



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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**Priceless**

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# APRIL

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## From the Editor's Desk

Whilst I was researching information for the 'Memory Lane' column, I was interested to read that the editor in 2008 was bemoaning the extreme heat in March and the dust and dirt all around due to the lack of rain. It all sounded very familiar.

In last month's issue I launched a Children's Competition, called "Palindromes", where I asked them to write down and send in as many as they could find. The prize was to be an Easter Hamper. Regrettably I didn't include a closing date, so it has been extended until April 19<sup>th</sup>, which means the hamper will be a bit late for Easter but enjoyable nonetheless.

Like many other Rowville residents I attended a most informative and worthwhile 'Rowville Plan Forum'. Whilst many issues have not changed from the previous forums, there were new problems that those present felt were having, or could have, a significant effect on the Community. From this meeting a decision making framework was to be established and would form the basis of the next workshop in May. The most burning issues according to an on-line survey were, Public Transport, Traffic & Parking and Parks & Open Spaces. Surprisingly, high profile issues like 'high density housing' didn't make the top 5.

I was interested to learn this month that Rowville has more than 12% of houses with solar panels, whereas the average for

Knox is only 5%. We are clearly a very energy conscious community.

There seems to be a growing concern about Indian Mynah birds (not to be confused with the native 'Noisy Mynah') and cockatoos. Lysterfield residents are suffering damaged fences, pergolas, outdoor furniture and even window ledges to the latter, whilst the Indian Mynah bird is proving a problem for native birds, not to mention their incessant 'chatter'. The trick seems to be to remove food that draws them to the garden. A more informative article on the 'Mynahs', appears elsewhere in the paper.

April 25<sup>th</sup> of course is Anzac Day and there are a number of services locally that are open to the public. The easiest to access will be the Stud Park ceremony, which will be held at the memorial outside the Library at 10am.

In conclusion this month, a plea for **HELP**. We are always in need of volunteers to deliver the papers, but at the moment, the shortage is critical. There are a number of 'walks', most of which only have 50-60 houses, where we have no help, forcing us to rely on volunteers 'doubling up'. Each round only takes 20 to 30 minutes, once a month. It is good exercise, you get to meet the neighbours and get ideas for your own garden. If you can help, please, please contact Peter Rumble on 9752 7592.

David Gilbert

## What's On Locally

April 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

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

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

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

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

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

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

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

**Knox Neighbourhood Watch** Meet 1<sup>st</sup> Tuesday each month 7.30pm at Knox Police Station 2<sup>nd</sup> Floor. L S/C Lee Thomson 9881 7948 www.knoxsafercommunity.org.au

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

**Lions Club** Meet 2<sup>nd</sup> & 4<sup>th</sup> Wed - 7pm for 7.30pm at Knox Tavern. Transport & meal available Robert: 9752 2785

**Little Athletics** For training & event days: 9763 1404.

**Mens Shed (Stamford Park)** Meet at Stamford Park Homestead Tues, Thurs & Sat from 10.00am – 3.00pm. Barry Treadwell 0425 719 451 or www.stamfordparkshed.org.au

**Multiple Birth Assoc.** 2-3 yr old Playgroup Tuesdays & Thursdays 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 1<sup>st</sup> Tues each month at the Stamford Hotel at 10am.

**Probus Club** (Knoxfield Ladies) Meet 4<sup>th</sup> 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 1<sup>st</sup> Wed. each month at 10am. Bev 9759 5455 **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm. Contact Anthea or Arleen 9801 3509 **Craft for Christ** 2<sup>nd</sup> & 4<sup>th</sup> Tues each month at 7.30pm.

**Red Cross Rowville** Meet 3<sup>rd</sup> 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

**Rosella Rounds Dancing Club** Fridays at 6.30pm. We are the closest club and meet at the Uniting Church Hall, 333a Canterbury Rd Forest Hill. Contact Fiona 9802 5807

**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 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Bambi: contact@rowvilletoastmasters.org.au

**TOWN Club** Meet Wednesdays 9.30am at Uniting Church

**Uniting Church** Services Sunday at 10am. Contact 9753 3495 **LINK** Thurs 10am. **Toddler Gym** Tues & Friday 9.30-10.30 & 11am - Noon (during School terms)

## April Events

**Restore Church** Special Youth Service Sunday 28<sup>th</sup> May. Special Mother's Day Service Sunday 12<sup>th</sup> May. Both commence at 10.15am at Rowville Secondary College, Performing Arts Theatre.

**Rotary Club** Youth Mental Health Forum at Rowville SC, Eastern Campus Auditorium at 7pm on April 16<sup>th</sup>. Details in Rotary Club article.

**Samata Institute** Trivia Night Friday 5<sup>th</sup> April 7pm. \$10 per head. 1430 Wellington Rd Lysterfield. Contact Donna 9758 6636 or 0400 679 888



# Calendar of Events April 2013

25 Mar – 2 Apr **Passover**

4 Apr **The Owl's Apprentice at Knox Community Arts Centre** [www.knox.vic.gov.au.theatretix](http://www.knox.vic.gov.au.theatretix)

4 Apr **World Stray Animals Day**  
[www.strayanimalsday.org](http://www.strayanimalsday.org)

5 – 14 Apr **National Youth Week**  
Various events <http://www.youthweek.com>

7 Apr **Eastern Regional Pet Expo**  
[www.knox.vic.gov.au](http://www.knox.vic.gov.au)

7 Apr **Change your smoke alarm battery**  
[www.changeyourbattery.com.au](http://www.changeyourbattery.com.au)

7 Apr **Dandenong Valley All Holden Street Car Show** [www.rotaryendeavourhills.org.au](http://www.rotaryendeavourhills.org.au)

11 Apr **World Parkinson's Day**

11 – 14 Apr **Yarra Valley Food & Wine Festival**  
[www.yarrawalleyfestival.com.au](http://www.yarrawalleyfestival.com.au)

18 Apr **Zimbabwe National Day**

20 – 21 Apr **Dads n Daughters weekend**  
[www.penguins.org.au/news/events/](http://www.penguins.org.au/news/events/)

22 Apr  **Earth Day**  
[www.earthday.org](http://www.earthday.org)

23 Apr **World Book and Copyright Day**  
[www.un.org/en/events/bookday](http://www.un.org/en/events/bookday)

24 Apr **International Guide Dog Day**  
[info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au)

25 Apr **Pay It Forward Day**  
[payitforwardday.com](http://payitforwardday.com)

25 Apr **Anzac Day**

27 Apr **Togo National Day**

27 Apr **Cultural Diversity in Aged Care Expo**  
[culturaldiversity.com.au](http://culturaldiversity.com.au)

28 Apr – 4 May **Privacy Awareness Week**  
[www.privacyawarenessweek.org](http://www.privacyawarenessweek.org)

**If you would like to add your club, organisation or association to the Directory or This Month's Events free listing, please contact the editor 9764 4703 or editor1@rlcnews.com.au**

**DEADLINES**  
**May 2013**  
**EDITORIAL & ADVERTISEMENTS**  
**Wednesday, 17 April**

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

**DISTRIBUTION**  
**Saturday, 4 May 2013**



brain is in a state of intense development. In these years the young brain is moulding and hard-wiring in readiness for the challenges of adulthood. The brain is forming all the critical parts it needs for learning, memory, planning, emotional stability and thinking.

We also know that alcohol disrupts brain development during this crucial phase of growth. Teenagers who drink alcohol risk their brains not reaching full capacity. This means they might never reach their full potential as an adult.

These facts lie behind current campaigns to persuade teenagers to delay drinking alcohol, as their best chance to succeed and be happy in life.

Some tips for parents:

- Set firm guidelines and make sure your children understand your thinking.
- Highlight that **not** drinking alcohol is the norm for 12 to 15 year olds.
- Talk about the brain science behind urging them to delay.
- Encourage challenging activities that do not involve drinking, such as sport.
- Discuss the delay methods with other parents.
- Consider adult drinking behaviour. You are the role models.

A very useful website, full of related news and information on alcohol is [drinkwise.org.au](http://drinkwise.org.au)

Knox Neighbourhood Watch are volunteers working to promote community safety and crime prevention. They meet on the first Tuesday of the month at 7.30pm. For venue and other details see "What's On Locally" on page 2. For safety information relating to your home, health, business, internet, vehicle and more please go to the website. [knoxsafercommunity.org.au](http://knoxsafercommunity.org.au)

Anne Boyd

## When putting it off is a really good idea.

Current brain research is telling us new truths about the growth of teenage brains. Or rather about the slowness of the process.

We now know that from the age of 12 or 13 through to the early twenties, the

## Letter to the Editor

Hi David

I refer to the page 17 "Down Memory Lane" section of the February 2013 edition, where the question was raised under 1988 of, "Does the KEPR still exist and what is it?"

KEPRA stands for Knox Early Planning for Retirement Association. However the correct title was Knox Early Planning for Retirement Group (KEPRG) and the group was formed in 1988 as a member club of the Early Planning for Retirement Association (EPRA) with the purpose that the name/s imply.

In December 1994 the EPRA changed it's name to Life Planning Foundation of Australia (LPFA) and member clubs changed their name also and KEPRG became Life Activities Club Knox (LACK).

LPFA has recently changed it's name again to Life Activities Clubs Victoria Inc.

Life Activities Club Knox celebrated its 25th Birthday in 2012 and is still going strong thanks in part to local newspapers such as Rowville-Lysterfield Community News that publish articles from the Club, such as on page 5 of the February edition.

On behalf of the Committee and members please accept our thanks for your support it is greatly appreciated.

Regards

Ron Smith

Committee Member

*Editor's Note:- My thanks Ron for the detailed explanation. Now we all know the metamorphosis of KEPRG into LACK. My thanks to Melva and the Club for their always on time and interesting articles.*

## Stud Park Shopping Centre Stud Park hosts centre's first Anzac Day Service

On Friday 25th April, Stud Park will host the centre's first Anzac Day service to honour those who served at war. Commencing at 10:00am, Stud Park, in conjunction with the local RSL, Rowville Salvation Army and Rowville Lions Club, will hold the service at the Anzac memorial outside the Rowville Library.

To honour those who served, prayers, poems and a brief history on Anzac day will be read to guests who attend. Flowers will then be laid at the war memorial outside Rowville Library and a minute silence had for those who died in battle.

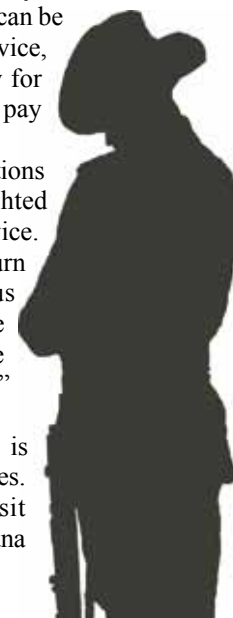
Following the formalities, a sausage sizzle will be available to help raise money for the Anzac Appeal and Vietnam Veterans Museum.

Kellie Suhr, Centre Manager explained the service aims to create an experience for the community that has not been done at the Centre before. "At Stud Park we strive to become an integral part of the community and we are thrilled to be able to host the Anzac Day service for the surrounding region. We understand it can be difficult to attend the annual Dawn Service, so we wanted to offer an opportunity for community members to still be able to pay their respects," Kellie said.

Return Solider and Stud Park Operations Manager, Michael McHugh, highlighted that he was looking forward to the service. "This area contains a number of return service people. This service gives us an opportunity to reconnect with one another and utilise a facility where we give back to the local community," Michael said.

The Stud Park Anzac Day service is open to community members of all ages. For further information, please visit [www.studparksc.com.au](http://www.studparksc.com.au) or contact Liana Mete on 9764 1218.

Liana Mete Promotions Manager



## Palindrome

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes). More complicated ones are harder to find but 'Madam I'm Adam' is a good example.

How many more palindromes can you find? Write down all your words and place them in an envelope and either leave it at the front desk at the Community Centre or mail to:-

### Palindrome Competition

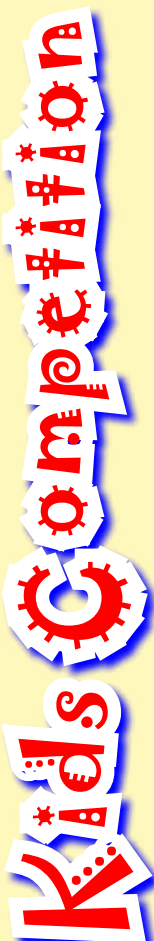
Rowville Lysterfield Community News  
c/o Community Centre  
Fulham Road  
Rowville 3178

If you prefer to do it the electronic way, then email your answers to [editor1@rlcnews.com.au](mailto:editor1@rlcnews.com.au) with 'Palindrome Competition' in the subject box.

The prize for the most 'palindromes' will be an Easter Hamper of goodies. The closing date will be Friday 19th April at 5pm.

### Start searching.

Don't forget to include your name and a contact number.







## Rotary Club of Rowville-Lysterfield

### Two Rotary Events Not To Be Missed In April

April 2013 will be a busy month for the Rotary Club of Rowville-Lysterfield, with two major community events planned for the middle of the month. First off will be a **Youth Mental Health Forum**, to be held at the Rowville Secondary College, focusing on "Cyber Bullying". Why it happens, What to look for, How to handle it and strategies for young people and parents to deal with it! The Forum will take place on **Tuesday 16<sup>th</sup> April** with two day sessions for Rowville Secondary College students and some Year 6 students from local Primary Schools as well.

The day sessions will be followed in the evening with a free presentation commencing at 7.00pm for parents to learn some strategies for handling on-line bullying on the home front with their young people. The evening presentation will be held in the RSC Eastern Campus Auditorium, cnr Humphreys Way and Wentworth Avenue, Rowville and include a Q&A discussion panel followed by tea/coffee time for further discussion.

The special key note speaker will be Sacha Kaluri, a leading youth ambassador, dealing with topics such as: "Why Young People Bully On Line", "Why Young People Don't Talk About It With Teachers and Parents", "Specific Strategies For Dealing With Cyber Bullying". All enquiries should be made to Darren St.Ledger on Tel: 9752 8488.

On **Thursday 18<sup>th</sup> April**, the Club will hold its Autumn Business Breakfast at the Kingston Links Function Centre, Corporate Drive, Rowville, commencing at 7.00am sharp. The special keynote speaker will be Brett Clothier, AFL Manager-Integrity Services speaking on "Integrity In the Business of Sport"

Brett Clothier, who has been described as "the most important man in football at the moment", will present the authoritative side of the AFL, looking at the aspects of gambling, match fixing, player conduct and anti-doping. The cost for the breakfast is \$60 a head and tables of 10 can be booked. Funds raised will be directed to supporting a joint effort with the Interact Club at Rowville Secondary College and Rotary District 9810 for the Timor Leste Children's Home project. Full information and Registration Form/details are on the Club website at: [www.rotanet.com.au/rowville](http://www.rotanet.com.au/rowville) or contact Steve Macdonald on 0418580651. Bookings close

on Friday 12 April 2013. This promises to be an event not to be missed!

Our Club received great support from the local community when we held a recent Saturday BBQ effort at Bunnings-Scoresby. A record amount of approx. \$1200 was raised during the day which will be put towards supporting some local community projects.

We are also keen to further increase Rotary Club membership, having added two new women members in recent months. We are a bunch of like minded men and women who want to give something back to their local community and have fun doing it. The members meet every Tuesday evening for a short one and a half hours for dinner, a lot of laughs and usually a guest speaker. Along with the fun and fellowship we share with volunteering comes the chance to meet new people, perhaps create long lasting friendships and the opportunity to network with a variety of business people within our own club and with other Rotary clubs across the district.

For details of our meeting venue, dates and times please see "What's On Locally" on page 2.

If you would like to visit the Rotary Club of Rowville-Lysterfield one night or become a member, please call Kevin Harrison on 0419919011 or James Wilson on 0417548662. *James Wilson*

## Lions Club of Rowville



What fabulous weather for the Knox Festival weekend! It was the first time in many, many years that both days were perfect for families to get out and enjoy the festivities without fear of getting wet at some stage. It was our best Knox Festival fundraiser for a very long time and we sincerely thank everyone who bought 'sno cones' from us, or gave us a donation. We are grateful to each and every one of you and will put the money to good use in the community.

As reported in the last issue, our club finalist in the Lions Youth of the Year Quest, Shikhar Gupta, has faced his second round of judging. It was noted by club members in attendance on the day of the judging, that Shikhar had obviously listened to all the advice he was given at club level and had worked hard on improving the delivery of his speech. Consequently, we are delighted to report that he won the round and now advances to the third round (which will have been held by the time this issue is published). Well done Shikhar!

Also as reported in the last issue, Lions Australia is currently conducting a massive membership drive and it is an ideal opportunity to become a Lion, along with many others, and help those in the community who could do with some assistance. As part of the Lions culture, friendships are formed and new skills are learned, all with the knowledge that something is being given back to the community and we are helping to make some people's lives just that bit easier. What better reason to become a volunteer? To obtain information about the club, and the work we do, please call our Membership Chairman Shane on 0418 354 522.

The club will be conducting a sausage sizzle at Stud Park on Anzac Day so come along, enjoy a sausage or two and help commemorate this important occasion.

*Chris Carr*



## Life Activities Club Knox

Bushwalkers have been "Trekking" in New Zealand. They will have interesting stories to tell. Unfortunately, the trip to Morwell Rose Garden was cancelled, 35 C was responsible.

No doubt about the fishing group, always up for a challenge, and this time they're off to Gunnamatta Beach. Might have some better news next month?

Social Outings will take us to the Police Air Wing Complex. There will be a slide and video presentation, followed by a walk-through the Complex and Hangar. A visit to the



Operations Room may be included.

Next Special Treat, Lunch on Puffing Billy. Most opted for the "Natter Platter" lunch which will consist of cured meats, smoked salmon, seasonal vegetables, cheeses, etc. etc., then, on the return journey, scones, jam and cream will be served with tea or coffee. Mmmm!

Live theatre is becoming very popular, thanks to new convener Lyn. Visits to the 1812 theatre in Upper Ferntree Gully, and The Basin Theatre are included, and no need to go out at night, as Lyn books tickets for the Sunday Afternoon Matinee.

Still saving corks and wine bottle screwcaps?? Total money raised towards caring for Elephants at the zoo.....\$372,296.82 as at December 2013.

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

Good for **U**  
**AND** your community

*apply now!*

### Call for Community Grant applications

Applications open Friday 1st March 2013 and close Friday 5th April

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

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

Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (S39221) (02/12)



## WACKY WISDOM

Never say no to free food.  
It is a scientific fact that it will taste better than if you had paid for it.

Fern Tree Gully and Rowville **Community Bank**® branches







## Knox & District Over 50s Club

What a wonderful Summer we had. Hopefully you have all enjoyed the

longer, warmer days, after last year's long and cold winter. Now we are in Autumn, perhaps you Over 50s out there are wondering what to do to improve your social life as the weather becomes cooler and the days shorter.

Well, wonder no more. At the Knox & District Over 50s Inc we have the perfect solution for you. Come along and join us at our monthly general meeting and discover what we have to offer in the way of entertainment and social events for the year.

The members of our Social Sub-Committee have been working hard planning many wonderful events for the year, including our famous annual extended trip to Mannum. 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. Along with these regular activities the club also has a variety of other events programmed for April and May. Hope you have your diary ready to scribble this down. In April we are having a club BBQ, Trivia Afternoon, Morning Melodies at the Bayswater and Dorset Gardens, Ballet & Fashion Exhibition. May is just as fun packed as there is a visit to the Australian Ballet, Day Trip and Breakfast at Mish Mash along with our regular activities.

As a financial member of the Knox Over 50s, you would be welcome to participate in any or all of these events.

There is so much more to come and our monthly newsletter Knox Natters Matter (which is distributed at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

For details of our meeting dates, times and venue please see "What's On Locally" on page 2. Our next meeting is on Tuesday, 24 April 2013, so to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers come along. You will be made very welcome. We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Jim McLaughlin



## Australian Red Cross

Thanks you to all who gave so generously to "Red Cross Calling". We will be able to publish the results in the May edition of the RLC News.

There are many ways people can become involved in helping the Red Cross. For example, people who are housebound are rung up regularly by volunteers. Others may need transport for hospital appointments, which again is catered for by volunteers.

There are others too who help out during emergencies, such as floods and bushfires, by providing food and registering people's names when they come to the shelter areas.

Although in the Rowville unit we are not involved in all these areas of Red Cross work, if people are interested they can work in any of these jobs.

If you would like to know more, please ring Joan on 9764 4611.

Elly Baré

## Community Noticeboard

supported by Cr Nicole Seymour  
Knox City Council, Tirhatuan Ward



## Rowville Toastmasters

### Things Are Hotting Up on the Road to Opportunity

Well we haven't melted, as we possibly thought we would, when we lived through a sustained weather experience last month. Personally I did not look forward to yet another hot day ahead of me over those weeks. But we live in the Land Down Under where things do get hot and where opportunity is in abundance. So things are getting hotter with relation to Rowville Toastmasters and the chance for locals to rev their motors.

Last month we gave specific notification about a forthcoming opportunity for people, especially those who are time poor, to take advantage in their local community of the short intensive six-week Speech Craft course hosted by Rowville Toastmasters. Happily we announce that we are getting warmer and warmer as we move toward the course that will be conducted on these dates: **14, 21 and 28 May, and 4, 11 and 18 June 2013**, in an evening time slot.

While Toastmasters is heavily geared toward public speaking and leadership, it is not done in a way that excludes the ordinary or 'normal' person, to use two phrases to describe the people who are probably making up the bulk of your neighbours. Rather, learning to speak better is about people developing at their own pace and learning that leadership is not only for those who aspire to higher office. Leadership is a principle-based approach that is set around six clear dimensions that factor in all walks of life, in every community group, in every workplace and even families. In fact these principles are easily and readily absorbed by young people in schools in Youth Leadership courses. Bringing an understanding of the rudiments of speaking and leadership to people has spin offs that are often measured in a variety of achievements by people, some achieving things they never dreamed of. Somehow, people gain confidence to adjust and increase their normal conversation abilities, and develop more and more of a 'have-a-go' mentality at things not directly related to speaking or leadership necessarily. Like Toastmasters in particular, this leads them to:

- Take on new roles at work;
- Enrol for a course that will ensure new learning, but possibly more security of jobs;
- Succeed well in whatever is being attempted;
- Take on a new interest without fear;
- Try a Do-It-Yourself task and build something;
- Deliver workshops to others who are in need of training;
- Take the initiative in a project at work;
- Be a mentor to a newly arrived work colleague;
- Read more widely; and
- Speak at a work conference with clarity.

Clearly the registration fee is a remarkable investment.



Our new graduate Joan Ducza

These are just some of the examples that Speech Craft participants over many years have registered as benefits. As further examples, at Rowville Toastmasters we have members who have completed courses that otherwise would have been left in the "too hard" basket. We have a new graduate from Deakin University, a full-time working mother! [see photo] We have sent a recently qualified 'rocket scientist' to Switzerland with the special skills of speaking as part of her personal and professional work. We have a member who took on a fundraising role for charity and raised incredible dollar amounts, by her applying the skills and confidence gained from learning with Toastmasters. We have a new Diploma of Project Management who attributes part of the success to Toastmaster support. These are just some of the latest. The list of 'things done' by people over many decades counts in the thousands, if each Speech craft participant and ongoing Toastmasters member listed their achievements of stepping up and stepping out of comfort zones.

Maybe there are people who do not want to achieve anything. But maybe there are many who do. This is an opportunity, with a bit of time commitment over six nights, to heat up your chances in life and your learning.

Further details of times and venue room will be available to those who show some interest in registering by sending an email to [contact@rowvilletoastmasters.org.au](mailto:contact@rowvilletoastmasters.org.au). If you have already emailed, you do not need to do so again as we have a contact address online. Thank you.

And remember, you can visit any general meeting and join the Toastmasters club 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](mailto:contact@rowvilletoastmasters.org.au)

Penny Barrington DTM (Distinguished Toastmaster)

- |                     |                               |
|---------------------|-------------------------------|
| 🌿 Green Pool        | 🌿 Water Testing & Balancing   |
| 🌿 Regular Servicing | 🌿 Insurance Services          |
| 🌿 Casual Servicing  | 🌿 Weather Services            |
| 🌿 New Pool Handover | 🌿 Accredited SPASA Member     |
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**Ask our expert:** You can now book a librarian to assist you one-on-one to set up your device for **e-books**, **e-audio books**, or to **download online magazines** from our Zinio database. As time goes on more and more facilities are available through the ERL website, but if you need help please just take advantage of this offer. The bookings are only required because we need to ensure that we have staff available at the time to give you their full attention for the duration. This is a free service.

**Holiday Closures:** Please be advised that the Rowville Library and all other branches of Eastern Regional Libraries, will be closed from **8pm on Thursday 28<sup>th</sup> March** for the Easter period until reopening on **Tuesday 2<sup>nd</sup> April at 9am**. We hope everyone has a happy and safe holiday. We will also be closed for the Anzac Day holiday on **Thursday 25<sup>th</sup> April**. In the meantime you can visit our library website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au) for information about our online services.

**Bookclubs:** There are three bookclubs running in the library which meet once per month. Our evening sessions have **vacancies** so if you are free on the second Thursday or the last Friday of the month at 7pm for about one hour or so, please come along. If you would like more information please ring Rose 92941300.

**School Holiday Program:** We will offer a school holiday program during the Easter school holidays. On Wednesday 3<sup>rd</sup> April at 11am Stories and activities, Friday 5<sup>th</sup> April at 7pm Bedtime Storytime, Wednesday 10<sup>th</sup> April at 11am Stories and activities and Friday 12<sup>th</sup> April at 11am Don presents his magic Punch and Judy Show. For more details please ask for a brochure at the library or visit our website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au)

**Kids on Wednesdays:** Now that school is back our craft session returns on **Wednesdays at 4pm** during school terms. This group is specifically for primary school aged children and involves a variety of activities. It's meant to be fun and it's free! See you Wednesday!

**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. The sessions are **free**.

**New in 2013! 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 1<sup>st</sup> Thursday of the month at 10am and **Basic Email** is held on the 3<sup>rd</sup> 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 9294 1300.



**Hearing Screenings:** Will be conducted in the library by Hearing Australia on Monday 8<sup>th</sup> April between 10am and 12pm. Appointments are essential. Please telephone 92941300.

**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. 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.

**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 4<sup>th</sup> April** 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 23<sup>rd</sup> April** 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 1<sup>st</sup> Monday of the month at 2pm our next meeting will be on **Monday 8<sup>th</sup> April** 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 5<sup>th</sup> April**. All Welcome.

**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 held during school terms:** **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

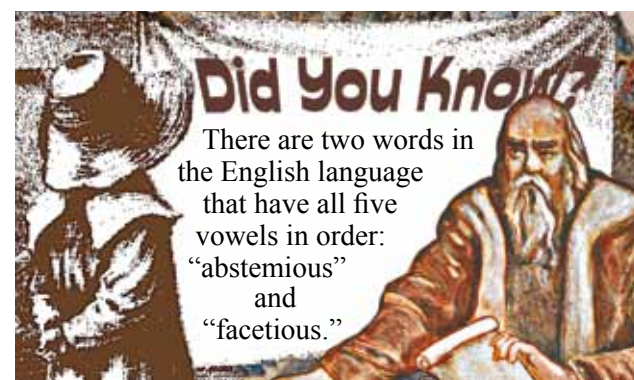
**Are you a member of the Rowville Community Library?**

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](http://www.erl.vic.gov.au), and you can even join on-line.

*Rose Thompson Manager – Rowville Community Library*  
9294 1300



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**[www.knox.vic.edu.au](http://www.knox.vic.edu.au)**



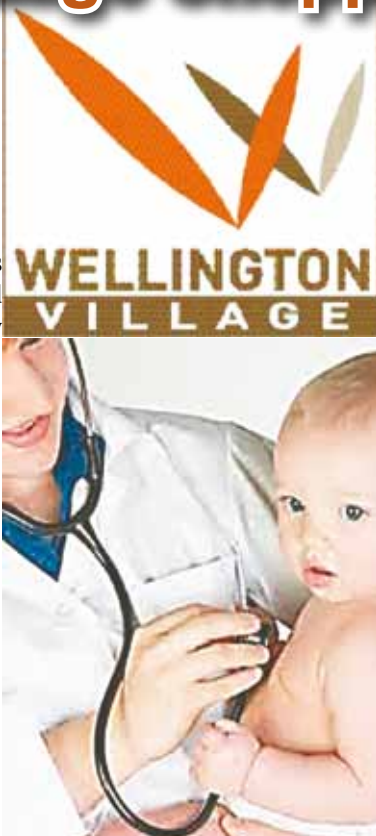
# Wellington Village Shopping Centre

## Wellington Village Medical Centre Opens

There are certain people we need in our lives that we build relationships with, trust and depend on and the family doctor is certainly on the top of the list. We are so pleased to welcome the new Rowville Medical Clinic into Wellington Village who is always proudly supporting local businesses and the community within.

Rowville Medical Clinic is now open for business and what a service they provide! In this crazy hectic life we lead, here is a clinic on your doorstep open 7 days a week with hours to suit just above everyone. Monday to Friday from 8am to 10pm and weekends from 8.30am in the morning through to 6pm at night.

Add this to the convenience of male and female doctors to choose from, plus the



ability to just walk in if you can't make an appointment and then to make it even easier, they do bulk billing! That's what we call service!

As well as general medical services, they also offer solar skin cancer screening (what a great time to get a check done after all the sun we have enjoyed recently) and with coming into winter time to get your FREE flu vaccination. They also specialise in women's health and if you are off on adventures they will take care of the required travel vaccinations too.

Then of course to make things even smoother there is free parking at the doorstep and you can get your prescriptions filled out in the Rowville Pharmacy chemist right next door!

So make a booking on 9755 7807 to meet your new family doctor or visit our website on [www.wellingtonvillage.com.au](http://www.wellingtonvillage.com.au) or chat to us on Facebook.

See you at Wellington Village!

*Yvette Switalski*



## ROWVILLE MEDICAL CLINIC NOW OPEN!

**Female and male doctors available.**

- Solar Skin Cancer Screening (Bulk Billed)
  - Free Flu Vaccines\*
- Family Medicine & Women's Health
  - Travel Vaccinations
  - Children's Immunisation
  - On-site Pathology Services

\*CONDITIONS APPLY

### GENERAL PRACTITIONERS:

**Dr Kingsley Joseph**

MBBS, MD, FRACGP

**Dr Vanathy Varathan**

MBBS, MD (Dermatologist)

**Dr T. Sivabalan**

MBBS, FACRRM, FROCG, FRANZCOG (GP & Gynaecologist)

**Dr Varathan Shan**

MBBS

**Dr Ramesh Banduwardene**

MD, FRACGP

**Dr Mihiri Karunanayaka**

MBBS

**Dr Kashif Murtaza**

MBBS, MD (Dermatologist)

**Call us today for an appointment.  
No waiting time. Walk-in patients welcome.**

**(03) 9755 7807**

**OPEN 7 DAYS**

**Monday - Friday: 8am to 10pm**

**Saturday - Sunday: 8.30am to 6pm**

**ROWVILLE MEDICAL CLINIC**

**BULK BILLING**

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



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



In addition to our regular indoor bowls, bingo and card days, we have also enjoyed two outings this month.

The first was on March 4th and was a 'Mystery Tour', that

ended up at the 'Karrawingi Park Gardens' in Moorooduc. After a delicious Devonshire tea, we strolled around the tranquil gardens, before heading off to "The Briars", a historical homestead in Mount Martha. "The Briars" was established and farmed in 1846 by Alexander Balcombe. We were shown a short film on the history of the property and the connections with Napoleon Bonaparte.

Our next stop was the 'Dava Hotel' in Mount Martha for lunch. We were fortunate to have superb weather and a great bus driver which ensured that everybody had a great time.

Our second outing was March 6th to see the very successful musical "The Jersey Boys", based on the life story of Frankie Valli and the Four Seasons.

What a fantastic show it was. On the way home the bus was filled with the sound of everyone singing the songs they remembered and had just heard.

For all enquiries about our club please contact Anne Berg on 9873 0226 or 0404 007 174. Alternatively you can call Margaret Smith on 9755 7542

*Anne Berg*

## Stamford Park MEN'S SHED

Trevor Thomas from Jims Mowing (Rowville) conducted a training course for members to learn how to correctly use lawn mowers, whipper snippers etc. We wish to thank him for his time and knowledge.

He is available on Mob. 0421 142 479 and email [trevor.thomas@jimsmowing.net](mailto:trevor.thomas@jimsmowing.net)

The SPMS members are taking a conducted tour of the Victorian Telecommunication Museum. This museum is managed by dedicated volunteers and comprises of static displays, working telephone exchanges, telephones, manual switchboards, the original Speaking Clock and more. For details of our meeting times, dates and venue, please see "What's On Locally" on page 2.

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



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\*Conditions Apply

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or  
**4 yr old Deferred Activity Group**

for your child to learn and explore in?

Then Rowville Playgroup and Activity Group may be the answer for you!

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

Call our enrolments officer - **Rachael** on **0498 613 600** who will happily answer all your questions and send an information pack.



# Liberty Avenue 3 Year Old Kindergarten



How time flies. It is hard to believe that we are entering second term already. It has been very rewarding to see our children settle into their new learning environment to become an integral member of a group, each bringing their own learning and family experiences with them as they embark upon a new chapter in their learning journey. Play is something that children do well, that they can be successful at and that provides countless opportunities for learning, creativity and fun!

Imaginative play forms an important part of our program, both inside and outdoors. Through imaginative play the children are able to draw upon their life experiences as a reference for their play. The home environment represents a place where most children feel very relaxed, comfortable and confident. When exploring the dramatic play area, the children create storylines within their play as they prepare food, get dressed up, create birthday parties, put the babies to bed and so on. There are many language enhancement opportunities as the children describe what they are doing, participate in role play and share their understanding of what happens in the world with others

By having an adult involved in the play at times, we



are able to build upon the children's experience as we ask questions to extend their thoughts and understanding of the world, to provide guidance and support as the children learn to negotiate with each other, share, take turns and help to include those who may observe from the outskirts of play to become an active participant in the play. At this stage of the year some of the children are content to play alone, but as their relationships with their peers grow stronger, they begin to share their thoughts and ideas with their peers as they attempt to include others in their play. This is when we see co-operative play emerging.

At Liberty Avenue Three Year Old Kindergarten, we offer both Three Year Old and Deferred Four Year old groups and currently have positions available in both groups. For enrolment information regarding 2013 or future years, please contact our enrolment secretary Kylie on 9752 9981.

*Penny Drago*

## Knox Council

### **Magic, storytelling, clay, robotics and tie-dye... It must be school holidays!**

School holidays are well and truly covered at the Knox Community Arts Centre this April.

Children of all ages are sure to be kept entertained, according to the centres' coordinator Richard Mitchell. "There won't be a single child in Knox telling their parents that they're bored these school holidays," Richard promised. "We've got something to delight and entertain children of all ages, including many opportunities for them to learn fun new skills."

#### **So... what's on at Knox Community Arts Centre?**

Knox Community Arts Centre will come alive these school holidays with two new children's shows. "During the first week of holidays, Jenny Ellis will bring to life her animal puppets in a delightful show, *The Owl's Apprentice*," Richard said. "The storyline follows a young owl who has been sent to study with an older master, Mr Tawny, to learn 'wisdom'. The young owl is assisted in his quest by a wombat, kangaroo,

platypus and a koala, and the show features a combination of puppetry and story-telling.

"In week two of the school holidays, we'll be hosting a spectacular magic show and workshops with sensational Melbourne performer, Anthony De Masi, also known as Luigi Zucchini. Using a combination of circus tricks, live animals, juggling, escapes, balloonology and fire, this show is sure to be a treat for all ages!" said Richard.

**Show: *The Owl's Apprentice* - Thurs 4 Apr, 11am & 1pm**

**Tickets:** Child \$15 (one accompanying adult FREE)

**Show: *Luigi Zucchini* Wednesday 10 April, 11am**

**Workshops:** Monday 8 April, 10am and 12pm

**Tickets:** Child \$15 (one accompanying adult FREE).

(bookings essential) Workshop free if attending the show.

**Where:** Knox Community Arts Centre — Cnr Mountain Highway and Scoresby Rd, Bayswater

**Bookings:** [www.knox.vic.gov.au/theatretix](http://www.knox.vic.gov.au/theatretix) or 9729 7287

There will also be a fascinating Workshop, hosted by "Sound Of Melbourne Records", entitled "**How to get your music out there**" on Sunday 7th April 2013 at the Ferntree Gully Arts Centre & Library. It will be a 3 hour Workshop (1pm – 4pm) at a cost of \$10 per person. You have written your song(s) and don't know what to do next? Come along and find out.



## Cake Decorators Association of Victoria Rowville Branch

Our next workshop is on Sunday, April 14<sup>th</sup> and will be a 'Back to Basics Demonstration' as requested by many of our ladies. We will be demonstrating most aspects of cake decorating and we will have hints hand outs available. There will also be a cup cake demonstration. This workshop needs to be booked and paid for in advance. Like all our classes, it is filling fast. We have direct banking facilities available.

We are taking bookings now for our June workshop which will be 'hands on' and we will be making Gum Nut Babies with Maya Pless. This has to be booked and paid for by May 9<sup>th</sup>. Our workshops are held on Sundays, bi-monthly at Turrammurra Dr. Scout Hall, Rowville

10am-3pm. Members \$10 non members \$15

All bookings & enquiries should be directed to Velma 9763 8646 or Madeleine 9870 5743

*Velma Brown*

# WALKING THE NEWS

## APRIL 2013

### Distribution Report

**Welcome** – new distributors Geoff Taig and Jutta Gilbert

**Voluntary Positions.**

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

- Blackwood Park Rd (odd #'s 150 to 202, even #'s 187 to 203), Kimberley Dv, Hope Ct, Diamond Cl, Cullinan Ct,



## Rowville Neighbourhood Learning Centre



*March 8th Women's Day celebration*

### **Life changing opportunity for women with our Women's Leadership Course**



All Women can benefit from learning more about the world they live in and how they can make the most of their lives to grow to their full potential. At Rowville Neighbourhood Learning

Centre the Women's Leadership Course will help you to develop your own skills and knowledge and make the most of living and thriving in Australia. You will learn to build on your skills and confidence, and to develop team work, networking and leadership skills. We will teach you to understand how funding can be obtained for different purposes to benefit community groups and how to build partnerships to strengthen community ties. You will work on your ability to become advocates and mentors for your own communities and for other people from migrant backgrounds. It has a proven record for creating a pathway for women to become volunteers, Leaders and paid employees working with local government and support groups. You will have the opportunity to make a real difference for yourself and other women. Please call 9764 1166 for an information brochure. It's not all about adults as we have a number of programmes for children during the school holidays from mosaics to cartooning, origami and popping and locking. Information is available on the same number as above.

Longwood Cl (one house) – 70 papers

▪ Stephenson Crt, Webb Crt – 36 papers

Please contact – *Ian Richards* – 9763 9260

▪ Rathgar Rd (odd #'s 1 to 37 & 67), Viewgrand Rise, Viewline Dve, Park Valley Way, Skyline Way, Amley Rise, Sunset Tce, Lords Ct – 100 papers

Please contact – *Peter Rumble* – 9752 7592

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

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

1. (ACP only) – The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road

2. (ACP only) – This 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 Cres.

4. (ACP and Captain) – The area bordered by – Napoleon Rd, Kelletts Rd, Rathgar Rd & Grange Dv

Please contact – *Peter Rumble* – 9752 7592

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



# Multicultural Harmony Festival



The Multicultural Harmony Festival will be held Saturday 20 & Sunday 21 April 2013. There will be at least 15 different nationalities partaking in the festival. The weekend will be filled with music and dancing from a vast range of nationalities coming together to showcase their culture.

On Saturday the Filipinos will be opening the festival with 50 drummers to kick start the festival, followed by traditional dancing and live music. The official opening will be at



1pm by the Hon. Nicholas Kotsiras Victoria Minister for Multicultural and Ethnic affairs, during the course of the day there will be more cultural singing and dancing by the Italian, Sri Lankan, Chilean, Polish, Hungarian, Indian, Greek, El Salvador & Iranian Groups. Also, the Scottish Police Pipe Band will be performing and there will be a fashion parade by the Afghans.

On Sunday the Chinese will open the festival with their Lion Dance, followed by music and dance by Sri Lankan, Filipinos, Chilean, Afghan, Iranian, Scottish Highland, Austrian, El Salvador, Iranian, Indian & Hungarian groups. Ignaz, from the Austrian group, will be performing Edelweiss with his famous cow bells and much much more.



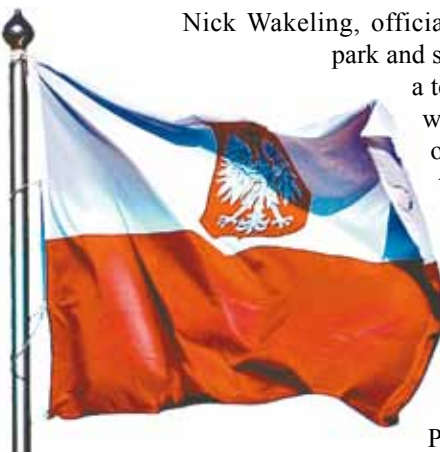
An opportunity to see so much of our different cultures under one roof is, in itself, a wonderful experience not to be missed.

Michael Migliaccio  
MHF Media/Sponsorship Committee  
0419 330 977



## Polish Club

The Polish House, 'Syrena' came alive on Sunday 17<sup>th</sup> March as guests and residents gathered to witness the opening of the new car park community project. Guest of Honour, the Cabinet Secretary and MP for Ferntree Gully,



Nick Wakeling, officially opened the car park and said "The car park is a testament to the hard work and dedication of the members of the Club and will serve the members for years to come". Other dignitaries present included, Knox Mayor Karin Orpen and councillor Darren Pearce. The Republic

of Poland Honorary Consul General, Dr George Luk-Kozika spoke of his pride in what 'Syrena' had achieved, whilst the Eastern Districts Polish Association President, Zygmunt Bielinski, referred to the young singers as the future of the community.

The guests were able to stroll around the stalls at their leisure, sample traditional Polish food and drinks, and admire jewellery, music, books, clothes, food and much



*Nick Wakeling cuts the ribbon.*

more. The dedicated eating area was constantly busy and the air was filled with the aromas of hot traditional Polish foods. Inside the main hall, there was plenty of room to sit and enjoy a tea or coffee with delicious cakes and buns. At the main entertainment area, children sang songs in Polish and afterwards young adults in traditional dress sang some folk songs.

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## ROWVILLE PICTURE FRAMING

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## Wellington Care Centre

cnr Wellington Rd & Le John St, Rowville.



## An Hour with Tony Holland



Our newest councillor, Tony Holland, was born in Tonbridge, Kent in the 'Old Country' in 1964. Before he started Primary School the family moved to Seaton in Devon, where both his Mother and Father were in the Police Force. His father eventually left the Force and drifted into building work, before the family, including Tony's two brothers and two sisters, moved to Australia in 1975, where Dad used his building talents to build a new life and Mum was able to use her secretarial expertise as a personal assistant. In fact one of her first positions in Australia was as PA to Athol Guy, the Seekers double bass player, although she was not aware of his status at the time.

The Holland family came to Australia on the 'Australis' and to an 11 year old boy it was paradise. "If there was a

Do Not Enter' sign, some mates and I did just that. I recall being ejected from the engine room, boiler room and other out of bounds areas" said Tony.

The family settled in Bayswater North where Tony attended Bayswater High School, but at 16 years old decided to venture into the world of estate agents. Tony remembered, "I investigated how to start and was told I had to be 18 years old, something I later found was not completely accurate as the age barrier only applied if you wanted to start your own agency." So deflated, Tony sat and passed the entry exam and joined the workforce at the Taxation Office. However, Tony still harboured the desire to become an estate agent and in 1987 passed his 'Advanced Estate Agency Practices' exam, which gave him the knowledge he needed and today Tony has his own agency, 'Officer & District Real Estate'.

Meanwhile the family ran a small private detective agency, investigating mostly missing people and this sparked Tony's other passion, helping others trace their family histories. "If anybody wants any help in that area, give me a call" he offered.

Seven years ago at a friend's birthday party Tony met his partner Wendy, across the burning sausages on the barbecue and they have been together ever since. Tony has two sons from a previous marriage, Trent 15 and Luke 12. Trent goes to Casey Grammar whilst Luke is in his last year at Lynbrook Primary School. Wendy works as a process worker.

"I don't think Trent will follow me in my chosen profession" said Tony. "He believes everything must be fair so will probably make a great lawyer. Luke is too young to know, but I wouldn't discourage either of them if they chose to become an estate agent. Helping people start a new life is very rewarding."

Becoming a councillor was driven by a belief that councils in general wasted money and Tony felt his business acumen would be of considerable benefit. It also encompassed another facet of Tony's desire to help people. "I believe in

## Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



the individual, who then collectively become the community. Many residents have genuine grievances and these need to be addressed quickly. Getting things done promptly is very important, but unfortunately some processes are drawn out and issues take too long to resolve" said Tony. "I admire strong characters such as Winston Churchill and John F Kennedy, who were both strong characters who 'got things done', and that is what I aspire to."

He enjoyed athletics at school where his favourite event was long distance running, something he possibly inherited from his Dad, who according to Tony "Held some Naval record for an obscure distance!" Today Tony still enjoys the 'long distance' aspect but at a slower pace, bush walking with Wendy. He is also a competent racquet ball player, a member of that association and of the Masonic Lodge.

Tony has travelled widely and singles out trekking in Nepal and a safari in South Africa as the highlights. "It really gives you perspective," he said.

Whether a youngster chooses to become a councillor or an estate agent the one common attribute is caring for people" concluded Tony. "I often wonder, if I was financially secure, how much pleasure and closure I could bring to people by working for an organisation like the Salvation Army, finding lost family members and investigating family histories".

With his 'help the individual' attitude, long may Tony remain a Knox councillor.

David Gilbert

## Mum on a mission, Tina Costanzo, now a Community Hero

A Rowville mother-of-three, who dedicates her time to support individuals and families affected by Prader-Willi Syndrome (PWS), has been named as the first 3AW and Villa Maria Community Hero.

Tina Costanzo, volunteer President of the Prader-Willi Syndrome Association of Victoria, was presented with the award live on air by 3AW presenter Denis Walter on Tuesday, February 26. The initiative, run by not-for-profit aged and disability services organisation Villa Maria and top-rating radio station 3AW, aims to ensure unsung heroes receive the recognition they deserve.

Tina described being chosen as the Community Hero for February as a 'very humbling experience.'

Tina said "I don't see myself as a Community Hero, I see myself as more of a mum on a mission. There are so many people out there doing great things, so I was very honoured to be selected as the first recipient."

Tina's work to raise awareness and funds for other families affected, included the '1,000 Steps for PWS' in Mt Dandenong, which raised enough funds to see a camp for families become a reality. She also worked with Rotary Club of Doncaster to provide iPads to assist with learning, education and behavioural needs.

"The biggest hurdle we currently face is housing for people with PWS," Tina said. "Our committee of parents is discussing the issue with the Government and other groups willing to donate to build a PWS Safe House which will provide long-term accommodation for adults with PWS, which is a real need."

Tina's sister Anna Dobson, who nominated her for the award, describes her as an "inspiration."

"As a mother of three young children we do not know where she finds the time, but she tells me she wants to give her daughter (Isabelle aged 8, who has the syndrome) the best life possible."



Tina at 3AW with Denis Walter and Villa Maria's, Rebecca Ryan

Villa Maria Executive Manager Marketing, Rebecca Ryan, said Tina was a fantastic example of the type of community-minded and inspiring people the organisation and 3AW wanted to acknowledge. "Tina's story touched the hearts of the judging panel, which was impressed by her genuine care and passionate drive to make a positive difference to the lives of people affected by PWS."

In recognition of her achievement, Tina has been given \$1,000 thanks to Mercedes Benz Melbourne, and her sister Anna has received an exclusive \$250 Mercedes Benz gift as thanks for her nomination.

Nominating is easy. To find out how visit: [www.3aw.com.au/comp-communityheroes](http://www.3aw.com.au/comp-communityheroes)

To learn more about the Prader-Willi Syndrome Association of Victoria visit: [www.pws.asn.au](http://www.pws.asn.au)

*Villa Maria which was established in 1907 as the Catholic Braille Writers Association, is a values-based, not-for-profit organisation providing quality services and life enhancing opportunities for older people and children and adults with a disability, their families and carers.*

Cassie Zlonzak

VILLAMARIA

## Student Corner

### Year Seven Camp Experiences...

The following are a few of our Year Sevens' impressions from their recent camp to Ace-Hi Ranch at Cape Schanck on the Mornington Peninsula.

**Olivia Lowes:** "I loved camp, it was so much fun. It was a great way to get to know people, make new friends, learn about life and have loads of fun. Ace-Hi Ranch was a fabulous place to do all this with horses, Giant Swing, and other adventure activities. I personally thought the food was delicious and it was fun to talk to friends at the table. Overall camp was fun and a great experience for all Year Sevens at Rowville."

**Claire Lu:** "I liked the flying fox, it was fun. I was a bit nervous about it, then Samantha told me to pretend I was a bird. When I got on the flying fox I relaxed and I was not scared. Samantha really helped me a lot. Thank you."

**Ashley Patane:** "Hi, I'm Ash and I'm here to talk to about Year Seven camp. Where do I start? Well, it was a lot of fun, and the best thing was making new friends. We all had a lot of fun riding horses and going in the pool. We also had a games night which was really fun."

**Sharielle Shepherd:** "One of the best things about Year Seven camp at Ace-Hi was the horse riding. It was a great activity that made me and others want horses of our own. The first thing we had to do was the horse awareness program, we practised trotting and steering the horse. In the practice ride I rode Charcoal, then it was time for us to do our trail ride and I rode Elmo. It was an amazing experience and I hope to do it again."

**Kirra Datseres:** "Year Seven camp was an extraordinary experience. I got to learn about my new friends and have a lot of fun with my old ones."



# Knox Council Look up! It's a 'pest'!



They're **aggressive. Loud.** A '**pest**' for locals. But there's something you can do to stop a feathered invader in Knox. Mayor Karin Orpen said 'Indian Myna Birds' were flocking to Knox, and are a real problem. "They actually rank in the top 100 invasive species for Victoria, due to their aggressive nature, and the noise they make. However, in Victoria, the Indian Myna is not technically listed as a pest bird under the Catchment and Land Protection Act 1994, so there is no law that actually controls them.

Cr Orpen added "the good news is, we *can* do something about them in our neighbourhoods, and that information is now on Council's website [www.knox.vic.gov.au](http://www.knox.vic.gov.au) Advice includes:

- ❑ **Correctly identify them** – Indian Mynas can be mistaken for the native Noisy Miner (see pictures here or visit : <http://goo.gl/9gpcj>).
- ❑ **Make food harder to find** – by making sure pet food and food scraps are not accessible.
- ❑ **Limit the food sources:** If you see Indian Mynas at your bird feeder or in your garden, stop putting out birdseed immediately.
- ❑ **Block off holes** in roofs and eaves to prevent nesting in your home.
- ❑ **Go native** – Plant your garden densely with local native shrubs.

If you would like to participate in an existing organised group, contact or visit: Yarra Indian Myna Action Group at [www.yimag.org.au](http://www.yimag.org.au)

You can learn about control options by visiting the Department of Primary Industries site.

## Rowville Group Fitness

### Pilates

Book Now for Term 2

Pilates is a relaxing yet challenging mind and body class that can ease back pain, strengthen back and core abdominals and provide great toning and improved posture.

The class includes Pilates matwork and strength and toning with the fitball. Improve your flexibility and mobility with this quality workout.

Bookings are essential.

**Wednesday 9.15am**  
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**Rowville Group Fitness**  
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**Enquiries to Lisa on 0407 873 271**  
**or go to: [www.rowvillegroupfitness.com.au](http://www.rowvillegroupfitness.com.au)**

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Most of us like taking evening shots as the sun sets at the end of a beautiful day. The sky, and perhaps clouds, can have glorious ever-changing variation in colours. However, what looks a lovely scene to your eyes when taking the photograph can often appear uninteresting when viewed in your final photo. This is particularly so if you are relying on the sky colours over the sea, mountains, hills or town etc to be the main attraction with no objects in the foreground to add depth of scale and interest.



This is where silhouettes can make the difference. However, not all things make good silhouettes. They need to be relatively simple recognisable shapes such as trees, buildings, ships or even people. However, ensure you do not include excessively large areas of black shadow in the photo that dominate and distract from the colourful sunset scene you are highlighting.

Of course, the above comments relate equally to morning sunrises, but I have little experience with these as I'm too lazy to get up that early!

**HINT:** Choose easily identifiable objects as silhouettes in a sunset (or sunrise) scene to give some interest and sense of scale; even if they are not the main point of interest.

Happy snapping,

Paul Lucas.



For the story so far – link <http://rowvillewriters.wordpress.com/author/rowvillewriters/>

## Chapter 3

Janice wasn't fully aware of the worries that plagued Jack. Her thoughts were on her own miseries. For two days, she had kept her promise to stay away from the 'pokies'. As she tried to forget the terrible row she had with Jack, her parakeet continually squawked a reminder, imitating Jack. "No pokies Jan, no pokies."

Life with Jack had lost all excitement, and lately, they seemed to have lost all affection for each other. That last day before he went away, saying he had to get his thoughts in order, he had become angry and overbearing; not like the Jack she had once adored. He had demanded her EFTPOS and credit cards and left her with a modest amount of cash. That blessed bird again, with his chant "Not the cards, Jack, not the cards," - kept reinforcing her despair. Those damnable poker machines had gobbled up her savings account, with their jangling bells and false promises. She was convinced the machines had an evil personality; giving her the occasional small wins to keep her chained to the hope of hitting the jackpot.

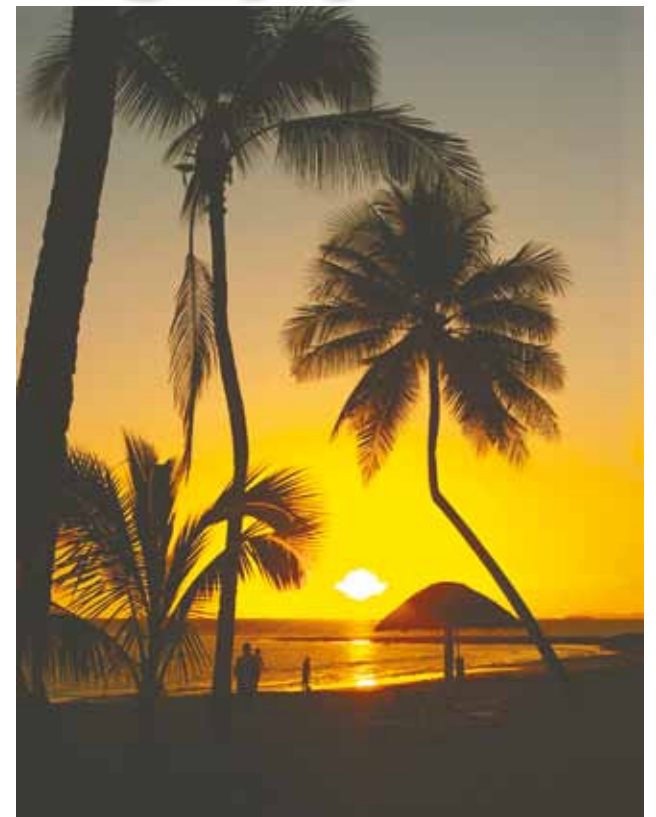
As Janice dismally dusted and swept the same places over again for the umpteenth time, she realised she couldn't care less about the house, even about the 'pokies'. She wanted nothing, not even her own life, unless she could have Jack back the way things used to be. In addition, she longed to look forward to achieving something worth the effort. She'd had dreams of that once--before the 'pokies' got their claws into her.

\* \* \*

Watching the 'uniform' disappear down the track, his thoughts tumbling in disarray, Jack's mouth grew dry, so dry, he almost gagged. Time for a strong coffee and some organized thinking. Which to deal with first? The debt on the card? Janice's gambling problem? Or this new problem with the hut, now heaped upon his unwilling shoulders? He had just begun to hope the envelope held the means to solve the first problem.

Scarcely daring to hope, he drew it from his wallet. His

# Paul's Photography Patter



*Fiji seascape sunset silhouette scene*

heartbeat increased a little as he anticipated what he might learn. He studied the receipt. If it told him what he hoped, then the problem of Janice's credit card may be solved and he could arrange therapy for her - if she would agree. Then there remained the question of what to do about the stone hut. From what the 'uniform' had said, that demanded swift attention and tracking down the solicitor from forty years ago, the firm, if it still existed, would take time. So, he asked himself, did he want to keep the hut? YES, no doubt! It represented peace, tranquillity and some happy childhood memories. He could not help feeling disloyal to that dear old man if he let the hut go without doing something. Grandpa had meant a lot to him.

Jack perused the receipt for the name and address of the firm the solicitor had worked with and resolved to go into Bairnsdale next day hoping to find it.

A short drive into Bairnsdale, and Jack parked his car in what seemed to be the central business district. After scanning the shops and offices close to the car park, he was happily surprised to 'strike gold'. The name hadn't changed. There it was - Hopkins, Dysart and Sons.

"Here goes," thought Jack, pushing open the heavy old-fashioned doors. At the reception desk, he explained the reason for his visit. The young girl lifted the phone, spoke a few words and nodded.

"If you're happy to wait a few minutes, Mr Dysart may be able to help you."

This sounded more hopeful than Jack had expected. "Thank you."

When Jack was ushered into Mr. Dysart's office, he felt a strange sense of familiarity, but couldn't recall the face, it was something about his bearing.

"I understand you are here about the old hut up at Woodglen, Mr. Walsh. I'm aware of the problems; unpaid rates and the High Country Authority's interest in it."

Jack produced the yellowed solicitor's letter and receipt, explaining that he wished to keep the hut and hoped the receipt was for property which would make that possible.

"Let's see." As Mr. Dysart walked across to a filing cabinet, his back turned - it hit him. If he had been wearing a red shirt, this could be the man he had seen running away from his hut.

By Barbara Scott





# Hot Shots

Tennis Hot Shots Abound at Rowville Primary School  
At Rowville Primary School we are sure we have the next Roger Federer and Serena Williams in our midst!

Recently the school installed a state of the art sporting complex which includes full size tennis courts. Rowville Primary School has formed a partnership with Tennis Hot Shots resulting in the school becoming a registered Hot Shots tennis provider. We have become part of an exciting new initiative Tennis Australia, the National School's Partnership Program. It creates pathways for students who want to further pursue tennis.

The program involves the delivery of the Tennis Hot Shots program to all its students as part of its Physical Education curriculum. In conjunction with Serious Tennis Coaching in Rowville, students in all year levels are becoming more active through tennis. As well as tennis skills they are also developing game sense and game play.



Rowville Primary School students have really engaged with this new program! Their confidence is booming, enthusiasm growing and their use of tennis gestures increasing!

*"Come On!"*

*Janet Moussa*

# Rowville Rockets

Well another season draws to an end. Good luck to all the teams that will be contesting finals. Another end of season means another Presentation Night. This will be held on 11<sup>th</sup> May at the Rowville Community Centre from 7.30 to 10.30pm. There will be a \$5 raffle with prizes including an 32GB iPad, electrical appliances plus sports, cinema and spa vouchers.

I would like to thank again, the tireless effort that the Committee put in. Often it is time taken from families, so it is very much appreciated not just by me, but the entire club.

Thanking everyone for another prosperous season, all the best to all.

I look forward to catching up with everyone on the night.  
*Michael Beatty - President*

## Congratulations

Ryan Rapp and Callan Blackley, both represented the U14 Vic Metro Blue and White Teams at the Southern Cross Challenge in Ballarat during the Christmas Holidays.

Both boys played exceptionally well and both Vic Metro teams dominated the tournament. We hope to see these boys representing Victoria again in the near future.

## Girls Under18-1 Australia Day Tournament

The Team consisted of Sia Niakolas, Taylah Sloggett, Renee Cettolo, Rane Wana-sit, Tamara Shirley, Isabella Ydreos and Emma Benson. The girls had never played in a basketball tournament, so everyone was excited about the impending experience, coaches included.

On Saturday we played 2 games against 'Poowong' and



'Maccabi' and although we were competitive we were overcome by the strength of the opposition and their pace. Sunday saw us play 3 games against 'Nunawading Spectres' (a class act), 'Pakenham' and 'Sturt'

One thing that can be said about this team is their 'never give up attitude' and on Monday morning at 8am we played our last game against 'McKinnon', who had won 2 games. Despite being tired, the girls wanted to win a game and to their credit they gave everything to win by 1 pt. It was like we had won a grand final and a coach couldn't ask for more than that!!! The girls sense of pride and success was fantastic and it capped off a great week-end

Huge thanks to our assistant coach Rosa Cettolo and team manager Phil Sloggett and to all the 'taxi driver' parents. Well done to all!!!!

*Proud coach - Dot Niakolas*

## Girls Under 20 2nd Time Champions

We entered our girls team again this year in Under 20 B Grade at the 2013 Eltham Dandenong Tournament, held over the Australia Day Weekend from 25th to 28th January.

The girls were just unstoppable winning all their games with the closest margin being 4 points against Sherbrooke, who did not even play in the final. The girls won the final against Keysborough 45-30. Jacinta was the top scorer and I really have to commend the girls for their sportsmanship.

My thanks to all the girls for their outstanding efforts yet again, especially as three of them were playing up out of their age group and only two of the girls play representative basketball this season.

The team members were Bridie, Jacinta, Carly, Brianna, Tara, Paige, Maddi and Mikaela.

My thanks go to Jenny Maxwell as Team Manager and all the parents for their support during the games.

*Lee Reinshagen. Coach*



# Eastern Raptors

## Rugby League Club

Eastern Raptors Rugby League Club was incorporated in June 2011 with the dream of providing young children in the Eastern suburbs the opportunity to play and learn the game of rugby league. This dream became a reality last year with 3 teams of young boys and girls taking to the field for their first season in the much loved game.

The Eastern Raptors are now undertaking their second season and are currently searching for male and female players ages 4-16 who would love to be a part of the rugby league community.

This year the Eastern Raptors are hoping to develop the club further by entering 5 teams U6s, U8s, U10s, U12s and



U14s into the VRL. The goal of entering all of the 5 teams this year is looking positive, however still requires additional young children who would love to play a team sport and build new friendships.

Registrar Kirsty Rowell stated "the growth from last year's player registrations has been fantastic! The best part is seeing young kids trying 'the have a go session' and after meeting new friends they pester their parents to sign them up. One

## SPORTING ROUNDUP



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

# Pizzey Cup 2013



*Alex and Nathan in 2012*

Two Rowville Secondary College students, Alex van de Steenoven and Nathan Ponton, have been selected in the Schools Sports Victoria 19 & Under Tennis Squad to compete at the Australian National Titles in Adelaide in May. Both the boys are currently completing Year 12 (VCE) studies as well as developing their tennis careers.

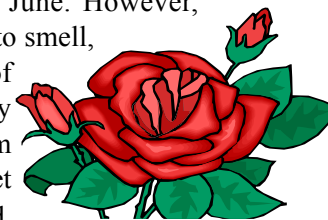
Alex competed in the 2012 Pizzey Cup representing Victoria and this year he has been joined by his class and team mate, Nathan. This is a great result for both boys who have improved their Tennis Australia rankings significantly this year, while competing in open aged events. Alex is now ranked 245 and Nathan is 327, in Australia.

The Team Vic Pizzey Cup tennis team finished 3<sup>rd</sup> last year, but there is a quiet optimism that this year will be even better!

The full team list is available at <https://www.ssv.vic.edu.au/Documents/Team%20Web%20Site.pdf>

# Is This True?

In the 1500s most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.



parent came up and said he had no hesitation to sign up his son, after being greeted by the Raptors welcoming members."

The Eastern Raptors Rugby League Club prides itself on providing a safe and welcoming environment for young children to participate, learn and have fun playing rugby.

President Bryan Faulkner said "The Eastern Raptors has been developing really well in the past 12 months and I am eager to get the kids on the field to play for our second season."

If you are interested in joining The Eastern Raptors community, we are always encouraging new players, members, parents or helpers! For further information on registration please contact Kirsty Rowell 0422 394 339 or email: [raptors2011@live.com.au](mailto:raptors2011@live.com.au)

*Tahnee Norton*



# Little Athletics

## Championships Begin

Little Aths has reached the business end of the season. In February many of our U9-16 athletes competed in the Eastern Metropolitan Regional Championships, the pathway to State Championships.

Our Under 12 and 13 boys dominated top spot on the medals dais. Harry Maó was again the standout U13 male winning the EMR 100m, 200m, Long Jump and 300m Hurdles. He created a new Victorian best Performance with his time of 24.49secs in the 200m.

Despite his speed Harry's 300m hurdles victory was not without a fight. The much smaller but highly adept hurdler Lachlan Viney kept the pressure on to the finish line. As well as this silver medal Lachlan won gold in the 80m hurdles, silver in the 400m and bronze in the 800m. Fellow club-member Declan Brown was first in the 400m and second in the Long Jump.

Blake Tahlambouris achieved glowing success, choosing to race over longer distances after early season injury. He won the boys' U12 400m, 800m and javelin, and placed third in the 200m. Blake's 400m was in a new Knox and Rowville Lakes record time. Kaya Beagley also won three events, the U12 60 and 80m hurdles, and high jump.

Jesse Eickhoff hurdled impressively to win both the boys' U11 60 and 80 Meter Hurdles, and was third in the long jump. In the same age group Mark Merrigan threw strongly to win the shot put and create a new Rowville Club record of 10.89m.

Rowville/Lysterfield girls really are the most amazing race walkers! They took out first place in every walk race from U9 to U13. Congratulations to gold medalists U9 Grace Louey; U10 Courtney Beer; U11 Brianna Lillie; U12 Brodie Richardson and U13 Hayley George. Brodie managed to break the Rowville Lakes Club record on her way to the win. Jared Hodges and Hayden Walmsley made sure

the boys were also noticed, placing first in the U9 and U13 respectively.

We were delighted to see several other walkers gain medals: Mikhala and Anaya Hodges claimed silver in the U12 and 13 respectively. Johnny Hilton (U13) and Reece Walmsley (U15) also finished second, while Jessica Lille took bronze in the U13G.

Sisters Melanie and Jackie-Lee Fredricksen had a great weekend. Melanie ran the best race of her season to win the U10 100m, and finished second in the high jump. Jackie won long jump in the U15s, and was second in her 100 and 200ms. Another sibling pair, Will and Matt Evans showed that shot putting genes are in the family, both qualifying for state in that event.

Keelin McGeehan won a gold medal in the U10 long jump, leaping a personal best and just 4cm short of the club record. Monique Louey took out the U12 high jump with 1.48m, and Caitlin Bronte was first in the U13 80m hurdles.

Reigning Victorian Champion Chloe Beovich won a gold and silver for the U12 shot put and discus. In the same age group Amelia Maó won the 70m and was second in the 100 and 200ms. Hailey Merrigan took home three silver medals, for the U10 60 and 80m hurdles and the 400m. Fellow hurdlers Jemma Stapleton and Bailey Carlin won medals too.

Competing in the youngest age group at EMR U9s Ben Noonan and Tylah Smith stood on the dais. Ben proved himself a jumper with second in the high and third in triple, while Tylah qualified for State Championships in Bendigo with her third place discus throw.

Talented Millie Reed finished second in the U13 long and triple jumps. Monique Larose did similarly in the U12 horizontal jumps with second in triple and third in long. Olivia Ryan was third in U13 discus.

Holly Hodges showed her versatility winning medals in all four of her events, the 60mH, 70m, 100m and javelin. Little sister Hannah also did well making the final in U10 hurdles and high jump. Cody Eickhoff narrowly missed a medal in



the same age boys' hurdles.

We are very proud of all our competitors many of whom did not place, but ran personal bests and made finals. Some also battled injury, others were unwell and everyone achieved simply to get through a very hot weekend!

In next month's Rowville/Lysterfield News read about how our athletes fare at both the Knox and Victorian Little Aths Track & Field Championships.

### Personal Best Achievements

Congratulations to the following children, each of whom has now achieved 30 or more personal best performances for the season. This is a credit to your attendance, persistence and of course, improvement! John Morris, Jasmine O'Brien, Joel Lotherington, Chloe Kay, Jack Walker, Jimi Roufos, Ellana McGeehan, Teagan Sheldon, Sam Watson, Tylah Smith, Ben Noonan, Brooke (Smiley) Leitch, Trent Stapleton, Jared and Anaya Hodges, Zachary and Bailey Carlin, Brodie Richardson, and Grace Louey. Sophie Ran and Mitchell Pentreath were the top boy and girl PB achievers for the Lakes Club this season, each finishing with 39. What a fabulous effort!

**Cross Country** is a great way to keep fit for other sports, or just to give you a reason to get out of bed on Saturday mornings! It commences in April and is open to children from 5 to 15 years. There's no extra fee for children who competed over Summer. Contact Steve 0409 231 380 or 9764 3384 or Nick on 9764 066 for details.

Thanks to Lorelle Stevenson for the photos  
Rosemary Merrigan



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

Practice matches will be held on 24<sup>th</sup> March for the Under 9 to Under 14s and 7<sup>th</sup> April for Under 8 to Under 14s.

Jumper presentation will take place on Friday the 12<sup>th</sup> April from 6:30, with the 2013 season commencing on Sunday the 14<sup>th</sup> April.

LJFC will also be conducting Auskick this season. Registration Day will be Saturday 6<sup>th</sup> April from 10am to midday, with clinics starting Saturday 20<sup>th</sup> April.

Enquiries may be directed to the President Steve Ketzer on 0487 486 487 or the Registration Officer, Rohan Young on 0412 377 866.

Tanya Carroll

## BOYD

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## Welcomes New Students...

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We offer RAD ballet, Contemporary, Hip Hop, Jazz, Funk, Musical Theatre, Boys Only classes, Adult Jazz and Kinder Song & Dance classes.

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Rowville

9764 1119

Email: bad@uniqueweb.net

Boys Only Classes

## Rowville Group Fitness

## Boxing Bootcamp

Want to do a bootcamp that doesn't require you to roll around in the mud? Train outside in the blazing sun or pouring rain? That's not what fitness is about! Get the best of indoors and outdoors with this high energy class which is great fun and gives you great results. If you want the fat burning and strength benefits of a boxing class – you'll get them here! You'll also combine that with the power of high intensity intervals, amazing bodyweight exercises and the result is a killer workout!

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](http://www.rowvillegroupfitness.com.au)

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# Nick Wakeling Column

## Work starts on new fire station at Rowville

The community of Rowville will be better able to respond to the threat of fire and other emergencies with construction of the new \$5.5 million integrated fire station on Wellington Road getting underway.

Representing Deputy Premier and Minister for Police and Emergency Services, Hon Peter Ryan at today's event, Treasurer and Member for Scoresby, Hon Kim Wells and Member for Ferntree Gully Nick Wakeling were on hand to mark the start of construction.

Mr Wakeling said the new station would be staffed 24-hours a day by volunteer and career firefighters and would include accommodation for six, a four-bay motor room, meeting room, staff dayroom, brigade support spaces, training yard and additional car parking.

"Demolition of existing structures and clean-up of the site has started and building should commence towards the end of this month," Mr Wakeling said. "It is anticipated that construction will be completed by December."

Mr Wells said the new fire station would benefit residents in his electorate of Scoresby as well as neighbouring Ferntree Gully. "The brigade serves a growing community of 35,000 residents that includes seven schools, large industrial and commercial precincts as well as many parks and reserves," Mr Wells said. "It responds to about 260 call outs each year, attending a number of significant incidents in recent times, including the 2009 fires, 2010 floods, a tanker explosion at a Rowville petrol station in December 2011 and this year's bushfires. The new fire station will greatly improve the local brigade's ability to respond to emergencies in this rapidly growing community."

Mr Ryan sent congratulations to the brigade and said the CFA had worked closely with local residents to ensure the plan and design of the new facility met community expectations. "Rowville has had a brigade for 70 years and the new station is another important link in that proud tradition of service to the community," Mr Ryan said. "Local brigades, like the Rowville CFA, are the backbone of Victoria's emergency service response."



# CFA Rowville

The turning of the first sod at the site of the new integrated (paid firefighters supporting volunteers) fire station at Rowville took place on 12<sup>th</sup> March.

This initiative is in response to a growing demand for services as a result of rapid population growth, suburban/urban demographic change and an evolving risk profile in Victoria's metropolitan and provincial growth.

provincial growth.

When the Lysterfield and Rowville Bush Brigade was formed 70 years ago, two years before the establishment of the CFA, they served a mainly rural farming community. In 1968 they moved to new premises in LeJohn Street, which is next door to the new site. By 1994 the once rural area had become increasingly urban, resulting in a move to the larger current site in Taylors Lane. Today we have outgrown the station and are looking forward to moving into the purpose built premises in late 2013.

As the clocks moved towards 0800 hours on Monday, 11<sup>th</sup> March 2013, Captain Farrer sent out his last official page as the Captain, thanking the members for their support over his time as Captain, wishing the members good luck, and handing over the leadership of the Brigade to Officer in Charge Mark Kennedy, supported by Station Officer Tim Van Den Driest, Leading Firefighter Peter Decker and Firefighter Tim Cochrane, as the first day shift commenced for the integrated Rowville Fire Brigade. We will be introducing these CFA staff members to you in future editions of the News.

After 70 years, 5 months and 6 days, this marks the end of a fully volunteer Fire Brigade which dedicated itself to protecting lives and property, visiting schools and supporting community events whenever possible. Permanent day shift staff will now be supporting the Rowville and adjoining communities. This is a new and exciting time for the Brigade with the building of the new station having commenced on the corner of Le John Street and Wellington Road.

Brigade elections were held on 19<sup>th</sup> February 2013 and the following volunteer members were elected into the positions of the new structure:

- 1st Lieutenant & Manager Operations – John Egbers
- 2nd Lieutenant – Rob Whitelaw
- 3<sup>rd</sup> Lieutenant – Mark Walker
- 4<sup>th</sup> Lieutenant – Mark Jackson
- 5<sup>th</sup> Lieutenant – Chris White
- Chairman – Andrew Wyborn
- Manager Community Safety – Brent Van Der Ross



1<sup>st</sup> Lieutenant John Egbers; Operations Officer & Officer In Charge, Mark Kennedy; Operations Manager District 13, David Renkin and Regional Director District 13, David Baker; join Minister for Police and Emergency Services, Kim Wells and FTG MP Nick Wakeling at the turning of the first sod.

Manager Training – Tim Whitelaw  
 Manager Infrastructure & Equipment – John Farrer  
 Secretary & Manager Finance and Administration – Joyce Hollingsworth  
 Treasurer – Eddie McDade  
**Junior Fire Brigade** elections were also held in November 2012 and the following Juniors were elected:  
 Junior Captain – Jessica Walker  
 Junior Lieutenant – Braydon McMahon  
 Junior Secretary – Taylor Lindsay  
 Joyce Hollingsworth

## Knox Council Pet Expo

**On Sunday 7 April, your pet's going to be dragging you out the door to get to this event. The Eastern Regional Pet Expo is on again and Knox Mayor Karin Orpen said it would be one that no pet owner would want to miss.**

"Our annual pet expo is one of Knox's favourite events, particularly for our pet owners," Cr Orpen explained. "It's a great opportunity to see and hear the latest in pet care, but most of all it's a fun day out for everybody, pets included."

The Eastern Regional Pet Expo will feature such things as discounted microchipping from the National Pet Register, as well as interactive displays, demonstrations, pony rides and loads of competitions.

Competitions just for pets include, best dressed, fastest fetch, pet/owner look alike and most impressive trick.

Prizes include dog treats, cinema passes, a dog leash, Bunnings voucher and passes to Australia Zoo.

The Eastern Regional Pet Expo, which is hosted with the support of sponsors, Bendigo Bank, Wantirna branch, and Action Events, will be held at Knox Park, Ferntree Gully Road, Knoxfield. Council would also like to acknowledge the Knox Obedience Dog Club and Knox Churches cricket and soccer clubs for sharing their home ground with us.

Further information is available at [www.knox.vic.gov.au](http://www.knox.vic.gov.au) [facebook.com/knoccouncil](https://facebook.com/knoccouncil) [facebook.com/lostanimalsinknox](https://facebook.com/lostanimalsinknox) #PetExpo2013 on Twitter.

## Alan Tudge Writes

### It's time to deal with Broadband Blackspots

Having an adequate internet connection is so important to families these days. From doing business, studying to entertainment, we rely on broadband to give us access to information around the world.

I'm constantly hearing from Rowville and Lysterfield residents about the issues they encounter with their broadband connection. There are issues associated with black spots, with reduced download speed, drop outs and in some cases not being able to access a broadband connection at all.

The National Broadband Network does not provide a solution in the short to medium term. Rowville and Lysterfield are not yet scheduled for NBN rollout, meaning that it is at least 3 or more years away, and possibly up to 10 years away.

This is not good enough.

To discuss these issues and other concerns of residents, I have invited Malcolm Turnbull to Rowville to participate in a community forum. I want him to hear first-hand the issues that our community faces and what solutions he would provide should he become Communications Minister.

He has already publicly said that fixing blackspots would be an immediate priority and that faster broadband would be delivered sooner and more cheaply than what is proposed by NBN Co.

If you are interested in this topic and would like to raise issues with Mr Turnbull or myself, please come along to our Community Broadband Forum on the Tuesday April 23<sup>rd</sup> at 2pm. It is being held at the RAFT Church Hall (131 Taylors Lane, Rowville).

I look forward to seeing you there.

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## 1983

Councillor Tom Blaze stated that the three ward councillors would do all they could to gain satisfaction for ratepayers over ‘**Amendment 253**’ which related to industrial zoning behind the Stamford Park Estate. The ‘most outstanding junior’ at Rowville Cricket Club was **Pasquallie Irvalli**, (in a 2003 article the spelling is Pasquale Ianuali), who the coach said was going to be a real champion. Did you live up to his claim? The presentation night for the **Little Athletics** was held in a private house. I bet you couldn’t manage that today! The **post box in Taylors Lane** gained a reprieve ‘provided patronage didn’t fall below an acceptable level’. The **Rowville Tennis Club** were given Council approval for an additional court.

## 1988

A meeting was organised with Council to discuss the design and facilities at the proposed **Stud Park Community Centre**. Did you go? The Rowville **Baptist Church** purchased a 41 seater Bedford bus to ferry children to and from Sunday School. Can you remember riding in it? How about a photo? Council approved the building of a **convenience store in Dandelion Drive**. At the same meeting they approved a subdivision of 14 lots on the **Drive In site**. The minimum age for residents in **Peppertree Hill** was reduced from 60 to 55.



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

## 1993

10,397 residents voted in the four Rowville/Lysterfield polling booths for the **Federal election**. 65 children removed over **100kgs of litter** from public areas in Rowville during the Clean Up Australia Campaign. The police asked for information about the **armed hold up at the milk bar** in Kelletts Road. Who can remember going to the ‘**Fantasy Display**’ and talk by Katherine Phelps at the Library? **Liberty Avenue Pre-School** opened in a wing of Heany Park PS. and director Louise Apps was delighted with the co-operation she received from Principal Pat Finn. Rowville Primary School grade 6 students, **Jasmin Bencsevich and Samantha Holland** wrote about the school’s exciting trip to Wilson’s Promontory. What are your memories today of that outing ladies?

## 1998

Rowville Secondary College farewellled their founding **Principal Ian Linnett** who was taking up a new role as President of the Victorian Principals’ Federation. Meanwhile 1997 Dux, **Rachad Abdulla**, returned for a presentation before returning to his Medicine (Surgery) degree course at Melbourne University. What are you doing today Rachad? The **Myer Direct Warehouse** south of Wellington Road was proposing to open a shop to sell returned and excess stock. Did it ever eventuate? Council entered a heads of agreement with Southern Pacific Leisure Corporation to develop a **golf course** with associated facilities, residential development and a hotel/conference complex on the Karoo Road site. SPL were

also preparing a submission to develop a **water ski park** north of Stamford Park.

## 2003

**Rowville Cricket Club** celebrated their 50<sup>th</sup> Anniversary in January with a dinner, which 230 people attended, including 8 of the original 1953 Premiership team. Rowville teen, **Mary Nasser**, was selected to represent the views of youth on the “National Youth Roundtable”. Can you remember the event Mary? RSC 2007 Dux, **Graham Clark**, started engineering at Monash University, but intended to move into aerospace engineering. Did you Graham? The **Lions Club** reported that as only two hospitals accepted expectant mothers wishing to donate cord blood, they had convened a meeting with the Bone Marrow Institute. Was it ‘fruitful’? **Rowville Senior Citizens Club** had a picnic lunch in the Melbourne Gaol. Did you really?

## 2008

**Winston Hillyer**, an ex RSC student, was chosen for the lead role of Simba in the German production of “The Lion King”. At just 20 years old Winston settled in Germany, but where are you today Winston? We would be delighted to know. Columnist **Kristy James**, when asked about the future of Rowville, recommended a rail line before 2020. Sadly Kristy that looks optimistic now. The Stud Road **Smartbus** serviced started, replacing the old 665 service and after much planning, work started on the extension to **RAFT Church**. Rowville Primary School **student leader, Majeed**, represented his school at the Knox Council Youth Cyber Bullying Forum. Do you think we have learnt anything Majeed?



## What are Zoonotic Diseases?

Zoonoses are animal diseases that may also be transmitted and affect humans. As you know, pets provide many benefits to us and are an important part of our family structure; they comfort us and provide loyal companionship. Learn some simple tips for preventing zoonotic disease in your home.

### What every pet owner should know:

Although the risk of contracting a zoonotic infection is low, the consequences of infection with zoonotic diseases cannot be ignored.

*Always dispose of your pet’s faeces promptly!*

### Worms:

Intestinal parasites of dogs and cats such as roundworms, hook-worms and tapeworms can cause infection in people. Intestinal worming of pets is very effective in preventing the spread of worms to humans.

### Here are some tips to prevent worms:

Worm your pet regularly to prevent infection from intestinal worms. Adult dogs and cats should be wormed every 3 months and more frequently for puppies and kittens.

For a worming regime to suit your pet, please ask our healthcare team for more information.

Take your pet for regular veterinary health check-ups;

Do not feed your pet uncooked offal



Prevent pets from wandering and scavenging.

**Worm adult aged cats and dogs every 3 months**

### Ringworm:

This is a fungus and you can come into contact with ringworm via an animal or directly from soil.

### Giardia:

This parasite lives in the intestine of infected humans or animals and their environment. Giardia can cause diarrhoea and intestinal problems.

### Sarcoptes:

Is a mite and when a human comes into contact with an affected animal the mites can crawl onto people or another pet. Minimal handling of affected pets until treatment is successful is the best prevention.

### Cat Scratch Disease (CSD)

Is a bacterial infection which usually causes fever, fatigue, and swollen lymph nodes. It is transmitted to people by scratches and bites. Prevent CSD by discouraging your cat from scratching and biting you; avoid rough play; keep your cat’s nails trimmed short; never allow a cat to lick open wounds on your body; and wash all bites and scratches with soap and water.

Wash your hands after touching, playing with or caring for your pet.

### Toxoplasmosis:

This is a protozoan infection that may cause potentially serious infection to pregnant women and people with compromised immune systems. Cats usually shed the organism in their faeces for a short time just once in their life. People most commonly become infected by handling raw meat or eating undercooked meat. Simple hygiene measures around cats and raw meat are effective.

### Tips for a healthy family:

Bath and groom your dog regularly.

Keep your pet’s environment, including

bedding, clean.

Dispose of your pet’s faeces promptly.

Encourage good hygiene in children from a young age by encouraging them to wash their hands regularly, especially before eating and after handling pets or toys.

Always wash children’s hands after playing in dirt or sandpits.

Wear gloves when gardening and always wash your hands thoroughly afterwards.

If you are pregnant, ask another family member to change the cat’s litter box, do not handle unfamiliar cats (strays), and feed your cat a canned or dried commercial cat food instead of raw meat.

### A final note...

Researchers have found that there are many health benefits of owning a pet.

Zoonotic diseases can be prevented by regular worming and by following good hygiene practices. By adopting the recommendations in this leaflet your family and pets will enjoy a healthy and happy life together.

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# Chiro-Practicals

Presented by Dr Frank Whelan

## Headaches and Head Posture

Posture is the position we hold our body in when standing,

sitting or lying down. Our body does have an ideal posture, which enables it to function at its maximum potential, which also means that variations from the ideal position can have a detrimental effect on our health. Most people don't realise that the average adult head weighs about 4.5 kg, because we don't notice the work our spine, muscles and ligaments are doing to stabilise it, when it's sitting in the ideal position.

When that position is changed by the postures we adopt in our daily activities, we are actually increasing the load on our



neck to the point where, for every 2-3 cm of Forward Head Position, we double the load our neck and back structures have to cope with. This leads to increased wear and tear that in the short term can lead to upper back and neck pain and headaches and in the longer term to restricted movement and the increased likelihood of Osteoarthritis.

Typically the headaches are on the same side as the neck dysfunction and then radiate around the temple area and across the top of the head. Patients describe them as feeling like a nagging aching pain in and behind their eye. They can interrupt your sleep, make it difficult to concentrate and are usually worse at the end of the day. While pain killers may help it's usually only temporarily.

While all the new computer and mobile phone technologies are designed to make our lives easier, they are having a detrimental effect on our posture because of the hours we spend with our head and neck bent forward reading computer screens and other digital displays.

Good posture for your head means that when viewed from the side your ear should be located over the centre of your shoulder. When viewed from the front your nose should be straight (not tilted) and both eyes at the same level. Any variations may indicate some spinal dysfunction.

The extent of your neck movements can also be an indicator of whether poor head posture is causing any restricted movements. With normal rotation you should be able to almost touch your chin to your shoulder and with normal side bending, bring your ear to your shoulder, so that it is at least at an angle of 45 degrees.

If you or others in your family are spending lots of time with heads bent forward, a simple exercise is to pull your chin in and then stretch your head back at least 6 times (ie. One set) every hour to maintain good head position and muscle tone.

Should you wish to find out more about resolution of headaches from neck dysfunction come to a Free Health Talk on Tuesday April 9<sup>th</sup> at the Wellness on Wellington Medical Centre. Places are limited and bookings are essential. Phone reception on 9780 8910.

Dr Frank Whelan

## Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rowville Sports Medicine  
96 Kelletts Rd, (Cnr Kelletts Rd & Taylors Lane) Rowville  
Physiotherapy 9763 9233 Sports Medicine 9763 3944



### Cracked Heels/Dry Skin

Cracked heels are very common over the warmer months and tend to be worse during, or at the end of summer, due to greater periods of time in thongs, sandals and/or bare feet. When open to the air particularly during hot weather, moisture is drawn out of the skin leading to hard dry skin. If left untreated the skin will split, leading to cracks which can be painful, unsightly, and in some cases cause bleeding. They most commonly appear in areas of callous formation. A callous is an area of skin that thickens and hardens in response to pressure / friction or repetitive force in order to protect the skin and underlying structures.

#### Causes:

Great periods of time in thongs, sandals or bare feet

Increased pressure, friction or repetitive force

Diabetes – can lead to big problems

Thyroid Problems

Kidney, Liver or Heart Problems

Calloused areas

#### Signs and Symptoms:

Dry, scaly, split or calloused skin

Skin colour changes from: white to gray-yellow, brown or red

May be pain free or tender

May burn

Maybe bleeding from the area.

#### Treatments:

See a Podiatrist to have them debrided back & remove dry skin

Soak feet in warm water to soften

Wear socks/stocking and closed in shoes

Apply moisturiser regularly – certain types are better than others

Treatments will vary based on severity and each individuals health

□ Speak to your Podiatrist at Rowville Sport Medicine Centre to have your Cracked Heels treated professionally.

Gayle Briggs



### Ankle Sprains

One of the most common injuries in sport, as well as day to day life, is an ankle sprain or “rolled ankle”.

Factors that put you at risk of spraining your ankle include, poor balance, decreased strength in the leg and ankle, decreased flexibility in the leg and ankle, previous ankle injury and increasing age.

If you have suffered an ankle sprain, there are a few important things to remember in the first 24-48 hours.

**R** Rest – walk as normally as able but only at a pain level which is tolerable. Crutches may be required in the first few days to assist with walking

**I** Ice – 20 minutes every 2 hours, make sure that you wrap the ice in a damp towel to prevent ice burns

**C** Compression – to decrease swelling

**E** Elevation – to decrease swelling

Once this initial period is over there are several things you can do to help prevent this injury from recurring.

- Taping or bracing - can help to give the ankle support during return to sport or during initial recovery if you need to do a lot of walking.
- Rehabilitation – a physiotherapist can give you a program to help regain your strength and balance in the ankle. Generally you will lose some strength and balance after this injury, which will leave you at a high risk of re-injury in the future if not properly re-trained.

If you have had an ankle sprain and need a rehabilitation program call Rowville Physiotherapy on 9763 9233 and one of our skilled physiotherapists can guide you through the process.

Gayle Briggs



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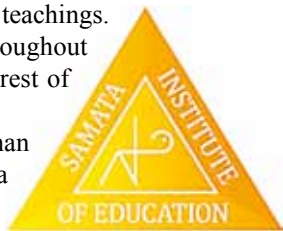




# Samata Institute of Education and Wellness Centre Yoga

Yoga is a way of life, thousands of years old. Patanjali, the father of yoga, was born in Persia and at some point travelled south in an effort to spread his teachings. His word eventually spread throughout India and now has come to the rest of the world.

Yoga offers so much more than just sitting and “oomming”. Yoga teaches you to calm the mind and offers you the experience of living in the moment, allowing you to take a breath and



“smell the roses”. It has known medical benefits for lowering blood pressure and stress levels, benefiting muscular-skeletal issues, sleep disorders and helps in the management of chronic pain due to illnesses such as Fibromyalgia and arthritis. Many western health care professionals are suggesting yoga as a valid option to aid a variety of medical disorders. Yoga enhances wellbeing in every stage of life from pre-natal and Mother and Baby classes through to Yoga for seniors. There is no fitness requirement and most importantly no 1<sup>st</sup> place ribbons, everyone improves in their own time and at their own pace. Over the coming months we will dispel the many myths and untruths and explore the many health advantages that Yoga has to offer. Next month we will tackle high blood pressure, teaching you simple yoga techniques you can use in your everyday life.

## Class Times

### Monday

10.00am Mini Moovers & Groovers  
11.00 Dance Fitness  
7:30pm Power Yoga

### Wednesday

10.00am Pre-natal  
4.30pm Kids Yoga

7.00pm 10 week Courses for Relaxation/ Meditation

### Friday

6.00pm Dance Fitness

### Tuesday

6.30am Vital Force Yoga  
10.00am General Yoga  
6.00pm Prana Fitness  
7.00pm General Yoga

### Thursday

10.00am Tai Chi  
6.30pm Yoga Train  
7:30 pm Core Strength Yoga

### Saturday

10:00 am Stretch & Balance Yoga  
11.30am Mother & Baby Yoga  
*Donna Jordan*

The Samata Institute of Education and Wellness Centre is situated in the old Lysterfield School at 1430 Wellington Rd Lysterfield. For more details contact 9758-6636 or 0400 679 888

# Knox Council Eating smart in Knox

Council has launched a new initiative that’s all about encouraging healthy eating.

Called *Eat Smart*, the program rewards Knox food premises which adhere to food safety standards *and* provide healthy food choices to customers and is a great way of supporting Knox residents to eat better.

Knox Mayor Karin Orpen said 50% of all adults

in Knox are at an unhealthy weight and only 8% eat the recommended five serves of vegetables each day.

“The average adult eats out more than four times a week, and foods eaten away from the home are often higher in fat and salt, as well as larger in size,” Cr Orpen said. “This program rewards food premises, including bakeries, cafes, restaurants, delicatessens and school canteens, which are helping provide more nutritious options.”

Cr Orpen said the *Eat Smart* program would provide

certificates to food premises which scored well in both the categories of food safety and healthy food choices. Top businesses will also be celebrated at an awards evening in November.

*Eat Smart* was a joint initiative of the Victorian and Australian Government funded *Healthy Together Knox* program and Council’s Health Services team.



This is U3A Knox’s 20<sup>th</sup> year of operation. We began in October 1993, and were then called U3A

Ferntree Gully and our first office was a caravan

parked in front of the Coonara Community Centre at Ferntree Gully. Later there was an office in Coonara itself, and in early 1996 we moved officially to Parkhills, a former kindergarten in Park Boulevard Ferntree Gully, opposite Fairhills Primary School. When we started we had 35 members and when I joined in mid 1994, there were over 100.

After a few renovations prior to our move, the building was made suitable for adults, and in the year 2000, thanks to Knox Council, we acquired 2 new rooms and were able to extend our recently begun computer teaching, which until then had been conducted in the old kindergarten storeroom. About this time, our name was changed to U3A Knox.

It was clear that even this addition would not accommodate

our rapidly increasing numbers so we asked Council to consider a much bigger building. Architect plans were drawn up, but it was not till 2005, despite some local opposition over the expense, that our then almost 1000 members could see the extensions and renovations begin. We moved out for 6 months, but classes continued in various venues until in April 2006 the new building was officially opened. We now have about 1100 members and several outside venues are again being used. About 200 people use the building every day of the week plus some on Saturdays as well for our 125 available subjects.

Last year (2012) we began classes in Rowville at the RAFT centre and these will continue throughout 2013.

A celebration is being planned for our 20<sup>th</sup> Anniversary some time in October/November.

Membership for the year is \$40 and members may attend any class, provided there are vacancies. (There is a small extra charge for Computer Classes).

U3A’s term 1 ends on 28<sup>th</sup> March, and enrolment for term 2 subjects will be available in the final week. Term 2 will



*Yoga classes*

begin on 29<sup>th</sup> April. For all enquiries please call 9752.2737 or email [office@u3aknox.com.au](mailto:office@u3aknox.com.au)  
**Kath Brown 9752.2618**

# Sea Monsters

Creatures of the deep  
Range the ocean wide,  
Cruise around the islands,  
Hungry, evil-eyed.

Hunting for their dinner,  
Seeking on their trips:  
Fishermen in boats,  
Tasty fish and ships.

Edel Wignell  
First published in  
**Blast Off: School Magazine,**  
Vol. 89, No. 5, May 2005

# JOKES IN VERSE

## Welcome!

The smile on the dial of the crocodile  
Is *not* a smile – it’s a grin;  
A bristly mat beside a front door  
Saying, ‘Welcome! Walk right in!’

Edel Wignell ©  
First published in **Alphabet Soup,**  
Issue 9, Summer 2010

# The Catcher Caught!

Sore throat,  
Cough uncontrolled;  
I wasn’t chasing  
But I caught a cold!

Catching a germ  
Is like catching a flea;  
When I wasn’t looking  
It caught me!

Edel Wignell ©  
First published in Theodore E. Wade (comp.),  
*Bubbles: Poetry for Fun and Meaning,*  
Gazelle Publications, USA, 1987;



# PARK RIDGE GOES ROMAN



We have been learning about Roman numerals in our extension Maths classes to improve our understanding of different number systems. Roman numerals can be found on clocks, as the date on movies and as the number of the chapter in some books. The Romans used letters for numbers.

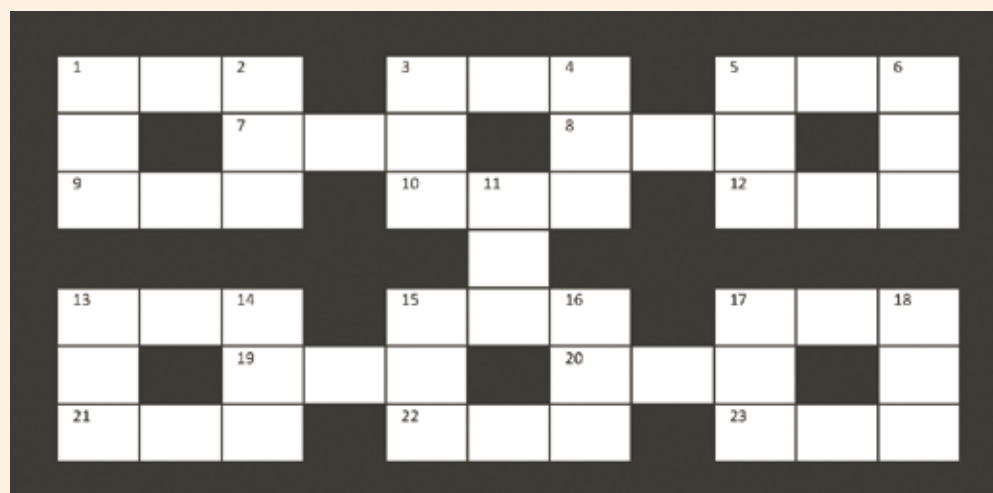
I = 1, V = 5, X = 10, L = 50, C = 100, D = 500 and M = 1000.

4 was written as IV or "one less than 5" IX was 9 – "one less than 10" XL was 40 "ten less than 50" XC was 90 "10 less than 100, CD was 400, "100 less than 500" and CM was 900, "100 less than 1000".

So to write a number like 47 – it is written as 40 + 7 or XLVII.

We have created this crossword. All you have to do is convert the Roman numeral clues into regular numbers and fill the spaces.

*Enjoy, Peta, Vaishnavi, Cheryl, Tahlia and Dilhan – 5-23 – Park Ridge P.S.*



## CLUES

### Across

1. CXXXII
3. DCLIII
5. DCCXCIV
7. CCCXCIV
8. CMLVII
9. DCCCLVII
10. CXI
12. CCXLIII
13. CDXXV

15. CCLXXXV
17. DXXIV
19. CDLVI
20. CCCXX
21. DCCXCVI
22. CCXVII
23. DCCLIII

### Down

- 1 CLXVIII
- 2 CCXXXVII

- 3 DCXLI
- 4 CCCXCI
- 5 DCCCLXXII
- 6 CDXXIII
13. CDXC VII
14. DXLVI
15. CCLXII
16. DXXXVII
17. DVII
18. CDLXXXIII

## For a Good Cause

On Friday 15th March the Park Ridge "World's Greatest Shave" team underwent the mandatory shave as part of the Leukaemia Foundation's fund raising drive. Lyn Miller, a hairdresser by calling and now one of our office staff, did the honours in a most professional manner. The team, led by Prep teacher, Sylvia Cook and consisting of Year 5 teacher, Shane Merrett, Education Support Officer, Ankie Box, Principal David Mann and Year 2 student Tommy Bleakney, have, in some way, all been touched by cancer in recent years. Sponsorship for the venture was sought from the school community and a "Funky Hair Day" was organised for the students to coincide with the denuding of their teachers.

The exercise created a lot of interest and was enjoyed by all those who witnessed the event. More importantly, at the time of writing, the team believed that they had raised about \$3000 to go towards research to help find a cure for this horrible disease. Congratulations and well done Team Park Ridge.

### Canberra Tour...Done and Dusted for 2013

Our Year 6 students recently spent five days on tour in

## PARK RIDGE PRIMARY SCHOOL



*Year 6 students enjoy a break before their next visit.*

the national capital. Visits to the National Museum, the War Memorial, Parliament House and the Electoral Education Centre are seen as excellent learning experiences that support the current Year 6 curriculum. Coupled with visits to the National Mint, Questacon and the Australian Institute of Sport, it was obvious that the tour had something for everyone. Principal, David Mann, spent two days with the students and, as always, was impressed by the conduct of the students and the efforts of the staff and parents who attended.

The Canberra Tour is the final stage of the school's program that includes a Beechworth tour for Year 5, Camp Coonawarra for Year 4 and a Phillip Island Camp for Year 3. *Graeme Lloyd*

## School Talk

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



*Left to right, College Captains – Brad Beard, Shelby Johnson-Boe, Michael Audsley and Meaghan Conroy with Principal Glenn Fankhauser (centre).*

## A Successful Term One for RSC College Captains



Rowville Secondary College has had an exciting Term One under the guidance of our four new College Captains.

Inducted at our High Achievers Assembly at the beginning of February, Bradley Beard, Meaghan Conroy, Michael Audsley and Shelby Johnson-Boe have settled happily into their new roles and the responsibilities that have been involved so far. The students have had a busy start to the year planning

## Congratulations

to Heany Park Primary's School Captains for 2013. They are Daniel, Zoe, Bradley and Emily. These students applied to be school captains, were short-listed and took part in an interview prior to selection. They are to be congratulated on their persistence. We look forward to these captains doing great things this year!



Seventy Grade Six students, their teachers and parent helpers, travelled to Waratah Bay for the annual camp. Activities include a night hike on the beach, campfires, ropes course, giant swing, hiking to Chicken Rock and best of all surfing! Surfing is the highlight of the daytime activities and the students all had a great time!

The campers had to practise their surfing skills on dry land prior to entering the surf.

### 2013 School Captains

*Daniel, Zoe, Bradley and Emily.*





fundraisers, talking at assemblies, and attending a School Captains Forum at which they presented their ideas on youth issues to Nick Wakeling, State Member for Ferntree Gully.

Whilst Michael jokes that the best thing about the role so far is the blazer, Brad says *“I feel like what I have to say is important, people come up to talk to me and talk about issues that they think should be dealt with, and I love it because it shows the students are passionate about their school and it makes me want to work harder to get things sorted.”*

Adjusting to the demands of the role is an important element of the first term as College Captain with Michael realising that *“there’s a lot more responsibility now, there is another thing to balance, I’m in the Sports Academy so there’s a lot of training, basically I have to be a lot more organised and focused.”*

The Captains are excited about the opportunities that their captaincy will present them throughout the year with Meaghan looking forward to *“forming new relationships, more relationships and better relationships with all the students at RSC”* and Shelby saying *“I hope that we can have a really good leadership team and get lots of things done, have some great fundraising activities for charities like Beyond Blue and to also raise money for our Celebration Day.”*

What pearls of wisdom have our Captains relied on in reaching their goals so far? Meaghan says *“Have fun and keep on going”*, Shelby says *“Communication, when you can’t communicate things get out of control”*, Michael says *“Do everything the best that you can, and always be comfortable with what you’re doing”*, and Brad leaves us with the ever optimistic *“Hard work will always get you somewhere”*.

By Laura Gordon – RSC Communications Officer

## Rotary Club Sponsors the Stephanie Alexander Kitchen Garden Program

The students of Rowville Primary School are enjoying the enhancements to their Stephanie Alexander Kitchen Garden thanks to a generous donation from the Rowville-Lysterfield Rotary Club. The partnership with Rotary will provide a sustainable learning environment for the students and support the Kitchen Garden and Environmental Science specialist programs.

The garden redevelopment is an impressive example of student initiative. A group of year four students came together at the end of 2012 to research how they could improve the Kitchen Garden. Their investigations led them to conclude that due to the slope of the ground, soil is lost from the garden beds when there is heavy rain as the garden



## Times Remembered at Rowville Primary School School Camps

From its beginnings in 1973, until the Secondary College was built, Rowville Primary School occupied a splendid site of 22 acres, most of which was virgin bushland. The entrance to the school was from Tirhatuan Drive, then a dirt road, through the school gate and finally on to the school building at the north of the site. In the early 1980’s we decided to utilise the bush setting for our camping excursions, so we had a pipeline put into

## Lysterfield Primary School



Hello, we are Emma, Holly, Christian and Nick and we are your *i sea i care* ambassadors for 2013. Last Friday we went to a workshop at Cornish College to learn about marine life. First we had a brief introduction on the days plan, then we had we had a lesson on how to present and perform our work to the junior grades. We were split into 2 groups (we were in the 1<sup>st</sup> group). Within that group we were split into three more groups for the three games we were going to present. We worked out our parts and started rehearsing for the presentation. We then had a full rehearsal where the three groups got together to practise. We thought the full rehearsal and instructor’s advice really helped boost our confidence. We met new friends and before we knew it time had flown so it was time for lunch.

After lunch it was time for the presentation, we had to wait a little while for the preps and Grade 2’s to come. The presentation worked out perfect and everybody put in 110%.

## Karoo Primary School Students Reap the Benefits from Earn & Learn

Earn and Learn was the name of the Woolworths promotion in the second half of 2012. The parents at Karoo Primary School really took up the challenge and collected tens of thousands of tokens. Parent co-ordinator Simone Lancashire had the further challenge of collating and counting the tokens. The Music Room benefited with the delivery last week

beds were not deep enough and the soil kept washing away. The students measured each bed and calculated the amount of timber sleepers needed to build up the garden. They took photos and wrote a submission to the Rowville-Lysterfield Rotary club seeking financial assistance. The project quickly gathered momentum when Rowville-Lysterfield Rotary President, Daryl Moran, presented the students with a cheque for \$1500 to use on the project.

“Rotary club is always happy to support community projects, especially where students have shown such great interest and involvement.” Mr Moran said.

The School groundsman and handyman worked over the summer break to build up the existing garden beds to the students’ specifications. To the delight of students, their Kitchen Garden was completely transformed.

Student Marco said, “I felt so proud when I saw the garden. It means that students will be able to enjoy working in the garden for years to come.”

Students are provided with weekly practical experiences and take responsibility for growing and maintaining a productive garden which allows them to harvest their produce and have it ready to cook during their Stephanie Alexander Kitchen Garden program. Students learn how

the campsite and purchased several large tents to use as service and supply storages. This scheme of camping in the grounds not only allowed us to run very cheap camps, but also gave us access to the school’s facilities each evening of the camp.

It was a happy thought at night on a camp to be on the outskirts of a large metropolis, yet be in a wonderful bush setting with only the low hum of occasional Stud Road traffic to indicate that we were not very far into the Australian bush.

One of the highlights for the campers was an afternoon’s visit to Buckingham’s Riding School on Bergins Road, where many children (and teachers) experienced their first ride on a horse. Another highlight was the drama, well more accurately, concert night, where the acts were mostly unrehearsed and all the better for that.

We went back to school feeling confident and look forward to teaching and sharing our knowledge with the students at Lysterfield Primary.

## Interesting facts we learnt:

- If you blend a sea sponge and then put it back into water it will piece back together!
- Whales have four fingers and no thumbs.
- A whale’s fin is the same structure as a human arm!

## Family Fun Night

The school grounds were full from start to finish at the ‘Family Fun Night’ on Friday March 15<sup>th</sup>. A great time was had by everyone.



Amusement Rides Were Always Busy

of thousands of dollars worth of good quality musical instruments. These include guitars, metallophones, glockenspiels, tuned percussion, un-tuned percussion and many specialty instruments like gathering drums, rainsticks, cabasas and ankle jingles.

Prep resources have been boosted with the addition of a mirror cube, a wind exploration pack, natural building blocks and bubble blowing equipment.

Grade 5J were the first to try the instruments last week and the foothills were alive with the sound of music.

School Music Captains Amy and Sahan were the first to try the Mirror Cube before dropping it off to the Preps.

Well done Karoo parents! You did the **earning** and now your children are benefitting in their **learning**.

John Oldham



to prepare healthy meals while at the same time learn about their impact on the environment and ways they can contribute positively to its care and wellbeing.

Rowville Primary School students can look forward to more hands on and sensory learning experiences in the future.

Janet Moussa

The site now houses the Rowville Secondary College as well as the expanded Primary School and the bushland setting is just a memory.

Ron Pickett







Autumn has come with news of change. More often than not this is uncomfortable. For there is nothing quiet about autumn or change. Though sometimes subtle, when finally acknowledged, we are surprised (even at the most expected changes) with the effect unfamiliarity has on us. The crackle of old understandings under recent footsteps; the statements of varying colour as we accept the inevitable parts of life; and the vulnerability of getting by with less than our comfortable skins.

It's been a quick first quarter of 2013. There has been much ado in the last four months – if not in daily schedules, then in growing thoughts. For everyone has experienced change of some sort. Even without distinguishing whether it be change 'for the better' or 'for the worse', change comes with degrees of mourning. Mourning familiarity, the 'could haves' and comforts, not to mention looking on enviously at those we call "The Evergreens". Yet we were never created to envy others, rather, to appreciate the diverse beauty that is each of our lives. For what would it achieve if we succeeded in

attaining our desire to be somebody else? Why, the world would be even worse off! For each of us was created different for reasons so to unite and complement each other, because we all love differently and somehow that makes it perfect because we all need love differently, yet we all need love the same.

Alas, autumn is not the season for nostalgia because it is a celebration of change. For what is better for perspective than change? And what is more beautiful than everyone in our community accepting that we are different and that we *need* change. There is a fresh opportunity in each season we get to shed familiar ways, because it means we get to grow new and better ones. Our 'leaves' each spring could be greener and stronger, nourished by well watered roots and resilient as ever to the harsh Australian sun. So comprehend change, or at least try to, and spend less time wondering and envying how another tree might look after itself and instead begin to strategize how you will grow.

Now, it is not simple understanding where and when to change, as we do not always have the best perspectives of ourselves. Which is why we need help. We were not meant to be completely independent of others. In fact, we were birthed and positioned purposely. And because of the purposefulness of our lives, there is none more expert in our growth and



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, Sant Nirankari Mission

wellbeing than He who created us. It is a process we better learn to enjoy because we cannot help but do it all our lives and what better than to be able to trust and be assured that we were in the hands of our Creator. This growing is the life-long lesson that we, as a community, get to celebrate with each other. Nobody has it down-pat, but we help each other and we love the best we know how. Feel free to join us as we mourn for past familiarities, accept change and learn to love growth. Surprise! You have support!

For details of our services etc. please see "What's On Locally" on page 2

All of the above take place at **ACF Church**: 1070 Stud Road, Rowville, 3178. ([www.acfchurch.com](http://www.acfchurch.com))

*Michael Leung, Executive Pastor*



**Rowville Baptist Church**  
[www.rowvillebaptist.org.au](http://www.rowvillebaptist.org.au)  
[office@rowvillebaptist.org.au](mailto:office@rowvillebaptist.org.au)  
**Ph: 9764 4242**

Is it true that the more things change, the more things stay the same? It seems to me that things are ever changing, governments, technology, climate, our local community. Changes are also evident at RBC. Buildings are going up, senior pastor changes, ministries closing down and new ones commencing.

One recent change at RBC has been the departure of Richard and Maxine Payne as they moved to Chang Mai Thailand on mission with Global Interaction. This is a significant change for RBC and of course for Richard and Maxine. Richard and Maxine have been active members at Rowville Baptist Church since 1988 and both have been involved in different ministries over the years. They first felt God's call to overseas mission service in 1994 and it has been quite a journey as they have followed God's call. Through several short and medium mission trips they have developed a genuine love for the Thai people.

We celebrated this major change through a commissioning

service at which Rev. David Devine (former Senior Pastor of RBC now Head of Church Health and Capacity at the Baptist Union of Victoria) delivered a message reminding us that God goes ahead of us. Also present was Craig Wright (formerly Global Interaction State Director now a director within the national team) who officially commissioned Richard and Maxine for service on the field. Richard and Maxine will be very much missed, however, this was a joyous occasion as RBC sent off two of our own, beyond Rowville and Lysterfield.

So things change. What then stays the same? I found this harder to answer. In the midst of so many changes, I find it difficult to determine with certainty things that stay the same. One answer can be found in Rev. David Devine's message 'God goes ahead of us'. Regardless of all the changes that occur, we can be sure that God goes ahead of us. The apostle Paul also greatly encourages us by stating that "now these three remain: Faith, hope, and love. But the greatest of these is love" (1 Corinthians 13:13). The more things change the more faith, hope and love stay the same. Praise God for His steadfast, enduring and unconditional love. And we pray for Richard and Maxine as they share the Christian faith, give hope and demonstrate God's love to those who have not yet heard of Jesus.

*Dennis Medina*



The Rowville Community Centre will recommence programming on Monday 15<sup>th</sup> April.

The centre runs Yoga, Stretch and Tone, Living Longer Living Stronger and 3 year old pre kinder. Along with these fantastic programs we have hire groups which include; basketball, netball, tennis, senior citizens, senior

sports, self defence and sport for children to list just a few! This term we have a lot of great programs on offer so make sure you come and visit us at 40 Fulham Road Rowville (next to the police station) or head to [www.knox.vic.gov.au](http://www.knox.vic.gov.au) – A-Z listing for our latest brochure.

We look forward to seeing you.

*Rosemary Montgomery*



**"He is not here; for He is risen..."**  
*(Matthew 28:6 NKJV)*

What a wonderful and amazing discovery the women made on the first day of the week when they went to the tomb where Jesus' body had been laid. They found the stone rolled away and an empty tomb with Jesus' grave clothes lying there. Then an angel of the Lord announced the good news to them that Jesus had risen from the dead.

After Jesus' death on the cross and His burial in the tomb, the women and His disciples went to their homes sorrowful and so distraught that they forgot His promise that He would rise again. At the time of Lazarus' death, He had told Martha that He was 'the resurrection and the life' but they had not remembered this claim.

Christ's resurrection is essential for our Christian faith. If Jesus had not risen from the dead our faith would be empty, our preaching would be useless and we would have no hope for the future. (1 Corinthians 15:12-19) But Jesus did rise from the dead three days after His death and His resurrection empowered His disciples to take the gospel message to the

known world. It was the proclamation of the message of the death and resurrection of Jesus that caused the early church to grow. Today the resurrection of Jesus is still of utmost importance to us as His followers. It gives us cause to rejoice, not only at Easter, but every day because we have a faith founded upon His resurrection, empowering us to live a victorious life here on earth and giving us a sure hope of eternal life after death. Knowing the power of Christ's resurrection let us stand firm and let nothing move us as we face a great future in the Lord.

May the blessing of the risen Lord remain with you throughout the year ahead!

**Alpha:** The Alpha Course commences on the 16<sup>th</sup> April at 7.30pm at our Laser Drive venue. Alpha is a course available to all that are inquiring about the Christian faith. It is also a course where people can find the meaning to life. Alpha in the past has benefited thousands of people who have done the course with us. Alpha has helped all those who are searching for truth, those who are new Christians and even for those who want to brush-up on their Christianity. The course runs for 8 weeks, Tuesdays, from 16<sup>th</sup> April. The evening will start with a served meal. It is a place you can ask any questions you have, in an atmosphere where you are free to share your thoughts and receive answers for the questions you have been long searching for, in an unthreatening and relaxing environment, to all who come. Please call Ronald on 0411 117 756 to book a place or for more information.

**Upcoming Special Event:** On Sunday May 26<sup>th</sup> we welcome Dr. Kameel Magdali to Restore Community Church once again. Rev. Kameel Majdali, PhD grew up in Los

Angeles California, he came to faith as a teenager and after graduating college went to the Middle East to study. It was here that he preached his first sermon on Mount Zion. He has an amazing ability to bring to light the Word in a way that will deeply impact you. As an experienced Bible teacher, he has trained 100's of people for Spirit-filled ministry. Kameel now preaches and teaches all over the world, while moving in the power of the Holy Spirit. He began Teach All Nations (TAN) Inc. in 2004, and is based here in Melbourne, Australia. TAN is a global Bible teaching ministry with a prophetic edge, Kameel is a dynamic preacher and teacher, a futurist who believes in the inerrancy of the Bible. He has published six books and hosts two radio programs in Melbourne called 'On the Rock', and 'Beyond the Box'. He also hosts a Free Public Lecture twice yearly about the Middle East and End Times. He will be ministering at our 10.15am service at Rowville Secondary College, Performing Arts Theatre and again at 6.00pm at our Lazor Drive Venue. At the 6.00pm service Dr. Kameel will be talking about the 'End Times'.

Restore Community Church also has a Special Youth Service on Sunday 28<sup>th</sup> May, and on Sunday 12<sup>th</sup> May, there will be a Special Mother's Day Service honouring all mothers! Both services commence at 10.15am at Rowville Secondary College, Performing Arts Theatre.

Remember, RCC has a bus service to pick up people with no other means of transport. Call the church office on 9736 9042 to make arrangements. Creche (18mths to 5 years) and Kids Church (Grade 1 to Year 7) is also available each Sunday through school terms.

*Ray Green*



Rowville Uniting Church offers lively and relevant worship each Sunday at 10am. We invite anyone interested in exploring their spirituality or engaging in faith issues to come and share with us. Following our weekly service we always share in a cuppa and a time of fellowship. A small Sunday school is available during our service.

We hope that people in the community have been able to share in a meaningful time as they reflect once again on Easter and the extent of God's love for us. We are reminded again that there is no length God will not go to in order to assure us of God's love. Equally, there is no place we can be that will separate us from that same love. Rowville Uniting Church welcomes people who wish to share with us regardless of their situation in life. We seek to be an open and accepting community to all who would share with us.

Our Toddler Gym program continues to offer an important service to the community, as does our Bridgewater counselling service. For information about these programs please call our church office.

We want to thank those who shared with us in the Blues Brothers Trivia night. This was a great night of fun and trivia and was able to raise \$4,000 for the Bridgewater service. Thanks to those who made it possible, especially our very generous sponsors from the Rowville and Lysterfield community. Services like this cannot exist without you.  
*Trevor Bassett*

## St Simon's Parish Church

The annual St. Simons Parish Market Day will be held this year on Sunday 28<sup>th</sup> April 2013, starting at noon and going through to 4pm.

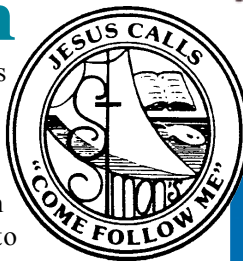
This is our third Market Day and we are hoping it will be bigger and better than ever. Many of our local businesses support the parish throughout the year and this Market Day is our way to say thank you, by offering them the opportunity to promote and sell their products.

A variety of stalls such as, craft, jewellery, gift ware, health and fitness and much more will be available for you to peruse. Please come along and support our local businesses.

There will be great bargains, hot food and door prizes on the day. Mother's Day is just around the corner so you may find just the right thing on one of the stalls.

It will be a gold coin entry for all adults. We look forward to seeing you there.

*Margaret Biviano*



**Ray White.**



**SUN 28 APRIL 2013  
ST SIMONS PARISH  
MARKET DAY**

a variety of retail stalls...

**GREAT BARGAINS!**  
**Mothers day just around the corner!**

**In the parish hall 12 noon until 4pm**  
2 Taylors Lane, Rowville, 3178 Ph: 9764 4058

**Ray White Ferntree Gully**

raywhitefernreegully.com.au  
9758 7888

## The Salvation Army Rowville Worship & Mission Centre

The year is certainly racing by! A wonderful time of celebration over the Easter period and school holidays too!

We have just commenced our Alpha course and if you've ever wondered 'What do Salvos believe?' well, this is the opportunity for you to come along and find out! Join us on Monday evenings at 7:30pm for coffee and cake followed by a DVD presentation and discussion. Bring all your questions whether you think they are silly or not; the only silly question is the one we don't ask!

Saturday 13<sup>th</sup> of April from 8-2pm you'll find us up at Woolworths at Stud Park doing a sausage sizzle, drop by and get a sausage for only \$2!! We are grateful for the amazing support of Woolworths so come along and help support the local Salvos too ☺

### Craft and Car Boot Sale

Our next Craft and Car Boot sale is on Saturday 27<sup>th</sup> of April from 8am til 12noon. To book a space please call Graeme on 0417 510 321 or the church office on 9753 2795. Outside car spaces are \$10 and inside tables are \$15. It's great how these are building momentum so come along and be a part of it.

You are always welcome to come along and join us any Sunday for our worship service at 10am, it's a great time of getting together and creating community. Lunch is always served on Thursdays at 12noon, bookings are essential so please call 0416 305 741. You can always drop by and join us for coffee up at Donut King at Stud Park on Friday mornings between 10-11, don't be shy!

One thing that people always tell us is that they feel at home when they come through the doors here, why not come and see what they mean.

Blessings!

*Judy Shaw*

## 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



### Why do marriages and relationships break down?

There is no single reason why a relationship begins to break down. However, once a relationship does start to break down, there is a predictable sequence of events that tends to occur.

**Stage One** - conflict and complaints. All couples have conflicts from time to time, but some couples are able to resolve those conflicts successfully or 'agree to disagree', while others find that they are not. It is not the number or intensity of arguments that is problematic, but whether or not the couple can resolve the argument that is at issue. Conflict can be caused by any number of reasons, but might involve a clash of spousal values on core topics such as whether to have children, or how to handle money. Simply restating or repeating one's position in a conflict doesn't work because most often conflict is not based on misunderstanding, but on real differences and values within the relationship. Continued restating generally causes further upset within the relationship.

**Stage Two** - One or both spouses starts to feel contempt for the other, and each spouse's attitudes about their partner change for the worse. Initially a partner's bad or stupid behaviour will be seen as temporary. However as it is observed again and again spouses get frustrated and will begin to treat their partner accordingly. Bad behaviour doesn't necessarily have to be something that he or she "does", it could also be something that he or she "doesn't do" (such as remembering to put the toilet seat down after use!).

**Stage three** - As conflict and contempt are allowed to rule the relationship defensive behaviour creeps into the

relationship. "Men in particular (but women too) become hardened by the chronicity of the ongoing conflict, and may react, during moments when conflict is most heated."

**Stage four** - Rather than attempt to resolve the differences basic trust (that was once present between partners) is lost. One avoids the other so as to minimize their conflicts. John Gottman calls this stage, 'Stonewalling', perhaps after the image of a partner hiding behind a stone wall designed to protect him or her from further assault. Unfortunately there is no way to love your partner when you are hiding behind a wall to protect yourself from him or her<sup>1</sup>.

None of us are immune from these four stages but we can work on our marriages to make them the best they can be for this life.

<sup>1</sup> Dombeck, M., Predictable patterns of marriage breakdown, 2006

From Wednesday April 24th 8pm RAFT Anglican Church (cnr Kelletts Road and Taylors Lane, Rowville) will be running the "Marriage Course". The Marriage Course was developed in the UK in 1996. It is now run throughout the world and aims to help couples grow closer and build a healthy relationship that will last a lifetime. It is a seven session course with session topics including Building Strong Foundations, The Art of Communication, Resolving Conflict, The Power of Forgiveness, The Impact of Family, Good Sex and Love in Action. It is designed to give practical tools to help participants to understand each other's needs, communicate more effectively, grow closer through resolving conflict, improve relationships with parents and in-laws and discover each other's love languages. There is never any group work and you will never be asked to share anything about your relationship with anyone other than your partner. Why do the course? A strong, loving and lifelong relationship doesn't happen by chance. It takes effort and dedication to keep the fun and romance alive. We can all learn how to make even the happiest marriage better.

Further information about the Marriage Course to be run at RAFT is available at <http://raftchurch.org.au/> or phone the office on 03 9764 2573. For the course in general see <http://relationshipcentral.org.au/>

*Phil Meulman* Senior Minister RAFT Anglican Church



# Sant Nirankari Mission



## Community Kitchen Inauguration @ Guru Puja Diwas Sant Nirankari Mission, Rowville

Sant Nirankari Mission Melbourne (SNMM) organised Guru Puja Diwas 2013 on Sat, 23rd Feb at its Rowville premises celebrating the birthday of mission's present head 'His Holiness Baba Hardev Singh Ji'

On this special day for all Nirankaris, **HON. NICHOLAS KOTSIRAS (Minister for Multicultural Affairs and Citizenship – Victoria)** inaugurated the new Community Kitchen which was part of the \$150,000 grant granted to the mission by the Victorian State Government to develop the existing driveway and kitchen facilities. **Mr Nick Wakeling (Ferntree Gully MP & Cabinet Secretary)** was really excited by the complete project as he has been involved in this grant announcement from the beginning. **Mr Raj Kumar (Acting Consul General of India, Melbourne)** congratulated the efforts of all volunteers and their support towards local community welfare. **Cr Joe Cossari & Cr Darren Pearce** (Knox City Council), **Marta Marot** (Chairperson, Multicultural Harmony Festival) and **SNM Australia Executive Committee** embraced the Mission's contributions towards community welfare activities, especially Blood Donations and Clean Up drives. Many more VIP's attended



*Official Opening - Mr Chanbir Sing' (President, SNM Australia) flanked by Hon Nicholas Kotsiras and Nick Wakeling and Mr Indar Jit (In charge, SNM Melbourne) behind.*

and made this event a real success with their participation and support.

SNMM awarded trophies to the Volunteers' families to honour their selfless services and also recognised the Builder (Mr Ibrahim) and Project Manager (Mr Kerry). The kitchen will be a real example of how the efforts and hard work of the volunteers of the Mission, with the aid of government funds, can be combined to produce outstanding results.

Editor's Note:- This is one of the main annual events of the mission and is dedicated to the volunteers. Youth, Women and Kids performances and activities were organised on the day by members. It was a remarkable achievement.



## What's Happening this Month?

The Knox Regional Netball Centre in Ferntree Gully has many programs catering for all ages! There is ladies daytime netball, ladies evening netball and Sunday mixed netball. We also have programs for the juniors with Net Set Go and a brand new program called 'Little Sparkles' for the 3 to 5 year olds!

In term 2 we will be introducing 'Little Sparkles'. Little Sparkles is a program designed to develop skills in the following areas with a netball theme:

- Gross motor movement and agility
- Body & Spatial Awareness
- Concentration
- Social skills & confidence

The program is designed for 3 to 5 year olds and will be held on the indoor netball courts.

The centre has a Net Set Go is program for 5-9 year olds learning the skills and fundamentals of netball in a fun environment. The Knox City Council Netball Association runs the program on Thursdays and Fridays after school [www.knoxnetball.com.au](http://www.knoxnetball.com.au) and Mountain District Netball Association on Saturday mornings [www.mountaindistrictnetball.org.au](http://www.mountaindistrictnetball.org.au)

Rosemary Montgomery



## Council Minutes February 26<sup>th</sup> Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting held on the 26<sup>th</sup> of February 2013.

**Item 4.2** Councillor Seymour presented a petition with 460 signatories requesting Council to stall bulk removal of street gums.

**Item 6.3 Rowville Plan Project Update and Engagement Program.** The report provides an update of the review of the Stud Park (Stage 2) Structure Plan, now called the Rowville Plan. The report presents an overview of the project process and progress on key tasks. The report seeks Council's endorsement of the proposed approach to community engagement and a program of events scheduled to run from March to May 2013. This program will seek to engage a large number of people across a range of issues in a three-month period. It is also recommended that Council commence discussions with the owner of the Stud Park Shopping Centre, based on a set of key principles, to agree on the future provision of the Rowville Library and future bus interchange at Stud Park.

Council Resolved to:

1. Note and endorse the project approach and current status of tasks related to the development of the Rowville Plan.
2. Endorse the proposed approach to the development of the Rowville Plan, which includes developing options and selecting a preferred direction for the Rowville Plan.
3. Endorse the proposed program for community engagement, which includes communication and events from March 2013 through May 2013.
4. Endorse the Key Principles (shown at Appendix D of the Council Minutes) for future development of the Stud Park

Shopping Centre, including the Rowville Library and future bus interchange facility at Stud Park, as the starting point for discussions with Lend Lease and authorise the Director of City Development to commence those discussions based on these principles on behalf of Council.

**Item 6.3 Amendment C93 – Stamford Park Master Plan (Melways Ref 72 H11) Consideration of Panel Report and Adoption of Amendment.**

Amendment C93 proposes to implement the Stamford Park Master Plan. Council resolved to seek authorisation from the Minister for Planning to prepare and exhibit Planning Scheme Amendment C93 on 22 February 2011. The amendment was publicly exhibited over a six week period from 12 October to 25 November 2011 and nineteen submissions were received. The Minister for Planning appointed an Independent Planning Panel to consider submissions. The Panel hearing was held on 21 May and 20 August 2012 to review submissions and respond to the issues raised during the Panel process. The Panel report recommends adoption of the Amendment - subject to ten recommendations. This report considers the panel's report and recommends that Council adopt the amendment with changes and to submit the Amendment to the Minister for Planning for approval.

Council Resolved to:

1. Note the Panel's report and endorse changes to Amendment C93 resulting from the Panel report.
2. Adopt Amendment C93 with changes.
3. Endorse the changes to the Stamford Park Master Plan and the Stamford Plan Master Plan Report resulting from the Panel Report.
4. Submit the adopted Amendment C93 to the Minister for Planning for approval;
5. Note the final report of the Stamford Park, Rowville Conservation Management Plan prepared by Context Pty Ltd in December 2012.
6. Authorise the Director- City Development to make any minor changes required for approval of Amendment C93 by the Minister for Planning, provided these are consistent with the intent of the adopted Amendment;
7. Notify the submitters of Council's decision to adopt Amendment C93 with changes; and

8. Notify all submitters and adjoining owners and occupiers of properties in the vicinity of Stamford Park of the Minister for Planning's decision.

**Item 11.2 Works Report as at 7 February 2013 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 Section 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.

**Liberty Avenue Reserve Master Plan Implementation Stage 2** Tender documentation is currently being compiled for tender in February.

**Stud Road, Rowville - Sunshine Street to Timbertop 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** Project complete.

**Avalon/Stamford/Stud Road Intersection Modification** This project is to be undertaken after the Rowville Plan has been prepared.

**Murrindal Playroom Extension (Stage - Two)** Tender closed, and evaluation completed.

**Tirhatuan Drive (No 18) Rowville - Drainage Upgrade** Design nearing completion with feedback being sought from service authorities and Melbourne Water. Meeting coordinated with Melbourne Water on 12 December 2012 to discuss funding and feedback. Some feedback provided but still awaiting formal advice and approval.

**Wellington Road / EastLink - Shared Path**

- (1) Bridge Crossings - Erection of both bridges and ramps nearing completion with decking material now being installed.
- (2) Shared Use Path - Knox Construction have completed majority construction of SUP and expect to complete



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remaining links to bridge once bridge contractor has completed bridge works.

**Rowville Recreation Reserve No 1 - Renovation**  
Ground ready for sprigging.

**Straughan Close, Lysterfield - Drainage Upgrade**  
Embankment works completed.

**Reservoir Crescent, Rowville, Dam Repair**  
This project has been combined with the Heany Park access road. A contractor appointed and works have commenced.

**Hampden Court, Rowville - Rehabilitation**  
Survey completed. Construction programmed to commence in April.

**Cairn Curren Close, Rowville - Rehabilitation - Design**  
Design underway.

**Tali Karng Close, Rowville - Rehabilitation - Design**  
Design nearing completion.

**Ranceby Close, Rowville - Rehabilitation - Design**  
Design due to be completed by April.

**Design** Design due to be completed by April.  
**Camley Court, Rowville - Rehabilitation - Design**

Design due to be completed by March.  
**Karoo Road / Landsborough Avenue Bus Turn**  
Works have been programmed with contractor. Work is expected to be completed by the end of February.

**Heany Park - Access Road**  
This project has been combined with the Reservoir Crescent dam safety works. A contractor appointed and works have commenced on dam safety works.  
**Kelletts Road Duplication - Footpath Construction** Project completed.  
Knox City Council Meeting minutes are available for viewing in full at the Council website, [www.knox.vic.gov.au](http://www.knox.vic.gov.au)  
Darren Arnott

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