



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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### WINTER WONDERLAND

#### School Holiday Program

**Mon 8th - Fri 12th July**  
Prep - Grade 6  
\$5 per child per day or \$10 per family

**EARLY BIRD**  
\$20 a week per child \$40 Family (by June 30<sup>th</sup>)

**RBC**

Rowville Baptist Church  
Cnr. Wellington Rd & Le John St, Rowville

More Info:  
CHURCH - 9764 4242  
[www.rowvillebaptist.org.au](http://www.rowvillebaptist.org.au)

**Features Inside This Month... Ali Ladd, Centenarian, page 10, RLCN Reception, page 11, Anzac Day Services, pages 12 & 13, Final Episode of "The Stone Hut", page 16, Multicultural Harmony Festival Pictorial, page 17... and much more...**



### ROWVILLE SECONDARY COLLEGE

*"Opportunities For All"*

Western Campus Eastern Campus  
Paratea Drive, Rowville Humphreys Way, Rowville  
Ph | 9755 4555 Fax | 9764 5087  
Email | [rowville.sc@edumail.vic.gov.au](mailto:rowville.sc@edumail.vic.gov.au)  
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## From the Editor's Desk

Have you ever heard of 'tin-kettling'? It is a custom that's been going on for generations in country Australia, as a means to welcome newlyweds to a district. It involves sneaking up to the newlyweds

house at night, then banging tins, kettles, saucepans and wooden spoons together. Some histories suggest the objects were thrown up onto the tin roof, but whatever method was used it served to create a great racket and consequently frighten the life out of the inhabitants of the house.

Its origins possibly date back to the 18<sup>th</sup> century where it had a number of names, ran-tanning, rough-music, tin-canning, banging-out, lew-belling, low-belling or as it was described in Thomas Hardy's novel "The Mayor Of Casterbridge" as the Skimmington Ride (or Skimmy Ride) or "Riding the Stang". In those days it was an English folk custom, in which a raucous punishment is dramatically enacted to humiliate one or more people who have violated, in a domestic or public context, standards commonly upheld within the community. It survived into the 20th century

in a few places, such as Blisworth Northamptonshire.

Some historians suggest that children gathered outside the reception and made a hell of a racket until the groom came out and threw pennies and lollies. It is also possible that the children were greeted at the newlyweds' house by the couple, who clearly had been warned of the event and treated them to scones and cake etc.

It has been a colourful month, with Anzac Day services, the Multicultural Harmony Festival, our own Reception to acknowledge all our volunteers and supporters plus two parties for our newest centenarian, Ali Ladd. All of these events are covered in detail and I hope you enjoy the coverage. Don't forget too, that it is the last episode with the 'denouement' of our serial, "The Stone Hut". Please let us know your thoughts on the concept and if you have any ideas for the next story.

Finally, we once again ask for help from you, the community. The RLCN is your paper and it needs your help. If you can spare thirty minutes or so a month, please contact Peter Rumble the distribution coordinator on 9752 7592.

David Gilbert

## What's On Locally June 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.

**Body, Mind & Spirit** All classes at old Lysterfield School, Yoga, Stretch, Dance, Meditation, **Fitness Centre** Pre-natal etc. Contact Donna Jordan on 9758 6636 or 0400 679 888

**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. May, June & July meetings on 3rd Saturday at 10am

**Knox Neighbourhood Watch** Meet 1st Tuesday each month 7.30pm at Knox Police Station 2nd Floor. 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.

**Playgroup** Tues & Thurs 10-11.30am. **Toddler Church** every

second Friday 9.30am. Contact Jenny Coole 9764 2573

**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

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

**Rotary Club** Every Tuesday at Baton Rouge at 7pm

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

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

**Sant Nirankari Mission** Congregation session every Sunday from 12noon to 2pm followed by an Indian community meal. Everyone is welcome.

**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)

## June Events

**Knox Home Garden Club** Over the winter months (June, July & August), our meetings will be held on the 3rd Saturday of the month @ 10am, including morning tea at the regular venue.

**Women's Group LIFT (Ladies in Fellowship Together)** A special invitation is extended to women of all ages to connect with a group of Christian women from various demographic, economic, educational and ethnic/cultural backgrounds. Come join us for a cuppa and a snack. Our June meetings will be:- **Saturday 1st, 15th and 29th of June** from 1.30 to 2.30 pm at the Seventh-Day Adventist Church 82 Bellfield Drv Lysterfield (Next to Lysterfield Primary School). For more information Contact : Bernadine 0452 412 597 or gbarcher@bigpond.com

# Calendar of Events June 2013

- 1 – 30 June **Sunflower Club**  
[www.sunflowerclub.org.au](http://www.sunflowerclub.org.au)
- 5 June **World Environment Day**  
[www.unep.org/wed](http://www.unep.org/wed)
- 6 June **National Day of Sweden**
- 7 June **CafeSmart**  
[www.streetsmartaustralia.org/cafesmart](http://www.streetsmartaustralia.org/cafesmart)
- 10 June **Queen's Birthday**
- 10 – 16 June **Men's Health Week**  
[www.menshealthweek.org.au](http://www.menshealthweek.org.au)
- 14 June **World Blood Donor Day**  
[www.who.int/worldblooddonorday](http://www.who.int/worldblooddonorday)
- 14 – 20 June **National Diabetes Week**  
[www.diabetesaustralia.com.au/News--Events1/Events\\_New/](http://www.diabetesaustralia.com.au/News--Events1/Events_New/)
- 16 – 22 June **Drug Action Week**  
[www.drugactionweek.org.au](http://www.drugactionweek.org.au)
- 17 – 30 June **Glen Eira Storytelling Festival**  
[www.gleneira.vic.gov.au/Connect/Arts\\_and\\_culture/Glen\\_Eira\\_Storytelling\\_Festival](http://www.gleneira.vic.gov.au/Connect/Arts_and_culture/Glen_Eira_Storytelling_Festival)
- 21 June **Winter Solstice**
- 22 June **Lloyd Webber and Friends at Knox Community Arts Centre**  
[www.knox.vic.gov.au.theatretix](http://www.knox.vic.gov.au.theatretix)
- 25 June **Mozambique Independence Day**
- 28 June **Red Nose Day**  
[www.rednoseday.com.au](http://www.rednoseday.com.au)



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

**DEADLINES  
July 2013  
EDITORIAL & ADVERTISEMENTS  
Wednesday, 12 June**

**Articles, News or Letters to the Editor**  
[editor1@rlcnews.com.au](mailto:editor1@rlcnews.com.au)

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

**PHOTOS** – email separately – do not embed in documents.

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

**DISTRIBUTION  
Saturday, 29 June 2013**



## Is your journey safe?

More and more people are using public transport and, with winter evenings closing in, they are travelling in the dark. It's important to stay alert

about personal safety. Here are a few tips:

- Wait in well-lit and clearly visible areas.
- Carry a phone card, spare change or mobile phone.
- Observe the environment and people around you.
- Familiarise yourself with facilities, such as shops and public telephones.
- Study the area around you and choose a route you feel comfortable with. The Public Transport Depts new journey planner website: [www.ptv.vic.gov.au/](http://www.ptv.vic.gov.au/) makes it much easier now.

You simply key in your points of departure and arrival and see a choice of routes on train, tram and bus across Melbourne. Connections and waiting times are shown.

- Wherever you are, locate the safety features at the stop or platform and onboard. These could include

CCTV cameras, safety zones, emergency buttons and phones. There may also be public transport staff who can assist you.

- Portray confidence. It shows in your body language and can indicate how you are feeling.
- Trust your instincts. Do whatever will improve your safety and make you feel comfortable.
- If carrying valuables hold onto them or conceal them if possible.
- If you are being harassed consider drawing attention to the situation. Tell the harasser to stop what they are doing in a loud and assertive voice so they become the centre of attention.
- Report the person. Tell the driver or public transport staff who can contact police.
- Consider moving somewhere else or closer to other passengers.

**In all situations if you feel your safety is being threatened or if you witness a crime being committed telephone 000.**

For more community safety information and information about Neighbourhood Watch in Knox visit the website [www.knoxsafercommunity.org.au](http://www.knoxsafercommunity.org.au)

*Anne Boyd*

## Knox Council Gardens for Wildlife now on Facebook

In 2005, a single garden and a resident's good idea led to a program called Gardens for Wildlife and now in 2013 the joint Council and Knox Environment Society initiative has attracted almost 500 participants and has launched itself into social media with its very own Facebook page!

Participants now have an online 'portal' to share photos and videos of their gardens or local wildlife, ask questions, get ideas and learn more about biodiversity in Knox.

Environment Advisory Committee Chair, Cr John Mortimore said the program was about more than just gardening but about protecting and enhancing Knox's biodiversity for generations to come.

"The Gardens for Wildlife program encourages Knox



residents to plant local indigenous species in their gardens to help support local wildlife by providing habitat and food sources. Just putting in two or three local plants can make a difference to a butterfly, a bee or a skink." Cr Mortimore explained.

To learn more about the program, visit [www.knox.vic.gov.au/g4w](http://www.knox.vic.gov.au/g4w) and [facebook.com/gardensforwildlife](https://facebook.com/gardensforwildlife)



**Welcome** – to new distributor Betty Covington

**Thank You** – to Helen & Mark Pongracic who have become the Captains for Area 4C.

### Voluntary Positions

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

- Blackwood Park Rd (odd #'s 150 to 202, even #'s 187 to 203), Kimberley Dv, Hope Ct, Diamond Cl, Cullinan Ct, Longwood Cl (one house) – 70 papers
  - Stephenson Crt, Webb Crt – 36 papers
- Please contact – *Ian Richards* – 9763 9260
- Rathgar Rd (odd #'s 1 to 37 & 67), Viewgrand

Rise, Viewline Dve, Park Valley Way, Skyline Way, Amley Rise, Sunset Tce, Lords Ct – 100 papers

- Spruce Dr, Wattle Cl, Ashview & Jenhill Courts, Dandelion Dve (west side - Spruce to Burchall), Park Ridge Preschool (Kindergarten) & Health Care Centre – 95 papers

Please contact – *Peter Rumble* – 9752 7592

- Maddy, Amanda & Suerulla Cts, Golding Ave, Sandford Cl, Ashbrook Cl, Auburn Crt, Makehan Ave – 80 papers

- Farview Drive, Christian Crt – 47 papers

Please contact – *Shirley Oudshoorn* – 9764 4672

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

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

1. (ACP only) – The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road
  2. (ACP only) – This area is the Timbertop Drive and Seebeck Rd Estates.
  3. (ACP and Captain) – The area bordered by – Napoleon Rd, Kelletts Rd, Rathgar Rd & Grange Dv
- Please contact – *Peter Rumble* – 9752 7592

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



## Rotary Club of Rowville-Lysterfield

## Community Service Clubs' Page



*A section of attendees at the Business Breakfast.*

Thursday 18 April saw another successful community event organised by the Rotary Club of Rowville-Lysterfield and held at the Kingston Links Function Centre, Rowville. This event, the 2013 Autumn Business Breakfast, featured as special speaker, Brett Clothier, AFL Manager, Integrity Services. Nearly 80 people joined Club members to hear Brett outline the current situation with the state of "Integrity in Sport", a subject that is of great concern in practically any organised sporting activity, whether amateur or professional. John Silvester, our last Business Breakfast guest speaker, described Brett as "..... currently the most important man in football."

Brett Clothier lived up to that statement with some startling and alarming things to say about the state of integrity in sport, especially in matters to do with doping, gambling and match-fixing. He also focused on the recent growth of large international gambling syndicates, their worldwide influence and their infiltration into almost every sport in Australia. Brett outlined the extent of co-operation with other sports agencies in the sharing of information and working with ASADA (Australian Sports Anti Doping Agency) and various law enforcement agencies around Australia. He also claimed that the Australian setup was the most effective in the world. He highlighted the relationship of the AFL with the Australian Crime Commission, as well as the role of sports scientists in the development of performance enhancing drugs and their use. There was also a worrying rise in the accessibility and use of online betting systems and particularly their active promotion in all types of TV sports broadcasts.

Brett's address was followed by a lively Question & Answer session which sadly had to be curtailed somewhat due to time constraints, could have gone on for the rest of the morning quite easily!

The Club is very appreciative of the tangible support of our sponsors and the presence of three Knox City Council Councillors, Nicole Seymour, Darren Pearce and Tony Holland. Also present were six student members and staff of our Rowville Secondary College Interact Club who handed over of a cheque for \$3,000 to Rotary District 9810 District Governor, Brian Martin, to support the development of a Safe House project in Timor Leste for at risk teenage girls. This much needed facility is being developed by clubs in Rotary District 9810 and greatly supported by the provision of building trade labour from Box Hill Institute of TAFE to carry out site construction works at the site near Dili.

Current Club President Dr. Daryl Moran, together with Club Past Presidents, Gary Forrest and Darren St. Ledger, visited Rowville Secondary College on Wednesday 19 April to make some presentations to members of the RSC Interact Club. Badges of office were presented to President Charlotte O'Grady, Secretary Anna Chang and Treasurer Nick Griffin. Membership certificates and Interact lapel pins were then presented to Club members. Interact is Rotary International's service club for young people in the age bracket 12 to 18 and each club is sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing



*Knox Councillors Darren Pearce, Tony Holland and Nicole Seymour with guest speaker Brett Clothier.*

and self-supporting. Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs. They learn the importance of developing leadership skills, personal integrity, as well as understanding the value of individual responsibility, hard work, helpfulness and respect for others. Almost 200,000 young people are involved in Interact worldwide. Rowville Rotary Club member Gary Forrest has been the main motivator behind the establishment of the RSC Interact Club with the full support and co-operation of our Club.



*Rowville Secondary College Interact Club President Charlotte O'Grady and Vice President Calvin Parker presenting the \$3,000 cheque to Rotary District 9810 Governor Brian Martin with Rowville Club President Dr. Daryl Moran.*

office at Knox City District Centre, as one of their major 'Community Service' projects this year together with the Timor Leste Safe House project.

Our club won the right to set up the barbecue facility at a City of Knox event held on Sunday 5 May at Benedikt Reserve, Rosehill Street, Scoresby. The event was a Council Community Consultation morning, to discuss with the local community the future re-development of the Reserve for a range of other recreation uses, including perhaps tennis facilities etc. The morning proved to be an invaluable

exercise for our Rotary Club as it raised the community's awareness of firstly, Rotary and secondly our Rowville-Lysterfield Club. It was very encouraging, as we work hard to identify with our local Rowville and Lysterfield communities and recognition and support from City of Knox is greatly appreciated.

If you are a local business person, male or female, who can see the great advantage of networking with likeminded business people in community effort, we are always seeking to grow our club membership. If you're interested, contact Jeff Somers on 0413 150 587 or email: [jjsomers@ozemail.com.au](mailto:jjsomers@ozemail.com.au) to organise a visit to our weekly meeting details of which appear in "What's On Locally" on page 2.

Our club can be found on Facebook under our page 'Rotary Club of Rowville-Lysterfield', we would love you to visit and 'Like' our page. You can also follow us on Twitter@RotaryLyster. Our website is: [www.rotarnet.com.au/rowville](http://www.rotarnet.com.au/rowville) James Wilson

## Lions Club of Rowville



### Xmas in July

The Lions Club of Rowville will be celebrating Xmas in July this year with a stall at Stud Park Shopping Centre, on Friday June 28<sup>th</sup> and Saturday June 29<sup>th</sup>, selling our famous cakes and puddings. Anyone familiar with them will know how delicious they are, so readers are encouraged to take advantage of this opportunity of trying them. Why wait until Christmas?

There will also be lots of information available about our work in the community and money raised from the sale of our cakes and puddings goes towards that work.

For people who are unable to get to the shopping centre on those dates, but would like to make a purchase, an order can be placed with our Cake Chairman Harald on 0403 158 010. Chris Carr



### WACKY WISDOM

**Always keep your words soft and sweet, just in case you have to eat them.**

### Rowville Community Bank® Branch

# \$1,800,000

## in community contributions

Rowville **Community Bank**® Branch, part of Knox **Community Bank**® Group has contributed more than \$1,800,000 to local community groups and not-for-profit organisations, like Chicks for Charity, Introfish, U3A and many local clubs, thanks to U.

That's because with every savings or investment account, every home or personal

loan, and every product or service we offer, money goes back into our community.

**So make a difference – to your own banking and your community.**

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



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[www.bendigobank.com.au](http://www.bendigobank.com.au)



Term 2 ends on June 21<sup>st</sup> and enrolment in classes for Term 3 will begin in the 2 weeks prior, i.e. from about 10<sup>th</sup> June at Parkhills, Park Boulevard, Ferntree Gully. Term 3 begins on Monday 22<sup>nd</sup> July, with a range of more than 30 subjects available. There will be an end of term Luncheon, with a speaker on 28<sup>th</sup> June.

During term 2, we had a theatre night in May to the Vicar of Dibley, at the 1812 theatre. Another theatre night is planned for later in the year. There will be a bus trip in June to the Planetarium (in the break) and another bus trip in September. During term 3, planning will begin for our contribution to the Carnival of Learning in the City Square on Sunday 6<sup>th</sup> October and our own Annual Art Show on 12<sup>th</sup> and 13<sup>th</sup> October. Entry forms for the Art Show will be available in late July.

At RAFT Church Rowville on Thursdays 10.30 a.m. is the class, 'Church History In Australia'. This includes aboriginal traditions as well as the background of various denominations and inter church rivalry etc. You may also be interested in the Australian History course with tutor Robert Kline.

Relaxation Training For Health & Healing is a repeat of a very popular course over 8 weeks on Tuesdays at 11 a.m. at RAFT.

One new subject in the computer room is particularly interesting. Retired teacher and computer specialist Mr Sing Kwan has put together a lesson plan, on how to make and edit a slideshow presentation and caption and dub sound onto home movies taken on a digital camera. The software used to do this are free downloadable Microsoft programs. Note:- many digital cameras have the ability to take video, which can be transferred easily onto computer, via USB port, for editing and conversion to DVD. Some of the older analogue video cameras require a special "firewire" port, which is not available on U3A computers. Therefore this course is limited to those who have compatible photographic/video equipment. The course extends over two terms.



*The happy Cycling group at Boynton's Winery near Geelong.*

Well known local artist, Kath Loxton, runs two water colour classes and has won many local competitions. She has been a judge of our art show in previous years. In spite of ill health she has continued her classes, and her students are turning out some beautiful work. We are also lucky enough to have another well known artist, Elizabeth East, who teaches oil painting. U3A also has

folk art classes, and a new expressionist class, as well as many craft class.

During the April break, the Friday cycling group went on a four day trip from Wangaratta, via Bright, Yackandandah, Wodonga via Tamgambalanga and Tallangatta, then back to Wangaratta via Beechworth. The trip went without a hitch, not even a flat tyre and the weather was kind. The only mishaps were firstly, there was no coffee shop in one morning tea stop location (and why else do cyclists do so many km if not for a glass of wine, food or coffee?) and secondly the horror stretch up 9.3% gradient on the way to Beechworth. All made it to that lunch and coffee break, before an easy descent to Everton and back to Wangaratta. Would they do it again? Yes, but only after a rest

For details of U3A Knox courses, see our website [www.u3aknox.com.au](http://www.u3aknox.com.au), phone 9752 2737 or email [office@u3aknox.com.au](mailto:office@u3aknox.com.au)

*Kath Brown*



*Kath Loxton with one of her Thursday water colour classes*



## Knox & District Over 50s Club



**Something to smile about**

You may have noticed a number of people in the Knox and District area walking around with a huge smile on their faces and wondered what they had to smile about. Well we do not know for sure what they are smiling about, but we would guess that the majority are members of the Knox & District Over 50s club, because it is well known that participating in the various events organised by the Club puts a lasting smile on your face. So come along, join us and sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

A number of interesting and entertaining events for the year have been planned by the Social Sub-Committee. Each month club members enjoy coffee mornings at Myer Knox City, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more.

Our 6 day bus tour holiday in September staying at Mannum in South Australia is fully booked and there is now a waiting list for that event. However the club has a variety of other events programmed for June and July. Have your diary or perhaps your iPhone ready to make a note of any events that interest you. In June we have visits to the Hollywood Costume Exhibition, the Afghanistan-Hidden Treasures Exhibition and the Whitehorse Theatre for the Andrew Lloyd Webber show. For July we have a Market Day planned, a mystery coach trip, a Christmas in July lunch, and a Trivia afternoon as well as all our regular activities.

The Knox Over 50s Club accepts as members, ladies, gentlemen, couples (we would even consider aliens!) and as a financial member of the Knox Over 50s, you would be welcome to participate in any or all of these events. Membership is still available but filling up fast.

Our monthly newsletter Knox Natters Matter (which is e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Details of our meeting times, dates and venue can be found in "What's On Locally" on page 2. Come along to our meeting on Tuesday, 25 June 2013, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

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

*Jim McLoughlin*

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**9764 4139**



**Our expert has been very busy!:** You can now book a librarian to assist you one-on-one to set up your device for **e-books, e-audio books**, or to **download online magazines** from our Zinio database. As time goes on more and more facilities are available through the ERL website, so if you need help please just take advantage of this offer. The bookings are only required because we need to ensure that we have staff available at the time to give you their full attention for the duration. This is a free service. Bookings can be made in person or by telephoning 92941300.

**Facebook training:** We present a 2 hour training session on Facebook for beginners from 1-3pm on Thursday 6<sup>th</sup> June at Rowville Library. Create a Facebook account and start Facebooking! Bring your photo on a USB or camera (with lead). Basic computer skills and an email account are prerequisites. The session is free but bookings are essential (limited to small group) Phone 92941300 or online [www.yourlibrary.com.au](http://www.yourlibrary.com.au)

**Hearing screening for the Chinese:** Are you Chinese or do you know anyone who speaks only Chinese and has a hearing problem? There will be an interpreter available to assist Australian Hearing to talk to our Chinese Friendship Group on Thursday 20<sup>th</sup> June from 10.30am and to conduct hearing screenings afterwards. This is a free service. (If you are not Chinese you may prefer to come later in the year when screenings will be offered on 14<sup>th</sup> October. Bookings for this will be essential)

**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 6<sup>th</sup> June at 9.30am. Even if you have attended before you can come again for more help. All welcome. Bookings essential. Free event.

**Bookclubs:** There are three bookclubs running in the library which meet once per month. Our evening sessions have **vacancies** so if you are free on the second Thursday or the last Friday of the month at 7pm for about one hour or so, please come along. If you would like more information please ring Rose 9294 1300.

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

**Computer Help Sessions:** On **Tuesday and Wednesday** mornings a tutor is available from 10am to assist people to use the computers. Tutors are able to help with Internet, Email, Facebook, Word, and Excel, everyone is welcome. The sessions are **free**. Do you need help to set margins, attachments for emails, access online services, etc? This is for you!

**Beginner's Internet and Basic Email training sessions are now on offer:** Rowville Library is running these sessions



*Biggest Morning Tea...Biggest Attendance*

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

**Chinese Friendship Group:** This group meets at the library on **Thursdays at 10.30am**. If you know of anyone from a Chinese speaking background who would be able to attend the sessions please let them know about it. Some weeks the groups just meet and chat, some learn English, often guest speakers attend to provide information in Chinese about services which are available, health topics and more. The sessions are free and there is no need to book.

**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 is welcome. This is a free event. No bookings required.

**Rowville Writers' group:** Meet at Rowville Library on the fourth Tuesday of the month to share their work and support each other in their endeavours. All welcome. Free event. No bookings required. Next meeting will be on Tuesday 25<sup>th</sup> June 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** or telephone 92941300 for an **appointment at another time**. Ask for Charles! Free. No bookings required although we recommend that you phone first for Thursday evenings to ensure staff availability.

**Afternoon Bookchat!** Have you ever read a fantastic book and wanted to tell someone about it? Join our group of avid readers for a relaxed discussion of what you are reading and what you think about your latest favourite book. It's a great session to get ideas about what you might like to read next and is open to everyone. Held on the 1<sup>st</sup> Monday of

the month at 2pm our next meeting will be on Monday 3<sup>rd</sup> June 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 7<sup>th</sup> June. All Welcome.

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

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

**List of regular storytimes held during school terms: Bookings are not required.**

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

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

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

**Bedtime storytime** is on first Friday of the month at 7pm **Saturday 10.30am** during school terms

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

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

Details about the library service are available from our website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au), and you can even join on-line. *Rose Thompson Manager - Rowville Community Library 9294 1300*



## Cake Decorators Association of Victoria Rowville Branch

Our next hands-on workshop is Sunday, June 9<sup>th</sup> where we will be making "Gumnut Babies". Maya Pless from the Westgate Branch, who specializes in creating lovely figures from icing, will be our demonstrator/instructor. We are now taking bookings for our **Christmas in July Demonstration Day** on Sunday 14<sup>th</sup> July from 10am-4pm. There will be a spit roast lunch and morning and afternoon tea included. Price available on request. This event needs to be booked and paid for in advance for catering purposes. We have direct banking facilities available on request.

Details of our venue, dates and times can be found in "What's On Locally" on page 2. The cost is \$10 for Members and \$15 for non-members.

*Bookings & Enquiries - phone Madeleine 9870 5743*



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# Wellington Village Shopping Centre

## Your Community Bendigo Bank Building Better Communities

The role of our bank is to feed into prosperity, not off it.

Bendigo is often lauded for its "social responsibility" because of their work with communities, almost as if they have tacked a social conscience on to their business strategy. In fact, working for the benefit of their customers and their communities is the key business strategy.

It makes sense. You cannot run a successful business in an unsuccessful community. Therefore, if we can help them prosper, then we will have strengthened our markets. And if Bendigo Bank is an essential part of the community fabric, then we are more likely to be supported and to build a sustainable business.

Our approach begins with listening. How do local leaders see their community growing? What are their problems? Can Bendigo Bank help them address these threats and opportunities?

We have been able to build a number of successful business models built on simple methods. For example we encourage local people to commit to buying their



services through a company committed to retaining at least some of its earnings in their community.

Helping communities to address environmental sustainability is another area of interest to us (for obvious reasons .. you can only run a sustainable business in a sustainable community).

Bendigo Bank at Wellington Village will continue to develop its current programs and look to introduce new initiatives that can benefit the wider community. To date, these innovations have included Community Bank®; Community Sector Banking, to improve services and return on capital for the not-for-profit sector, telecommunications and the Lead

On youth development program.

So come in and see our manager Mike and his friendly team, that are all part of your happy local community Family.

Yvette Switalski

Phone: 9755 8611

## Rowville Community Bank® Branch

Trading Hours

Monday - Friday: 9:00am - 5:00pm

Saturday: 9:00am - 12:00pm

Website: [http://www.bendigobank.com.au/ferntree\\_gully/](http://www.bendigobank.com.au/ferntree_gully/)



## Probus Club

The week-long trip to the NSW mid coast was a huge success. We stayed at the Villanova Motel in Villanova, 5kms from Gosford and everything was organised and catered for. Everyone enjoyed all the activities, which included a Sydney Harbour Cruise and visits to Terrigal, The Entrance, the Hunter Valley and the Blue Mountains. The weather was wonderful throughout. It was enjoyed so much that we have booked again for next year with a whole new itinerary.

25 members paid a visit to the Wantirna Hill Club for lunch, on 16<sup>th</sup> April, and enjoyed a filling three course meal and the odd drink, in great company.

Our film of the month at Pinewood Cinema was "Hyde Park On The Hudson" which told of the relationship between Franklin D Roosevelt and his cousin Margaret



'Daisy' Suckley. It was both absorbing and revealing.

Our speaker for the month was Evan Thomas from the CFA Seniors' Fire Safety Programme.

It made everyone sit up and take notice and we all went home to check our smoke detectors!

If you would like to join our Club please contact Kaye Graham on 9780 2686. Details of our meeting dates, times and venue can be found in "What's On Locally" on page 2.



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**Dr Varathan Shan**

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## Australian Red Cross

May has been a busy month for us socially, with a visit by Blumes Fashions and another from the Rowville Library manager, Rose Thompson. At the end of the visit by the lady from Blumes, many of us were well equipped for winter. We also have on our agenda a planned trip to Marysville.

For a week in June from 17<sup>th</sup> to 21<sup>st</sup>, we will be helping at the Lions Opportunity Shop at 55 Wadham Parade, Mount Waverley, so come along and see what they have on offer and hopefully make a purchase. All sales from that week will benefit the Rowville Red Cross Unit. We will give the proceeds to some of Red Cross's more pressing needs. For more information about our local unit please ring Joan on 9764 4611.

Elly Baré



## Rowville Neighbourhood Learning Centre

There is something for people of all ages and interests at the Rowville Neighbourhood

Learning Centre. Opportunities are available for those wanting to meet and connect with others in their local community on a regular basis. It is a central focus of the Learning Centre that people feel a sense of belonging and there are activities and groups to suit a variety of interests and needs. Friday night social events hosted at Rowville and other Neighbourhood Houses in Knox, have provided entertainment and supper for many locals and friendships have developed from these connections. Our friendly Staff are available to answer any questions you may have and there is the option to volunteer to develop work skills and confidence.

Those wanting to learn new skills for work and for further study have options to explore in areas such as administration, Computers, MYOB, Small Business, Leadership, and Languages. There are courses for personal interest and development such as Meditation, Ballroom dancing, Tai Chi, Photography and Art/Craft. Certificate courses are held on site in Education Support (Certificate III), Responsible Service of Alcohol, Food



Handling, First aid and Management of Asthma and Anaphylaxis. Children from pre-school



## Rowville Toastmasters



Australians live in a culture that has a liking for a celebration and a party. This is evident for a nation that has a public holiday for the Melbourne Cup!

"Any excuse for a party," is often a phrase used to describe our ability to do exactly that – party! It is an 'Oz' tradition that takes a lot of beating in our view. We at Rowville Toastmasters are not going to let that tradition falter, no, not one bit.

July will see us experience our 400<sup>th</sup> meeting, on 9 July 2013 to be exact. If that is not an excuse for a party then

what has happened? In fact, we have discovered that there is more than one reason for the party that we will throw in conjunction with our regular meeting on a Tuesday.

We are going to celebrate:

- a member or two's birthday/s;
- the fact that a member has become a grandfather;
- that a new Toastmasters year is beginning;
- the wonderful achievement of a member Joan D. who won the Alfred Deakin (Australia's 2<sup>nd</sup>, 5<sup>th</sup> and 7<sup>th</sup> Prime Minister) award for Academic Excellence at Deakin University;
- the successful Speech Craft course in May and June;
- a debate to liven up proceedings; and
- the continuation of an amazing club with amazing people.

Part of that party is to celebrate the tangible and recognisable progress and improvements that people make while experiencing the Toastmasters program. If that is not a reason for a party, then nothing is.

Toastmasters is really about enabling people to develop their already present talents, skills and capacities. It is like a special elixir that breaks the cocoon to encourage the colourful creature that is inside, to be more expressive and prepared to take on new things. It is the emergence of talents that are often hidden and underutilised. Some of those are spectacular. All the more reason to party!

As with any meeting of the club, you are free to attend to meet us, be part of it and share in the joy of success.

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

Penny Barrington



One of the many happy craft groups... 'Knit and Chat'.

age can join in with music and movement and as their skills develop progress to Jazz dance or Hip Hop. There are

dance classes to suit ages up to young adults and each year both the Jazz and the Hip Hop dancers perform on stage in concerts organised to show their families what they have learned. Creative children can do Art and painting, card and jewellery making, cooking skills or learn guitar, keyboard, vocals and drama. There is homework help during the school term and Vacation Care for the School holidays for primary aged children. Rowville Neighbourhood Learning Centre hosts the Community Stage at the Stringybark Festival in October supporting the talents of children from many local schools.

Rowville Neighbourhood Learning Centre  
Ph.(03)9764 1166 for further information

Wendy Hiam

## Paul's Photography Patter

When buying a digital camera one of the factors customers consider is the power of the zoom function. Be careful you are not misled by some manufacturers' claims. The important zoom number is for "optical" zoom, generally quoted as say 5x or 10x, that brings the image 5 times or 10 times closer respectively. Optical zoom is considered **true zoom** as it brings the image forward much the same as binoculars etc., while the image quality remains the same and the full resolution of the camera can be used on the zoomed image.

Where people get confused is when manufacturers also quote **digital** zoom which is not a true form of a zoom function. The image itself does not actually come any closer, as all it does is take a portion of the image and expand it to the full size of the picture, much the same as you can do on your PC at home.

This expanded image quality is consequently reduced

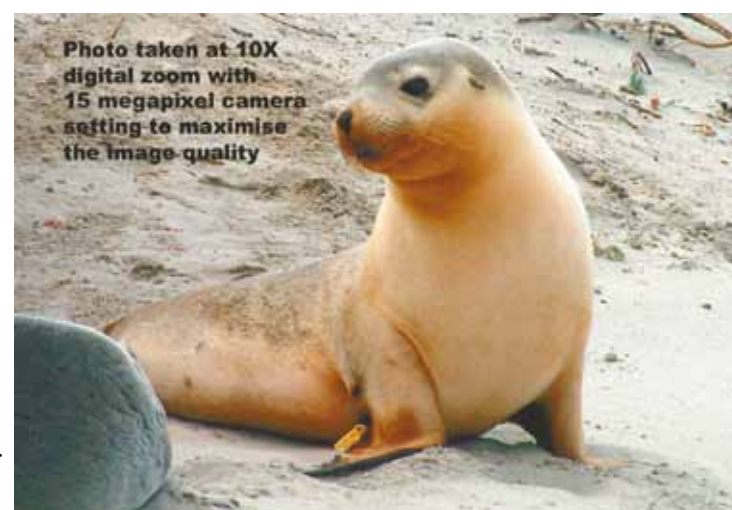
because it has been enlarged with no new data for the image.

One way to maximise the quality from photos if you want to use digital zoom is to have a camera with the greatest megapixel rating that you can afford and to use the camera at its full megapixel rating. Then the image quality starts off very high, so the reduced image quality from the digital zooming could still be acceptable. This is certainly helpful if you are only going to view these photos on your computer, iPad or phone screen.

If you are going to print your photos (especially if larger than post card size), then my advice is to go into your camera settings and turn off the digital zoom function and only use the optical zoom.

Happy snapping, Paul Lucas.

**HINT:** Ensure you have the maximum megapixels possible set so the reduced digitally zoomed image quality



A closeup using digital zoom

is still acceptable. Alternatively, if you have a compact camera with a low megapixel rating then I suggest you turn off the digital zoom function in your camera settings.



**All Aboard!** We're off to East Melbourne to the home of the late W.R. Johnson for a tour of his breathtaking legacy, a display of fine and decorative arts from the Georgian, Regency, and Louis XV periods. We will need to pay \$21.00pp for this special day out.

Then the following week we will board a bus to visit the Creswick Woollen Mills. Maybe return home with something special? A bargain perhaps? As always, it will be another enjoyable day with happy people. Celtic Thunder is the treat for music enthusiasts. All this plus our

usual, Cinema, Cards, Walks, Lunch, Painting, Badminton, Board Games, Water Aerobics, and Organ playing.

**Warning Warning.** The July extended bus trip to Goulburn is filling fast. As Goulburn is celebrating 150 years, there will be special events, such as The Archibald Prize Exhibition. A day in Canberra is also planned, visiting the Royal Mint, Duntroon and Parliament House. This is a 5 day/ 4 night holiday, departing on Sunday the 14<sup>th</sup>.

59 members boarded 'Puffing Billy' for a return journey, including lunch and a walk to the Emerald Lake, with much appreciation to Helen and train staff.

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



*Puffing Billy*

## Rowville Fire Brigade Winter Fire Safety Winter Fire Safety Message

### Fire Facts

Working smoke alarms provide vital early warning in the event of a fire. When people are asleep, they can't smell smoke. Smoke alarms are essential to wake people if a fire breaks out; they give occupants early warning and time to evacuate safely.

### Only working smoke alarms save lives...

These tips will help to make sure your smoke alarms perform as intended - when you need them the most:

- A short, low beep every 60 seconds indicates the battery power is low and the battery needs replacing. Change your smoke alarm batteries every 12 months at the end of daylight saving and use a long-lasting alkaline battery.
- Smoke alarms should be tested monthly by pressing the test button with a broom handle.



- Smoke alarms should be vacuumed regularly - at a minimum once a year - to clean the vents.

### Fire Facts

- There are about 11,000 house fires in Australia each year. In fact, one in five Australians will experience a house fire in their lifetime.
- In Australia, more than 50 deaths are recorded each year as a result of accidental house fires. The majority of deaths occur between 9pm and 6am, and the elderly (people aged 65 and over) have a disproportionately higher fire death rate compared to the rest of the population.
- House fires are more common in winter months when people are using fires, heaters and other electrical equipment, although fires may occur at any time of the year.

### Some Important Facts to

### Remember...

- Turn off all portable heating and extinguish open fires before leaving home or going to sleep. Remember to regularly service your central heating system and gas wall furnace according to the manufacturer's instructions. Chimneys and flues should be cleaned yearly.
- Always extinguish cigarettes, candles, incense and oil burners before leaving home or going to sleep.
- Turn electric blanket on 30 minutes before getting into bed and turn off once you are in bed.
- Always let clothes dryers complete cool-down cycle before stopping and clean lint filter after each use.
- Make sure you can get out of your home in an emergency. Remember you can't escape if you have dead-locked your door.

For more information and everything you need to know about home fire safety, call in at the Rowville Fire Station, 1-5 Taylors Lane, Rowville, and pick up your Home Fire Safety booklet.

*Joyce Hollingsworth*

## Stamford Park Men's Shed

The Stamford Park Men's Shed members have continued to maintain the grounds and carry out maintenance work at the Stamford Park Homestead. They have also been re-arranging their workshop to accommodate the woodwork machinery generously donated by the Gay family of Mitcham and the Browne family of Burwood. We increased our membership by one this month and there have been several very interested enquiries from others. Our meeting venue, dates and times can be found in "What's On Locally" on page 2.

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

*Leanne Chisholm-Guy*



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MEN'S SHED**

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# Rowville's Newest Centenarian... Ali Ladd

Ali Ladd (nee Compton) was born in Elsternwick and clearly remembers writing on a slate with chalk at her junior school. She also recalls playing hopscotch and jacks with the girls whilst the boys raced their billycars. She attended Prahran Tech. and enjoyed visits to the cinema with 4d in her pocket. 3d was to get in and 1d for a 'Silver Sally' which was the longest lasting sweet she could find.

Ali learnt the violin as a young girl and on leaving school became a dressmaker earning 10/- a week. She reminisced about everything from milk to bread, vegetables and telegrams being delivered to the front door, shops closing at 6pm and how very few, if any, homes had telephones.

She married George in 1937 and two years later they paid £1,000 for their first house in Moonee Ponds. Together they



Ali with her two sons, daughter and daughter-in-law

raised three children, Ray, Susan and Howard, all at five year intervals!

Ali was very committed to the "Parcels For Britain" organisation during the war years and attended every meeting up until 2004. She has also been a supporter of South Melbourne Football Club, now the Sydney Swans, for as long as she can remember. In latter years she purchased trotters and regularly attended harness racing at various venues.

Today Ali has 10 Grandchildren and 14 Great Grandchildren and eagerly follows their sporting activities.

Peppertree Hill Retirement Village and Rowville Senior Citizens both held birthday parties to celebrate Ali's great achievement where she proudly displayed her letter from the Queen.

David Gilbert



Amongst the balloons at Senior Citizens Party



Cup Cake arrangement at Peppertree Hill Party

## Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



## Rowville Senior Citizens

On 22nd April, 44 of our members enjoyed a lovely outing to the Berwick Botanical Gardens, followed by lunch at the Lynbrook Hotel. Despite a very overcast day and the threat of rain, our cheerful group set off, determined to beat the weather and we did!!

We have a very strong club, with members playing indoor bowls, cards, bingo etc., so take that step and come along on Wednesdays, Fridays or both, to the Rowville Community Centre and make some new friends.

For enquiries, call Anne on 9873 0226 / 0404 007 174 or Margaret on 9755 7542.

Rowville Senior Citizens were thrilled to celebrate the 100th birthday of their eldest member, Ali Ladd. Ali is a regular bingo player on Fridays and is an inspiration to us all with her beautiful smile and happy nature.

The committee and members wish Ali a very happy birthday and many, many more bingo days!

Anne Berg

## Knox Council

### Bush kinder pilot project

Childhood is the perfect time for exploration, adventures and learning.

And this is exactly what children in Council's pilot 'Bush Kinder' project are doing when they visit Starlight Reserve each week.

Tirhatuan Ward Councillor Nicole Seymour said the eight week project was wonderful, in that it allowed children in three Family Day Care groups to come together and simply explore the Starlight Reserve in Rowville. Cr Seymour said. "It's so important that children are given the opportunity to experience the joy and wonder of nature in a hands-on way. It's also important to keep children connected to nature and to foster respect for nature at an early age. This way we can ensure that communities and leaders of the future value our natural environment and proactively protect it for generations to come."

Cr Seymour said the children who visited Starlight Reserve as part of the project showed great enthusiasm for their surroundings. "They had no interest in the reserve's play equipment," Cr Seymour said. "They just wanted to climb, explore, and play with sticks and rocks".

Cr Seymour said Council would soon be installing 'clue' and 'treasure' panels throughout Starlight Reserve, aimed at encouraging children to learn about key features of the reserve. This would complement the sitting circle art piece, recently installed at the site, which represents an



aboriginal meeting place.

Cr Seymour hoped that families from throughout Knox would bring their children to Starlight Reserve too, realising the potential for learning right on their doorsteps.

### Fine music – for all Melbourne to hear 3MBS Fine Music Series

Radio station 3MBS will broadcast a series of performances from the Knox Community Arts Centre in Bayswater, which local residents can attend in person. The '3MBS Fine Music Series' has been curated by 3MBS Vice Chairman and member of The Melbourne Piano Trio Chris Howlett. All performances in this series will be recorded and broadcast on 3MBS FM.

Dates: Five performances – May, June, July, September, November. Tickets: Adult \$25, Concession \$20. Bookings: [www.knox.vic.gov.au/theatretrix](http://www.knox.vic.gov.au/theatretrix) or call 9729 7287

## Poetry Corner

### A Drop In The Ocean

A spore of mould,  
a granule of mustard:  
life.  
A spark from a furnace,  
a pinpoint in the galaxy:  
light.  
A droplet on a bud,  
pinpricks of mist:  
moisture.  
A speck on glass,  
a fleck on a table:  
imperfection.  
A sliver of ham,  
a shred of almond:  
feast for an ant.  
A dot in the universe,  
a jot in the galaxy:  
the earth.

Edel Wignell ©

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# RLCN Annual Reception



*25 Years Award Ray Vancam*



*20 Years Award Graeme & Maureen McEwin*



*20 Years & Life Membership - Baptist Church  
Dennis Medina*



*20 Years & Life Membership Nicky Laughton*



*20 Years & Life membership - Tracey Boyd from  
Boyd Dance Academy*



*20 Years & Life Membership Sandra Ogrizivic  
Pets Home Feeding*



*Doug Wahn on behalf of Uniting Church  
Life Membership*

Once again the annual reception was very well attended with the rooms overflowing with dignitaries, volunteers, sponsors, advertisers and committee members. It is a time when we can thank all those people who give their time to ensure the paper reaches every household in Rowville and Lysterfield. At the same time we take the opportunity to thank our advertisers without whom the paper would not be able to continue. I urge everyone to support these great companies. It is also a time to thank our sponsors who ensure that specific pages in the paper continue to report as much news as possible. Another group, the contributors, were acknowledged for their continued support of the RLCN.

We were honoured to have three special guests, Kim Wells, State Minister for Police & Emergency Services and Minister for Bushfire Response, Nick Wakeling State MP and Cabinet Secretary and Knox Mayor, Councillor Karin Orpen, who assisted with the presentations.

Certificates of appreciation were awarded for 5, 10, 15, 20, 25 and 30 years dedication.

## **5 Year Certificates were awarded to:-**

Rowena Binzar, Alan Boulton, Marg Carey, Michelle Crowley, Julie Dearing, Kay Gowar-Rust, Barb Karosa, Cathy Meadows, Robyn & Tony Nerra, Raelene Templeton, Mick Van De Vreede, Robin Vincent, Cr Darren Pearce, David Gilbert, Pack & Send, The Knox School and Wellington Village.

## **10 Year Certificates were awarded to:-**

Lyn Bramman, Jenny Crombie, Anne Donovan, Nina Goriainov, Brenda & Brian Harriss, Trevor Ives, Naomi & Hannah Nelson, Diane O'Dwyer, Bendigo Bank, Graeme McEwin and Rowville Playgroup & Activity Group.

## **15 Year Certificates were awarded to:-**

David Devine & Family, Lynette Lorenz, Bronwyn & Ian Richards, Dorothy & John Taylor and Knox Council.

## **20 Year Certificates and Life Memberships were awarded to:-**

Di & Kel Emerson, Nicky Laughton, Christine & Mal White, Maureen & Graeme McEwin (Treasurer), Lions Club of Rowville, Rowville Baptist Church, Boyd Academy of Dance, Rowville Pets Home Feeding Service.

## **25 Year Certificates were awarded to:-**

Pam & Trevor Beattie & Family, Ray Vancam.

## **30 Year Certificate was awarded to:-**

Mary & Brian King.

## **Life Membership was awarded to:-**

Rowville Uniting Church.

As we move towards our 32<sup>nd</sup> year, we look forward to continuing to serve the community. We are always happy to welcome new volunteers, so if you would like to be part of our amazing group, please contact Peter Rumble, our distribution coordinator, on 9752 7592.

*David Gilbert*



*Fifteen Year Awards*



*Ten Year Awards*



*Five Year Awards*

## A Young Person's View

### The value of history

This year was the first Anzac Day that I truly appreciated this important day of remembrance. Having a personal history with the Australian Defence Force and being in my twenties, I have to admit that I am a little ashamed to be saying this now.

We celebrate Anzac Day from when we are small, at memorials in our schools, a one minute silence through the PA system, a trip to the city or local ceremony with a grandparent or parent. But what does it really mean for someone so young? I think it is really extremely difficult for young people to understand what happened and 'remember' the brave soldiers who fought on our behalf all those years ago.

No one can deny that this commemoration is important. I

have never felt that as strongly as I have this year, standing beside my grandpa at our local service. I am really proud to be able to say that hundreds of locals attended the service at Stud Park in Rowville this year. Even though the young children may not understand fully and appreciate the grave risk taken for them all those years ago, we have to honour our soldiers. We may not feel the fear that Australians and the rest of the world felt all those years ago, but Anzac Day reminds us of this real fear that the world felt, and could feel again. We should appreciate the world we live in today, remember what happened in the past and from that knowledge, try to prevent future conflict.

Anzac Day is to commemorate those brave men and women, some of which were as young as 16. It also serves as a reminder to value a knowledge of history. It ensures that history does not repeat itself and we can live in a safe country for many years to come.

*Marita Lacota*

## Rowville Primary School

**Ceremonies and Special Events Working Party** students were responsible for organising and conducting the special Anzac Day service. The Hon. Alan Tudge MP and members of the community joined in the ceremony. Sprigs of Rosemary were distributed before the ceremony. The wearing of Rosemary on Anzac Day is done as a mark of respect for the soldiers who didn't return from war. It is a symbol of loyalty and friendship. The Hon. Alan Tudge MP presented the school with a new Australian and Aboriginal flag.



*Anzac Day service at Rowville Primary School*



*CFA Junior Captain Jessica Walker laying a wreath*



*Rowville Secondary College Captains Shelby Johnson and Bradley Beard*



## Sponsorship

The Aston Athletic Football Club, a community based sporting organisation, was established in 2010 out of the need to provide further Football (Soccer) specific training and playing for players who had a genuine interest in pursuing the sport at all ages and levels.

The Football club is currently seeking sponsorship support from local or businesses in the general Melbourne area. The club is run in the utmost professional manner with professional coaches and administrators working to establish this club as a prominent part of the Football Federation of Victoria.

The club is based at the Rowville Football Centre and has at its disposal a full size synthetic soccer pitch of the highest quality, a full lighting system plus qualified and experienced coaches.

The Rowville Football Centre venue is visited by more



*Photo Aston Ath FC*

than 20,000 people each year, including children and adults of all ages.

The club has many avenues for sponsorship including signage at the venue, shirt logo printing, football equipment or product donations, website and social media advertising, naming rights and many more.

There are many benefits to your organisation through this local sports community and all sponsorship enquires are welcome, please contact Sean Weston on 0416186392 for any queries.

*Sean Weston*

# Anzac Day

## Stud Park Shopping Centre



### Stud Park's first Anzac Day service

This year Stud Park hosted their first Anzac Day service, an event where the local community were able to pay their respects and honour those who served in war. The service, held on Thursday 25<sup>th</sup> April at Stud Park's war memorial, was run in conjunction with the local RSL, Salvation Army and Rowville Lions Club.

To honour those who served, prayers poems and a history of Anzac Day were read. Wreath laying and a moment's silence was had for those who died in battle. Several dignitaries attended the service including Kim Wells MP, Minister for Police and Emergency services, Rowville Fire Fighters, Rowville police, school captains from Rowville Secondary College and Stud Park Operations Manager and returned soldier Michael McHugh. All paid their respects by laying a wreath during the service.

The crowd exceeded expectations for Stud Park's first service, with just under 300 people attending the event, including returned soldiers. Following the formalities, a sausage sizzle was held with all money raised on the day going towards supporting the Anzac Appeal and Vietnam Veterans Museum. Kellie Suhr, Centre Manager explained the service aimed to create an experience for the community that has not been done at the Centre before. "At Stud Park we strive to become an integral part of the community and we were thrilled to be able to host the Anzac Day service for the surrounding region".

"We understand it can be difficult to attend the annual Dawn Service, so we wanted to offer an opportunity for community members to still be able to pay their respects," Kellie said. Feedback from the local community was very positive with many thanking Stud Park for offering a place for them to pay their respects.

*Liana Mete | Promotions Manager Stud Park | Lend Lease*



*Kim Wells with Michael McHugh, Geoff Dare, Liana Mete and members of the Police*

# Commemoration 2013

## Peppertree Hill Village

Our 2013 Anzac Day service was well attended and the brilliant sunshine served to enhance the moment.

For the last twenty years, the residents of Peppertree Hill have celebrated Anzac Day with a full service including the reciting of "Flanders Field" and the playing of the last post.

This year our service was conducted by one of our residents, Mr. John O'Reilly, who is a guide at The Shrine.

A number of our residents laid wreaths. One of those, Ern Welsh, was a Lieutenant in signals in 1942. He remembered that "I was allotted to a position of second in command of a line section which was sent to New Guinea to maintain the telephone line along the Kokoda Track".



*Bathed in sunshine at the service are Ern Welsh & Ron Patterson*

Also present on the day, complete with a photo of himself in RAF uniform at just 18 years old, was Russ Mayo. He recalled, "I enlisted with the RAF on 26th March, 1943, having just turned 18. I trained in Australia as a Wireless Operator/Air Gunner and was then posted to England for further training. Then it was on to the Middle East and eventually to Ceylon (now Sri Lanka), where we were attached to RAF Squadron 292 on Liberator B24 Aircraft for Air Sea Rescue operations. My position was in the rear-end turret, which was not the safest or most comfortable place to be on a long trip"!



*Ern Welsh laying a wreath with Ted Giddings and Ron Patterson.*



*Russ Mayo with a photo of himself at 18*

## Waterford Valley Lakes Retirement Village

For eleven years now the residents of Waterford Valley Lakes Retirement Village, situated in Kelletts Road Rowville have, conducted an Anzac Day Commemoration Service.

A record 250 residents, their friends and invited guests attended this year's Anzac Day Commemoration. The Service conducted by the residents, was led by WW2 Veteran Max Lee OAM, who presented the Anzac Ode; Bram Southwell Prayers of Remembrance; Greg Swinton, Village manager welcomed guests and Don Horsburgh (RAAF Retired) was Master of Ceremonies. Meaghan Conroy, Year 12 co-captain, Rowville Secondary College presented the Anzac Requiem. Matthew Todd, (Cornet), Waverley Salvation Army Band and Ian Cameron, (Highland Piper) provided the music.

Village residents were honoured to have as their guests,



*RSC Captain Meaghan Conroy reading the Anzac Requiem*

Nick Wakeling MP, MLA, State Member for Ferntree Gully; Cr. Karin Orpen Mayor of Knox, and senior staff and students representing Rowville Secondary College and Karoo Primary School. Several Village staff members and service providers, who regularly visit the Village, also attended.

Those laying wreaths included Nick Wakeling MLA, Cr. Karin Orpen Mayor, Vernese Swinton on behalf of Lend Lease, Michael Audsley Year 12 co-captain Rowville Secondary College, Tiffany de Phillipis School captain Karoo Primary School and on behalf of the Village Residents, WW2 Veteran Peter Williams.

Meaghan, Matthew, Ian, Michael and Tiffany, are young people whose contributions provided a significant youth participation in the Service. The residents were most welcoming of the many younger people who were also present. It is with this continuing support of our youth that the "Spirit of Anzac" will be observed by future generations.

At the conclusion of the Service, invited guests and friends joined with residents, for morning tea.

*Don Horsburgh Chairman – Anzac Day Commemoration Service, Organising Committee*



*Placing Poppies*



*Trumpeter Matthew Todd and Piper Ian Cameron*



*State MP Nick Wakeling, RSC Captain Michael Audsley and Knox Mayor Karin Orpen*



Anzac Day is a special event for all Australians. It is a time to pay tribute and a time to pay respect. It is a time the Lysterfield Junior Football Club takes very seriously. Since 2011, the Lysterfield Wolves have developed a partnership with the Boronia RSL to commemorate the Anzacs. It is a link that we are very proud of and one that we are keen to continue into the future.

Anzac commemoration ceremonies were held at the club on 28<sup>th</sup> April before each game. The Wolves and the Boronia RSL developed a ceremony, which encouraged opposition clubs and EFL umpires to get involved. It was a short five-minute service that included the last post, a minute silence, the rouse, and a short introduction that described the Anzacs and acknowledged the Boronia RSL. The club's players in U8s all the way through to U14s were well aware of the significance of the occasion. We also had a group of U12 and U13 players visit the RSL, where they had dinner and were taken on a tour of the memorabilia.

Medals were awarded to the Lysterfield player in each team that best exemplified courage, determination and mateship during their Anzac round game. These medals were voted on by the families and medals were presented to the players by the Boronia RSL at our recent club night.

This year the Anzac medal winners are Ben Carroll (U8 Teal), Jack Meyers (U8 Grey), Morgan Arundell (U9), Ben Pepper (U10), Jake Whitchurch (U11), Daniel Coulthard



### 2013 Anzac Medal Winners

(back row) Daniel Coulthard, Lachlan Ballard, Jack Mo  
(front row) Jake Whitchurch, Ben Carroll, Morgan Arundell, Jack Meyers, Ben Pepper

(U12), Jack Mo (U13) and Lachlan Ballard (U14).

We have been fortunate this year to be able to fill two teams in the Under 8s with a total of 34 registrations. Both teams train together and are performing really well every week. For a lot of the boys it is their first time playing team football and their endeavour has been great. The boys are developing their skills really well. Both teams have been very competitive and are improving every week, but most importantly are enjoying their introduction to team football.

The Under 9s have made an excellent start to the season. The boys' development and improvement is really showing in the way they move the ball with run and handball. Teamwork has been the major focus so far and it is great to see all players making a contribution. The boys' kicking has really improved and they are passing to each other with confidence. Overall it has been a great effort

## SPORTING ROUNDUP



Sporting Roundup is sponsored by Kim Wells MP, State Member for Scoresby and Minister for Police and Emergency Services.

by the whole team so far this year with lots of potential.

The Under 10s have a squad of 24 players this year with seven new players having joined. The boys are adapting to being able to tackle and being tackled and we have been very competitive in all of our games. The boys had a great day at the recent Lightning Premiership Day.

The Under 11s are off to a flying start, having won all five games to start the season. All the boys are playing with lots of confidence and improving their game every week. There are still plenty of challenging games ahead but the boys are sure to compete to the best of their ability.

Season 2013 has started well for the Under 12s with the team welcoming three new boys and their families into the Wolves den. On field dividends are being reaped thanks to the focus on fitness during pre-season training. They have had a good start to the season and are currently sitting 4th on the ladder with three wins and two losses. They have been competitive in all games. The next three weeks will be a big test playing two of the three sides above us. The boys are working really hard and they are hoping the extra effort will pay off with a berth in the finals.

Our Under 13 team is in B division again this year after finishing fourth on the ladder last year. So far this year the team sits on top of the ladder undefeated and a game plus healthy percentage clear of our nearest rival.

Our Under 14s have returned to D Division after a year up in C Division. After losing our first game against Upper FTG, we have made it through to round five without another loss (beating Vermont, Glen Waverley and FTG and an exciting draw against Norwood). We are sitting third on the ladder and our hopes of playing finals can justifiably be on the rise. Go Wolves!

Tanya Carroll



Under 12s Premiership Team



3<sup>rd</sup> XI Premiership Team



## Eildon Park Cricket Club

Season 2012/13 finished successfully for Eildon Park Cricket Club with three Premierships! Congratulations to the Under 12 Panthers coached by Greg Fraser and John Potalej and the Under 13 Panthers coached by Darren Pollard. Our 3<sup>rd</sup> XI also took home the silverware, congrats to Andrew Gill and the boys.

Our AGM was held on the 1<sup>st</sup> May, a big thank you to our appointed General Committee and Executive Committee which comprises of:-

Christian Trotter – President,  
Fred Femia – Vice President,  
Tricia Pollard – Secretary and  
Dinuka Perera – Treasurer,

We are all looking forward to the season ahead.

Over the winter period numerous coaching sessions are being held for our forthcoming season coaches facilitated by former Eildon Park player and current Prahran 1<sup>st</sup> XI fast bowler Rhys Adams.

Season 2013/14 sees Eildon Park Cricket Club celebrate its 25<sup>th</sup> birthday. Plans are underway to celebrate this silver jubilee milestone along with many other fantastic social events.

Stay tuned.....

Secretary, Eildon Park Cricket Club  
www.eildonpark.vic.cricket.com.au



Under 13s Premiership Team

## Knox Regional Netball Centre

### What is happening this month?

#### Little Sparkles – for 3 to 5 year olds

The Knox Regional Netball Centre has started a program for 3 to 5 year olds called Little Sparkles. It is designed to enhance coordination, spatial awareness, social and listening skills. The session is run on a Tuesday morning from 9.30 to 10.15am on the indoor courts and is open to both boys and girls.



# Little Athletics

## Harry Wins at National Championships!

Following his outstanding results at the Victorian Championships, Harry Maó declared himself the best in the Nation at the recent Australian Little Athletics Championships held in Canberra. Competing at the Australian Institute of Sport track, thirteen year old Harry won gold in the 100 and 200m. He collected an Australian Best Electronic Championship Performance in the process. Harry's 100m time was 11.68 and a crazy 23.6secs for the 200m.

### Season Awards

With the conclusion of the Track and Field season, all regular participants were presented with a trophy. The Rowville and Rowville Lakes Clubs each presented major awards to athletes as follows. Not surprisingly, Best Overall Boy for Rowville was Harry Maó, who, in addition to his state and national results, broke an U13 Club record on a staggering 32 occasions throughout the season!

### Rowville

Best Overall Girl Holly Hodges

Best In Age Boys: - U7 Darcy Smith; U8 Trent Stapleton; U9 Bailey Joy; U10 Dharam Deol; U11 Jesse Eickhoff; U12 Kaya Beagley; U13 Harry Ma'ó; U15 Zac Ryan

Best in Age Girls: - U7 Kelsie Ternes; U8 Gemma Lillie; U9 Grace Louey; U10 Hailey Merrigan; U11 Hannah Hodges; U12 Amelia Ma'ó; U13 Jessica



Lillie; U14 Teagan Sheldon; U15 Simone Louey  
Team Manager's Awards U7G Lorna Hiles; U7B Jai Townsend; U8G Misty Diver; U8B Kade Newcombe

Most Improved: Junior Boy Noah Quayle; Senior Boy: Liam Hoskin; Junior Girl: Brooke Leitch; Senior Girl: Teagan Sheldon  
Encouragement Award Louey Family President's Award Harry Maó  
George Orrock Cross Country Award Zac Ryan

### Rowville Lakes

Best Overall Boys: Bayley Carlin and Blake Tahlambouris

Best Overall Girl: Anaya Hodges

Best in Age Boys: U7 Lachlan Monteath; U8 Rory Jones; U9 Jared Hodges; U10 Benjamin Pepper; U11 Oliver Blackburn; U12 Blake Tahlambouris; U13 Bayley Carlin; U14 Jack Bowen-Alexander; U15 Reese Walmsley

Best in Age Girls: U7 Pria Wilson; U8 Emma Frerker; U9 Jennifer Sahely; U10 Melanie Fredricksen; U11 Sophie Ryan; U12 Mikhala Hodges; U13 Olivia Ryan; U14 Lana Kitteringham; U15 Jackie Fredricksen

Team Managers Awards: Boys - Byron Browne; Girls- Courtney Beer

**Excellence Award:** Sam Watson  
**Achievers Award:** Chloe Beovich and Reese Walmsley  
**Presidents awards:** Adam Odrowaz  
Overall PB Award: Zach Carlin

## Cross Country

Yes, Cross Country is well under way. Race days have been held at Jells, Koomba, Nortons and Tirhatuan Parks. Emily Shugg, Alicia Hutton and Ryan McLeod are some of our youngest runners, taking part in the Under 6, 500m races. Veteran Little athletes include Simone Louey, Zac Ryan and Lana Kitteringham.

Youngsters from 5 through to 15 years old may participate, with distances increasing through the ages from 500m to 3km for U13-16. Every three or four weeks there is also a 1km parents' race giving mums, dads and older siblings of all standards the encouragement to get a bit of exercise. We even have an excellent visiting coffee van to add a bit of warmth and culture to the outdoor experience.

Rosemary Merrigan

Thanks to the KLAC photographers.

**Editor's Note:-** A great performance Harry and congratulations on your achievements. Congratulations also to all those competitors at Club level who pushed you to those fabulous times.



## Victorian Netball League – 16<sup>th</sup> June

The Knox Regional Netball Centre will play host to the Victorian Netball League on the 16<sup>th</sup> June. Matches start at 11am with the championship game being held at 2pm. This is a great opportunity to come and watch Victoria's top netballers in action at a local venue. Tickets are available from the door.

## Ladies and Mixed Netball

The centre conducts Ladies Netball competitions on Wednesday and Friday mornings. There is also a mixed competition on Sunday evenings. The new season for all of these competitions begins in July and new teams are always welcome.

If you would like to find out more about any of our programs or events contact the Knox Regional Netball Centre on 9758 7191, [knox.netball@knox.vic.gov.au](mailto:knox.netball@knox.vic.gov.au) or [www.knoxnetball.com.au](http://www.knoxnetball.com.au)

Rosalind Montgomery

## Rowville Group Fitness

### Pilates

Pilates is a relaxing yet challenging mind and body class that can ease back pain, strengthen back and core abdominals and provide great toning and improved posture. The class includes Pilates matwork and strength and toning with the fitball. Improve your flexibility and mobility with this quality workout.

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

## BOYD Academy of Dance

### Welcomes New Students...

**A free, no obligation class for assessment is offered to your child.**

*Ever Dreamed of being a Beautiful Dancer*

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

*Come join the fun and excellence!!!*

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**[www.boydacademyofdance.com.au](http://www.boydacademyofdance.com.au)**

**Unit 1/ 18 Laser Dve**  
**Rowville**

**9764 1119**

**Email: [bad@uniqueweb.net](mailto:bad@uniqueweb.net)**

## Times Remembered at Rowville Primary School International School to School

### ISSE—A Near Disaster

Having successfully negotiated our first student exchange to the U.S.A., we confidently looked forward to the 1986 exchange to New Delhi in India. With the experience gained from the exchange with St. Paris, Ohio, we were enthusiastic for the prospect of our next student exchange, though we knew this would be a testing one. Dynamic Greg Orchard, one of our Grade Six teachers, was chosen as the leader and we then set about the task of choosing the children to accompany him. We selected five, including one from Grade Five, a mistake we vowed never to make again. Greg and I argued mightily for the addition of a girl we thought had outstanding qualities and we won out, so Yoanna was included in the party.

Our Deputy Principal, Rob Clark, was in constant contact with Greg after the party arrived in India, and came to me one day with the calamitous news that Greg had become seriously ill and was in hospital. A quick and momentous decision had to be made, either organize to bring the children home immediately or let the exchange continue on its course. Because the problems with bringing the children home straight away were even more difficult than letting the exchange continue and with Greg's input, we decided to continue with the exchange. At this stage, our push to see the sixth child

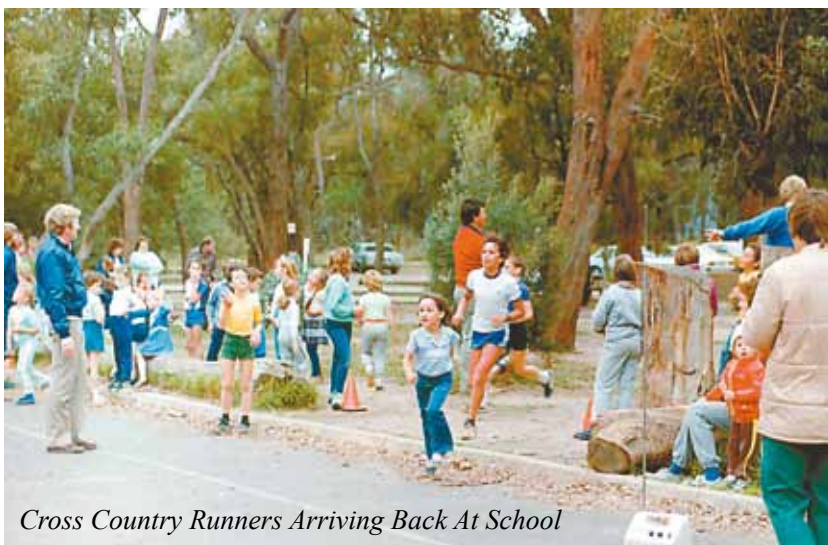
added to the group proved truly intuitive.

With no teacher/leader for the group, our final choice, Yoanna rose to the occasion magnificently. She took charge of the group and showed splendid organizational and leadership skills to guide the group successfully through each of the remaining days. On the group's return, it became evident that Yoanna had truly saved the day. I have never been so proud of a student as I was of Yoanna. The exchange program at Rowville may well have finished at the Indian visit without her outstanding effort.

Greg's undefined illness continued for many months, but he later became an outstanding leader in the ISSE program as it expanded to other schools in Australia. Greg represented Australia at the annual ISSE conference in Honduras in 1990 and won for Australia the ISSE world conference in 1991, which was hosted by Rowville, Selby and Belgrave South schools. Greg is honoured by an ISSE wall at Rowville Primary School.

Ron Pickett

**Editor's Note:-** Where are you today Yoanna and do you remember the trip?



Cross Country Runners Arriving Back At School



## Rowville Aspiring Writers' Club The Stone Hut

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

### Final Episode

Jack slit open the envelope and said to Janice, "I'm so glad you're here to share what Grandpa's been up to. He was strange - a nut case to put it plainly."

"At least he left you the hut. Wasn't that enough?"

"We're about to find out. If there was more, he apparently didn't want Dad to know. He probably thought Dad might challenge."

From the solicitor's envelope, Jack removed a brown paper wrapped package tied with string. He cut the string to reveal a smaller envelope, and an elaborately bound book. They looked mystified. They read its title - '*The Adventures of Sherlock Holmes*'. They looked at each other, and burst into laughter.

"Silly old goat," Jack remarked as he turned to its flyleaf. It bore the signature of the book's author - *Arthur Conan Doyle*.

It was the original 1892 edition.

"This'll be worth a few bucks, but it's not for sale," Jack said, his eyes starting to well. Janice patted his hand. She knew the bond the two shared.

From the smaller envelope, a slip of paper fell to the floor. He picked it up and read what was written in a strong bold hand:

**EVEN THE STONES HAVE SECRETS.**

Jack shook his head. "Pa so loved playing games. When he put all this together, he would still be thinking of me as a kid."

The letter read:

*Dear Jack,  
I always told you, you get nothing worthwhile in life without earning it. I've used Sherlock Holmes' rules to put together a mystery for you to solve. One of his lessons to me was, 'Little things are infinitely most important'.*

*Steep yourself in Conan Doyle's wisdom, Johnny, and you will be the richer for it.*

*What great times we had together. Memories of those we shared at the hut are with me as I approach the end.*

*Love, Grandpa.*

It was too much for Jack. He left the hut and wandered alone down towards the creek where he sat and plucked a stem of grass to chew. After he'd pulled himself together he returned to Janice and said, "Thanks for coming. I didn't deserve your consideration. I realise that I over-reacted."

"Don't fret about it. The time we've been apart has been valuable, for me at least. I'm sure there's still an ember hidden somewhere in the ashes."

"Yep," he replied. "There sure is. But I thought I was the poet. Anyway, looks like Pa's given me some work to do."

"Not just you, Jack."

The reconciliation was well under way.

They sat together for a while until Janice said, "What do you make of the note and the letter?"

"He's trying to show us how clever he is. He's hidden some knick-knack somewhere among the stones. Let's humour him. Let's look for some small clue he's left."

Throughout the rest of the day they examined every stone, testing all against others for size, colour, looseness and surface structure without finding so much as the slightest indication of any significant difference that made

## Rowville Tennis Club

### First Mini Tennis Centre In The World!

#### – In Rowville

Australian tennis legend John Fitzgerald made a special visit to the Rowville Tennis Club to officially open the first permanent clay mini tennis courts in the world. The club unveiled its new clay court mini tennis centre with MP's Alan Tudge and Nick Wakeling. The centre features three orange and two red permanent MLC Tennis Hot Shots courts designed for the 10 & under age group. The project took 3 months and over 300 man hours from Rowville Tennis Club volunteers and Mini Tennis World staff to build the international standard facility. The site will be host to the first 8 & under tournaments on the Tennis Australia calendar.

Using mini courts, mini racquets and modified balls, Mini Tennis World are delivering their Wilson Pee Wee and Tennis Australia Hot Shot programs at the low cost of \$88 per term, which includes a free racquet and t-shirt. With the focus on everything 'mini', the courts also have mini baggers, mini brooms, mini chairs and even a mini drinking fountain.

Rowville Tennis Club now has a world class clay court facility with a total of 9 tennis courts accommodating every level available, from 3 year olds to senior tennis. There are specific sized courts for all 3 levels of Tennis Australia's 10 & under Hot Shots program, Red, Orange and Green ball, as well as standard courts for all other levels of competition. President Sandi Dawson said "The club is buzzing and so excited. We can now see the future of our club and not just its survival, by bringing through players from the ground up"

Mini Tennis World has also begun 10 & under squads, with everything being specifically designed for player development. The centre is currently open Wednesday and Friday afternoons. More information is available at [www.minitennisworld.com.au](http://www.minitennisworld.com.au) for interested juniors and parents or you can call 0422848356.

Sandi Dawson

one stone stand out as being unique.

"If ever we find what he wants us to, it'll be something like a party whistle with a purple feather on the end," Jack laughed.

Janice looked at her watch and said, "I'll have to get back home, Jack. The bird will need food and water."

"I understand," Jack replied. He succeeded in kissing her goodbye.

The following night Jan's phone rang. It was Jack. "Guess what?" he said.

"You haven't solved Pa's mystery, have you?"

Trying to hide his excitement, he said, "I'm going to announce my retirement, and we'll cruise the world."

"Don't try building a crisis, you devil."

"There's a crisis worth building. We didn't think to test the stones for sound, did we?"

"Don't tell me that there are some that sound different from others."

"They do if they're hollow. One was moulded in copper from a real stone. Granddad varnished it to stop verdigris from forming, and he painted it with a mixture of paint and ground up stone. You'd never pick it."

"And what was inside?"

"Are you sitting down?"

"Yes. Yes. Oh Jack, don't be mean."

"There was another letter, and guess what else?"

"Oh Jack, I hate you."

"There was a gold nugget the size of my fist he'd found on the block that'd be worth a fortune! And he thought there'd be plenty more. He drew us a map of where to look."

"Oh Jack! How wonderful! We'll become prospectors together. And if we find any more nuggets, it'll be like hitting the jackpot at the pokies."

Arthur Ives



## Success at the 1<sup>st</sup> Knox Grand Multicultural Harmony Festival

On Saturday 20<sup>th</sup> of April the 1<sup>st</sup> Knox Grand Multicultural Harmony Festival was officially opened at 1pm by

the Hon Nicholas Kotsiras, Minister for Multicultural Affairs and Citizenship and by Cr Karin Orpen, Mayor of the City of Knox.

What an amazing and successful event, by 1pm there was a crowd of more than 3000 and over the 2 days it exceeded expectations of 5,000 to more than 10,000 people attending the festival.

This event brought together a wide variety of multicultural groups to share their cultural traditions with the Victoria community, the City of Knox and surrounding areas, there was an amazing feeling of happiness and social cohesion throughout the entire festival.

Held at the Hungarian Community Centre Boronia road Wantirna on Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> April, the festival included food stalls, exhibits and performances from members of Victoria's Afghani, Austrian, Chilean, Chinese, Egyptian Coptic, El Salvadorian, Filipino, Greek, Hindu, Hungarian, Iranian, Italian, Polish, Scottish and more communities and the crowd loved every moment. The childrens entertainment area was a popular spot with Face painting, balloon twisting and rides for all.

Official guests and speakers included Marta Marot, Chairperson of the MHF, Mr Chin Tan, Multicultural Commissioner Chairperson, Nick Wakeling MP, State Member for Ferntree Gully, Alan Tudge MP, Federal Member for Aston, Cr Joe Cossari, Knox

City Council and Peter Khalil, Director SBS Corporation. Also in attendance were the Consul Generals from India, Raj Khumar and Egypt, Khaled Rizk.

The event was supported by a grant from the Victorian Coalition Government, through the Office of Multicultural Affairs and Citizenship's "Unity Through Partnerships Program". Mr Kotsiras said the *Program* supports community organisations and events promoting the social cohesion and togetherness that are so important to the success of Victoria's multicultural identity."

Mr Kotsiras said it was fitting that the event should be held at the Hungarian Community Centre, which is an excellent example of how such centres help communities to build and maintain relationships, to feel a sense of belonging and to participate as active citizens in the Victorian community. "In the 2011 Census, the City of Knox had almost 30% of the community born overseas and one in five came from a non English speaking background. It is a proudly multicultural municipality and residents are fortunate to be able to experience a taste of its diversity here at this Festival today," Mr Kotsiras said.

The bigger and better 2<sup>nd</sup> MHF will be held in March-April 2014 at a venue to be later announced.

*Michael Migliaccio MHF Committee*



# Nick Wakeling Column

## Lakesfield Reserve in Rowville upgraded with a new scoreboard and storage facility.

Nick is pleased to see the recent completion of a new digital scoreboard and storage facility at Lakesfield Reserve in Rowville.

Members from Lysterfield Junior Football Club and Lysterfield Cricket Club will benefit from the new facility, which has been made possible with \$30,000 funding from the Victorian Coalition Government in addition to the \$7,500 raised by each club.

Both clubs now have secure storage for all their equipment as well as a wonderful new scoreboard which will benefit their club members for many years to come.



Nick with Lysterfield Junior Football Club members and Club President, Mr Steve Ketzer. L to R – Nick, Gus, Damon, Sam, Jack, Camden and Steve Ketzer

## Alan Tudge Writes



### Celebrating the new Knox Headspace centre

It was with great excitement last month that the new Headspace Centre opened at Knox Ozone. This Centre will play a critical role in helping our young people who are struggling with depression, anxiety or other mental issues. It will provide not just mental health services but General Practitioners, drug and alcohol rehab assistance, counsellors and psychiatric services, an eating disorder clinic and employment services.

It is almost two years ago that we began the community campaign to establish a Headspace centre here in Knox. It was desperately needed in our community with mental health issues amongst Knox young people higher than the national and state averages. Mental health issues also creates more than half of the burden of disease and injury amongst 15 to 24 years in our community.

The community campaign was critical in bringing the centre to Knox, with over 10,000 people signing a petition supporting the proposal. The campaign was truly a community effort. Particular acknowledgements should go to Pauline Renzow, Prerna Diksha and my other Youth Mental Health Committee Members for their dedication and hard work.

We can all look forward to seeing this centre make an impact in the years to come. If the Headspace centre changes the course of just one Knox young person's life it will be worth the effort.

### Malcolm Turnbull outlines Broadband Plan at Rowville Forum

The state of Knox's broadband was the hot topic at my most recent public forum, held at the RAFT Church in Rowville, with Malcolm Turnbull the key guest. About 200 locals attended the event to ask questions about Mr Turnbull's plan and express concerns over their current internet connection.

There was a strong view expressed by locals that current broadband access is inadequate, particularly for those who live in "blackspots", where even basic connections access is not available. What's more, the long-awaited National Broadband Network is not even scheduled for the Rowville and Lysterfield area, meaning it is at least four years away and possibly up to ten years away.

This view was backed up in my most recent "Biggest Survey", which found that more than 32% of residents were



unhappy with the available access.

At the Forum, Mr Turnbull promised fast speed broadband access for every household within three years.

Under the plan, every resident would have access to at least 25 to 50 megabits per second by 2016. In simple terms, this is fast enough to have four high definition videos streaming at the same time. The speed would increase to 50 to 100 megabits per second by 2019.

The rollout would occur at a fraction of the cost to taxpayers, and would be more affordable to residents..

Mr Turnbull responded to dozens of questions from Knox residents, particularly around the quality of services, the timing of upgrades and the cost of broadband.

**Broadband blackspots.** Mr Turnbull said that substandard services due to blackspots such as those experienced by Rowville and Lysterfield residents would be rectified within three years. If necessary, copper would be replaced with fibre. In general, blackspot areas would be prioritised.

**The state of the copper network.** Mr Turnbull said the Coalition NBN would replace the majority of the copper network, with the only remaining copper being from the node (ie the top of the street) to the home (at most 800 metres, and much shorter for most premises). If copper connections are not in good enough condition to support high speed broadband they will be replaced.

**Future proofing the network.** The plan will 'future proof' the network by providing what is needed now but building in an upgrade path so future demand for further increases in bandwidth can be met quickly and inexpensively.

**Leveraging new technology to lift speeds.** Mr Turnbull touched on the scope to use emerging technologies such as vectoring (a form of 'noise cancellation' on copper networks) to cost-effectively provide even more bandwidth. Vectoring is being used to provide 100 megabits per second over copper to forty million households in Germany.

Mr Turnbull also spoke about the Coalition's commitment to keeping broadband and telephone services affordable. "The biggest barrier to internet access is not the technology... the biggest barrier is lack of money," he said.

If you would like to discuss the issue of broadband or anything else that may be of importance to you please don't hesitate to e-mail me at alan.tudge.mp@aph.gov.au or contact my office 9887 3890.



**Murrindal Family Centre**  
(Playgroup)  
100 Murrindal Drive,  
Rowville 3178

[murrindalplaygroup@hotmail.com](mailto:murrindalplaygroup@hotmail.com)

It has been a fun start to term two at Murrindal Playgroup! All of our groups are happily enjoying the last of the sunshine in our beautiful outdoor play area whilst also tending to our newly planted veggie garden! During our last working bee, several children delighted in planting carrots, broccoli, celery, basil and cauliflower. We are eagerly awaiting the arrival of our freshly grown veggies! Engaging in water and garden play is a fantastic way for children to work as a team and develop their motor skills. Joining a playgroup is often a difficult step for parents to take! Especially when life seems to be busy enough. However, joining a Playgroup is often the best decision a parent can make. They, and their children, establish life-long friendships.

### Adults enjoy playgroup because:

- they make new friends and meet new people
- they share their problems and successes with others
- they learn more about child development and new activity ideas for home
- they are able to spend time playing with their children
- they have FUN!

### Children enjoy playgroup because:

- they gain new skills including problem solving, co-operation and sharing
- they make new friends, discover new things and have new experiences
- they learn more about themselves and others through play
- they interact with their parents/carers, other children and adults
- they have FUN!

So why not talk to your Mother's Group or contact us at [murrindal\\_enrolments@hotmail.com](mailto:murrindal_enrolments@hotmail.com) to join one of our sessions. We will try to accommodate your needs and find a session that suits you and your child! Once you take that step, the rest is child's play!



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## 1983

The Uniting Church celebrated their first birthday in Rowville. A residents group launched an appeal to raise \$1,200 to get legal advice about the industrial development adjacent to Stamford Park Estate. Another group was formed from the Lakes Estate residents to complain to Council and the EPA about the odours emanating from Wannop Chemicals. The State Government introduced 'adult franchise voting', which meant Council elections had to move from August to November. What is that? A house count in May revealed that our suburbs boasted 1,300 houses.

## 1988

Ten workers from the 'Community Employment Programme' successfully grew 25,000 plants and planted 10,000 of them. The remainder were made available to Community Groups for planting at working bees. A general meeting was held to form a badminton club. Is it still going? Another meeting was held to elect seven parent members for the new Park Ridge Primary School Council. Were you an inaugural member? Council agreed to the building of two new Pre-Schools in Woodside Drive and another centre in Kellbourne Estate was to be completed by November 1990. The Uniting Church distributed Bicentenary editions of the new testament to every household. Do you still have one?

## 1993

Council approved the plans for a new fire station in Taylors Lane. Census figures revealed that 2.9% of men and 2.2% of women had 'Bachelor Degrees'. I wonder what the percentage is today? James Nah came second in the Lions International Youth Of The Year Competition. What are you up to these days James? Rowville's first petrol station on the corner of Stud and Bergins Road was demolished to make room for a new modern one. The Synchronettes, Emma L, Kimberley H and Sarah C, pupils at RSC, won the 'Junior Precision Event' at the Victorian Rollerskating Championships. Which of you can tell us about that day? MLA for Knox, Hurtle Lupton, officially opened Heany Park Primary School by unveiling a commemorative plaque.



## Stress in your Pet Bird

Stress can be defined as the physiological response of a bird to a situation that causes it strain or tension, such as overcrowding, too high or too low temperature and/or humidity and the inability to hide from real or imagined threats.

There are two types of stress, physical and psychological. Physical stress can be principally divided again into two types. Emergency stress, such as a situation that poses an immediate threat and continuing stress, such as overcrowding in a cage. Stress can be beneficial as it keeps the bird alert and allows it to react more competently to an emergency.

A bird reacts to emergency stress, such as you trying to catch it, by releasing a large amount of adrenaline into the blood stream. This has the effect of raising the blood pressure, emptying sugar supplies into the blood stream and dilating the blood vessels in the muscles to give them immediate use of this energy, such as flying away.

If stress is overwhelming, such as in the case of an uncontrollable infectious disease, exhaustion of the adrenal gland sets in, usually with fatal results.



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

## 1998

Councillor Chris Pearce convened a community meeting to discuss growing vandalism problems. At the same time, Rowville CFA, Knox Police and Neighbourhood Watch joined forces to initiate a programme called "Streetsafe" to combat the same problem. Kingston Links Golf Club hosted a celebrity day to assist "Auschild", which included appearances by Ron Barassi, Dean Jones and Nicki Buckley. Mara Chachs won the Lysterfield Sailing Club's Commodore Cup and Aggregate Series in her multi hulled Arrow boat. Still sailing Mara? Council approved an application by the Anglican Diocese of Melbourne to establish a church on the corner of Kelletts Road and Taylors Lane and so RAFT was born.

## 2003

Valerie Ireland completed twenty five years of Family Day Care with the Council. Her beige van was a daily sight. Is it still going Val? Connie Fordham was awarded a Centenary Medal for her years of Community service. Nick Wakeling was elected onto Knox Council to represent the residents of Friburg Ward. Rowville Primary School hosted ten students from Springfield College, Toluca, Mexico. Were you one of the host families? Tell us about it. Council asked residents near 'Sutton Lake' to watch out for threatening and hurtful behaviour, whilst Cr Van de Vreede had been made aware of sinister activities, including harm to wildlife, in and around the same Rowville Lakes area.

## 2008

Eastlink removed 1% of our natural bushland leaving a mere 4% in Knox. Judy White, the Principal of a Special Development School revisited the Library to talk about autism. Life Activities Club visited Codrington Wind Farm near Warnambool. Was it noisy? Peter Cole visited nearly 200 school in Fiji and other islands, transporting sporting goods. In 2009 he planned to visit 200 more. Did you manage it Peter? The experienced Alex Artavilla was appointed as Rowville PS's new Assistant principal. Heany Park PS opened their new 30PC computer lab, which was made available to all students. According to Councillor Tony Kamitsis, the council had listened to residents and were going to turn their ideas into a reality at Emerson Reserve. What do residents think of the Reserve today?

A review of the most common cause of death in birds, in one zoological collection, showed that most of the disease factors were of relatively low virulence indicating the predisposing factors such as stress, added to the circumstances that allowed these opportunists to cause death.

**Stress in birds can be reduced by recognizing some of their basic needs:**

- Cages should be designed with visual barriers that allow the birds to hide from real or imagined threats.
- Noisy species may upset shy birds who perceive that the frequent noise indicates the constant presence of danger. Housing these species in separate areas may increase breeding.
- In birds such as Sulphur Crested Cockatoos, where same species aggression is common, cages



## DanceFair Victoria Lysterfield Primary School

One Saturday night in May, 14 talented Grade Six girls from Lysterfield Primary School competed in the DanceFair Victoria competition. They all danced extremely well and should feel very proud of their efforts and hard work. These girls not only choreographed their routines, but also organised costumes and times to rehearse their dances. A **big** congratulations goes to all of these Grade 6 girls, as it takes a lot of time, organisation, team work and dedication to get a routine performance ready! A special mention to Kiara, Ebony-Rose, Lily, Monique, Amy and Olivia who won the team section, Ebony-Rose and Amy who placed 2<sup>nd</sup> and Monique and Olivia who placed 3<sup>rd</sup> in the duo section and Elena who placed 2<sup>nd</sup> in the solo section and Keeley who won the solo section. Another special mention to Keeley, who won the most entertaining performance of the evening! It was fantastic and encouraging to see so many students from Lysterfield at DanceFair to support all of the dancers. This group of girl's are also very appreciative of their teachers Miss Duthil and Miss Meier for helping organise this event.

Anna P and Robbe D



- should have retreats where the submissive bird can hide.
- Boredom is another cause of stress, particularly in the more active and intelligent parrots.
- To reduce the stress of moving a bird from a dark box to open spaces, a portion of the cage should be covered with white sheeting and gradually removed.
- Attempts to change the diet are not recommended during times of stress for the bird, such as during quarantine.
- Feather problems with new birds often result from stress and will be indicated by stress lines in the feathers.
- Egg binding appears to be more common after stress, such as cold weather.
- Suppression of the immune system appears to play a major role in the formation of many diseases.

## Simple Stress Check List

Suitable cage/Not overcrowded/Compatible neighbour/Adequate & nutritious diet Freshwater/Suitable perches/Not too hot or cold/Some degree of solitude & rest  
Compatible mate/Clean, sanitary environment/No cats, dogs, hawks etc/Parasite control/Vitamin & mineral supplements/Suitable handling & traveling arrangements  
Stress is occurring in every bird's cage or aviary, reducing breeding results and causing unnecessary deaths. Look for ways to minimise stress before it is too late.

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# Body Mind and Spirit Fitness Centre Back Pain

Back pain is an ever increasing problem in today's world. Every modality would have a theory as to why, but what they all agree on is the importance of core strength. We use our bodies in many different ways during the day, so it is vital we are strong and using the correct muscles for each movement. If our core muscles are not strong enough we will recruit others to take over. This will inevitably cause us problems in the long term, i.e. back pain.



Yoga is specifically designed to strengthen our core muscles. The postures allow you to correctly use all your muscle groups from eyes to toes. However, when you are in the grip of back pain, the only thing on your mind is relief, so I want to teach you a simple yoga asana that will help. Lie on your back and bend your knees bringing your feet as close to your buttocks as possible. Take your arms out to the side about shoulder height, palms down. Now let your legs drop to the left, very slowly and let your head twist to the right. Slowly bring them back to the centre and then let your knees drop to the right and let your head twist to the left. Repeat about 6 times. Hopefully I will see you at class to improve your core strength and say goodbye to back pain. Next month we will tackle stress.  
*Donna Jordan*

# Health & Wellbeing



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

## Create a healthier Lunch Box

School is both a place to learn and do physical activities. It is probably where your child spends most of his/her energy during the day. Breakfast is not enough to sustain your child through an active day, so a mid-morning snack is required for optimum functioning, concentration and learning.

No matter how healthy your child's lunch box is, it will not provide any nutritional value if it is not eaten! So the following suggestions might be useful to you:

- Reduced fat dairy food: Like yoghurt, milk and cheese (fingers, slices, triangles). At least one portion a day is recommended.
- Starchy food: Like wholegrain, wholemeal or high fibre breads, rice, potatoes, pasta, fruit loaf or buns, crumpets, rice cakes or corn thins.
- Vegetables: Try vegetable sticks with dip or a small container with mixed vegetables, such as cherry tomatoes, carrot, capsicum and cucumber.
- Fruits: whole fruits are easy to pack. You can also try canned fruit or chopped fresh strawberries, pineapple or melon. Dried fruit is high in sugar, so choose it occasionally!
- Lean protein: Try tuna or salmon fillings; boiled eggs, beans or lean meat such as beef or chicken.
- A bottle of water: To keep your child hydrated all day. Freeze it on hot days to keep the lunch box nice and cool.

Nutrition knowledge and creativity need to be applied when planning school lunches to help ensure an active school day and a healthier, brighter child.

*Lilia Convit* Sports Nutritionist and Dietitian



## World Continence Week (24<sup>th</sup>-30<sup>th</sup> June 2013)

World Continence Week is an annual initiative to raise awareness about incontinence related issues.

Did you know?

- Bladder and bowel control problems affect one in four people.
- 1 in 3 women who have had a baby will wet themselves.
- Bladder and bowel control problems can be treated, better managed and cured.
- Poor bladder control can range from leaking when you cough, sneeze or exercise to a complete inability to control your bladder. Poor bowel control problems can range from difficulty controlling wind to being unable to control your bowel when you have an urge to empty.
- These symptoms affect both men and women. It is common, but it can be treated!

To help with your bladder or bowel problems, there are some simple steps you can take:

- Eat well (adequate fibre intake)
- Drink well (avoiding high volumes of caffeine)
- Exercise regularly
- Pelvic Floor strengthening exercises
- Practice good toilet habits

Pelvic floor muscle strengthening exercises can significantly improve and even cure symptoms associated with bladder and bowel control problems. For these exercises to be effective, it is vital that you are contracting the muscles in the correct way. For assessment and education on pelvic floor strengthening exercises as well as advice on how to manage your bladder or bowel problem, see a Pelvic Floor Physiotherapist.

*Kathryn Oldman & Alycia Baxter* Pelvic Floor Physiotherapists at Rowville Physiotherapy.

## Want Stress Relief?

- No energy to cope with life's demands?
- Always tired and irritable?
- Back and shoulders aching?

## Free Health Talk.

Tuesday June 11th at 7pm.

Hear how stress impacts your body and what you can do to relieve it by Dr. Frank Whelan.

Bookings essential. Places limited.

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## Focus on Mental Health Homosexuality and Homophobia – Part One

This is a special two-part series on homosexuality and homophobia. In part one, we focus on the understanding of homosexuality by the medical and helping professions over the last forty years. The second part, to follow in next month's edition, focuses on the emotional, psychological and social cost of homophobia in our society.

### Homosexuality - From Aversion to Acceptance

In 1973, after many years of scientific and social research, the very conservative American Psychiatric Association (APA) determined that sexual diversity was not a mental illness or medical disorder, and removed homosexuality and bisexuality from the Diagnostic and Statistical Manual of Mental Disorders. In the year 2000, the Australian Psychological Society (APS) published a position paper that recommended that conversion or reparative therapy – where counselling and hypnotherapy treatment was attempted to “straighten out” a gay person – was potentially coercive, ineffective, harmful, and unethical, and should not be practised. The paper included its support of the APA's position that homosexuality is not a diagnosable mental disorder (APS Position Statement, June 2000). Other medical professions followed. “The Australian Medical Association (AMA) opposes the use of “reparative” or “conversion” therapy that is based upon the assumption that homosexuality is a mental disorder and that the patient should change his or her sexual orientation.” (AMA, 2002). Most helping and medical professions (social work, medicine, psychiatry) support this position, as the alternative view undermines ethical values demanded of professional counsellors, such as acceptance and reserving judgement. Many people may not be aware that counsellors attempting conversion therapy are potentially acting unethically under the guidelines of their



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- Do you leak from your bladder when you cough or sneeze or laugh?
- Do you leak when you are on your way to the toilet?
- Do you feel a heavy, dragging or aching sensation in your pelvic area?
- Do you have difficulty controlling wind?
- Do you wear a panty liner because of urinary leakage?

If you answered yes to any of the above questions, talking to a pelvic floor physiotherapist can help.

In conjunction with World Continence week, Pelvic Floor Physiotherapists Alycia Baxter and Kathryn Oldman are offering free 15 minute assessments for people that would like to enquire about how physiotherapy can help with their problem.

To book an assessment, please call  
Rowville Physiotherapy on **9763 9233.**



professional bodies.

How social, cultural and community attitudes evolve as understanding grows is an interesting phenomenon. As recently as 30 years ago, it was common practice and socially sanctioned for teachers to use punitive measures (including smacking) to force left-handed children to write with their right hand. Prohibiting left-handedness did not abolish left-handedness. What it created was generations of ambidextrousness. Coercing someone to do something that is not natural to them does not dampen their natural ability or inclination. Forced handedness only taught children to write poorly with both hands, not to forget that they were left handed! In the same way, compelling people to ignore or suppress their homosexuality does not make it go away, and forcing them into a heterosexual lifestyle generally does not result in happy, healthy relationships.

Homosexuality, like handedness, is not a problem issue. It is simply a diversity issue. You cannot beat it out of someone, pray it out of someone, counsel it out of someone, or hypnotise it out of someone. Despite antiquated social views, it is also not a *choice*, any more than a heterosexual person "chooses" to be straight. *Homosexuality is not an illness or a mental health issue requiring treatment. Homophobia, however, like other anxiety disorders and phobias, is treatable.*

Homophobia is defined as the irrational fear of, aversion to, or discrimination against homosexuality or people who are homosexual and is, by definition, an anxiety disorder.

All phobias are based around irrational fears that persist despite logically knowing that there is nothing to fear, and all are treatable. The treatment for homophobia begins with psycho-education about irrational fears, removing ignorance and teaching acceptance.

In part two of this special series on homosexuality and homophobia, to follow in next month's edition, we will report on the consequences of ignoring homophobia in our community, as we attempt to raise awareness of this important social issue.

Bridgewater Centre's registered psychologist, Teresa Butler is available for confidential counselling on any issues of concern including sexuality, sexual identity and relationships. Contact Bridgewater Centre on 9753 4203 to arrange an appointment.

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

## Chiro-Practicals

**Presented by Dr Frank Whelan**

### Breastfeeding and Chiropractic care

Breastfeeding is recognised as having many health and psychological benefits for the infant and mother. The World Health Organisation recommends exclusive breastfeeding for the first six months and then continued in conjunction with solids until 12 months and beyond.

In Australia however, continuation rates are low compared to the rest of the world with only 14% of mothers exclusively breastfeeding at 6 months and 56% reporting mixed breastfeeding and complementary feeding.

There are many reasons why mothers choose to cease

breastfeeding. These include maternal and infant factors as well as societal and environmental. Difficulties experienced by the mother, such as mastitis and poor supply and by the infant, such as poor attachment, rank highly and are the reason why chiropractic adjustment of the breastfeeding infant can be influential in helping to maintain higher breastfeeding rates.

A 2012 pilot study of 19 infants/mothers attending a Belgrave Chiropractor found that all were able to reduce difficulties associated with breastfeeding and improve their breastfeeding experience through Chiropractic care.

Each mother completed a survey of their breastfeeding history, with each infant then assessed for areas of spinal dysfunction for which low force chiropractic adjustments were applied. At the end of each treatment program the mother again completed the survey. The most common adjustments were in the upper cervical and shoulder joint complexes.

The most significant outcomes occurred with

- Improved attachment to the breast (100%)
- Reduced infant extension and arching during feeding (94%)
- Reduced side shaking once attached (88%)
- Improved sucking & swallowing (87%)
- Reduced overall stress of feeding (84%)
- Reduced pain when feeding (77%)
- Reduced side preference (64%)

As all these issues influence the stress the mother experiences which can lead to early cessation of breastfeeding, this pilot study shows that Chiropractic care may have a role to play in prolonging the breastfeeding experience and benefits for mother and child.

*Dr Frank Whelan*

Dr. Adam Stewart. Paediatric Chiropractic and Infant Breastfeeding Difficulties: A Pilot Case Series Study involving 19 cases. Chiropractic Journal of Australia. Vol 42, No 3, Sept. 2012

### Student Parliamentarians united in action at Rowville Primary School

Student leadership at Rowville Primary School emulates a model that develops their skills as leaders. They have participated in opportunities that promote team work, collaboration and safe and responsible risk taking. They have been united in action and busy serving others within the school and throughout the community. The parliamentarians have implemented programs and initiatives which are aimed at making a difference.

**Environmental Working Party** students have led the autumn harvest celebration. The students were responsible for leading and participating in the harvest which is a celebration of the change in seasons. They harvested vegetables from the school's Stephanie Alexander Kitchen Garden and then worked with Chef Jodie to create and prepare a delicious lunch menu. They used the occasion to give thanks to our Kids Hope mentors from the Rowville Baptist Church and members of our school community who volunteer in the garden. The students prepared the meal and waited on the tables.

**Ceremonies and Special Events Working Party** and Anzac Day service - see p.12

**Health and Well-Being Working Party** students have been promoting health and fitness throughout the school. Students have teamed with the house captains to lead the running club where students are encouraged to beat their personal best. Students maintain a running log which ranges anywhere between 1km to 20km.

**Peer Support Working Party** students have been promoting friendship throughout the school. They have just have launched a lunchtime interest group named



"Barbies and Bratz". Students are encouraged to bring their dolls and form new friendships through having conversations with their peers. Teachers support the program by bringing their childhood dolls and sharing the "stories" that accompany them.

#### Community Service Working Party

Students are currently raising funds for "Ride to Conquer Cancer" in order to support Peter Mac cancer research and care. The students were inspired to support the project by the story of Bon Morgan who is the mother of two of our students. Bon has been personally touched by cancer as have many families in our school. Last year Bon raised \$9,500 by riding 200km. Her goal for 2013 is to raise \$20,000. Members have been collecting donations from students who are contributing money that they would normally spend on themselves. People in of the broader community are invited to donate to by going to [www.conquercancer.org.au](http://www.conquercancer.org.au), clicking on the donate link and searching for Bon Morgan.



*Bon Morgan*

#### Rowville Primary School Palindrome Competition

The March copy of the *Rowville Lysterfield Community News* hosted a kid's competition on word palindromes. The words racecar, kayak and level are the same whether they are read left to right to right to left. They are palindromes. There are also palindromes in mathematics. If we take a two digit number like 38, reverse the digits, 83 and then add the two numbers, the answer will be 121. The digits in the answer are the same whether they are read forwards or backwards. So, 121 is a palindrome. Some numbers may take two or more additions before they become palindromic. For example, 39 added to 93 equals 132. If we add 132 to 321 we get 363 which is a palindrome.

Rowville Primary launched its own Palindrome Competition. Students were asked the question, "How many numbers are palindromes?" Please

present evidence to support your answer.

Four students in year five, Shannon 5C, Mathew 5B, Hyunbae 5B and Brendan 5C took up the challenge. They formed a team and collaborated to solve the problem

They were able to articulate the thinking behind solving the problem. Our students formed a theory. They constructed a pencil/paper representation of relevant knowledge for solving the problem. They constructed a map and conducted tests. Our students demonstrated that mathematicians are makers of patterns. As they were working our students were looking for patterns and testing ideas.

They concluded that there are nine palindromes under 100. Together these numbers can be made 21 different ways with mirror numbers. As the testing of numbers continued the students came to the conclusion that there are an infinite number of palindromes.

They are the winners of the competition because they were able to articulate their thinking and present evidence to support their thinking. These students have decided to continue their investigations to see if they can find a pattern that they can articulate as a rule.



*Palindrome Competition Winners, Tiana and Anthony*



## The Word UP

There is a two-letter word in English that perhaps has more meanings than any other two-letter word, and that word is 'UP'. It is listed in the dictionary as being used as an [adv], [prep], [adj], [n] or [v]. It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are politicians UP for election and why is it UP to the secretary to write UP a report? We call UP our friends and we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car.

At other times the little word has a real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP. When it rains, it wets UP the earth. When it does not rain for awhile, things dry UP. One could go on & on, but I'll wrap it UP, for now .....

my time is UP!  
Oh...one more thing:  
Send this on to everyone you look UP in your address book. Now I'll shut UP

Anonymous

## Jokes

What is an ig?  
An igloo without a toilet

What day of the week do fish hate?  
Fry day

What do you get when you cross a vampire with a snowman?  
Frostbite

What are sleeping prehistoric monsters called?  
Dinosnores

What is the fruitiest school subject?  
History, because it is full of dates

## Indonesian Word Search

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

- |           |             |               |                |
|-----------|-------------|---------------|----------------|
| 1. siapa  | 7. sembilan | 13. berasal   | 19. Skotlandia |
| 2. nama   | 8. sepuluh  | 14. dari      | 20. Jerman     |
| 3. anda   | 9. tahun    | 15. mana      | 21. Inggris    |
| 4. saya   | 10. duduk   | 16. Irlandia  | 22. seorang    |
| 5. berapa | 11. di      | 17. Australia | 23. negara     |
| 6. umur   | 12. kelas   | 18. Cina      |                |

## Australian History for Kids

Can you match these Australian historical events to the year they occurred?

- |           |  |
|-----------|--|
| 68,000 BC | • Vegemite is invented   |
| 1770      | • The Sydney Harbour Bridge is opened  |
| 1778      | • The Great Depression started with many people unemployed                             |
| 1851      | • The Eureka stockade commenced a battle amongst the rebellious gold miners            |
| 1854      | • The end of World War Two (WWII)  |
| 1929      | • The Sydney Opera House is opened   |
| 1932      | • Aboriginal tribes arrive in Australia  |
| 1945      | • First fleet arrives in Australia from Britain carrying prisoners from Europe         |
| 1956      | • The Sydney Olympic Games held  |
| 1966      | • The start of the Gold Rush where gold was discovered in Sovereign Hill near Ballarat |
| 1973      | • Federation. The Australian Government is formed and Australia becomes a Commonwealth |
| 2000      | • The Melbourne Olympic Games held   |
|           | • The Australian dollar was introduced, replacing the Australian pound                 |
|           | • Australia was discovered by Captain James Cook                                       |

More kids' activities and worksheets at [www.essentialkids.com.au](http://www.essentialkids.com.au)

## Heany Park Primary School

### Grade Five Bike Ed Program

To start the year and help us all get to know one another in a setting outside the classroom, Grade 5 students brought their bikes to school every Wednesday. The students learnt, rehearsed and developed the skills that allow them to not only enjoy their bikes but ride safely. The weekly sessions lead up to the students completing an On-Road Bike Test where they demonstrated all the skills focussed on. To celebrated the completion



of our Bike Education Program the students enjoyed a challenging bike ride around the streets of Wellington Village and the barbeque was greatly appreciated! The Grade 5 teachers would like to acknowledge and thank all the parents that helped us throughout

the program, without this support we could not run the program – Thanks again.

Raewyn Williams  
Year Five Coordinator





## Karoo Primary School

### Preps Celebrate “Safety Day”

Last term the Karoo’s Prep students learnt about people who can help us stay safe and ways we can keep ourselves and others safe.

As part of their learning experiences the Preps learnt how to be a responsible driver, passenger and pedestrian when the Kids Car Ed. Company brought their mini cars to school for the children to drive. There were many excited faces and much concentration by all the Prep drivers. We can report only an occasional stop sign was ignored.

Building upon their understanding of how to be a safe pedestrian, the students practised crossing the school crossing and were given the thumbs up from Lotty the official School Crossing Mascot.

At the conclusion of the unit the students participated in a **Safety Day**, where they came dressed as someone who helps them keep safe. It was great to see the Prep teachers get in



on the action, when they dressed up as road signs that help keep the community safe too.

All Prep students had a great day of learning and celebration as they practised, simple first aid, what to do in an emergency, how to stay safe at the beach and the importance of traffic light safety.

What an amazing term of learning!

*John Oldham*



### Rowville’s BMX Superstar – Millie Reed

Rowville Secondary College is incredibly proud of our Year Seven BMX Champion, Millie

Reed. Millie recently competed in the BMX National Titles, triumphing over the other girls in her age group and taking out first place.

The National Titles, held at the beginning of May, represent the highest level of BMX Racing in Australia, with the

World Titles to be held in New Zealand in July. With the top sixteen contenders from each country progressing to the World Titles, Millie easily qualified and although she is a little nervous she says that she is really hoping to make it through to the semi-finals. Whilst Millie is optimistic, she knows her work is cut out for her *“I competed against 24 for the Nationals, but for the World Titles there are going to be a lot more competitors seeing as every country can bring their top sixteen”* she explained.

Millie’s involvement in BMX Racing started six years ago when her father, who was also involved, suggested she give it a try. Since then she has placed in several Victorian Titles, the result of her hard work and training, which takes up much of her spare time. On alternating days throughout the week Millie has Athletics or BMX training which she

## School Talk

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



*Millie Reed Rowville’s BMX Superstar*

admits *“can sometimes be a little tiring, but it’s a lot of fun.”*

Beyond the World Titles, Millie would love to make a career out of BMX Racing, like Australians Caroline Buchanan or Sam Willoughby, who competed at the London 2012 Olympic Games. *“I’m aiming for the 2020 Olympics, some girls are just there to have fun and some are really into the competition and I’m trying to do both.”*

*Laura Gordon Communications Officer, Rowville Secondary College*

## Lysterfield Primary School

### Coonawarra Camp

Recently, from the 29<sup>th</sup> April to the 3<sup>rd</sup> May, the year 5 and 6 students of Lysterfield plus some teachers left for a camp to Coonawarra Farm Resort.

At Coonawarra there were a lot of thrilling and exciting activities. The ones we did were, the flying fox, the high and low ropes course, team rescue, hut building, archery, giant swing, canoeing, giant games, orienteering, bush cooking, initiative activities and table tennis. As well as that, the food was delicious! We interviewed a few people and these were there favourite activities:



*Take aim, slowly back and...bullseye!*

**Brooke T:** the Giant Swing- because it was fun yet fearful.

**Alex C:** Canoeing-because we got to get wet.

**Breanna S:** High Ropes course- because it was breathtaking and exiting.

**Emily P:** Hut Building because you got to work as a team to build your hut.

**Sammi S:** Archery because it was fun and you needed to concentrate when aiming. Pulling the string back was also fun.

**Jakob O:** Canoeing-because you got to splash in the water.

**Sophie J:** Giant Swing-because you got to see the whole camp and going upside down was fun.

**Holly H:** High and low ropes course- because I like heights and falling off was fun.

At Coonawarra the staff were so friendly and kind too all of us. They made sure that we had heaps of fun! Overall, Coonawarra was a magnificent camp that the year 5s and 6s will never forget!

*Anna P and Robbe D*

**Editor’s Note:-** What a great result girls. Carry on the good work.



*Trying out the high ropes.*

## PARK RIDGE PRIMARY SCHOOL

### A Changing of the Guard in House Athletics

At our recent House Athletics Sports, held at the A.C. Robertson Athletics Field in Ringwood, the three year reign of Flintoff House came to an end when Lexcen House triumphed for the first time in seven years. In the competition for nine and ten year olds, Lexcen blitzed the opposition opening up a large enough lead to stave off Curry, Flintoff and Border. The day’s events were the culmination of a ten week unit in Sport and Physical Education. All students present on the day participated in four traditional field events, sprinting, hurdling and a 400 metre run. In addition, there was an invitational 800 metre event for both boys and girls and a series of 200 metre and relays races for each age level. The staff who organised the event and the students participation, wish to thank the small army of parents who raked pits, distributed ribbons and held tape measures. A great day was had by all.

### Bail Up! – Gold Night

Following their recent camp at Beechworth, the Year 5 students held a Gold Night to entertain *Next page!...*



*Lexcen House leaders proudly display their shield after the presentation at school assembly*

## Park Ridge - from previous page

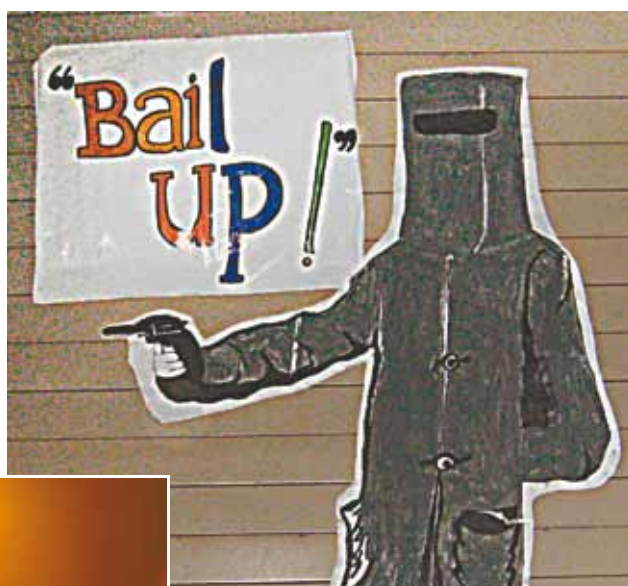
their families and to show them what they had learnt. Each student took on the role of a goldfields character and made a presentation to the group about their life on the goldfields and the contribution the discovery of gold made to the development of Australia. All Year 5 classrooms were decorated to represent the period, with each student contributing a diorama depicting life on the goldfields. The evening was well attended and much appreciated by parents. The success of the evening was due, not only to the contribution of the students, but also to the teamwork and dedication of class teachers Elaine McClure, Sarah Ryle and Shane Merrett.

## The Annual "Chickfest" A Big Success

Once again our Year 2 students were able to see farm life in action as the classes witnessed the hatching of another brood of chicks. The birds were hatched in an incubator in the classroom under the eyes of the students. Once able to come out of the protected environment, the chicks were constant companions of the students whilst they worked at their tables. This exercise is a part of the Year 2 unit of work,



The 2013 brood keep warm



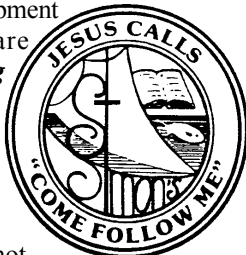
The "Bail Up" sign greeted visitors to the Year 5 Gold Night

"From Farm To You" and gives students an appreciation of the sources of our everyday foods. Once the chicks are able to live independently they are placed in good homes. The list of volunteers to board a chick is extensive.

## St Simon's Primary School

### St Simons Outside School Hours Care has Exceeded the National Quality Standard in Providing School Age Child Care

St Simons OSHC was assessed by The Department of Education and Early Childhood Development under the new National Child Care Regulations and rated as **Exceeding National Quality Standards**. This is the highest rating a Child Care Service can achieve so plans are underway to celebrate the hard work contributed by an entire OSHC Community.



A successful childcare service cannot operate in isolation if it is to meet the needs of the families it services. Partnerships with all stakeholders are indispensable. St Simons OSHC and the Parish Priest Father James Clarke and the School Principal, Mr Phil Hesse, work in close collaboration with the Outside School Hours Care Team (which has been operating for well over 20 years) to provide an outstanding Service to the St Simons School Community. OSHC is guided by St Simon's values and principles and the aim is to reinforce and complement the learning provided by the school. The support of Mr Hesse and Mr Klep has been instrumental in OSHC being able to comply with the ever changing Child Care Regulations. There is also a clear vision and a collaborative approach between the OSHC Educators and the school staff in providing care for children, which extends to Anna and Rita in the office, who offer assistance to the cleaners and the many committees and agencies associated with St Simons.

Many valuable relationships have been established with the wider community such as the bus drivers who take the children on excursions, the Rowville Police and Fire Brigade. The invaluable feedback, support and cooperation from families, when guiding the children to make appropriate decisions, is absolutely invaluable.

Currently the Directors of the Service are Ruwayda and Selwyn Henri. Ruwayda, who has been at St Simons since 1994, is the Director of the Service and manages the Program and human resources, whilst Selwyn Henri joined St Simons OSHC in 2002 and manages all administration aspects of the Service. By providing the highest level of care to the children, we are indeed contributing to the well-being of a community.

They work with an amazing Team who bring a host of skills, talents and a dynamic to match no other. The team consists of coordinator Josh Newlands, Simon Bott, Camelia Boulton, Cathy Radford, Justin Henri, Carle Rooks, Molly McKinnon and Wade Noor. Their sincere dedication to the development and well-being of the children is evident in every corner of the Service.

In January 2013 St Simons was assessed in 7 quality areas of quality and safety in childcare. The assessor on the day and in the follow up report, made mention of the extraordinary relationships, the connections and the dynamics, that St Simons exudes. She observed the bus driver's knowledge of the services practices, the bonds of friendship and respect between the children and the staff and that same respect and strong support between Management and the Team.

St Simons was one of the first OSHC Services in the region to be accessed and achieve a rating that exceeded the National Quality Standard and we are ecstatic with the result. A special mention needs to go to Josh for the spontaneous effort and enthusiasm he afforded to the process.

We acknowledge the many families and staff who go way back to 1992 and the families who currently attend the Service. Many valuable friendships have been built over the years and it is with your help, cooperation and the many, many contributions, that the St Simons OSHC has built up the resilience and reputation to be recognised nationally for their service excellence in the providing of Care for our Children. *Children are the most precious treasure a community can possess. Nurture them for a better future.*

*It takes a Community to Raise a Child*  
Ruwayda Henri

## RAFT Anglican Church

"Building passionate followers of Jesus Christ"

Parish of Rowville & Ferntree Gully

131 Taylors Lane, Rowville Ph: 9764 2573

Email: admin@raftchurch.org.au

Web: www.raftchurch.org.au



## We should listen to our Sons and Daughters

If you look around most Churches in Australia you will notice a very large generational gap. As a wider Church we are very good at ministering to Children and Families, but then the next age bracket we know how to do ministry with, is the empty nesters and senior saints. What about the massive proportion of the Melbourne population between the ages of 12 years old to 30 years old?

At RAFT we are all about building passionate followers of Jesus Christ and have invested significantly in this age group. But it is not an easy age group to invest in, primarily because they challenge everything. If anyone is going to ask 'why we do something the way we do it or can we do it better?' it is going to be this age group. I find myself reflecting on



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

Rowville Uniting Church



Cnr Fulham Rd & Bridgewater Way

9753 3495

office@rowville.unitingchurch.org.au

The year is flying by and we have entered the time of winter! You are sure to find a warm welcome at Rowville Uniting Church. We gather to worship at 10am and enjoy worship that has a blend of music and worship that seeks to explore a relationship with a God who understands and loves all people. We believe that there is nothing that can separate us from the love of God and we seek to be a truly inclusive community of faith.

We have recently celebrated Pentecost Sunday with a special family and children focus in our worship. We are planning to have a similar focus on the third Sunday of every month. This will be worship in a different style and include hands on activity for all ages.

The Bridgewater Centre continues to offer a valuable service to our community. This is a secular service and offers a highly qualified Psychologist at very low cost. Self referral is acceptable. To see our Psychologist you only need to make an appointment at the church office. We will be running the Bunning's BBQ on Saturday 15th June to raise funds for the Bridgewater Centre. Come and have a sausage and a chat. We would love to see you and appreciate your support that helps us run this program on a low cost basis.

There is currently a waiting list for Toddler Gym so we urge you to pre-register, but come along and check us out anyway. Call the church office for more information.

Our church facilities are available to the community for hire. We are pleased that a number of community groups use our buildings and we welcome enquires for regular use or one off events, such as birthdays or seminars. Again, call the church office for more information.

On a more personal note, we were pleased to receive life membership of Rowville Lysterfield Community News at their recently held Reception Night. We have been delighted to be involved with the paper for over 20 years. We want to again recognise and acknowledge the great service to the community this paper offers.

Trevor Bassett

this point and it intrigues me how upset it can make us when our tradition is challenged. Scripture doesn't provide much in terms of guidance in dealing with youth and young adults primarily because the very concept of youth and young adults wasn't birthed until the industrial revolution.

However the Bible does say in Joel 2:28 "And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions." True this passage can be difficult to comprehend what exactly Joel is talking about, but the statement 'sons and daughters' will prophesy jumps out at me. One of the works of the Spirit is to equip our young people with a prophetic message. What prophesy is can be widely debated amongst the people of God, however what I think we could all agree on is that prophesy is the sharing of God's truth.

If we want to see the next generation following in the faith of our Lord, we need to listen and take seriously what they are saying. We should always way up what anyone says against scripture, however, at the same time be open to being challenged by the truths that might come from our sons and daughters mouths.

Stuart Asquith

# Sant Nirankari Mission

## 'Sant Nirankari Mission to the Rescue'

The Melbourne branch of the international spiritual and community welfare not-for-profit mission, **Sant Nirankari Mission** (Universal Brotherhood), that organises bi-annual blood donation drives as one of the many community welfare services, recently held its 21<sup>st</sup> blood and plasma donation drive in Melbourne on 27<sup>th</sup> April 2013, at the Australian Red Cross Blood Service in Mount Waverley.

Blood donation around this time of the year holds special importance to all followers of the Mission, as 24<sup>th</sup> of April is celebrated as "Manav Ekta Divas" (Human Unity Day) to mark the great sacrifice of his life by the previous spiritual

leader of the mission, Baba Gurbachan Singh Ji in 1980. After his assassination, when many of the followers wanted to

show their anger and revenge seemed to be the only option to them, mission's current spiritual leader Baba Hardev Singh Ji Maharaj showed them the path of peace and gave an historical quote, "Blood should flow in veins, not in drains". Every year since 1987, missions all over the world mark this day by organising blood donation camps and each follower tries to participate, in one way or another, to practice the teachings of the true master.

Gradually, in Australia, importance is being placed on plasma donation over normal blood donation for the simple reason that one blood donation saves three lives and one plasma donation saves 17 lives. Therefore the number of blood donation is being replaced more and more by plasma donation, even though plasma donation is a longer process.

On this day, Mission was able to organise 20 whole blood, 16 plasma units and 2 Platelets that equates to the full capacity of the blood donation centre.

**Mr Raj Kumar, Consul General of India, Melbourne** donated blood on the day and supported Nirankari donors in this noble cause. Ms Sarah Lacey, Community Relations Officer ARCBS, greeted and recognised SNM members who volunteered to take on various roles, like the registration process, refreshment area and



*Raj Kumar, Consul General of India, donating*

more. Mr Michael Gidley, State Member of Parliament for Waverley, showed his support by visiting donors who donated blood and plasma on the day.

Although at the core mission is a spiritual mission, all the teachings are practiced through community welfare services, as mission follows its principle of "World peace and unity" and works for united, peaceful and happy humans.

In Melbourne, mission has a group of about two hundred dedicated volunteers who are ready to provide their physical and other services in any emergency or regular services. Mission has plans to provide some new community welfare services in the future.

*Manjit Singh*



*SNM Group at the ARCBS*

## RESTORE

**Community Church**  
2/18 Laser Drive Rowville  
8736 9042

[www.restorecc.com.au](http://www.restorecc.com.au) - [restore@restorecc.com.au](mailto:restore@restorecc.com.au)

## Commitment to the Family of God

In our current Western culture of individualism, commitment and a sense of community is fading. But God wants his people to stay in community, connected and committed to a local church. In view of Jesus' imminent return, God urges believers to gather together regularly for worship and to encourage each other to stand firm in the Christian doctrine and faith. The writer of Hebrews tells us "not to give up meeting together, but to encourage one another as you see the Day approaching." (Hebrews 10:25 NIV).

In these Last Days, God wants us to stay connected to each other and to be committed to actively do His will together as

His family in our local church. He wants us to be more than just regular church goers. When we commit ourselves to be in fellowship and work together as the people of God, we experience great blessings in our lives. We grow in spiritual maturity, as together we study and learn from God's Word. Let us all be committed to the local family of God at our local churches and work together in unity and love as a TEAM- Together Everyone Achieves More- to fulfil the God-given purpose of our church.

Part of that commitment to community we can read about in Matthew 25:31-46, where Jesus talks about feeding the hungry, giving water to the thirsty, warmly inviting in the stranger, looking after the sick, providing material aid to those in need and visiting those in 'shut in' situations. Jesus finishes, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me".

We all have a responsibility to share and demonstrate God's love especially to those in need. We should put aside all differences and various viewpoints and look at each person as a person God loves equally and ask, "What does God want me/us to do here?" With the recent influx of refugees into Australia, many have come from dire circumstances. Restore

Community Church is blessed to be able to assist many of these refugees in our community with material aid and is now holding English Language classes weekly to help facilitate non-English speaking people to integrate into Australian society with less difficulties and a greater appreciation of our way of life. A number are also volunteering with us and giving back to the community that has given them a new home.

Upcoming special events in June include ministry by David and Rosanna Palmer on Sunday June 23rd at Rowville Secondary College, Performing Arts Theatre, at our 10:15am service. Look out for Rosanna's life story in the book, 'Rosanna Rock n Roll Believer', which is available now! This is preceded by a Men's Fellowship 'Movie Night' on Friday 14<sup>th</sup> June at 2/18 Laser Drive, commencing 8.00pm, starting with Pizza and Soft Drinks. There will be a \$7 cover charge for this night. July 14<sup>th</sup> RCC welcome Ps. Hans Barbet from Sri Lanka.

Remember that Restore Community Church has a 12-seater Commuter Bus that is available to pick people up for all church services and other events. Call the church office on 8736 9042 to book or for further information on any of our activities and community involvements.

*Ray Green*

## Rowville Baptist Church

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

Once again Rowville Baptist is running its awesome Club Extreme school holiday program for primary school aged children (Prep-Grade 6), in the second week of the July school holidays. From Monday 8<sup>th</sup> to Friday 15<sup>th</sup> July we will see our church auditorium transformed into the theme for this year "A Winter Wonderland".

Our high quality craft activities, our games program and our serialised drama will all reflect our amazing Winter Wonderland theme. The children who attend enjoy the singing, dancing, games, craft, morning teas and giveaways and look forward to coming each morning.

All the children entrusted into our care will be well cared for by our large team of volunteer adults and teenage team leaders. For many of the young people, this is one of their first experiences of giving back to the community as they serve and work alongside more experienced leaders.

It is Club Extreme's aim to keep the program open and affordable to all the community and this is achieved by the

generous support of many of the Rowville Baptist family, who volunteer their time, energy and resources to help make the week as much fun as we can, for all to enjoy. After all the excitement of the week's activities we culminate the week at our Friday Night Gala, where we present all the highlights of the week, including awarding prizes to the winning team and presenting the final episode of the drama.

Please put aside the week and join us. Bookings can be made by visiting [www.rowvillebaptist.org.au](http://www.rowvillebaptist.org.au) or email [office@rowvillebaptist.org.au](mailto:office@rowvillebaptist.org.au)

*Robynne Hoskin*

## AUSTRALIA FOR CHRIST FELLOWSHIP

It may fascinate you to know the various needs that exist for each individual. The list may be so extensive that anyone might wonder how half of each person's needs might be met. There are the obvious material needs, namely money and then there are the more invisible needs that aren't apparent by a lack of clothing, or accumulating bills. There are needs for, support, an actively listening ear, understanding, trust, hugs,

bedtime stories, appreciation, promises fulfilled and "you are beautiful". Each need hurting their respective individual the more they go unmet. The catch is that these invisible needs can be very invisible to everyone without the ability to read minds, which is heartbreaking, because as much as we are loved by our loved ones, we cannot be loved enough.

*But you are loved.* And you are known completely. But it is only by God, who is always there and always knows exactly what you would ever need (and want). It's ironic that the only way our invisible needs can be met is by the invisible God, who loves in very visible ways. He has taken every possible step to make sure relationships can be had between each of

us and God and that your needs could always be met and exceeded. But we need to decide to trust him and we *need* to let Him love us. If you have needs, they are known. You are seen, loved and treasured. So ask Him who knows you and everything that you need. Ask for love, it will not be withheld from you.

If you would like to ask about Him, feel free to meet a few of us who have begun to trust him with our needs. We meet together every Sunday. Full details of our services and groups can be found in "What's On Locally" on page 2.

*Michael Leung*

# Student Corner

## Forensic Frenzy

During May our Maths and Science Academy students in Years Eight, Nine and Ten experienced Forensic Frenzy, an exciting incursion presented by the CSIRO. Below are a few of our Year Eight students' thoughts on the day...

**Jessica Lilley** - A few weeks ago our class had a Forensic Frenzy Incursion. A man named Lucas who was from the CSIRO was going to teach us about solving crimes. He explained to us how forensic scientists solve crimes using different tools and materials. Some of these included finding fingerprints on clean mugs, sculpting a face from a skull, and finding out what gun was used (if needed). We were given a booklet and in that booklet was a crime that we were going to try to solve as a class. We got into groups and did each of the activities that were around the room. We had to write who we thought was guilty for that part and then move on. My favourite activity was the ransom envelope ink because it was interesting to see what colours the black pens were made out of. It was really fun and I learnt a lot and I would love to do it again if I ever had the chance.



**Lauren Murray** - On the 9<sup>th</sup> of May my class and I participated in an incursion called Forensic Frenzy. We had to do different tests and experiments to catch the killer who murdered Nathan Bloom. One by one, we eliminated our four suspects and in the end we caught the killer, or should I say *killers*!

**Lachlan Gelly** - On Thursday the 9<sup>th</sup> of May, Lucas from the CSIRO came to visit Rowville Secondary College and showed us how crime works and how to solve a mystery. It was one of the most fun things we have done. They had many activities for us to work out. I was surprised we got to use everything that was shown on TV like microscopes, DNA comparisons and all kinds of other equipment.

**Jasper Cardona** - A scientist from the CSIRO came to our school and showed us a pretend murder that had been committed. We investigated different things like finger printing and gunshot comparisons. We learnt a lot about forensics and the CSIRO. It was a great day.

*Laura Gordon Communications Officer RSC*

*Editor's Note:- Sounds a bit like "Silent Witness" to me!!*



**Above** - Jessica, Emily and Ahn solving a murder  
**Left** - Lauren Murray studying the evidence

## Knox Council

### Knox Vision: Our City, Our Future.

'This year, we celebrate the 50th Anniversary of Knox. This significant milestone gave us the perfect opportunity to spend some time reflecting on how the City has changed and developed over the past 50 years, and to look forward to how the City needs to plan for changes into the future. Through a program we called Knox@50 we asked how we should consider and deal with the challenges for the next 50 years. We listened and are planning to make it happen' said Mayor Karin Orpen.

The 2013-14 budget is part of plan and has an operating and capital works budget of \$157.8 million. Apart from the assets renewal budget of \$22.5 million, to maintain footpaths, roads, buildings and facilities, plus the rehabilitation of open space infrastructure, Rowville will benefit from a further commitment to the Stamford Park Project, the finalisation of the Rowville Structure Plan and a complete Housing Policy Review.

Changes to the Land Fill Levy, the new State Government's Fire Services Levy, legislative changes impacting on



interest on rates in arrears, EPA regulatory requirements and legislative requirements for new qualified Pre-School teachers adds up to more than \$1.25 million additional costs in the next financial year.

The Fire Services Levy, which replaces existing insurance based models, will appear on your rates notice as a separate levy as these monies go directly to the



We have a sense of community! At Rowville Playgroup and Activity Group we pride ourselves on the way our families manage the service through hours of tireless volunteer work. We hold working bees where the families come together to maintain the centre at Aimee Seebeck Hall, corner Stud and

Police Roads, as well as conducting fundraising for new resources and social events to connect the families together.

Recently our teachers have been working with the children

## KNOX HOME GARDEN CLUB

The sunny days of winter are perfect for those gardening jobs, as the soil should be already moist and friable.

I've been cutting back all of my Summer perennials and Autumn colour. I have cut them almost to the ground to give them another chance to put out shoots otherwise I will cull them and replace them with new plants. Try brushing away the mulch, and using a trowel to carefully dibble into the dirt to check out the roots of plants for the moisture, or the lack thereof. June is a good time to monitor what is happening underground, determine whether your plants have either survived or succumbed to the dry conditions. If the wood is dead, simply dig up the plant and when the pruning or clearing is complete, pull aside the mulching material and deeply loosen the soil. I have added copious amounts of compost and sheep or cow manure to the loosened soil in my garden beds.

This month is ideal for transplanting evergreens, planting new deciduous, and other bare rooted roses and trees, prune summer hydrangeas, and other summer flowering shrubs, dig over the veggie garden, adding compost, blood'n'bone, dolomite, (gypsum if the ground is heavy with clay) and cover with autumn leaf mulch, lucerne for nitrogen, pea straw or just plain straw or you could use sugar cane mulch. If you don't have ready compost or even a composting system set up, you can bury compostable fruit/ veggie scraps into the ground keeping close to the plants i.e just under the drip line, but without disturbing the roots. The micro-organisms in the soil will break down the organic scraps over time, leaving the soil richer for it, as well as attracting worms which leave behind beneficial castings, while also aerating the soil.

*Lonni Holland*

**NB Over the winter months (June, July & August), our meetings will be held on the 3<sup>rd</sup> Saturday of the month @ 10am, including morning tea at the regular venue.**

State Government. Rowville residents will have to pay \$63 and Lysterfield homes \$81. (The Knox average is \$56). There will be a base rates increase of 6.16%.

Mark your calendar for the 16<sup>th</sup> November 2013, when the biggest of a number of celebrations for our 50<sup>th</sup> birthday will be held. "With the 1994 Council amalgamations, Knox is one of the oldest current Councils, a fact we should be very proud of and will celebrate in style" said Mayor Orpen.

in building resilience. To be able to recover from a bad situation is an important skill necessary for life and the children have been encouraged to become more independent, through their play choices and the open-ended experiences offered by our teachers, obviously within the constraints of safety and social expectations. We have two great teachers with many years of experience and appreciate their contribution to a successful program.

Places are still available for mid-year intake of 3 and 4 year old children for 2013

2014 enrolments are now open

Rowville Playgroup and Activity Group Phone 0498 613 600 Email rowvilleactivitygroup@gmail.com  
*Vanessa Blaxhall*



Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting held on the 23<sup>rd</sup> of April 2013.

### Works Report as at 5<sup>th</sup> April 2013

#### Drainage Pit and Pipe Renewal Program

Works currently in progress are Oaktree Rise, Lakesfield Reserve and Seebeck Road. The Drainage Renewal Program is approximately 80% expended.

#### Building Renewal Program

Works scheduled to commence at a number of Council sites in April including the replacement of carpet - Rowville Preschool (Alan Clayton Wing);

#### Street Tree Replacement Program

Following some delays in the consultation process, removal has commenced and planting works are programmed for completion in June.

#### Stamford Park Redevelopment

Council has sent a request to the Minister for Planning to approve Amendment C93.

#### Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

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

**Liberty Avenue Reserve Master Plan Implementation Stage 2** Tenders have been received and evaluated. Financial checks are currently being carried out prior to approval and awarding of contract.

**Stud Road, Rowville - Sunshine Street to Timbertop Drive - Footpath** Plan of subdivision has been lodged with Council. Currently going through the approval process.

**Eildon Park Storm Water Harvesting - Stage 2** Project complete.

#### Avalon/Stamford/Stud Road Intersection Modification

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

#### Murrindal Playroom Extension (Stage - Two)

Building works commenced on 25 March for scheduled end of May completion.

**Tirhatuan Drive (No 18) Rowville - Drainage Upgrade** Drainage analysis reassessed and further design required. Melbourne Water have approved the design in principal and agreed on level of funding.

#### Water Sensitive Urban Design Renewal

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

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[www.graceful-life.com.au](http://www.graceful-life.com.au)**Council Minutes...continued**

1. Bergins Road Swale - Planting will be undertaken during late autumn (May).

2. Starlight Reserve - Detailed design completed. Planting schedule underway. Tender process to commence April.

**Wellington Road / EastLink - Shared Path**

1. Bridge - Completed.

2. Shared Use Path - Completed.

3. Fencing contractor commenced after Easter.

**Rowville Recreation Reserve No 1 - Renovation**

Ground has been sprigged with approximately 50% cover

**Straughan Close, Lysterfield - Drainage Upgrade**

Retarding Basin works completed.

**Reservoir Crescent, Rowville - Dam Repair**

Project combined with Heany Park access road. Contract works have reached practical completion.

**Hampden Court, Rowville - Rehabilitation**

Survey now completed with design to commence in May.

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

Design nearing completion.

**Tali Karng Close, Rowville - Rehabilitation Design**

Design nearing completion.

**Ranceby Close, Rowville - Rehabilitation Design**

Survey works nearing completion with design about to commence.

**Camley Court, Rowville - Rehabilitation Design**

Survey works nearing completion with design about to commence.



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