



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

PUBLISHED MONTHLY BY THE ROWVILLE
LYSTERFIELD COMMUNITY NEWS INC.

Priceless

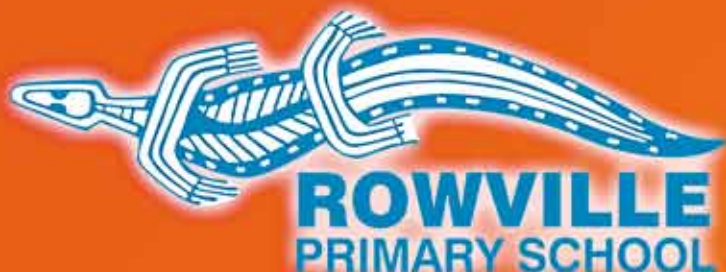
Editor: David Gilbert - Phone: 9764 4703

Circulation: 13,930

Web: www.rlcnews.com.au

Issue No.345 March 2013

ISSN 0819 0240



celebrates
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1973-2013



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

Western Campus

Paratea Drive, Rowville

Ph | 9755 4555

Email | rowville.sc@edumail.vic.gov.au

Website | www.rowvillesc.vic.edu.au

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Humphreys Way, Rowville

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The production and distribution of the *News* is by R-LC News members and local volunteers, & financed by advertising, sponsorship and donations.

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Cost of subscription: The R-LC News is posted to subscribers within Australia for an annual fee of \$11.00. Contact our Treasurer for details.



From the Editor's Desk

It will be interesting to see the official figures from the Bureau of Meteorology on rainfall for the month of February. As at the 18th we have only had 33mm. If you deduct the 28mm on the first day, we have struggled to record 5mm for the rest of the month. For those analytical readers, the wettest February was in 1972 with 238mm and the driest was 1965 with only 0.5mm.

The Council's tree removal programme has certainly divided some residential streets. On the one hand there are the householders who see their footpaths damaged by shallow roots, especially in drought conditions, the masses of fallen leaves and their inability to grow grass under the eucalypt canopy. Add to this the cost to Council for damage caused and they have a case. But so do those that oppose the cull. They argue that their removal deprives birds and possums of their natural habitat and is contrary to Council's vision of green, leafy neighbourhoods. They also feel the replacement species bring their own problems and a sensible management plan to remove old and/or dangerous trees is preferred. You have to feel sorry for the Council who sent out 178 surveys, received less than 46% replies of which

75% were in favour of the removal. Who'd be a councillor?

The Committee of the RLCN wish to acknowledge the passing of Jim Boxell, a tireless voice in the community, particularly his stance on high density housing. He will be sadly missed and our condolences go to his family.

At the same time we wish to congratulate Casey Holmes who became the 2012 dux of Rowville Secondary College. Casey achieved an ATAR score 95.95 and she now goes on to Monash University where she will study Business. We wish you all the best Casey.

Now, a plea to the historians out there. Who can tell us anything about "Barclayville"? Apparently it was a proposed subdivision made up of 200 or more allotments on what is now land abutted by Napoleon and Bergins Roads. Can you unlock the mystery?

Finally, the above question is NOT an April Fool's joke, but you are right to be wary on the 1st April.

David Gilbert

Due to the retirement of one of our proof readers we are seeking a replacement. Please give me a call if you can help.

What's On
Locally
March 2013



Sponsored by:
Lions Club
of Rowville

DIRECTORY

Apex Club Meet on the 2nd & 4th Tuesdays each month. 7pm for 7.30pm rowvilleapex@gmail.com

ACF Church English services 10am (simultaneous kids R.O.C.K. programme) and 5.30pm Sunday. Indonesian 10am Sunday. Mandarin 1:30pm Sunday. Stompers Pre-School Playgroup 10am Wednesday (during school terms). All at ACFC 1070 Stud Rd. Rowville. www.acfchurch.com

Baptist Church Services every Sunday 10am and Youths 7pm. 'Flying Solo' a single Mums support group every Wednesday, details 9759 6642
Playgroups - Tue, Thur & Fri. mornings during school terms.

CFA Juniors Meet every Thursday 7pm.

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

1st Rowville Scouts

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

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

Scouts (11-14 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 3rd Monday of each month at 8pm at U3A Parkhills Campus.

Knox Neighbourhood Watch 5th March 7.30pm The Cottage, 8 The Avenue, Ferntree Gully. L S/C Lee Thomson 9881 7948 www.knoxsafercommunity.org.au

Life Activities Club Regular Activities. Call Melva 9762 3764

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

Little Athletics For training & event days: 9763 1404.

Mens Shed (Stamford Park) Meet at Stamford Park Homestead Tues, Thurs & Sat from 10.00am – 3.00pm. 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 1st Tues each month at the Stamford Hotel at 10am.

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

RAFT Anglican Church Holy Communion 8.30am Family Worship with children's teaching time 10.30am Sunday. **Family History Group** meet 1st Wed. each month at 10am. 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** 2nd & 4th Tues each month at 7.30pm.

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

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

Ruby Gumnut Goddesses (Red Hat Society) For all events contact Kerry: 9764 4717

Rotary Club Every Tuesday at Baton Rouge at 7pm

Rowville Seniors Meet Wednesdays and Fridays 1pm to 3.30pm at Rowville Community Centre

Salvation Army Services every Sunday 10am followed by morning tea. **Shooting The Breeze** Jazz & Pop Group, Every Wednesday 7.30pm Maureen 9768 3896

St Simon's Parish Services Saturday 6.00pm.
Sunday 8am, 9.30am and 11.00am
Tuesday 7.30pm, Wednesday to Friday 9.15pm

Stud Valley Ladies Golf Club Thursday mornings at Tirhatuan Golf Club 9 & 18 hole competition.
Contact Nola 9700 3804 or Pam 0409 934 966

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

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

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

March Events

RAFT Anglican Church Family History Group: 6th March 10am. "Show and Tell" about a favourite ancestor. Also discussion on new and interesting genealogy websites. Bev Coen 9759 5455 or jibec@bigpond.com

Salvation Army Maundy Thursday service 7:30pm, Good Friday Service 9:30am; Saturday Movie Night, 'The Encounter' 7pm for \$10 per Adult and \$7:50 concession & Easter Sunday Family Service at 10am with an Easter Egg Hunt.

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 editor@rlcnews.com.au

Calendar of Events March 2013

- 24 Feb – 3 Mar **DonateLife Week**
www.donatelife.gov.au
- 2 – 3 Mar **Knox Festival** www.knox.vic.gov.au
- 3 Mar **Oppy Bike Ride** www.knox.vic.gov.au
- 7 – 17 Mar **Oakleigh Music Festival**
www.monash.vic.gov.au/macd/events/index.htm
- 8 Mar **International Women's Day**
www.un.org/en/events/womensday
- 13 Mar **Deborah Conway & Dave Graney at Knox Community Arts Centre** www.knox.vic.gov.au.theatretix
- 14 Mar **World Kidney Day** www.worldkidneyday.org
- 14 – 17 Mar **World's Greatest Shave**
www.worldsgreatestshave.com
- 15 Mar **Jazz on Puffing Billy Railway**
www.puffingbilly.com.au/news-events/jazz-on-puffing-billy-railway
- 15 – 16 Mar **Relay For Life Casey-Cardinia**
www.relayforlife.org.au
- 17 Mar **St Patrick's Day**
- 18 – 24 Mar **Cultural Diversity Week**
www.multicultural.vic.gov.au
- 20 Mar **Autumnal Equinox**
- 22 Mar **Ride2School Day**
www.bv.com.au/general/ride2school
- 22 – 24 Mar **The Basin Music Festival**
www.thebasinmusicfestival.org.au
- 23 Mar **Earth Hour**
www.earthhour.org
- 24 Mar **Run for the Kids** www.r4k.com.au/r4k
- 25 Mar **Greek Independence Day**
- 25 Mar – 2 Apr **Passover**
- 29 Mar **Good Friday**
- 31 Mar **Easter Sunday**
- 31 Mar **Neighbour Day** www.neighbourday.org



DEADLINES April 2013

EDITORIAL & ADVERTISEMENTS Wednesday, 13 March

Articles, News or Letters to the Editor
editor1@rlcnews.com.au

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

PHOTOS – email separately – do not embed in documents.

ADVERTISING: advertise@rlcnews.com.au

DISTRIBUTION
Saturday, 2 April 2013

Rowville Plan



Talk to us about what's next

Once vast orchard land, now a vibrant and growing suburb within the City of Knox, Rowville has emerged as a highly preferred place to live, work and play.

With progress comes change, and there is no question Rowville has changed considerably over the years. So what's next for Rowville?

Council is keen to hear from local residents about their vision and aspirations for the Rowville of the future. Tirhatuan Ward Councillor Nicole Seymour encourages residents, particularly those who live, work or shop in Rowville, to attend the upcoming forum.

"Council, in conjunction with the Rowville Community Reference Group, is working on a new plan for Rowville,"

Knox City Council

Cr Seymour said. "This workshop is about making sure that the community is able to share ideas and concerns, and proactively contribute to shaping the future of this wonderful suburb."

Taylor Ward Councillor Darren Pearce said the plan was an update of what was previously known as the Stud Park Plan. "It's

about providing greater certainty for the future of Rowville, helping to create appropriate guidelines for such areas as housing, services and

other development," Cr Pearce said. "The plan aims to ensure that Rowville continues to be one of the best places to live, now and into the future."

The first workshop is on Wednesday 13 March, 5:30-8:30pm, at Stamford Hotel (corner of Wellington Road and Stud Road, Rowville). To RSVP, or for more information, residents should visit www.knox.vic.gov.au/rowvilleplan or email rowvilleplan@knox.vic.gov.au

Council will be hosting a further forum in May, as well as connecting with residents through surveys, workshops and other discussions in coming months.



Knox Safer Community
Don't be taken in by taking them in

Victorians are still being taken in by door-knockers who pose as tradies offering cheap services.

Tell-tale signs are offers for 'today only' and 'cash up front' deals. To avoid falling victim to scams always ask for identification and check that the trader is registered on the Australian Government's website www.business.gov.au before making a decision. Other suspicious signs are people offering to 'drive you to the bank' or just pressuring

you to accept the offer.

You can report suspicious tradespeople to the national Travelling Con Men hotline on 1300 133 408.

This message is an annual warning issued by Consumer Affairs and Crime Stoppers Australia. In spite of the warnings over the last four years many people are still paying thousands of dollars in advance for shoddy home repairs or work that is never carried out.

You can call Crime Stoppers on 1800 333 000. Or report online at www.crimestoppers.com.au

Crime prevention news comes to you courtesy of Knox Neighbourhood Watch: Volunteers Working to Prevent Crime. The group meets on the first Tuesday of the month at 7.30 pm.

For details of venue and other information see "What's On Locally" on page 2.

Anne Boyd



A HUGE Thank You – to retired Area Contact Persons, Captains and distributors Kel & Di Emerson (20 years) who have been very faithful in looking after the paper in their area. Thank You also to Catherine Ubay who has taken on the role of Captain for Area 7. Welcome – new distributors – Marg & Phil Curry and Yesmin Madon.

Voluntary Positions

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

- Karoo Rd (odd nos. 255 to 287), Bonaparte Pl, Elba Cl, Crimea Cl, Murrindal Dr (between Karoo & Josephine) – 88 papers
- Murrindal Dve (from Karoo to drain),

Alfa Crt, Mayfield Pl, Overton Cl, Rosebank Crt, Karoo Rd (even Nos. 252 to 286) – 76 papers

Stephenson Crt, Webb Crt – 36 papers

Please contact – Ian Richards – 9763 9260

▪ Woodside Dr, Kavanagh Crt, Hicks Crt, Telfer Crt, Garland Rise, Marley Close – 115 papers

▪ North side of Rathgar Rd = Lords Crt, Sunset Tce, Ambley Rise, Viewgrand Rise, Viewline Dve, Park Valley Dve – 95 papers

Please contact – Peter Rumble – 9752 7592

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

2 x Captains – who count out the papers and deliver them to the distributors.

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

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

3. (Captain only) – The area bordered by – Kelletts Rd, Taylors Lane, Dandelion Dr & Eildon Pde / Murray Crescent.

4. (ACP only) – 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

Lions Club of Rowville



Over the next couple of months, there will be an Australia wide Lions membership drive, with advertisements appearing across all forms of media. It will be an ideal opportunity for people to join at the same time as others, which has advantages for both the new member and

the club. It will also provide an opportunity for anyone who may have been considering joining, but are a bit uncomfortable entering an established group on their own. The Lions Club of Rowville is a friendly club and makes all new members feel very welcome, so please consider helping your community by becoming a Lion. To obtain information about the club, and the work we do, please call our Membership Chairman Shane on 0418 354 522.

By the time this edition is published, our club finalist in the Youth of the Year Quest, Shikhar Gupta, will have faced his second round of judging and all members wish

him well and hope he advances to the third round.

The Knox Festival will also have come and gone and hopefully in the next issue we will be able to report on a very successful fundraising weekend. We have been able to assist several families due to the excellent response to our fundraising efforts in 2012 and we thank everyone who has either bought a sausage or sno cone from us, or given us a donation. Your kindness is greatly appreciated by the club and even more so by those we've helped.

Chris Carr



Rowville Toastmasters



This Might Be the Way to Go

In case you are not aware quite yet, Toastmasters International is an organisation that exists with the mission:

"... is the leading movement devoted to making effective oral communication a worldwide reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expands its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs."

It is a noble mission because there are very few barriers to joining. Club members enjoy a wide variety of backgrounds, a wide range of viewpoints and first class mentoring and support. They are always mindful of the direct benefits they get from being a "toastie" and so want to help others.

Maybe joining a club is difficult for you right now, but you have that important occasion or special presentation to make, with which you need help, and the pressure of being time poor, stops long term time commitments. So, the good news is that today we announce that Rowville Toastmasters will be conducting a **Speech Craft** course in the forthcoming months.

Such a course is usually about six weeks of three hours sessions, whereby members of the public can pay a fee to learn better speaking skills in an intensive, tightly structured program with experienced Toastmasters leading you, offering supportive and constructive feedback that is designed for maximum growth of participants. Sessions are conducted in an atmosphere of genuine fun and curiosity to hear your story.

See the smiles on the people in the photo as an indicator.

This is an opportunity to be considered well. If you take a look at the list of international companies and governmental agencies across the world that have taken advantage of the Toastmasters program you can see for yourself the breadth

Stamford Park

MEN'S SHED

The shed members recently assisted a local family with a 2 year old boy who has acute leukemia. The extended family held a special day to raise funds to assist with his ongoing treatment. SPMS was happy to provide the venue with tables and chairs for the family and friends. There was entertainment too including jumping castles, face painting, lucky dips and auctions of donated goods. Rowville Lions put on a sausage sizzle and Sno-cones and there was a range of classic cars to view. The family and the SPMS are happy to announce that \$7000 was raised for the boy's ongoing treatment.

Masters Home Improvement store have been very generous with donations to the shed.

On Tuesday 12th February, the shed hosted free training sessions on mobile phone and tablet usage. A large number of people turned up, learnt new skills and had a most enjoyable time. Many people asked if we could run a repeat or an advanced session and provided Telstra approve and grant it, we will certainly advertise and run it again.

In mid March the SPMS members are taking a conducted tour of the Victorian Telecommunication Museum. This museum is managed by dedicated volunteers and comprises static displays, working telephone exchanges, telephones, manual switchboards, the original Speaking Clock and more. We can also speak with and watch in action members of the Morsecodian Fraternity of Victoria. For further information on the shed please contact Barry Treadwell on 0425 719 451.

Leanne Chisholm-Guy

Australian Red Cross Rowville Unit

Please be generous with your donations to Red Cross this month. So much potential help depends on your financial

assistance.

Another way in which Red Cross helps in the community is by running our "First Aid" courses. These are open to any member of the community who wishes to broaden their first aid capabilities. You may then wish to join us at Red Cross providing first aid at various venues where required.

If you are interested in what we do please give Joan a call on 9764 4611. *Elly Baré*

of benefits, that even people who work in multi-billion dollar industries, talk about.

www.toastmasters.org/Members/

[MembersFunctionalCategories/AboutTI/CorporateSponsors](#)

So be on the lookout over the next few months if you are thinking that this could help you, without having to commit

to longer term programs. The Speech Craft will be located in Rowville in an evening time slot, after work hours. Details will come at a later date, but if you are super keen and would like to show some interest without obligation then please send an email to contact@rowvilletoastmasters.org.au.

Penny Barrington

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 or www.rowvillecommunity.com.au

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

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Some pupils at our new "The Art of Drawing" with tutor Barbara Jones.

Community Noticeboard

supported by Cr Nicole Seymour
Knox City Council, Tirhatuan Ward



The U3A Knox has started well, with most classes full or well patronised. During the first two days another 60 approx. new members joined, meaning we have at least 60 more members than at the same time last year. Numbers are already close to 1000 (992) and it is likely that 2012 final numbers of 1100 plus, should easily be exceeded. Some subjects still have vacancies, including some at the Rowville (RAFT) venue.

Several events are planned, including bus trips to Buxton Trout Farm and Steavenson Falls in early April and to the Planetarium in June.

The Events sub-committee is planning an antiques appraisal on a Saturday afternoon to be arranged, and either a winery visit or a wine tasting is being considered. There will be a fashion show later in the year, and a club visit to

the May program at the 1812 theatre.

Individual classes, such as the gardening class, also plan some excursions of their own, as well as visiting speakers.

Classes with plenty of vacancies at the time of printing are 'Arguing the Toss' (Mondays 9.45), Monday 'musical Evenings' (Mondays 3.30) 'Strollers and Medium Walks' (9.30 a.m. Tuesday), 'Understanding and Managing Your Emotions' (Rowville, Tuesdays at 11 a.m.), 'Finer Points of Playing Bridge' (9 a.m. Wednesday), 'Scrabble', Thursdays 12 noon) 'Enjoying Opera' (1 p.m. Thursdays), 'Bridge' at Rowville (1 p.m. Thursdays) and 'Bird Watching' (9.30 Fridays).

See our web site www.u3aknox.com.au or ring U3A Knox on 9752.2737. Credit Card facilities now available. Membership is still only \$40 per year, allowing entry to all classes, with a small extra charge for Computer Classes.

Knox & District Over 50s Club



March already and, as we move reluctantly from summer to autumn, it's time to consider your options for an enjoyable and satisfying social life. If you would like the company of others who are happy, active and extremely sociable people, then we have the answer for you.

At the Knox & District Over50s Association we do more than think about our social life, we get out there and live it! We would be delighted if you would join us. The range of options you will find with us includes coffee mornings at Myer Knox City, lunches at various venues around Knox, day trips, book-clubs and much, much more, including our famous annual extended trip.

The members of our Social Sub-Committee work extremely hard planning many wonderful events for the year and, always looking for new ideas, welcome input from club members.

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

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

Details of our meeting dates, times and venue can be found in "What's On Locally" on page 2. At our meetings we are entertained/amused/informed about the things that matter to us. Entry fee will be \$3 per person.

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

On this occasion, the "Easter" meeting will start at 12 noon with "Pancakes on the Run" for lunch. The cost will be \$15 per person. We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.



Life Activities Club Knox

March: third month, 2013!! All activities are in full swing.

A great day spent visiting the Morwell Rose Garden this month and using our free train ticket makes the day very economical. B.y.o. lunch.

But first, the March 7th. Picnic in the Park! This is a lovely way to meet us, and maybe walk after dinner, or play Bocce, or simply sit and enjoy the company. It's held late afternoon around 5pm. and we will be under cover, just bring your own drinks and food. Either ready prepared, or BBQ, or sandwich? Easy!

The Music Appreciation Group will go Classical by enjoying the Vienna Philharmonic Orchestra.

Then the next Weekend Getaway will be in Dromana the weekend before Easter. Always an enjoyable occasion. "



Extended Bus Trip" ... a 4 night / 5 day bus trip is booked for July this year and the destination is Goulburn,

Is there a better way to face the elements, than walking with cheerful friends?

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

Melva 9762 3764 or Helen 9729 1151

Knox Italian Community Club

The Knox Italian Community Club is proud to present two outstanding shows.

The first, our Sicilian/Calabrian Night on March 16th starting at 6.30pm, will feature the international star Tony Pantano, the "King of Cabaret. Along with his recording of nine albums and two hit singles, Tony has won "Best Male Vocal" a record breaking 10 times and "Entertainer of The Year", the Gold Award twice. Tony has also been nominated for Best Male Vocal for the past 6 years with "



The Ace Awards". He has been described as the man with "The Golden Voice". Tony Pantano has been a resident entertainer with Crown Casino since 1999 and is currently appearing there 2 nights per week. Tony will be supported by "Sensafine". Prices for the Show are members \$39, Non-members \$43 and children under 12, \$25. Prices include a 4 course meal.

Our April presentation on Saturday 6th from 6pm will be 'Roy Orbison And The Legends of Rock'. A 4 course meal will commence at 6.30pm and the Show at 7.45pm. The Show will be compered by, Jerry Lewis impersonator, Tony Lewis. Tickets are Members \$60 and non-members \$65.

Bookings for both Shows; Fermina Tel.9801 5543, Angela Tel 9763 1465 or Salvatore Tel.9700 4496

Salvatore La Leggia

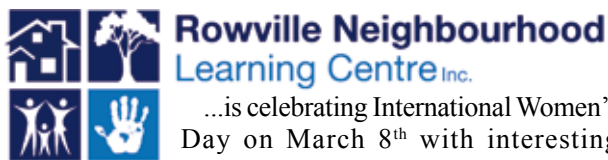
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...is celebrating International Women's Day on March 8th with interesting activities, talks from inspiring women who have built homes for families in Africa and a Sri Lankan cooking demonstration and tasting. Activities range from make your own face creams to help with dressing for your body type. There will also be weaving and a beautiful photographic exhibition on display organised by Knox City Council and local groups. We will need you to book in for catering purposes and all activities and lunch are included for only \$10. All are welcome.



CALD Women all smiling

Affordable courses for those who want to join the Workforce

Rowville Neighbourhood Learning Centre offers a variety of courses to get your skills ready for work. There are courses for new Australians who need support to adapt to different working conditions such as Basic Skills for Employment and Introduction to Office Administration. These courses lead to volunteering and work experience opportunities locally. Rowville Neighbourhood Learning Centre can give extra support to people who are ready to look at building work skills after having time off to have a family or completing English as a second language courses elsewhere. Volunteering opportunities are possible in our own office with experienced Staff supporting you as you learn.

Computer courses vary from beginners' level with Basic Introduction to Computers to Updating your skills for returning to the workforce. This second course includes a semester of 'Word' and one of 'Excel'. There are courses introducing you to Digital Literacy skills such as using Facebook, Twitter, blogging, iPads, Power Point and photo management techniques on computer. For the more advanced learner there is Webpage design and MYOB for budding bookkeepers. There is a specially developed Women's Leadership course coming in Term 2 which will empower Women from all cultural backgrounds to understand Australian



Sophie with her cartoon drawing

opportunities and potentially become mentors for their own cultural groups. These courses are all supported by ACFE funding and have experienced and knowledgeable trainers. There are many other classes for various ages and interests in our latest brochure. Please call for further details 9764 1166 or have a look at www.rowvillenc.org.au

Fantastic new activities for 8 – 16 year olds this April school holidays at RNLC include workshops featuring cartooning, mosaics, origami, 'popping & locking' (dance moves) and computer animation. If you are interested in finding out further details or to book in please call 9764 1166. Places will be limited.



The recent launch of a book by Anchor Foster Care about the personal experiences of local foster mothers has enabled more than 40 ladies living in the Knox area to share their stories with the wider community.

Entitled 'Foster Mums: a Collection of Very Special Stories', the book was launched last month by Knox Mayor Cr. Karin Orpen and is now available on-line. It contains frank and heart-warming interviews with these local women about their experiences of being foster carers.

One such carer is Carol Martyn from Rowville, who



Carol Martyn



Melanie Dover & her Son

has provided foster care at weekends over a number of years. Carol says: 'My husband and I don't have our own children. So when Anchor placed two primary school aged brothers with us, it immediately gave an extra layer to our lives. They were the filling and we were the bread, and together we all made an awesome buffet!'

Another of Anchor's foster carers is Rowville resident Melanie Dover. Melanie and her partner Neil are recent immigrants to Melbourne, and they bring a global perspective to the foster care role. 'Australia has given

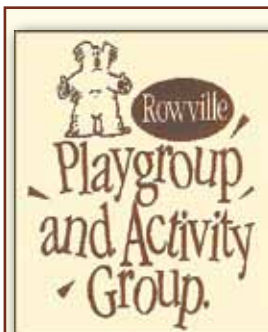
us a good life since we moved here from the UK, and we are the kind of people who want to give in return,' she says. 'By fostering children in need we feel we're giving something back to Australia, and that's important for us.'

Author Janet Halsall says, 'I hope this book highlights the tremendous work these volunteer foster mums do with some of the most vulnerable children in the community; hopefully it will also educate other prospective foster parents about what is involved.'

Anchor provides foster care services to the City of Knox and parts of the Shire of Yarra Ranges. More foster carers are always needed, and anybody who is interested can phone 9801 1999 for more

information. To read 'Foster Mums: a Collection of Very Special Stories' visit Anchor's website at www.anchor-services.com.au

Janet Halsall



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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.



Our year got off to a great start with a bus trip to the Blue Lotus Water Gardens on their 21st Anniversary, where we strolled around the beautiful gardens admiring the thousands of lotus

blooms. After a boxed lunch and fruit platters, we headed off to Rayners Orchard, followed by a leisurely drive back through the hills.

On the 1st February, we had a trivia day at the club, which was a lot of fun, whilst on the 12th February a group of members attended the show "Chitty Chitty Bang Bang" and thoroughly enjoyed themselves.

Our regular indoor bowls, bingo, cards and Rummikub are held every Wednesday and Friday from 1.00 to 3.30pm. New members are always welcome

All enquiries should be directed to Anne Berg on 9873 0226 or Margaret Smith on 9755 7542

Margaret Smith

Wellington Village Shopping Centre



Another fun filled day coming up at Wellington Village Shopping Centre

Yes it's that time of year again and now in its 5th year! On

Saturday March 23 from 9am to 2.30pm, a huge fun packed day is promised, with the centre proudly supporting local community groups alongside the Knox City Council.

This year once again we will see artwork on display from Heany Park Primary School. Teacher, Louise Achison, saves great artwork from students throughout the year for this special project. Students work will be on display from Friday March 15 through to Saturday 23, when the winners will be judged and announced. Thanks to the generosity of the local Bendigo Bank, a total of \$250 in cash prizes will be awarded to winners as well as runner up artwork packs from Wellington Village Centre Management Team. Michael and his team from Rowville Rotary will be there bright and early cooking up a mouth-watering sausage sizzle that no one can resist and it all goes to a good cause at the same time. Our local CFA and police will also be on duty and the Heany Park Scouts leader David will be with his crew with a fabulous free rock climbing wall to tackle for young and old. Knox City Council will have a display on the day, so it will be a great opportunity to come and say hi.

Of course it's never a complete day without lots of free balloons, free face painting, storytelling at 11am from the local library (who will have their mobile van on site as



well) and a sketch artist so you can take something special home to remember the day.

So come along, support your local stores and community groups, bring the kids and your camera and join in the fun! For more details visit us on Facebook or www.wellingtonvillage.com.au See you there!

Welcome to Alpha Medical Centre

Alpha Medical Centre will be opening soon in Wellington Village. It will be a bulk billing family practice whose doctors have satisfied the training requirements of the Royal College of General Practitioners and are Vocationally Registered. This means that they have a commitment to general practice and to the continuing medical education of the practice and staff. Our doctor's philosophy is to provide comprehensive medical and preventative care. A fantastic addition, stay tuned....

Yvette Switalski



Welcome to Term 1 at the Rowville Community Centre. The term has started with a flourish!

Pre Kinder has begun with all the children settling in well and the caring teachers enthusiastic about the start of the year. The pre kinder program is designed to encourage imagination, creativity and social interaction.

The program runs every day with most children doing one or two sessions a week. There are very limited places available for 2013 and the waiting list is open for 2014 so if you would like to chat to someone about this program contact the centre on 9763 7400 Tuesday to Friday.

The centre conducts a 'Stretch and Tone' class to help increase strength, fitness and muscle tone, using light weights. Also running are 'Yoga' classes and 'Living Longer Living Stronger' classes which is strength training for people over 50. There are limited spaces in these classes for term 1, so please contact the centre immediately if you are interested 9763 7400.

The centre is hired out by some fantastic groups and whilst there isn't the space to list them all here they include; Zumba, senior citizens, senior sports, self defence, basketball, netball, tuition, kids sport and education programs and lots, lots more. If you would like a copy of the brochure please contact the centre on 9763 7400 or log on to www.knox.vic.gov.au and proceed to the A-Z listing for Rowville Community Centre.

We hope that you will visit us soon.

Rosalind Montgomery

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FREE Sketch Artist!

Sausage Sizzle

Police & CFA displays

Bendigo Bank Piggy

Fun Activities for Kids

Scouts & Local Groups displays

Knox City Council

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

wellingtonvillage.com.au

Rowville Community Library

March "Feeding the minds of our community..."
Sponsored by Cr Darren Pearce



Harmony Day: As in previous years, we will celebrate Harmony Day on Thursday 21st March with a morning tea from 11am. Harmony Day is about embracing our multiculturalism and enjoying the diversity of our local community. Chinese musicians will play some traditional Chinese music and some well known songs. This is a great opportunity to enjoy some cultural music in our own 'backyard'. It is free and you will certainly enjoy yourself. No bookings required. All welcome, so bring a friend and relax over a cuppa.

Holiday Closures: Please be advised that the Rowville Library, and all other branches of Eastern Regional Libraries, will be closed for the Labour Day holiday on Monday 11th March. We will also close from 8pm on Thursday 28th March for the Easter period until reopening on Tuesday 2nd March at 9am. We hope everyone has a happy and safe holiday. You can also visit our library website at 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. (Please note that the Friday evening bookclub will be held on Friday 22nd March due to Good Friday falling on the 29th) If you would like more information please ring Rose 92941300.

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!

New! New! New! Beginner's Internet and Basic Email training sessions are now on offer: Rowville Library is running these sessions on a regular basis, classes are small (maximum of 3), run for 2 hours and the cost is just \$15 (concession \$12.50). Beginner's Internet is held on the 1st Thursday of the month at 10am and Basic Email is held on the 3rd Thursday of the month at 10am. Ability to use the mouse and keyboard is essential. For those who would like a one-on-one 2 hour session, a session time can be negotiated for \$40. For more information, or to make a booking, call 92941300.

When great minds don't think alike; insights for parents of children with learning disabilities: Nadine Shome from Reminds will be joining us at 6.30pm on Friday 22nd March for a session on helping children with learning difficulties including dyslexia, auditory processing disorder, neuro developmental delay, ADHD, sensory integration issues and language disorders. This

is a free event but bookings are essential. Telephone 92941300 or via the library website at www.erl.vic.gov.au

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.

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

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday 7th March 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 Aspiring Writers' group: Meet at Rowville Library on the fourth Tuesday of the month to share their work and support each other in their endeavours. All welcome. Free event. No bookings required. Next meeting will be on Tuesday 26th March at 1pm.

Family History Help: If you are interested in your family history and don't know where to start, or if you are on the road to discovery but needing a little help along the way, you can come to the Rowville Library between 5pm and 8pm on Thursday evenings. Ask for Charles or Gail! Free.



No bookings required although we recommend that you phone first to ensure staff availability.

Afternoon Bookchat! Have you ever read a fantastic book and wanted to tell someone about it? Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. It's a great session to get ideas about

what you might like to read next and is open to everyone. Held on the 1st Monday of the month at 2pm our next meeting will be on Monday 4th March at Rowville Library. Free event. Bookings not required.

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

Rose Thompson Manager - 9294 1300



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An Hour with David Mann

The recent winner of an "Inspirational Teaching State and Territory Award", David Mann, is a man totally at home in his role as Principal of Park Ridge Primary School. "The award came as a complete shock, particularly as the recommendation came from a parent for overall contribution and I was totally unaware of the nomination" said David.

David's parents left Norwich in the UK in 1956, like many other migrants in search of a better life. Three years later David was born and spent his early years playing around the commission flats in Collingwood. His father was an accredited panel beater, a rarity back then, so was in great demand, whilst his mother focussed on the family, which by the time they moved to their first home in Forest Hill during 1962, included David's elder brother and younger sister. David recalls that "The area was full of orchards and open countryside, ideal for a young boy".

David attended Blackburn East Primary School and Nunawading High School, neither of which exist today. From there he went straight to Burwood Teachers College and qualified in 1980. David remembers with affection his first teaching post as part of the statewide reliever programme for teachers on long service leave etc. "It was in Acheron near Alexandra and had the grand total of seven pupils of varying ages. It was great fun and a wonderful start to my career". David's first permanent post was at Koo Wee Rup Primary School, followed by positions at Langwarrin and Hallam before arriving at Park Ridge in 1992. A move to Karoo Primary School as Assistant Principal was followed by a two year term as Principal at Yawarra Primary School, before returning to Park Ridge in 2006 as Principal.

Whilst David was at Blackburn East Primary he didn't notice a young girl called Suzanne, a year behind him,

but in 1985 after they both attended a sporting group party, they married in Bennetswood and have lived in Lysterfield for 25 years. Today Suzanne teaches at Wheelers Hill Secondary School whilst son Lachlan is in the third year of a Phys-Ed teaching degree and daughter Stephanie is completing Year 12 at Brentwood College. "Clearly

Lachlan seems to be following me and his mother into teaching, but Stephanie has yet to declare her intentions" said David.

David recollects that "When I was at primary school I had a teacher named Frank Tyrell, who always seem to have time to ask how I went on the weekend or at evening sports and this dedication has inspired me in my teaching pursuits. I also gained much from Lindsay Martin, who was Vice Principal at Park Ridge during my first spell here". Now as a Principal himself David relishes the influence he can have on both student and teacher learning, but admits it is sometimes daunting when "The buck stops here!" "If a student asks 'What does it take to be a teacher?' I always reply 'passion'. Without it an alternative profession may be more suitable" he concludes.

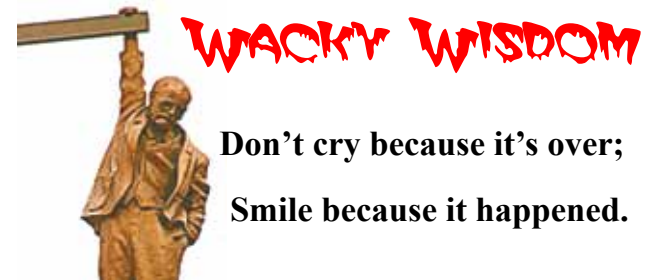
David enjoyed sport at school, especially cricket and coached teams to senior level. He is on the Board of 'School Sport Victoria' and is passionately interested in health and fitness, which sees him arriving at school at 8am once a week to coach students through running activities. This possibly stems from his time as vice president of Knox Little Athletics. In his spare time he enjoys a round of golf and visits to the gym. He is also a keen North Melbourne supporter in the AFL.

"Suzanne and I have travelled to Asia and New Zealand and I went on a study tour to Harvard University, but now that the children have grown up we intend to do more travelling" said David.



The ability to create a learning experience where children can excel is a legacy David hopes he will be remembered for when retirement comes. "If I hadn't followed the teaching path" muses David, "I could see myself as a sports psychologist, where, whilst trying to build youngsters strengths, you can also stimulate their brains".

David is convinced that the future looks bright, as technology gathers momentum and a simple computer log-on may herald the demise of parent/teacher interviews. Surely not! That is when all the home truths come out!



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Knox Council Australia Day Award Winners

Knox Council recognised four Knox citizens in its Local Australia Day Awards. Knox Mayor Karin Orpen said “I’d like to congratulate these four winners, and also say thank you for what they’ve given to Knox over the years. Each of these award recipients has gone above and beyond, helping those around them, whilst giving their time where it’s most needed. They each exemplify the true meaning of what a volunteer should be and they display a spirit of friendship and community which also makes them great Australians.”

Cr Orpen also extended her appreciation to everyone who nominated for the local awards. “I was also particularly pleased to see diversity in the nominations, including many people nominated for their work in multicultural settings. Knox is truly a great community” she said.

This year’s winners were...

Citizen of the Year — Jean Stevenson

Jean Stevenson has been a willing and dedicated volunteer for more than 45 years and a stalwart of the Bayswater community. From the mid 1960s, Jean has given her time to assisting at her children’s kindergarten, various committees at Bayswater Primary School and finally at Bayswater Secondary College, where amongst other roles she was President of the School Council Committee.

Jean also volunteered at the Knox Opportunity Shop, community newspaper ‘Bayswater Inside Out’, Bayswater Legacy and Bayswater North Ladies Probus Club.

Young Citizen of the Year — Anthony Osborne

Anthony Osborne is passionate about young people and the betterment of his local community. He has been a strong advocate for youth mental health, working with various organisations and individuals to help bring a *headspace* to Knox City. He’s also worked with the Minister of Youth Affairs, Ryan Smith, on reports on social media, employment opportunities and family and



youth mental health.

Anthony is a regular member of the Stringybark and Knox Festivals management teams and has provided valuable input to the Knox Youth Council, Knox Affordable Housing Reference Group, and Knox Youth Events Crew.

Volunteer of the Year — Alan Richmond

Alan Richmond is a dedicated Scout leader, with a devotion to helping young people achieve.

From 1986, when Alan first became a Scout Leader at Boronia Heights, he’s given much time and effort to the organisation. Since that time, Alan has held a number of significant positions with Scouts, including becoming a trainer of leaders in 1995 a role that he still holds today.

Further to that, Alan was a founding member of the Victorian Scouts Bushwalking Team, a group that continues to be highly active.

Local Hero — Greg Coath

Greg Coath is an outstanding example of a good neighbour and friend.

When Greg found out that his neighbours’ son had cerebral palsy quadriplegia, a condition that requires the aid of a wheelchair, he immediately wanted to help. Initially Greg collected money from his own family and friends to assist and later established the Joshua Bond Charitable Fund, which he continues to run.

A recent event he organised involved a team of people pushing each other across the Nullarbor Desert (beginning in Western Australia) to Ceduna (South Australia) in a modified wheelchair.

will be a ‘Back to Basics Demonstration’ which has been requested by a number of people. This includes most aspects of cake decorating and covers cup cakes as well. There will be hints hand-outs at the end of the workshop. Anyone interested in this workshop should book now as it is filling fast.

We are also taking bookings for our ‘Gum Nut Babies’ Workshop on June 9th.

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

Bookings & Enquiries - phone:
Velma 9763 8646 or
Madeleine 9870 5743

Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



Rowville Primary School

Lesleigh King

A Lifetime of Dedication to Rowville Primary School.

How many of us can boast a 20 year career at the one employer?

Lesleigh King, the Rowville Primary School Before Care and After Care program co-ordinator, is hanging up her boots! After 20 years of service to the children, families and the school, Lesleigh has decided to pursue other activities outside the child care field.

Twenty years with any employer is a milestone to be celebrated but 20 years in the child care industry is even more significant. Lesleigh is an enthusiastic, caring and patient program co-ordinator, who is admired and loved by both past and present Rowville Primary School students who have passed through her care.

The improvements to the program, the vast range of activities and equipment available, the ongoing education and mentoring of the staff, the implementation of a huge range of constantly changing government guidelines to ensure the safety and well being of the children in her care, have never phased her “can do” attitude and commitment to the program.

I am sure there are many families in the Rowville community who have been fortunate enough to have had Lesleigh as a positive influence on their child’s life at some point.

Her passion and constant devotion to the school and program will be sorely missed.

The Rowville Primary School community and the program committee wish you all the best for the future.

Helen Butler

On behalf Rowville Primary School Aftercare



Cake Decorators Association of Victoria Rowville Branch

Our February 9th “Rice Bubble Bear” Workshop was fully booked but 16 people did not turn up. We are sorry, but it has been decided that in future, these workshops must be paid in advance. It is very important that you tell us if you are unable to attend as it affects our planning. We do have direct debiting facilities available to facilitate pre-payments.

The following work shop is on Sunday April 14th and

Obituary

Ruby May Harding (nee Bailey)

Ruby, the ninth child out of 13 (three died early) born to Ethel and Herbert Bailey, passed away peacefully on 5th January 2013. She was the last survivor of her generation of Baileys.

Born in Malvern on 10th May 1916, her early years were spent in Malvern and Elsternwick before returning to the family home in Lysterfield when her father returned from the Great War. The home was in Hallam Road, which is today called Cornish Road and the remains of the house today include, the well, a dam, the foundations of the cow shed and a single palm tree. The house stood in what is today Lysterfield Park. Ruby was educated at Lysterfield Primary School and remembers rabbit trapping with brother Harry, her father's garden where he grew 'walking sticks', the jinka and Roney the pony and the weekend singsongs around the piano.

Her first job was as a housemaid to the Patkin family. They had two holiday houses at Aspendale and Rosebud, which resulted in Ruby being very late home when the family were at either of these homes.

Ruby met Thomas Harding and on 3rd August 1940 they were married at St Clements Church in Elsternwick. They had three children, Faye, Geoffrey and Peter. They initially lived with a lady they referred to as 'Nanna Mac'



Ruby Harding with Harry & Muriel in the Jinka

before moving to Stud Road and finally their family home in Springvale.

Ruby dedicated 30 years of her life to voluntary work for St Vincent De Paul's before and after Tom's passing in 1977. Finding the house too large, she moved to Noble Park and, having never learned to drive, took the bus every Tuesday to Dandenong for a chat with her sisters Eve, Muriel and Winnie. She also returned to St Vinnies in Springvale, travelling two days a week by bus and train.

In 2000, she had a problem with her eye which resulted in her losing sight in her left eye, but even this did not stop her joining friends for coffee at Waverley Gardens. This journey, by taxi, was so regular that when she rang the taxi company she didn't have to request a taxi, they automatically said "Yes Mrs Harding, taxi for 8.30?" In



2007 Ruby entered the Belvedere Aged Care facility in Noble Park and continued to enjoy outings. In 2012 she had a nasty fall resulting in skin grafts to her leg, yet she always remained cheerful.

As well as her three children, Ruby leaves behind 8 grandchildren and 14 great grandchildren all of whom will miss her terribly. As one of her grandchildren, Scott, said, "Nanna2 lived during the lifetime of all 27 Australian Prime Ministers (21 actual PM's in her lifetime), two world wars and three 3kings and a queen".

A remarkable life indeed.

Chapter 2 The Stone Hut

Jack awoke with a start, his whole body aching as he negotiated his way out of the depths of the beanbag, firm now under his weight. He'd been startled by the rustling in the loft which seemed more animated today, but relaxed as his mind settled on its source. He was in no hurry to attend to it; after all, he was the imposing visitor in this creature's habitat. He would need to think about dragging down the mattress later though, at least.

It took only a moment to readjust to his new home, a familiar old friend. The stone walls seemed to whisper reassurance as if they knew he was seeking refuge. He felt a contentment that had evaded him for so long. As the early morning light filtered through the cracks of the makeshift curtains, it glistened on his final reminder of the life he'd escaped. He took the platinum credit card he'd left next to the kettle and stumbled his way to the creek. The groaning trees seemed to mimic the sound of his bones as they nodded to each other in the breeze. Standing at the edge of the water as it lapped the tips of his boots, he flipped the vile object over and over in his broad hands, imprinting Janice's embossed name on his retina. He then squeezed the two ends together with a force that drained the blood from his knuckles, scoring his palm and threw it into the frothy surge, watching as it was tossed to the surface tauntingly. He knew it wouldn't travel far, but the relief of the symbolic gesture was immense.

Stopping the money drain was the first step, paying off the card was not so easy. Why, oh why, hadn't he seen that Janice had a gambling problem?

Returning to the hut, movement caught his attention. Jack hobbled faster, but only saw a red-shirted man disappearing down the track. He entered the hut his things were scattered around, but nothing seemed to be missing.

Once his eyes adjusted to the dimness, they noticed something hanging over the edge of the sleeping loft. Recalling his intention to toss down a mattress, he considered the ladder and his leg. The walk had eased the stiffness, and

light was coming in the small window, he might as well look now. Jack's head topped the loft floor and he stared in shock. The old mattresses were shredded, and not by possums. Food wrappers and empty cans were tossed in one corner, old newspapers and mattress stuffing were everywhere. He glanced at one paper, it was a month old and local. The headline was about rain filling a dam. He tossed it aside.

Had Red-shirt heard those damned rumours about his grandpa being a thief with a fortune hidden in his hut?

Jack laughed wryly, that was why he was here, even if he had sworn he would never touch tainted money. Pulling himself onto the loft floor, he went to move one particular brick in the side of the chimney. He thought it was empty but then his fingers felt paper and he drew out an envelope, yellowed with age. The contents were still readable, a receipt from his grandpa's solicitors for documents lodged. He put it into his wallet.

Insistent thudding began on the downstairs door.

Awkwardly, Jack eased himself back down ladder. His gammy leg had stiffened again from all the kneeling in the loft. When he opened the door, a uniformed man dropped his arm and demanded, "Are you the owner of this property?"

"It was my grandfather's," Jack said cautiously, not admitting that the 'hut and all its contents' was his legacy from the old man now forty years dead. "What's the problem?"

"I am empowered to deliver these papers. You are hereby ordered to vacate these premises by the thirtieth of the month."

"I don't live here, mate. I come from Rowville, near Melbourne," Jack said, mildly irritated by the man.

"Sorry, sir, but this property is to be acquired by the High Country Authority. The owner of the property is in default for non payment of council rates and has seven days to attend to the matter."

Jack could only stare.

By Amanda Lacey and Margaret Gregory
<http://rowvillewriters.wordpress.com/>



'Our Community' Exhibition

"Our Community" is an Exhibition of paintings in mixed media featuring various locations and aspects of our local community, that are painted by members and non members. It is a golden opportunity to buy unframed original artwork by local Artists.

The exhibition is open on Friday 29th, Saturday 30th, and Sunday 31st March. Opening hours are 11am to 4pm each day and entry is free.

The exhibition is a traditional sale that is held at this time of year and dates back to 1953. The Sketch club, at the time, decided to hold a sale of their work to raise funds to cover the cost of improvements to the building, to meet the relevant health regulations. 120 pictures were sold raising \$308 that day and so the tradition goes on, becoming bigger and better each year.

Workshops in Still Life, Life Drawing, Portraiture and Print Making plus classes with tuition in different mediums are also available.

Tea, coffee and buns will also be available. So come along and enjoy Easter buns and bargains.

The Gallery is at 157 Underwood Road Ferntree Gully. For more details phone 9758 8955 or visit our website www.vicnet.net.au/~thehut

Betty Vella



Jason Ronald OAM

Official Opening of 10 Redeveloped Units at Glengollan Village

On Thursday 31st January, President, Jason Ronald OAM, on behalf of board members, residents and staff of Glengollan Village welcomed representatives from Bendigo Community Bank and Knox Community Financial Services, Cr Tony Holland and other guests to the official opening of 10 new, two bedroom units.

The project dates back to 2009 when it was agreed to replace 12 single bedroom units with 10 two bedroom units. Demolition commenced in 2011 and the final six



units were completed at the end of 2012.

Jason Ronald proceeded to welcome the new residents and thanked project manager Michael Germano and Graeme Bosaid of Chapel Hill Homes for their thoroughness and professionalism throughout the build. He added that the dedication of chairman Hurtle Lupton and his planning and development committee ensured the project was completed satisfactorily.

The board is proud that it funded \$3 million of the development from its own funds, but is especially grateful to the Bendigo Community Bank for their contribution of \$300,000.00 over 5 years.

Glengollan Village opened in 1956 on the original site of the Glengollan homestead and orchard and was one of the first retirement Villages in Australia. As well as the units, the Village has low level hostel care, a high level nursing home and aged care with a plan to add a dementia unit.

Violet Lambert's daughter named the hostel, 'Violet Lambert House' in 1976 and today there are over 200 residents, more than 100 staff and 80 volunteers.

David Gilbert



Knox Home Garden Club

How did your garden survive the last summer, with only a few drops of rain? Are there areas in your garden where the soils are hydrophobic? Plants large and small can be re-hydrated by pulling back mulching material around the base, scraping some soil away close to the stem to determine the dryness in the soil. Apply some water to test that spot and, observe if the water penetrates the soil or, runs off the surface.

Try loosening the soil even if it's just to break the soil's crust, and if possible create a slight hollow or bowl effect around the plant's root zone. Sprinkle Wettasoil or Saturaid around the plant, using a hose with high pressure, force water into the soil, watering in the wetting agent until there's no more foaming. Alternatively, apply by dissolving wetting crystals into watering can. When plants are well watered, liquid feed with a watering can, or a container attachable to the garden hose then, cover with the mulch again.

March or early autumn is a time to start contemplating remodelling or making major changes in the garden. Now is an opportunity to examine plants in your garden beds and, if they have not performed well during the summer, you could eradicate or transplant them.

It's now that I usually decide whether to reduce my lawn bed space for expanding garden beds incorporating more drought tolerant plants... of course. There is a plethora of resilient, hardy flowering plants to choose from.

If you're considering re landscaping areas in your garden, and want to create high traffic or entertaining areas, there are alternatives to growing lawn, such as compacted fine gravels, or 'Lilydale Topping' for small areas, there are good selections of modern pavers, perhaps incorporating cameos of mosaics? Some of the tougher lawns are the grass variety called Tall Fescue, while some gardeners have even opted to use artificial grass, which looks lush all year round.

March is also a great time to consider planting bulbs, rhizomes, corms, tubers into garden beds for winter/spring displays. This family are amongst the toughest, drought tolerant plants to grace your garden, as they contain a storehouse of nutrients, starches and moisture in the bulb, in fact most of the winter and spring flowering bulbs require little supplementary watering. Of the toughest, there are the Jonquil, Daffodil, Freesia, Star flower, Muscari (grape hyacinth), Anemonies, Ranunculus, Snowflake, Ixia, Sparaxis, Iris varieties, Dahlia, Belladonna Lily.

Lonni Holland



Paul's Photography Patter



People often boast about the high number of **Pixels** their digital camera has. Whether you have a simple compact camera, or high quality SLR camera, it influences the size and quality of the pixels but we will deal with this rather complex issue in a future article. Pixels are generally quoted in their millions, as **Megapixels**.

At the simplest level in determining how many pixels you actually need, it comes down to how you will be using your photos and what size they will generally be printed. Here's a handy chart to guide you in making that determination for printing most standard size photos on your ink jet printer, or through your local printing shop.

Digital camera manufacturers like all customers to believe that higher megapixels is always better, but as you can see from the chart, unless you want to produce large size photographs anything over 3 megapixels is more than most peoples' postcard size needs.

However, there are times when higher megapixels definitely come in handy. **More megapixels give you the freedom to print larger photos and to crop more aggressively when you can't get as close to a subject as you would like.** Cropping (cutting out portions of your photo) naturally reduces the number of pixels in the final photo, so the more you have to start with, the better.

However, the trade-off with more megapixels is you produce larger photo files that will require more space on your camera memory card and more disk storage space on your computer. I feel the cost of this additional storage capacity more than worthwhile, especially for those times when you capture that priceless photo and want to print it in a large format size for framing.

Remember, you can always use the local printing shop

for that fabulous photo if your home printer can't handle large format.

Happy snapping.

HINT: Higher megapixels are not necessary for your normal postcard size photographs but allow you the freedom to crop and print acceptable quality in larger sizes when you get the "perfect photo".

Paul Lucas

Digital Print Size maximums (at 300ppi)

12 MP = 4920 x 2800 pixels
Good Quality: 9 x 14 inch
[228mm x 356mm]

6 MP = 3008 x 2000 pixels
Good Quality: 6 x 10 inch
[152mm x 254mm]

3 MP : 2048 x 1536 pixels
Good Quality: 5 x 7 inches
[127mm x 178mm]

2 MP : 1600 x 1200 pixels
Good Quality: 4 x 8 inches
[102mm x 203mm]

Less than 2 MP
Only suitable for on-screen viewing or
wallet-size prints.

NOTE: After cropping, single column width photos in the RLCN are 980 pixels wide (8.3cm at 300 DPI [PPI]) An ideal size for the paper is a clear, crisp picture of about 1 MP. Also, many mobile phone photos are large but lacking in real detail due to their tiny and often dirty lens.

ROWVILLE FIRE BRIGADE

CFA

Brigade Activities with Grass and Scrub Fires

The volunteers at Rowville Fire Brigade have been busy during the high fire danger months of January and February 2013.

They have been deployed on Strike Teams to Seymour, Healesville-Badger Creek, Aberfeldy-Donnelly's Creek, Wonga Park, Kangaroo Ground and Heyfield to assist in controlling and blacking out the fires in those areas.

The Aberfeldy fires in Victoria's east have been burning for 25 days and as at 12 February had burnt through over 82,820 hectares and still continue to break containment lines.

Rowville appliances also attended a grass and scrub fire on the Dandenong Bypass reserve which blocked traffic and spread towards factories in Dandenong South on Friday, 4th January and a further small grass and scrub fire on Stud Road near the Dandenong Creek on 6th February.

Rowville members have also been called out to attend numerous grass and scrub fires on the EastLink Tollway, Wellington and Napoleon Roads.

It is very important to remember that with the continuing



dry conditions we do not need to have 40° temperatures and high north westerly winds for a grass fire to start and take hold quickly.

It is crucial that cigarette butts are NOT thrown from car windows, but are placed in car ashtrays. Lighted cigarette butts are the main cause of fires alongside freeways and exit/entry ramps and roadside nature strips. It is also a criminal offence to throw a lighted cigarette butt from a vehicle on a day of Total Fire Ban.

Fire restrictions are currently in force, effective from 7th January until 1st May 2013, which means no burning off. If in doubt contact Knox City Council (9298 8000) or CFA, Eastern Metropolitan Region (8739 1300).

Joyce Hollingsworth



RED HAT SOCIETY RUBY GUMNUT GODDESSES



At the end of 2012 the Ruby Gumnut Goddesses celebrated Christmas with our annual Kris Kringle party. This time we went to Sunny Ridge Strawberry farm. One of our members is a sister of the owner, so we were so lucky in that we were able to have a private picking session and a behind the scenes look in the packing sheds. Needless to say I will never take a punnet of strawberries for granted again. A lot of hard labour goes into those delicious fruits. We also had a wonderful picnic and conferred a royal title on one of our new members. This involves a process similar to a knighthood, except I use a red fence post decorated with jewels of course and not a sword, as



the other Queen uses. I also think we laugh a lot more during the process.

January was a very busy month, starting off with lunch at Frank's Café in Scoresby, followed by a visit to the movies, a visit to DFO in Cheltenham for shopping and lunch and a *reduction*. This is a party we have when someone turns fifty. Any excuse for a party really, but we also used the occasion to decorate lampshades as red

hats. A lot of laughter followed as we paraded our efforts. However as good as they looked, I doubt any of us will be game enough to wear them out.

Early in February we went down to the Mornington mid-week market and had a ball finding bargains and stopping to chat with the locals. If I had a dollar for every time we were stopped and questions asked or compliments paid to us, I would be a rich woman. We added smiles to lots of faces that day. February is also our birthday month. This chapter is one year old and we had a birthday party complete with balloons and presents to celebrate.

In the coming weeks we will be travelling to Williamstown by ferry, going to Mornington for a convention with one hundred and sixty other women, shopping at the annual CWA market in Toorak and enjoying live theatre in Lilydale. We have a busy calendar of fun events planned for the first half of the year.

Our aim in red hatting is for us to have fun, enjoy the friendship of other women and to let general society know that the older woman has a lot to offer to the world. If you would like to see what else we have been up to go to <http://rubygumnutgoddesses.blogspot.com.au/> and for any enquires ring Kerry on 97644717.

Kerry Eustace, H.R.S Queen Mini Munchkin

The Basin Music Festival 22 - 24 March

Diverse musical styles in 8 venues - great park setting cnr Mountain Hwy and Forest Rd.

Swing Dance on Friday 7.30pm

Music all day Saturday and evening evening.

Sunday is Family Day in the park with displays, stalls, activities and music everywhere you turn - for the best community music festival in the East.

Check it out online at:

www.thebasinmusicfestival.org.au

A new plan for Rowville

We need your help to guide the future of Rowville. Council is working with your community to develop a 20-year vision and plan for the future, and we want you to have a say.



The Rowville Plan will help guide decisions related to planning and development, infrastructure investment, and community services. In order to provide real guidance, the plan must address the priorities and concerns of the entire community as well as the needs of the next generation. That's where you come in.

RSVP now for your spot at the Rowville Community Workshop #1, Wednesday 13 March from 5:30-8:30pm at the Stamford Hotel, Corner Stud and Wellington Roads, Rowville. Also, take a minute to fill out our online survey on Community Priorities. Your answers will help shape the discussions and activities at the workshop.

To RSVP for the 13 March Community Workshop or find other ways to participate, email rowvilleplan@knox.vic.gov.au or call **9298 8000**. To take the online survey or learn more about the project, visit www.knox.vic.gov.au/rowvilleplan



Eildon Park Cricket Club

By the time this article gets to press the club will be well into, if not close to, having finished finals and we won't be far off getting prepared for our 25th anniversary in season 2013/14.

From some very humble beginnings nearly 25 years ago, the Eildon Park Cricket Club has grown into one of the region's leading sporting clubs. With 4 players having progressed to Premier 1st XI level, an Australian under 15 representative, Victorian under 19 representative, Victorian under 17 and 15 representative and two Victorian under 13 representatives to go with our junior and senior premierships, we are very proud of the success we have had to date.

It is also pleasing to report how the club has great female representation across the executive, committee and in team management roles.

The club was also honoured in 2006-07 with its 'In2cricket' program being the first Victorian club selected to participate in National Anthem ceremonies with the Australian cricket team on Boxing Day, now an event enjoyed by many other Victorian clubs.

Our community focus has extended to the significant fund raising the club has undertaken with the Shane Warne Foundation, Pink Stumps Day, for the McGrath Foundation and this year's brilliant \$5000 donation to the Movember appeal off the back of the very successful T20 mid-week game against the Prahran Cricket Club. This game included the clubs number one ticket holder and Australian cricket's new million dollar man, Glen Maxwell, playing for Eildon Park. Glen Maxwell is not the only Australian cricketer to visit EPCC this summer. With the club's strong association with the Melbourne Stars, Australia's new bowling sensation fresh from his Man of the Match award from the Sydney Test Match, Jackson Bird visited the club for a training session. He was accompanied by Stars teammates Dan Worrell and Scott Henry.

John Watkin, Cricket Australia's Game Development Manager and Annie Hateley, Cricket Victoria's Community Program Manager, have also contributed to our club, with visits this year in recognition of the clubs standing in the

broader cricket community.

Season 2012/13 has been very successful for the club off the ground under new President and Life Member Christian Trotter, and we hope by mid-March just as successful on it with a number of junior and senior teams playing finals. Over 20 Eildon Park juniors played representative cricket at higher levels from Ferntree Gully representative sides, RM Hatch sides and State Championship sides over the summer. Congratulations to all the sides and players for their excellent representation of our club this summer.

The club would very much like to thank all of our sponsors, the following being just a list of our majors, but we love them all. Major sponsors being Kelletts Charcoal Chicken, Boutiquely Sweet, Endeavour Cellars, Bendigo Bank, Rowville, Chris Bell Real Estate, Rowville, The Pie Shed, Kool Kidz, Bounce Health Group and Brumby's Carnegie.



Season 2013/14 being our 25th year sees the back oval being redeveloped, bringing the facilities at Eildon Park up to a sensational level. When combined with the front oval and the excellent training nets, we truly have a great club, great location and great facilities. Thank you to Knox Council, Cr Darren Pearce and local State member Nick Wakeling for their ongoing support of our club.

In season 2013/14 we look forward to recruiting new players, male and female, into our In2cricket and non-competitive under 11 cricket programs in particular. If you are interested in joining the region's leading community cricket club then please keep your eye on our club website www.eildonpark.vic.cricket.com.au and Facebook (<http://www.facebook.com/pages/Eildon-Park-Cricket-Club/82243017135>) pages and why not follow us on Twitter (@pantherpark89). The International Cricket Council does, so you should too.

Enjoy the break and we look forward to you joining us and enjoying the proud, successful and fun place to be, the Eildon Park Cricket Club.

Warren Griffin

Rowville Football Club



What is Going on at Rowville Football Club?

Rumours and gossip abound, but what is the truth behind the disagreement between the Rowville Football Club and the Rowville Hawks Junior Football Club? From what I understand the senior club intends to take over the running of the juniors and it is them that holds the affiliation with the EFL. The juniors for their part have their own ground and facilities and feel there is no necessity for that to happen and they want to keep their independence.

So why has it become such an issue? The seniors claim they hold the affiliation with the EFL, which is supported by the EFL themselves. The juniors state that the senior club refused to sign an EFL affiliation agreement for the juniors and that they will take over the management of

the junior teams. Both parties claim to be covering the player insurance issue and the appointment of coaches.

Last season there was a huge amount of euphoria as the seniors won promotion to the EFL first division and the subsequent upgrade to their oval indicate a confident, bright future. Of course, playing in a higher grade may well see an increase in costs (player fees etc.) and the ground improvements have to be paid for. The latter, even if helped by grants, will still cost the Club \$50,000 to \$100,000 and certainly won't have helped the bottom line.

All of which makes me wonder if money is at the root of this stand-off. I have been involved with senior and junior football clubs in the past and the only disagreements have been over money. The juniors always generate large funds, thanks in no small part to the parents support, whilst the seniors struggle. If this is the case there is only one group who will suffer and that is the junior players. Uncertainty this close to the start of the season does not auger well. Sort it out for the kids' sake.

David Gilbert

SPORTING ROUNDUP



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

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



11 (born 2002) and Under 14 (born 1999) age groups. Registrations are available online at www.lysterfieldjfc.org.au or by contacting Rohan Young on 0412 377 866. There will be a Jumper Presentation Night on Friday 12th April from 6:30pm at Lakesfield Reserve and the first match for the season will be on Sunday 14th April, followed by a Family Day at the clubrooms from 4pm. LJFC will also be running an Auskick program this season. Further information will follow regarding registration and dates in a later issue.

Enquiries may be directed to the President Mr. Steve Ketter on 0498 141 850.

Tanya Carroll Go Wolves in 2013!



The Knox Regional Netball Centre in Ferntree Gully has just started its Ladies daytime competitions and Sunday evening mixed competition. There are always teams looking for an extra player, so if you would like to join a team for some fun and fitness then contact the centre on 9758 7191 to submit your details!

Also the Mountain District Netball Saturday competition begins on March 16th. This netball competition starts with 8 year olds and runs right through to seniors. All clubs are very welcoming to new players, so if you are interested in joining your local club contact the secretary of Mountain District Netball at breeelyn@optusnet.com.au

The centre also has a ladies competition that runs Monday to Thursday evenings. To find out more about this competition log on to www.mountaindistrictnetball.org.au

"Net Set Go" is program for 5-9year olds learning the skills and fundamentals of netball in a fun environment. The Mountain District Netball Association runs this program on a Saturday morning www.mountaindistrictnetball.org.au and the Knox City Council Netball Association runs it on Thursdays and Fridays after school www.knoxnetball.com.au

The centre plays host to the program "Soccer Time" kids which is a program designed to teach soccer to children 1 to 5 years in a fun and educational way. Soccer time kids can be contacted on 1300 476 223 or log on to www.soccertimekids.com.au

Also this month the "Fighters Factory" will be holding a boxing event on Friday 8th March at the centre. For more information about this event contact the Fighters Factory www.fightersfactory.com

There are lots of things happening at the Knox Regional Netball Centre so check out the website for more details www.knoxnetball.com.au

Rosalind Montgomery

Little Athletics

Open Day Success

This year's Knox Open Day provided another opportunity for Little Athletes to shine. While boys and girls from the Rowville and Rowville Lakes Clubs won medals across a range of events we had particular success in hurdles and race walking.



Rowville boys completely dominated the U8 boys' 60m hurdles final. Trent Stapleton led the field taking gold, Kade Newcombe bronze, Joel Stapleton finished in fifth place, Jordan Kondic seventh, and Tyler Ryan eighth.

Similarly in the U11 boys' Jesse Eickhoff won with Dean Meeks a creditable third and Brandon Kondic seventh. Hailey



Merrigan took out the U10 girls' while Kate Betteridge and Hannah Hodges filled sixth and seventh spots. Kaya Beagley, Caitlin Bronte and Harry Blackburn each won the sprint hurdles in their respective age groups.

Other hurdles medalists included Cody Eickhoff (3rd in U10); Jemma Stapleton (2nd in U12); Zac Ryan (3rd in U15), and Caitlin Bronte who gained the bronze medal in the U13 girls' 300m hurdles.

Our Race Walkers also stamped their mark. Competing against visiting athletes from around the state Gemma Lillie, Kade Newcombe, Jared Hodges, Reese Walmsley and Brodie Richardson each won the walk in their age groups. Brodie even created a new Rowville Lakes record for her efforts in the U12 Girls'.

Hayley Eickhoff claimed the silver medal in the U8 event, as did Hayden Walmsley and Brianna Lillie in the U12 boys' and girls' respectively. Brianna's was a particularly notable achievement since she was walking up an age group. Similarly Johnny Hilton walked against boys a year older to finish third in the U14s. Mikala Hodges and Tyler Ryan rounded out the medals picking up a bronze in the U12 girls' and U8 boys' walk.

There were so many great results we're unable to mention them all. The U13s continue to demand attention however. Harry Ma'O won the 70m, 100m, 200m and Long Jump, while Jordan Munyard finished second in each of the sprints and claimed gold in the shot put.

In the same age girls', Millie Reed grabbed gold in the



200m and Long Jump as well as silver in the 400m. CJ Bronte added the 100m title to her hurdles medals and Olivia Ryan was second in the 70m and third in the Long Jump.

Other Open Day event winners included Brianna Lillie and Oliver Blackburn who won U11 girls' and boys' Javelin respectively and Hailey Merrigan, the U10 High Jump,

Under 8s Darcy Smith Ben Noonan, and Jai Townsend each won a throwing medal. Lachlan Monteath won two on his own in the U7s. Lily Ryan was third in U8 discus and Blake Tahlambouris, returning from injury, also had throws success taking two medals in the boys' U12.

Hayley Eickhoff had quite a day adding high and triple jump medals to her walk result. Other U8s to jump to placings were Gemma Lillie, Jordan Kondic and Kade Newcombe.

Continued page 23

Aston Athletic Football Club



2012 Under 13s Paying Full Attention

Aston Athletic Football Club has been a club always looking to provide the best education for junior soccer players ever since its establishment in 2010. Catering for age groups as young as 4, all the way to under 16s all teams having the benefit of being mentored by professional and accredited coaches.

Competing under the Football Federation Victoria Eastern Region banner, the club runs out of Rowville Football Centre within the grounds of Rowville Secondary College Eastern Campus. It is one of very few clubs to call home to a fully lit FIFA 2 star synthetic pitch. Also increasing player development, aside from the state of the art football pitch, is expert coaching from FFA accredited coaching staff, including the likes of Marcus Stergioupolous a former NSL and MLS professional player.

The club is also one of few junior soccer clubs to run its own 4 to 6 year old program called Little Roosters. The program caters for children looking to get into the sport in a fun and safe environment.

We have player vacancies over a number of age groups and would welcome past players and new players to try out for these positions for the 2013 season. Training is held at 5pm on Tuesdays and Thursdays.

Any enquiries please contact Sean Weston, Coaching Co-ordinator on 0416 186 392 or Tracey Ingham, Treasurer, email info@astonathletic.com.au



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Rowville Group Fitness

Pilates

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Advance bookings are essential. Casual class \$17.

Pay for the term and pay just \$13.50 per class

Boxing Bootcamp

Get the best of indoor and outdoor training with this high energy class which will give you great results. You'll get the fat burning and strength of a boxing class combined with high intensity intervals and bodyweight training that result in a killer workout! You'll laugh a lot, sweat a lot, and gain some serious fitness with this class. Suitable for all levels of fitness - 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

Nick Wakeling Column

Coalition funds community safety projects in Rowville & Lysterfield

State Member for Ferntree Gully, Nick Wakeling MP, is pleased to receive confirmation that two local groups have recently been named as recipients in the latest round of the Victorian Coalition Government's hugely popular Community Safety Fund (CSF) grants.

Crime Prevention Minister Andrew McIntosh recently announced 119 projects around the state had been approved for funding in this round providing grants of up to \$10,000 for community groups, organisations and local government to implement locally based crime prevention projects.

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

"These small community groups are a vital part of our state's social fabric. It is a great pleasure to be able to offer them this assistance, which allows them to decide what's best for their community and then receive assistance to achieve it." Mr McIntosh said.

Nick congratulates both St Simon's Community Football Club and Lysterfield Primary School on their successful application. St Simon's Community Football Club will receive \$10,000 for installation of security window screens, sensor lighting, exterior door locks and a roller shutter to the scoreboard at Liberty Avenue Reserve Pavilion in Rowville. Lysterfield Primary School will



receive \$6011 for the installation of a perimeter fence and gates to protect their School Kitchen Garden.

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

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

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

Bus Issues Resolved for Wheelers Hill Secondary College Students Travelling from Rowville

Member for Ferntree Gully, Nick Wakeling MP, is pleased to confirm that Ventura Buses have agreed to the re-direction of a bus route from Stud Park, Rowville to include a direct drop-off for students travelling to Wheelers Hill Secondary College. This re-direction commenced at the start of the 2013 school year.

Mr Wakeling was first approached by local frustrated parents, school council members and the Principal of Wheelers Hill Secondary College, Ms Marie Ghirardello, in August 2012. They hoped their local member of Parliament would be able to assist with persuading



Ventura Buses to investigate their concerns of student safety and to add a third bus dedicated for Wheelers Hill Secondary College students who travelled from Stud Park in Rowville.

Student numbers travelling from Rowville to the college had steadily increased over the past few years and the college had found that their Rowville students were crowding into two buses dedicated for the Wheelers Hill Secondary College route. This was becoming increasingly unsafe and leaving many students stranded.

The School Council and Principal had written numerous letters to Ventura Buses asking for them to investigate their concerns for student safety and to consider adding a third dedicated bus to travel the route from Stud Park, Rowville in the morning.

Mr Wakeling facilitated two meetings between Ventura Buses and Wheelers Hill Secondary College in late 2012, where the college's concerns were discussed. This resulted in Ventura Buses completing an investigation into the numbers using the service from Rowville.

Subsequently, Ventura Buses have agreed to alter a Brentwood Secondary College bus route to enable Wheelers Hill Secondary College students to be dropped directly at the college rather than on Ferntree Gully Road. The re-direction will use Stud Road, Wellington Road, Jells Road, Phoenix Road, Lum Road, Ferntree Gully Road and Watsons Road.

Mr Wakeling is pleased that an amicable outcome was able to be achieved.

Alan Tudge Writes

'Green Army' will clean up local environment and create jobs

We in Knox are surrounded by a wealth of environmental treasures. Our parks and wetlands are a major part of what makes our area a fantastic place to live and raise a family. As locals it is important we continue to ensure our local environment is clean and well maintained.

The 'Green Army' program which I launched last year has called for proposals on ways in which we can clean up our local environment.

Each successful program would consist of up to 9 workers and 1 supervisor engaged for 6 months to tackle a local project or combination of projects to improve the local

environment. Projects that could potentially be covered under the program include:

- Cleaning local polluted waterways
- Clearing of weeds from local creeks and/or re-vegetation
- Construction of board walks and walking tracks to protect local wildlife
- Re-vegetation and regeneration of local parks

A great part of this program is the potential to generate local jobs as a result. Each participant will receive a wage and valuable experience and training. Therefore we are not only boosting our local environment, but also our local economy. This program has the potential to have a significant impact on the local Knox environment and will be implemented should there be a change in government in September.

I have received a number of submissions from local organisations eager to be involved. If you would like to make a submission please contact my office for details and to obtain the appropriate form.

I look forward to announcing successful submissions in the coming months.

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1983

Ken Mylius advised readers about the formation of “**The Friends Of Lysterfield Lake Park**”. Are the ‘Friends’ still active? The **Baptist Church** put on a double feature film show about Dinosaurs which answered many questions, including ‘Does the Bible mention dinosaurs’ and ‘Do dinosaurs contradict the Bible’? Did you go and hear the answers? **Park Ridge Estate** celebrated their one hundredth house becoming a home. Was it yours? The Council prepared a submission to the Appeals Board, indicating their approval for Wednesday trading at **Caribbean Gardens Market**. They obviously won and now we have Friday trading as well. The **Rowville & District Pony Club** held their first rally off Brady Road. Were you mounted that first day?

1988

Rowville’s first ‘**Self-Help Playground**’, with the help from **Apex**, was completed next to Park Ridge Pre-school. Despite advertising no further requests were received!! **Sandy’s Beauty Clinic** offered ‘Bridal Make-Up’ for \$15. How much today Sandy? Does the **KEPRA** still exist? What is it....**Knox Early Planning for Retirement Association**. Council proposed an amendment to the zoning of land on the south side of Wellington Road, through to Bergins Road from “**Knox Rural A**” to “**Residential**” as part of the Rowville/Lysterfield Development Plan.



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

1993

Steve and Fay Hassan, who with their children Mathew and Janine, ran the ‘oldest’ shop in Rowville on the corner of Stud and Bergins Roads, was the first local business to be acknowledged by the RLCN as providing excellent service. Where are the Hassans today? A large congregation farewellled **Jean Dunscombe**, a fourth generation member of the Golding family to have lived in Rowville. She left behind five children, including a daughter, whose daughter Bianca is a sixth generation resident. **Is there a seventh? Knox Shopping Centre** banned smoking anywhere in the complex. **The Salvation Army** acquired the property on the corner of Stud and Police Roads. The site would be used for a 500 seat hall and the playgroups and family support would be 300 metres further down Police Road. The Administrative Appeals Tribunal overturned a council decision from 1992 ,paving the way for a **Medical Centre and Child Minding Centre at 2-4 Bernard Hamilton Way**.

1998

Rowville Primary School students, **Trudy Riley** and **Madeline Robertson** advised the paper that after taking two years to build, the pirate ship in the prep playground was finished and had been christened “Pirates ‘R’ Us. Do you remember the ‘launch day girls? **The Anglican Church** declared Rowville as a parish and Bishop John Stewart announced it was to be known as Rowville Anglican Church of St Andrew. The **Hillview Church** opened in Laser Drive and **St Simon’s** celebrated their tenth year as a Parish. The **residents of Murray Crescent** decided that, instead of having a street party, they would

donate their \$500 competition prize for best Christmas decorations went towards the Rowville Fire Brigade’s new truck appeal.

2003

The Dux of Rowville Secondary College for 2002 was **Graham Clark**. Where are you today Graham? The **Lysterfield Sailing Club** held an exhibition at the library, where they displayed amongst other photos and history, an ‘Optimist’ class yacht. Do you remember seeing the display? **Craig Johnson** became the first 1st Rowville Scout to be awarded the “Queens Scout Award” the highest award available to scouts. Are you still involved in scouting Craig? The “**Knox Home Garden Club**” (wonderful RLCN supporters), advised residents to consider planting fire resistant shrubs like camellias, rhododendrons, hawthorns and some succulents. Is three out of four OK?

2008

The Life Activities Club visited ‘Lee’s Harmony Garden’ where they saw chooks, heard frogs and watched worms! Can one of you tell us more about it? At the same time the ‘**Knox Over 50’s Association**’ had an interesting talk from John Gilmore about his company ‘Gilmore Shoes’. Apparently it was ‘easy on the feet!’ Were you there? **Kevin Lam** was announced as “Knox Young Citizen of the Year” for his distinguished academic and sports achievements plus his voluntary community work. What are you up to these days Kevin? **Tracy and John Wynde** from Rowville Primary School spent a year teaching in Canada as part of an exchange programme. How different was it, especially the winter with temperatures as low as minus 20 degrees? **William Armer** and his wife became the first residents of Waterford Park Retirement Village, so 5 years later tell us how it is today?



Pet Obesity

What is obesity?

Obesity is the most common nutritional disorder seen in cats and dogs. In Australia, it’s estimated that 40% of cats are considered obese. ‘Obesity’ is commonly used as a term for being overweight, however more specifically it is a condition where a pet’s weight is more than 15% above ideal.

Causes of obesity

We have little control over some contributing factors to obesity; e.g. breed, sex, heredity, and age. However, there are others which we can control, these being over-feeding and exercise. Most obesity is caused simply because a pet eats more calories than they need. This, in combination with a lack of exercise means the excess calories are stored as body fat.

Why pets overeat!

Owner influence

We often equate an animal’s food requirements with our own leading to over-feeding and feeding the wrong foods.



Boredom or emotional stress

Hormonal influence

Neutered/desexed animals have a tendency to gain weight as their metabolism is slowed down, owners overfeed and not enough exercise (This however is not a good reason to not get your animal desexed).

Competition in multi-pet households

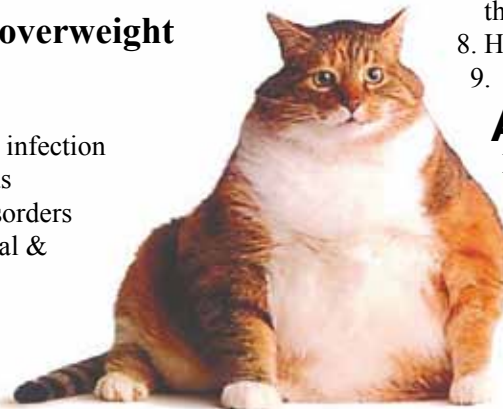
We often witness a dominant animal which may eat more than their fair share as a way of establishing a pecking order.

Risks for the overweight pet...

- Heart disease
- Susceptibility to infection
- Diabetes mellitus
- Neurological disorders
- Increased surgical & anaesthetic risk
- Respiratory problems
- Cancer
- Earlier onset of joint problems e.g. arthritis
- Skin problems
- Reproductive disorders
- Inactivity
- Decreased quality of life
- Premature ageing

Does your pet have a weighty problem?

If you answer ‘yes’ to any of the questions below, or if you think your pet is not at its optimum body condition, you may want to talk to your veterinary staff about a professional weight management program or sign up to



our weight management support program www.petfit.com.au and get your pet started on a healthy new life.

Weighty Questions (Y or N)

1. Do you have difficulty feeling your pet’s ribs?
2. Is there little or no ‘waist’?
3. Do you give your pet table scraps or left over’s?
4. Is your pet reluctant to exercise?
5. Does your pet seem to tire easily with activity?
6. Does your pet waddle when it walks?
7. Does your pet keep eating so long as there is food in the bowl?
8. Has your pet been desexed?
9. Have you been told your pet is overweight?

A solution to the problem

If your pet has a weight problem, (this includes being underweight) Greencross Vets has the solution for you. We offer a weight management program tailored to your pet, to help them reach and maintain their optimal body weight.

The inclusion of regulated exercise helps promote a total health focus for maximum benefit to your pet. The use of high quality veterinary diets means your pet will not miss out on any essential nutrients through out their weight management program. For more information on the program or to make a booking, contact your local Greencross Vets Clinic.

Overweight pets are likely to:

- Live a less active and shorter life
- Be more prone to joint and mobility problems
- Develop skin problems and a lower resistance to infection
- Be at greater risk during surgery
- Be disinterested in exercise and play

Michelle Bierman

Knox Multiple Birth Association

The 10th - 17th March is National Multiple Birth Awareness Week.

Our club, the Knox Multiple Birth Association will be holding a special coffee morning to celebrate, on the 15th

Health & Wellbeing

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

Exercise Improves the Lives of Cancer Patients

Exercise is essential in maintaining a healthy body and mind. Evidence supports the use of exercise for cancer patients and survivors. Exercise has been found to have a positive effect on the physical and emotional wellbeing of cancer patients. Participating in physical activity has been shown to improve:

- Survival rates
- Fatigue levels
- Depression and anxiety rates
- Rate of cancer recurrence
- Overall quality of life

Structured exercise programs such as "Pink Pilates" and "Steel Pilates" are designed to help women and men regain their physical strength and endurance post cancer diagnosis. These programs are personalized and include a mix of pilates, physiotherapy, massage, stretching and breathing techniques, aimed at addressing both the physical and emotional side effects of cancer. Speak to your local physiotherapist about enrolling in a "Pink Pilates" or "Steel Pilates" program. You could also look at the websites to www.pinkpilates.com.au or www.steelpilates.com.au for further information.

The Knox Relay For Life is being held on 23rd- 24th March 2013. Relay For Life encourages physical activity for cancer patients and survivors. It also raises much needed funds for cancer research. The Relay is an opportunity to get together with your community to celebrate cancer survivors, remember loved ones lost and to fight back against cancer. Why not start a team with your friends and family? Head to www.relayforlife.org.au for further information.

Rowville Physiotherapy and RSMC is proud to be supporting 2013 Knox Relay For Life. We will be providing free services to participants in the Knox Relay For Life from 4pm 23rd March- 10 am 24th 2013 trackside for the full 18 hours of the Relay.

Gayle Briggs



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March, starting at 10am with plenty of extra activities for the kids as well. We will make all visitors welcome including the media! As a Community Organisation we wish to get the word out that we are here to offer support and resources to those multiple birth families who need it, from "those who know".

The Knox Multiple Birth Association Inc. was founded in 1978 and covered the area of Knox, Sherbrooke and Lilydale, under the name of Twins United. In 1986, it formed independently as AMBA Knox Branch Inc., then again in 1997 it changed names to the present one of Knox

Chiro-Practicals

Presented by Dr Frank Whelan

Good Posture for Good Health

The old Chinese proverb "as a twig is bent so grows the tree" is particularly relevant to our spinal posture and is the reason why chiropractors place so much emphasis on posture, especially in children. Good posture is not simply a matter of standing straight. It is the whole process of postural integration, which involves the efficient use of our bodies whilst moving and at rest.

Research has shown that a large proportion of school children have developed potentially serious postural abnormalities by age sixteen. It is no coincidence that by the age of forty a large percentage of the population suffer from chronic spinal disability. Some postural problems can be genetic and are passed on from our parents or grandparents. Examples are scoliosis (curvature of the spine from the back when it should be straight) and excessive kyphosis (increased angle of the spine when viewed from the side). But many postural problems are caused by bad habits. You can tell your children as often as you like that they should stand up straight with their shoulders back and this will work for a few seconds. However unless we correct their habits we will not make the lasting changes needed to obtain correct posture.

Good posture when standing means the body weight being distributed evenly over both feet and between the balls and the heels of the feet. The knees are slightly bent and the pubic bone (front of the pelvis) tilted up with the buttocks tucked under the body. The upper trunk leans fractionally forward from the waist so that the ears, shoulders, hip, knee and ankle are in a vertical straight

Multiple Birth Association.

We currently have about 46 financial members, plus 1 life member and 6 honorary members.

We hold our regular coffee mornings every Friday at: Haering Rd Children's Centre,
17 Haering Rd, Boronia.
10am – 12.00pm

For more information please contact Michele Maloney on 0407 837 973

Michele Maloney KMBA President and Playgroup Coordinator

line when viewed from the side. (Have someone check your posture against a door frame to see if it is straight) This posture will stop excessive arching of the lower back and rounding of the shoulders.

Good sitting posture is largely dependent on a good chair. The hips should be slightly above the knees with a proper backrest supporting the lower back. Both feet should be flat on the ground or resting flat on an appropriate footrest. Legs should not be crossed. Unfortunately most lounge chairs are too soft and our hips are lower than our knees causing excessive pressure on the lower back. The increased time that many people now spend at a computer makes a good workstation set up critical.

Regular exercise is an important aspect of good posture. Without correct muscle tone it is very difficult for the body to maintain correct postural alignment and receive all the nutrients because of a reduced blood supply from tight muscles. Weak abdominal muscles and overworked back muscles are a common example of this.

Good posture is essential for the protection of the spine and, more importantly, the spinal cord and nerves. Interference to your nervous system can affect your body's health potential. Chiropractic assessment, especially within the formative years of childhood and adolescence, can identify problem areas within an individual's posture or spinal function even before symptoms are present. Early identification and correction is essential for optimal health now and in the future.

Dr Frank Whelan



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Mental health and ageing

Historically, counselling has often been seen as a younger person's realm, a troubled youth, a recent divorcee, a retrenched mid-lifer. Older people with personal problems may be inclined instead to talk to a sympathetic and discreet friend, a church minister, their doctor, or perhaps... *no one*. In many cultures and in times past, sharing personal problems with an outsider was taboo. The stigma associated with mental illness that began to lift only in recent years meant that for people of past generations, admitting to a problem of an emotional or personal nature brought great shame. These old notions have changed with new generations. But older people may still carry these perceptions, and are therefore less inclined to make use of counselling or professional support compared with other age groups.

This is a particular concern with so many issues that affect older people uniquely. Some of these include adjusting to changes of life in retirement, coping with "empty nest" syndrome when grown up children have "flown the coop", managing increased health concerns that may reduce mobility and independence, and age-related mental wellbeing concerns such as dementia.

There are also many issues faced by older people that are common to all age groups, such as the experiences of grief and depression.

Grief and depression

Sadly, the longer one lives the more they are exposed to all phases of the life cycle including, inevitably, death. Older people are more likely to have experienced a greater number and greater frequency of bereavements than other age groups. They are also more likely than younger people to have experienced highly personal and significant losses, such as the loss of a spouse or life partner, or possibly their own adult children. This experience in particular is a cause of greater than imaginable suffering. Out-living one's own children is often regarded as interrupting the natural order, and may result in a bereaved parent questioning life's purpose and having difficulty reconciling meaning and processing their grief.

The effect of repeated bereavement can also compound grief. This can lead to an unresolved or complicated grieving process that can trigger depression.

An elderly returned serviceman who worked tirelessly for almost 50 years in the RSL and Legacy as a social coordinator, keeping his fellow diggers connected, was heard to say as he neared his end of life, "Every time I pick up the phone, some bugger has died." This occurred



Ride4Georgia

Murray to Moyne Cycle Relay

The Murray to Moyne cycle relay is a 24 hour, 520 km team cycle event to raise money for charities. Chris Waixel is organising three teams of 8 riders to "Ride 4 Georgia" in the race this year. The race will be held on April 6th and 7th. The riders will start in Echuca, stopping overnight in Hamilton and finishing in Port Fairy. The teams are hoping to raise funds for Georgia's on-going therapies and other equipment such as a standing frame and a new walker.

Georgia Mackie is 8 years old. She has a brain disorder which has resulted in severe cerebral palsy and sensory integration dysfunction. She is non-verbal and requires a

Riders and Support Staff 2012

wheelchair to get around but she is able to understand and is learning to communicate more effectively with the use of the Dynavox, which were purchased through the generosity of the sponsors from last year's ride. Georgia has been attending Cerebral Palsy Education Centre since she was three years old and is now in her first year at Primary School.

Organiser Chris Waixel from Ferntree Gully, who has organised a group of riders for a number of years, says a "Sit To Stand Frame" costs about \$12,000 and a "Flux Walker" (with arm and hip supports) close to \$5,500.

All contributions to the cause are tax deductible at :- <http://ride4georgia2013.gofundraise.com.au/page/Ride4Georgia-383>

For information please contact Chris on 0433 038 702

frequently for him, not just because he was very old, and his old friends were dying around him, but because he was the point of contact for all of them, and he got the first call every time someone passed away. It seemed that there wasn't any positivity left in his life. He felt he had to choose to either become desensitised to loss, or to disconnect from his life's work.

Grief is certainly not the only cause of depression in older adults. People can be vulnerable to developing depression at any age. Though resilience can be developed and protective factors identified that may reduce its impact, no one is immune to depression. Sometimes, even those who have characteristics that are life affirming, such as being socially active and connected to one's community, like our digger, can become vulnerable.

It is important to acknowledge that the suffering of an older person with depression is not lessened or diminished because of their advanced years. Our society is often regarded as dismissive and neglectful of the elderly. While we may endeavour to embrace their knowledge and experience and value their contribution to society, older people are often said to feel they are a burden on resources and family, and may even feel that they just passing time or waiting to die. This view of the final stage

in the human life cycle does not facilitate quality of life, and older people may feel they are not living, just existing. Sadly, these perceptions are reflected in the suicide rates of older Australians, which are among the highest in the over 75 years age group (*Australian government senate enquiry, 2010*).

Mental Wellness

What can be done to improve the mental health of older people?

Traditional cognitive and behavioural therapies have been found helpful in treating depression and anxiety in all age groups, although some older clients may find some aspects tedious or even patronising (especially when given therapy "homework"!) It has been my experience that older clients benefit more from interpersonal therapy and narrative approaches to counselling. These focus on relationships and their meaning to the client, and on defining the story of their life. Conducting a life review and reconciliation can also be a valuable process for older people to make meaning as they move towards the end of their journey.

It has often been said, "What's the point of counselling? I'm too old to change." But the truth is, *life is change*, so no one is too old to embrace it.

Bridgewater Centre's registered psychologist, Teresa Butler has more than 15 years counselling experience. Contact Bridgewater Centre on 9753 4203 to arrange an appointment for confidential counselling at any age.

Teresa Butler Psychologist (M.Psych MAPS)



Dux Casey Holmes with Principal Glenn Fankhauser and her mother Robin

Congratulations to Our High Achievers

To mark the end of the first full week of classes for 2013, Rowville Secondary College celebrated the success of the class of 2012 with a whole College assembly. As has been customary for many years, our 'High Achievers', those students with ATAR scores of 80 or above, were invited back to the College to participate in the *Ian Linnett High Achievers Assembly*.

With 26 students achieving scores of 80 or above, we were fortunate enough to have 24 of these students in attendance at the assembly, as well as our VCAL Student of the Year, to collect their certificates, their financial rewards, and most importantly the recognition they deserve for making excellence a priority and for succeeding so impressively in their studies.

With celebration high on the agenda, the assembly also serves as an invaluable motivation device for our younger students who may not yet have given thought to their futures. One of our exceptionally high scoring students recalled sitting in the same assembly when he had barely started Year Seven and making the decision to be a part of the ceremony himself one day.

Several of our high achieving alumni spoke in front of the College, telling of their VCE journey and giving advice on how to make the most of Year Twelve and the opportunities it presents. Our 2012 Dux, Casey Holmes



High Achievers Group

Lysterfield Primary School

Fun Night Excitement is Building!!

Two years ago, the Lysterfield Primary School Parents Association ran a Family Fun Night as a way of celebrating all that was great about Lysterfield Primary School and our local community. It was also a way of saying thank you to teachers and parents for their hard work and commitment to our wonderful school. Following on from its success, this year's event on Friday 15 March promises to be bigger and better, with so much more to celebrate two years down the track!!

Activities on the evening will include rides, show bags, lucky dip, lucky jars, market stalls, potted plant stalls, face painting, passport challenge, lunar treasure dig and more, with many of the activities being run by the students. Local community groups will also be attending including the CFA and Lysterfield Football Club and there will be stage performances from some of our talented students. To ensure nobody is hungry, there will be sausages, burgers, sushi, wood-fired pizza, fairy floss, icy-poles, coffee and our lovely canteen ladies will be providing a delicious selection of delectable delights.

Entry is free to all. Unlimited ride wristbands, which give you four hours unlimited rides on UFO, Surf Shack Slide, Chair-o-plane and Jumping Castle, cost \$20 prior

who received an astounding ATAR of 95.95 said that the key to her success was to ask questions and to recognise what a valuable resource her teachers could be. Casey accepted her first round offer to study Business at Monash University and the College wishes her, along with the rest of the class of 2012, all the best with their future endeavours.

The Swaziland Possible Dreams International Choir

The students have been raising money to sponsor the choir to visit Australia and we are very fortunate to be hosting a concert which will be held on Wednesday, March 20th at 7:30pm in the College's Performing Arts Centre (Humphreys Way, Rowville). Tickets can be purchased

at www.tickethost.com.au for \$15 adult, or \$10 concession. Profits go towards the work of Possible Dreams International as they empower families and communities living in the poorest areas of rural Swaziland. Please support our students and a great cause in an amazing evening of music including several numbers featuring Rowville students. This is truly a once in a lifetime opportunity, and an event not to be missed.

*Laura Gordon
Communications Officer*



Eoin and Riona Walsh invite you to join them on 15th March

to the event or \$25 on the day. Most activities are no more than a \$2 cost, so make sure you bring plenty of gold coins to ensure a fun-filled evening.

Lysterfield Primary School invites the wider-community of Lysterfield and Rowville to please join us for what promises to be a great evening! If you wish to pre-purchase wristbands, please contact the school office on 97527953. *Aine Walsh Lysterfield Primary School Parents Association & Karin Bristowe Lysterfield Primary School.*

St Simon's Primary School



We welcome all families back with a special welcome to new families and teachers joining our school community. Our new staff members are Natalie La Fontaine, Amanda Smith, Daniel Bau and Helen Rochecoste. The theme

for our school community this year will be "Opening Doors Into The Future". This theme ties in strongly with our planned Religious Education and social justice topics. New Beginnings

The Preps have settled happily into their new life at primary school and are quickly working out the routines and rules that make for a happy and safe learning environment. The Year 6 students are very enthusiastic about their opportunity to be leaders of the school and all the other students are experiencing the excitement of new classrooms, teachers and friends. A lovely celebration was the Opening School Mass, where this feeling of excitement and new beginnings was felt throughout this time of gathering, to begin a school new year.

*Mr. Phil Hesse Principal
Veggie Garden*

The veggie garden will soon be up and running, once it is rejuvenated by the children who have joined the gardening group. Once weeded, the garden will be topped up with new soil and be ready for replanting for the coming year.

Classes will be encouraged to choose a plot and take care of it over the year. *(Miss) Eliza Riddell*

School Talk

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



PARK RIDGE PRIMARY SCHOOL

2012 NEiTA Award For Our Principal

Our Principal, David Mann has been recognised through the 2012 National Excellence in Teaching Awards (NEiTA) for his school leadership as he was one of only ten Victorian teachers to receive an Australian Scholarship Group Inspirational Teaching Award. The award was presented at a school assembly by Mr Phillip White, a Regional Manager from the Eastern Metropolitan Region of Education. David's citation read

"Since becoming principal of Park Ridge Primary School six years ago, David Mann has endeavoured to motivate every teacher and student to reach their full potential and has empowered them to take risks and surmount challenges in their educational journeys. David has introduced many new and innovative teaching programs to the school based on higher order thinking skills and problem solving capabilities. He has developed a strong learning culture within the school for both students and teachers.

David has worked hard to ensure that his school is at the forefront of ICT teaching practices, and has raised teaching levels at the school by appointing specialist teachers for literacy and numeracy.

As principal, David has overseen the establishment of a strong performance and development culture within the school where all students receive regular feedback on their performance from their teachers or David himself. This encouragement and reinforcement has resulted in increased NAPLAN scores, greater student confidence, and higher teacher satisfaction levels throughout the school community."



Mr Phillip White from Eastern Region presents David Mann with his award

A national award involving a trip to the USA to an educators' convention is available to one of the 60 finalists from across the nation. That award is due to be made in the not too distant future. We at Park Ridge have our fingers crossed hoping that he is successful.



Karoo Primary School

Ukulele Popular With Students

Karoo Primary School is, as always, alive with the sounds of instrumental music. Guitar, keyboard, wind instruments and drums are taught by Online Music Solutions. With the Performing Arts Teacher, all Year 3 and 4 students learn the recorder and Orff percussion is a feature across all grade levels. As part of an Australia wide trend, ukulele is also now a most popular instrument at Karoo.

Music retailers are noting that the ukulele is now the number one selling instrument for school students. A good quality ukulele is inexpensive and playing it is easy and instantly rewarding.

Ukulele is taught to all grades at Karoo as part of the Performing Arts Program. Students start with simple songs and chords, Kookaburra Sits In the Old Gum Tree is an



example with Preps. Year 6 students may play the likes of Over the Rainbow or even bring in songs they have found on the internet.

Ukulele is a great start to further adventures in Music!

John Oldham



Celebrates 40 Years

It began as a small school with 250 pupils and was surrounded by bush. It quickly grew and by the mid-eighties the enrolment had peaked and Rowville Primary School became the largest school in the State with 1,000 students. The enrolment started to decline as other primary schools were built in Rowville. The school is now a medium sized school with an enrolment around 500 students.

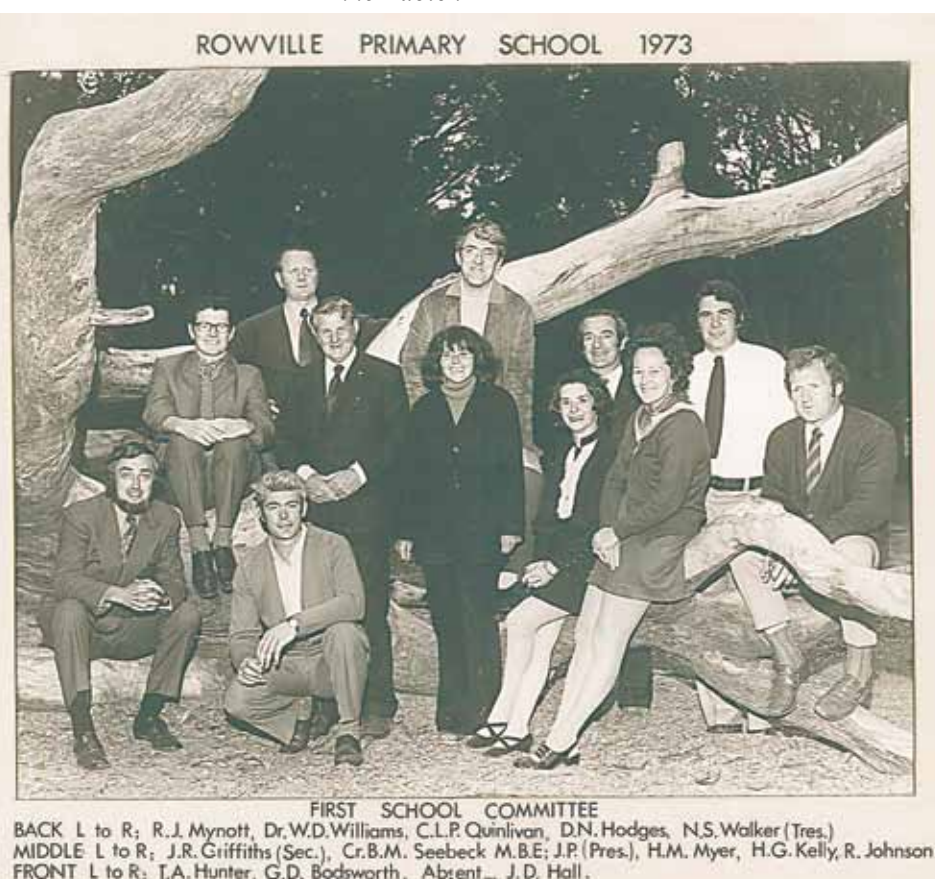
From the earliest photos we can envisage the excitement of the first cohort of students and staff who made their way along the bush track in 1973. Much happens over a forty year period and any recorded history, no matter how substantial, is able to provide only the tiniest snapshot of the daily experience of each student. Of course much has changed over forty years and the physical aspects of the buildings and grounds are almost unrecognisable. However what has not altered in 2013 is the enthusiasm of generations of students as they arrive at Rowville Primary School each day.

The school community will be commemorating this special occasion with an event later in the year as the official opening of the school was on 14th December 1973 when



it was opened by Cr Bernie Seebeck. Meanwhile we invite former members of the Rowville Primary School community to email their memories (stories and photos) to rowville.ps@edumail.vic.gov.au. They will be collated and published on the Rowville Primary School website, which is www.rowvilleps.vic.edu.au.

Anne Babich



FIRST SCHOOL COMMITTEE
BACK L to R: R.J. Mynott, Dr.W.D.Williams, C.L.P. Quinlivan, D.N. Hodges, N.S. Walker (Tres.)
MIDDLE L to R: J.R. Griffiths (Sec.), Cr.B.M. Seebeck M.B.E., J.P. (Pres.), H.M. Myer, H.G. Kelly, R. Johnson.
FRONT L to R: T.A. Hunter, G.D. Bodsworth, Abrent... J.D. Hall.

Kids Page

Kids in The Kitchen at Rowville Primary School

The beginning of a new school year is something special at Rowville Primary School. Students from years 3 to 6 have re-commenced the Stephanie Alexander Kitchen Garden Program which was introduced in 2012. Students have been busy gathering fresh produce from the school's vegetable garden in Environmental Science classes and preparing healthy dishes in the kitchen. The past month has seen students preparing a range of healthy dishes including a tasty and zesty hummus dip (see recipe below) and many more to come...

Quotes From The Masterchefs!

Here are just some of the comments circling around the Stephanie Alexander Kitchen Garden at Rowville Primary School:

Iman, Brodie, Kyle & Jackson, Grade 5B

"Today we are having Hummus made from chickpeas, some crunchy pita bread, some crudités, which is raw vegetables and salad with dressing. It is the first day back in the kitchen. We were very excited to be here. The tomatoes from our garden were ripe and juicy and were squirting everywhere! Lots of people enjoyed the food and we had lots of fun!"

Maggie (Grade 6A)

"Making our own food and eating it and learning how to use the recipe at home is awesome."

Paolo (Grade 6A)

"It's fun!"

Liam (4A)

"I like the hummus because it is very spicy with all the chickpeas in it."

Shyla and Isabelle. (4A)

"We like how everyone gets a turn at chopping food and salad. It was very good because it was all nutritious for us."

Dryden (Grade 6A)

"I love looking at the final food on our tables!"

Sanath & Billy (4B)

"We can't wait to have kitchen this week"

Noah and Nicholas (4C)

"We liked how we all worked together and use different tools and utensils. We like that kitchen is fun and kids have fun in there, plus we get lots of healthy food and treats."

Jack (4A)

"My group got to make the salad and we got to make the dressing and wash all the salad."



Kane tossing the salad



Alison mixing / preparing the dip



Tanisha, Caitlyn, Aimee, Kaye-Celle, Kane, Alison and teacher, Kristina Verhagen, enjoying the meal

A HEALTHY RECIPE TO TRY AT HOME

HUMMUS

400g can Chickpeas, strained, reserve liquid.

2 cloves garlic,

1 teaspoon cumin seeds,

Pinch salt, freshly cracked pepper,

1 lemon,

Olive oil,

Sprigs of parsley.

Method-

Mash the chickpeas in a medium metal bowl.

Peel the garlic and mash in the mortar with a pinch of salt.

Add the cumin seeds and grind until smooth.

Add the garlic and cumin to the chickpeas, with the salt and freshly cracked pepper.

Juice the lemon, add 3 tablespoons of the juice and 3 tablespoons of olive oil to the chickpeas. Stir to combine, taste for seasoning.

Place in bowl for serving. Drizzle with extra olive oil.

Wash parsley, break into pieces, sprinkle over dip.

Serve with pita bread and crudités.

Kitchen Conundrums:

Which lettuce is the coolest? – An iceberg.

Why did the banana go to the doctor? – Because he wasn't peeling well.

What did the salad say to the broccoli? – Close the door I'm dressing.

Which vegetable is the strongest – Muscle sprouts.

What did the lettuce say to the celery – Quit stalking me.

Papa and Mama tomato were walking down the street when they noticed the baby tomatoes struggling to keep up. So Papa tomato walked over to them and squashed them and said – "Ketchup".

Why don't eggs tell jokes? Because they crack up.
How do you fix a cracked pumpkin?
With a pumpkin patch.



Caitlyn and Aimee in the garden standing near the corn and sunflower (ie- gathering the food to prepare)



Kaye-Celle cutting up the cucumber

Student Corner

A Review of my First Year in the Maths and Science Academy

MSA was really hectic last year. Doing maths questions that are year ten or eleven standard, English that made us really use our brains, many excursions in rainy weather and Science classes where we did some pretty ‘wild’ dissections. I was really lucky that not only was I a newbie to high school with the other year sevens, I was also one of the first 42 students to be part of the new program.

On the very first few days of the school year I was nervous but excited at the same time. Well, everyone felt like that in a way. I wondered what topics the program had in store for us and whether this new exciting first year of high school would pass by in a flash. The time did pass so quickly when we did experiments, excursions and mastered extreme expertise in our subjects.

There are so many highlights in MSA that I could not possibly list them all; the Robotics project, the Harry Potter dioramas, the Mesopotamia excursion and many more. These highlights are how we MSA students pass the time

and they are really enjoyable. A highlight that I believe many others will share would be the laptops. Although once in a while they might distract us from our work by playing games and sneaking a message or two, these laptops had helped us store our work and use many programs that we might not have at home. For instance, my home computer doesn’t have Paint.NET or Windows Live Movie Maker, and now those programs are on our school laptops, I can *make* digital artwork and animations.

However, my favourite highlights were the robotics project with Mr Power and the beach volleyball excursion with Miss Whitehouse. Making robots was interesting and getting to give them commands, it was getting more exciting by the minute. The Beach Volleyball excursion with Miss Whitehouse was fun and different as it was a class sport out of school and diving into the sand was such fun.

Now this year we have a new year seven and year nine class being introduced to the MSA program and our two existing year levels have become 8MSA and 10MSA in 2013.

I want to thank all the teachers who made year seven MSA an enjoyable and fun year. Without these teachers how could MSA exist? They worked hard to get us working and also do exciting and difficult work and maths.

I really hope that 2013 will be as exciting in MSA was last year, if not, better.

Anh Truong Year Eight

Kids Competition

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 with ‘Palindrome Competition’ in the subject box.

The prize for the most ‘palindromes’ will be an Easter Hamper of goodies.

Start searching.

Little Athletics from page 15

Amelia Ma’Ó won two silvers and a bronze in the U12 age group, and did Sam Rossiter in the U15 boys’. Josh Jensen, Holly Hodges, Paitlyn Horne and Byron Browne were amongst others who won running medals. Byron gained two.

Personal Best Achievements

It’s exciting to see so many youngsters improving week to week. Each time someone runs or walks their fastest race, jumps their best distance or throws further than they have before they achieve a PB (Personal Best). Some athletes have now accrued a remarkable 30 PBs for the season, thus achieving a gold medal.

Congratulations to Gold PB medalists Mitchell Pentreath, Matthew Guerra, Holly Hodges, Oliver Blackburn, Gemma and Jessica Lille, Byron Browne, Amelia Ma’Ó and Hailey Merrigan.

A remarkable number of athletes have now attained their silver. Amongst them are Skyler Jensen, Ekala Diver, Madeline Reynolds, Kelsie Ternes, Riley Smith, Liam and Jemma Aylen, Elise Bardsley,

Maxwell Pentreath, Kaiden Browne, Kaitlyn Briginshaw, Marcus Byron, Aaron Henry, Jack, Tyler and Sophie Ryan, Ben Pepper, Zachary Carlin, Luke Johnston, Courtney Beer, Samuel Watson, Joels Kitteringham and Lotherington (!), Jessica Shugg and Anaya Hodges.

Other News

A handful of local Little Athletes took part in Athletics Victoria Youth Championships in Feb. This is a Little Aths write-up so we don’t have all the news. We do know that at least two of our members won State titles and will head off to Nationals in Perth. Congratulations to Jordan Munyard and Jackie-Lee Fredricksen. (Apologies to others whose results we haven’t heard, but search the AV website if you want to know more.)

Cross Country commences in April and is open to children from 5 to 15years. 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 KLAC photographers.

Rosemary Merrigan

Liberty Avenue 3 Year Old Kindergarten



As we embark upon a new year of fun and learning, it has been great to see the children exploring their new learning environment with confidence and intrigue. Small groups have provided a very settled start to the year for the children,

allowing staff an opportunity to get to know everyone on an individual basis and the children to begin building relationships with their peers.

We wish to thank the families who attended our recent working bee for their efforts. The gardening and cleaning undertaken has helped revamp our outdoor play area, making it ready for the creation of natural play spaces for the children to explore. Our sensory garden was also dug over, ready for some replanting, incorporating some herbs and vegetables that will later be used in our cooking programme.

We are looking forward to a “Family Fun Night” towards the end of Term One, providing the children with a chance to share their kinder experience with their families, whilst also providing an opportunity for our kinder community to

become more familiar with each other.

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

We offer both Three Year Old & 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

Times Remembered at Rowville Primary School The Bovine Invasion

The landscape at Rowville has changed dramatically since I was there in the late 70’s and early 80’s. Then, an uninterrupted view from the Principal’s window took in a vista of paddocks, a few farmhouses and the distant Dandenongs. A herd of cattle grazed in the large paddock next to the school where now stands Stud Park Shopping Centre, the Police Station, the Community Centre and several suburban houses.

Frequently as I finished up the day around 5pm, Doug, the cleaner, would come to the office to report, “The



A Lone Runner and Those Cows bloody cows are in again Ron!”

The cattle, always thinking the grass is greener on the other side, would have made their way through the straggly fence which separated the school from the northern paddocks, a fence that neither the Education

Department nor the farmer was prepared to spend money on. Having cleared their major obstacle, they thought they were free to investigate the mysteries of the school property.

Doug and I would then spend the next half an hour or so herding the cattle back through the fence, observing all the while that whilst they found it easy to pass through the fence on the way in, their exit presented a task to them more complex than a Rubiks Cube.

Having finally restored the pastoral balance, Doug and I then set about the largely futile job of restoring the fence to it’s original state, knowing that, within the next few days, Doug would be coming in the office to say “Ron, the bloody cows are in again”!

Editor’s Note:- What about all the cows’friendly deposits? Surely they would have been a health hazard to the kids to say nothing of the smell?



Rowville Baptist Church

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It's amazing what a difference two words can make. For example if you're a teenager, your life can change dramatically when you hear just two words, "You're grounded!" Or if you're working, "You're fired." Or those two words that changed my life forever - "I do." It's amazing what two words can do. The apostle Paul once said - "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." Here Paul is saying that the giving of thanks in all circumstances is really tied to our destiny in being at the centre of God's will. The suggestion here is that two of the most powerful words we can speak are "Thank you." Or more precisely, "Thank God."

And we have lots to be thankful for here at RBC. We give thanks to God for our Summer of Service Camp. This is a youth camp that focuses on serving others in a local community. Last year our youth served the Rowville Community by gardening at Rowville Primary School and in the homes of our elderly citizens. This year the youth

served farmers, the elderly and several local churches around Traralgon. We give thanks that God worked through and in twenty teenagers who paid for the privilege to work hard under the hot summer sun. Thank God that teenagers are able to contribute to the lives of others and fully exercise their faith.

Thank God for Blue Moose. This is a youth outreach ministry to regional towns with the aim of sharing the good news to those not yet walking with Jesus. We give thanks to God for equipping six of our young adults to go to three different regional towns. We also give a big thanks to God for several young people who received the good news of Jesus and have begun to follow Him. Their stories have been amazing and very encouraging. God is great and worthy of all our praise.

We also thank God for our regular RBC ministries that are in full swing again. As usual our Sunday 10am and 7pm services welcome you to come join us and it is exciting to see our other ministries, such as, Solo Parents, the Play Group, the Craft and Chat, Lunchalot, Shutters Club, Youth Group and Kids Hope providing positive environments to belong and believe.

As we look beyond RBC and read what other churches



are doing, we are thankful that our God is doing amazing things in Rowville-Lysterfield through His people. Thank God.

But most of all we give thanks to God for Jesus. As we enter into Easter let us be thankful to God first and foremost for Jesus. Thank you God that you love us so much that you gave us your one and only son. Thank you Jesus for laying down your life so that we could live life to the full. Thank you God for raising Jesus to life and in doing so giving us victory over death.

The apostle Paul also once said "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

Thank God.

Dennis Medina

Where ever we find ourselves in the journey of life, we can be assured that none are as important as those closest to us. I'm reminded of a story I once read:

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two beers from under the



table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed..

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things, your family, your

children, your health, your friends & church family and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else, the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take your

spouse out to dinner. Play another 18 holes. There will always be time to clean the house and mow the lawn.

Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the beer represented. The professor smiled and said, 'I'm glad you asked.' The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend'.

When we value doing life with each other, celebrating the greatness that's in each other & praying for each others needs, life takes on a whole different direction. We live from life, instead of for life. That's one of the values we have as family here at Hillview, that doing life together is more important than doing life alone. It's true, who we are is more important than what we do. If that speaks to you, we welcome you to join us on Sunday at 10am. We would love to meet you.

I'll leave you with this thought "Love People & Use Things, not the other way round"

Gary Morgan



Restore Community Church offers a crèche (Gummy Bears) which is available for kids 18 months to 5 years of age for the duration of the entire service and for kids from grades 1 to year 7, Kid's Church (Transformers) is held during the main part of the service. Both the crèche and kid's room are located on either side of the stage and are accessible from inside the auditorium as well as having outside accesses for parents to come and pick up their children after the service. A variety of age appropriate Biblical teachings, object lessons, games and other activities are held in a safe fun filled environment. All children's workers at Restore have a Working with Children's Check and are screened by the church. On duty children's workers can be easily identified by their 'Gummy Bears' or 'Transformers' badges. All kids in the Transformers program are given badges with their names on them as well, making it easier for everyone to get to know each other. As well as the in-house program held each Sunday, there is a special guest ministry being planned especially for children, as well as off-site excursions for the mornings that will take place throughout the year. The church bus will be put to good use during

these times! Children taking part in this program are given Registration Forms to be filled out by parents/guardians which help leaders to be aware of any special needs a child may have; i.e. food allergies etc.

As a child reaches Year 7, they are still welcome to attend Transformers, and if interested can be trained as a Junior Leader. All leaders meet regularly to discuss the running of the program and undertake training where applicable. First Aid certificates are also held by a number of leaders as well as training in Anaphylaxis and Asthma Management.

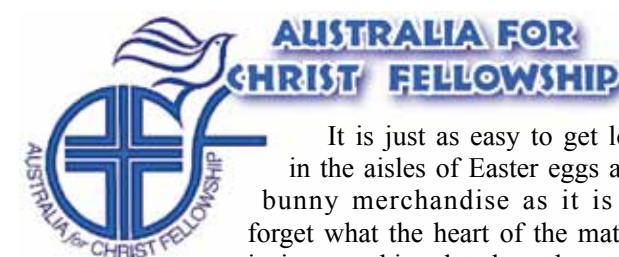
As the kids move through their teens there is a youth program available, Gen R, which meets Fridays, fortnightly. Again, all youth leaders have a Working with Children's Check. Meetings are held in our church building at 2 / 18 Laser Drive, Rowville, with regular outings held throughout the year to challenge the boundless energy of youth!

The week before Easter Sunday, 24th March, the kids will be involved in an Easter Egg Hunt which will greatly fill their chocolate hampers!!! The Transformers program does not operate through school holidays.

Restore Community Church is a family friendly church that caters for all age levels. Kids are welcome to remain in the service, but encouraged to take part in the children's program with their peers where teaching is specifically aimed toward children. Children visiting with their parents are still welcome to attend and join in the fun!

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

Ray Green



It is just as easy to get lost in the aisles of Easter eggs and bunny merchandise as it is to forget what the heart of the matter is, in everything, let alone the event of Easter. Tragically, too often are

hearts lost in surface matters, with many a person fooled by imposed urgencies that masquerade as emergencies. But the real urgencies are not just in remembering the true reasons behind annual events, but in being certain of our reason for living, every day. By being overwhelmed in attempts to fulfil our lives via daily to-do lists, we not only loose our heads, we also usually bury our hearts.

Have you ever wondered, if aside from all the things you do, if anyone knows who you are? We can get so lost in our responsibilities, expectations, and the unpredictability of life, that we might not even know who we are. It's easy to get lost amidst competing priorities and not unusual for one to forget the important matters. How does one live with the perpetual feeling of uncertainty in belonging or position?

How desperately people yearn to be understood, genuinely cared for and found. But the difficulty is this. Why would anyone love another when everyone is so wrapped up in their own lives? Who has the time, let alone the love, to dig through one person's overwhelmed life and care completely for them? Why, it would mean