



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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Priceless

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Merry Christmas



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

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From the Editor's Desk

Despite our best efforts we sometimes, for reasons unknown, get a name wrong in articles or captions. One such error came in last month's paper when I referred to the Chemmart proprietor as Giorgio. His actual name is Angelo, so my sincere apologies Mr Dadalias.

My thanks to Andrew Williams for his co-operation whilst manager at Bendigo Bank. Andrew left his position in November, but being the great supporter that he is, will continue as one of our highly regarded distributors, ensuring every house gets a copy of the paper.

It was a great pleasure for our team to meet so many people at the Stringybark Festival and hear so many positive comments about the paper. You can see photos of the winners of the two competitions elsewhere in this edition.

Once again we entered various categories in the Community Newspaper Association of Victoria awards and once again

came up empty handed. Maybe as a suburban paper and not a country one we don't produce the sort of articles

and overall paper that our rural counterparts do. Ah well, we believe we have a great paper and will keep trying for those elusive awards.

As this is our last issue for 2012, I wish to take this opportunity to thank all our contributors for their continued support and enthusiasm. You make the paper what it is. To our advertisers, I trust that your continued presence has provided you with business opportunities and contacts. To our sponsors, your appreciation of our paper is much appreciated and to my hard working proof readers, thanks for a job well done. Without you all, we simply wouldn't have a newspaper.

From all of us at the RLCN, we wish you a very merry Christmas and a safe and healthy New Year. As our editor Moira McCafferty said in 1987, I hope Santa is good to you all.

David Gilbert

What's On Locally

December 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

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

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 Assn Bi-monthly 2nd Sunday - 10am-3pm Feb; Apr; Jun; Aug; Oct; & Dec. Scout Hall, Turramurra Drive Contact 9763 8646

1st Rowville Scouts

Joey Mob (6-7.5 years) - every Thursday 6.00-7.00pm

Cubs (7.5-10.5 years) every Wednesday 7.00-8.30pm

Scouts (11-14 years) every Thursday 7.30-9.30pm

Venturers (14-17.5 years) every Friday 7.30-10.00pm
Contact Terri 0418 567 923 atm.russell@gmail.com

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.

Fruitful Vine Church Services every Sunday 10am.

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

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

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

Knox Home Garden Club Meet on 3rd 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

Life Activities Club Regular Activities. Call Melva 9762 3764

Lions Club Meet 2nd & 4th 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

Multiple Birth Assoc. 2-3 yr old Playgroup Tuesdays & Wednesdays 9.30am Michele 0407 837 973 Parents Coffee Morning - Fridays 10am Kaylene 0409 200 830

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

Possums Playgroup Mon.-Fri. 11.30-1.30 and 1.30-3.30. possumspg@hotmail.com

Probus Club (Knox Combined) Meet 1st Tues each month at the Stamford Hotel at 10am.

Probus Club (Knoxfield Ladies) Meet 4th Mon. of month at Waverley Golf Club 9.30am. Contact Jennifer: 9762 8181

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

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

Restore Comm. Church Services 10.15am at Eastern Campus of Rowville Secondary College. 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

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 Ladies Golf Club Thursday mornings at Tirhatuan Golf Club 9 & 18 hole competition.

Contact Nola 9700 3804 or Pam 0409 934 966

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

Toastmasters Meet 2nd & 4th & 5th Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Debbie: 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

December Events

Salvation Army Will be having a sausage sizzle every Saturday from now until Christmas in the old plant nursery in Kmart. 10am to 2pm. All proceeds will help the Salvos with their annual charity works.

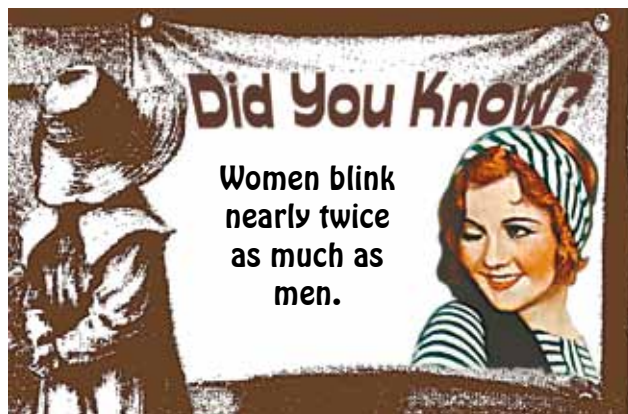
If you would like to add your club, organisation or association to the Directory or Calendar free listing, please contact the editor 9764 4703 or editor@rlcnews.com.au

Calendar of Events December 2012

- 9 Nov – Jan **Myer Christmas Windows**
- 1 Dec **World AIDS Day**
www.worldaidsday.org.au
- 1 Dec **Knox Carols by Candlelight**
www.knox.vic.gov.au
- 1 Dec – 9 Dec **Water Safety Week**
www.aquaticsandrecreation.org.au/watersafetyweek
- 2 Dec **First Sunday of Advent**
- 3 Dec **Twilight Christmas Carols at Rippon Lea** www.ripponleaestate.com.au
- 10 Dec **Human Rights Day**
www.un.org/observances/days.shtml
- 13 Dec **Melbourne Male Choir** at Knox Community Arts Centre www.knox.vic.gov.au
- 15 Dec **The Basin Carols by Candlelight**
- 18 Dec **National Day Qatar**
- 21 Dec **Summer Solstice**
- 24 Dec **Carols by Candlelight**
at Myer Music Bowl
- 25 Dec **Christmas Day**
- 25 Dec **Christmas lunch at Melbourne Zoo**
<http://zoosvictoriafunctions.com.au>

January 2013

- 1 Jan **New Year's Day**
- 4 – 13 Jan **Peninsula Summer Music Festival**
www.peninsulafestival.com.au
- 5 Jan **Cardinia Shire Kids' Day Out**
www.pakracing.com.au
- 7 – 25 Jan **VICSWIM Summer Kidz**
www.vicswim.com.au
- 19 – 20 Jan **Frankston Waterfront Festival**
www.frankston.vic.gov.au
- 26 Jan **Australia Day**
- 26 Jan **Government House Open Day**
<http://governor.vic.gov.au>



Rowville Fire Brigade

Santa Claus has swapped his Reindeer Sleigh for a Fire Truck and is coming to Rowville on 22nd & 23rd December. Listen for the siren and watch out for him in your street.

'Wishing our community a safe and enjoyable festive season'

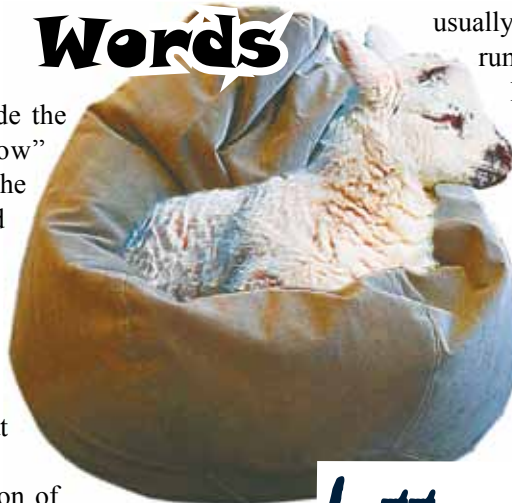


Rhyming Words

In the October issue, I made the statement in "Did You Know" that there were no words in the English language that rhymed with orange, silver and purple.

I have subsequently discovered that this is quite a topic of debate on the internet and it transpires that there are rhyming words, albeit somewhat obscure.

Following the strict definition of rhyme, a perfect rhyme demands the exact match of all sounds from the last stressed vowel to the end of the word. So does 'chilver' fit the bill as a rhyme for silver? For the curious, a chilver is a female lamb. As for 'purple' there appears to be three possibilities. 'kurple' is a large plush chair (apparently bean bags are included!),



usually round. 'Curple' is the hindquarters or rump of a horse and also the strap under the horses girth to stop the saddle slipping forward. Another definition is 'the small of the waist before the flare of the hips'. Finally, 'hirple' is to walk with a limp, or drag a limb.

What about orange? The jury is still out on this one, with 'Bloreng', a hill in Wales being the closest.

David Gilbert

Picture: A chilver resting in a kurple.

Letters To The Editor

Dear Editor

In 'Memory Lane - 1982' in the November paper, you asked where the "Park Motel" was where the Red Cross held their meetings. The motel was owned by Kath Finn and was on the same ground as the caravan park that she also owned. It was situated on the corner of Stud Road and Sunshine Road, where today the new extension to the Waverley Country Club has been built.

Kind Regards

Pauline Lillie

Hi,

Regarding 1997 Memory Lane in last month's news "Ross Young won the Master Builders award etc. are you still building?"

Yes he is and he has done quite a few extensions in the Rowville area and a few new houses for our family. He has also employed a few Rowvillians over the time.

It was interesting to see that in the paper.

Kind regards,

Debra Young

DEADLINES February 2013 EDITORIAL & ADVERTISEMENTS Wednesday, 16 January

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, 2 February 2013

Classes offered in:

- Classical Ballet
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- Tap Dancing
- Pre-school dance & Movement (for 3 and 4 year olds)
- Funk & Hip Hop
- Contemporary
- Zumba

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Australian Red Cross Rowville Unit

In the Rowville Unit, we concentrate mainly on fund raising and serving tea and coffee to blood donors. The Red Cross Blood Service is vital to our community as many of us will need blood transfusions at some time in our lives. If you are fit and healthy you may consider donating your blood when the blood collecting unit is next in Rowville at the Polish Club in Stud Road on the 29th & 30th January 2013.

The Red Cross, through 'Project Defib', are offering all sporting associations a subsidised defibrillator package, so that incidents on sporting fields can be dealt with immediately. For more information visit www.projectdefib.com.au or call 1 300 769 930.

We always welcome new members and there are lots of ways members can be involved in Red Cross through a variety of activities. If you are interested please contact Joan on 9764 4611.

Details of our meetings can be found in "What's on Locally" on page 2.

Elly Baré

NB Local residents donated 176 units of blood at a recent mobile Red Cross Blood Centre, potentially saving many lives.



WWI Warime propaganda poster.

Lions Club of Rowville



This year's Stringybark Festival was the most successful one for the club in many years, thanks mainly to fine weather on both days. Whilst we had one team of members selling sno cones from our new marquee, another team was washing dishes in the food court and both teams worked non-stop the whole weekend. As a result, it took 2-3 days for everyone to recover, but it was worth the effort to raise such valuable funds that we can put back into the community.

December will also be very busy for us with our regular sausage sizzles at Bunnings and Sam's Warehouse plus our Christmas cake and pudding stalls at Bunnings each weekend. Lions cakes have been popular for many years and are not only tasty to eat, but they make lovely gifts and also keep for a long time. Many clubs ran out last year, so people are advised to get in early in case they miss out. If getting to Bunnings is inconvenient for some, they can give our President, Harald, a call on 0403 158 010 and he'll be only too pleased to help them with their order. Members wish everyone a safe and happy festive season and thank them for their support during the year. We look forward to serving the community again in 2013.

Chris Carr



Rowville Community Centre

What's on?

The Rowville Community Centre is located in Fulham Road Rowville just behind the Stud Park shopping centre. It has a huge variety of programs catering for all

ages at various times of day.

The centre offers Children's programs including Sporteka (sport programs for children 2½ years plus), Soccer Time Kids (soccer for 1 to 5 year olds), Yoga for children, tennis and basketball, along with many others.

The centre is also the provider of 3 year old & deferred 4 year old pre kinder programs, operating under the Department of Education and Early Childhood Development (DEECD) Guidelines. It is staffed by experienced and qualified childcare workers to ensure

the children are encouraged to use their imagination, be creative and social. The pre kinder runs in small groups of 10 and the program is offered daily.

Other programs include Senior Citizens Club, Tennis, Basketball, Tutoring, Yoga, Stretch and Tone, Living Longer, Line Dancing, Pilates and Zumba to list just a few of the many on offer.

There are meeting rooms and sporting facilities available for hire, where regular bookings and one-offs can be accommodated.

If you would like to know more about what is happening at the Rowville Community Centre contact us on 9763 7400 to request a term brochure, alternatively pop in and see us at 40 Fulham Road Rowville.

The centre will be closed from 21st December 2012 to 14th January 2013.

Rosalind Montgomery



cider, followed by fruit loaf, tea and coffee. After drawing our horses for the sweeps, we then enjoyed our afternoon with bingo and bowls.

On Friday 2nd November, 95 members of the Rowville Senior Citizens enjoyed a "Melbourne Cup" lunch of chicken and salad with sparkling apple

At our outing to the Karralyka Theatre on Tuesday 13th November we listened to the group 'Suade' sing their beautiful harmonies and it was entertainment that was enjoyed by everyone. Later we tucked into lunch at the Ringwood Club.

Our Christmas lunch and breakup for the year will be held on Friday 14th December. We will have a fully catered meal, followed by entertainment and a lucky number draw for the Christmas hampers. After the holiday break, the club will re-open on Wednesday 16th January 2013.

For more information on our club please contact Anne Berg on 9873 0226 or Margaret Smith on 9755 7542

Anne Berg



The Rowville **Community Bank**® Branch is doing deals on home loan packages, which adds up to interest rate discounts, reduced fees and added flexibility for you.

We particularly welcome members of all our community based groups who are already sharing the benefits of Community Banking to come and talk to us about their lending needs and for that matter any other banking requirements.

Drop into your nearest branch at Wellington Village Shopping Centre, Rowville or phone 9755 8611 to find out more.

All loans are subject to Bendigo Bank's normal lending criteria. Fees, charges, terms and conditions apply. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. S417901 (166315_v10) (11/10/2012)



The Truth is...

At the 30th October meeting, Rowville Toastmasters conducted a 'Moments of Truth' session to enable club members to make an up to date assessment of how the club is functioning.

This is a positive opportunity to talk about what is done well and what is not done so well, for the purpose of building the club to support people who require strategies

for public speaking skill improvement, but also solid experience for their personal development. Moments of Truth sessions are open and honest and great ideas come out of them. There is a structure of working in groups and reporting back to all, so that points of view are listened to and noted.

Imagine if our governments were that open and honest? Could you imagine them communicating to the people what exactly is going on? Oh yes, we would have so much barbecue conversation if that were to happen!

Think of any organisation and imagine what would happen if a moment of truth escaped into the current operation? What if people applied the idea to families and then chunked down to apply it to themselves?

For instance, ask yourself, 'What can I do better today that is an improvement on yesterday?'

Do you take time for reflection?

Are there some things that you are putting off today?

Are you able to exert self-leadership in a world that is temptingly taking you away from a leadership perspective, to a follow the rules position?

Toastmasters is not just about public speaking. It is branded as a leadership training organisation too. The tag line is "Where leaders are made." Many people consequently find themselves taking huge leaps and bounds in so many aspects of life.

Here is what you would find on the Toastmasters International website if you went surfing.

Toastmasters International is a world leader in communication and leadership development. Our membership is 280,000 strong. These members improve their speaking and leadership skills by attending one of the 13,500 clubs in 116 countries that make up our global

network of meeting locations.

Membership in Toastmasters is one of the greatest investments you can make in yourself as it is also one of the most cost-effective skill-building tools available anywhere.

How Does It Work?

A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a no-pressure atmosphere.

There is no instructor in a Toastmasters meeting. Instead, members evaluate one another's presentations. This feedback process is a key part of the program's success.

Meeting participants also give impromptu talks on assigned topics, conduct meetings and develop skills related to timekeeping, grammar and parliamentary procedure.

Members learn communication skills by first working through a series of 10 self-paced speaking assignments designed to instil a basic foundation in public speaking, and then onto more demanding manuals to hone newly learned skills and raise the bar.

If you are looking for a way to start 2013 with a boost in your personal development, to help take you to the next step in your personal or work life, then Rowville Toastmasters will help you to learn and support you in that learning, while acknowledging the skills, interests and talents that you already have.

Now might be your moment of truth. In the "What's On Locally" section on page 2 of this paper, the meeting details are listed. The truth is that you can contact us through: contact@rowvilletoastmasters.org.au and a member will answer any queries that you might have – truthfully.

Penny Barrington



Knox & District Over 50s Club

December already! Wow, where did that year go? They go so fast when you're having fun.

We know you will all be looking forward to the summer holidays and, of course, the Festive Season so the Knox Over50s want to wish you all the very best during this wonderful time of the year.

Although we don't have a meeting scheduled during December, we are already organising many wonderful events for 2013, including our famous, annual extended trip.

Every 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.

There is so much more to come and our monthly newsletter *Knox Natters Matter* (which is distributed at our General Meetings) will keep you up to date on all

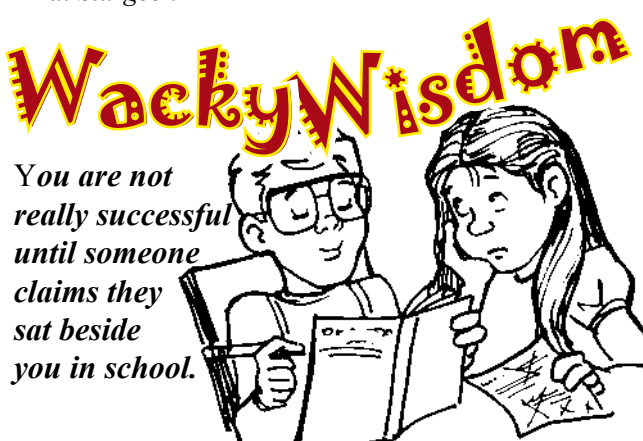
that's happening. The Social Sub-committee welcomes input from all our members.

Meeting details can be found in "What's On Locally" on page 2. We look forward to you joining us at our next meeting on **Tuesday, 22nd January, 2013**, to discover all we have planned for next year and hear another interesting and informative talk from one of our great guest speakers.

A very merry Christmas and a Happy New Year to one and all.

Contact Jill on 9801 4363 for any further information.

Pat Sturgeon



Cake Decorators Assn of Vic Rowville Branch



We have had a very busy 3 weeks with our Christmas cake workshops and what a large response we had. All

3 weeks were fully booked out and we had great feedback about them. Christmas is almost upon us but before that we have our breakup on December 9th. Bookings are essential due to space. The first workshop for 2013 will be on February 10th

A very big thank you to the Rowville Lysterfield Community News for the exposure their publication gives our workshops. This has opened an opportunity for young Mums in the area to learn the craft.

We took a giant leap this month and now have a facebook page 'Rowville Branch CDAV'. Have a look and let us know what you think.

Details of our workshops are shown on page 2 in "What's On Locally". Non members are most welcome.

Bookings & Enquiries. ph Velma 9763 8646. or Madeleine 9870 5743

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An Hour With Nicole Seymour

The new Tirhatuan Ward councillor, Nicole Seymour, will be a breath of fresh air on the council, not only because she will add a female perspective to matters, but because she will introduce marketing and business skills to create connectivity paths and links between local organisations and council.

Nicole was born in Malvern in 1970 and lived all her formative years in Glen Waverley. Her memory of those early years were that they were like an Enid Blyton book, riding her bike with a group of friends on all day expeditions across paddocks and scrub to Dandenong Creek, where they built cubby houses, played games and had 'adventures', like the "Famous Five" or "Secret Seven", until it was time to go home. "We felt perfectly safe and our parents didn't have to concern themselves about our safety" she said.

Nicole attended Mount View Primary School in Glen Waverley before attending Camberwell Girls Grammar School. After completing her HSC, she went to Monash University where she completed her tertiary education, gaining both a Bachelor of Business and a Bachelor of Social Sciences degrees, before achieving a post graduate degree in International Business.

"Probably as I had been brought up in a family that owned and operated small business, (her parents owned a swimming pool building business and operated a pool shop in Scoresby, where she worked from the age of 10), my first foray into the commercial world was to start my own business as a Victorian distributor for a brand of pool salt chlorinators" said Nicole. "I also did some lecturing and teaching to third year university students on international marketing at Monash University". She then chose to follow a more mainstream career path in retail consumer goods marketing, before joining GE Consumer



Nicole with husband Paul and their children

Finance before accepting, in November 2002, the post of Marketing Director for GE Capital Bank in London.

Nicole met her husband to be, Paul, when he came into her parents' shop in 1990 and they married in 2003. "We returned home in 2006 to have our first child, Ben and subsequently added Mikaela to our family. Paul is involved in the project management and development of retail shopping centres throughout Australia.

"There is an expectation of immediate delivery when a new council is formed", said Nicole but having worked her way up the demanding corporate ladder, she sees the need to take a 'helicopter view' of Ward issues first and feels that an 'umbrella strategy' be employed, rather than a piecemeal approach. "Tirhatuan Ward has challenges with the Rowville Structure Plan (previously referred to as the Stud Park Structure Plan), the Stamford Park development and the future of Kingston Links Golf Course and there should be an overall view to planning and development within the area. The future housing development of Rowville, particularly that within the designated boundary of the Rowville Major Activity centre, needs to address

all groups, from residents of 20 years wanting to develop their assets, to new families and entry level youngsters, whose requirements are vastly different" she explained. Nicole believes all future development must be sensitive to the needs of the community (current and future) and not inappropriate in either height or density, simply for development's sake.

Nicole has played competitive tennis since primary school and over the years has played a vast array of competitive team based sports including netball and basketball. Today, she still plays tennis and when she has spare time, she likes to walk, read and attend yoga / meditation classes. Her involvement in community groups ranges from playgroups, pre-schools and school councils to her involvement as an elected member of the Knox Council Early Years Strategic Advisory Committee. Nicole feels that whilst community groups have a large enthusiastic base of willing volunteers, they need robust and interactive committees as many are not getting the best out of their combined talents.

She has travelled extensively both for business and pleasure and ranks Venice as her favourite city and Italy a place not to miss. "The architecture in European cities is amazing but I also find the history and culture of Asia equally enjoyable" she said. Still on her bucket list is to visit countries she has yet to experience, namely South Africa (photographic safari), Egypt (ancient pyramids), and South America (Macchu Picchu).

I asked Nicole what she would like to achieve in the short term and she replied "Other than some headway with the planning challenges we face, at a very local level I would like to create pathways between council and local organisations, such as scouts/guides and sporting groups, to ensure that disadvantaged / disconnected children and youth have equal opportunity to participate. Everyone should have the same chance".

Nicole's parting observation was "I believe that someone aspiring to become a councillor should join the huge ranks of volunteers, then listen, see and get involved". I have a suspicion that the halls of council are about to have a rush of fresh air.

RED HAT SOCIETY RUBY GUMNUT GODDESSES

The Ruby Gumnut Goddesses have two planning days every year. On these days we plan the activities for the next six months. That doesn't mean that we don't add in other activities as the months progress, of course we do! Red



The Opening Of The Shed

Hatters love spontaneity. This could mean starting out doing something on a planned activity and ending up somewhere completely unplanned. It can also mean popping in other activities at short notice.

Just recently we have changed our plans a little bit. One of our members had been unable to attend a function recently due to surgery and she was supposed to organise a tour of Rod Laver arena. That was changed very quickly and we took Red Hats to her. We all turned up at her new home with champers, food and ready for fun while she sat back and enjoyed the laughter and company.

Another occasion was when one of our members had a new shed erected in her garden and she decided that it needed an opening ceremony. So in a matter of a couple of days an activity was organised. Ten Red Hatters, all beautifully dressed appropriately for a garden shed opening ceremony, arrived at the home of Princess Spend a Lot and a wonderful day was had by everyone. We certainly laughed as we made up the ceremony as we went along seeing that none of us had ever attended such an event. Lots of photos were taken as the ribbon was dutifully cut and all that was going to take place in the shed was blessed.

Some events are planned well in advance. Our annual Oak's Day lunch is one such event. We have horse races with homemade horses around the cherry tree in the backyard.

Silly games are also the order of the day and of course the delicious food and champers. We were lucky enough to have four guests from the Chirnside Chicks share our day of fun with us.

In the next couple of weeks we are going to attend a Multi Chapter picnic in the Fitzroy Gardens, go to performances of 'More Sex Please We are Seniors' and 'Calendar Girls'. We will be going out for dinner at a Mexican restaurant and be holding our Christmas event at the Strawberry Farm at Red Hill. If you would like to find out more about what we have been up to, go to <http://rubygumnutgoddesses.blogspot.com.au/> or if you would like more information about Red Hats please ring Kerry on 9764 4717.

Kerry Eustace



Horse Racing Around The Cherry Tree

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Rowville Neighbourhood Learning Centre



We would like to thank all our participants for attending our classes and community events throughout 2012. We have had a busy year with many new and exciting courses and

activities, which have proven to be very popular. 2012 has seen us provide Learn Local, ACFE (Adult Community and Further Education Pre-Accredited) courses that are heavily subsidised.

Please watch out for our Term 1 brochure over the holiday break or you can see it on our website on www.rowvillenc.org.au.

Look out for the 5 Houses of Knox combined colour brochure. It will be full of great low cost, heavily subsidised courses. Please take advantage of reading this brochure to learn about what is available at the various Houses in Knox.

Our office will be closed from 20th of December 2012 and re-open on 17th January 2013.

Rowville Neighbourhood Learning Centre Inc. would like to wish everyone a happy and safe Christmas and New Year.

Wendy Hiam



Hip hop kids on stage at Stringybark



Ladies from the coffee and chat group

Rokk Ebony. For all your parties and entertainment needs, Rowville Party supplies covers every decoration thought possible and if you are not sure what to do simply pop in for expert easy ideas and tips. You can get your gorgeous Christmas outfits ready and pressed at the Dry Cleaner, (see how easy it all is already) and after ticking everything off your list, sit down and have a coffee and cake in the sun or lunch or take home an easy dinner from the huge choice of cafes and takeaways!

Finally, perhaps the greatest advantage to Christmas shopping locally at Wellington Village is **who** you will be supporting. When you shop locally, you are helping your local economy this Christmas, regardless of whether or not you shop at a nationwide store or a locally owned store. Give us a try. You will be made very welcome.

Yvette Switalski

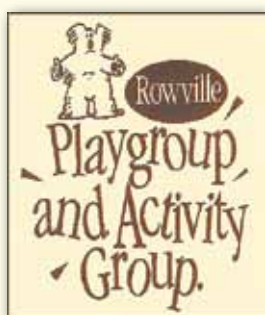
Wellington Village Shopping Centre

Why support your local shops at Wellington Village ?

Each year most of the Australian population goes Christmas shopping. Are you going to be one of those individuals? If so, where do you plan on shopping? If you are wondering whether you should shop locally or not, you may want to think about the advantages and disadvantages of doing so. It is amazing what shopping locally can do.

We already know the close ties IGA keeps with the local community, but did you know that just about every store in Wellington Village is owned or employs locals. Locals who care, who may well be your friends, neighbours or even family members...

Think about what you can actually achieve at Wellington Village, not having to drive far and not spending hours looking for a car space. All your fresh food requirements, gifts from Blue Angel (what a great gift voucher idea for any female friend), visit Good Stuff for a massive choice for gifts and home dining and decoration, or get your hair and nails done in your choice of Green Hair Salon or



Are you looking for a fun, challenging and friendly **3 yr old Activity Group** or **4 yr old Deferred Activity Group** for your child to learn and explore in?

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



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



wellingtonvillage.com.au

Public Holidays: Please be advised that the Eastern Regional Libraries, including Rowville Library, will be closed at 1pm on Christmas Eve and closed all day on Christmas Day and Boxing Day. We will have restricted hours for the remainder of that week with opening hours 9-5.30 on Thursday 27th & Friday 28th December and open from 10-1 on Saturday 29th December. New Years Eve we will close at 1pm and be closed all day on New Year's Day, after which library hours will return to normal (Please see below) After hours returns chutes will be open whenever the library is closed. We hope everyone has a happy and safe holiday season! The library will also close all day for the Australia Day holiday which will be observed on Monday 28th January.

Children's activities in December: All of the regular children's storytimes will finish for the year on Saturday 8th December and resume in February 2013.

School Holiday Program: Programs will run during the fortnight commencing Monday 14th January 2013. At Rowville Library we will have: **Tuesday 15th January 11am Ages 4+** Sunny Summer Stories on all things 'beachy' - fish, crabs, sand and sea. Come along for some beach tales & tails and create your own mini-aquarium. **Friday 18th January 11am Ages 4+** Dr. Seuss Spectacular -Stories and Craft. **Tuesday 22nd January 11am Ages 6+** Stories from the Heart. Be moved by heart-warming stories and make a special heart to decorate. **Wednesday 23rd January 11am For primary school children** Back to School Bonanza! School stories and make a cool tag for your school bag. **Friday 25th January 11am Ages 4+** Awesome Australia Day Action. Aussie stories & trivia. Create a cute, spiky echidna. All sessions are free but bookings are preferred. Phone 9294 1300.

Computer Help Sessions: On Tuesday and Wednesday Sessions conclude on 12th December 2012 and recommence on 5th February 2013.

Saturday Storytimes: These sessions will not be held after 8th December and recommencing in February.

Rowville Writers' group: Next meeting will be on Tuesday 18th December at 1pm.

Afternoon Bookchat! Next meeting 7th January.



Thank You – to retired distributors the Horman family (14 years), Ian Morrow (2 years), Georgina & Lyle Johnson (20 years).

Welcome – new distributor Josie Zohu.

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

Palmerston Rd, Palm Crt, Constance Cl, Marmont Pl, Clayden Rise, Kimbolton Dr – 115 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

Rowville Community Library

December “Feeding the minds of our community...”

Bedtime Storytime Next meeting is at 7pm on Friday 7th December. There will be no session in January.

Bookclubs: Last session for 2012 will be on 14th Dec.

Children's storytimes will not be held after 8th December until February 2013

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

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

Rose Thompson Manager – Rowville Community Library 9294 1300 (Photo right) The new Knox Mobile vehicle services the Wellington Village Shopping Centre, every Wednesday from 9am to 11am.



Sant Nirankari Mission

Hundreds of Australians gather at Annual Nirankari Convention in Delhi, India.

Sant Nirankari Mission recently concluded its 65th Annual Spiritual Convention from November 3 to 6 at its headquarters, based in the heart of Delhi, India, presided by His Holiness Baba Hardev Singh Ji. This is the biggest

annual event of the mission named Annual Nirankari Sant Samagam, where hundreds of thousands of devotees, not only from all parts of India, but from all corners of the world congregate together.

The event was telecast live on the internet and the theme of the event was 'Oneness', which followed from the first Sant Nirankari International Samagam in London in August this year. Baba Ji said that your nearness to God is established only when you love fellow-beings despite the differences of language,

religion and culture. Mere performance of religious ceremonies, rites and rituals will not please God. He will be pleased only when man embraces man.

His Holiness observed that we live in a world narrowed down into neighbourhood, but it has yet to broaden into brotherhood. We have practically removed the physical distances with the advancement of science and technology, means of communication and other material achievements, but we are yet to do away with distance of hearts. “No doubt we worship God in many ways”, said Baba Ji. He concluded “*The entire world will get reformed if we reform ourselves*”.

An impressive Nirankari Exhibition is based on models and rare photographs depicting the Mission's history. Baba Ji's tours, Samagams remained a centre of attraction whilst it also showed the social welfare activities of the Sant Nirankari Charitable Foundation, plus a separate exhibition by the children.

More than 200 saints from various states of Australia attended this samagam plus participated in stage performances and came back spiritually fresh and brought back the new teachings to fellow saints.

More Information is available at: www.nirankari.org

Murrindal Dve (from Karoo to drain), Alfa Crt, Mayfield Pl, Overton Cl, Rosebank Crt, Karoo Rd (even Nos. 252 to 286) – 76 papers
Stephenson Crt, Webb Crt – 36 papers
Please contact – *Ian Richards* – 9763 9260
Heany Park Dve (west side – Livana to Bergins), Wallingford Pl, Whitecliffe Dve (Kalimna to Heany Park), Nursery Crt.

Please contact – *Shirley Oudshoorn* – 9764 4672
Woodside Dr, Kavanagh Crt, Hicks Crt, Telfer Crt, Garland Rise, Marley Close – 115 papers
Lonsdale Ave, Mersey Cl, Dee Place, Dandelion Dve (east side - Severn - nearest to St Lawrance Way - to Pitfield), 3 houses in Severn Cres – 75 papers

Please contact – *Peter Rumble* – 9752 7592

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

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Please contact – *Peter Rumble* – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator

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ROWVILLE FIRE BRIGADE

A race to clean up before the fire season.

With a recent burst of hot weather, CFA is reminding residents now is the time to clean up their properties ahead of the fire season. CFA Chief Officer Euan Ferguson said the warmer days were a timely reminder that with summer was just around the corner, now is the time to get prepared for the fire season.



should also take this opportunity to prepare themselves and their families. "Prepare your home and property by slashing, mowing, grazing, spraying and using herbicide, and creating fuel breaks by removing all fuel (vegetation) down to the soil. Living in a grassland area with dried-out brown or

golden-coloured grass that is over 10cm high is a bushfire risk," he said. "This is only one step on the way to staying fire safe. Take the time now to do some planning yourself such as talk to your family and friends about what you'll do on a bad day, or when and where you'll go. Practise leaving. Make sure you know what fire weather district you're in, and check the Total Fire Ban and Fire Danger Rating for that district every day over summer."

Mr Ferguson also urged people to take care while burning off. "To avoid brigades being called out unnecessarily by a neighbour or passer-by, tell your neighbours when you plan to burn-off and register the burn with the CFA on 1800 668 511. People should also leave a three-metre fire break, free of flammable materials



around any burn off," he said.

Burning off and lighting a fire in the open air is prohibited in the City of Knox without a permit. Permits to burn are only issued for genuine fire hazard reduction purposes. A permit will not be issued during a proclaimed fire danger period. Anyone who burns off without a valid Knox Council permit can receive a fine. Visit www.knox.vic.gov.au for more information.

For information on how to prepare for the fire season visit www.cfa.vic.gov.au or call the Victorian Bushfire Information Line (VBIL) on 1800 240 667.

Joyce Hollingsworth



Ho! Ho! And Ho! Wishing you all a very Merry Christmas, and good health, good luck and happy times in 2013.

Most of our activities will continue throughout the summer break, and you are invited to get to know us by joining in on any 2 activities, and then if you like us,

become a member. \$20.00 is all we ask to enable you to participate in any/or all of our Groups.

We could be out and about, walking, cinema, painting, playing cards or board games. Playing badminton, but whatever, we get on really well, and would like to welcome you as a member of our friendly club.

Another successful, fun weekend getaway, this time at Daylesford. Could this be the "Fountain of Youth?" 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

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cnr Wellington Rd & Le John St, Rowville.

Here Is The Pitch

At Dandenong Hospital in 1993, Alex Da Silva entered the world, but little did his parents realise what the future held for their little boy. He's not so little now and is preparing to return to the USA in February to the Arizona baseball training camp where he will continue his ambition to climb through the ranks of professional baseball.

Alex has lived all his short life in Rowville and attended Rowville Primary School before going to Scoresby Secondary College. "I wasn't the greatest academic and preferred the science subjects" he says. He enjoyed most sports including auskick and supported Essendon in the AFL, but it was at four years old, whilst watching his older sister play "T" Ball, that his interest in baseball began.

He joined the Waverley Baseball Club before moving into a higher grade with Sandringham. He represented Victoria and was 'spotted' by Grant Weir, who had been watching Alex since he was twelve. Grant was an Australian coach who had been to the States and trained as a professional league scout. Alex was faced with two options, to either join the Los Angeles Angels and have a direct route to the professional system, or accept a full 4 year scholarship to the University of Minnesota with the opportunity to progress to the major league through the college system. "I thought long and hard about it and decided to take the direct route, as I knew a contract would have a clause about education after my career was over", remembers Alex. So in January 2011, whilst still in secondary school, Alex signed a 7 year contract with the Angels, but continued to play in Australia. In March 2012 he went to his first training camp in Arizona, where all the teams from 'Rookies' to major league players gather to



train and practice. "It was daunting" Alex recalls, "but exciting. When I started playing I was an outfielder who did a bit of pitching, but was told that in America I would concentrate solely on pitching. So imagine my face and then my nerves when standing on the mound ready to pitch, I noticed that the next batter was Manny Ramirez, one of the top professional players in the USA". Modesty

Achievers Page

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Federal Member for Aston



prevented Alex from telling me how he went, but I can tell you he struck him out!! In his short time in the USA he has met more top players such as Ichiro Suzuki, who has the best arm of an outfielder according to Alex, and Tim Lincecum, the San Francisco Giants star pitcher.

I asked Alex what it is like standing on the mound ready to pitch and he says "I have nerves right up until I make the first pitch then I'm OK. I love pitching because the best and worst features are the same. You control the game". Before he returns to the training camp in March 2013 Alex is back with Sandringham, vying with many other USA based players for a spot in the team. "There are around 150 Australian players in America playing in all grades of baseball. I hope to move up from 'Rookies' level next year to "Low A" and maybe "High A" level. It's a long way to the top and only a small percentage make it" says Alex. We wish you every success Alex and the whole of Rowville is behind you. Keep us posted on your progress and remember your own mantra "Have no regrets".

Interviewed by David Gilbert



Don't disturb me, I'm about to eat!

Photographic Success

Our "Photography Patter" contributor, Paul Lucas' has had a number of recent successes in local photography competitions.

He won first prize in the Photography Section of the Knox U3A Arts and Craft Show, won 1st prize in the Garden Clubs of Australia National Photography competition in the "Garden Visitor" category with his dragon fly photo and received a "Highly Commended" and a "Commended" award for the two photos he submitted in the Knox Photographic Society competition (they don't have 1st, 2nd and 3rd awards). Paul added 5 awards at the November Dandenong Show.

This now brings his total of awards to 107 since entering photographic competitions in 2005, which gives him great credentials to continue to advise our readers on all aspects of good photography. Well done Paul.

David Gilbert



It is so easy to quickly look at a subject and place it the centre of your photograph.

And this can quite often be totally appropriate. However, sometimes it may be advantageous to take a little more time and reposition yourself, or your angle of taking the photo, to consider placing the main subjects off centre approximately along one of the line of "thirds"

Using this process is called using the "rule of thirds". The principle proposes that an image should be imagined as divided into nine equal parts by two equally-spaced horizontal lines and two equally-spaced vertical lines and that important compositional elements should be placed along these lines or their intersections. Proponents of this technique claim that approximately aligning a subject with these points creates more tension, energy and interest in the composition, rather than simply centring the subject would achieve.

In fact, some cameras have a setting that allows you to show these lines on your camera screen. Naturally, the lines are only on the camera screen and do not show on your final photograph!

If you look at paintings you will often see this applied to country landscapes as it adds a pleasing balance to the



An Indian temple off-centred with a nearby tree, to give a pleasing balance.

scene. The main subject may be a beautifully shaped tree in one 1/3 of the picture and perhaps a less important farmhouse (or tree etc) in the opposite 1/3 to give a balanced view.

Happy snapping, Paul Lucas.

HINT: Don't always take photographs with the main subject centred. Consider placing it off centre with perhaps a less important item to balance it, so taking advantage of the "rule of thirds".

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Did you know that one person out of three will need blood in their lifetime, however only one in thirty donate! The need for blood is growing as the years continue on, however this rate isn't matched by the number of donors. This means that there isn't enough blood to save all lives in trouble and many are still left waiting for their much needed blood donation.

Just one donation can save three lives. This is equal to 470ml of blood which is less than 10% of your total blood capacity. Therefore the amount is quickly replenished in 24-48 hours and can be safely donated every twelve weeks.

What's in it for you though? Other than walking out with a superhero cape of pride on, before you donate your blood is tested for blood type, Rh groups, red cell antibodies and screened for HIV 1 and 2, hepatitis B and C, syphilis and HTLV I and II, which means you are then notified about your blood qualities and any abnormalities that may occur. There is also a delicious side to the story, while donating blood and afterwards, you are encouraged to eat and drink. The food is provided in the refreshment area and you are under the constant care of the nurses while in the donor clinic.

Another interesting point that you should consider is that you don't need to donate whole blood. Sometimes your blood type is suited to donating plasma or platelets too.



Charlotte outside the Pinewood Blood Bank where she volunteers.

This is because each type of blood donation can assist in different ways, for example plasma can be made into 17 different products and can be regularly donated every two weeks, while platelets can be donated every 2-4 weeks and are replaced within a few days of the donation. So if you have ever thought about donating blood please roll up your sleeves today, who knows who your blood donation will save?

Charlotte O'Grady Year Nine Rowville Secondary College

Editor's Note:- *There's lots of information that I'm sure non donors didn't know Charlotte, so let's hope it encourages residents to come forward. Contact the Red Cross for details.*

Welcome to Knox's new Mayor

Cr Karin Orpen, councillor for Dobson Ward, has been elected Mayor of Knox, her third as leader of Knox City Council. "I am honoured, as there is no higher privilege as a Councillor than to be Mayor," Cr Orpen said. "I want to thank my colleagues for putting their faith and trust in me and I look forward to working together as we lead our city forward"



"Next year will be Knox's 50th Birthday," Cr Orpen said. "Following a year of consultation and talking with our community, I look forward to 2013 being a year of celebration and a time to enjoy what's great about our community. As Mayor, I'm also looking forward to attending our annual festivals and events, which are by far some of the best in Melbourne. I am keen to meet with members of our community, and find out more about the people who call Knox home." Cr Orpen also expressed her thanks to family and friends. "I want to thank my family for their ongoing love and support. It's because of this encouragement and support that I'm able to devote time to representing my community on Council, and now as Mayor."

Finally, Cr Orpen expressed her gratitude to former Mayor Cr Adam Gill. "Thank you to Cr Adam Gill for his work as Mayor this year and I look forward to working with you, as you continue to represent the people of Dinsdale Ward."



Dry Weather

For too long now, the cattleman and the farmer's wife Have grown weary of the waiting for the rain that brings them life.

No green has yet been seen and the land has turned to dust. The crops, the cattle, dying – "It's hard to make a crust." (Excepting for the bankers who, too often, will foreclose, Each farmer hopes it won't be him, but no one really knows.)

At first it was 'hand-feeding', they "– were needing to get through This dryer year," they said- "or two." – but still the skies stayed blue.

"Just need to tighten up the belt and cut our spending, dear. If it doesn't rain this summer, then it surely will next year." Another year - another year - and what they'd come to fear Was soon a grim reality and 'selling up' was near.

"Foreclosure" was a word that soon they'd come to hate, And memories were coming back of the drought in '48. The papers had the photos of a fence – high in the air – The soil beneath had blown away – and covered the homestead there.

Abandoned household treasures, sun-bleached bones of stock lay bare. The people? – none! They're too long gone to care.

Many lives have changed now, many homes are lost. Too many cherished dreams are gone – too great to count the cost.

And now those rosy futures have become a dim, sad past. But the rain! The longed for, soaking rain, has come – at last.

Barbara Scott

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1087 Stud Road, Rowville

Rowville Junior Football Club



The Rowville Hawks Junior Football Club in conjunction with the Eildon Park Cricket Club have formed a joint committee to seek support to upgrade the pavilion at Eildon Park Reserve, Rowville. The Committee has been working with the Knox City Council since October last year preparing a submission to demonstrate the need for improved facilities. The original structure was built in 1978 and extended in the late 1980's to accommodate 110 players. The President of the EPCC, Christian Trotter said, "A submission was raised with Council in 2005, but was unsuccessful. We are hopeful that this second submission will attract support from our local Ward Councillors."

Eildon Park Reserve continues to be a central community focus for members, spectators, families and the wider community area. The facilities are not just Rowville focused, but draw families from Lysterfield, Scoresby and Ferntree Gully.

"We are the largest junior football club in the eastern suburbs, fielding 20 teams from Under 8's to Under 17's, with in excess of 430 players, yet we are forced to operate the Club out of two sets of change rooms and a verandah" stated the President of RHJFC, Darren Humphries. "This is not just about the football and cricket clubs, but it is an opportunity for Council to provide the Rowville Community with a welcoming and friendly multi-purpose Community space."



Cr Darren Pearce, club members and junior players with the petition.

Councillor Darren Pearce has just tabled a petition with over 1,000 signatures from members and local residents, in support of the need to upgrade the existing facility at Eildon Park. Both Clubs wish to increase female participation at Eildon Park, but are limited by the existing change rooms. "The entire facility has one disabled toilet which makes supporting local disability groups with sport currently impossible. The facilities could be used by so many other Community Groups, if the facilities were improved," stated Christian Trotter.

In support of our local community based sporting groups, we are now seeking expressions of interest regarding Sponsorship opportunities so that our kids are

SPORTING ROUNDUP



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

catered for, now and into the future. Let's get behind our youth and support the club that supports them.

Sponsorship Packages for 2013 are available for the Rowville Hawks Junior Football Club, (the EFL junior club of the year 2012) from \$1,000. Our aim is to promote Australian Rules football to children and youths in our community and develop levels of skill and team participation. We develop the notion of acceptable sporting behaviour and respect

for officials and all members of the football community, whilst providing a safe and friendly environment.

For all details contact Mark Denny on 0417 771 605, or Email: sponsorship@rowvillehawks.com.au
Mark Denny



The Annual U3A Knox Concert was held on Sunday 11th November, with a very appreciative

audience for the varied items from the talented U3A people.

Terry Phillips, as concert master, kept everyone amused as he introduced the items. Opening the concert were Heather Price and the wonderful Melody Chimes group with lovely versions of Barcarolle, and other items including Jasmine Flower, a traditional Chinese melody. Other items included solos from Anne Honey on guitar, a Flute solo from Sheila McAllister (including Chorus of the Hebrew Slaves, and On Wings of Song).

A change of pace was the Italian "skit" with the irrepressible Willy Sands leading a group from the Italian Language group. Singing For Joy, a large group which has been performing for many years, then sang several numbers. Vocal Chords, the other singing group followed, accompanied in one song by the flautist Sheila McAllister. Next came two recorder groups, the intermediate and the advanced group which includes several types of recorder. Alistair Hopkins read several poems on the theme of Fatherhood, and the concert concluded with a solo from Bette Opitz (conductor of the Vocal Chords group, and



Chimes group waiting to go on in the concert

former Opera Singer) singing a beautiful version of Vilja, from the Merry Widow.

The U3A Knox year is drawing to a close, with registration of new members, Annual Meeting, and end of term parties. Now with over 1100 members, U3A Knox is an important part of the Seniors community in Knox.

Please note that several subjects will take place in the Rowville area in term 1, 2013.

For more information phone 97522737 or see website www.u3aknox.com.au

Kath Brown



Willy Sands and friend from the Italian skit.



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Kmart Wishing Tree Launch

This year is very special as it marks the 25th anniversary of the appeal, which has gone from strength to strength, raising 5 million gifts nationally in 24 years. Store Manager Steve Ostrom said "We had a tremendous response to last year's appeal, receiving over 2,300 gifts, so this year we are hoping to break through the 2,500 barrier. Rowville/ Lysterfield is a generous community, so I'm sure we will achieve our goal".

To help launch the Stud Park appeal, the Rowville Primary School choir under the leadership of Jean Trungove entertained the audience with a selection of Christmas carols and songs, some with a humorous interpretation. They were joined by RPS Principal, Anne Babich, Judy Shaw from the Salvation Army, David Rawson and John Kenon from the Rowville Fire Brigade and representing Rowville Police, senior constable Dave Roughan and constable Brendon Goodall. A lighthearted game of 'Celebrity Heads' was thoroughly enjoyed by the choir (we all knew who they wanted to win!!) before the tinkling of bells announced the arrival of Santa. The choir received a free gift, as did all children present in the store.

To participate in the appeal, simply place a gift under the Christmas Wishing Tree in Kmart, take a gift tag from the tree to identify the appropriate age and gender of a suitable recipient and put it with your gift. Alternatively you can make a cash contribution in one of the collection boxes at the registers. Money will be converted into gift cards which are distributed in the same way as the gifts by the Salvation Army.

A Young Person's View Are exams the answer?

As a full time uni student in my 3rd year, I'm well versed in the subject of exams. I have four exams this semester and am currently in the thick of study. I'll admit I'm not the happiest little vegemite right now. My exam timetable isn't as bad as some, however I know that law students have three hour long exams and probably expect a minimum of four per semester and I don't even know what crazy assessments the medicine folk have on their plate. I have a bit of an issue with the exam as an assessment tool and I am definitely not the only advocate for a different kind of assessment process. I understand that there needs to be a 'standardised' way of assessing people to see that they have learnt the subject matter, but having studied the way that Italy assesses their students, as in oral presentations all throughout their school life, it seems that Australia could benefit from a few different methods of assessment, to cater for people who may not communicate best on paper.

I think this type of written exam is quite unfair for people who may not communicate best through writing in exam conditions, or have issues with remembering large amounts of information, just to have it all spew out at the crucial moment of the two hour exam. And that's just it. The exam is a memory test. Maybe I

Little Athletics

Little Misty Diver is now throwing a big 500g discus! She's moved out of U7s where Kelsie and Skyler are amongst our new members.

Going up an age group at Little Aths is never boring! There are new events, new distances, even new hurdle heights. Holly, Josh, Sam and our other U11 boys and girls have started learning javelin. Marcello and Riley are already showing an aptitude, while Stacey James, who threw over 13m, is looking to take on the boys!

Hurdle expert Jesse Eickhoff is now able to run the 200m hurdles. In U13s Jessica, Hayley, Brodie and Zac are just some who recently had their first run over 300m hurdles.

Brandon and other U11s are soon to find out how long it takes to cover 1500m on the track and whether they can reach their fingers over the edges of a 750g discus! Jack Detirich, on our first day back, stamped his place as a great high jumper with a leap of 1.17m.

Tyler, Lachlan and the Callums have all tried their hand with the 3kg shot put, up 1kg from last year's weight.

Matthew and Ben are U12s too and seem to be doing it easily.

Courtney, Cody, and Kate, as well as Holly and Hannah are training for relays as are countless other Rowville and Rowville Lakes Little Athletes.

Chloe, Jemma, Ashley and Tyler already have some personal best performances recorded, as do loads of other children including Jemma and Caitlin, Liam, Dylan, Bailey and Daniel. They are all out to better their times, heights and distances from earlier weeks.

There's something about Rowville and race walking! We've already produced Beth Alexander who has gone on to represent Australia. Now Anaya and Jared Hodges, and U15 Reese Walmsley have broken Lakes Club records in their respective age groups.

At the recent Victorian Secondary Schools Championships, Simone Louey leapt to a high jump Gold medal, adding this accolade to her Rowville Little Aths Club record.

Several local Little Athletes powered their way through to qualify for the State Primary and Secondary School Championships. Champion thrower Chloe Beovich won the shot put and was second in the discus at Victorian level for schools. Jordan Munyard sprinted his way to silver in the 100 and 200m, and a place in the VPSSA State Team. Lachlan Viney (hurdles) and CJ Bronte, Stacey James and Ekala Diver (4x100) all came home with silver medals. CJ also gained an individual bronze in the hurdles, as did Reece Walmsley in the 1500m walk. Millie Reed made sprint finals, and Bayley Carlin, Kaya Beagley and Declan Brown also competed at State. Well done all!

Back on the Little Aths front, new member Harry Ma'O is completely rewriting the Rowville Club's U13 record book. He has already created new marks for the 100m, 200m, and the 300m hurdles and added over 30cm to the long jump record! Chloe B has become Rowville Lakes' longest throwing U12 girls' discus competitor ever.

There are now well over 100 registered Rowville Little

should have spent all semester learning the keys to having a great memory and eating a lot of fish. This is apparently the food that encourages a better memory. It irks me because I find it easiest to cram in order to study for an exam, as many others do, though if you asked me what my exam was about the following month, I wouldn't be able to tell you.

How much of the subject matter are students actually learning when they are presented with a memory test at the end of the course? Are they even taking in what they have learnt and processing it, or just writing a bunch of definitions down that they have only just learnt and will have forgotten the following week?

Marita Lacotta Editor's Note:- What do other students and teachers think? Certainly exams do instil fear into some whilst others react positively. As we are in the midst of exams, let us know your views.



Athletes and around ninety at Rowville Lakes. While they are not all breaking club records, many are creating their own personal best (PB) performances and being rewarded with bronze medals when they reach ten. To date, Jasmine O'Brien, Hayley Eickhoff, Chloe Morris, Misty Diver and Lily Ryan are amongst our younger children to have achieved this. Courtney Beer, Hannah Hodges and Kate Betteridge have also gained 10 PBs, as have Sophie Ryan and Jessica Shugg. Chloe, Hannah, Holly and Brooke have all reached their bronze. So have many other girls!

Just to ensure the boys aren't left behind, Byron Browne and Bayley Carlin have attained their bronze PB medals for Rowville Lakes. Joshua Jansen, Matthew Guerra and Ryan Walton are three more at Rowville.

If Dylan Shugg keeps up his rate of improvement it won't be long before he reaches twenty PBs and his *silver* medal!

While our numbers are strong we have far fewer boys and girls in our youngest age group, U7, and would love to see some more. The season goes through to mid-March. So if you've turned 6, and are still 15 or younger, we'd love to see you!! Children are placed in age groups, determined by their age on October 1. You cannot commence until you turn six.

Little Aths takes only a short break over Christmas, so if you are not going away and want something to do why not come along and try it out.

Children attending Heany Park, Rowville & St Simons Primary schools contact Steve at the Rowville Club on 0409 231 380 or

9764 3384. Rowville Lakes covers Park Ridge, Karoo and Lysterfield Primaries. Contact Nick on 9764 066. Boys and girls from other schools, including secondary may join either.

Big thanks to Lorelle, and all KLAC photographers.

Rosemary Merrigan

Stringybark Winners



Stringybark Kids Competition Winner Nick Receiving His \$50 Voucher From Editor David Gilbert.

[below] Stringybark Questionnaire Winner, Dierdre Loveless Of Rowville



Nick Wakeling Column

Funding Support for the Eastern Districts Polish Association in Rowville

Member for Ferntree Gully, Nick Wakeling MP has welcomed the recent announcement by Hon Nick Kotsiras, Minister for Multicultural Affairs and Citizenship, that the Eastern Districts Polish Association will receive \$60,000 in urgent funding from the State Government to upgrade its car park facilities.

"This is great news for Eastern Districts Polish Association who will now be able to upgrade their car park at their community house 'Syrena' on Stud Road in Rowville." Mr Wakeling said.

The 2012-2013 Small Capital Infrastructure Grants category of the Cultural Precincts and Community Infrastructure Fund enable multicultural community organisations to receive financial support for re-development and refurbishment works to community owned facilities.

This year the Community Infrastructure Grants will support more than 13 multicultural organisations across Victoria with more than \$500,000 in funding.

"Organisations such as Eastern Districts Polish Association are the lifeblood of our multicultural communities. They represent, unite and support their members and contribute enormously to a strong, cohesive and engaged multicultural Victoria." Mr Wakeling said.

Mr Kotsiras said "The Victorian Coalition Government



Nick receiving the breast screening report card.

is committed to working with community organisations to preserve our unique multicultural legacy, and to develop and enhance community infrastructure. These grants will provide significant support to our State's culturally and linguistically diverse community organisations, and strengthen their capacity to offer important social services and cultural activities to their members."

The Cultural Precincts and Community Infrastructure Fund is a \$12 million investment by the Coalition government over four years to enhance cultural projects and community facilities in Victoria, and secure the longevity of Victoria's important community assets.

Including the 2012-2013 grants round, more than \$6.1 million has been awarded since 2010 through the fund.

Nick Wakeling Calls For Boost In Breastscreening Participation

Member for Ferntree Gully, Nick Wakeling MP, today released participation statistics for women in the electorate who participate in the free BreastScreen program.

"I am encouraged that 58% of women in the Boronia, Ferntree Gully, Rowville and Lysterfield communities are having a regular mammogram every two years," Mr Wakeling said.

"This is 3% more than the state participation rate yet women need to continue their commitment to screening every two years because finding cancer early saves lives. The target rate for Victoria is 70%."

The biggest risk factor for breast cancer is being a woman over 50 years of age. With one in nine women getting the disease, the free mammogram screening program is the best way of finding cancer early before any symptoms are noticed and when treatment is likely to be most successful.

There are 66 screening centres available across Victoria including mobile van sites. Some offer out of hours appointments, including Saturdays and group bookings are available.

Over 225000 women in Victoria aged 50-69 screen each year. Bookings are required so call 13 20 50 or go online to www.breastscreen.org.au to get an appointment today. There are Breast Screening services located in Boronia, Lilydale and Ringwood East

Alan Tudge Writes

Growing Pains In Knox

Knox is a healthy, growing community. It is a fantastic place to live, work and raise a family.

However in recent years we have seen our population expand rapidly, with an increase in development, particularly higher density development.

According to the recent census, Melbourne has grown by 11% over the past five years. This has been spread unevenly across Knox, with suburbs such as Lysterfield experiencing a 20% growth spurt over this period.

This growth presents to us, as a community, many different challenges. It adds to congestion, puts pressure on our local facilities and can change the fabric of our community, if not managed well.

I recently held a public forum with Scott Morrison, the Shadow Minister for Population, to discuss some of these challenges. I heard first hand of the concerns of residents about the impact an expanding population would have on Knox.

I am particularly concerned about high-rise and high-

density development in inappropriate areas. We do not want to lose the family nature of our community.

There is no single solution to the growth challenges, but some of things that I am pressing for include:

1. Ensuring that our population growth does not exceed our infrastructure capacity. I raised this in my maiden speech, and continue to press for this.
2. Working with Knox Council to ensure that development does not get out of hand and damage the family nature of our suburbs.
3. Pushing for key pieces of infrastructure to ease congestion, such as fixing the Eastern Freeway bottleneck (where we have made a \$1.5 billion commitment) and developing the Rowville Train Line (which is subject to a \$2m feasibility study).
4. Continuing to support and advocate for improved sporting infrastructure, in order to keep young people active and off the street.
5. Fixing broadband blackspots in Rowville and Lysterfield so that people can work from home more often.

By advocating for these and other important infrastructure needs we can ensure that Knox is able to cope with the growth in coming years.

If we plan and invest now for the future, Knox will remain a fantastic place to live and raise a family.



Peppertree Hill

Huge attendance at Spring Fair/Open Day

On Saturday 13th October, Peppertree Hill invited the public, family and friends to our Spring Fair and Open Day. We had such a wonderful day, meeting new people and showcasing the wonderful craft works, cakes, preserves and old treasures from our residents. It was fun watching people leave our doors laden with goodies only to return to load up with more. Peppertree Hill received some fabulous donations from local companies which were given away as prizes. As a result of support from our friends in the community, Peppertree Hill has raised enough money to purchase equipment for the residents and we thank all those who visited on the day.

Our Open Day was also very successful and our Manager was our official bus driver for the day. Buyers and those who were just checking out what a retirement village looks like, had the opportunity of being chauffeured around the Village in the bus and having the opportunity to see what is on offer.

There is plenty more on offer still. Units at Peppertree Hill vary from 2 bedroom to 2 bed/study with open plan living, set in pretty garden settings with private backyards from \$350,000 to \$525,000. Plus, Stud Park Shopping Centre and public transport are across the road.

Call Sue, our friendly Sales Manager on 9212 8704 to make a time to inspect the Village."

Amanda Hart

Real Estate Tips

Supplied by Barry Plant Real Estate 150 Kelletts Rd Rowville

barryplant.com.au/rowville 9753 2828

When deciding to sell your house, you are entering a very competitive market, so you have to try and be in front of the field. As prospective buyers approach your home here are few things to consider, to show your property in the best light. Invest in a new doormat and clean the front door, especially around the door handle. Repair any broken windows, then make sure they are clean. Freshen up exterior paintwork, clean out the gutters, remove those tell tale cobwebs then wash the window sills and clean the garage door. It is also a good idea to make sure all external lights are working, as

a clean bright light can be very attractive and welcoming.

If you have a pool, make sure it is sparkling, clean the outdoor setting and open garden umbrellas. Ponds and fountains should be filled and if the decking is looking tired slap a coat of oil on it. It is also a good idea to make sure bikes and garden accessories do not obstruct pathways and finally, sweep up or vacuum those leaves.

A well looked after exterior sets the mood for the inside.





1982

Jenny Dolling aged 9 adorned the front page of the paper with her drawing of the birth of Christ. Where are you today Jenny? **Julie Arnott** was one of the Rowville Primary School students who enjoyed their ‘camp’ in the school grounds. Apparently they mostly ate sausages. Do you remember Julie? **Rowville Apex** combined with **Brian Bird** to raise funds for leukaemia research in memory of his wife Bernadette who passed away in 1980. Brian set out to run 800kms in two weeks through country Victoria. Do you recall the run Brian? **Eastern Libraries** joined the computer age with a live circulation system. With book loans exceeding 1.75million in 1981, I’m not surprised. The Minister Of Education confirmed that the regional **TAFE College** would be built on Stud Road Knoxfield!! Who can shed light on that one??

1987

Rowville Lakes Shopping Centre opened its’ doors, but there were no ramps for prams and wheelchairs. A sad oversight. Stages 2 and 3 of **Peppertree Hill** Retirement Village were approved by council. The Minister Of Education advised that the **Rowville Secondary College** would proceed with Year 7 students in 1989, but council



Myxomatosis

What causes myxomatosis?

The disease myxomatosis in rabbits is caused by a kind of pox virus. This virus was introduced to Australia from South America in the 1950s as a way of killing the wild rabbit population.

What are the signs of myxomatosis?

The first signs seen are puffy swellings around the head and face. ‘Sleepy eyes’ are a classic sign along with swollen lips, tiny swellings on the inside of the ear and puffy swelling around the bottom and genitals. Within a day or so, these swellings can become so severe as to cause blindness.

What breeds of rabbit are affected?

All breeds of rabbit are affected. While wild rabbits in Australia have developed a partial genetic resistance to the disease from a long history of exposure, all domestic rabbits are very, very susceptible to myxomatosis.



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

was disappointed with the slow rate of student access. It is hard to imagine now. Council offered land for sale by tender on the corner of Fulham and Stud Roads for a ‘**fast food**’ site but only approved some of the requested signage at the **Esso petrol station** near the Stamford Hotel.

1992

The **Uniting Church** was granted permission from Council to more than double their floor space. Rowville batik artist **Raghu Menon** held the 27th exhibition of his work at the historic “Millers Homestead”. Are you still involved in the art Raghu? The new science and technology wing at **Rowville Secondary College** opened and 240 new year sevens had already enrolled. A **Knox recycling survey** found that 91% of households participated, but the weekly presentation rate was only 35% (Probably why the collection is only bi-weekly now). The average weight of a recycle bin was 11.6kg compared to a standard garbage bin of 8.3kg. **Steve Wyatt** wrote an in-depth article entitled ‘Advice for Job Seekers’. The content must have helped many people.

1997

Rowville Primary School teacher **Sue MacDonald** was nominated for ‘Teacher of the Year’ award and was entered in the Victorian finals. How did you go and what are you doing today Sue? **Rowville Senior Citizens** visited Grand Ridge Brewery and brought quite a few samples back home! A good drop was it? **Rowville Secondary**

How is the disease spread?

Myxomatosis is mainly spread by blood sucking insects. In Australia, the major insect vector of myxomatosis is mosquitos. Rabbit fleas, which are very commonly found on wild rabbits but are less common on pet rabbits, also spread the disease. This means that pet rabbits can catch myxomatosis even in the inner suburbs, as mosquitos can be blown many kilometres from the infected wild rabbits. Once a rabbit has myxomatosis, it can also transmit the virus to other rabbits in close contact, as the secretions from the eyes and nose contain very high levels of the virus.

What is the incubation period of myxomatosis?

The incubation period varies from one animal to another but can be as short as three days and as long as 21 days (incubation period is the time from the point of introduction of the virus into the animal to the first time that clinical signs of illness are seen).

Do all affected rabbits die?

In Australia, approximately 99% of domestic rabbits infected with

College introduced ‘Peer Mediation’ to enhance their welfare programme. Is it still going? Council agreed to sell a narrow strip of land to the north of Corhanwarrabul Creek to **Ancor Printing & Papers Group** for a large industrial development. Today, industry surrounds the site.

2002

Cr Cicchiello turned the first sod at the new \$450,000 **Liberty Avenue pavilion**. RSC alumnus **Simon Richards** came first in the business services section of the Victorian Country region World Skills Australia and went on to finish fifth in the national finals. Where are you today Simon? **Craig Johnstone** obtained his Queen Scout Award and had the distinction of being the first Rowville scout to progress through all sections, from Joeys to the award. Are you still involved in scouting Craig? **Lysterfield Primary School** introduced “Wrapper Free Lunch Days” which were a huge success. Do you still have them?

2007

Our editor, **Judeline Wadhwani**, bade farewell to us after seven years and flew off to a new life in England. Drop us a line Jude, if a copy reaches you! Rowville Football Club said goodbye to their dual premiership coach **Paul Mynott**. My how time changes things!! **Chris Pearce**, the federal member for Aston, opened a new section of **Karoo Primary School** and enjoyed being entertained by the school choir and instrumental groups. And, The Rev Malcolm Frazer at the Uniting Church wished us all “A sane Christmas”. How apt. We printed a poem written by **Emily from 5H** at Rowville Primary School entitled “What I Did At Coonawarra”. You seem to have enjoyed the camp Emily, but do you recall the poem?



myxomatosis die. Some may die within 48 hours of getting sick from shock and fluid on the lungs. In other rabbits, death may take several weeks.

Is there anything that can be done for a rabbit with myxomatosis?

Unfortunately there is no effective treatment for myxomatosis. Given that virtually all infected rabbits will die, the kindest thing to do for a sick rabbit is for a vet to put it to sleep humanely so it doesn’t suffer.

How can the disease be controlled?

The only way to protect your pet bunny from myxomatosis is to make sure your rabbit cannot be bitten by mosquitos and fleas that carry the virus.

You can keep your rabbits inside from dusk until dawn, or cover the cage with mosquito-proof wire mesh. Isolate your pets from wild rabbits so they can’t catch rabbit fleas.

Isn’t there a vaccine?

A vaccination against myxomatosis is available in the UK and Europe. This vaccine has not been released in Australia for fear that the immunity will be transmitted to wild rabbits.

Can my other pets catch myxomatosis?

Only rabbits can catch myxomatosis. People, dogs, cats, birds, guinea pigs, ferrets, and other pets are not at risk.

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Bridgewater Centre Myths and truths about relationships

Opposites attract. There is much truth in this old adage. The novelty of someone different from oneself can be an alluring thing. However, opposites do not always *retain*. Sometimes those traits that were alluring at the start can be annoying down the track, especially when they are a sign of how different and incompatible someone is! On the other hand, many relationships do survive differences. Hobbies, interests, musical tastes, food preferences, and activity regimes, are not important if at the heart of a person, their core values are the same as their partners (for example, justice, kindness, equality, integrity). If you ultimately believe in and want your lives to stand for the same things then differences don't matter as much. Instead of being a source of conflict, they allow individuals to be themselves within a relationship without sacrificing who they are.

But compromise is important too. If your partner loves the outdoors and you're an indoors type, you can hardly spend all your leisure time apart, as that will risk another important part of a relationship – spending quality time together.

What goes wrong in otherwise good relationships?

The issues that seem to commonly be at the core of most relationship difficulties are failings in *investment, respect and communication*.

We spend so much time investing in other things in our lives, our homes get makeovers, our careers get boosts, we invest in education, but how much do we invest in our relationships? One of the things people do most frequently is become complacent and take a relationship for granted. While it may be a good sign that you are confident enough in your relationship to feel that it will survive without constant vigilance, it's a bit like looking at a plant in your garden that is thriving and deciding it's doing so well you don't need to water or fertilise it for a few years and expect it not to die!

Respect is defined by admiration of your partner and the demonstration of regard for their feelings, wishes, or rights. Do you admire your partner? Do you know what their needs and expectations are?

Good communication means hearing not just what your partner says, but interpreting what has been intended by the words, and understanding what that means in the context of your relationship. We often hear said people are "not on the same page" with their needs and expectations. If you are on different pages, and perhaps even in a different book, written in a different language, it is not likely that you will readily understand each other!

In keeping with the book analogy, relationships also get "shelved" frequently, like a much-loved anthology: dusty on the cover, well read, dog-eared, with tattered edges and

creases in the spine. If the book is still there years later, it's not the same. Even if you still love the story, it's not quite as you remembered it. The pages are yellowed and not as crisp, it smells a bit musty, and the glue that held it together may have lost its adhesiveness. A few pages might fall out when you open it, even though you were sure it was in good condition when you shelved it!

You can't shelve a relationship, or fail to feed and nurture a relationship, and expect it to be ready and waiting in great condition when you pick it up again. It won't be as you left it, if it's there at all. It's easy to say, "I'll attend to that later"... or "I'll have time when the kids are at school"... or "When work settles down"... or "When the renovations are finished"... or... the list goes on.

A popular quote about life sums this up:

*Life is not about waiting for the storm to pass,
it's about learning to dance in the rain. (Anonymous).*

You see, life is the storm.

Happy ever after?

Perhaps "Happy ever after" is a fantasy. "Content, committed, adaptive, functional and resigned ever after" may be more the reality. And that's okay, as long as it is okay with you both.

But sometimes there is no saving it. Sometimes, the neglect is too long, the damage too great to repair, the changes as individuals and between a couple too remarkable. Even though our survival requires that we adapt and adjust and change to survive, yet we still feel reluctance or failure when it is time to let go a relationship that is no longer working.

If this is your story's ending, then try to let go while continuing to respect your ex-partner as much as you want to be respected, even if you don't like their choices or the outcome. Try to communicate your feelings and decisions and wishes clearly, even if theirs are different. And if it has become bitter, resentful, or antagonistic... and if there are children involved, continue to ask yourself the question: Do I love our children more than I hate my ex?

We often hear said, "They are not the person I married." No. They are not. They have changed with every day of their life, as have you! Neither of you are the same people. Stop looking for that "old" person and ask yourself what you see in this new and evolved one. Is there anything about the person your partner is now that you do or can love? If not, it is time to move on.

"We are not the same persons this year as last and nor are those we love. It is a happy chance, if we changing, continue to love a changed person."

(William Somerset Maugham).

Bridgewater Centre's registered psychologist, Teresa Butler has more than 15 years counselling experience. Contact Bridgewater Centre on 9753 4203 to arrange an appointment for confidential counselling for relationship issues or other mental health concerns.

Teresa Butler

Chiro- Practicals

Presented by Dr Frank Whelan

Learning Difficulties in Children

Learning Difficulties in children are most likely a neurological issue that affect an individual's ability to interpret the information that they see, hear, feel or smell and link it with information from different parts of the brain.

The limitations or challenges they have can be displayed in a number of ways, from difficulties with verbal and written language skills to coordination, self-control or attention. Research in the area of how the nervous system works has shown us that the "wiring" of the central nervous system is open to change. This is known as neural plasticity. The stages of the most rapid growth and maturation are those that can have the greatest effect on neural plasticity. This is of course when our children are young, particularly up to 7-8 years old. Change still occurs after this age although not at the same rate.

While each child is different and will progress at their own rate, following are some signs that may indicate learning difficulties: Skipping a milestone or a developmental stage; No progression to the cross-crawling stage of development; Clumsy with ball activities; Balance issues; Speech difficulties; Poor posture; Anxious and "over" emotional.

Chiropractic care is about identifying restrictions within our spines that may be impacting on the ability of our brain to clearly send and receive the information our body needs to function at its best. Chiropractic adjustments using a gentle hold or force are used to restore normal motion to the spinal joints and allow the body to function at its optimum.

Daily physical activity is critical to a child reaching important motor development milestones, as it helps them to develop and enhance neurological connections. These neurological connections are critical for successful learning and appropriate behaviour.

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

Approximately 30% of 70 yr old adults have experienced at least one fall. There are certain risk factors that can contribute to falls, and changing even just one of these risk factors can



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reduce your chances of having a fall.

Risk factors include: Urinary/bowel frequency incontinence; Medications - some medications can lower your blood pressure or cause dizziness; Eyesight; Cluttered environments; Footwear; Balance impairment

Some ways that you can modify these risk factors include: Consult your GP about medications and incontinence; Make sure that you wear well fitted shoes rather than stockings or loose slippers; Regular eye testing by your optometrist; Clear cluttered areas so that you won't trip over; Keep active – maintaining fitness and mobility long term; Gait aids – such as walking sticks or wheelie frames; Speak with your local physiotherapist about balance retraining and continence. Physiotherapists specialise in balance retraining and exercise and there are many who specialise in continence and pelvic floor retraining.

Research has shown that active participants in a falls prevention program can significantly reduce their risk of a potentially dangerous event.

Kimberley Doulton



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G	R	C	K	W	V	S	A	E	R	G	P	M	M	S		
H	O	C	F	T	V	N	H	B	R	E	V	K	T	U		
G	I	F	T	S	I	V	W	E	V	T	G	A	C	S		
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ANGEL ANIMALS BABY
BETHLEHEM GIFTS JESUS
JOSEPH JOURNEY MANGER
MARY SHEPHERDS STAR

Advent Wreath

How many words
can you make
from ...

Christmas Jokes

Question: How many presents can Santa fit in an empty sack?
Answer: Only one after that it is not empty any more.

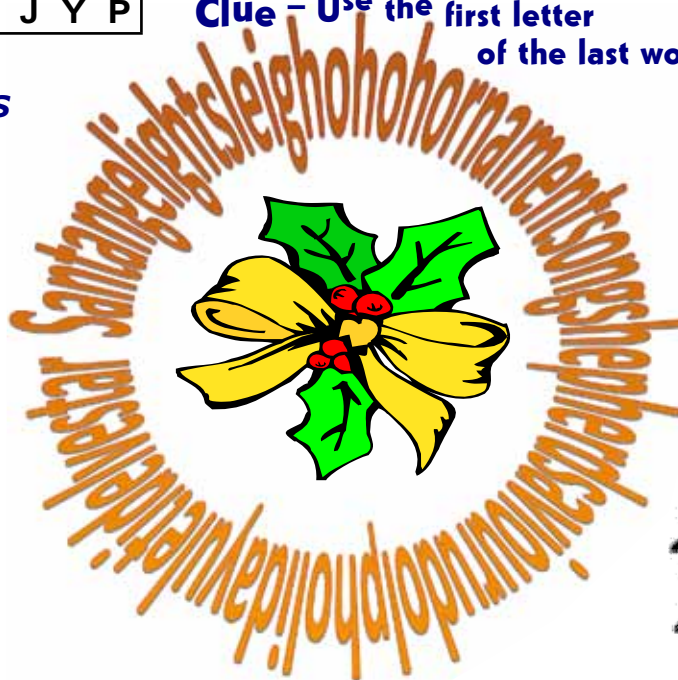
Question: Why do Christmas trees like bad knitters?
Answer: They both drop needles.

Question: Why does Santa have 3 gardens?
Answer: So he can ho-ho-ho.

Question: What falls at the North Pole and never gets hurt?
Answer: Snow

Can you find the Christmas words?

Clue - Use the first letter
of the last word.



Unjumble these words

liesgh _____ naSta _____
tsrepnse _____ rete _____
racol _____ dnierere _____
msowann _____ tsra _____
tvAnde _____ nsilet _____

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Adventure, Community Service and Writing “Beyond Boundaries”

There has been much excitement at Rowville. The month of October is when students participate in a “Beyond Boundaries” Adventure experience. The Year five students had a fabulous time at Coonawarra. Mt Morton was the venue for the Year one and two experience. The students in the middle school, years three and four spent time at Adanac.

Adventure programs provide students with an opportunity to face new challenges, overcome fears and build on personal strengths. Many children return home from the outdoor adventure experience with increased confidence and independence as well as a clearer understanding of why we need to co-operate with each other. The social benefits of such an experience are immeasurable. Teachers and parent volunteers took time away from their own families to support our students to have a fabulous learning experience.



“Prep Students are Authors”

Swimming

We went to swimming. I got in my bathers and twisted and slid in the pool. We got a board and then we started swimming. We had so much fun.

Ashton

On Monday I started swimming. The water was freezing cold. I did doggy paddle. It was fun. I swam on my back. I did swimming with my class. I wasn't very good but I practiced and I did it. My swimming teacher was very funny. It was excellent, I love swimming. I did bubbles. The water tasted salty. I was kind of scared when I got in. My teacher helped. I paddled on my back. It was fun.

Lola

Numeracy

At school we do numeracy. We do numbers like 1, 2, 3 and count to 100. We learn about time, seconds, minutes, hours, days, weeks, months and years.

Natalia

Best Memory of Prep

My best memory of Prep is I went out of school and went on a bus. It went fast. I went to Taskworks. It was fun. At school I like writing. It is the best! Reading is the best. I love math. I have homework; I love it because it's fun. I like eating snack and lunch at school.

Lola

Mentor Text – What's in the lake?

I can see a mermaid. She has fiery red hair.
I can see a mermaid. She has sparkling lip stick.
I can see a mermaid. She has a rainbow sparkling tail.

Madeline

“A Pocket Full of Poems”

Poetry was traditionally a form of writing that was considered too complicated for students in only their second year at school. However the corridors of Rowville Primary School have on display “pockets full of poetry” that have been written by Year one poets. Included is a selection:



“Community Service”

Our senior student leaders have been very busy this week. Building leadership skills is just as important as building literacy and numeracy skills. During this critical phase of development, children are deciding who they are and who they will become. Leadership opportunities at the primary school level can reveal the leaders of tomorrow by developing decision-making skills and increasing

students' abilities to shoulder responsibility. The senior students on the “Ceremonies and Special Events Parliamentary Working Party” organised and

conducted a very short, but poignant Remembrance Day ceremony at the Monday morning assembly.

Last Wednesday morning the Rowville Primary School choir performed at K-Mart at Stud Park Shopping Centre. This was part of the launch of the “Wishing Tree”, an annual charity event. Our students were stunning! They sang a mix of traditional and modern Christmas Carols. The audience clearly enjoyed the performance.

Love

Love is all around you.
You can love anyone.
Your mum can love you.
Your dad can love you.
But when the day comes to an end,
your mum will tuck you into bed.
Tomorrow love will come back to you.
It will be there for you.
By Arwa

Bed

Fills the room with sweet.
Surrounding you with love.
Keeps you cool and warm.
Helping you survive on earth.
Helps you sleep at night.
Helps you get a rest from the day.
By Heath

COLOURS

Daisies are white,
Apples are red.
The floor in my house is as brown
as bread.
The sky is blue,
It's true it's true.
The sky is blue,
I'm telling you.
Now all this stuff,
You will know too!!
By Jasmine

If

If teeth were toes...
If feet were hands...
If tigers were lions...
If boys were girls...
If yes meant no...
If hello meant goodbye...
If go meant stop...
If good meant bad...
If found meant lost...
If this is the end then dream up some more.
By Lucy

What bugs me!

When a web is on the monkey bars.
When my dog bites me.
When my mum says I can't go.
When I can't have a drink of lemonade.
When I have to clean my brother's bedroom.
When I have to eat casserole every night.
When I need to do the washing.
When I need to be still.
When I have to hold the bananas.
When my brother wakes me up early in the morning.
When I have to do some chores.
This is what bugs me!
By Christie

Times Remembered at Rowville Primary School

A Fire in the Hills

It was a hot Wednesday in February and everyone was greatly relieved when the bell went to signify the end of the school day. As the teachers assembled in the staff room for our usual weekly meeting, we were told that a huge column of smoke had been seen on the horizon. This quickly grew into a huge, ominous cloud which appeared to be over the next hill to the east, around Lysterfield and everyone was very concerned.

Our Principal, Don Prentice, lived in Cockatoo, so he took off for home straight away, whilst the rest of us got through a few vital notices and then headed off as well. I rang Don that night as the news of the ferocity of the fires in the Dandenongs was broadcast and I had become very concerned for Don and his wife's safety. Don had made it home safely and his wife and house were safe too.

I drove to Cockatoo on Friday to see how Don and his wife were faring, passing by the burnt out remains of numerous houses and the charred forest. A striking feature of any bush fire is it's often random nature. A number of houses in a street may be obliterated, but one will remain, perhaps in the centre, completely untouched.

When I arrived Don and his wife were shell shocked but relieved at their good fortune. Don an expert gardener had planted fire resistant trees surrounding his home and it was remarkable to see the obvious movement of the fire up the gully to where his house was. It parted around his house, then rejoined beyond his property to continue on it's destructive path.

Don, who had not been well, never recovered from this trauma and his health gradually declined from that moment. That day was Ash Wednesday, February 16th 1983.



Houses destroyed at Cockatoo on Ash Wednesday.

School Talk

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



Prep level 'Celebrate Your Achievements' Water Science Experiments and Learning about Water Pollution Prep A – Floating and Sinking – Bath Toys

Students experimented with a variety of different

bath toys and other objects to see which would float. They discovered that even a 'heavier' object may float. Students then created their own bath toy out of recycled materials.

Prep B – Water Pollution

Students looked at the Valuing Our Water poster. What are the good things you see? What could go wrong? They then learnt about litter and litter traps. The students collected litter from our schoolyard and classified it. Most of it was plastic. We placed the plastic litter in a tub of water to show why animals eat it. It looked like jellyfish! The students then watched the You Tube video "The Effects



of Water Pollution on Marine Life".

Prep C – Floating and Sinking – Bath Toys

Students designed their own foil boats. They predicted and tested how many teddy bears it could carry before it sank. Students shared, compared and discussed their results and boat designs.

Prep D – Water Pollution

Students explored how assorted fruit and vegetables float or sink. Discussion followed about how solid and hollow objects float and sink in water

Year 1 Level Water and Water Wastage 1C – Water Wastage

Students read a book called 'Something about Water'



and then discussed what they already know about water. We spoke about how sometimes we can waste water and why it's important. Then we did an activity highlighting water wastage.

1A – What is Water and How Do We Use It

Students investigated water, where it is, ways we use it and waste it They brainstormed their ideas on the board.

Penny Esposito



Camps at Karoo

Term 4 is our camping term. Grades 3 to 6 head off to

their respective camps and have a great time. The intensive Outdoor Education programme provides students with opportunities to explore other aspects of themselves. It may be supporting others, taking risks or just getting themselves to bed.

As I was getting hooked up to my harness I could feel the adrenaline running through my body. "Here we go" said the lady behind me. Whoosh went the wind past my face. As my feet touched the ground, I thought to myself WOW!!!!

By Regan

As soon as I hopped out of the bus I was so excited. I could

feel the wind on me. I knew the camp would be great.

By Chris

We were all paired up and I was with Rachel. We both got a go of the ropes course and it was so hard because we weren't allowed to touch the ground, but we had a great time!! *By Olivia*

Bush cooking was really fun. We cooked damper and toffee apples. If anyone was stuck Ms Harman was there to help us. The smoke got in our eyes. Camp was the best. *By Hannah*

At archery Mrs Mac was helping us. The best I got was the outer red. I was the second best of the girls. Someone got two yellow bulls eyes. *By Sayani*

I was feeling a bit scared of the Giant Swing. I wasn't sure if I really wanted to have a go but I knew I would regret it if I didn't. I was excited and scared. I got strapped in and my group started to pull me up. I waited until I was at the top. I picked a leaf off the tree and pulled the release rope. I was then falling. I thought I would hit the ground. Soon I



Cooking Dinner On The Camp Fire

was swinging up the other side. What fun. *By Haylee Alexandra Watson*



Rowville Secondary College

Party Safe

Each year Rowville Secondary College runs a special program for Year Ten students called 'Party Safe'. This program runs for an entire day at each campus and comprises six different sessions all aimed to educate students who are about to commence their VCE journey, about some of the issues which confront young Australian adults.

The day begins with a Cyber Safety session, which deals with issues such as online bullying, and the risks associated with mobile phones and social media.

After the initial session, the different classes embark upon

a timetable of varying speakers including Victoria Police, Ambulance Victoria, the school Social Worker, Physical Education teachers, and a relaxation session with the School Wellbeing Coordinator.

The speaker from Ambulance Victoria discussed legal drugs such as alcohol and cigarettes, along with illegal drugs such as cannabis and amphetamines. The session attempted to educate students, arming them with facts, and providing anecdotal lessons with the ultimate aim of ensuring they make informed decisions over the coming years.

The Victoria Police session focused on the way that teenagers interact with the law, including common criminal activities, their penalties and how to stay on the right side of the law. In keeping with the day's theme there was a discussion regarding hosting and attending parties safely. The students learned of a service which allows hosts to register their parties giving partygoers peace of mind and ensuring quicker response times from police, should problems arise. Visit <http://www.police.vic.gov.au/> to access a wide range of Party Safe material available online.

School Support Service Officer and Social Worker, Emma Foley, presented a Powerpoint to students about youth mental health, offering facts about different conditions, such as depression and bipolar disorder which can affect and often confuse teenagers. Providing information about how and when to seek help was an important element of this session and Beyond Blue was suggested as an excellent resource for anyone facing mental health issues.

RSC staff also led crucial sessions on other important youth issues including a lesson on sexual health by Physical Education teachers Louise Wotton and Lana Whitehouse, and a session about stress release and relaxation delivered by Wellbeing Coordinator Norman Harman.

A day's worth of new information can often be overwhelming, however the students remained engaged for the duration of the day, asking insightful questions and receiving honest answers. The staff involved should be congratulated for their efforts in organising such a valuable experience, and the guest speakers thanked for their time and for sharing their knowledge.

Laura Gordon Communications Officer



St Simon's Primary School

Busy and rewarding times at St. Simon's over the past few months.

On Sunday 21st October, our school choir performed at the Stringybark Festival. They sang five songs and drew quite a large crowd.

I am extremely proud of the way they conducted themselves and the courage shown by the soloists to perform in front of strangers.

Thank you to the parents who took the time and brought their child on the day.

Laura Nackashian, Music Teacher.

St Simon's Day

As a school community we celebrated the feast of our patron saint in a range of ways. Mr Andrew Chinn, liturgical musician, enhanced the festivities by sharing the day with us. We commenced by joining with the parish celebrating Mass at 9.00am. After Mass each level of the school participated in workshops during the course of the day with Andrew. The day culminated with a whole school concert at 2.15pm, singing the songs that Andrew had been teaching at the workshops. It was an uplifting and colourful day for the whole school.

Tim's Day

On Friday 9th November we remembered and celebrated the lives of five members of St. Simon's School Community and at the same time remembered the soldiers who gave their lives in war (Remembrance Day). This day at St. Simon's is known as Tim's Day and was introduced at St. Simon's when Tim Viergever, a Grade 2 student died of leukaemia on 23rd January 2003. It was decided by the school community to dedicate a day each year to remember past pupils and teachers who have died while at St. Simon's. We remember Tim Viergever, Danielle and Chantal Meredith and our former teachers Beng Koo and Kevin Bryden on this day each year. In order to remember these past students and teachers the school had a fund raising activity and raised money for the cancer support group, "Challenge". Children were permitted to wear something yellow on Friday 9th November. All children were asked to bring a gold coin to mark "Tim's Day". A liturgy was held at 10.15am in the Church.

Mr Phil Hesse, Principal

Grade 6 Graduation

Preparations are under way for the special celebration of our Grade 6's to be held in December. Students will be involved in organizing their Graduation Mass, dinner and after party.

Sport News (Sept, Oct, Nov)

Back in September the School had 8 teams participate in the annual McDonald's Hooptime Basketball Competition at Dandenong. We had teams in the Rookies, Future Stars and All Stars sections. All the teams achieved some success on the day with the junior All Star Girls progressing to the State Grand Final and the Senior Future Stars progressing



The School choir at the Stringybark Festival



to the District Finals.

Special thanks to the students from Year 4-6 who participated in the selection trials for these teams during September. The school had approximately 200 students trial for 64 places. Many thanks to the parents who acted as coaches, scorers and came along to coach the various teams.

Inter School Athletics

Following our participation in the District Inter School Athletics, we had 5 students who progressed to the Regional Carnival. These students were Marcello P, Jacinta A, Monique L, Matthew M and Monique La R. It was an excellent achievement for these students. Athletes who finished 1st or 2nd at the Regionals qualified for the State Championships.

Monique L. was fortunate to progress to the 11 year old Girls High Jump. Monique is a very talented High Jumper and she displayed all her talents on the Monday to be equal winner of the High Jump, with a jump of 143cm. Monique won a gold medal and now has the right to represent Victoria at the National Primary School Athletics Championships in Adelaide. Congratulations to Monique L. on a wonderful achievement.

Mr. Shane Regan



Grade 2 Outdoor Ed Camp

The Grade 2's had an enjoyable experience of the outdoors, on their expedition to Heany Park Scout Camp in October.

The children started by preparing themselves for their walk to the camp. With backpacks on we set off with Mr. Cahill leading the pack. Once we arrived, a drink and morning tea was necessary to replenish hungry and thirsty bodies.

First activity was hut building. Mr. Cahill gave everyone present a demonstration. His hut did not fall down either! The explorers set off in groups to build their abodes. They were very impressive too. Some had outdoor campfires attached.

Mrs. Cox's group were disappointed their structure fell down. It was classified as 'Heritage Listed' though, which made up for the disappointment. Mr. Hockley was considered a fair and honest judge of the structures. He was very impressed with the effort that went into the constructions.

Next was an environmental 'wordsearch' and lunch. The afternoon consisted of the animal drawings and a sing-a-long. The drawings were very impressive from young budding artists. Miss Donald proved to be a very hard judge. She knew what she was looking for. The end results were impressive though and she required extra assistance to choose the winner. She asked the explorers to help. The artist with the loudest round of applause was to be the winner. Eumiar was chosen for his 'Mob of Kangaroos'.

The day was finished off with the Sing-A-Long. Mr. Wilson does love his singing but Miss Riddell really put some life into the rounds of "Kookaburra Sits on the Old Gum Tree".

All done, pack up and collect any rubbish. Leave the environment as we found it. Ready for the trek home and a surprise, icy poles after a great experience.

Carmel Cox



The Vegie Patch!!!

At St. Simon's, Grade 1 have been growing vegetables. We grew carrots, peas, silverbeet, beetroot and parsley. We have been excited to see the changes as the plants grew and produced food. With the vegetables we have picked from our garden we have made minestrone. That is an Italian word for vegetable soup. We loved the taste it was so healthy. We also made beetroot dip. Most of us loved the dip it tasted fresh in our mouths.

We can't wait to plant new things in our garden. We are going to plant lettuce, tomatoes, basil and a few other summer vegetables. Spending time in the vegie garden is great fun!

Maths Olympiad Success for Our Students In APSMO

Can you easily answer this question?

The age of a man is the same as his wife's age with the digits reversed. The sum of their ages is 99 and the man is 9 years older than his wife. How old is the man?

This is an example of the type of questions posed in the Australasian Problem Solving Mathematical Olympiad (APSMO), a competition that Park Ridge enters every year. Once a month, from May through to September, the team undertakes a test of five mathematics problems called an "Olympiad". Whilst the actual calculations to find the answers can be done mentally, the challenge is to find the strategies needed to produce the correct solution. A strong knowledge of mathematical concepts is a given but the ability to comprehend the written word and to think creatively is a distinct advantage. The students involved participate in weekly sessions taken by our Assistant Principal, Graeme Lloyd, where they work together sharing their strategies and solutions to practice problems with other team members.

At the end of the competition, that involved over 1200 schools from Australia and New Zealand, Park Ridge, with a score of 228 out of a possible 250 was deemed to be in the top 10% of schools competing. The score is derived from

PARK RIDGE PRIMARY SCHOOL

counting the ten best scores from team members. From our team of 27 students, 21 scored in the top 25% of competitors with 14 of these students ranked in the top 10% of achievers.

At our regular Monday assembly certificates and mementoes were presented to each team member. Special trophies were presented to Stephen, Jack and Jared from Year 6 who were equal top scorers for the team, whilst a special Encouragement Award was made to Connor in Year 5, acknowledging his improvement and commitment to the competition.

With a considerable number of Year 4 and 5 students doing so well in this year's competition we look forward to the



The Park Ridge APSMO team proudly display their awards.

2013 Olympiads with enthusiasm.

This being our last contribution for the year, we at Park Ridge would like to wish the entire readership a very merry Christmas and a safe healthy and happy 2013.

With plenty of spring rain and warm days, lawns are looking green and lush, the lawn mowers and whipper snippers are being given a good workout.

When I first met my husband, the upkeep of lawns was his only 'gardening' skill. He did have it down to a fine art, surface like a bowling green and edges whipper snipped to perfection. Until water restrictions intervened, the lawns were regularly watered, as well. Watering your lawn now can depend on water restrictions still and also on how hardy your grass variety is. Raise your lawn mower a notch or two, taller grass blades provide shade for the roots and reduce evaporation.

Lawns benefit from an annual fertilising with a complete lawn food, but when to apply depends on the type of fertiliser that you choose. Apply before rain is expected, or water it in. Aeration is beneficial, especially if the ground has become compacted and this should be done with a garden fork or hire an aerator.

For patchy growth, plant the right variety to suit the

Knox Home Garden Club

position. Don't expect normal grass to grow in a shady spot. If grass won't grow there, try a shade loving ground cover, spread mulch, turn the area into a garden bed or rockery, or pave it. Solid edging to lawns and garden beds gives a neat finish and makes maintenance easier.

If your family or pets have worn a goat's track across the lawn by taking a short cut, try putting up a temporary barrier/fence, or plant a prickly shrub. Or concede and make a path for them to walk on. Stepping stones or pavers can look attractive but beware they may need fiddly, time consuming edge trimming to keep them neat and visible.

Of course, you can avoid lawn mowing altogether with



a judicious choice of ground cover. Your lawn alternative needs to be suited to the amount of foot traffic expected. Don't plant something delicate if children or pets are going to be tearing around on it. So, if your lawn is looking a little worse for wear, with a little TLC you too can have a low maintenance attractive green lawn.

For details of when and where Knox Home Garden Club meets, see "What's On Locally" on page 2. Visitors welcome.
Betty Wright

Rowville & Lysterfield Council Minutes Oct. 23rd Meeting

Brief summary of items affecting Rowville-Lysterfield.

Item 10.2 Works Report as at 5 October 2012

Stamford Park Redevelopment

The Final Report of the Planning Panel has been received by Council. Officers are now assessing the report and its implications, with a view to briefing the Stamford Park Project Steering Committee at its next meeting on 1 October.

Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

Design works only. To be undertaken in consultation with Parks Victoria and Caribbean Gardens.

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

Awaiting contractor to complete road works and submit plan of subdivision.

Eildon Park Storm Water Harvesting - Stage 2

Currently adding ultra violet filtration to irrigation system.

Avalon/Stamford/Stud Road Intersection Modification

This project is to be undertaken after the Rowville Structure Plan has been prepared.

Tirhatuan Drive (No 18) Rowville - Drainage Upgrade

Drainage analysis well underway - including additional length of Melbourne Water main drain re-design. Survey complete.

Wellington Road / EastLink - Shared Path

(1) Bridge Crossings - Contractor for design and construction of two bridges has received approval from Melbourne Water with condition requirements which conflict with DSE. Meeting arranged for early October seeking clarification. Also, awaiting improved weather conditions before commencing installation of bridges. It is expected that the main drain bridge will commence shortly. (2) Shared Use Path - Knox Construction awaiting completion of bridge works to finish remainder of concrete shared use path works.

Rowville Recreation Reserve No 1 - Renovation

Tenders currently being assessed.

Straughan Close, Lysterfield - Drainage Upgrade

Embankment works on east side completed with further works on western embankments due to be completed by November 2012.

Reservoir Cres Rowville, Dam Repair

Final design nearing completion. Expect to be able to tender prior to Christmas.

Hampden Court, Rowville - Rehabilitation

Survey completed. Construction

due to commence early 2013.

Tali Karng Close, Rowville - Rehabilitation - Design

Survey and pavement testing completed. Design due to commence early 2013.

Ranceby Close, Rowville - Rehabilitation - Design

Survey works due to commence October 2012.

Camley Court, Rowville - Rehabilitation - Design

Survey due to commence in October 2012.

Karoo Road / Landsborough Avenue Bus Turn

To be constructed by March 2013.

Heany Park - Access Road

Design completed - quotes to be sought over October 2012.

Kelletts Road Duplication - Footpath Construction

VicRoads' funded construction works scheduled for October.

Item 13.2.1 Rowville Rail Study

Council resolved that a report be prepared for the January 2013 Ordinary Meeting of Council updating the Council on the progress of the Rowville Rail Study and provide recommendations to Council in relation to advocacy to both State and Federal Governments which will further progress the delivery of this essential project.

Council Meeting minutes are available for viewing in full at the Council website, www.knox.vic.gov.au

Darren Arnott



Christmas is renowned for the levels of anticipation that it brings in the lead up to December 25th as though there was a power in expectation that has the ability to

both strengthen some and cripple others. Christmas is an absolutely beautiful occasion to celebrate life, from the celebration of love, to gift giving, your favourite company and commemorating God's greatest gift to the world! However, not everyone shares the same sentiments. I know many who believe Christmas *isn't* so amazing. There are *many* who dread it because it is often the loneliest day of the year, when it seems like everyone else celebrates the riches that *they* don't have, family, good friends, gifts, joy, hope, love.

Fact. The global financial crisis has not only made present buying seem more expensive, sometimes we can't even afford 'the best' for our loved ones, not to mention the cost in decorating the house, preparing meals etc.

Fact. Most people are time-poor, and the Christmas 'celebration' only adds more stress to already high-pressured situations.



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.

Fact. Christmas time can be an ugly reminder that some people have no family, or that their family is broken enough not to want to share in occasions with each other.

Fact. Some people are forgotten on Christmas day, which hurts as much as being invisible on your birthday.

It's a lot easier to be disheartened by the cold hard facts that haunt each Christmas than we might like to believe. However, as honest and solid as facts can be, *truth* has more weight to it.

Truth. Christmas is not about giving or receiving presents, feasts, or how many friends and family you have, or even how much you love them.

Truth. The sure fire way to appreciate Christmas is by simply being grateful for every little lovely thing that's happened every other day of the year.

Truth. Christmas was not meant to isolate people. Jesus was born to unite people, not only to each other, but to love in Him.

Truth. You are loved every day of the year, and Christmas exists because you were loved to the extent that a saviour was born, on what we suppose was December 25th.

So, be assured by truth this Christmas and every other day of the year. You are and have always been loved. Christmas isn't just another festive day in the year, it's a reminder of how we should always live everyday, appreciating life, giving love, smiling often, laughing, wishing others well and making the most of the day with the ones you love. And if you enjoy Christmas because you get to do all of those things, then perhaps you should look into what you can do about making every other day a Christmas celebration. Allow me to repeat myself, everyone ought to be making the most of each day, loving their loved ones obviously, greeting others cheerfully, being grateful, and thanking God for Jesus every day.

In the event that you were short of plans or company this Christmas, feel free to join us over all of December and every other month of the year. We'd love to be celebrating love and life with you every week. Have a very merry year and a blessed summer!

Details of our services can be found in "What's On Locally" on page 2.

Michael Leung



The time is fast approaching when we will again celebrate Christmas, the wonderful time when we remember that God comes as one of us and shares the human experience.

While Christmas is a time of celebration, it is also a time of stress and difficulty for many. The really good news of Christmas is that God tells us that we are not alone. Because of Christmas we can truly know that God has shared our human experience, and so understands the realities of our life. Whatever our situation this year, let us know that God walks each step of the journey of

life with us.

Rowville Uniting Church will celebrate Christmas with two services on Christmas Eve: A family service of celebration at 7pm and a more reflective midnight communion service at 11:30pm. We will also gather on Christmas Day at 9am for a family service.

Unfortunately our Advent Workshop program was not able to proceed this year. We hope to resume this program next year. However we are offering a Children's Christmas Craft program on Friday 14th December, 5pm – 8pm at the church. More information and registration forms are available from the church office.

Toddler Gym will have a break over the school holiday period, finishing on the week of December 11 and 14. We have had a wonderful time with our Toddler Gym families this year and look forward to resuming Toddler Gym on Tuesday 5th and Friday 8th of February. The cost will

continue to be \$5 per family and registration is essential. Please contact the church office for further information or registration forms.

The Bridgewater Centre has continued to make a difference in people's lives through this year. We are proud that we are able to offer this wonderful counselling service and invite people who have life issues to contact our office and make an appointment to see Teresa, our fully accredited Psychologist. No referral is necessary and our fees seek to make this service available to any who need help in working through life issues.

Finally, thanks to Rev Lindsay Gorfine for writing the church news while I was on holidays.

May God bless you and your loved ones this Christmas and may 2013 be a year that fulfils your hopes and dreams.

Trevor Bassett



Restore Community Church presents "A Christmas Carol" on Saturday 15th December at Rowville Secondary College's Performing Arts Theatre, Humphreys Way, Rowville. The festivities will commence at 4.30pm with a **free** sausage sizzle & light refreshments. There will be a jumping castle, petting zoo, face painting and balloon animals made by a clown, plus displays. These will be followed at 6.30pm by a one hour Christmas production of the **Traditional Christmas Story**, performed by the Church's accomplished cast. There will be a performance by the Church's children at the commencement of the pageant, which will also feature live animals and well known and contemporary Christmas Carols, supported by the church band. Santa will also make an appearance at the conclusion of the night. Remember, this a Free Community Event so everyone is welcome!

Restore Community Church will also host a one hour Christmas Service on the 25th December @ 9.30am at the same venue and on the 31st December from 10.00pm, there will be a New Years Eve Service to welcome 2013 at 2 / 18 Laser Drive, Rowville. Again, everyone is welcome.

At this time Restore Community Church wishes everyone a blessed Christmas Season and a happy 2013!



www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

It is amazing how in the lead up to Christmas we often discover the Christmas message through children. Children bring the first Christmas alive through presentations with angels singing, shepherds watching and Mary and Joseph finding no room in the Inn. These aspects of the first Christmas are great pointers to the portion of the Christmas message that is hardest to grasp. Through the birth of Jesus God shares in our humanity, our struggles, suffering, and stress. But God also brings great Hope, Joy, Love and Peace to the world because in Jesus, God is with us Emmanuel. This Christmas may we all thank God for the Hope that is given, the Peace we can know, Love we can share and the Joy that comes from knowing that God is with us.

Rowville Baptist Church endeavors to share the Hope, Joy, Love and Peace of Jesus through a number of activities throughout December.

Please join us in celebrating Christmas at our Christmas day service which begins at 9am. Throughout December and January our 10am morning services will continue to run and everyone is invited to join us. Our 7pm evening service will run throughout December but will be in recess in January. It will recommence on the 3rd of February.

Christmas Day celebrations continue at Rowville Baptist Church with a Christmas community lunch from 12pm to 2pm. Everyone is invited to join us in a traditional

Christmas lunch and we would like to especially invite those who may be struggling, lonely or just find Christmas a stressful time. This is a free event and gifts for all children provided. Bookings are required before the 21st of December so please contact the church office (9764 4242) if you are interested in coming or would like to help out.

Rowville Baptist Church is also involved in the Knox Community Christmas Support, which provides Christmas hampers and Children's gifts to families that are 'doing it tough'. This is an excellent way of expressing God's love and giving joy to families in need. Registrations for hampers close December 10. Please contact our Wellington Care Center (9764 3738) if you are interested in being involved or would like to receive a hamper.

We also have a number of Youth camps being held over the summer. An adventure camp will be held at Waratah Bay from the 12th to the 17th of January for those who are high school students in 2013. Activities will include surfing, snorkeling, hiking, volleyball, fishing and eating ice-cream. For something different, we also have a camp that is aimed at giving youth the opportunity to serve the community. This was a great success last year with both the community and the youth benefiting. This year it will be held from 22nd to the 27th of January and is for all those who are high school students in 2013. This promises to be a great way to end the summer holidays. Please contact Dennis Medina (0431 878 128) if you are interested in any of our youth camps or youth activities.

Dennis Medina

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Leading up to Christmas you will find us at Stud Park where you can have your gifts wrapped for a gold coin donation per gift. It has been great fun over these past few years making connections with you and joining in the

excitement of Christmas time with you.

On Sunday 16 December we will be having a Family Christmas Carol service followed by supper. It will be a great fun event which we look forward to sharing with you, our friends and family. Christmas day we will have a 9am family celebration which you are very welcome to come and attend.

Every Saturday during December, we will be holding a sausage sizzle from 10am to 2pm in the old plant nursery at Kmart. Come and find us and enjoy a 'Salvos Sausage'.

We look forward to being able to build even stronger connections in the community next year and thank you for the amazing support you have shown to The Salvation Army this year.

Make sure you find us on Facebook so that you can keep

up with the events that we hold like our Worship Services, Craft and Car Boot Sales, Movies nights, community lunches and more!



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