a name common in south-eastern Australia, but there were many others. Here are five, in verse.

### Oorundoo

*The monster skulks  
In rotting hulks  
Along the River Murray;  
It booms and roars  
From hungry jaws,  
Making campers scurry.*

### Toor-roo-dun

*The monster's keel  
Is like an eel  
In muddy Westernport;  
It waits in slush  
To hug and crush  
Campers out for sport.*

### Yaa-hoo

*The monster's track  
Has prints turned back,  
By the Hunter River;  
It growls and howls  
On nightly prowls,  
Making campers shiver.*

### Tunatbah

*The monster lurks  
In reed-bed murks  
On the River Edward;  
A hollow moan,  
Famished, lone,  
Sends the campers bedward.*

### Mulgewanke

*The monster's thrash  
Makes mighty splash,  
Wakening the Coorong;  
'Let's get out!'  
The campers shout.  
'We've been camping too-long!'*

Edel Wignell ©

*Highly Commended, Henry Lawson Festival of Arts  
Humorous Verse Competition*

*Edel Wignell's picture book, Bilby Secrets, illustrated  
by Mark Jackson, was shortlisted for the Children's  
Book Council of Australia Information Books Award,  
2012.*





# Elise's Journey

In 2005, just after Nalini de Sielvie had completed writing the tenor's biography (see RLCN July 2012), her piano teacher introduced her to another singer, Elvira Spaziani, who had written some biographical notes about her early days, and asked if Nalini could write a stage play based on her notes.

Elvira composed all the songs and music for the play and Nalini was very keen to undertake this new challenge, as she had never written a play before. The play, *Elise's Journey*, is set in 1950. It tells the story of Elise, a twelve year old girl who is sent alone to live with relatives in Australia in order to escape poverty in the island of Selina, off the coast of Sicily.

The production will be held on Sunday October 21<sup>st</sup> at 2pm at the Community Centre, Canadian Bay Road, Mt Eliza. The proceeds from this production will be donated to St Vincent de Paul Society.

Adult: \$20.00. Children up to 12 years: \$10.00. No concessions. Tea & coffee provided  
Bookings 5974 2607 or 0412 802 207



# Barry Plant Rowville Wins Number One Office

Barry Plant Rowville has won the title of "Number One Office" at the annual 'Awards of Excellence'.

Led by managing director Brenton Wilson, the Barry Plant team have been servicing Rowville for nearly 30 years. "We are dedicated to ensuring the best result for our clients" says Brenton, which is borne out by their recent successes at the recent 'Awards for Excellence'. "The title of Victoria's Number One Office is a fitting tribute to the dedicated work



# Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



of the team" added Brenton.

As well as collecting the major award, Jason Green won the 'Rising Star' award and Faye Pickering took out the award for 'Outstanding Marketing Coordinator'. Gavin Montorio was also named in the 'Top 10 Most Improved' category. Fiona Lambe, Linda Grierson and Natalie Wrigley also received nominations in their specific categories.

# Health in Knox - a snapshot

- 50% of people in Knox are overweight or obese
- 27% of people in Knox smoke, as compared to the Victorian state average of 19%
- 80% of people in Knox do not eat the recommended five serves of vegetables each day
- 50% of people in Knox do not eat the recommended two serves of fruit each day.

(Data from the Victorian Population Health Survey 2008)



An infinite darkness enveloped me and I blinked several times to check that my eyes were open. I searched vainly for the slightest crack of light as I struggled to recall where I had fallen asleep. I was aware of a distant owl hooting and a clock ticking melodically. I shivered with the chill prickling at my perspiration, as the warmth of my blanket slipped off me and a slight panic started to grip my chest. Had I been kidnapped, or even drugged? Where was I and why was I here? I inhaled deeply to calm myself and slowly took in as much of the surroundings as I could perceive. Dampness in the air swirled through my lungs, infused with a faint aroma of smoldering timber and stale cigarette smoke, which for a non smoker was surprisingly pleasant. I pulled the blanket tighter around me, comforted by the warmth and eventually my eyes picked out unfamiliar shapes in the darkness. Ascertaining there was a window next to me I fumbled for the blind's cord. I raised it to see past the opaqueness and through droplets of condensation to the moonless starry sky and faint silhouettes of trees on the horizon. I was immediately joyous and comforted as realisation swam through and united all my senses. It was the first night of my holiday and in my jetlagged fuzz I had woken at the other side of the world in the depths of the night. The calls of a lone owl were my only company for now, but excitement dissipated any residue of anxiety as I envisioned a morning of reunion and celebration.



On Thursday 6<sup>th</sup> September, 32 Rowville Seniors went on a bus trip to the Cranbourne Botanical Gardens, then on to the Trios Sports Club for lunch. Afterwards we watched the horse racing and although it was cold and windy it was a most enjoyable day. The members have decided to make a return visit on 19<sup>th</sup> November and have a barbecue in the Botanical Gardens.

We have some busy months ahead, starting with our "Soup Day" on October 12<sup>th</sup>. The committee planned this day to give our bowlers strength for the Knox City Bowls Carnival on October 17<sup>th</sup>, where our club has nominated no less than 16 teams. We wish them all the best for success on the day. Of course, our year would not be complete without our annual Melbourne Cup Day lunch. We hold sweeps, bingo and bowls during the day ensuring that it is a fun time for everyone.

Anyone interested in joining our happy group, please contact Anne Berg on 9873 0226 or mobile 0404 007 174 or alternatively Margaret Smith on 9755 7542

Margaret Smith



Are you looking for a fun, challenging and friendly  
**3 year Old Activity Group or**  
**4 year Old Deferred Activity Group**  
for your child to learn and explore in?  
Then Rowville Playgroup and Activity Group may be the answer for you!

**About Us:**  
We have been providing the community with our kinder programs for 28 years  
Our teachers are qualified and much loved - having been at our centre for 15 years  
Our Class sizes are capped at 14 per AM session and 12 per PM session with a 1:4 teacher/parent to child ratio  
Morning (10am to 12mid) and Afternoon Groups (1 to 3pm)  
Sessions are two hours in length providing children with both indoor & outdoor activities  
We have a large outdoor play area  
Plans have been submitted for a refurbishment to our playground in 2013  
Our fees are one of the lowest in the Knox area - something on which we pride ourselves  
**Enrolments for 2013 are now open and filling fast!**  
Don't miss out call our enrolments officer- **Susan on 97010870** who will be happy to answer all your questions and send you an information pack.

# Real Estate Tips

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

## First Impressions Are Lasting Impressions

You have put your house on the market and it's time for your first open house inspection. What do you need to do?

Firstly open all the curtains or blinds and bedroom doors to ensure there is an abundance of natural light. Next, turn on lamps to create a welcoming atmosphere, even during the day. Temperature is also important, so create a comfortable environment, that is cool in summer and warm in winter. For instance, open fires are very appealing in winter. You could add essential oils, candles and fragrant perfumes, but make sure they are subtle.

A relaxed viewer is a good viewer, so play some soft

background music to promote a welcoming feeling and turn off the television set! Keep pets out of the house

and if possible out of the garden during inspections.

Leave your home during the inspection. Your agent is the best person to talk to buyers about your home and will take down details of everyone who comes to the open house, both for security reason and for later follow up. It is also an accepted fact that potential buyers feel more comfortable looking through your home if you are not there.





How many times have you viewed a magnificent grand scenic panorama from a lookout? It might take your breath away as you turn your head to see all the details. What a photographic opportunity, so you take a photo to remind you of it later and especially to show family and friends. Sometimes you may even take several photos as you pan the scene and then use a photo stitching program later on your computer to show the full breadth of the view.

But when you look at the photo later, particularly if it is in a small size, it does not appear so dramatic. It may be difficult to visualise the grandeur and absolute detail you saw when taking the photo, even if you have produced a larger extended wide panoramic photo.

Part of the problem may be that you saw the overall beauty on the day but your viewers just see a vast, rather flat, photographic scene. They don't see something that focuses their attention.

Consequently, when taking vista scenery, try to ensure you include something that draws the viewer's eye into the scene to get their interest. It may be a path or winding road.



*Butchart Gardens, Canada, scene with people and a path to add perspective and a focus of interest.*

Also something in the scene that gives viewers a point of reference for scale, helps put the grandness of the vista into perspective. These can be people, paths, trees, buildings, or even mountains etc.

**HINT:** Ensure your scenic photographs have a "point of reference" to attract your viewers' attention and interest.

*Happy snapping, Paul Lucas.*



## **Stud Park and Gorgi Coghlan hosts Family Week Workshop**

This October Stud Park will host a series of activities including a workshop hosted by Gorgi Coghlan as part of Family Week, an initiative designed to celebrate the family and assist with some of the issues they face.

From the 1st October through to 7th October, Family Week will be held at Stud Park and other Lend Lease shopping centres around Australia. The centres will transform into an interactive setting that encourages families to spend quality time together while enjoying the shopping and facilities available at the centre.

As part of the program, four feature workshops will be hosted at the centre. Gorgi Coghlan will discuss the challenge of balancing work, life and family and expert trainer Nadine Shome will run a session discussing her framework for dealing with children who have learning difficulties. Gorgi will also conduct an in centre appearance where she will meet and greet Stud Park shoppers.

Rowville Fire Bridge will host a workshop to introduce families to fire awareness and safety, including a tour of a working fire truck, and Surf Life Saving Australia will share their water safety tips with a focus on key surf skills. The workshops are designed to educate participants on how to manage day to day issues families face and encourage

dialogue between parents on how to best overcome them.

Participants have the opportunity to discuss a series of topics, ask questions in an open forum and take away key learnings that they can put into practice in their own home.

"I'm thrilled to be a part of Family Week and celebrate families. The Family Week workshops are a great way to share knowledge and learn from others. I'm looking forward to meeting the Stud Park shoppers and hearing their stories," Gorgi Coghlan said. Stud Park Centre Manager, Kellie Suhr, explained that Family Week strived to create a unique experience for families in the community. "At Stud Park we aim to



provide our customers with more than just a retail offering. We strive to give them an opportunity to interact with one another in a social setting. Family Week encourages our shoppers to take time out from their busy lives and socialise with their family and friends while at the same time learn from industry professionals and celebrities," she said.

Tickets for the Stud Park Family Week workshops are free and in addition to the workshops we will be running a selection of free activities and entertainment across the week. To obtain workshop tickets and view activities, please visit [www.facebook.com/studpark](http://www.facebook.com/studpark)

## **Latest banking technology arrives in Rowville**



The Bank of Melbourne has opened the doors of their new branch in Stud Park Shopping Centre, offering residents and businesses the opportunity to experience a fresh and innovative approach to banking. Leading the way in banking technology with the latest in ATMs, coin counters and touch screens, the Rowville branch is the 60<sup>th</sup> Bank of Melbourne to open.

Having lived in Rowville for more than 18 years, Branch Manager Campbell Connell understands the importance of having a genuine local banking alternative. "It is a very exciting time for our team, as we open our doors and welcome customers to come and talk to us about how we can help them achieve their financial goals. Bank of Melbourne is a local bank, focussed solely on the local communities in which it operates. Here in Rowville, we look forward to supporting our local community and forming strong partnerships with the people and businesses in our community," said Mr Connell.

Chief Executive Scott Tanner said: "We are delighted to be opening a new branch in Rowville. Bank of Melbourne is different, from the product offering right down to the look and feel of the branches. Customers will also benefit. For example a customer with a home loan will get a greater discount on their interest rate if they have more of their banking relationship with us," he said.

The Bank of Melbourne is an important part of Victoria's



*Campbell with three of his staff, Louise, Jodi and Melissa*

heritage, having started life as the Mutual Permanent Building Society in 1957. Later it became the Statewide Building Society and became the largest building society in Victoria when they merged with RESI in 1986. Three years later they were granted a banking licence and the Bank of Melbourne opened for business. In 1996 they acquired the Challenge Bank from Westpac, making them the fourth largest bank in Victoria. The following year the bank merged with Westpac and continued to grow before Westpac converted all branches to the Westpac brand name. Finally on 25<sup>th</sup> July 2011, the Bank of Melbourne was relaunched, replacing all the St George branches across the State.

The Bank's local branch network is supported by a Melbourne-based call centre, online banking and mobile apps, all of which help to make banking as easy and convenient as possible and is on track to grow to more than 100 branches and 1,100 employees within five years.

To find out more about Bank of Melbourne, please contact 13 22 66 or visit [www.bankofmelbourne.com.au](http://www.bankofmelbourne.com.au)

## **Expectant Mothers!**

- Do you have constant back pain?
- Can't get comfortable?
- Having trouble sleeping?

**Gentle Chiropractic care can help!**

**Call today 9780 8910**

**SAVE 50%** | Mention this advert to **SAVE 50% off** your first 2 visits.



**Wellington Family Chiropractic**

[www.rowvillechiro.com.au](http://www.rowvillechiro.com.au)  
1101 Wellington Rd, Rowville





It's been a great year, on and off the field, for the Knights with 4 of our 6 competitive teams making finals and 2 teams went on to play off in grand finals on Sunday 19th August. The day was filled with mixed emotions for our club, with the Under 13's going down to the undefeated Vermont. Congratulations to our boys on a great season and hopefully they take the next step in 2013.

We finished the day on a high, with our Under 15's victorious. After losing to the Eastern Lions in the second semi, they bounced back to win a hard fought match in tough conditions. It was a fantastic year for this team with an undefeated home and away season.

Congratulations to all the players, coaches and support staff of all our teams for conducting themselves with such a high standard during the year, which we pride ourselves on at St Simons Community FC.

On Friday 7th August the EFL held their Best & Fairest Presentation Night and our U15 vice captain, Corey Martino, polled 30 votes to win the U15D division B&F, with his team mate, Mitch Dennis on 14 votes, finishing 5th.



**Corey Martino (U15) with his B&F medal**



**U15 Premiership team.**

Other highlights were Nicholas Gramatakis polling 15 votes to finish 3rd in the U13C division. In the U12C division Matteo D'Alfonso polled 20 votes to finish 3rd and Ryan Rapp with 15 votes to finish 5th. Anthony Brolic was our highest placed in the U17B1 division with 11 votes to go along with his unprecedented 5th consecutive club B&F and Riley Williams picked up 17 votes, to finish 6th, in his first year of competitive footy.

For those interested in joining The Knight's for the 2013 season, please contact Adrian on 0412 55 11 86, email [sscfc@me.com](mailto:sscfc@me.com) or visit [www.stsimonsknights.org](http://www.stsimonsknights.org) for updates.

**Go Knights** Jodie Browne

## SPORTING ROUNDUP



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

## Rowville/Rowville Lakes Little Athletics

### Little Athletics Wants YOU!

Did you know that Olympic Gold medallist Sally Pearson was once a Little Athlete? So was another Aussie gold winner Cathy Freeman.

Do you know what footballers Cameron, Travis and Jason Cloke, Gary Ablett and Gary Ablett Jnr, Sav and Anthony Rocca and Anthony Koutifidas have in common? They were all once Little Athletes.

Little Athletics is a track and field program held mostly on Saturday mornings from October to March. Children from 6 to 16 years run, jump, hurdle, race walk and throw, in fun and friendly competition. Whether they are there to become a champion, or just enjoying the family fun and fitness, Little Athletics is a great way to improve speed, co-ordination and friendships.

Many Little Athletes have gone on to excel in other sports. Geoff Ogilvie in golf, Kathy Watt who claimed Olympic gold as a cyclist, Kirsty Marshall, a Winter Olympian, Julie Prendergast, netball, plus Kate Allen, Jana Rawlinson and Terri Ettinghaus, all participated in Little Athletics.



## Rowville Rockets Basketball Club

We fielded 56 teams in summer 2011/2012 and 55 teams in winter 2012. We had 9 players clock up 20 consecutive seasons: Kaitlyn & Sophie Dellaquila, Dean Izon, Mitchell du-Bois, Ananth Pathirana, Jackson Withers, Georgia Gibbons, Paige Rondinella, and Ryan Wyatt. Congratulations to you all.

The Rowville Rockets entered an under 16 boys' team into the Melbourne Tigers Club Classic Tournament in the 'A' grade level. Our first game on Friday night we beat the Melbourne Tigers, and then continued to dominate the group games winning all of them comfortably. We then won our first final on Sunday, to set up a grand final game against an undefeated Kilsyth Rep ball team. After a very competitive and tough game, we took the chocolates. (Congrats to Jayden Wood for winning the GF MVP – well deserved).

However the beauty of this team is the evenness of the boys, with every-one to a man playing great basketball over the weekend. Well done boys, and it's always enjoyable to coach you guys! Until the next one...

Past Rowville Rockets players, Kayne Ewin & Calvin Enge, were part of the victorious 'Rangers BVDL' Mens team, that took out the championship recently. Both boys played their junior basketball with Rowville Rockets.

President Michael Beatty offered a big thanks to Vice President, Liz Kaali, Secretary, Gary Burge, Treasurer, Antonella Nikceovich, all the hard working and supportive committee and to all the people who helped during the season. He also acknowledged the contribution of Mary

and Julie who are moving on and urged others to join the committee or coaching staff. We are always looking to add to our family. Two new life members were inaugurated, Laurie Ellul and Fred Dykman.

This year we plan to have 2 coaching co-ordinators, one for boys and one for girls, in an effort to try and put more back into the kids. We plan to have coach's workshops and will have special training appearances by some well known guests. If anyone is interested in Coaching next season, please contact Coaching Administrator, Liz Kaali 9764-8006, 0407 918 970 or [andrew.kaali@bigpond.com](mailto:andrew.kaali@bigpond.com). Assistance and coaching courses are facilitated by the club, so even if you don't have experience coaching basketball, you can become an important asset to our club!!

### Finally some important

#### dates for your diary:-

Monday 22nd—24th October, U9s and 10s Presentation Day.

Saturday 27th and Sunday 28th October, Grand Final Day.

Saturday 27th October, Presentation Night.

Information about our club can be found at: [http://www.sportingpulse.com/club\\_info.cgi?c=1-8549-123720-0-0](http://www.sportingpulse.com/club_info.cgi?c=1-8549-123720-0-0)



**Under 16s Winning Team** Back row: Dylan Spooner, Jayden Wood, Jaydyn Hill, Marcus Walker; Coach: Andrew Kaali, Samuel Nikceovich, Assistant coach: Trent Castledine and Damian Byrne. Front row: Corey Martino and Nick Lang.



# Lysterfield Junior Football Club

Season 2012 has now concluded, with the Under 12's going down to Knox in the Elimination Final. The Under 8, 9 & 10 sides competed in the non-competitive divisions and all had a great season of football, combining their learning of the game with plenty of fun and enjoyment.



## Under 13s

Best & Fairest  
Runner Up B & F  
3<sup>rd</sup> B & F  
Most Improved  
Most Determined

Dean Christou  
Teagan Sheldon  
Liam Dunning  
Thomas Uwins  
Nick Beare

## Award Tops Great Year

A successful presentation day was held on the 26<sup>th</sup> August with the recipients listed below.

### Under 11s

Best & Fairest	Dan Coulthard
Runner Up B & F	Jake Arundell
3 <sup>rd</sup> B & F & Leading	
Goalkicker	Kieran Edwards
Coaches Award	Will Gardham
Encouragement Award	Tom McKerral

### Under 12s

Best & Fairest	Jessie Arthur
Runner Up B & F	Blake Lee
3 <sup>rd</sup> B & F	Shaun Cooper
Most Versatile	Ethan Walker
Most Improved	Jack Mo

Stay fit for next Winter's footy. Get the speedy edge on the netball court. Whatever your reason, we want to see you at Little Aths. Ability doesn't matter. We value participation and will reward commitment and improvement.

Rowville and Rowville Lakes Clubs compete as part of the Knox Centre at the Knox track off Bunjil Way, Knoxfield. (Near where Scoresby and Ferntree Gully roads meet). Children are placed in age groups, determined by their age on October 1. You cannot commence until you turn six.

## Who to contact:

Children attending Heany Park, Rowville and St Simons Primary schools are encouraged to contact Steve at the Rowville Club on 0409 231 380 or 9764 3384. Nick is the Rowville Lakes contact on 9764 066. The Lakes covers Park Ridge, Karoo and Lysterfield Primaries. Boys and girls from other schools, including secondary may join either.

### Dates for you to note:

Please bring your birth certificate. **The season commences Saturday 6th Oct 8.30am but it's fine to join later if you miss that date.**

Rosemary Merrigan



Around 400 junior footballers, parents, coaches and other club representatives suited up in their best attire for the 2012 EFL Junior Presentation Night which was held on Friday, 7th September at the Karralyka Centre in Ringwood East.

With six teams in total and three competitive teams fielded for the 2012 season, the Lysterfield Junior Football Club was proud to hear that Jake Arundell from the under 11s had been invited to attend this prestigious event. Jake was runner up on 24 votes three shy of the eventual winner.

"It was very pleasing to see Jake Arundell be awarded & recognised as the 2nd Best and Fairest in the competition", said coach Mark Edwards. "This was a remarkable achievement when you consider that Jake is 9 and some boys within the under 11s are close to 2 years older than him. What a fantastic effort and well done on a terrific year. Congratulations also to Dan Coulthard who finished 9th".

President Steve Ketzer added, "Jake's success can be attributed to the club philosophy of focusing on the development of the team, as well as individuals. Mark and his support staff have done a fantastic job in this area again this year".

The Annual General Meeting for the Club will be held at Lakesfield Reserve, on Sunday the 18<sup>th</sup> November,



### Jake Arundell Drives Lysterfield Into Attack

commencing at 10.00 am. Following the AGM, a registration day will be held where all players may renew for Season 2013. The Wolves will be registering teams from under 8s to under 14s as well as Auskick.

Should you wish to join the Lysterfield Wolves and be part of this growing clubs success for season 2013, please contact Steve Ketzer on 0498 141 850 or visit [www.lysterfieldjfc.org.au](http://www.lysterfieldjfc.org.au).

## Eildon Park Tennis Club

### EPTC Wins Men's Pennant Competition for Fourth Consecutive Year

A team from Eildon Park Tennis Club won the Tennis Victoria Mens' Grade 3 Pennant Grand Final on Saturday 1st September 2012. Congratulations to **Ben Jones (C)**, **Michael Ilett**, **Ryan Draffin** and **Chris Draper**.

The Grand Final was a spirited match against a very competitive team from Wonga Park Tennis Club, played at Dendy Park Tennis Club, that comprised 4 singles rubbers followed by 4 doubles rubbers. Commencing at 11:00 am the match continued throughout the day and then under lights and the result was that the Eildon Park team had won the day.

In the words of Tennis Victoria's Competitions Manager, Jeff Downes, who conducted the presentations on court at the conclusion of the match, "...it certainly was a great match that went the distance and was a fitting finale to a great 2012 Pennant season!"

This victory is the highest level premiership event that any team from Eildon Park Tennis Club has competed in. Thanks to the many members of EPTC that attended the match to support the team. Your involvement was much appreciated by the players.

A special note of achievement for both Ben Jones and Ryan Draffin, both of whom have completed the very rare feat of winning three successive Tennis Victoria Grade Pennants, 2012 - Grade 3, 2011 - Grade 5 and 2010 - Grade 8. A remarkable accomplishment not easily achieved! (And prior to these victories, both players also achieved grade



L to R: Chris Draper, Michael Ilett, Ben Jones (C), Ryan Draffin

semi-finals in each of the two previous pennant seasons).

In the past 4 years, EPTC pennant teams have won 5 Grade Premierships and 1 Grade Runners-up. This year all 5 our pennant sides competed in the finals series. With a range of tennis teams competing regularly in a variety of local competitions, EPTC is able to cater for a large range of tennis players and abilities.

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

*Editor's Note:- A great achievement, especially Ben and Ryan. Keep improving as, dare I say it, we need an injection of class players at the top level.*





## Nick Wakeling Column



Picture – L to R – Nick, Mackenzie and Marcelle



### Guinea Pig Dental Care

Ever wonder why your Guinea Pig (aka Cavy) is always gnawing on something? Guinea Pigs teeth are continuously growing throughout their life and in a healthy guinea pig, the biting, chewing, gnawing and grinding of food especially hays, grasses and abrasive foods, will normally keep your guinea pigs teeth at a healthy length.

It is vital that a guinea pig receives a nutritious diet to aid in keeping those upper and lower incisors strong, healthy and trimmed. You can help your cavy and keep their teeth healthy by providing them with an adequate amount of vitamin C, lots of fresh grass, hay, abrasive foods including celery, broccoli, carrots, stringed beans, corn and husks.

Guinea pigs are also favourable to herbs, some of which include, parsley, coriander, mint, basil & dandelion. It is suggested that you offer a variety of only 2 or 3 different greens each day, as this reduces any chance of an upset tummy.

If your cavy does not have enough to gnaw on, this is when dental problems can occur and their teeth can become overgrown, to the extent where the teeth can cut into the gums and cause abscesses which may prevent them from eating altogether.

We recommend that you regularly check your guinea pigs teeth and if you notice anything broken, swollen or irritated or your cavy is eating less, then contact your local Greencross Vet immediately.



## Happy Birthday to a Very Special Teacher

On Tuesday 11<sup>th</sup> September, Nick was honoured on behalf of the Rowville community to present a bouquet of flowers to Marcelle Milton in celebration of a very special 70<sup>th</sup> birthday at Taylors Lane Pre-School in Rowville.

Marcelle is well loved at the kinder by the children and the parents, for her dedication and commitment. While she is currently working as a Kinder Assistant, she began her career in education 50 years ago as a music teacher in Primary Schools. Marcelle commenced her career in Kindergarten teaching with the City of Knox in 1982. During the past four years, she has worked at the Taylors

Lane Pre-School. Her love of music and teaching also sees her conducting music therapy at various pre-schools throughout Knox.

Marcelle was showered with gifts, cards and flowers and was surprised with a wonderful afternoon tea at the pre-school, which was well attended by past, current and future parents and children of the pre-school. It was a wonderful and well deserved surprise for Marcelle who has given so much of her time, knowledge and love, to so many children over so many years.

While she is a Mum of 3 and a Grandmother of 7, Marcelle has no plans for retirement any time soon, which is wonderful news for all. Nick would like to thank Marcelle for her years of dedication to teaching our local children and wish her well for many years ahead.

## Alan Tudge Writes

### Supporting and growing our local sport

Knox residents love our sport. We love to train, play, compete and generally get active and outdoors and we have seen some outstanding sporting achievements over the past month.

Of course, the Rowville Hawks took home the Premiership in Division 2 of the EFL, meaning they will go into Division 1 next year. This was a fantastic achievement and congratulations to the skipper, Matthew Stanley, coach Paul Mynott and President Dave Howlett and everyone else involved.

The local junior football clubs, Rowville, St Simons and Lysterfield Wolves also had great years with record numbers of teams and players participating.

Similarly in netball, basketball, soccer and other sports. Teams from Rowville and Lysterfield, not only performed exceptionally well, but equally importantly, continued to grow their participation.

I greatly admire the volunteers who run the sporting clubs or who contribute as coaches, canteen staff, uniform organizers, fundraisers or do other activities. They put in a huge amount of effort and we are all the beneficiaries for it.

One of the key things I am working on with some of the



club leaders, is to try and ensure that our sporting infrastructure keeps up with the growing demand. Clubs such as the Rowville Junior Football Club and the Rowville Netball Club have spoken to me about their need to expand or improve facilities, which are bursting at the seams. Other local sporting clubs face similar challenges.

Upgrading our infrastructure costs money and won't happen overnight. However, I believe that sporting infrastructure is a good investment for the entire community. It keeps people active and younger people engaged and off the street. Importantly, the clubs are often places for older generations to mentor younger ones.

I will continue to press governments ,at all levels, to make improving Knox sporting infrastructure a priority, so we will not only be able to celebrate more local victories, but also to improve and grow our already vibrant local community.

## Chiro-Practicals

**Presented by Dr Frank Whelan**

### Stress Relief

Stress is a part of life, and so is back and neck pain. Ironically, stress is a leading cause of episodic back and neck pain. Your body experiences a cascade of physiological responses during chronic stress setting the stage for injury.

Following are some simple and effective tips you can start doing today to help alleviate the physical, mental and environmental stresses in your life.

### Nutrition:

Eat healthy and eat often to control blood sugar levels. When you wait long periods between meals, you have a spike of a hormone known as insulin. This hormone controls how fast sugar enters your bloodstream after eating. Big surges in insulin occur when you wait too long between meals, which may increase stress on your body chemistry. You can get cravings and mood swings. Eating only three meals a day is insufficient in keeping this delicate balance of hormones in check. It is recommended to eat three healthy meals a day, mixed in with 2-3 healthy snacks. You will notice a renewed sense of energy and vitality with regular feedings.

### Mental:

Take some "me" time every morning before you start the day. Use this time to reflect on yesterday and plan out today's events. With the craziness of non-stop information overload in today's society, it's more important than ever to take quiet moments. Set your alarm 15-minutes early and

wake up to silence. Do not turn on the television or open the newspaper. You may find that problems which have plagued you, suddenly become more manageable and put into perspective. When was the last time you sat in a room without white noise all around? Try it and see what happens.

### Physical:

Learning how to breathe with your diaphragm takes some practice, but in time it will become second nature. Practice the following technique on a daily basis for 3-5minutes. Lie on your back, putting a pillow support under your knees to relax your lower back. Place one hand on your abdomen and the other on your chest. Slowly inhale through your nose and make sure the only hand to move is the one on your abdomen. Try to keep the hand on your chest as still as possible. Exhale through pursed lips and repeat. You may become temporarily lightheaded after your first few, but this is a normal response to the increase in oxygen uptake by the body. Do this before bed time and you will have a more restful sleep, leading to increased recovery and regeneration.

You do have power over your body. Simple changes in your life to help reduce stress can have a profound impact on your health. Take back control of your life from pain. Empower yourself to feel good again mentally and physically. Start with the simple strategies above and when you feel the positive difference you will want more for yourself.

Chiropractic care can help to decrease the stress in your life, because it is about firstly correcting the spinal dysfunction that occurs, as well as helping you to identify the causes of your stress.

*Editor's Note:- As one of the many people in the community trying to reduce weight, I think we need to stress that the three meals and 2-3 snacks a day should be 'small' helpings or we will soon have a wardrobe full of ill fitting clothes!*





## 1982

**Gloria Adams** announced that a meeting would be held to discuss the expansion of 'Girl Guides' into Rowville and the possibility of opening a 'Brownie Pack'. Did you attend the meeting? Who bought the '**honky tonk**' piano from Rowville pre-School? Apparently it would suit a 'punk band'! **Pastor Ron Cornes** was welcomed as the new pastor for the Rowville Christian Community at a service conducted by Rev Clarry Edwards. Approval for a **service station** on the south east corner of Stud and Kelletts Roads was approved by council. 30years later, it has all but gone.

## 1987

The first sod of earth was dug at the official opening of the **Stud Park Shopping Centre**. Did you witness the event? And who remembers receiving a circular about school council elections for the proposed new **Secondary College**? Where is **Julie Thomas** today? Julie was the Kids Page editor and said she had a drawer full of poems and stories. Time to publish some? The Minister for Conservation, Joan Kirner, released the book "Melbourne Nat'rally", written by Rowville resident **Doug Western**.

## 1992

"**Barnacle Bill**" and "**Peking Land Restaurant**" both opened for business. **Tracey Winch** won the best and fairest at Rowville Cobras Womens Football Club and topped off a great season by coming second in the Helen Lambert medal, the ladies equivalent of the 'Brownlow'. Where are you today Tracey? Acting Principal, **Judith Flood**, was appointed Principal of St Simon's Primary School. Who has memories of those days? Were you one of the eight Rowville Primary School students who accompanied Mr & Mrs Orchard to the **Bluebells School in New Delhi**? Whatever happened to the **Rowville St John Ambulance**, who were looking to start an



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

adult group to augment the 8 to 18 year olds?

## 1997

Council were considering a 750 metre long **water ski park** on 18 acres of the Stamford Park property. The new gaming room, sports bar and function facilities were completed at the **Stamford Hotel**. Rowville Junior Football Club, Eildon Parade Cricket Club and Rowville Auskick welcomed the \$140K facelift to **Eildon Parade Sports Ground**. The celebrity at Lysterfield Primary School's House & Garden Fair was **Mike Whitney** from 'Who Dares Wins'. Did you meet him? The **Neighbourhood House** team moved into their new home, in the Community Centre, in November.

## 2002

Heany Park Scouts welcomed **Richard Truter** as their new Group Leader and thanked the 'Dads' for making the Rover Den in tip top shape. Geologist, **Dr Tas Walker**, visited Rowville Anglican Church and held a meeting entitled "Creation/Evolution". Did you go? A 16 signature petition about the state of the pavement in **Kellbourne Drive** was presented to Council. How is the path today? **Lysterfield Primary School** (originally SS.1866) celebrated their 125<sup>th</sup> year, having first opened for study in 1877. There was a big party and a large cake. Did you return to help celebrate the milestone?

## 2007

**Eastern Regional Libraries** lifted their late return fee to 25c per day up to a maximum of \$25 for adults and \$10 for juniors and teens. Did it make a difference to the numbers of late returns? **Life Activities Club** celebrated 20 years of outings, lunches and good fun. Champion golfer Ian Stanley, visited the Waverley Golf Club at the **Waverley Country Club** and talked about his life in the top flight of golf. Did you go along? Rowville Primary School sports teacher, **Sean Kavanagh**, was selected as AFL School Ambassador of the year. The **Rowville Rockets** from RPS, won the State Schools Aerobics Championship and went on to win a bronze medal at the Nationals. What are you up to these days boys?

## A Young Person's View

### A Lesson in Mortality

Mortality is something that I have been thinking about a fair bit recently, despite only being in my twenties. A few months ago my cousin who lives overseas, died whilst diving in the sea. He was only 24 years old. No one could have missed the news about the fallen soldiers in Afghanistan last month. Two of the men were 23 years old and another was only 21 years old.

I don't know if there comes a stage in our lives where we start thinking about dying. People always say that it's the saddest when young people lose their lives and there is some truth to that. They never got to realise their full potential, which is what happened to my cousin, Erik. He was a diving champion and was studying engineering. His family were absolutely devastated, as you would expect and the mother had just had breast cancer as well. You would think that they would deserve some better luck. I think of my family often and wish there was some way to make things better, but there is no way to bring him back.

It has been hard for me to accept the deaths in Afghanistan, because I disagree with our soldiers even being there, yet death must be mourned and their sacrifice recognised. They were doing a noble thing and probably didn't really believe that they would be added to the list of soldiers lost. A split second decision or accident can end your life without you even having the chance to think about it, as in the death of Port Adelaide player John McCarthy.

Thinking about mortality makes me appreciate each day more and perhaps this is a good thing. We don't want to leave this place, having missed out on the things we should have done and telling those close to us that we love them. I think we all have to remind ourselves that we have one chance and to do what we love. John McCarthy was skilled enough to play AFL and those soldiers had the opportunity of a lifetime to serve in Afghanistan. They left us doing what they loved, and it's a lesson to us all, to live the life we have dreamed.

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## Focus on Mental Health

### Understanding adolescents

Things teenagers commonly say in the counselling room:

*I don't feel heard.*

*I don't feel understood.*

*I don't feel trusted.*

*I don't feel respected.*

*I feel powerless.*

These are common experiences for young people.

Interestingly, they are all very simple things to respond to. Listen.

Ask questions.

Have faith.

Respect their choices.

Give them responsibility.

Young people are not always going to get it right. They may betray trust. They may make poor choices. Their decisions may have long lasting consequences. They may fail in their obligations. They may disappoint, let you down, and fail themselves. But not because they are young people, more because they are HUMAN.

Try to remember when you didn't feel heard, understood, respected, or trusted. Try to remember a time when you made poor decisions. I can almost guarantee that it didn't

just happen when you were young. Adults don't get it right all the time, either! They're human too.

How can you know your adolescent? Armed with your parental instinct, unconditional love, and with the courage to communicate....

• TALK and LISTEN to your teenager. They receive thousands of messages a day via television, magazines, the internet, the radio, their friends, and teachers. *Understand that your voice is only one of many.* Your teenager is talking to somebody.... Who, if not you?

• Read what they read. What books, magazines, blogs, or websites interest your teen? What knowledge are they seeking? What are they curious about?

• Listen to what they listen to. You don't need to LIKE their music, but it might help to know what it represents. What do the lyrics mean to your teen? What is being said that resonates with them?

• Know who their friends are. Remember their names and how they all fit together. Keep up to date with who is dating whom. Talk about their friends' relationships. Yes, it might be awkward. But if you are comfortable talking about sex, it will encourage openness in your teen. Of course, they might not want to talk to YOU about sex, so try to create opportunities for them to talk to someone else – a trusted family friend, relative or counsellor. Otherwise they will only talk to each other – teenagers are very resourceful and will access information where they can get it. Market yourself as a resource!

• Use "I" language. Don't tell your teen, "You are frustrating the hell out of me!" Tell them, "I'm trying really hard to understand you." This will encourage them to keep trying to help you understand, instead of giving up and shutting down.

The "generation gap" between parents and teens is generally 20-30 years. Lots of things have changed since your own

adolescence, but the fundamentals remain constant. Young people need to separate and individuate. They need to fit in, and they need to stand out. The purpose of adolescence is *identity formation*. Young people need to explore who they are and who they want to be, and to decide what they stand for (their own values, blended from those you have taught them and their experiences). They need to discover for themselves what the point of life is. This transition period is a crisis of identity and self for all young people. It is more difficult for some than others. They need an opportunity (freedom and responsibility) to do this safely in a supportive environment (boundaries and unconditional love). It is hard to allow them to make mistakes that you know you could prevent. But they need to make some mistakes, just like you did. When they emerge from the other side, their adult life begins. It is probably the most difficult life transition they will ever make.

Headspace, the national youth mental health foundation, recently released the alarming statistic that suicide is the biggest killer of our young people, accounting for almost one in four deaths in 15-24 year olds (23%). Car crashes are responsible for 14%; drugs, 4% (*Headspace*, 2012). Is your adolescent doing okay? **Being afraid of the answer is not a reason not to ask the question.** In fact, it is probably more of a reason to ask, if your parental instinct is telling you that something is not right.

Parents often say to their teenagers, "You don't know what you're talking about! You don't understand the implications of this." Of course they don't! They do not have the years of experience and insight with which to consider a situation that you have. And that is as it should be. They cannot understand you. That doesn't mean you can't try to understand them.

The crux of this understanding was summed up beautifully by Albus Dumbledore, in the book, *Harry Potter and the Goblet of Fire*, when he said to Harry, **"Youth cannot know how age thinks and feels. But old men are guilty if they forget what it was to be young."** (JK Rowling, 2000).

Bridgewater Centre's registered psychologist, Teresa Butler, has more than 15 years counselling experience, including work with adolescents at The Bronte Foundation and at Headspace. Contact Bridgewater Centre on 9753 4203 to arrange an appointment for confidential counselling for young people.

*Teresa Butler, Psychologist (M.Psych MAPS).*

# 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

## Arthritis

### What is arthritis?

Arthritis is a term that refers to a group of conditions which affect a joint. Arthritis can affect and damage nearly any joint in the body. Arthritis can be diagnosed through the use of x-rays, blood tests and other specialised tests that can be conducted by a GP.

There are many different forms of arthritis, the most common being-

- osteoarthritis
- rheumatoid arthritis
- gout
- ankylosing spondylitis



Healthy Knee

### Symptoms of arthritis-

The most common symptoms of arthritis include-

- joint pain and stiffness
- swelling, redness and warmth in a joint
- general symptoms such as fatigue, muscle weakness, feeling unwell

### Treatment-

There is currently no known cure for arthritis, however symptoms can be controlled and managed. Exercise is one of the key factors in managing arthritis to maintain muscle strength and endurance.

Hydrotherapy and pool based exercise programs have also been shown to be useful in the management of arthritis.

A physiotherapist can assist with exercise prescription, to ensure that you are exercising at an ideal level and may also assist with symptom management, through the use of techniques such as soft tissue massage, dry needling and many more

A dietician may be of assistance with maintaining a healthy weight and diet in order to control pain levels and assist with function. The use of supplements such as fish oil, glucosamine, vitamin D and calcium may also help to manage pain levels.

It is important to note that arthritis affects each individual differently and therefore each individual may respond differently to various treatments. Management should be tailored to reflect this.



Osteoarthritic Knee



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# KIDS PAGE! FROM HEANY PARK PRIMARY SCHOOL

## MONSTER MADNESS!!

### MONSTER JOKES!!

1. What do ghosts eat for dinner?
2. What is a witch's favourite class in school?
3. How do monsters like their eggs?
4. Why did Dracula take some medicine?

#### Answers:

1. Spook-etti
2. Spelling
3. Terrified
4. To stop his coffin



### MONSTER WORDSEARCH

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

#### WORD LIST

ZOMBIE SCARY VAMPIRE GHOST  
MONSTER SPOOKY MUMMY WITCH



### SPOT THE DIFFERENCE!!

There are 6 differences in the pictures below.  
Can you find them all?



#### Answers:

1. Two stars added in the sky
2. Witch's hat a different colour
3. Witch's mole removed
4. Cloud added
5. Patch on bag a different colour
6. Extra house added

### MONSTER MATHS

1.  $10 - 4 =$  \_\_\_\_\_
2.  $7 + 8 =$  \_\_\_\_\_
3.  $8 \times 0 =$  \_\_\_\_\_
4.  $21 - 13 =$  \_\_\_\_\_
5.  $17 + 19 =$  \_\_\_\_\_
6.  $4 \times 5 =$  \_\_\_\_\_

#### ANSWERS:

1.6 2.15 3.0  
4.8 5.36 6.20



## Attention Kids!

Just answer these three simple questions, clearly write down the answers in the spaces below and place your answers in our competition box at the Stringybark Show and you could win a \$50 voucher.

- 1 How many years has the Rowville/Lysterfield Community News been going?
- 2 What is the issue number for the October edition

of the RLCN?

- 3 How many pages has the October issue of the RLCN?

**You must put your name and contact number on your entry.**

The winner will be drawn immediately after the Stringybark Festival closes and the winner notified.

### Your Answers

1

2

3

Your Name:-

Contact Number:-



# Times Remembered at Rowville Primary School The First Graduation

A significant rite of passage is a child's progress from grade 6 to Secondary School. For many, this is a breaking of ties with friends of seven years or more and is a directional change bringing both expectation and apprehension.

A small party held in the classroom was usually the only means of signifying this historic marker, so at Rowville Primary School, I believe in 1984, we decided on a more significant event to mark the occasion. Deputy Principal Rob Clark, came up with the idea of having a formal dinner at the end of the school year for our departing grade six boys and girls. Fortunately for us, Rob had a friend who owned 'Sherbrooke Lodge' in the Dandenongs so he booked it for an evening in mid December for our group.

We decided on a formal dinner with a few short speeches to support the formality of the evening. The parents were responsible for getting their girls and boys to and from the restaurant and on arrival each girl was to be accompanied by a boy, the couple being formally announced as they entered the room.

And so it all went to plan, with the girls looking beautiful and the boys immaculate, so in tune with the formality of the occasion, which for many was the first event of this kind they had ever attended.

The evening was a huge success with the staff treating the 'guests' with the utmost courtesy and respect and the 'guests' responding with exemplary behaviour. There was much pride in those few adults present to see the splendid manners of these girls and boys who would so soon take such a big step into their futures. The children rose to the occasion magnificently and the response from parents and children was full of praise for the first Rowville primary School formal graduation.

Ron Pickett

*Editor's Note:- If you are one of the two students being presented, why not contact us and tell us your memories of the first graduation.*



Grade Six Teachers Ian Nottage and Greg Orchard Presenting Graduation Certificates.

# PARK RIDGE

## PRIMARY SCHOOL

### Literacy And Numeracy celebrated at Park Ridge

Late last term Park Ridge Primary School celebrated achievements in English and Maths by holding a Literacy and Numeracy Week.

The week kicked off at the Monday morning assembly with the arrival of the guest celebrity, Clifford, the Big Red Dog, followed by a hilarious presentation of Dr Seuss's "Green Eggs And Ham" performed by Principal, David Mann and Assistant Principal, Graeme Lloyd. Later that afternoon, Clifford re-appeared and signed books at the Book Fair, organised by our Prep teacher, Mrs Carrie Chalmers. On Wednesday saw students arrive dressed as their favourite book character in order to participate in a parade

With regard to Mathematics, did you know that at Park Ridge Primary School, the average size of a household is 4.4 persons and that almost half our students can speak another language? About a quarter of our students own a mobile phone, over half have holidayed overseas and the vast majority arrive at school by car. These and many other statistics were gleaned from "The Big Park Ridge Survey". Each of our 515 students answered a survey of 23 questions. Each class was responsible for processing the data from one of the survey's questions. Once their answer was found, a display was created based on an Excel spreadsheet. The answers were collected and made part of a Powerpoint presentation for all to see.

The week of activities culminated with a Maths and Literacy Day. On the day students arrived dressed as the favourite book character. Activities on the day included a silent reading session followed by a parade of characters



Dressed as book characters, some students from Class 5-16 wait their turn at the parade.

at an outside assembly. Three rotations of Literacy based activities followed. Lunchtime saw students partake in a carnival type atmosphere with fairy floss, popcorn and snow cones available, as well as the opportunity to purchase second hand books that were collected from the school community.

The afternoon was devoted to an assembly to celebrate the achievement. The Powerpoint presentation from the Big Park Ridge Survey, was shown with representatives from each class announcing their findings to the audience. Various awards for achievement and commitment in Maths and English were made to many deserving students. To top off the afternoon, Clifford reappeared and once again offered his support to the Book Fair.

A great week was had by all, made possible by the dedicated and hardworking teachers and parents at Park Ridge.

Graeme Lloyd

*Editor's Note:- What a great project and very interesting results. Well done to all of you.*



## St Simon's Primary School Maths Curriculum Night

This year's Curriculum night was on Tuesday the 18<sup>th</sup> September and the

theme for the evening was 'Love2read – Champions read – Books you can count on'. Classes chose a variety of books related in some way to mathematics. They had activities related to the books chosen and families were involved in participating in the activities as they travelled around the school.

Curriculum Maths/Literacy questions were posed for parents and children to answer as they journeyed from room to room throughout the school. How many questions did your family answer?

### First Communion

Children in Grade 3 and in the Parish After School Religious Education Programme are in full preparation for the celebration of their 1<sup>st</sup> Eucharist during the month of October. We wish all students a rewarding and happy time during this part of their sacramental journey.

Carmel Cox

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# School Talk

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



## Another Top Class Outdoor Facility Opens at Rowville Primary School

The outdoor sporting facility is the newest play area at Rowville Primary School. It marks the culmination of school community fundraising over three years that includes, two fetes, many sausage sizzles, several chocolate drives, many mother's day and father's day stalls, several walkathons and the list continues. Members of the Rowville Primary School community set a goal and combined their collective efforts to deliver a first class sporting facility for our students.

The opening ceremony on Monday was a celebration. Past and present members of the school community gathered to witness a range of student performances. The School Council President, Neil Veitch, and the Principal, Anne Babich, cut the ribbon and declared the new outdoor facility to be officially opened.

A carnival like atmosphere has prevailed since the grand opening on Monday 10<sup>th</sup> September 2012. Students have gathered on the new area to run and play a range of team sports. Our goal is to develop the next generation of sporting greats that will represent Australia.

The new area includes a running track, soccer and cricket pitch and a full size tennis court. It will encourage our students to be more active during lunch and recess times. The grassed hill, passive recreation section will be available for play once the grass is established. It will complement the physical activities that occur on the synthetic play area. With the media constantly reminding us that school-age children are spending more time on sedentary pursuits, like watching TV and playing computer games, the challenge for us is to help them find physical activities they enjoy and feel successful doing. When children are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides the following benefits. Strong muscles and bones, weight control, decreased risk of developing type 2 diabetes, better sleep and a better outlook on life. Healthy, physically active children also are more likely to be academically motivated, alert and successful. And physical competence builds self-esteem at every age.

The completion of the new outdoor sporting facility also marks the completion of another section of the grounds development, that has been occurring at Rowville Primary School

Heany Park Primary School has the coolest atrium which is home to five bearded dragons and blue tongue lizards. That's just the start, as we are going to be getting three turtles and one water dragon.

My dad has been working on getting the atrium ready for all the reptiles. He has been fixing the pond and waterfalls and making sure they are all warm enough as they are cold blooded, and can't keep their body temperature up, so they have to have heat lamps and heat pads. We have tried to make it like a desert and a rainforest all in one, so all the reptiles can live there.

We have an atrium at Heany Park because it's great for all the students to be able to watch and study the reptiles by using the webcams in the atrium connected to the



*Isabella and Marley Anderson in The Atrium*

classrooms. But mostly I love going in to feed them because they need fresh food every day and just walking past them during our school day to see how they are going. Sometimes they are hard to see because they camouflage themselves against the trees. Some of their names are Bob and Stumpy.

Everyone loves the atrium now, but wait until they see the new things to go in there!

*Isabelle Anderson Grade 3A*

over the last seven years. In 2007 the school community fundraising effort, combined with special government grants delivered the architect designed creative play area which marks the entrance to the school. The intention behind this environment is to encourage creative play.

At the end of the 2011 school year, school community fundraising, combined with a grant from the Stephanie Alexander Kitchen Garden Program, was introduced. Students in years 3 to 6 plant, and harvest the produce from the garden then cook and eat it in the kitchen. In this way they are learning valuable lessons about sustainability.

Our goal of unrelenting ongoing school improvement occurs in both the curriculum and the physical environment.



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## R.S.C Journalism Teams

The past few months at Rowville Secondary College have seen student journalism come alive through the formation of several journalism teams. Enthusiastic students across all four of the college's programs have been volunteering their time and talents to produce some amazing material and really enhance our communication with the broader community.

Rowville Institute of the Arts' newsletter, the RIA Platform magazine, is now under the direction of Editor-in-Chief Chantelle Francis, a year ten Media Specialism student. Chantelle has demonstrated impressive initiative and vision in bringing the magazine's new image to life and assembling a dedicated team around her. The first edition with its incredible design has met with constant praise and encouragement.

Rowville Maths and Science Academy's newsletter, the MSA Journal, is also driven by an eager student team who have spent the term compiling stories and photographs for the Term Three edition. With the dedicated and talented Charlotte O'Grady (year nine) as Editor-in-Chief, and her two sub-editors Anh Truong and Silas Fisher (year seven), the newsletter captures all the excitement of the MSA program.

The Rowville Times, and the RSA Sports Report are both currently looking for the same level of enthusiasm displayed within the other programs and the opportunities to become an editor, reporter, photographer, publicist or even puzzlemaster are all on offer. It is a great chance to meet other students with the same interests, and to enhance the RSC experience.

If you are interested in becoming a student journalist, or know of someone who might be, please contact Laura Gordon at [gordon.laura.e@edumail.vic.gov.au](mailto:gordon.laura.e@edumail.vic.gov.au)

To access any of Rowville's past or present newsletters visit [www.rowville.vic.edu.au/whats-on/newsletter](http://www.rowville.vic.edu.au/whats-on/newsletter)

## VET Music Night

On Monday the 10<sup>th</sup> of September, Rowville's VET Music students put on a spectacular show in the college's Performing Arts Centre, showcasing their recent work. The variety in styles and impressive array of talent was particularly impressive, with the young musicians captivating the audience for the duration of the evening. After several hours in awe of our current students, the audience was then treated to a special performance from several Premier's Award winning Rowville alumni.

Laura Gordon

*Editor's Note:- With so many talented and budding journalists, there is an opportunity to resurrect our "Students Corner". What about it students?*

# Knox Home Garden Club



When one thinks of spring, it usually infers lots of colour, fragrance, new life and sunny days. Generally, gardeners anticipate October with delight, as it is the pinnacle or the "Everest" of their horticultural calendar.

All the rainfall, plant foods and fertilizers applied in September are paying dividends. The ground warms up and the sugars in the sap of the plants are converting to food and energy, so that the plants are jumping out of the ground and flowering before your eyes.

If you are a new gardener, or have little room for a garden, don't despair! There is still time to add some spring and summer colour into your garden, with annuals, such as tuberous Begonia, Cineraria, and impatiens, in (shady/part sun positions), plus Ageratum, Candytuft, Cosmos, Cornflower, Dianthus, Petunia, Iceland poppies, Lobelia, Portulaca, Nemesia, Snapdragon in (full sun), to name a

few. These can be planted into pots and tubs, providing you have a good quality potting soil with water crystals. Select healthy looking seedlings, tip prune to promote bushy growth and more flowers.

Mulch with pea straw or lucern hay, sprinkle with Osmocote and fortnightly liquid fertilise with Powerfeed or liquid compost. Sprinkle snail bait on top of mulch.

Other plants that do very nicely in tubs and potted culture are some native species. Native and indigenous plants are well adapted and tolerant of low rainfall in the Australian climate.

Have you considered native Orchids, as they are quite easy to grow, with delicate flowers and delicate fragrance. Dendrobium and Sarochilus are native to Australia. Orchids need sunlight in order to flower well, albeit protected from hot winds and there are potting mixes specifically designed for orchids, which allow for good drainage and airflow in the pots.

Other potted natives may include Kangaroo Paw, Boronias, Sturt's Desert Pea, Banksia "birthday candles", Lechenaultia, all with those glorious blue or red flowers. Tubs with Everlastings or Paper Daisies, whose seeds can be sown

## Liberty Avenue 3 Year Old Kindergarten



During term 3, there were a number of new experiences and activities provided for the children at Liberty Avenue Three Year Old Kindergarten one being the set up of a nature interest area. This included some synthetic grass, a photographed tree background and some pictures of insects etc. Some logs from the garden, rocks & long twigs in a wooden tube were incorporated as well. This area was also used to observe our indoor worm farm that we created. Our interest in nature has also been extended as we established our outdoor worm farm. The children helped to construct the bedding & layers within the worm farm & took great delight in adding the 1000 small inhabitants. We have started separating our food scraps from our rubbish at snack time and the children have started to feed the worms with our scraps. We are able to link our discussions about what is healthy for our worms to discussions about the type of food we eat as well, what is healthy and what we should eat less of.

Our imaginative play area has been transformed into a fantasy area, incorporating some dress ups, sparkly shoes, fairy wings and a treasure trough, containing varied gems & trinkets for the children to sort through & collect. This experience has provided many opportunities for sorting, classifying, collecting, counting, sharing and communicating. It has been lovely to see the children helping each other to find specific items, as they sort through the container of treasure, showing an increased awareness of the impact they can have on other people's feelings and developing consideration in

their interactions with their peers. This area is tucked away behind some curtains to create a grotto. The children use the paint brushes for their creations, whilst others have enjoyed exploring the texture of the paint & fabric with their hands.

Flour has provided an inviting form of sensory play as the children scoop, transfer and experiment with the possibilities the flour has to offer. Some of the children have used the flour & containers for "cooking", whilst others have been intrigued by the texture & the feel of the flour. We have used gluten free flour so that all children attending are able to participate.

Outside, our tool set and high visibility worker's vests have provided inspiration for lots of "fixing" around the playground. The children have worked independently and in small groups, sharing their ideas as they play & negotiating as they work out what is "fair" for everyone involved as they play.

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.

## CSIRO at

The Year 3 and 4 students have been learning about matter and the states of change.

To follow up from their studies this term the CSIRO came to visit. The students donned white gowns and glasses to get into some serious science. The students completed a range of science experiments, making hypothesis and observing in order to make conclusions.

They looked at solids in suspension, dissolving, making slime, and chemical reactions. They investigated what happens to liquid in a nappy, heat sensitive paper, heat packs and magnets.



Karoo students learning some serious science.



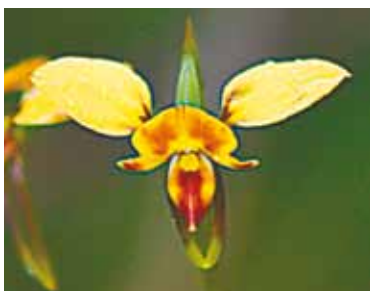
directly into loosened soil in a sunny position, are prolific and the poached egg daisy grows to 0.5 m.

Turn your attention to the veggie garden by preparing the soil, then plant chillies and capsicum, adding some dolomite for calcium to the soil. Sow the seeds of pumpkin, zucchini, carrots, beans, snow peas and plant beetroot, Asian greens, lettuce, rainbow silver beet seedlings, all in full sun.

Check strawberries for snails and sprinkle extra cow manure, wood ash or potash around the plants, mulch with straw.

Mid-spring is the season to luxuriate in and marvel at the garden clothed in glory.

Lonni Holland



## Sant Nirankari Mission Oneness Games Festival



As an effort to promote the need for greater unity and cohesion in the community, Sant Nirankari Mission (SNM) Melbourne organises the Oneness Games Festival.

This unique festival will enable people of all age groups and diverse communities to come together and have fun, plus explore the benefits of Oneness through games and cultural events.

All the participants will form four teams namely, Unity, Peace, Love and Humility representing the core values of



a human being. The event will be held on 6th Oct 2012 at SNM Hall located at 1377 Stud Road, Rowville from 9am to 3pm.

Entry is free of charge with community meals provided all day. There will be a jumping castle and games for the children and cultural events that will appeal to all age groups. It's a non-alcoholic & non-smoking event.

Kindly join us in this noble cause and discover the serenity of Oneness amongst all communities.

## RAFT Anglican Church

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## Christmas from the heart

You can feel it in the air. The twinkling of lighting, inextricably coming on overnight in our public spaces, often in trees, other times up lamp posts and street lighting.

Soon jingles will fill the air, wafting from the shopping strips, most audibly from the complexes.

Christmas is in the air. Some of us are starting to look ahead. Those of us, that is, who missed out on the Boxing Day sales after last Christmas. What shall I get for my dear wife, husband, nan, pa, John, Sheila, Pat? And on we go.

Not so our "crafty" ladies at RAFT. They think about these questions through the year. As coordinator Lee Trollope puts it: "We love making crafty decorations and gifts that are different and have that personal touch."

"We all now have a wonderful collection of handmade Christmas decorations made over the years that come out of the cupboard at Christmas time as we celebrate the birth



*"Corky the reindeer", and other accumulated Christmas craft out of the cupboard, with RAFT "crafty" ladies (from left) Lee, Sandra and Robyn Dunn. — Picture by K.C. Boey*

of Jesus."

The ladies get together every fortnight, on the second and fourth Tuesday every month, to craft whatever they are doing for the moment, and to lean on each other should the need arise. And to have a cuppa.

That's the excuse anyway. They may not say this but, psssst, it's also to take a break from the family.

The group brought out their accumulated stock of Christmas gifts, cards and decoration the other day to take stock. There were sleighs and reindeer, nativity scenes, Christmas boots and trees, twinkling stars.

All made out of discards. One endearing item was what the ladies called "corky the reindeer", the herd made out of wine corks. The Christmas tree was made out of ... *Readers Digest* discards!

It's not all Christmas through the year. Sandra Jenkins is making a patchwork bag. But ask her what she has made in the time she has been attending the group. The first word that springs to her mind is "friends". Before her friends pipe in on her modesty, and reveals her patchwork handicraft.

But Christmas will be on the group's mind on November 13. As we have learnt, it's never too early for Christmas. It's a recurring theme from one year to the next. It's a family occasion that creeps up on most of us, and for some, culminating in the kilometres-long jam getting in and out of Chadstone on Christmas Eve.

It starts in earnest with Christmas cards and greetings. The RAFT ladies will look at that, with all the other Christmassy things, on November 13. As Lee says, anybody can buy off the shelf. It's the card, gift or decoration made out of our own hands that show the love in our hearts. And it won't cost us an arm and a leg.

Don't know where to start? Craft at RAFT is not a closed group. The ladies always appreciate making new friends. Everyone is invited to come along.

In addition on November 13, the group will learn how to make Christmas slices. Jenny Coole, the Children's and Families Minister at RAFT, will give a talk.

The fortnightly group meets at 7.30pm at RAFT Anglican Church. Ring Lee Trollope (9759 6884) or Rhona Theodore (9763 9143).

## Rowville & Lysterfield Council Minutes August 28th Meeting

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

**Item 4.2** Councillor Pearce presented a petition with 1015 signatories requesting Council to support and prioritise the redevelopment of the pavilion at the Eildon Park Reserve. The Petition lay on the table.

**Item 5.2.1** Councillor Pearce (Taylor Ward). Councillor Pearce advised that Reverend David Devine of the Rowville Baptist Church was leaving after 15 years service to the Rowville community. Councillor Pearce highlighted some of the significant achievements of Reverend Devine, in particular, the development of a counselling service on site at the Church.

**Item 6.7** Application to develop the land for a two (2) storey apartment building containing ten (10) dwellings and basement card parking at 13 Stamford Crescent, Rowville.

Melway Ref 81 J1. (Application No. P/2011/6995)

Council resolved to issue a Notice of Refusal to Grant a Planning Permit for the development of a two (2) storey apartment building containing ten (10) dwellings and basement car parking at 13 Stamford Crescent, Rowville, based on 7 grounds which can be viewed in the full council minutes.

Council passed a subsequent motion to:

- 1 Write to the Premier, Transport Minister and The Hon Kim Wells MP, (Treasurer and local member) urgently requesting extra bus services for the Rowville area, in particular a new bus service for the Stamford estate area which has existed for over 30 years, contains over 900 households and in many cases where household are well in excess of 1000 metres away from any bus stop.
- 2 Request up to date information on planning for a major public transport interchange at Stud Park.

**Item 10.4** Proposed sale of Council Property – 3 Le John Street, Rowville (Melway Ref: 82 B3).

As this property has been assessed as surplus to Council's requirements and as Council has now complied with its public notice obligations under Section 189 and 223, it is recommended that Council commence the process to sell the property known as 3 Le John Street, Rowville, contained in Certificate of Title Volume 8606 Folio 633 by public auction.

Having considered all submissions received in accordance with the Local Government Act 1989, Council resolved to:

- 1 Note the recommendation of the Committee of Council;
- 2 Proceed with the sale of 3 Le John Street, Rowville being Lot 2 on PS 71191 Parish of Narre Warren, County of Mornington and contained in Certificate of Title Volume 8606 Folio 633; and
- 3 Commence the process to divest the property by public auction.

### Public Question Time

#### Question:

13 Stamford Cres – 4 sites in the street have been approved by VCAT recently for similar developments, the last 2 getting oral decisions on the day. How can Council keep refusing such applications?

#### Answer:

The Mayor, Councillor Adam Gill responded acknowledging VCAT's role in the planning process and Council's role in making planning decisions for the City. Councillor Gill advised that as there is currently no structure plan for Rowville, there is no certainty for both resident's and developers. He further advised that Council has established a Community Reference Group to review planning controls in Rowville.

Knox City Council Meeting minutes are available in full at the Council website, [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

Darren Arnott





**St. Simon's  
Catholic  
Parish**

## Upcoming Festival

There is a new look for our annual parish/school event. From the Grand opening starting with the Police Pipe Band, to lots of entertainment and activities for the whole family. This year's raffle prizes are:

1<sup>st</sup> Prize \$5000 travel voucher,



2<sup>nd</sup> Prize Quad Bike,  
3<sup>rd</sup> Prize \$700.00 interstate travel voucher,  
4<sup>th</sup> Prize \$500.00 Good Guys Chadstone voucher &  
5<sup>th</sup> Prize \$250.00 Kushliving.com.au voucher.

Raffle tickets are \$2.00 each and will be sold at:  
Stud Park Shopping Centre on 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> October.  
Wellington Village Shopping Centre on 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> October and 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> October.  
Please come along and support this community event.

## St Simon's Parish Festival 'Celebrating our Community'

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**November 10<sup>th</sup>, 2012**

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Restore Community Church will be presenting their bi-annual Christmas Production on Saturday 15<sup>th</sup> December at Rowville Secondary College's Performing Arts Theatre. This year will again see the traditional Christmas message presented live, with animals, by a group of the church's seasoned and accomplished cast from previous years, along with some new comers. The pageant will be supported by a live band playing many of our favourite, and some newer Christmas Carols. The evening will commence with a performance by a group of children from the church's Children's Ministry. The production will also feature a number of kids in a variety of roles.

There will be a free BBQ on the night, along with a variety of amusements and entertainment before and after the pro-

duction. The kids are sure to enjoy the jumping castle, petting zoo and face painting. To entertain those that come early or stay later, there will be roving entertainers that will please both kids and adults alike. There is no need to book tickets, just come along on the night. More details will be published next month and watch out for newspaper advertisements and letter box drops commencing from November. This is a community event and everyone is welcome. And, oh! Let's not forget Father Christmas, who will also be making an appearance! The 500 seat theatre quickly fills at these events and there is ample on site parking available.

Remember Sunday services commence at 10:15am at Rowville Secondary College, Performing Arts Theatre, Humphreys Way, Rowville. Hot and cold beverages and finger foods are served after the service. There is a crèche available for kids 18 months to 5 years, and Children's Ministry for kid's grade 1 to year 7 during the service. The youth, from secondary school age, meet fortnightly at Laser Drive on Friday nights. For those unable to get a lift to church or youth events the church has a bus available to pick you up. Please contact the above church number to arrange pick up. For other events and church information go to [www.restorecc.com.au](http://www.restorecc.com.au)  
*Ray Green*



On our weekly news sheet called "Ruc-Sac", we have as our mission statement "A people of faith uniting and caring for all in the spirit of Christ". It is a reminder of why we are at worship and what we need to be and to do, as a Church and as individuals.

Of special significance is our low cost Bridgewater Centre Counselling Service, Toddler Gym and Kids Hope.

Adequate finance is always important and to this end we have had a number of fund raising efforts recently. Of particular

enjoyment was the theatre night, to see "The Sapphires" which some 60 members and friends attended, followed by a further successful pie drive (Ivan's Pies). Plans are in hand for another Car Boot Sale scheduled for November 10<sup>th</sup>. And for another "Advent Workshop" commencing on November 21<sup>st</sup>. Further information can be obtained by ringing Kerryn at the Church office on 9753 3495.

Coming up too, on Sunday 28<sup>th</sup> October at 10am, will be the celebration and recognition of the 50<sup>th</sup> anniversary of the ordination of Rev. Lindsay Gorfine, a retired Uniting Church minister and a member of our congregation, to which all are welcome.

Rev. Trevor Bassett is due back from his long service leave on Tuesday 16<sup>th</sup> October.

*Lindsay Gorfine for Trevor Bassett.*

Sponsored by: Australia for Christ Fellowship, Hillview Community Church, Fruitful Vine Melbourne Church, RAFT Anglican Church, Rowville Baptist Church, Rowville Uniting Church, Salvation Army, St Simons Parish, Restore Community Church.



Have you noticed the sun feature a little more frequently across our skies, of late? Little by little, sunshine winks at us through windows, tweaking the corners of many lips

upward. Despite the temperature still persuading us to dress cosily, there's something about seeing sunshine that warms the heart, even if it can't be felt! A glint of sunlight is capable of provoking hope and it is that **hope** which can have powerful effects on a person's demeanour!

The sunlight seems to bring a wave of newness with a sigh of relief. Trees are beginning to decorate themselves, exhibiting blossoms and new leaves, covering their branches with fresh dignity. One might agree it would be a good time for the people in Rowville and Lysterfield to do likewise! It's spring and a great time to arouse excitement at fresh opportunities. Just like the appearance of sunlight, you can be hopeful and raise your hopes, even if the temperature of your atmosphere hasn't seemed to change. That's the great thing about hope. It has the ability to renew our perspective and inspire us to keep going, though little's changed.

The most inspiring people are the hopeful ones. It's spring! New life is budding in nature and since we're not separate from nature, we too should be hopeful and push forward! Sometimes it's better to forget the cold of winter, especially if you didn't feel like you were the best you've ever been. It's a continual process, putting on hope and remembering that every day is fresh and new, with renewed potential to be lived brilliantly!

Times may have been rough over winter, but take heart and make a decision to start things anew in this new season of spring! It begins with your perspective and choosing to get excited over a little ray of sunshine! Understandably, it may have felt like it was winter over the last year or even few years, this is where you might need a little help being hopeful for the future. Did you know there's a community who would love to support you? When winter chills the majority of us, we should take a lesson from penguins and huddle together to keep warm and in good company. We huddle on Sundays all year round and throughout the week. We'd love to connect with you and give you occasions to smile, laugh and remind you to hope for the future! Feel free to join us in rejoicing in the springtime!

Full details of our services and times can be found in "What's On Locally" on page 2. ACF Church is at 1070 Stud Road, Rowville, 3178. ([www.acfchurch.com](http://www.acfchurch.com))

*Michael Leung*



At Rowville Baptist Church, in addition to worship on a Sunday morning and evening, we have a real desire to serve within our local community. Throughout each week during school terms, we have a number of groups that operate, including **Playgroups** run on a Tuesday, Thursday and Friday mornings, where mums and their little ones can take some time out to play and socialize. There is a community dinner held each month called "**Food with Friends**", where people can get together and share a meal,



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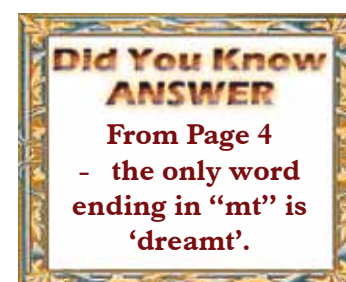
enjoying company and conversation. "Flying Solo" is a group which meets on a Wednesday morning and particularly caters to those people raising children on their own. There is a **Youth Group** which runs on a Friday evening during each school term and incorporates some once off events throughout the year. There is a "Kids Hope" program which runs within Rowville Primary School and offers the opportunity for individual children to receive extra support and care.

As we look towards the end of the year, there are more opportunities where we get involved in serving people. Have you heard of "Red Frogs" or "Blue Moose"? "Red Frogs" is a program specifically designed in helping those young adults who are away on holiday celebrating the end of high school ("schoolies"). "Blue Moose" is

the Summer missions program run by Youth Dimension operating in more remote country towns.

Another way we assist our local community is partnering with other local churches and community based organisations with the **Knox Community Christmas Support** initiative. This program co-ordinates a large number of donated gifts and food at a time when many families are struggling financially. There are many ways to serve with the Knox Community Christmas Support, including making up hampers and transporting goods to and from locations all over Knox.

If you are interested in any of the programs listed above or would like to find out more about Rowville Baptist Church, please do not hesitate to give our office a call on 9764 4242.



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