



ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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Priceless

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KAROO PRIMARY 21ST BIRTHDAY

CARNIVAL

SATURDAY 23RD FEBRUARY 2013

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Website | www.rowvillesc.vic.edu.au



R-LC News Team

Editor

David Gilbert
Ph: 9764 4703
Email: editor1@rlcnews.com.au
Website: www.rlcnews.com.au



Advertising Co-ordinator

Catherine Ubay
E: advertise@rlcnews.com.au
Website: www.rlcnews.com.au



Distribution Co-ordinator

Peter Rumble
Phone: 9752 7592



Website Administrator

Les Pach
admin@rlcnews.com.au



Committee:

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Rob James



Treasurer

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Phone: 9763 4168



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Design, Typesetting & Layout

Mallee Bull Media – 9761 3670
Email: john@malleebull.com

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From the Editor's Desk

So Christmas is over for another 12 months and the New Year has dawned, but why on the 16th January must we be confronted with chocolate

Easter Bunnies and hot cross buns? It seems that retailers lurch from one celebration to another, regardless of the lead time to each event and I'm sure many of our readers would appreciate a break from this 'in your face' marketing. Are you tempted by Easter products in January?

I was pleased to read that Garry Brewster was awarded an Ambulance Victoria Community Hero Award for saving young Giorgio Dotas from a burning house last September. Well deserved. My congratulations too go to David Mann, the Principal of Park Ridge Primary School, on his National Excellence in Teaching award.

Common Sense came from VCAT after they rejected a planning application for a re-cycling plant on Stud Road. That decision will certainly appeal to Peppertree Hill Retirement Village residents as well as the adjacent Stamford Estate householders. Knox Council had previously rejected the

plan, but may find any popularity they gained will be lost if they increase rates and cut services to cover their

superannuation shortfall. Keep your eye on developments. With the Australian Open tennis in full swing, I wonder how 12 year old St Simon's student, **Hayden Frerker** is enjoying his time as a ball boy? Maybe you would like to write us a few lines on your experience for our next issue. I'm sure you would have lots to tell.

Sometimes I have bright ideas for innovations in the paper, some work and others don't, so I would like to hear what you think about the serial starting this month "The Stone Hut". The Aspiring Rowville Writers have been excited and very keen about the project and maybe just a little apprehensive, as it is their first time in print. They have chapter two written, but even I must wait until March to find out where the story is heading.

Finally, watch out for information from Council about the new plan for Rowville and how you can have a say. Go to www.knox.vic.gov.au/rowvilleplan or email rowvilleplan@knox.vic.gov.au for more information.

David Gilbert

What's On Locally

February 2013



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. programme) and 5.30pm Sunday. Indonesian 10am Sunday. Mandarin 1:30pm Sunday. Stompers Pre-School Playgroup 10am 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, Thur & 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, Turrumurra 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 (11-14years) 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 yrs, 8-11 yrs, 11-14 yrs, 14-18 yrs.
Contact Jill Livingston, Eastern Region Manager 0409 583 847.

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

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

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

Knox Home Garden Club Meet on 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 (Stamford Park) Meet at Stamford Park Homestead Tues, Thurs & Sat 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 with children's teaching time 10.30am Sunday. **Family History Group** meet 1st Wed. each month at 10am. **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm. Contact Anthea or Arleen 9801 3509 **Craft for Christ** 2nd & 4th Tues each month at 7.30pm.

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 followed by morning tea. **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. Contact 9753 3495 **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 ys. Fri 10am, 6-13 yrs Tue 4pm Rowville Scout Hall. Contact Erin: 0402 080 469 or erin@yogabuddies.com.au

February Events

RAFT Anglican Church **Family History Group:** Starts again on 6 February. Topic "Finding family information from wills". Bev 9759 5455 or jibec@bigpond.com **Prayer and Healing:** First meetings 4 and 18 Feb, 8pm. **Craft 4 Christ:** Returns 12 and 26 February.

World Day of Prayer **March 1st** at the Salvation Army, 16-18 Kingsley Close starting at 7.30pm with supper to follow. An ecumenical service.

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 February 2013

1 – 28 Feb **Ovarian Cancer Awareness Month**
www.ovariancancer.net.au

1 – 28 Feb **Heart Research Month**
www.heartresearch.com.au

1 – 28 Feb **FebFast Alcohol free month**
http://febfast.org.au

2 Feb **Berwick Swap Meet** www.dvhcc.com.au

5 Feb **Safer Internet Day**
www.cybersmart.gov.au/SID2012.aspx

9 – 24 Feb **The Sustainable Living Festival**
festival.slf.org.au

10 Feb **Chinese New Year** 2013

10 – 16 Feb **Duchenne Awareness Week**
www.duchennefoundation.org.au

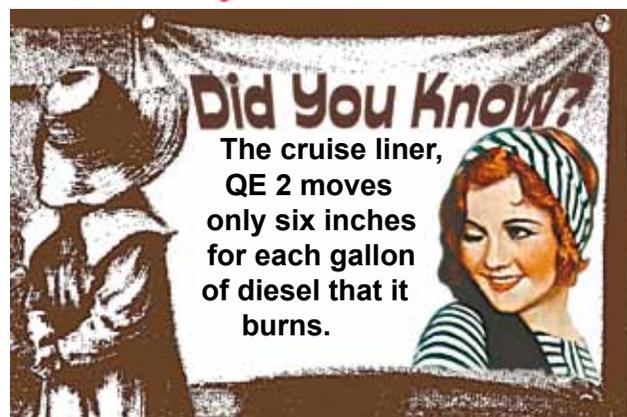
13 Feb **Ash Wednesday** Lent begins

16 Feb **MSO Free Events at the Bowl**
www.mso.com.au/whats-on/sidney-myer-music-bowl

22 Feb **Tibetan New Year**

23 – 24 Feb **Berwick Show** www.berwickshow.org.au

24 Feb – 3 Mar **Donate Life Week**
www.donatelife.gov.au



DEADLINES March 2013

**EDITORIAL & ADVERTISEMENTS
Wednesday, 16 February**

Articles, News or Letters to the Editor
editor1@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 March 2013**



In recent years, large numbers of ethnic communities have moved into the City of Knox from overseas resulting in Knox having residents from over 130 countries. 29% of Knox residents are overseas born which led the Knox City Council (KCC) in 2009 to establish the Knox Multicultural Advisory Committee (KMAC) to provide advice to Council on multicultural issues. Council developed a five year (2012-17) Multicultural Strategic Plan to celebrate multiculturalism and create opportunities that build and support social cohesion in Knox.

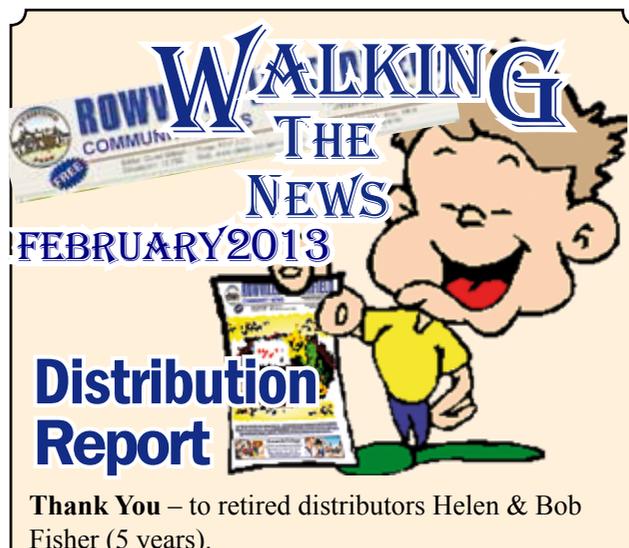
A Working Group was formed to discuss the possibility of organising a multicultural festival during the 2013 harmony festival. Representatives from many local multicultural organisations, taking into account the anticipated attendance of around 3,000 people, decided to hold the event at the **Hungarian Community Centre** 760 Boronia Road in Wantirna on **Saturday and Sunday the 20 and 21 of April 2013.**

Aiming to promote social inclusion and cultural awareness, the entertainment program will showcase different traditional folk dances accompanied by the relevant cultural music and songs. Each group taking part will have the opportunity to set up a stall in a marquee, to display and sell their conventional national foods. Cultural artifacts will also be displayed with accompanying recorded music and the like.

The State Premier, the Minister for Multicultural Affairs and Citizenship, the Mayor and Councillors, senior staff of the KCC, local MPs and leaders of the local ethnic communities have been invited to jointly celebrate with the general community the opening of this first historic festival.

Further details can be obtained at www.facebook.com/MulticulturalHarmonyFestival or
Email: mhfknox@gmail.com

Michael Migliaccio MHF Committee



Thank You – to retired distributors Helen & Bob Fisher (5 years).

Welcome – new distributor – Janet Butcher

Voluntary Positions.

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

- Karoo Rd (odd nos. 255 to 287), Bonaparte Pl, Elba Cl, Crimea Cl, Murrindal Dr (between Karoo & Josephine) – 88 papers
 - Murrindal Dve (from Karoo to drain), Alfa Crt, Mayfield Pl, Overton Cl, Rosebank Crt, 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 Lawrence Way - to Pitfield), 3 houses in Severn Cres – 75 papers
- North side of Rathgar Rd = Lords Crt, Sunset Tee, Ambley Rise, Viewgrand Rise, Viewline Dve, Park Valley Dve – 95 papers

Please contact – Peter Rumble – 9752 7592

3 x Area Contact Persons (ACP) – who liaise between the distributors and the

Distribution Co-ordinator

3 x Captains – who counts out the papers and delivers them to the distributors.

1. (ACP & Captain) – The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road
2. (ACP only) – The area is the Timbertop Dr and Seebeck Rd Estates.
3. (Captain only) – The area bordered by – Kelletts Rd, Taylors Lane, Dandelion Dr & Eildon Pde / Murray Crescent.
4. (ACP & Captain) – The area bordered by – Napoleon Rd, Kelletts Rd, Rathgar Rd & Grange Drive

Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592

Distribution Co-ordinator

Classes offered in:

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

ANNUAL CONCERT (with costumes made by a dressmaker)

Classes operate 6 days a week from St Simons Hall 2 Taylors Lane, Rowville

CAHILL DANCE
in Rowville
Est 1989

**EXAMS held at our
own venue each year**

A.T.O.D. Australian Teachers Of Dance
Classical Ballet and Character exams
S.F.D. Southern Federation of Dance
Jazz and Tap exams



Ring Julie 9759 7191 or Sue 9752 8010



Life Activities Club Knox

Here we go again, with many opportunities to meet you, and once you get to know us, we would love to welcome you as a member of our Friendly Club.

The February "Picnic in the Park" is a fun way to get together, either cook a chop, sausage, or bring a ready prepared meal. Then play Bocce, go for a walk, or stay undercover and share news. The Social Outing this month will be a Guided Tour of The Shrine of Remembrance, so interesting, and then plenty of chatter on the train.

A Weekend Getaway is in the plans, as is a 5Day/4Night Bus trip, and in between all of this, there are monthly activities, i.e. Cards, (Canasta and/or Bolivia) Garden Visits, Lunch, Board Games, Painting, Sunday Walk,

Music Appreciation, and this month The Canadian Tenors will entertain, and twice each month, there is Cinema, Friday Walks, Cuppa and Craft, then weekly, we have cards ("500"), Badminton, Water Aerobics, and Bush Walks. So hopefully, we will meet soon. There is also a daytime Card Group beginning this year.

Not to forget, the Quarterly Meeting, when our Guest Speaker will be a Representative from the First Fleet Fellowship, and we will learn more about some Early Australian History.

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
Melva 9762 3764 Helen 9729 1151
Melva Bauer



Fish were caught on this outing, unfortunately, not by one of us.



Rowville Toastmasters

Give Yourself A Tick

January 2013 has gone. Did you make any resolutions for the rest of the year? Those that keep cropping up, year after year after year in some cases, are on a roll. The top ten New Year's resolutions that people make, across the world apparently, go something like this.

- get fit or in physical shape/lose weight
- get more sleep/smoke or drink less
- budget money and reduce debt
- contact friends more
- help the kids with homework more or generally help people more
- read more books/ learn something new
- spend more quality time with family
- get organised
- look for a new job
- get to find a soul mate or relationship

It can be a point of fascination that people regard a change of date, as in a calendar year, as a time to decide to take action or make changes in life. Why is the turnover of a year any more important than the change of date that goes on every day?

When we really think about it, there is no more power in moving from 2012 to 2013 in helping a person make, and stick to a resolution, than waking up on each new day

and making the same decisions. Every day is a chance to make changes and take action. But we tend to go with the flow and use the New Year as a motivator to start afresh. If that works for people, then that is a time to make it work.

So 2013, here you are, and here is a list of resolutions that Toastmasters, a public speaking and effective communication group, often make:

- listen more effectively
- organise time better
- de-clutter
- start projects sooner
- enjoy life more
- help others more
- be more involved
- learn something new
- practise more
- communicate better and more effectively

Why the comparison of the two? The answer lies in the fact that some overlap and some are communication-specific. If you look at the universal list, you can see that people often want to make more contact with people, but rarely is there ever any mention of actually communicating better and more effectively.

In contrast, Toastmasters are experiencing what it feels like to communicate better and what that looks like. They learn to see what can help them and which things actually support them in achieving most of the common goals of personal and professional life listed here.

So maybe the time is for you to enlist the support of Rowville Toastmasters to help you achieve all your resolutions and goals and get to 2014 with a great big smile on your face and a list that is covered with great big

ticks! You can visit any meeting and join at any time. In the "What's On Locally" section of this paper, the meetings times are listed. If you are interested in visiting us to learn "to speak among friends", please feel very welcome to send an email to contact@rowvilletoastmasters.org.au.

Penny Barrington

Australian Red Cross Rowville Unit

This is the start of another year and March is nearly with us. Why do we specifically mention March, well it is our 'Red Cross Calling' month. As we do every year, we again ask you to be generous with your donations, so that Red Cross can continue with their work to help people both here and abroad.

The most recent big emergency has been in Syria, for which we had a specific appeal.

Red Cross gives emergency help when bushfires strike. This help includes physical help and relocation assistance. At the moment we are extremely busy throughout Victoria and in other States too assisting families and individuals who have suffered as a result of bushfires.

If you would like to know more about what we do, or would like to join us, please ring Joan on 9764 4611.

Elly Baré



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)

U3a Knox Classes will start again on 4th February.

As enrolment took place during December, most classes are already full, however there are some vacancies including the following at the Rowville RAFT centre:
Tuesdays: 10.00 a.m. Folk Music Group

11.00 a.m. Understanding your Emotions

Thursdays: 10.30 a.m. Australian History (with a twist)

1.00 p.m. Gardening.

Membership of U3A Knox is still only \$40 per year for which you can attend any of the U3A classes. There is no extra charge for most classes, though some classes may need materials or photocopying.

Computer classes are an extra \$25 per term to pay for upkeep of machines, and internet charges. This term we include a class on eBay buying and selling, and one on using Laptops and Notebooks.

As part of our craft program, we will again run the popular "Creative Crochet" classes at 1.15pm on Tuesdays, commencing on 5th February. This category proved most



Community Noticeboard

supported by Cr Nicole Seymour
Knox City Council, Tirhatuan Ward



An example of creative crochet

popular at the recent art show, so as some vacancies may still exist contact us now.

Evening Musicals begin on 4th February, at 3.30pm, starting with a concert "Celtic Thunder". Opera, on Thursdays, starts with the viewing of a production of Rigoletto and both these events have spaces available.

You can also join a Book Discussion course on Tuesdays, monthly.

Kath Brown U3A Publicity



**VICTORIAN JAZZ ARCHIVE
The under 25s Jazz workshops are on again in 2013.**

It is a 12 week course starting on Saturday 16th March to Saturday 8th June (excluding 30th March) and is held from 1pm to 4pm. The full cost is \$60 for the twelve weeks plus \$15 for Victorian Jazz Archive membership. All workshops are conducted at our premises at 15 Mountain Hwy Wantirna (Melway 63C8) and are open to all under 25 year old musicians. The only criteria is proficiency with their instrument, able to play scales and arpeggios and are particularly interested in learning to play jazz. All music provided.

This unique opportunity is made possible through the generosity of a number of Australia's most experienced jazz musicians.

For more information contact Marina Pollard on 9781 4972 or email info@jazzarchive.org.au

The next fundraiser is on 3rd March at the Burvale Hotel, with music provided from 1.30pm to 4.30pm by the "New Melbourne Jazz Band". Admission \$15.

Marina Pollard

Knox & District Over 50s Club

A belated Happy New Year to you all.

Here it is already two months into 2013 and we're wondering if all you Over 50s out there have thought of doing something positive about your social life. At the Knox & District Over50s Association we do more than think about it, we get out there and live it! We would be delighted if you would care to join us.

The members of our Social Sub-Committee have been working hard planning many wonderful events for the year, 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, much more. There is so much more to come and our monthly newsletter *Knox Natters Matter* (which is distributed at our meetings) will keep you up to date on all that's happening.

The Social Sub-Committee welcomes input from all our members and as a financial member of the Knox Over 50s, you would be welcome to participate in any or all of our events.

Details of our meeting dates, times and venue can be found in "What's On Locally" on page 2. At these monthly meetings, we are entertained/amused/informed about the things that matter to us.

Come along to our next meeting on **Tuesday, 26th February, 2013**, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there. Contact Jill on 9801 4363 for any further information.

Pat Sturgeon



Rowville Seniors resumed on 16th January at the Community Centre. Our committee would like to wish everyone a very happy and healthy 2013.

Our final events for 2012 were a November trip to the Cranbourne Botanical Gardens, followed by a lovely lunch at 'Trio's Restaurant'

and our Christmas break-up on the 14th December, which was attended by 96 members.

We look forward to another fun year of carpet bowling, bingo, outings, new friendships and lots of laughs. Carpet bowls takes place on both our Wednesday and Friday meetings from 1pm to 3.30pm. Full details of our meetings can be found in "What's On Locally" on page 2. New members are always welcome, so why not come along and make some friends.

For more information, please contact Anne Berg on 9873 0226 or Margaret Smith on 9755 7542.

Margaret Smith

Cake Decorators Assn of Vic Rowville Branch



A happy New Year to all.

What a great year we had in 2012 as our membership rose in leaps and bounds. This means you will need to book

in early to get a place at our workshops this year. For instance the next workshop, "Rice Bubble Bear", on February 9th is already fully booked.

The following workshop on Sunday 14 April is already filling up fast so please book now. This will be a "Back to Basics" demonstration, so is ideal for beginners as well as the 'experts'.

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

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

Velma Brown

<ul style="list-style-type: none"> 🌿 Green Pool 🌿 Regular Servicing 🌿 Casual Servicing 🌿 New Pool Handover 🌿 Party Servicing 	<ul style="list-style-type: none"> 🌿 Water Testing & Balancing 🌿 Insurance Services 🌿 Weather Services 🌿 Accredited SPASA Member 🌿 Equipment Changes & Repairs 	<p>ONE STOP POOL SHOP</p>	<ul style="list-style-type: none"> Pumps Cleaners Filters Chlorinators Heating Chemicals Spas Toys Accessories
<p><i>"With friendly, affordable services, why stop twice?"</i></p> <p>5 Darryl Street, Scoresby Village Shopping Centre</p>		<p>Ph:9753 3929</p>	



2012 Students with Bronwyn Taylor



Rowville Neighbourhood Learning Centre Inc.

Take the opportunity in 2013 to learn new skills or up-skill at Rowville Neighbourhood Learning Centre.

RNLC has been successful in securing funding from Adult Community and Further Education (ACFE) to deliver quality pre-accredited courses with qualified trainers again this year, at very affordable prices.

Our courses have been developed to up-skill and support individual learning styles. These courses are ideal for anyone who has been thinking about returning to work or looking to change their career. Call now! To get more details contact the Rowville Neighbourhood Learning Centre during business hours 9764 1166

Basic Skills for employment level 1

Learn skills to help you work well in Australian workplaces

\$21 +\$20 Amenities fee + \$6.50 Materials fee

Basic Skills for employment level 2

Get ready to apply for work with the right paperwork and practice interviews

\$21 +\$20 Amenities fee + \$6.50 Materials fee



Introduction to Office Administration

Develop the office skills needed by workers in business

\$21 +\$20 Amenities fee + \$6.50 Materials fee

Introduction to Small Business

Learn about what you need to know and do to run a

small business in Australia \$21 +\$20 Amenities fee + \$6.50 Materials fee

Women's Leadership

Develop your knowledge and build your skills, learn what is required to be leader.

\$21 +\$20 Amenities fee + \$6.50 Materials fee

Updating your skills on computer for returning to the workplace

Learn about Email, Internet, WORD and Excel.

\$21 +\$20 Amenities fee + \$6.50 Materials fee

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Learn how to use Facebook, Twitter, iPads, PowerPoint and Publisher

\$20 +\$20 Amenities fee + \$6.50 Materials fee

Basic computer skills

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Call 9764 1166 for dates and times. See us on Facebook Rowville Neighbourhood learning Centre Inc. and www.rowvillenc.org.au

Trainer Profile

In 2013, Rowville Neighbourhood Learning Centre, in conjunction with Triscott Educational Services, is offering

the Certificate III in Education Support (CHC30812) replacing the Course in Education Integration Support training.

The Certificate III in Education Support will support participants who may be seeking initial employment in schools. Qualified education support workers are employed to assist students who may have special needs, or learning difficulties and to work as valued team members in classrooms. Education support work is both rewarding and provides an essential support role.

The trainer, Bronwyn Taylor, has a background in mainstream teaching and special education. Bronwyn has worked for the Education Department and in the disability sector with approximately 30 years teaching experience. Bronwyn is an active member of LDA (Learning Difficulties Australia). She tutors students with learning difficulties.

Over the past 15 years Bronwyn has successfully delivered the Triscott training for integration aides. She has more recently also delivered training for the Certificate IV in Disability and the Certificate IV in Education Support.

At Rowville, the Certificate III in Education Support training runs over two terms for 14 weeks. If you are interested in learning more, please contact the Learning Centre on 9764 1166.

Wendy Hiam, Community Development Officer & Project Worker



Bronwyn Taylor

No RECYCAL for Rowville

Knox Council

Council applauds VCAT decision

Council has applauded a recent common sense VCAT decision to reject a planning application for a scrap metal recycling facility in Rowville.

Local Tirhatuan Ward Councillor Nicole Seymour said Council had previously rejected the controversial application for a recycle site at 1060 Stud Road and she was pleased to see VCAT uphold that decision.

“Common sense has prevailed,” Cr Seymour said. “This proposed application was unsuitable for a residential area, and there was no question that it would fail to serve the best interests of the Rowville community.”

“There was a lot of community angst about this proposal, and I see it as a real win for the local area that VCAT has upheld Council’s decision to reject the proposal.”

Cr Seymour said while Council viewed scrap metal recycling as an important environmental initiative, the proposed location was simply not suitable. “The decision to not grant a permit is a good one, based on local policy provisions and sound planning principles,” Cr Seymour said.

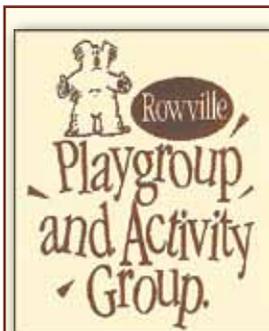
WACKY WISDOM



Intelligence is knowing that a tomato is a fruit.

Wisdom is not putting it in a fruit salad.

Courtesy Faye van Duin, CWA of Victoria



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Enrolments for 2013 are now open and filling fast! Don't miss out.

Call our enrolments officer - **Susan on 97010870** who will happily answer all your questions and send an information pack.

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Wellington Village Shopping Centre Community Fun Day 2013 - join in!

Wellington Village is proud to announce that they will be holding their annual Fun Day once again on Saturday 23rd March and you still have time to be part of it!

The proposal for this year is to revamp the layout and have more of a community based "display and discover" event, centralised within the outer and inner foyers of the shopping centre.

The main focus will be on presenting information about local council and activity groups. There will be an art display,



participation from Knox Council and information boards showcasing activities in Rowville / Lysterfield and surrounding areas. There will be an internal presentation area, buskers, more stalls, a school art show and plenty of activities for children! The event will be supported via local press, in-centre signage, our website and our Facebook.

If you are a community group wishing to participate in a special way on the day, or would like to make a display at the event, please let us know. The deadline for close off is Friday 1st February 2013, but has been extended for RLCN readers to 10th February. Simply contact the marketing manager - Yvette Switalski on 0411 534 211 or email switalski.yvette@gmail.com

gmail.com - all inquiries are welcome.

See you all on the day!

Yvette Switalski

Editor's Note:- This is a great opportunity to give your organisation wide exposure so register your interest and 'join in'.

MEN'S SHED

Stamford Park Men's Shed

The shed members have returned from their Christmas break and starting some new projects for the year. Membership is growing and we welcome new visitors to come and see what we are up to. Details of meeting dates, times and venue can be found in "What's On Locally" on page 2. Upcoming events include a free training and information session for seniors on how to use a mobile phone or tablet. They will be held on Tuesday 12 February at



Stamford Park Homestead

Stamford Park Homestead over two sessions, one at 9:30 am to 12:30 pm and then 1:30 pm to 4 pm. If you are interested please register your attendance with Barry on 0425 719 451.

The shed will also be involved in community fundraisers and sausage sizzles at the local Masters store.

For further information on the shed please contact Barry Treadwell on 0425 719 451.

Leanne Guy

A new plan for Rowville

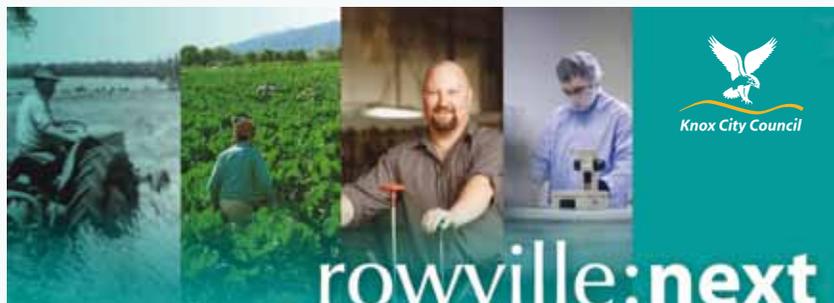
Knox Council is working on a new plan for Rowville. One that will draw on ideas from the community, expert analysis, and cooperation to help us manage change happening around us over the long term.

In order for the Rowville Plan to provide real guidance, it must address the priorities and concerns of the entire community as well as the needs of the next generation. Council can't do this alone. This can only happen with your help. This is your future, and we want everyone to have a say. RSVP by Monday 4 March (contact details below).

Come have your say at our first Rowville Community Workshop, taking place on the evening of **Wednesday 13 March** at the **Stamford Hotel**. Join members of the Rowville Community Reference Group and Council staff to help set the direction for Rowville's future.

To find out more, log on to: www.knox.vic.gov.au/rowvilleplan

To RSVP for the 13 March meeting, or if you have questions and want to learn how you can participate, email rowvilleplan@knox.vic.gov.au or call 9298 8000.



Wellington Village is celebrating being part of the community by holding a

**Community Fun Day
on Saturday 23rd March
from 9am to 2pm**

If you are a local school, charity, club or organisation, and would like to be part of this fun event, register your interest by

**calling Yvette on 0411 534 211
or email: switalski.yvette@gmail.com**

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



wellingtonvillage.com.au



Welcome back: We hope you had a happy and restful holiday season! Rowville Library is back into the regular routines of storytimes, activities and events for 2013 and everyone is welcome to attend any of the programs which we have on offer. If you haven't already joined the library, or if you are a member but don't know about the services on offer please read below. You can also visit our library website at www.erl.vic.gov.au for more information.

New! New! New! Beginner's Internet and Basic Email training sessions are now on offer: Rowville Library is running these sessions on a regular basis, classes are small (maximum of 3), run for 2 hours and the cost is just \$15 (concession \$12.50). Beginner's

Internet is held on the 1st Thursday of the month at 10am and Basic Email is held on the 3rd Thursday of the month at 10am. Ability to use the mouse and keyboard is essential. For those who would like a one-on-one 2 hour session, a session time can be negotiated for \$40. For more information, or to make a booking, call 92941300.

Feng Shui Workshop: Join us as Sally Fleishman from Ministry of Feng Shui returns at 6pm on Friday 8th February. Find out how to capitalise on your Destiny through what 2013 brings you and how to make the most of Feng Shui, through the application of tools & remedies. This is a free workshop. Bookings are essential, phone Sally 0458468676

'Writes of Spring' Competition: The State Library of Victoria ran a writing competition last Spring, where entrants attached a piece of writing to the reverse of a Writes of Spring postcard. There were several winners throughout Victoria including Mr. Wu of Rowville for his Chinese poem about Spring. He was congratulated by Library staff and members of the Chinese Friendship Group at a presentation by Nick Wakeling, MP.

Chinese Friendship Group: This group meets at the library on Thursdays at 10.30am. If you know of anyone from a Chinese speaking background who would be able to attend the sessions please let them know about it.



Writes Of Spring winner Mr Wu

Some weeks the groups just meet and chat, some learn English, often guest speakers attend to provide information in Chinese about services which are available, health topics and more. The sessions are free and there is no need to book.

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

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday

7th February at 9.30am. Even if you have attended before you can come again for more help. All welcome. Bookings essential. Free event.

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

Rowville Writers' group: Meet at Rowville Library on the fourth Tuesday of the month to share their work and support each other in their endeavours. All welcome. Free event. No bookings required. Next meeting will be on **Tuesday 26th February** at 1pm.

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

Afternoon Bookchat! Have you ever read a fantastic book and wanted to tell someone about it? Join our group of avid readers for a relaxed discussion of what you are

reading and what you think about your latest favourite book. It's a great session to get ideas about what you might like to read next and is open to everyone. Held on the 1st Monday of the month at 2pm our next meeting will be on Monday 4th February at Rowville Library. Free event. Bookings not required.

Bedtime Storytime is held on the first Friday of the month at 7pm. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) Our next Bedtime Storytime is at 7pm on Friday 1st February. All Welcome.

Bookclubs: There are three bookclubs running in the library which meet once per month. Our Friday evening session has vacancies so if you are free on the last Friday of the month at 7pm for about one hour or so, please come along.

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

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

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

List of regular storytimes: Bookings are not required.

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

Wednesday 10.30am Toddlers storytime (age 1 - 3)

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

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

Saturday 10.30am during school terms

Are you a member of the Rowville Community Library? If not, join now. Joining is easier than you think...all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free.

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

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

Rose Thompson - Manager 9294 1300



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An Hour With Mayor Orpen

“No Community Group – No Community”

appeared on Karin’s original council candidate pamphlet in 1990 and it is still a driving force behind her beliefs today. Not only has Karin been a councillor for more than 15 years (1990-1994, 1997-2008 and 2012-) and a Mayor for three terms (1999-2000, 2002-2003, 2012-2013), she has actively given her services to the community as President of the local Kindergarten, local Playgroup, the Knox District Scouts Association (20 years) and the Knox Historical Society (3 years).

Karin started her council journey due to her dissatisfaction with what was happening in her suburb. “From 1987 to 1990, I attended every council meeting, listening, learning and formulating ideas, before deciding I was ready to stand for election” said Karin. She was elected on a ballot of three candidates and immediately brought to council her own talents. “All councillors have their own area of expertise” Karin stated “and this is what creates the chamber dynamic. I have had the privilege to work with many talented individuals and the 2013 team is no different”. She retired in 2008, believing that she had done all she could but community pressure and the visage of inappropriate high rise developments drove her back to the ballot box and straight into the Mayoral robes once again. “I wouldn’t have stood for election again without the support of my husband, a man who has always been my rock” she said. “After all, the only downside to being Mayor is that no matter what, it is always your fault!”

Karin was born in 1958 in a hospital ‘somewhere in Richmond’ but from the age of two grew up in the new suburb of Springvale. “We were able to play out in the dirt roads without fear from traffic and I recall that it was a very multi-cultural area even then. Her father ran an engineering business whilst her mother

immersed herself in the traditional homemaker role. Karin attended Whiteside Primary School and although she lived directly opposite the school gates was always late, preferring to watch ‘one more cartoon’. Her senior schooling was at Springvale Secondary School, where she enjoyed her sports, particularly discus, shot put and was a member of the Little Athletics Club. “Springvale has close ties with Knox Council as another former Knox mayor, Tom Blazé, attended the same school as me and yet another former mayor, Marie Wallace, was educated at a catholic college just down the road” recalled Karin.

After leaving school Karin followed her dream and became a secretary, before meeting Bill, a friend of her brother. Karin is a Collingwood supporter and Bill a Carlton devotee, yet they chose to marry on Grand Final day 1979 in Ripponlea gardens with the reception in the luxurious ballroom. Karin now helped Bill in his carpentry business whilst running their first home, a flat in Elwood. From there they moved to East Bentleigh before buying their first house in Ferntree Gully. They enjoyed playing ten pin bowling together and brought three daughters into the world, Kate, Jill and Molly, none of whom, despite strong views on social community issues, have shown any desire to follow Mum into local government. “When I was first elected the girls were very young, but they developed a great respect for people” said Karin. They attended Ferntree Gully Primary School, (which like Karin’s two schools, no longer exists) and Mater Christi College in Belgrave. Today the family live in Upper Ferntree Gully.

Seventeen years after leaving school, Karin studied to become a licensed financial planner and has worked for Westpac in that capacity for the last 16 years. In what little spare time she has, Karin enjoys scrapbooking and lead-lighting whilst retaining involvement with the Scouts, the Historical Society and the Knox Woodworkers Club where both she and Bill are life members.

In recent years they have found time to travel and have enjoyed the delights of Croatia, including the island



Mayor Karin Orpen being robed for the first time by outgoing mayor, Adam Gill, and assistant to the mayor and councillors, Eleonore Smith

of Vis and Tito’s hideaway, and Italy. On a tour of the UK and Ireland in 2009 they visited the Dublin Gallery and saw a picture in the ‘Orpen’ wing, painted by the well known Irish portrait artist Sir William Newenham Montague Orpen. They were reprimanded for trying to take a photograph but when the curator saw Bill’s passport the welcome mat came out, not only in the gallery but throughout the rest of their visit as no-one had met a living ‘Orpen’ before.

Returning to the matter of Council, Karin said, “Although there is no disguising the fact that the road ahead has many challenges, we must firstly ensure our house is in order and stay within the confines of the budget. We must re-present ourselves to the community as a whole and be prepared to put in the hard yards”.

If you think you have something to offer at council, Karin suggests “Come to meetings to understand the complexity. It is not simply about roads, rates and rubbish. There is no superannuation and no pension, but for those who wish to make a difference there is no better place to achieve your goals”.

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Anthony Osborne receives his award from Mayor Karin Orpen

Knox Young Citizen of the Year — Anthony Osborne Australia Day 2013

Anthony Osborne of Rowville is passionate about young people and the betterment of his local community. He regularly gives his time to help out in the event management teams for Knox's loved Stringybark and Knox Festivals, and has provided valuable input as a member of the Knox Youth Council, Knox Affordable Housing Reference Group, and Knox Youth Events Crew.

Anthony has also been a strong advocate for youth mental health, working with various organisations and individuals to help bring a *headspace* to Knox City. He also worked with the Minister of Youth Affairs, Ryan Smith, on reports on social media, employment opportunities and family and youth mental health. A very worthy award recipient.

Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



Sant Nirankari Mission Victoria's Multicultural Award For Excellence

Sant Nirankari Mission, Melbourne has been awarded Victoria's Multicultural Award For Excellence.

On 18 December 2012 the Victorian Government honoured over 100 individuals, community organisations and service providers at a ceremony at Government House. Victoria's Multicultural Awards for Excellence reward outstanding achievements and services of individuals and organisations who have actively supported cultural diversity and made a real impact in promoting community harmony. Awards were presented across a variety of categories, including the Premier's Award for Community Harmony, the Multicultural Business Award and the Victorian Multicultural Honour Roll.

The Awards were presented by the Victorian Multicultural Commission and hosted by His Excellency The Honourable Alex Chernov AC QC, Governor of Victoria, in association with Premier of Victoria, Ted Baillieu MLA and the Minister for Multicultural Affairs and Citizenship the Hon Nicholas Kotsiras MLA.

Ahren Dhanapala

Former Karoo Primary School student Ahren Dhanapala has yet another reason to celebrate!

Ahren, now 12, has been riding the wave of success lately. He was selected as a grade 6 house captain in 2012 and just prior to Christmas, completed a 3km swim as part of a gold swim program held by Paul Sadler Swimland – Rowville. Ahren started his classes to learn to swim when he was only 6 months and since then has been regularly attending classes outside school hours to develop his technique and endurance leading up to the November event.

"When I was invited to do the 3km swim I was terrified but I did a few extra training sessions and managed to complete the gold swim!"

The gold swim is open to selected squad members annually and consists of 3, 5, 7 and 10km options.

Murray Schoorman



Rowville Lysterfield Community News Scholarship Winners

The Rowville Lysterfield Community News is proud to announce that we have presented five scholarships to worthy recipients from Rowville Secondary College. Individual winners will be able to use the \$500 scholarship money towards their education at the College in 2013.

The scholarships were awarded to Year 11 students for their outstanding performance amongst their peers: Samuel Goh received the award for General Excellence Western Campus; Hayley Maron for General Excellence Eastern Campus; Brittany Chiefalo for the Institute of the Arts; Jacquelyn Carroll for the Sports Academy; and Charlotte O'Grady for Maths and Science.

Our Editor, David Gilbert, gladly presented Samuel,

Hayley, Brittany and Jacquelyn (to her father due to her absence in Africa) with their scholarships at the college's Awards Ceremony on the 26th of November last year. I then presented Charlotte with her scholarship on the 3rd of December.

Congratulations to each of these students who offered outstanding references demonstrating their achievement during the last 12 months. The *News* is proud to support young achievers at Rowville Secondary College and we hope these prizes will encourage 2013's Year 11 students to focus on their work and achieve their personal best, so that they too could be our future scholarship recipients.

Rob James President



Brittany Chiefalo



Charlotte O'Grady



Hayley Maron



Jackie Carroll



Samuel Goh

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Rowville Primary School children support families living with Prader-Willi Syndrome



Ebony Gardiner, Briana Gardiner, Tarliya Cust, Isabelle Costanzo, Chloe Gardiner, Marcus and Alana Ciechowicz

Rowville Primary School children came out in support to help families living with Prader-Willi Syndrome by participating and taking on the gruelling 1,000 Steps climb to support their fellow student, Isabelle Costanzo.

The Prader-Willi Syndrome Association of Victoria held its annual 1,000 Step for PWS fundraising event at the 1,000 Steps Kokoda Memorial Track on Sunday 25th November 2012 which was to raise awareness and much needed funds for PWS families. The funds raised by the event will contribute toward providing programs to help families living with PWS in Victoria such as annual camp and a long term goal of a housing solution for those living with PWS in Victoria.

"I am concerned for Isabelle's future as when she turns 18 years there is little support for her in terms of care and accommodation that can cater to her requirements," states Isabelle's mum Tina Costanzo, who is also President of PWSA Victoria. "We need to create awareness that PWS is a challenging and complex condition and families need all the support we can get."

Should you wish to support PWSA Victoria please consider making a donation to <http://www.pws.asn.au/1000steps.html> or for more information go to <http://www.pws.asn.au>



Hayley Tommer Smith (Isabelle Teacher), Isabelle Costanzo (Centre) Sarah Tighello (Teaching Aide)



In our ongoing desire to entertain as well as inform our readers we have asked the Rowville Aspiring Writers Group to write a short story that we can serialise over five or six issues. My thanks to Amanda and the RAWG for their support and enthusiasm for the project. Please let us know what you think about the idea, but in the meantime sit back and be enthralled, as we proudly introduce below the first episode of our new serial....The Stone Hut.

The Stone Hut

Episode 1

The old stone hut stood dreaming in the sunshine. Its windows, once so shining bright, now blank and sightless. He felt a kinship with the place with its memories locked away inside like his.

Time to unpack the car of the few essentials he had brought with him and find out just how liveable the hut was. It had been a long drive and he was more than ready to stretch his legs and to down a hot drink – or cold, as it would probably have to be till he got things in some sort of working order.

By this time, Janice would have been clucking like an old chook and whining about everything she could think of. Well, Jack did not have to hear that voice any more. The sounds of the bush and the bird songs would be a happy, restful change. It hadn't been easy to make those decisions, to take the necessary action to free himself from a life that had become so depressing; so unbearable.

Enough of that. What was done was done – God forgive him.

Jack was a fit man for his age. In spite of his gammy leg he set about putting the hut in order, clearing out the dust and debris of years, the occasional lizard and possum droppings, and making the place as liveable as possible for now. How long he would be here, he hadn't yet thought about. How long before the people he had worked with all those years, began to wonder why he wasn't at school; in his classroom and preparing for the return of the children from term holidays.

All done for now, and the shiny new kettle Jack had bought on the way here was on the boil. He could sit back in the bean bag, drink his much sweetened coffee and think a bit. How did it all start? Or rather, how will it all end?

One thing was certain, no one who knew Jack now would expect to find him in a stone hut, twenty kilometres or more from the nearest electricity and piped water. Nor would they ever picture him in a place that wasn't spotlessly clean.

That was an image forced on him, first by his mother and continued by his wife. Janice would be on him for the least little dirt he brought into the house.

Jack pushed the voices back into memory and recalled instead a picture of himself trotting after his grandfather and kicking up dust on the tracks through the gum trees. After all the years, he still remembered the way



to the creek, in spite of the overgrowth of bracken. The water that tumbled over the rocks was still as pure and cold as he remembered.

Filling the kettle from the creek hadn't been as easy this time, since he couldn't always trust one leg. However, having to walk to fetch water was a small price to pay for peace

and quiet.

It wasn't perfectly quiet, Jack mused as he finished his coffee. He could hear rustling noises in the rafters and the sleeping loft. He hadn't been able to handle the rickety ladder to clean up there, or even to see what treasures might remain stashed out of sight.

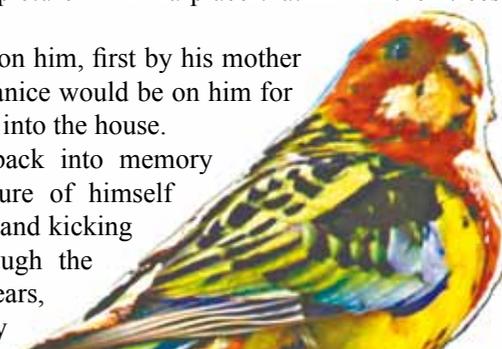
The beanbag would make a good enough bed for the night, and he had better draw the Hessian bag curtains before he lit the lamp or the huge local moths would keep flying into the windows.

The sudden onset of the evening gossip session outside in the trees startled Jack. He wondered if the birds were idly discussing the human that was in the hut. Maybe all his friends back in the city were sounding like that now, urgently and inventively creating reasons for his disappearance.

The only creature that might know was Janice's bird. The parakeet was a wicked mimic, and sounded like her.

Barbara Scott and Margaret Gregory

To be continued...



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Rowville Junior Football Club

"Doing it for the Kids"



With the 2013 Season fast approaching, the Rowville Hawks Junior Football Club has become a hive of activity in recent weeks. Sunday November 25th saw the final registration day for the intake of new players, as well as the continuation of our existing great bunch of kids. 2013 sees the club looking to field a total of 19 teams from the under 8's through to the under 17s, as well as our "little tackers" in the Auskick program. This year promises to be another great one for the club, being the current holder of the Gordon Parker award, presented in recognition of the tremendous amount of work that goes into being the Eastern Football League Club of the year 2012. Last year also saw the Club recognised through on field abilities, with a number of players awarded the Eastern Football League Best and Fairest awards, Interleague Best Player awards and also a number of our mighty teams taking out the ultimate prize, a win in their respective Grand Finals.

Looking forward, the Club intends to build on the previous year's successes and this can only be achieved with the help of our numerous sponsors. The Rowville Hawks Junior Football Club wish to recognise our sponsors, with a few brief words on some of our new partners for 2013.

Jetts Fitness Australia, a new tenant within the Stud Park Shopping Centre, have lent their support to the club via their Jetts 24/7 fitness centres and with this new partnership, the club is looking set to field teams in the under 15's and under 17's age, having had the benefit of a professionally tailored pre-season program between Jetts 24/7 and our Club Physio Mr Stuart Canavan of Rowville Physiotherapy.

STE Advantage, another new addition to our sponsoring partners and a Rowville based and originated business, are standing tall behind the mighty Rowville Hawks Junior Football Club in 2013. Mr Robin Stenzel, Managing Director



of STE Advantage and Sentiolux was only too willing to lend his support to "Do it for the Kids".

STE Advantage provides electronic solutions that integrate with other systems to provide the total electronic solution for your site. This may be Security and Lighting control, through to facial recognition initiated controls for contactless environments.

With partners such as Pacom Systems, In Control Technologies and Innerrange, STE Advantage is able to provide cost effective integrated solutions that can save thousands of dollars and provide much more return on investment.

With systems all integrate with each other, STE Advantage can provide the total electronic security solution for your needs

Last year also saw the Rowville Hawks Senior Football Club take out the EFL 2nd Division Senior Grand Final with the majority of the selected team having progressed through the ranks of the underage teams of the Rowville Hawks Junior Football Club. Without a strong junior system, senior

does in front.

Some cameras have a depth-of-field preview button to check the sharpness throughout the scene. Using this button closes the aperture down to the one you've actually selected and although the viewfinder/screen goes darker, you can visualise how much of the picture is going to be sharp and adjust your aperture accordingly.

This may all sound very complicated but it gets easier with practise.

Happy snapping, Paul Lucas.

HINT: Use as wide focal length (low mm length) and as high aperture number (high f number) setting as possible to maximise the depth-of-field in your landscapes.



Hunter Valley Garden Landscape

Paul's Photography Patter



Ever taken landscape photos and found that some parts of the scene that you wanted to be sharp are not in focus? Understanding the principles of "depth-of-field", (DOF), is vitally important in landscapes. It determines what is, and what isn't, sharp in your image.

To take advantage of this principle you need to set your camera setting on "P" rather than "Auto". This will allow you to change the aperture setting.

Firstly, the shorter the focal length (a wide angle) you use, the more DOF you will achieve. For instance, a focal length of 25mm gives more DOF than a telephoto setting of 200mm.

Secondly, a smaller aperture (a higher f stop number) will have more of the picture sharp from front to back. For instance, apertures between f11 and f22 are better than below f11.

It is important to also remember, the general rule is to focus on a point in the landscape about 1/3 of the way into the scene. This is due to the fact the DOF extends twice as far beyond the point of focus than it

SPORTING ROUNDUP



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

teams through suburban competitions tend to struggle, so we implore our local community based businesses to get behind this great junior club and together, let's support our boys going forward.

The Sponsorship Team are looking to undertake many activities leading up to the start of the 2013 season opener in mid-April. One of the activities will see the Sponsorship Team join forces with 'Footys4All' in an initiative designed to provide Footballs of all codes to disadvantaged, underprivileged and socially displaced children around the world, free of charge. Through this joint initiative, the Rowville Hawks Junior Football Club are looking to take our Sponsoring Partners along a journey of community initiative, so get on board now, and "Do it for the Kids". Put your company name behind both the Rowville Hawks Junior Football Club and our community initiative programs designed to give all kids a fair go in life.

To get behind this great community based club and lend your support, by contacting Mark Denny on 0417 771 605 or via the club's sponsorship email sponsorship@rowvillehawks.com.au or via twitter @Sponsorship3178

Mark Denny



In 2013 Lysterfield Junior Football Club will be fielding 7 sides in the Eastern Football League from Under 8s through to Under 14s. New players are most welcome for all age groups and girls are encouraged to join the Club.

The Club is holding a Registration Day on Sunday the 17th of February between 10.00 am & 12 noon, at Lakesfield Reserve, Lakesfield Drive, Lysterfield. All previous and new players are encouraged to come along and meet the coaches, register for the 2013 season and enjoy a free sausage.

If you can't make it on the day, registration is also available online at www.lysterfieldjfc.org.au.

LJFC will also be running an Auskick program this season. Further information will follow regarding registration and dates in a later issue.

Enquiries may be directed to the President Mr. Steve Ketzer on 0498 141 850 or the Registration Officer, Mr. Rohan Young on 0412 377 866. Go Wolves in 2013!

Tanya Carroll



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RACV Great Australian Rally

The All British Classic Car Club in conjunction with their major sponsor RACV, held their annual rally to Mornington racecourse. One of the assembly points was the Stud Park Shopping Centre car park and there were plenty of well-wishers at 9am to see them off. A nostalgic sight, the cars represented all of the early decades of motoring.

All funds raised go towards important cancer research at the Peter MacCallum Cancer Institute.



Little Athletics

Top All Rounders

Harry Ma'o and Lachlan Viney have proven themselves amongst the best Under 13 athletes in Victoria placing first and third respectively at the State Multi Event Championships. In a tough competition which involved five track and field events, only 7 points separated the first three place-getters at the end of the day. Along the way Lachlan broke the Knox hurdles record while Harry blitzed the field in the 100m.

Melanie Fredricksen produced several personal best performances to finish 9th in the U10 Multi Event competition. Kaya Beagley ran a strong 800m and hurdled well to place 10th in the U12 boys. Caitlin Bronte finished in the same position in the U13 girls after running the fastest hurdles time for her age group on the day.

Before this State competition all Rowville and Rowville Lakes athletes had the opportunity to try a Multi Event at the Knox Centre. This year, while the boys competed in the 100m, 800m, hurdles, long Jump and discus, shot put replaced discus for the girls.

Lachlan Monteath almost tripled the distance thrown by most boys in his discus event, making him virtually unbeatable in the point-scoring. He won the U7 Knox Multi Event by a massive 150 points! Rowville's Trent Stapleton was first placed in the U8 boys, as were Kaya Beagley and Harry Ma'o in their age groups.

Declan Brown, Bayley Carlin and Zac Milverton had



to compete against the already mentioned talent of Harry and Lachlan in the Knox U13 Multis. They finished third, fourth and fifth against the state medalists.

Hailey Merrigan and Holly Hodges won the U10 and U11 competitions respectively. Ameilia Ma'o firmed up her first place in points with a long jump almost half a metre better than the next best competitor. Caitlin Bronte took out the Knox U13 girls' Multi Event.

Teagan Sheldon won the U14 six-event Multi by a whopping 343 points. She ran the fastest 800m and jumped 15cm higher than the second best high jumper.

Her shot put and long jump were also the best for the day. What an outstanding effort!

Numerous bronze and a few silver Personal Best Medals have been achieved by youngsters who keep improving week to week. Club and one or two Centre



records have fallen too.

Little Athletes still have plenty on the calendar before Cross Country commences in April. If you're aged between 6 and 15 years it's still possible to join in some of this season's events, and for a reduced fee! Contact Steve 0409 231 380 or 9764 3384 or Nick on 9764 066 for details.

(NB. The non-negotiable minimum age for the Summer season is 6yrs.)

Thanks to KLAC photographers.
Rosemary Merrigan

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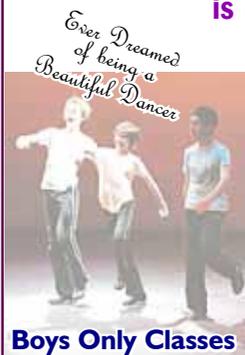
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You'll laugh a lot, sweat a lot and gain some serious fitness with this class! Burn fat and work out your stress! Beginners are welcome and this class is suitable for all levels of fitness. And there's no need to book.

Wednesday 7.30pm - \$13

Rowville Group Fitness at the Rowville Community Centre

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



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Nick Wakeling Column

State Government funds community safety projects in Rowville and Lysterfield

State Member for Ferntree Gully, Nick Wakeling MP, is pleased to receive confirmation that two local groups have recently been named as recipients in the latest round of the Victorian Coalition Government's hugely popular Community Safety Fund (CSF) grants. Crime Prevention Minister, Andrew McIntosh, recently announced 119 projects around the State had been approved for funding in this round, providing grants of up to \$10,000 for community groups, organisations



and local government, to implement locally based crime prevention projects.

Typically, these projects are too small for other grant programs to consider, but too expensive for small community groups to be able to pay for themselves.

"These small community groups are a vital part of our state's social fabric," Mr McIntosh said.

"It is a great pleasure to be able to offer them this assistance, which allows them to decide what's best for their community and then receive assistance to achieve it."

Nick congratulates both St Simon's Community Football Club and Lysterfield Primary School on their successful applications. St Simon's Community Football Club will receive \$10,000 for installation of security window

screens, sensor lighting, exterior door locks and a roller shutter to the scoreboard at Liberty Avenue Reserve Pavilion in Rowville. Lysterfield Primary School will receive \$6011 for the installation of a perimeter fence and gates to protect their School Kitchen Garden.

"These grants embody our community crime prevention philosophy, 'local solutions for local problems'," Mr Wakeling said. "The Coalition Government is proud to support local community groups by providing safer and more secure facilities for people across Victoria."

The grants are part of the State Government's *Community Crime Prevention Program*, supporting community action on crime prevention to help make communities across Victoria safer.

Further information about the CSF grants is available at www.crimeprevention.vic.gov.au

Alan Tudge Writes

The Aston Shield: recognising outstanding young citizens

At the end of each school year, I have the privilege of recognizing some of Knox's outstanding young citizens through the presentation of the Aston Shield.

The 'Aston Shield' award is generally given to a student who has displayed good citizenship, compassion and a commitment to others, and who has been a great role model for their school and community.

Mr **Henry Jeong**, from Park Ridge Primary School was recognised as such a student. Only arriving in Australia three years ago with limited mastery of English, Henry has gradually developed his English skills to beyond year 6 level in Reading, Writing, Speaking and Listening. Henry also gives back to the school community, by being one of the 'Techsperts' who are responsible for helping students and teachers throughout the school with their use of computers.

The Aston Shield winners from the other schools were equally impressive.

The award is named in honour of Tilly Aston, an inspiring woman who worked tirelessly for the rights of blind people.

Tilly was born in 1873 and was completely blind by the age of 7. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library. (Tilly herself had to drop out of university because there were no braille books.) Finally she set up an organisation that still exists today and helps tens of thousands of people each year - Vision Australia.

Tilly Aston was an incredible contributor to Australia whose legacy is alive today, not only through the organisation she founded, but also through the students winners of the Shield given in her name.

I am very proud of our young award winners. They are the future leaders of our community. Well done to all of them!

Other Rowville and Lysterfield students to receive the 2012 Aston Shield winners were:

- **Antonina Notaro**, Lysterfield Primary School
- **Jessica Lillie and Amanda Thai**, Rowville Secondary College
- **Chloe Gardiner and Trent Young**, Rowville Primary School
- **Abbey Goulet**, St Simon the Apostle Primary School
- **Ryan Williams and Ashlyn Kelly**, Karoo Primary School*
- **Bronte Schultz and Shane Senanayake**, Heany Park Primary School*

*Note: House captains received the award on behalf of all students displaying good citizenship and receiving points for their house for the competition throughout the year.



Mountain District Dog Club

Want to have fun with your dog? Want to meet people and have lots of K9 pals for your pooch? Well Mountain District Dog Club will enrich your understanding of dog psychology and give you practical relevant information for your individual situation. Come and learn in a stress-free atmosphere how to enhance your relationship with your canine. It will change your life.

Our dedicated instructors are all qualified with 20+ years' experience and volunteer weekly to help you achieve quality time with your pet. After your lesson, enjoy a relaxed chat with cuppa, which is in itself a lesson that our dogs learn

quickly and enjoy.

We are a family club that welcome all ages and encourage responsible dog ownership within our community, through socialization in our bi-weekly training lessons. Our aim is to create lots of fun for both dog and handler, so we organise regular family days out to scenic parks. We also have dinners at local restaurants and much more.

So if you're having troubles with your dog not sitting, or jumping up on you or even simply for safe socialization, we can assist you to "live the dream"!

Our Open day is on Sunday 17th March, at Fairhills High School in Scoresby Road, so come and have a chat with our instructors, enjoy a snag while you watch our members demonstrate what can be possible for you and your pooch. Or alternatively drop us a line email - mddc01@optusnet.com.au Phone 04 211 0443



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Calling all responsible pet owners in Knox...

Do you know a responsible pet owner in Knox who you think deserves to be recognised for their efforts? If so, Council's "Responsible Pet Ownership Competition" is for you!

Knox Mayor, Karin Orpen, said the competition is about rewarding owners for doing the right thing by their pet. "The competition has been running for a number of years now and in that time we've seen many worthy pet owners rewarded for doing simple things. We'd love to see the competition be bigger and better in 2013 and receive more nominations than ever before!"

So how do I nominate someone?

You can nominate a responsible pet owner you know whether it be a friend, neighbour, work colleague etc, by filling out a nomination form online or in person via Council's friendly customer service staff.

Local Laws Officers will also be on the lookout for responsible pet owners. They will be out and about, patrolling local paths, shared pathways and other public spaces. They will carry nomination forms and will nominate those they consider responsible pet owners.

What's on offer?

Each month, a voucher to the value of \$100 will be awarded to the most responsible pet owner selected by Council Officers. At the end of the year, an overall winner will be selected and awarded vouchers to the value of \$250, which can be used at any of the participating businesses in Knox.

More Information:

For any further information you can email Andrea Mason at andrea.mason@knox.vic.gov.au or phone 9298 8583. Alternatively call Knox Local Laws on 9298 8000 or visit our website.



1983



Earthworks started on the Stud Road/Dandenong Creek bridge after months of deadlock over the level of the structure and the once in 100 years flood risk. **Ken Mylius** started the Friends Of Lysterfield Lake Park to prepare the area for opening to the public. **C Trueman** invited locals to join the new **Rowville & District Horse & Pony Club**. What happened to the club? A public meeting was called to discuss Council plans to develop an industrial area south of Avalon Road and West of Drummond Crescent thereby surrounding existing the **Stamford Park Estate**. Did you attend that meeting?

1988

For a cost of \$3 (\$6 for a family), **Rowville Primary School** started their 'After School' programme, which offered passive activities such as music, reading, plus craft and cooking. Were you one of the first attendees? The band "**Possumbillytea**" performed at the Baptist Church bush dance. What a great name for a group. Were you a member? The **new parish of 'St Simon's'**, formerly part of St Jude's Scoresby, was set up and all school activities



Injured Wildlife

The summer fires take an inevitable toll on native wildlife. The saving of people and homes is a clear priority, but sometimes it is the news story of a possum, parakeet or wallaby joey saved from the flames by our gallant fire-fighters that will suddenly connect us emotionally with these traumatic events. By the time the news cameras roll, veterinary treatment has usually been applied to these poor creatures. But if you are the person that finds injured wildlife, what should you do?

1. Don't feed

An immediate reaction with a fire-damaged animal or bird is to feed and water it. This might help, but it may kill it. Get advice first.

2. Take great care

Never enter a fire area to save wildlife. Don't approach any active animal; fire-injured animals are likely to be stressed and potentially dangerous. If possible, take a picture with your smartphone.

3. Immediately contact a wildlife organisation

Each state and city has at least one wildlife organisation, most having a 24-hour phone line. Why not look up your local organisation and store it in your phone, in case of emergency?

4. Clearly describe the animal and its injuries

If you were able to take a picture, offer to MMS or email it. The wildlife organisation will offer advice on immediate care. If they advise putting the animal in a box,



do so only if this is possible without risk to yourself. Cover the animal with a towel if you need to pick it up. Never handle snakes, bats, or any animal that could cause you harm. Put boxed animals in a safe and quiet place.

5. Get the animal to a carer

The wildlife organisation may arrange for an experienced carer to collect the animal, or may ask if you can deliver it to a nearby wildlife-friendly vet clinic. All Greencross veterinary clinics handle wildlife free of charge as an important part of our involvement with the local community.

REMEMBER! Don't feed. Always exercise caution. Call a wildlife organisation as soon as possible.



Local History



Sponsored by Nick Wakeling MP, State Member for Ferntree Gully

became part of the new Parish framework. Council approved the construction of **community facilities** as an integral component of the Stud Park retail complex. Included would be a library, a community centre, tennis pavilion, tennis courts and a playground.

1993

The first 105 "Pokies" were installed at the Stamford Hotel and were immediately very popular. Sue Jaensch became the 'senior champion' at the 30th annual gymkhana at the Margaret Bruce Riding School. Are you still riding Sue and what happened to the school? James Goodwin won gold medals at the 'All Schools Championships' for the 110m and 400m hurdles. Are you coaching now James? The personal development and admin wing of Rowville Secondary College opened for business. Council approved a plan (subject to conditions) for 3 buildings to the east of McDonalds which were to be used for 'peripheral sales', such as hardware, furniture and carpet sales. I suppose the current occupants are 'peripheral'?

1998

Fierce electrical storms and drenching rain on January 12th followed a long dry spell for Rowville. Local resident Brett Birkett won a FoxFM competition to lead a makeshift team of family and friends to play the

Victorian Bushrangers at the MCG and to prove the impossible can happen they won and Brett bowled Dean Jones! There must be some memories there Brett? The Flanagan Family of Frank Court won 'Best House' in the Christmas Decorations Project and Murray Crescent the 'Best Street'. The 1st February saw the inauguration of the Rowville Anglican Church as a separate parish of the diocese of Melbourne. Bishop John Stewart officiated at the ceremony. Hillview Community Church moved into new premises in Laser Drive.

2003

Sixteen year old Robert McKenzie won the Australian Clay Court Championship and competed in the Linton Cup with the Victorian Under 18 team. The RLCN won the 'Communication Award' and Ben Boersma the 'Proud Art Award' at the Knox Pride Awards. The Rowville Cricket Club celebrated their 50th Anniversary. A painting by Rowville resident Michelle Knight was presented by the RLCN to the Library for permanent display. Did you continue painting Michelle? Maureen Lucas became an Australian Horticultural judge after 50 years growing plants and two years of intense study. She suggested that maybe readers could now believe all the gardening information she writes in the Knox Home Garden Column! Emily Dyson had a winning entry in the EPA 'Clean Air Calendar' poster competition and her entry was included in their 2003 calendar.

2008

The RLCN welcomed new editor Shae Fouracre. Where are you today Shae? Christine and Will Dawson-Marsh celebrated their 60th wedding anniversary with the Senior Citizens Club. Aspiring DJ, Brenan Zygraich, hoped to one day become a music producer. How did you go Brenan? With their new state of the art facility just opened, what happened to "Riding For The Disabled"? And what happened to the "Penguin Club"? Due to building works at RAFT, all services were transferred to Ferntree Gully. Volunteers at Australia For Christ Fellowship took part in the 6th Annual UnitingCare Pancake Day to raise funds to help provide assistance to low income families.



Rowville Group Fitness



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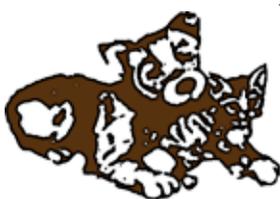
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Health & Wellbeing



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Sports Performance and Recovery

Have you started your pre-season training? If you answered yes, then learning about ways to improve your sports performance in summer and recovery is important for you. The summer months bring hot days, hard ground and sweaty training sessions, therefore it's important that you are doing things to help your body perform at its best.

Hydration:

As the majority of the human body is made up of water, keeping hydrated is a vital part of summer sport. Water is a great option. Ensure you have a drink bottle with you at every session and replenish fluid lost due to perspiration after training. Keeping hydrated on the days you are not training is just as important too.

Hard grounds:

'Shin splints', foot pain and knee pain are very common

during the summer months, as training on hard ground causes increased stress to the body. Varying your training methods to include cycling, swimming or cross training can ease the load. Your biomechanics and the way you run is a very important factor, therefore if you are experiencing pain, having this pain assessed by a physiotherapist will help.

Recovery:

Key tips for preparing your body for the next session and reducing soreness and injury after sport, concern hydration and refuelling the body.

- Take care of the muscles after hard trainings by walking in water, using a foam roller or doing light stretches the day after exercise.
- Hydrate and eat well.

Remember if you need advice call any of our physios, podiatrists, myotherapists or dietitians on 9763 9233
Kim McDonald

Focus on Mental Health What's in a Resolution? Happy New Year!

It's here again! Another year, another fresh start. And another round of being swamped with commercials reminding us to make a New Year's Resolution to start a diet or join a weight loss program. So how much weight did you put on over Christmas, and did you make a resolution to get slim, fit, and healthy this year?

Research has shown that the average person gains between 200g and 500g over the Christmas period. It's not much, is it? And most people lose it all again within the first month of January. Yet many people feel compelled to pay attention when they are told that if they want to make a great start to the year, they should make a resolution to lose "all that Christmas weight". Why? What is so special about starting a new year?

The last week of the year continued to move forward one day at a time just like every other week, but on Wednesday, it wasn't just a new day, but a whole new year. There is

Chiro-Practicals

Presented by Dr Frank Whelan

Deal With Neck and Back Pain Effectively

We've all had episodes of neck and/or back pain that prevent us from doing the things we want or need to do. A pain that strikes with such quickness it can bring you to your knees. Experiencing neck or back pain is a part of life, there is no escaping it.

Our sedentary lifestyle breeds movement dysfunction and poor postural habits. Constantly sitting compresses the lower back, tightens up your hips, decreasing their ability to move efficiently. Rounded shoulders and forward weight of the head increases tension in the neck and upper back. The constant flexed forward posture leads to increased stiffness and tightness in the front of the body with weakness and decreased support in the back. The old adage, "If you don't use it, you lose it" rings true. The lack of use in bigger support muscles of the hips, shoulders, and buttocks makes the body vulnerable to injury and pain.

By implementing simple and effective daily strategies you can eliminate many of the causative factors of common musculoskeletal pain conditions. Try these four exercises and movements on a daily basis and notice how much better you feel.

1. Roll a golf ball on the bottom of both bare feet for

3-5 minutes per day. You can do this sitting at your desk, watching television at night, or while standing at the sink brushing your teeth before bed. The self massage releases tension in tight connective tissue on the bottom of the foot that can affect posture and tension in the lower back and head.

2. Massage the soft tissue and muscles below your collar bone and closest to the shoulder called your pectorals. These are often tight and restricted from the rounded poor posture causing tension in the neck and shoulders. Massage each side for 2-minutes with your fingers. It can be quite uncomfortable in the beginning, but will improve with more effort and attention.
3. Stand with heels together toes turned out, tall spine upright posture with your arms 30 cm from each side, palms of the hands turned out as far as you can. Contract and squeeze your legs, buttocks, mid back, rear shoulders as hard as you can for five seconds. Do not hold your breath. Repeat five times. This opens up your tight anterior body and strengthens the weaker back.
4. Massage the back of your neck and then bend your head forward trying to touch chin to chest. Put the palm of your hand against your forehead and apply

light pressure trying to push your head away from your chin. Resist the movement for five seconds and relax. Repeat three times. This strengthens the weaker neck muscles in the front to relax the tight ones in back.

During these movements you should not feel any pain. You can take back control of your life from pain with these simple daily activities. The rule of thumb in any rehabilitation program is to go at your own pace and build your tolerance up slowly.

If you experience neck or back pain on a daily basis it is highly recommended to talk to your chiropractor about how to effectively manage the pain you might be in. Very effective, simple and safe self-help strategies can help you recover faster.



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this notion that something special is beginning, something better. For many people, a new year represents hope for a fresh start or a second chance.

Goal setting

So what is all the fuss about New Year's Resolutions, and why are they so hard to keep?

Resolutions typically involve reflecting back over the year, considering what you want to do differently, and committing to act to bring change about. Although these kinds of commitments are common at the start of a new year, they can really happen at anytime a person decides they want, or need, change. Essentially, the core of the resolution is goal setting.

Not everyone needs a New Year's Resolution. But it is important to set goals if without them you lack a sense of direction and purpose. It has been said, "It is hard doing nothing. You never know when you're done!"

Popular resolutions and why we fail

Despite many people often making common or similar resolutions, sadly, many also fail to achieve them early into the New Year as well, and give up easily. The most common resolutions seem to be:

- Health – quit smoking, drink less, lose weight, get fit.
- Financial – get out of debt, save money, get a new job, study.
- Personal – spend more time with family, get organised, enjoy life.

They all sound reasonable and achievable. So why do we fail?

Firstly, resolutions have to be something you WANT to do. There is no point resolving to give up smoking if you actually want to keep doing it. Breaking an addiction is a difficult thing to do! Unless you are motivated for health reasons, to save money, and because you actually no

longer wish to be a smoker, and unless you are prepared to ACT for change (ie, seek medical, social, and online support)... well, if you don't actually WANT to quit smoking, you will probably break this resolution half way through the first day of January.

Secondly, it is important to check whether the resolutions fit within your values system, and what you want for yourself in your life. If you spend less time with your family and friends than you'd like to because you are busy with work, then perhaps you need to review your work/life balance. If the reason you spend less time with your family and friends is because they are toxic and cause you angst, then maybe you don't need a resolution to spend more time with them! Perhaps consider instead a resolution to make new friends, or to expand your definition of family to include your closest friends.

How to make resolutions and keep them

Here are a few tips to make a great start to a new year:

Conduct a life review and reconciliation. Check that you know what you want for yourself in your life, and ask yourself if your current path (job, relationship, plans, behaviour) is helping you move towards this. If you are moving in an opposite direction to where you think you should be, you may be out of sync and might want to review your path and your plans.

Set realistic expectations, start small! Often we set huge goals for ourselves and find it overwhelming and disheartening when we don't make a good start. Be realistic and set small targets that help you stay on track. For example, if weight loss is your goal, a healthy amount for an overweight person wanting to make long-term changes to their lifestyle is 1-2 kg per month. Set mini targets within an overall goal so that you can

track progress. If the target is so challenging that you won't know if you are progressing until October, this is obviously going to be difficult to achieve if you give up in the first week of February! It is okay to dream big, and keep the overall goal in mind but is important not to quantify this in ways that keep reminding you how far away you are from achieving it. For example, "Long term health and fitness" is a better goal than "Lose 30kgs". Remember that if this is your goal, every step you take, even if you are just walking around your neighbourhood, is a step ahead of sitting on your couch.

Try to remember that like everything in life, it is not just about the destination; it's also (sometimes, mostly) about the journey. Pay attention and enjoy the ride.

Rather than make resolutions, some people like to make New Year's wishes. What do you hope or wish for your family, friends, and self this year?

A final favourite: Try something new, just one thing, that you have never done before. This one is easy, we can all do this! What will you choose? **Write it down – make it real – and GO FOR IT!**

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 regarding life review, goal setting or any other personal issues.

Teresa Butler, Psychologist (M.Psych MAPS).



Knox Home Garden Club

You may be mystified about why your prized plants and produce refuse to thrive in your gardens, despite all your care. Yes, February is the height of summer and with little rain in January, there may be a range of reasons, but almost always the clues lie within the soils in which the plants grow! Often soils are deficient in **organic** materials or humus, depriving the plants of vital, sustaining nutrients. So, why do we gardeners gaze skyward at menacing cumulonimbus thunder heads, awaiting these potential rain bearing clouds? I suggest that it could be:

~To dance in the rain, or jump into puddles

~Fill buckets or bins with rain water

~Listen to frogs in ponds and wetlands

~Marvel at the raindrops on our produce, and flowers

~Breathe a sigh of relief, and put down the watering can

Another good reason to get excited at the rain bearing

clouds is the potential for millimetres of life giving water. Each rain bearing cloud has the potential for delivering hundreds of litres of water.

Water plays an important role in organic gardening, as it is the medium in which the nutrients are transported to the root systems. Water makes nutrients such as nitrogen, phosphorous, potassium, trace elements, and minerals available and accessible to all plant life.

It is in these moistened soils that microbial activity can convert nutrients from organic materials and fertilizers into forms that the roots of the plants can absorb.

You've probably loosened your soil with a garden fork and turned up worms, slaters and grubs. If you have worms in your composts or garden beds, it is good news! Worms are useful in aerating, oxygenating, and breaking down the organic materials into good bacteria and fungus in soils.

I'm passionate about growing roses, perennials, annuals, native plants and trees, herbs and vegetables. Therefore, when growing those tasty, edible plants for your family, it's vital to use organic methods of cultivation.

Now, in order to achieve the best results and grow the highest quality and maintain good production from your flowering and fruiting plants, it must stem from the ground up. Apply only organic fertilizers, either dry powder or pelletized and liquid formulations, which make it readily available to plants.

If you don't have space for a composting system, buy good quality ready-made compost.

Compost should contain fruit and veggie scraps, moistened shredded newspaper for carbon, grass clippings and leaf litter.

I've heard people complain about soils becoming hydrophobic, even with organic matter incorporated or used as mulch. There are products on the market such as organic soil wetting agents, moistened coir or coconut fibre mixed into the soil, lucern hay and pea straw as mulch, all of which are useful in maintaining soil moisture during summer.

If you have an established garden, it's not too late to improve your soils. By gently loosening the soil below the drip line of the plant's canopy, incorporate humus or composted soil, liquid and dry fertilizer to slowly break down, covering with soft mulches like lucerne hay and pea straw. Before long, you will notice a huge difference in the health of your plants, and a plethora of flowers, fruit and vegetables to be enjoyed by all!

Lonni Holland



2013 Green Foot Flicks film festival

Knox's budding filmmakers have another opportunity to showcase their talents, with the annual Knox Youth Film Festival, 'Green Foot Flicks'.

Knox Mayor Karin Orpen encouraged all young Hollywood-bound producers, directors, writers and actors to consider producing a film for the local event. "We have so many creative young people in Knox and this annual film festival provides the perfect opportunity for their work to be seen by the wider community," Cr Orpen said.

The shortlisted films will be shown at Village Cinemas Knox on Monday 8 April 2013, as part of National Youth Week celebrations and the Festival is open to anyone aged under 25, who lives or spends time in Knox. Films in any genre are welcome, but must be no longer than 10 minutes (including credits) and be rated 'G' or 'PG'. Entries close **Monday 4 March**.

For more information or to become a member of the Knox Events Crew, visit:

www.knox.vic.gov.au/greenfoot or the Knox Youth Services Facebook page.

Jo Sutton



Thelma Harvey
4/05/1925 - 8/04/2002
(above)

Two of the stunning violins donated to R.S.C (right)



The Twelve Violins of Christmas

In the final weeks of 2012, Rowville Secondary College

became the proud new owner of twelve beautiful violins. Whilst a strings program within the college has until now been impossible, the music department is currently investigating the numerous ways in which the violins can work their way into the musical education of our students.

The violins, and their journey to R.S.C are the legacy of Thelma Harvey, who lived an incredible life pursuing her passion for music and teaching. As a teenager Thelma began teaching violin to children and continued

throughout her married life up until only months before her death. Living and teaching in Bendigo, Thelma started to acquire an increasing number of violins to accommodate any passionate students who could not bear the immediate cost of the instrument. Following her death in 2002, her husband Jack Harvey knew that it was too soon to let go of her

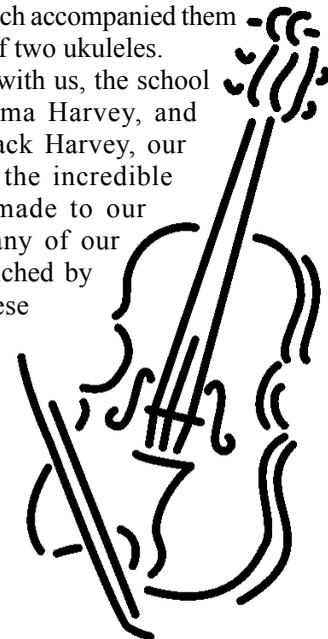


beloved violins, so they were kept while Jack waited and wondered how they could be put to a use that would have made Thelma proud.

Almost ten years later, and now living in Rowville, Jack had arrived at the conclusion that the violins ought to be donated to a school. Thelma loved giving children the opportunity to learn, and the donation of the entire collection could give so many students a chance to learn a different kind of instrument. Having taught billy-cart workshopping classes at Rowville Secondary College years earlier, Jack remembered how impressed he was with the engagement of both the students and teachers at the college. Several phone calls, and one meeting later the violins were delivered to Music Coordinators Jake Johnson and Patrick Thomson who were impressed not only with the quality and condition of the violins, but also the accessories which accompanied them and the surprise addition of two ukuleles.

Whilst she is no longer with us, the school would like to give Thelma Harvey, and of course her husband Jack Harvey, our most sincere thanks for the incredible contribution you have made to our college. The lives of many of our students will be truly enriched by the opportunities that these violins provide, and we are honoured that Rowville Secondary College was chosen as the school where Thelma's legacy lives on.

Laura Gordon
Communications Officer,
Rowville Secondary
College



Student Corner Volleyball Nationals

Rowville Secondary College



The Rowville Volleyball Team at Dandenong Stadium

What an experience!

Towards the end of 2012 the Rowville Secondary College Volleyball Team qualified for the Australian Schools Cup, a competition that is for the best schools all around Australia and due to our great performances during the year, we qualified in the top 12!

We were all set and ready for this competition, we had our uniforms, we had a bus to get there in, and we even all bought new knee pads.

Tuesday, a vital day! We had to win both our games if we wanted to go into the championship round and playoff for a medal. To start off proceedings, we played against Eltham. As the game wore on, we knew it was going to be a tough game. At the end of the first set, Eltham had edged to victory 25-21. We weren't playing our best volleyball, but we were definitely in the running to win it. We tried our hardest, but unfortunately they got the better of us. We were tired and disappointed, not exactly the best mixture.

And that was it, our hopes for a top 3 finish had just faded away. Now all we wanted was to get the highest possible spot which was seventh. To get that spot, we were going to need to beat St Josephs, they hadn't won a game the entire tournament and we didn't really want to be their first casualty, we toughed it through 3 agonising sets, to come out victors in the last by quite a close margin, 19-14. That game we found form, although we weren't at our best, we were still good enough to take out a game.

Thursday, we had to win at least one game to be able to

playoff for seventh or eighth. Our first game was against St Bernard's, we took out the first set after playing some terrific volleyball 25-21 but unfortunately lost the game 25-19.

After losing that game, it was vital for us to win this next game! Girton had to be defeated. We started the game pumped, we came to win and nothing would stand in our way!

From the start, that was our approach, and from the start we were playing our best! We didn't make silly errors, we didn't play non volleyball shots and we were playing as a team. We took out the first set 25-12. We then continued our terrific form and won the second set 25-18. We then went to the third set with every bit of momentum. We controlled the set from start to finish, and won 25-15!

In the end we finished 8th in the entire country! This is a great effort seeing as though we only just started volleyball this year.

I would, on behalf of everyone in the team, like to thank Bundy and Sabrina for coaching us throughout the year. I would also like to thank the parents for supporting us by cheering at their loudest.

Silas Fisher Year Eight

Editor's Note:- It is always easier to report on your team Silas, when they end up becoming champions. To write enthusiastically, as you have, about a great effort that didn't result in becoming number one is much much harder. Very well done.



The new school year will commence with a great sense of excitement for our students, our Preps especially. During the holidays we are having three pergolas built to complement our BER Building.

This year our Prep students will be in this building, whereas traditionally their classrooms have been at the front of the school. However we are keen to further develop our Play Based Learning for these students and are confident that the new outdoor learning areas will enhance the programs greatly.

The Karoo Primary School community is looking forward to celebrating the school's 21st birthday on Saturday 23rd February. A committee has been established and are working tirelessly to ensure the celebration is one to remember! It will be a wonderful opportunity to acknowledge Karoo's past.

The initial idea was to have a 'low key' event, however, parent interest grew and so did the ideas so that we now have a wonderful range of activities organised. We are proud of our school environment and facilities and welcome the local community to join us on the day.

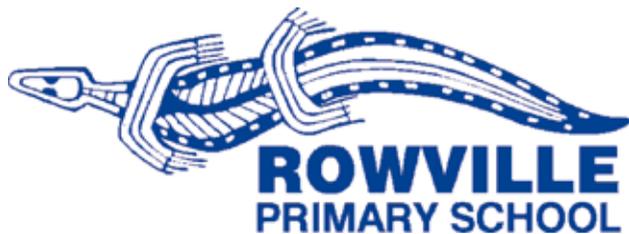
Please see the front page of this edition to see the activities planned for the day.

We will be welcoming new students at all year levels across the school, five new teaching staff will commence at Karoo and our current Principal, Irene Harding, will commence her official contract of employment. We also welcome Sue Graham to the Leadership Team and she will be Acting Assistant Principal for one semester.

Leanne Vines

School Talk

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



Helping the HCCH

The Grade 5 students at Rowville Primary School have been inspired to make a difference. During Term 4 2012, they opened their eyes to the issue of poverty in countries around the world and were keen to use this new knowledge to help those less fortunate. The student's engagement and enthusiasm whilst investigating this topic, led to very valuable learning experiences and an increased awareness of worldwide issues. The students were able to make comparisons between their own lives and experiences and were surprised that not everyone lives the same way that we do. Whilst learning about poverty and basic needs, the students were able to appreciate the simple things in life that we take for granted and the luxuries that we often think that we need. They developed personal connections, thoughts, feelings and opinions about this important issue and were keen to take action. The students at Rowville Primary School were empowered to work together, to think of others and to give back this Christmas time.

The students decided to raise money for the Himalayan Children's Care Home (HCCH) in Pokhara, Nepal. This is a non-profit organisation, which aims to provide 52 children, aged from 5-16, with a better life and future. Some of these children are orphans, whilst others have been living in poverty, with families that were unable to care for them and they struggled to survive. The HCCH does a wonderful job in providing these children with accommodation, food, education and health care, using sponsorship money and donations. There are many organisations and charities that we could have decided to help. We chose the HCCH as Miss Dovaston's sister, Kylie, has volunteered here several times and we were able to be in contact with the orphanage and could decide what our donations should go towards.

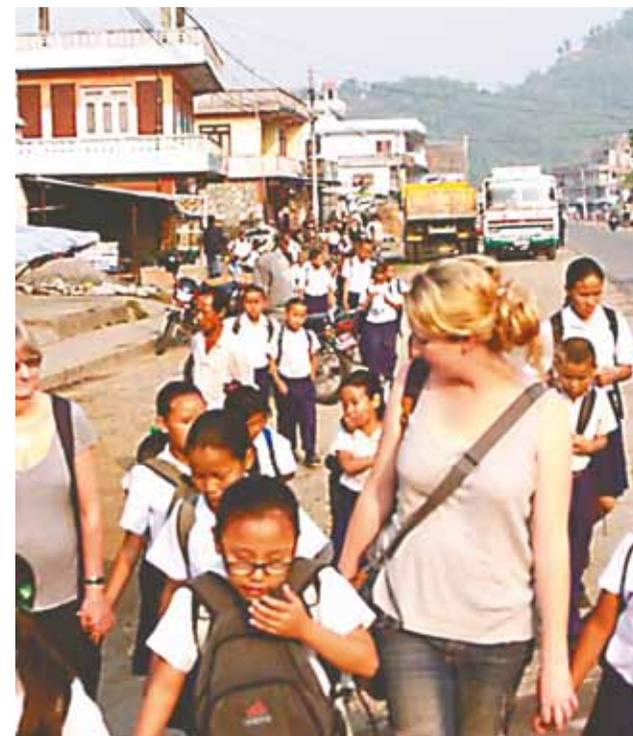
We wrote letters to the children at the orphanage and each student received a photo of their Nepalese penfriend. We were



able to call the orphanage and speak directly to the Lama who runs the orphanage, a current Australian volunteer, Edil, and some of the children. The students at Rowville Primary School found out that the HCCH kids walk nearly an hour each way to school every day. They eat meat approximately once a fortnight and two of their three meals a day consist of rice and lentils. Their favourite food is fruit and the boys like soccer and the girls like dancing and volleyball. We learnt to greet each other with the phrase 'Namaste' and used this in our phone calls and letters. This was a very exciting experience for our students as they were speaking to people in another country, they could talk to their penfriends, ask them questions, learn some of their language and find out where they believe we should spend our fundraised money.



The grade 5 students held a mini market at our annual Christmas Concert with three stalls selling second hand goods donated by the students, handmade goods made by the students and food cooked by the students. Every element of planning and running our mini market was led by the students from the initial ideas, developing items, pricing items, setting up the stalls, selling the items and counting the money. This was an amazing experience and the students showed excellent leadership,



team work, dedication and commitment. In addition to these fundraising efforts many students also developed pledges and chose to give up a luxury in order to raise money. Children gave up things such as computer games, TV, canteen money and dessert in order to donate to those who truly need it. The decision to give up something that they love and enjoy in order to help others was very powerful and made great links to the personal connections made by the students to this issue. In the last few weeks of term 4, the grade 5 students put so much time and effort into translating their learning into action and achieved great results.

Over \$500 was raised from these fundraising efforts and we would like to thank everyone who helped to support our students with this great cause. This money will go towards sponsoring the school costs of two children, Tsering Wangyal, 5 and Lhamo Tsering, 7 at HCCH for a year at \$160 each. They are both currently in the same class, lower kindergarten and Lhamo Tsering is currently at the top of her class. The remaining money will go towards purchasing a solar panel that would light up the children's rooms. Currently it is winter time and there is no electricity for 12 hours a day and soon it will be 14-16 hours a day. These decisions were made by the grade 5 students after consulting with the Lama, Australian volunteer and children at the Himalayan Children's Care Home.

At Rowville Primary School we look forward to staying in contact with the HCCH and continuing to make a difference in 2013.

If you would like further information about the Himalayan Children's Care Home or are interested in making a donation, sponsoring a child or volunteering please visit the following website <http://hchmustang.org>

Times Remembered at Rowville Primary School The Swarming of the Bees

Outside the Principal's office at Rowville Primary School stood a massive tree stump, lopped off about fifteen feet (about 4.5metres) above the ground which was so highly thought of that the path veered around it so that it could be preserved.

Inside the dry trunk lived a hive of bees and had done for many years, the school population and the bees living harmoniously together. In early spring each year excitement began to mount as the ritual of "The Swarming Bees" was about to be enacted. The excitement reached fever pitch with the arrival at the Principal's door of an exuberant group of children who, brooking no hesitation or interruption, proclaimed in a ragged chorus that "the

bees are swarming".

The next step in the ritual was for the Principal to announce to the school population, in his most dramatic style, "The bees are swarming, the bees are swarming, hit the ground!!" At this the children were told to adopt the horizontal position as the swarm flew past on its noisy, agitated and surprisingly slow path to its destination. Children with known allergies were shepherded inside and the more foolhardy, or daring, remained standing up whilst the swarm continued on their erratic way just above head height.

Playtime was usually cut short on this dramatic day and so the ritual moved on to its next step. The Principal rang a local beekeeper and, foregoing his dramatic style, told him that the bees had swarmed. The beekeeper eventually arrived with his tools of trade and happily captured the swarm to add to his collection in his hives.

As one can imagine on arrival home after school that



No bees in sight here, but is that you washing up?

day in answer to the normal Mum and Dad question of "What did you do today at school?" the children would have told many exciting, probably exaggerated, tales of the near death experience they had suffered during "The swarming of the bees".

Poetry Corner

Buzzing With Bees

Bees and humans have lived together
Forever and ever, we're told;
Bee-phrases, bee-words as flighty as birds,
Language delightful, expressions insightful
All tell our activities bold.

Every day I buzz around -
A busy life suits me:
Garden in haste, cook and taste,
Write a rhyme, a poem sublime -
As busy as a bee.

A bee in my bonnet is what I have now:
My passion is saving the whales;
Their global range we must not change
As they plunge and leap in oceans deep,
Riding with storms and gales.

Today I'm searching for something I need,
Here's the way I do it:
I look on a shelf where I put it myself,
I remember the place - the perfect space -
And make a bee-line to it.

Sticky-beaks I cannot stand -
They search in homes and shacks,
Peer into drawers, scan the floors,
Look under beds, examine sheds -
Mind your own bees wax!

Peppertree Hill Retirement Village

For a number of years the Exercise group at Peppertree Hill Retirement Village has been raising money to donate to various charities. The year just past, 2012, was the best ever with the amount raised being a record. A total of \$2,619 was raised and donated to 'Alzheimers Australia'.

At the recent presentation ceremony, Margaret Baulch from Alzheimers Australia said "Alzheimer's Australia is a non-profit organisation and is dedicated to supporting the 250,000 people living with dementia, plus their families and carers. These carers can be children, siblings or even parents, as the cases of dementia in fifty year olds is continually increasing. We provide leadership in dementia policy, risk reduction and research and offer education, information, counselling and referral services".

Some of their services include, the "Living With

I love all tasty, delicious fruit
That grows on bushes and trees:
Bananas and pears, melon for shares,
Bunches of cherries, scrumptious berries,
And peaches, for me, the bees' knees.

Around the world bees are threatened;
Heed our emotional pleas:
The bee and the hive *must* survive;
Please humankind, don't be blind

To the survival of the fragile bees.

Edel Wignell ©

Ack. Highly Commended, C J Dennis Poetry Competition, Toolangi, 2012

Memory Loss" programme and "Memory Lane Café", both of which are open to people diagnosed with dementia and their families. Details of all Alzheimer Australia programmes can be found at www.fightdementia.org.au/victoria.aspx

The Exercise Group also acknowledged the splendid support of the Rowville Physiotherapy and Sports Medicine Clinic in providing an instructor each week for the half hourly sessions. A special presentation was made to Dee Ryan for the way she had conducted the classes throughout 2012.

Lindsay Croxford



Dee Ryan (Rowville Physiotherapy), Margaret Baulch (Alzheimers Australia) and Lindsay Croxford (Peppertree Hill).

Liberty Avenue 3 Year Old Kindergarten



At Liberty Avenue Three Year Old Kindergarten, we offer a stimulating educational program which includes dramatic role play to allow children to use their imagination and to provide practice with effective communication (listening to and responding to each other, sharing and turn-taking). We have split groups to encourage more social interactions and extended play sequences. This has the added benefit that play areas are quieter and less busy allowing children to focus more on the activities and co-operative play with

each other.

Our program provides art and craft activities, which allow children to use their creativity and imagination by using scissors, paste, textas, plus coloured and textured materials. Fine motor skills are developed through art and craft, playdough and construction sets, while gross motor skills are developed by climbing and balancing on the outdoor play equipment. During our play, we also explore simple scientific concepts including, caring for and observing the life cycle of silk worms and experimenting with colour mixing and symmetry. During the last year, we have incorporated environmental and sustainability interests into the kindergarten through establishing a sensory garden, compost system and worm farm.

At Liberty Avenue Three Year Old Kindergarten, we currently offer two different groups, each with a maximum of 20 children in attendance. Our Gumnut group is a "deferred" group, specifically for children whose attendance at 4-year-old preschool has been deferred for

a year, allowing the children more time to mature before going to school. This group attends for 2 x 3hr sessions per week. Our Bottlebrush group attends for 2 x 2.5hr sessions per week. The costs vary according to group preference.

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

Enrolments: There are still a few places available for this year. If you would like more information about our kindergarten, our session times, the program we offer or if you would like to obtain an enrolment application form, please contact our enrolment secretary, Kylie on 9752 9981.

Penny Drago

Rowville & Lysterfield Council Minutes

Nov. 27th - Dec 18th Meetings

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting held on the 27th of November 2012.

Item 6.3 Application to Develop the Land for Three (3) Double Storey Dwellings at 32 Stamford Crescent, Rowville.

The site is within the Stud Park Activity Centre where medium density housing is encouraged. The proposal generally complies with the Housing Policy, Neighbourhood Character Policy and ResCode. The proposal complies with the Residential 1 Zone.

On balance it is considered that the proposal responds well to State and Local Planning Policies. It is recommended that Council issue a Notice of Decision to Grant a Planning

Permit, subject to conditions.

Council resolved to issue a notice of decision to grant a planning permit with a number of conditions which can be viewed in the Council minutes at the Knox City Council Website.

Council Minutes – December 18th Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting held on the 18th of December 2012.

Petitions and Memorials

Councillor Mortimore acknowledged the recent passing of Auntie Winifred Bridges and passed on the condolences of the people of the City of Knox to her family.

Auntie Winni was a much loved and respected elder of the Wurundjeri, and her association with the City of Knox has been significant. Auntie Winni was involved in the development of Council's Stamford Park Master Plan, and in 2011, she and three other elders visited the Stamford Park and danced and sang at the park to celebrate the acknowledgement of Wurundjeri culture by Knox Council in various elements of the Stamford Park development.

Works Report as at 30th November 2012 Stamford Park Redevelopment

The implications of the Panel's Final Report have been assessed and considered by the Project Steering Committee. It is anticipated that a report will be submitted to Council regarding the C93 Panel process in February 2013. Council's Solicitors have commenced preparation of a 173 Agreement to formalise Melbourne Water's approval for Council to create the residential fill pad at Stamford Park, a key step in the project development process.

Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

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

Drainage Upgrades - Ongoing Customer Response

Minor Works Package 1: Ling Drive - Concept plan prepared; Daniella Court - Request for feedback to be followed up with Melbourne Water

Minor Works Package 2: Timbertop Drive - Design approved by SP Ausnet and awaiting funding agreement. About to seek quotes.

RAFT Anglican Church

"Building passionate

followers of Jesus Christ"

Parish of Rowville
& Ferntree Gully

131 Taylors Lane, Rowville Ph: 9764 2573

Email: admin@raftchurch.org.au

Web: www.raftchurch.org.au



Refreshed for learning and teaching

A Happy New Year from our family at RAFT. We trust the break has been as restful for everyone as it has been for us. RAFT is back refreshed for learning and teaching in the new term, and the New Year.

Christmas has been a time of rejoicing in sharing in the name of Christ. RAFT was again blessed in the offerings we received from the community, as we partnered Knox Infolink in the Knox Appeal, distributing gifts to those in need.

It is not only the disadvantaged for whom Christmas is not always a time of joy. The family gathering can be a testing time for far-flung members who meet but once a year, as we at RAFT learn from management consultant Giorgio Migliaccio.

Giorgio writes a "Managing the Home" column in RAFT's magazine *Connections*. We do not overnight learn how to keep the peace, whether in a work team setting, or in the family. Using principles of management, Giorgio shows us how, in the latest issue of *Connections*, available online, that it takes an on-going effort. (Go to <http://www.raftchurch.org.au/>. You will find it at the lower left corner of the homepage, together with past issues of *Connections*.)

"Managing the Home" is but one of the ways in which



The cover of the latest edition of *Connections*.

RAFT draws on our neighbours, from the public, commercial and services spheres, to help households learn life skills.

What RAFT learns, we teach in the work that we do at RAFT, and with schools in our neighbourhood, and members of the community, from the newly born to the youth, young adults, young families, and Wise Owls senior citizens.

RAFT comes back to life from February. All Time Dancing, held on Wednesday from 7.30 pm, has resumed. Prayer and Healing is held on the first and third Monday of the month, at 8 pm. This resumes on 4 February, and meets again on 18 February.

Family History meets on the first Wednesday of each month at 10 am. The topic on 6 February is "Finding family information from wills". Contact Bev Coen on 9759 5455 or jibec@bigpond.com.

The Youth meet every Friday, resuming on 8 February. Playgroups start back on 12 and 14 February. Craft 4 Christ meets on the second and fourth Tuesday at 7.30 pm, and the first night back is 12 February. Mainly Music resumes on 13 February, Toddler Church 22 February, and Wise Owls 26 February.

Register now for the Parenting Course for parents with children from newly born to 10 years. This will be held over five sessions from 20 February.

Register your interest to invest in your marriage. The Marriage Course over seven sessions starts on 24 April. Similarly register your interest in the Alpha course, the dates for which are to be confirmed. Contact RAFT at 9764 2573.

K.C.Boey

St Simon's Parish



1988 Mass in the Hall

Celebrating 25 Years in Rowville

The new year has begun and 2013 is well on its way. For the parishioners of the parish of St. Simon the Apostle Rowville, 2013 is a milestone year. This year we will celebrate the Silver Anniversary of the establishment of our parish. Twenty five years ago, in January 1988, the parish of St. Simon the Apostle was inaugurated. Prior to this date, St. Simon's was a part of the Scoresby parish of St. Jude. Our parish primary school was the second school within the Scoresby parish and mass was said in our parish hall to accommodate the Rowville residents of St. Jude's parish.

Father Les Tomlinson was installed as the first Parish Priest of Rowville and he is now the incumbent Bishop of the diocese of Sandhurst (Bendigo). Father Martin Dixon succeeded Fr. Tomlinson in 1998 as the second Parish Priest and upon Fr. Dixon's appointment as Parish Priest of Brighton, Father James Clarke became the third Parish Priest of Rowville in February 2010.

To commemorate the 25th anniversary of St. Simon's parish a series of celebrations and events will be held throughout the year. In a country as young as ours, and being part of the ever expanding eastern suburbs of our city, it is important to celebrate these milestones as they occur. Our history is recent and rich. This means that most of our pioneers are still with us and their stories, which are our stories, are still fresh and relevant.

This month of February we will be entering the Christian liturgical season of Lent. Lent is the time of preparation for the great season of Easter. During Lent we undertake penitential exercises of self-denial and charity. These can take the form of fasting, either from food or alcohol, or denying ones-self of anything else, and alms giving i.e. supporting a charitable organization, and making time for prayer in one's day.

Let us hope and pray that this new year will be one of peace, happiness and prosperity for all.

Father James Clarke

Island To be constructed in December 2012.

Karoo Road / Landsborough Avenue Bus Turn

Works have been programmed with contractor and are forecast to be completed by the end of December.

Heany Park - Access Rd Project combined with Reservoir Crescent dam works. Quotes being sought.

Kelletts Road Duplication - Footpath Construction Project has commenced and is set to be completed by mid November.

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

Darren Arnott

Liberty Avenue Reserve Master Plan Implementation Stage 2

Scope of works for tender in the process of being finalised for tendering in December.

Stud Road, Rowville - Sunshine Street to Timber Top Drive - Footpath

Developer was delayed by service authority relocation and has now directed surveyor to complete survey and plan of subdivision. Following which plan will be lodged with Council's Planning Department.

Eildon Park Storm Water Harvesting - Stage 2 Ultra violet filtration added to irrigation system. Project complete.

Avalon/Stamford/Stud Rd Intersection

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

Murrindal Playroom Extension (Stage - Two)

Tender has been advertised and closes 20 December.

Tirhatuan Drive (No 18) Rowville -

Drainage Upgrade Drainage analysis completed - including additional length of Melbourne Water main drain re-design. Design well underway with service deepthng to be carried out and feedback being sought from service authorities and Melbourne Water.

Water Sensitive Urban Design Renewal

Investigation on initial project list has been undertaken. List of projects to be renewed/amended are as follows:

(1) Bergins Road Swale - detailed design underway and construction planned for mid November;

(2) The Terrace Reserve Rowville wetland - designs completed. Contractor secured to start in November.

(3) Starlight Reserve - investigation and catchment calculations for retarding basin retrofit for storm water quality improvement done. Concept design completed and consultation is underway. Detailed design postponed

until January 2013.

Wellington Road / EastLink - Shared Path

(1) Bridge Crossings - erection of both bridges expected to be completed by end of December 2012. Completion of works delayed until new decking material is supplied.

(2) Shared Use Path - construction of remaining SUP expected to commence in late November and be completed by late December 2012.

Rowville Recreation Reserve No 1 - Renovation

Works have commenced.

Straughan Close, Lysterfield - Drainage Upgrade

Embankment works on east side completed with further works on western embankments due to re-commence late November and the program to be completed by end of December.

Reservoir Crescent Rowville, Dam Repair

Preparing to call quotes for works.

Hampden Court, Rowville -

Rehabilitation Survey completed. Construction due to commence in April 2013.

Cairn Curren Close, Rowville - Rehabilitation - Design

Survey and pavement testing completed. Design due to be completed by February 2013.

Tali Karng Cl, Rowville - Rehabilitation

- Design Survey and pavement testing completed. Design due to be completed by March 2013.

Ranceby Close, Rowville - Rehabilitation - Design

Design due to be completed by April 2013.

Camley Court, Rowville - Rehabilitation - Design

Design due to be completed by March 2013.

Bergins Road / Liberty Avenue Traffic



RESTORE
Community Church
2/18 Laser Drive Rowville
8736 9042
www.restorecc.com.au restore@restorecc.com.au

Something For Everyone

As we commence the New Year 2013, it is timely to remind everyone of what Restore Community Church has to offer.

Restore Community Church meets at 10:15am Sundays at Rowville Secondary College's Performing Arts Theatre, Humphreys Way, Rowville and at other times as advertised at our church building at 2/18 Laser Drive, Rowville. There is a crèche (Gummy Bears) available for kids 18 months to 5 years of age and for kids from grades 1 to year 6, Kid's Church (Transformers) is held during the main part of the service. Regular guest ministry from local and overseas ministers is also a feature at RCC.

Restore Community Church offers the opportunity for people to attend Life Groups (Home Groups) on a fortnightly basis, held in a number of suburbs, and on the alternating fortnight, on Thursdays, Prayer@Restore is held at our church building at 2/18 Laser Drive, Rowville. Gen-R Youth

meet fortnightly on a Friday; Restore Women meet monthly and Restore Men have their functions every two months. NextGen Young Adults, for those with or without kids, meet several times a year. The Alpha Program is held twice a year for new Christians and those wishing to explore the Christian faith. Alpha is an opportunity to explore the meaning of life in an informal, unthreatening, fun and friendly environment. Alpha is a great way to introduce friends and family to the Christian faith in a non-intrusive, friendly and casual environment. Each evening consists of a meal, a talk on one of the topics and some small group discussion. It is a great course with amazing results!

For people experiencing hardships Restore Community Care, the care arm of the church, has a range of services available to help anyone in need. RCC also operates a commuter bus, so anyone in need of transport to church, youth and other church activities can call the church office to make arrangements.

Restore Community Church has an on-going partnership with missionaries in East Timor and China. We also support an Orphanage and a Home for the elderly in Sri Lanka. In addition we also respond to global crises and natural disasters such as floods, tsunamis, earthquakes, cyclones and bushfires.

Restore Community Church also holds special community focused days several times a year at their Sunday services where everyone is invited to come to the service and join in a free BBQ lunch afterwards. On some of these occasions children's entertainment is also provided.. all free!



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.

Restore Community Church also offers Bible College by distance education through Timothy School of the Bible, part of Life Christian Centre, which is based in Adelaide, South Australia. TSB is designed to expand each student's biblical understanding, Christian experience, and ministry abilities through the systematic study and application of the Word of God. Courses range from a Certificate I in Ministry Foundations to an Advanced Diploma of Ministry and are designed to equip Christians for victorious life and ministry. The certificate programs are for committed Christians seeking to grow in the Lord, and the diploma and advanced diploma programs are intended for people preparing for Christian ministry and leadership roles. All courses are accredited.

For further information please contact the church office on 8736 9042, Tuesday to Friday 10.00am-5.00pm or the Senior Pastor on 0411 117 756.

Ray Green



The Salvation Army
Rowville
Worship & Mission Centre

What a great experience it was to work together with other agencies leading up to Christmas, to be able to provide families in the City of Knox hampers of beautiful Christmas food, along with toys for the children. Thank you to all who volunteered their time to make this another successful year of team work! Donations of food, toys and money were well used and gratefully received and distributed.

We are looking forward to a great year at Rowville Salvos. Our movie nights have been a great hit for families and friends throughout 2012 and so we are looking forward to more great nights and movies during 2013.

It has been wonderful to be able to welcome new families into our church and our children's ministry is taking shape. We are really enjoying the new shape things are taking and

the great sense of community and family that people are experiencing here. We would love to have you come along and share in that with us too.

Community lunches were another great way of connecting last year and they have fired up again for 2013. These are prepared by the participants of the Rowville Community Kitchen (find them on facebook too) and it is always a delicious and nutritious meal for just a gold coin donation. To book in for lunch please call 0416 305 741.

2012 also saw the commencement of Craft and Carboot sales on the last Saturday of every second month and they will restart from February 2013. These have been building nicely and we hope to expand on them this year with more stall holders and customers alike. The person to contact for this is Graeme on 0417 510 321.

You can find details of this and other events on our website www.salvationarmy.org/rowville or on our facebook page "The Salvation Army Rowville Worship & Mission Centre". Like us on Facebook to keep up to date with all that is happening. You will also find our Craft and Car Boot sale

details on Gumtree.

Our worship service is held at 10am each Sunday at 16-18 Kingsley Close, Rowville followed by morning tea and you are welcome to come along and join us any Sunday. If you happen to be around Stud Park on a Friday morning, come and join us for coffee at Donut King from 10-11am.

Our Thrift Shop is on High Street Road, Wantirna South and open between 10am to 4pm week days then 10am to 1pm on Saturdays. Donations are accepted during business hours and you will always find yourself a great bargain or treasure each time you come in. Our amazing volunteers will gladly welcome you!!

It is our pleasure this year to host the **World Day of Prayer** event in Rowville for 2013. It will be on Friday March 1st at 7:30pm followed by supper. We look forward to welcoming you to this interdenominational event.

From the Rowville Salvation Army, we wish you a very happy 2013 and pray that you will find the peace and love of God in the small things in life. God bless you.

Judy Shaw



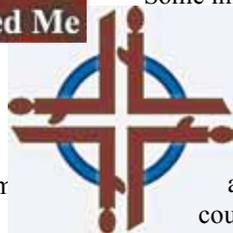
World Day of Prayer
I Was a Stranger and You Welcomed Me

The Salvation Army in Rowville invites you to join the many other churches in Rowville for this year's World Day of Prayer meeting to be held on March 1st, 2013 at The Salvation Army - 16-18 Kingsley Close, Rowville commencing at 7:30pm and concluding with supper.

Each year a different country is the focus of our prayer and for 2013 the country is France with the theme of "I

was a stranger and you took me in" based on the Scripture in Matthew 25. There is a wealth of information regarding France and the areas of need there, on the World Day of Prayer website - <http://www.worlddayofprayeraustralia.org/> Some information for you -

What is the World Day of Prayer?



It is a day, the first Friday in March each year, when co-ordinated services of Christian worship and prayer are held across the world in over 170 countries, directed by the international body, the World Day of Prayer International.

The program for the service is prepared well in advance,

by women from one focus country of the world. Each service has an advertised theme and involves Bible readings, prayers and songs and a reflection.

What does the World Day of Prayer logo mean?

The symbol for World Day of Prayer was developed by the women of Ireland and adopted as the international logo in 1982. Its design is made up of arrows converging from the four points of the compass, persons kneeling in prayer, the Celtic cross, and the circle representing the world and our unity through all our diversity.

For enquiries please contact Judy or Hazel on 9753-2795 or CorpsOfficer.Rowville@aus.salvationarmy.org



Rowville Uniting Church
Cnr Fulham Rd & Bridgewater Way
9753 3495 office@rowville.unitingchurch.org.au

To all the readers of Rowville Lysterfield Community News I wish you a very happy new year and on behalf of Rowville Uniting Church and hope that your plans and dreams for the year ahead will be fulfilled. The Uniting Church meets on Sundays at 10am for worship. We seek to offer worship that speaks into today's world and offers us insights into the way we might think and live as 21st century Christians. We have a small Sunday School that meets during the service.

Our Toddler Gym resumes on Tuesday 5th and Friday 8th of

February. The session times are 9:30-10:30 and 11-12noon. The cost is still \$5 per family and pre-registration is essential. This program is a great way for new parents to connect with others in our community and also offers great play activities that enhance early childhood brain development and coordination skills. The program is for children up to kinder age. Please contact our church office on 9753 3495 for more information.

Link is an essentially social group that meets on Thursday mornings from 10 - 11:30. It aims to offer social contact for anyone who would like to have a cuppa and chat. Anyone is welcome, just come along on the day.

The Bridgewater Centre has a long and well established reputation for offering low cost counselling from our highly qualified Psychologist. This service does not require a medical referral and the cost is still below the Medicare out

of pocket expense. Appointments are essential for this service and can be made by calling the church office.

Fundraising is an essential element to our ability to offer the Bridgewater Centre. With this in mind we will be holding another Blues Brothers Trivia night on Saturday 16th march. This was a great and innovative night last year and we invite people to join us for this night. Please contact the church office for more information.

Rowville Uniting Church, like all other groups, is looking to the year ahead with great anticipation. We, like many others, hope that we will know God's blessing in our activities in the year ahead and hope that you might also know the peace of God in your life this year.

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Hillview Church Rowville

This year, 2013, has begun with an excitement of something new, something different. It's like a chapter has closed, and a

new book has begun. For some, 2012 was a challenging year, for others a time of celebration. However the year ended and this year began, it's a true saying, "Blessed are the flexible, for they shall not be bent out of shape".

Life can present all sorts of challenges or celebration. Whatever life presents you, we believe the best in you and for you this year, and pray you find Hope, Peace & Love in all you endeavour to do.

Our Sunday morning services continue to be a place of inspiration, life giving messages and heartfelt worship. If you feel led, we welcome you to join us on Sunday @ 10am. For more information please visit www.hillview.org.au or call 9763 7776.



True Origins ?

There is an old Hotel/Pub in Marble Arch, London which used to have gallows adjacent. Prisoners were taken to the gallows (after a fair trial of course) to be hung. The horse drawn dray, carting the prisoner was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "one last drink". If he said yes, it was referred to as "ONE FOR THE ROAD". If he declined, that prisoner was "ON THE WAGON".



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