



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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# Rowville Secondary College

**Tree's**



Wednesday 31st July - 7:00pm

Thursday 1st August - 7:00pm

Friday 2nd August - 7:00pm

Saturday 3rd August - 5:00pm

Tickets available at

[www.trybooking.com/CZYE](http://www.trybooking.com/CZYE)

# Seussical™

**Music by**

**Lyrics by**

## Stephen Flaherty    Lynn Ahrens

Book by Lynn Ahrens and Stephen Flaherty

Co-conceived by Lynn Ahrens, Stephen Flaherty and Eric Idle

Based on the works of Dr. Seuss

By arrangement with Hal Leonard Australia Pty Ltd Exclusive agent for  
Music Theatre International (NY)



ROWVILLE SECONDARY COLLEGE

*"Opportunities For All"*

Western Campus

Paratea Drive, Rowville

Ph | 9755 4555

Email | [rowville.sc@edumail.vic.gov.au](mailto:rowville.sc@edumail.vic.gov.au)

Website | [www.rowvillesc.vic.edu.au](http://www.rowvillesc.vic.edu.au)

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Humphreys Way, Rowville

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## From the Editor's Desk

So the rain keeps falling and falling and falling. The creeks are flowing freely and the wetlands are ...well wet. Nature is alive and water birds, river creatures and wetland inhabitants are taking full advantage of the early June rainfall which is more than double the average since 1855. On the other hand, probably due to the heavy cloud cover, the average minimum temperature is almost 3 degrees higher at 9.7 degrees, than the average. Whilst drivers do not like the danger the wet brings, gardeners are enjoying the conditions and spring bulbs are already showing in some places. You just can't please everyone.

I have recently been alerted to a relatively new junk mail process, by at least one local Rowville business, that is potentially increasing the security risk of houses in Rowville.

When you go on holiday, you normally get a neighbour or friend to remove junk mail from your letterbox and put your bins in and out, so you are not advertising that your house is empty. Now it seems you have to do more. The practice is to place advertising material in your security front door. If it remains there for a few days it is very obvious you are not at home, particularly if your front door is visible from the footpath. If you are away on holiday there is no telling

how long the 'brochure' has been there. I too have experienced this activity and do not recall hearing my doorbell ring.

When I have been delivering the RLCN in my local area I have seen houses that have a brochure in their front door and think to myself "They must be on holiday". How easy it makes things for criminals.

We must all be extra vigilant and if you know a neighbour is away, check their front door as well as the junk mail box.

There are a number of good web sites that offer advice and are well worth a visit. The Victorian Police site [http://www.police.vic.gov.au/content.asp?Document\\_ID=9479](http://www.police.vic.gov.au/content.asp?Document_ID=9479) and the Neighbourhood Watch site <http://www.nhw.com.au>

This month we have a number of special features, one about Deaf Basketball, Ken Ramos, another in 'Student Corner' requesting assistance with their projects and one focussing on St Simon's Parish priest Father James Clark, which coincides with the Parish's 25<sup>th</sup> birthday celebrations. Card and board game players may also enjoy the article 'Scabble Threes'. As our serial 'The Stone Hut' has finished, we offer readers a one off story 'Revenge or Justice'. The answer is up to you.

David Gilbert

Since writing this, the cloud cover has gone and it has turned cold. Aaah winter in Melbourne!

## What's On Locally

July 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](http://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

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

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

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

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

**Venturers** (14-17.5 years) every Friday 7.30-10.00pm

Contact Terri 0418 567 923 atm.russell@gmail.com

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

**Girl Guides** Age groups 5-8 yrs, 8-11 yrs, 11-14 yrs, 14-18 yrs. Contact Jill Livingston, Eastern Region Manager 0409 583 847.

**Growville Growers** First Friday each month 2pm at Library.

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

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

**Knox Home Garden** Meet on 3<sup>rd</sup> Monday of each month at 8pm at U3A Parkhills Campus. May, June & July meetings on 3<sup>rd</sup> Saturday at 10am

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

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

**Lions Club** Meet 2<sup>nd</sup> & 4<sup>th</sup> Wed - 7pm for 7.30pm at Knox Tavern. Transport & meal available Ian Morrow 9752 9234 or 0419 519 190

**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](http://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](http://www.oa.org.au)

**Possums Playgroup** Mon.-Fri. 11.30-1.30 and 1.30-3.30. [possumspg@hotmail.com](mailto:possumspg@hotmail.com)

**Probus Club** (Knox Combined) Meet 1<sup>st</sup> Tues each month at the Stamford Hotel at 10am.

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

**RAFT Anglican Church** Holy Communion 8.30am Family Worship with children's teaching time 10.30am Sunday. **Family History Group** meet 1<sup>st</sup> Wed. each month at 10am. Bev 9759 5455 **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm. Contact Anthea or Arleen 9801 3509 **Craft for Christ** 2<sup>nd</sup> & 4<sup>th</sup> Tues each month at 7.30pm. **Playgroup** Tues & Thurs 10-11.30am. **Toddler Church** every second Friday 9.30am. Contact Jenny Coole 9764 2573

**Red Cross Rowville** Meet 3<sup>rd</sup> Wednesday of each month 10am. Contact Joan: 9764 4611

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

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

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

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

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

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

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

## July Events

**Knox Home Garden Club** 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.



# Calendar of Events July 2013

Various dates in July **The Geisha** by The Gilbert & Sullivan Society of Victoria at Knox Community Arts Centre  
[www.knox.vic.gov.au.theatretix](http://www.knox.vic.gov.au.theatretix)

1 – 11 July **Monash Science Centre School Holiday Program** [sciencecentre.monash.edu.au/shp](http://sciencecentre.monash.edu.au/shp)

6 July **Malawi National Day**

14 – 20 July **National Diabetes Week**  
[www.diabetesaustralia.com.au/News--Events1](http://www.diabetesaustralia.com.au/News--Events1)

9 July **Ramadan begins**

20 July **Pakenham's 10th annual Antique Fair**  
[www.the4cs.org.au](http://www.the4cs.org.au)

20-21 July **The Basin Big Break - Youth Stage**  
[www.thebasinmusicfestival.org.au](http://www.thebasinmusicfestival.org.au)

26 July **Stress Down Day**  
[www.lifelinehunter.org.au/index.php/stress-down-day](http://www.lifelinehunter.org.au/index.php/stress-down-day)

27 July **Victorian State Schools Spectacular**  
[www.education.vic.gov.au/about/events/Pages/spectacular.aspx](http://www.education.vic.gov.au/about/events/Pages/spectacular.aspx)

28 July **National Tree Day**  
[treeday.planetark.org](http://treeday.planetark.org)

30 July **International Day of Friendship**  
[www.un.org/en/events/friendshipday](http://www.un.org/en/events/friendshipday)

30 July **Vanuatu Independence Day**

## Letter to the Editor

Dear Mr Gilbert,

In the "From The Archives 2003" issue 348 my 25 years as a Knox Council Family day Carer was mentioned.

On the 9<sup>th</sup> November 2012 I retired after 34½ years as a Knox Council Family Day Care Educator and I'm enjoying my time now with my family, including my 3 grandchildren and now have time to take up knitting again.

Is my van still going? You bet she is. I bought "her" brand new in 1984 to use in my day care work, and with regular maintenance and care "she" is still going strong.

Congratulations to everyone who is connected with the Rowville-Lysterfield Community News publication.

I always read it from start to finish and find its contents so very interesting and informative.

*Yours Faithfully*  
Valerie Ireland

**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**  
**August 2013**  
**EDITORIAL & ADVERTISEMENTS**  
**Wednesday, 17 July**

**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, 3 August 2013**



## Who's watching my house?

Neighbourhood Watch was set up in Victoria in the 1980s with a focus on protecting residential property. It encouraged people to report on suspicious behaviour and mounted a program of education in community safety.

How things have changed over 30 years! Safety and anti-theft devices in houses and cars are far better, people are more vigilant and residential burglary rates are down. But with the increase of digital communication a different watchfulness is needed. As online transactions increase and social media connections go global, there's a new kind of fraudster watching your place. Fortunately new watchdogs are watching them and Neighbourhood Watch is taking on

## Ken Ramos in Australian Team for Deaf Olympics

Rowville resident, Ken Ramos has been selected in the Australian team for the Deaf Olympics which are to be held in Sofia, Bulgaria from July 25<sup>th</sup> to August 3<sup>rd</sup>, but will he be able to go? There is no Government or sports association funding, so all costs have to be raised by the players themselves. At the time of this article, Ken is seeking public and/or business support to ensure he can raise the minimum \$6,000 and take his place in the team at the games.

Ken was born in the Phillipines in 1991 and moved to Australia in 1997, settling in Rowville with his Mum, his engineer Dad and aspiring basketball young sister, Christine, in 1997. He was bought a basketball ring when he was 6 years old and his love of the sport has never looked back. Unfortunately he fell off a piece of playground equipment when he was eight, which resulted in his partial deafness. Ken didn't give up on life and he studied screen/media at Box Hill TAFE and today is



new roles in community education.

For starters they recommend getting familiar with online watchdogs. The Australian Government website [scamwatch.gov.au/](http://scamwatch.gov.au/) has regular updates. Another government website [staysmartonline.gov.au](http://staysmartonline.gov.au) is also well worth a look. A popular US site is [facecrooks.com](http://facecrooks.com). This is a website that focuses on creating a safer environment on Facebook, by warning users about potential scams, hoaxes, and other dangerous things that can happen on Facebook.

Reporting crimes is still important. Dial 000 and ask for police to report:

- any suspicious offence being witnessed or just occurred
- any situation where life or injury is threatened
- motor accidents where there are injuries
- danger to people or property
- violent or anti-social behaviour.

To report past crimes or to ask advice: phone Knox Police 9881 7000 or Crimestoppers 1800 333 000. For more information on useful safety websites see the Knox Neighbourhood Watch website [www.knoxsafercommunity.org.au](http://www.knoxsafercommunity.org.au)

*Anne Boyd*

studying animation at Quantm College. He enjoys drawing and you may see examples of his talent in future RLCN issues.

Ken said "I am nervous before I go onto court but once out there I close my eyes, focus on the game and the nerves disappear". He added that "I hate not playing to my potential and missing shots, but I'm always grateful to the people who have supported me and play my best for them".

Ken does some public speaking on how to be successful and constantly recommends youngsters to ask "What do you really want?" He said his idol, Shane Heal, inspired him to improve his game, which culminated in him being a member of the first Australian team to win a medal, at the Asian Pacific Games.

"The team we are taking to Bulgaria is very young and will do their best against much more experienced teams", said Ken. But will Ken be there? He admits that he wouldn't be where he is today without the support he has received so far, but the last few weeks before the team leaves is crucial.

You can contact Ken by email at [ramoskw1991@hotmail.com](mailto:ramoskw1991@hotmail.com)

**Ken Ramos**

*David Gilbert*

**ROWVILLE COMMUNITY NEWS**  
**WALKING THE NEWS**  
**JULY 2013**

**Distribution Report**

**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 liaise 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 Dr 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

### SHEBA - A Local Health Partnership in Bangladesh

Early in 2012, the Rotary Club of Rowville-Lysterfield commenced a partnership with Social Help Endeavour for Bangladesh (SHEBA), to assist in raising funds for the provision of a Primary Health care Unit to be established in the remote village of Shomaj, Chatmohar Upazilla, Pabna, Bangladesh, which has a rural population of 11,000 people (in approx 2,400 households). Designed to be operated and locally managed by NGO's and voluntary organisations, the first unit has now been in operation since 1 January 2013 and, whilst originally intended to be staffed by one Medical Assistant (MA) and one Basic Health Worker (BHW), the funds provided through our Rotary Club and other donations have enable a second Basic Health Worker to be employed.

Consultations are held four days a week and home visits are also undertaken. The BHW provides preventive, screening and health promotion services through regular visits in the local community as well as assisting the Medical Assistant during consultations. The MA also has the responsibility of referring patients needing further care to appropriate professionals in the larger city facilities. A scale of nominal fees has been established, as well as the provision of some essential medications at cost price, bringing the local health care facility within reach of everyone in the village area.

Our Club was recently visited by SHEBA President,



*Club President Dr. Daryl Moran handing over a cheque for \$750 to SHEBA President Dr. Ahmed Sharif.*

Dr. Ahmed Sharif, to bring us up to date with progress of the project. Dr. Sharif told us that in the first 3 months of operation, the BHU consulted with and treated 7,595 local villagers in around 1,813 households, which was a magnificent effort and really showed justification for the SHEBA establishment. Interestingly, a typical diagnosis range was Hypertension - 80, TB - 12 and Hyperthyroid - 5. It is interesting to note that the basic operation philosophy of SHEBA fulfils the World health Organisation criteria for this type of Health facility.

The Club has committed to continue funding support in

the new financial year and also had great pleasure in handing over to Dr. Sharif a cheque for \$750 when he visited the Club on 21 May 2013 to report progress. It is somewhat amazing how much can be achieved with such a modest amount of funding. The local community have also embarked on some income generating projects for fattening cattle and small fish culture/farming that are estimated to earn between \$1,000 and \$1,500 annually. The additional funds should enable the Somaj facility to operate every day of the week with maybe an extra BHW in the field.

The success of the SHEBA project in the Somaj village area has been such that several neighbouring councils have become interested in future participation, which can only benefit a much larger rural population.

This is yet another example of how the power of Rotary can be utilised to help much needed projects, both abroad and in our local community.

If you are passionate about giving something back in your local community then consider joining us at Rowville Lysterfield Rotary Club. We are always looking to expand our membership, so feel free to call Jeff Somers on 0413 150 587 or email on: [jjsomers@ozemail.com.au](mailto:jjsomers@ozemail.com.au) to arrange a visit one Tuesday night for some fun and fellowship with likeminded people.

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

We can also be found on Facebook under our page 'Rotary Club of Rowville-Lysterfield' also follow us on Twitter@RotaryLyster.

### Lions Club of Rowville



The 2013-2014 Board of Directors has been installed, committees have been formed and everyone is keen to roll the sleeves up and make a difference in the lives of many Knox residents.

On Saturday July 20<sup>th</sup>, we will be holding an information day at Bunnings Scoresby and, even if people aren't interested in joining the club, it is an ideal opportunity to learn all about the work we do and the ways in which we can help in the community. Pamphlets will be available on many of our projects and several members will be there to answer questions and explain the workings of the club.

Anyone who is unable to make it to Bunnings on that day, but would like to obtain some information about the services we offer to the community, can call our President Harald on 0403 158 010 or our Secretary Julia on 0414 608 824.

*Chris Carr*

### Stamford Park MEN'S SHED

The SPMS members have established and planted a new vegetable garden on the grounds of the Stamford Park Homestead. We now look forward to some home grown veggies.

The members assisted Alianto with their Annual Cancer Council Biggest Morning



Tea Fundraiser event. The member's assistance was much appreciated and a large amount of money was raised for the good cause.

The shed has received a number of enquiries for membership this month and a number of generous donations, some of which have been forwarded on to Flowerdale and Mortlake sheds. We will also be arranging a garage sale for excess goods, expect details in the next issue.

Please see "What's On Locally" on page 2 for details of our meeting dates and times.

If you would like to join our "Shed" please contact Barry Treadwell on 0425 719 451.

*Leanne Chisholm-Guy*



### Australian Red Cross

Twenty six members and friends enjoyed a very pleasant trip to Marysville at the end of May. The township has made a remarkable recovery from the devastating fires and there are a number of shops selling all sorts of items, including the bakery. The locals, in general, appeared to accept the fact that they live in a fire prone area and have increased their fire readiness. We visited Bruno's Sculptural Garden then, as Marysville doesn't have a licensed premises, drove to the Buxton Hotel for lunch. Our thanks to the Council for the use of their bus and expert driver.

By the time you read this, we will have had our week helping at the Lions Opportunity Shop in Mount Waverley. In the next edition I will let you all know the outcome.

Please keep supporting Red Cross. You never know when you might need their help with a blood transfusion or emergency assistance. If you would like to know more about the Red Cross and how you can help us at our Unit, please ring Joan on 9764 4611.

*Elly Baré*

### 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)





# Rowville Toastmasters

In the movie Cool Runnings, Irv the coach said, "Derice, a gold medal is a wonderful thing. But if you're not enough without one, you'll never be enough with one."

This quote always struck me as an indicator of a truism; that no matter what we have in material possessions, rewards and awards, great relationships, super friends and a job we like, (as list starters), unless we are happy with ourselves from the 'inside spaces' of our heart and soul and mind, then no 'outside' possessions or accolades will make a real difference. They may make some difference because they fill our needs as humans, according to psychological theory, but ultimately we have to find a self-belief and self-respect that is not attached to anything or anyone to be resilient to life's ups and downs.

Many commentators and philosophers write about the notion that having 'stuff' is not the key to happiness, and they wax lyrical about what matters in life. They move towards the idea that relationships are the stuff of life and nothing else really matters, some even say that there is something noble in poverty. (One of my well-off relatives loves to state that "money does not matter to her" in life. Yeah right!) The reader gets sucked in. Well, some are and some of us are not.

They forget to mention that the most important relationship is the one that you have with yourself because more often than not, it is that self-belief and self-respect that forms the basis of good relationships with others in the first place.

A philosopher from another camp will then tell you that you cannot fulfil your talents and dreams through lack. It is no good relying on others' hand outs for ever. We need certain 'things' and opportunities to develop our talents and skills. Self-responsibility and "No Excuses" are paramount. They say, the best antidote to poverty, is prosperity. The best foundation for great relationships is how you feel about yourself and what you believe you have to offer. The best route to happiness is from within no matter what is happening



on the outside..

Some ideas to ponder:

Does the little rich kid learn the value of giving as much as the person who has little material to give?

Does the fear of loss develop less in the little rich girl more than the girl who has to work for her hairdryer?

Is appreciation easier to learn when you have little or easier when you have it all?

What are the things that build self-esteem beyond image and keeping up with the rest?

What does all this thinking have to do with Toastmasters? The answer is an enormous amount because Toastmasters is where you can build your 'inside' esteem to be able to appreciate the 'outside' stuff more. After 17 years, I know what I am talking about because I see it happen consistently.

Toastmasters International is founded on the belief that every person deserves respect and that all procedures and formats are to reflect that ethos. Everyone

needs to be treated with dignity simple because they are human. This is never taken for granted because repeatedly this ethos is revisited through the learning of public speaking techniques that promote effective communication; organisation of meetings and events that carries over to simple day to day events; protocols and methods that help build self-respect and self-belief; simple time management skills that make people face procrastination; leadership principles that are universal and ever uplifting; human needs to share and the power of give and take; and that commitment is not a dirty word.

These are just some of the 'outside' experiences that become 'inside' characteristics of the people who develop "more confidence." The chance is always there for being enough.

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

*Editor's Note:- Very though provoking. My thanks to Penny for some great articles over the past twelve months.*

## Community NoticeBoard

Supported by Cr  
Nicole Seymour  
Knox City Council,  
Tirhatuan Ward



# Student Corner

## An Open Letter to the Rowville- Lysterfield Community

Dear Sir/Madam

We are Year Ten students in the Maths and Science Academy from Rowville Secondary College who are participating in a Rotary Interact Club, which focuses on funding international and local projects in 2013. We are writing to the community in hopes of receiving donations from any local businesses to help in the competitions that we will be hosting, for use in auctions, raffles or to give away as prizes.

One of the projects our school is concentrating on is Headspace. This is a mental health organisation that helps Australian youths deal with mental illnesses, like depression and anxiety and it also helps people deal with other troubles in life. Headspace is a beneficial program because it gives the youths of Australia a place to go to if they feel they have no one else to rely on and gives them the opportunity to talk to professional counsellors for help and advice. Our goal is to raise money for them, so they are able to expand and advertise their , in order that others who may require help will know they have this organisation to turn to.

We are also planning to help an international project in East Timor. In this project, we are eager to raise enough money so that they can build safe homes for the less fortunate residents of their country. This country is an underprivileged developing nation, that has been through tragic events, which lead to their current state today. During World War II, many East Timorese people lost their lives helping to defend our country.

We would be extremely grateful if you do decide to sponsor us and help us to accomplish our projects. If you are interested in our endeavour, please contact our teacher Lana Whitehouse on 9755-4555 or by emailing [whitehouse.lana.n@edumail.vic.gov.au](mailto:whitehouse.lana.n@edumail.vic.gov.au)

Thank you for taking the time to read our letter and we hope to hear from you soon.

Sincerely,

Megan Tsang and Lalita Hong,

On behalf of the Rowville Secondary College Interact Club

*Editor's Note:- Please don't be shy in coming forward to help these dedicated girls. They deserve your support.*

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- **Job is primarily pizza delivery; cleaning order taking & general helping involved.**

**If interested, contact Jason (Manager)**

**9764 4139**



# Rowville Community Library



July

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



## School Holiday Program

**Tuesday 2<sup>nd</sup> July – 11am Indigenous Storytime to celebrate NAIDOC week-**

Listen to wonderful stories written by Indigenous authors about their people and culture. Decorate a wooden boomerang with traditional dot painting. Cost \$1.00 per boomerang. Ages 5+.

**Wednesday 3<sup>rd</sup> July -11am Monster Mania** – Monster stories and music. Create a magnificent monster magnet to display on your fridge. Ages 5+.

**Friday 5<sup>th</sup> July – 7pm Indigenous Bedtime Storytime** - Listen to wonderful

stories written by Indigenous authors about their people and culture. All ages. Bookings not required.

**Monday 8<sup>th</sup> July – 11am Mini Maestros** -Come along for a fun-filled, interactive session by Rowville Mini Maestros involving musical instruments, musical stories and dancing. Ages 1-5.

**Tuesday 9<sup>th</sup> July – 11am Bush Tucker with Julie Weatherhead** – Julie is an expert on Indigenous flora & bush tucker. The whole family will enjoy listening and participating while she shares her knowledge of native plants, herbs and their uses. Ages 5+.

**Friday 12<sup>th</sup> July – 11am Bad Books and Bumosaurs!!** Listen to stories written by hilarious author Andy Griffiths and create your own crazy bookmark. There'll be quizzes and games too. **Just Fun!!** Ages 6+

**Using FindMyPast in your research:** Frustrated with not getting the most out of the FindMyPast UK/IE/AU databases?



family history.

Enhance your Family History research with this informative talk present by Gail white at 2pm on Thursday 25<sup>th</sup> July at Rowville Library. All welcome. Free event! Please book by phoning 92941300 or online [www.yourlibrary.com.au](http://www.yourlibrary.com.au)

**Saturday opening times:** Are you frustrated because the library doesn't open until 10am on Saturdays? Would you use the library between

9am and 10am if it was open? Please tell us so that we can add the information to our research currently being undertaken.

**Mobile phone help:** Staff and friends from the Stud Park Telstra Shop on Thursday 4<sup>th</sup> July at 9.30am. All welcome. Bookings essential. Free event.

**Bookclubs:** There are three bookclubs. Our evening sessions have vacancies on the second Thursday or the last Friday of the month at 7pm. Ring Rose 92941300.

**Computer Help Sessions:** On Tuesday and Wednesday mornings a tutor is available from 10am. Internet, iPads, tablets, Email, Facebook, Word, and Excel .Free.

**Beginner's Internet and Basic Email training sessions are now on offer:** Small (maximum of 3), 2 hours, just \$15 (concession \$12.50). **Beginner's Internet** 1<sup>st</sup> Thursday at 10am and **Basic Email** 3<sup>rd</sup> Thursday at 10am. Ability to use the mouse and keyboard is essential. One-on-one 2 hour session \$40. Call 9294 1300.

## Knox & District Over 50s Club



Shakespeare wrote "Now is the winter of our discontent". Well it is winter but it does not have to be a winter of discontent. Join us and be assured of a welcome as warm and as cheery as a hot bowl of soup on a crisp winter's day. Sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include 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.

In July we have a Market Day at Caribbean Gardens, a mystery day trip by coach, a Trivia afternoon and a Christmas in July lunch. August will include a visit to the Monet Exhibition, a theatre outing to see Hot Shoe Shuffle

and a Cancer Research Fashion Show, as well as all of our regular activities.

We accept as members ladies, gentlemen, couples (we would even consider aliens!) and as a financial member you will be welcome to participate in any or all of our 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.

For details of our monthly meetings, including venue, dates and times see "What's On Locally" on page 2. At these monthly meetings we are entertained, amused and informed about things that matter to us. Make a note in your diary, on your calendar, or on your iPhone and come along to our meeting on **Tuesday, 23 July 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

**Kids on Wednesdays:** Craft session at 4pm during school terms. Specifically for primary school aged children

**Chinese Friendship Group: Thursdays at 10.30am.** Sessions are free and there is no need to book.

**Saturday Storytimes:** 10.30am during school terms, may continue during school holidays. No bookings required.

**Rowville Writers' group:** Meet fourth Tuesday of the month. All welcome. Next meeting will be on Tuesday 23<sup>rd</sup> July at 1pm.

**Family History Help:** Don't know where to start, need a little help, call Charles 92941300 for an appointment.

**Afternoon Bookchat!** 1<sup>st</sup> Monday at 2pm. Next meeting Monday 1<sup>st</sup> July. Free event. Bookings not required.

**Bedtime Storytime** First Friday at 7pm. Next Bedtime Storytime is at 7pm on Friday 5<sup>th</sup> July. All Welcome.

**Home Library Services:** Call Rose or Raelene on 9294 1300 to arrange for a home delivery service.

**Tiny Tots storytime:** For babies 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?** 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.ert.vic.gov.au](http://www.ert.vic.gov.au), and you can join on-line.

Rose Thompson, Manager – 9294 1300



## Cake Decorators Association of Victoria Rowville Branch

Our June workshop was held on the long weekend and we had 20 members attend. It was a very productive day with lots of Gum-Nut Babies going home.

Sunday, July 14<sup>th</sup> from 10am to 4pm, is our Christmas in July, which is a demonstrations day only. We will have four excellent teachers, Barbara Imlach, Robyn Hamilton, Rhonda Morris, and Rhonda Beer, to share their skills and hints. There will be a spit roast lunch, plus morning and afternoon tea, all included in the price. In addition we will have lucky draws and lots of fun so come and join us. Please book early as it is filling up fast.

For details of our meeting venue dates and times please see "What's On Locally" on page 2. For more information and bookings phone Velma 9763 8646 or Madeleine 9870 5743



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# Wellington Village Shopping Centre

## Stay warm this winter with your family and grab a takeaway

What better than to snuggle up in front of the TV with a great video and easy peasy takeaway - fast, fun, no cooking and no cleaning up!

Wellington Village is on your doorstep and has the kind of choice that all good Aussie families adore.

### Number 1 on the eat list - Pizza

**The Eating House** - The problem here will be which one to choose, from all the usual traditional ones to unique flavours, including moroccan lamb, roast port and apple, satay prawns, smokey chicken as well as a large vegetarian selection. Starting from \$8.90, order on line [www.eatinghouse.com.au](http://www.eatinghouse.com.au) or via their new app (coming soon) pick up or delivery. Pick up the phone 9755 7464



### Number 2 - Chinese

#### Global Noodles

Oodles of noodles from across Asia open 7 days a week served in a box, chopsticks optional, home made dim sims, spring rolls, roti bread, wonton soup. Is your mouth watering? Wait there's more. Mongolian beef or chicken stir fried noodles, Hong Kong noodles, Nasi Goreng (who needs to go to Bali!), chicken teriyaki, garlic king prawns, all healthy eating with fresh ingredients. Call 9764 3298 seven days a week

### Number 3 - Japanese

#### Sushi Express

Let us explain first of all..

Maki - Are small pieces of hand roll.

Nigiri - Small pillow shapes of sushi rice with various toppings.

Sashimi - Is a select cut of raw fish expertly prepared by a Sushi chef.

Inari- Are sweetened tofu pockets filled with rice and various toppings.

Hot food includes an assortment of tempura vegetables and steamed gyoza. There is also an assortment of crispy chicken, panko prawns and prawn gyoza..Call 9755 5001 - open 7 days a week.



### Number 4 - Chook! Doesn't get much more Aussie than that!

**Rowville Red Rocks Chicken** - a family run business - who knows the meaning of keeping its loyal and local community close to its heart with great service and quality 7 days a week. You know you can rely on heart warming family packs, the good old lamb souvlaki, daily home made salads. We don't need to say much more as you know how good it is always going to be - open 7 days - 9764 3399.

### Number 5 - Gills & Grills

#### Gills And Grills

Fish and Chips doesn't have to be just Fridays - and its so much more than just fish and chips, there are gourmet homemade burgers, salad packs, kids packs and of course chicko rolls, scallops. Now all that is left is to pop into **Blockbuster Video** grab your fave movies and settle in for the night in.

Happy Family Winter!

*Yvette Switalski*



## Probus Club

Despite the threat of rain, 14 members headed into the City on 11<sup>th</sup> June for our Guided Tour of the Chinese Museum in Cohen Place. The tour started at 11.30 am and we all emerged at 12.45 pm, with a much better understanding of the hardships endured in those early years. The exhibition covered three exhibitions, finding gold, the Dragon Gallery and the Gallery of Chinese Australian History. The excellent and at times humorous guide explained Chinese culture, Chinese food, migration, history and their experiences.

After the tour, we headed for Yum Cha lunch at the Dragon Boat Restaurant. It was an all you could eat lunch and one table certainly had their money's worth, even persuading the manager to find some warm egg tarts to round the meal off.

The movie for the month was, "Song for Marion", which was poignant and enjoyed by those present.

Our guest speaker for June was Robert Morcom, a retired Australian Customs Officer, whose presentation was humorous and informative. He said that the TV programmes on the subject were close to the truth and that the dogs at



the airport had made a huge difference. It is harder to detect drugs at the wharfs and only about 5% are found. He answered lots of questions and ended with a warning. "Do not hassle customs officers!!"

*David Gilbert*





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## Rowville Playgroup and Activity Group

Are you looking for a fun, challenging and friendly **3 yr old Activity Group** or **4 yr old Deferred Activity Group** for your child to learn and explore in? Then Rowville Playgroup and Activity Group may be the answer for you!

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

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



## WELLINGTON VILLAGE

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**SUSHI EXPRESS**  
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**GILLS AND GRILLS**  
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Tel: 9755 8955

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

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





## Rowville Neighbourhood Learning Centre

**E m p l o y m e n t  
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Have you been away from work for a number of reasons? Whatever they were, now is the time to work out how you can transition back into the workforce.



Learn how to identify your skills and job selection. Learn how to manage job searches online, set up automatic email alerts and explore different career options. Develop the skills to write relevant applications and to apply for different types of

jobs. Learn how to put together a relevant resume and get useful tips and interview techniques.

Your Trainer has an experienced background in recruitment and has assisted many people in obtaining the job they want in secure positions.

Tuesdays 11.30am – 2pm 23<sup>rd</sup> July-10<sup>th</sup> September \$46.50

Our **Women's Leadership Program** has been so successful, we are running it again in the evening and Saturdays for those interested but who can't make it during the week. Please call for details.

Are you thinking of travelling overseas soon and need to build your language skills to make your holiday more enjoyable and easy. At Rowville Neighbourhood Learning Centre there are courses on languages such as Mandarin, Spanish, Italian and French where you can pick up the conversation and writing skills you need.

Contact the Centre for details on 9764 1166  
inquiries@rowvillenc.org.au or www.rowvillenc.org.au  
Wendy Hiam



## Life Activities Club Knox

Breathtaking was the appropriate description for the Johnson Collection. We must go again.

But for this month. There will be a "Christmas In July" lunch at the Dorset Gardens Hotel. I understand that some people are against this idea, but we can look at it as another place to socialise. An outing to Latrobe Cottage and Government House will be pretty special.

If we don't catch a fish from the Eildon Pondage this month, I might just have to give up? Surely we could catch fish at this location.

40+ members will board the bus for the 5day/4night adventure to join in on Goulburn's 150<sup>th</sup> anniversary. During this trip they will also visit Canberra to tour The Royal Mint,



*Happy caravaners at the Woolshed Falls near Beechworth*

Parliament House and Duntroon. Wonderfully organised.

The current newsletter is available and we will be happy to post one to you. Or contact us on [www.life.org.au](http://www.life.org.au)  
Melva 9762 3764 or Helen 9729 1151

## Rowville Senior Citizens

We held "Memorial Day" at our club on the 24th May. This is an annual event to remember our past members. Each bingo game is dedicated to past players and the bowlers play for the "Frank Leggatt Memorial Trophy". Our winning bowls team this year, consisted of John Puah, Terry Unger and James Leong (skipper) and the runner-up team were Ned Misic (skipper), Lyn Ingham, Murray Wallis and Irma Escobar.

Our club membership is growing but we always welcome new friends. Any enquiries, contact Anne Berg on 9873



*Winners and Runners Up are Grinners*

0226 or 0404 007 174 or Margaret Smith on 9755 7542.  
Anne Berg

## Paul's Photography Patter

Most of us have a few photos taken many years ago that we especially treasure. Over the years they were seldom handled and so have survived reasonably well.

Today, with photography so popular many people just distribute and show their general photos to family and friends as digital shots on phones, computers and tablets etc. However, we do have some special photos printed as a hard copy to put in albums, scrap books or frame. We want to keep these for future generations to view, enjoy, and reminisce so it pays to observe a few **do's and don'ts** to increase the chance of the photos lasting in optimal condition.

The following tips are mainly common sense, but many people don't consider them and their long term effects on their photos.

### DO:

- ensure hands are clean when handling photos to



*An "acid-free" scrap book.*

- minimise the transfer of dirt and acidic body oils.
- use only a 6B pencil to write on the back of photos.
- protect photos from dirt and handling by storing in "archival or acid-free" quality sleeves.
- store precious photos in albums labelled as "archival or acid-free or PVC-free" (from craft shops etc) to minimise deterioration, dust, insect attack, wear and tear

and fluctuations in temperature and humidity.

- ask viewers to handle your photos by the edges so they don't touch the printed surface.
- if clipping a group of photos together use an inert plastic paperclip not a metal paperclip that can rust and stain the photos..

### DON'T

- use sticky tape to repair tears.
  - laminate your original photos.
  - use acidic sticky peel-back albums that contain adhesives.
  - stick labels on photos or use ink to label them.
  - use PVC plastic sleeves or sheets for long-term storage.
- Observing these few tips will hopefully ensure your precious photos are still around for future generations to view and enjoy.

*Happy snapping, Paul Lucas.*

**Hint:** Observe some of the above simple actions to protect your very special photos for the future

## Rowville Community Centre



The Rowville Community Centre is host to many term programs and regular hire groups as well as one off events.

The centres programs cater for all ages and there is an activity for everyone! We have pre kinder programs (for 3 & 4 year olds) and are now taking applications for the 2014 Waiting List.

We also hold activities for senior citizens and run fitness programs, educational sessions, functions and more!

We have vacancies in Yoga (both day and evening classes), Stretch and Tone and some Living Longer, Living Stronger classes (strength training for over 50's) for the coming term. Term 3 will commence in July for these programs so be quick as places fill fast!

To find out about the Rowville Community Centre please contact 9763 7400 to request a brochure or log on to [www.knox.vic.gov.au/A-Z](http://www.knox.vic.gov.au/A-Z) listing

Patricia Massie

## Scrabble Threes

*A fast game for fun*

This game uses the Rules of Scrabble with the following differences:

- Only select 6 tiles for your rack.
- Only table 1, 2 or 3 tiles per turn.

- Scoring is optional. It slows the game down!
- If you can't go, you may pass.
- If you have 3 consecutive passes you may exchange 3 tiles, then have your turn.
- If your word is challenged and is not in the Word List, you may try one other word or pass.
- The first person to go out wins. Other players continue to play until all tiles are tabled or there is no place to go. The player with the most tiles left in their rack comes last!

*This game was devised by Rowville resident David Mallen, a member of LACK, on 23<sup>rd</sup> May 2013 at a Scrabble evening, while waiting for other tables to finish playing. Go to his website for details of other interesting games, score sheets and Word Lists. [www.asv.net.au/games.htm](http://www.asv.net.au/games.htm)*



## Times Remembered at Rowville Primary School The Fish Tank

Towards the end of one year, a father of one of our pupils came to the school with the offer of a large, fully furnished and populated fish tank, for free, as the family was moving interstate and chose not to take the tank. Teachers are notorious for never looking a gift horse in the mouth, so we agreed with alacrity, but two questions immediately arose. Where would we put the tank and who would look after it?

The second question was answered straight away as our cleaner, Doug, put up his hand to care for and maintain the fish and he did so very diligently. The placement of the tank was a more difficult one, but it was finally agreed that it should be placed outside the Principal's office where, among other things, it could be used as a reliever of tension by the staff on their way to and from the staffroom.



A second advantage of its placement was more subtle. Facing the fish tank was a bench/seat known throughout the school as the black seat. This was the place where people who were waiting for an interview with the Principal could take a temporary rest. The majority of its occupants were pupils who had transgressed the school's rules and who usually arrived there in a state of tension or aggravation, perhaps after a disagreement that had become physical.

The strategy was, that when the transgressing pupils came to the black seat in their state of heightened tension, there would be a few minutes spent there. The theory behind

live one as I have.

This month is ideal for transplanting evergreens, planting new deciduous, and other bare rooted roses and trees, so visit garden centres to provide inspiration and advice. Don't forget to 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.

Before planting fruit trees, roses, or ornamental shrubs/trees, dig the holes much larger than the root ball or bare roots and combine well rotted sheep or cow manure with compost. Remember to reward your labours with a cup of your favourite brew and marvel outside at the beauty of nature...

Lonni Holland

this was that the tension would be significantly reduced by the contemplation of the soothing activity in the fish tank, so that when the time came for the Principal's interview, the combatants or transgressors would have solved their differences and the Principal's task was almost done and, frequently, so it was.

Ron Pickett

*Editor's Note:- We have been unable to locate a photograph of the Fish Tank so if anybody has one that we could copy we would be pleased to receive it. I suppose the fact that it no longer exists suggests that there was no longer any call for it, or did one of the transgressors break it??*



Thank you to Rowville Lysterfield News for our ten year certificate presented at one of our morning sessions in front of some of our families. We are pleased to be such an active part of the Rowville community and have been meeting the needs of the neighbourhood for well over 20 years!

In the winter months our program has included lots of fun craft, new books to read and the use of some new pretend play and vehicle items. On the rainy days it's been fun to bring the outside toys inside, even the balls! We recently had a butterfly incursion that delighted both the children and the parents. It was amazing to see our three year olds being so gentle with such gorgeous creatures.

Places are available for the Thursday afternoon session 1.00-3.00pm., starting in July (Term 3).

All 2014 enrolments are now open. We are located in the Aimee Seebeck Hall on the corner of Stud and Police Roads, Rowville. For further information and session details, please call 0498 613 600 or email rowvilleactivitygroup@gmail.com



Amelia and Jack receiving the RLCN ten year certificate

## Wellington Care Centre Counselling Services

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Contact: WCC Office on - 9764 3738  
www.wellingtoncarecentre.com.au

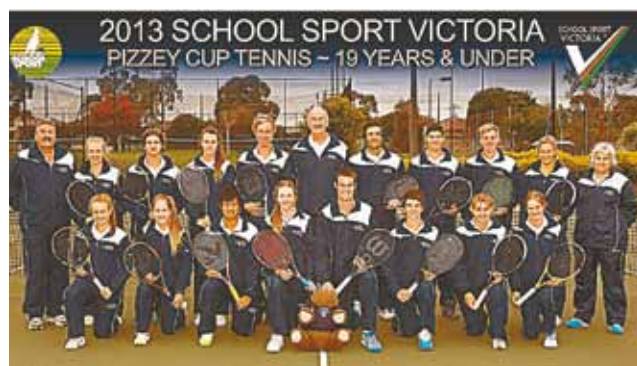
**Wellington Care Centre**  
cnr Wellington Rd &  
Le John St, Rowville.

## Knox Home Garden Club

Although Australian winter starts in June, the really cold weather doesn't kick in for another 5-6 weeks. This freeze suits many of the winter/spring bulbs especially tulips and jonquils, snowdrops, daffodils, anemones, ranunculi and crocuses. 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.

July is still a good time to monitor what is happening underground, to determine whether your plants have either survived or succumbed to the dry conditions. If the wood is dead down to the root zone, 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. Now there is a clean canvas upon which to re-create your garden beds with different plant varieties, styles or to replace a dead plant for a new,



## Pizze Cup

### A Silver Medal for Victoria

The Pizze Cup, which is the School Sports Australia National Under 19 Team Championships, was recently held in Adelaide. The eight Waverley District Tennis Association juniors that formed part of the 16 strong team all did very well throughout the week, some individuals remaining undefeated.

The team, which consisted of Aaron Addison, Alex Van De Steenoven, Ryan Draffin, Daniel Nickels, Nathan Ponton, Jaide Collins, Jayde Viccars and Georgina Jupp, all played in the Victorian side during the competition and finished the week with a silver medal (The gold went to NSW).

In the singles event, called the Australia Cup, which is run in conjunction with Tennis Australia, Jaide Collins from TeamVic featured as a finalist in the Girls singles championship.

Jeff van de Steenoven



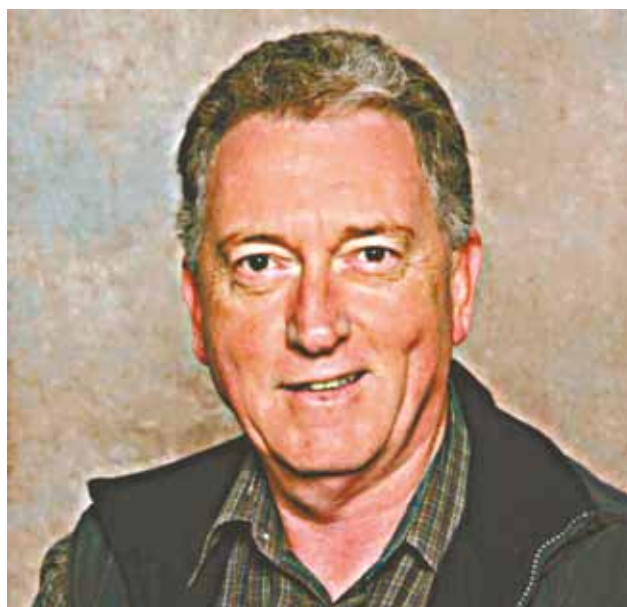
# An Hour With.....

Father James Clarke, the Parish Priest at St Simon's Parish Church, was born in Belfast, Northern Ireland in 1958 and went to Holy Cross Boys Primary School. He lived there with his parents and siblings until the family emigrated in 1964. Father Jim, as he is affectionately called, vividly remembers the boat journey "We sailed through the Mediterranean Sea and the Suez Canal before arriving six weeks later in Port Adelaide" he recalled.

Mr Clarke senior, who had been employed by the giant Belfast shipbuilding company, Harland & Wolfe wanted a better life for his wife and four children. He applied for a job with BHP, who contributed to the cost of the family's voyage, which resulted in them arriving in the isolated township of Whyalla in the middle of January. Having left the Irish winter behind the excessive heat, with no shade, was a rude awakening for the family. They stayed in a hostel for six weeks before moving into their own house. It was here that twin girls were born and Father Jim and his siblings went to school for the next six years. "I went to Our Lady- Help Of Christians School and St Johns Christian Brothers Secondary School and I can clearly remember getting very red from the sun in the days before "Slip, Slop Slap" said Father.

In 1970 the family moved to Geelong where Mr Clarke senior worked for Alcoa. Except for one brother who resides in Brisbane and Father Jim, his Mother and Father along with his three sisters and brother, none of whom entered the Church, still live in Geelong with their extended families. "I attended St Josephs Christian Brothers College and sat my HSC in 1975, but had no specific plan for the future. I did some labouring for a few years before moving in 1979 to Ascot Vale where I studied at the Mercy Teachers College" remembered Father Jim. "I achieved my Bachelor of Education in Primary Teaching after three years and subsequently settled into five years teaching year seven students at St Mary's Technical School in Geelong. I enjoyed it and guess that had I not taken the path I did, I would still be teaching today."

Whilst at school James Clarke enjoyed football, soccer and hockey and enjoyed success in rowing, winning the Scotch



Mercantile Regatta. Today he plays recreational golf and is still a keen supporter of the Geelong AFL football team.

In 1987, Jim Clarke entered the seminary at Corpus Christi College in Clayton and seven years later was ordained to the priesthood on the 21<sup>st</sup> August 1993. His first position was for three years as Assistant Priest in Moonee Ponds, followed by a year and a half at St Gerard's parish in North Dandenong, in a similar role. At this point Father Jim's life took an unexpected turn. "Archbishop Pell (now Cardinal) sent me to Rome to study 'Canon Law' at the 'Angelicum Pontifical University' and thereby to become a church lawyer" he recalled.

Upon his return, Father Jim spent ten months as Assistant Priest in Werribee, where he also served as a judge on the matrimonial tribunal, before moving to St Monica's parish in Footscray. After six months there he was appointed as Parish Priest of St Mary's parish in Ascot Vale where he served for eight and a half years before moving to St Simon's Rowville in 2010.

In his spare time, Father Jim enjoys nothing better than driving to Geelong and spending time with his family. "I am

## Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



also a bit of a movie buff, although my taste is somewhat eclectic" he admitted. "I admire Sir Alec Guinness and I can still picture the scene in 'Father Brown' where, playing the part of a priest, a small boy held his hand, which was the catalyst to his conversion to the Roman Catholic Church. I also enjoy the work of Peter O'Toole". He is a member of the "Canon Law Society of Australia and New Zealand" and in 2013 was voted onto the executive of the National Council of Priests.

Father Jim has travelled extensively in Europe, including Turkey and visited his birthplace for his twenty seventh birthday, twenty years after leaving. He has also visited the USA.

"I want to build on the good work started by my predecessor Father Martin Dixon and continue the close relationship with our parish school. I have an excellent staff and cherish the interaction with them and the Church community. The dichotomy between the pastoral element of my role and management can sometimes be challenging, but in general it is very satisfying," said Father Jim. "I was also delighted to be involved in recruiting new members for our parish conference of St Vincent De Paul Society, which at the time was struggling for helpers. We have a significant contingent of worshippers from the sub continent, Asia and Europe, all of whom answered the call. For the future I would love to build a new Parish Centre that could be used by the whole community".

To youngsters contemplating entering the Church, Father Jim suggests getting some life experiences first and to seriously discern your motivation. If the calling is within you it will always be there. He concluded "The Church is in good hands with the new Pope, a man of the people and the catharsis we are currently undergoing will bring purification".

*Interviewed by David Gilbert*

## St Simon's Parish Celebrating Our 25<sup>th</sup> Anniversary

At St Simon's Catholic Church in Rowville, everything has a slightly silver tinge this year, as in 2013, we are celebrating the Parish's 25<sup>th</sup> Anniversary.

For those familiar with the school and church on the corner of Taylor's Lane in Rowville, it may seem that it has always been there, but in fact, the Catholic community of Rowville was originally served by the Parish of St Jude's in Scoresby. By the late 1980s, though, it was clear that St Jude's couldn't serve the needs of the growing area on its own and in 1988, the Parish of St Simon's was established.

We don't forget our roots though, as the connection is in our name. St Jude and St Simon were two of Jesus' original apostles and, in the Catholic liturgical calendar, they share a feast day. So St Simon the Apostle seemed a logical choice for St Jude's neighbouring Parish!

We are celebrating throughout the year, but on the 14<sup>th</sup> of June we had our official anniversary Mass, which, we are delighted to say, was celebrated by all the priests who have guided us through these 25 years. Father Noel Mackay, from St Jude's, Bishop Les Tomlinson, Parish priest for our first ten years (when he was Father Les), Father Martin Dixon, who served in the Parish from 1998 to 2010 and our current Parish priest, Father James Clarke.

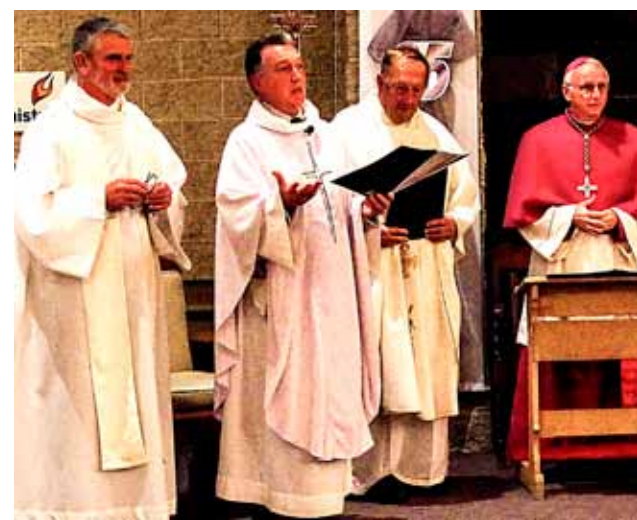
From humble beginnings in the school hall, St Simon's has grown into a vibrant, active community of faith. An enormous number of people have helped us get to this point and we would like to acknowledge and thank them all. From all the parishoners, past and present, heartfelt appreciation to:

Father Noel, from St Jude's, who supported us at the beginning and all the St Judes parishoners who



*St Simons Parish Pastoral Associates Lead The Procession*

took the plunge on setting up a new community; Fathers Les, Martin and Jim, who have guided us through building a church (1993), expanding the school, countless parish events and all the markers of a life of faith, baptisms, communions, confirmations, weddings, annointings, funerals, Easters, Christmases and the everyday masses that are our spiritual sustenance; Sisters Aileen, Joan, Madge, Sue and Maureen and Leslie, Mary, Jacqui, Sally-Anne, Anne-Marie and Loretta,



*Our Four Parish Priests*

our wonderful pastoral associates, past and present, without whom many of our parish services could not run; Bonnie, Elizabeth, Jan, Diane, Margaret and Bernadette, parish administration staff past and present, without whom *nothing* would run. The principals, teachers and staff at St Simon's Primary School, who have educated and cared for all our children and, finally, but most definitely not least in our esteem; The legions of parishioners who have and continue to donate their time, skills and resources to serving the people of this parish and of Rowville.

To those who care for our church and grounds, who support our faith development, who assist with the celebration of Mass, who are involved in our outreach groups, such as St Vincent de Paul, who organise our community groups, who assist with administration or who show up every year to make our Festival go with a bang, you are the spirit of our community and we would not be who we are without you.  
*Imelda*



# Rowville Secondary College 2013 Presentation

## Stars In The Making As Seuss Is Awakening

It is that time of the year again when the much anticipated Rowville Secondary College Annual Production takes to the stage. As a prelude to the performance I spoke to the Principals of this year's show "Seussical" and met some old faces and some new, who had one thing in common, a driving desire that this will be one heck of a show.

Seussical first appeared on Broadway in 2000 and the West End in 2012 and is an amalgamation of Dr Seuss's most famous books. In the RSC production, Shane is 'Cat In The Hat', Brad, Horton The Elephant, Jess, Maysie LaBird, Phoebe, Gertrude McFuzz and Ebony, Jo Jo. Both Shane and Brad have been at RSC for six years and are currently in year 12 and along with Jess and Phoebe have appeared in previous productions. Ebony on the other hand is in her first show, but as she is only in year 8, has plenty of performances ahead of her. Apart from Shane who has taken a VET acting course, the others have relied on school to hone their talents. There is little family history of acting except for Shane's father, who has appeared in some independent/art house films. Singing seems to be more popular with their parents.

This year Kasey has given the performers a bigger chance to have an input into the interpretation of the characters

which they claim gives them a better understanding of their characters. There was a mixed response to how they combine school work with rehearsals, ranging from "It's ridiculous in year 12" to "It's quite easy if you are organised".

Phoebe led the decision that learning the dance routines was harder than learning the lines, although Jess felt the lines became easier as you got into character. Trying to talk in rhyme whilst staying in time with the music was also seen as a challenge.

They all intend to pursue a career in music or theatre, but to Ebony that will come second behind working with animals. Familiar names came up when I asked them their favourite actors, with Hugh Jackman (Ebony & Brad) Leonardo DiCaprio (Phoebe & Shane) and Johnny Depp (Jess & Ebony) most prominent. Phoebe also admired Lea Michele, whilst Brad added Neil Patrick Harris to his list.

On the subject of nerves they all agreed that they were a good thing, that gripped them until they walked out on stage, when the focus on character took over.

Finally I asked them what would be their ideal role and I list



below their answers, leaving you to fill in which 'star' said what.

Rumpleteazer from 'Cats'

Glinda The Good Witch from 'The Wizard Of Oz'.

The Baker from 'Into The Woods'.

Any really Evil character

The next generation Beyonce.

Seussical is on in the Eastern Campus Theatre from 31<sup>st</sup> July to 3<sup>rd</sup> August. Book now to avoid disappointment at [www.trybooking.com/CZYE](http://www.trybooking.com/CZYE)

Our end of term 2 luncheon was very special for several reasons. It was held on 28th June, and the speaker was Mr Ross Gairn, a retired member of staff of the Royal Household, who had some very interesting stories to relate. After lunch our own Mal Donahue, former tutor of the Antique classes, was available to value small antique pieces for the members. But almost the best part was the debut of our **new dishwasher**! This has been long awaited and was purchased with funds raised at the last (2012) Art and Craft show. It is able to wash a big load in just 10 minutes, saving endless waiting around for the catering volunteers.

Our annual Art and Craft Show is the big fund raising effort for U3A during the year, helping us to be substantially self-supporting. This year's Show, our 17<sup>th</sup>, will be on 12th and 13th October. As it is one of the most popular events in Knox Seniors Week, we are very pleased to announce that it will be opened by the Mayor of Knox, Karen Orpen on 12th October at 11 a.m. Entry forms will be available on line (and emailed or posted to former entrants) in early July.



We will be offering two big prizes of \$1000 each, thanks to Bendigo Bank (the Art Prize) and Toyota Ferntree Gully, (the main Craft Prize). We will also be supported by Knox Council and many other prizes will be awarded in 8 different sections. Arrangements are well in hand and this year's art judge will be Farima Eshraghi, a well known artist, who judged our 2011 show. More details will appear in later issues.

Term 2 ended on 21st June and Term 3 will be starting on Monday 22nd July. There will be some vacancies available at the start of term. Membership for the last half of 2013, (where did the first half of 2013 go?), is only \$20. More than 130 subjects will be offered. All inquiries should be directed to [office@u3aknox.com.au](mailto:office@u3aknox.com.au) or see our website [www.u3aknox.com.au](http://www.u3aknox.com.au) (Courses), to see a complete list, showing the number of vacancies remaining. Phone 9752 2737 after 21st June, if you do not have computer access. There is a small extra charge of \$25 for computer subjects. Some subjects will be conducted at Rowville at the RAFT Church Centre.

Kath Brown



Maggie Kamensky, who oversees catering for all our main events, demonstrating the new acquisition

## Tales from the Rowville Writers Revenge or Justice

She hurried past, as fast as her legs, now resembling jelly - would allow. He never glanced her way. Her heart was racing and she tried to control the thumping in her chest.

She risked turning, to see if he'd noticed her but felt relief when she saw him boarding a bus. Not the one she usually took, thank goodness but she was unable to see its intended destination.

The little cafe was dimly lit. She entered, seating herself at a corner table at the back. A strong, black coffee was needed, to enable her to calm down whilst she gathered her thoughts.

Reason took over as she sat in that quiet, calm atmosphere. No good jumping to conclusions. Perhaps he was on holiday or just passing through. But then again - what if he'd been making a determined search for her in recent times? Even though she had spent a few years overseas, it was with some trepidation she'd returned.

Now living on the other side of the country, she had, until now, felt much more secure, as time went by.

Boarding the bus, she glanced at the other passengers, wondering if her inner turmoil was evident. No one showed

any more than a passing interest and relieved, she found a vacant seat.

Thankfully, she reached her apartment - her own, warm haven - kicking off her shoes as she entered.

Putting on some soothing music and with a glass of chardonnay in hand, she sank into her usual, comfy chair to mull over this concerning event that had shattered the safety and serenity she'd enjoyed these past two years.

Her thoughts turned towards work. She wasn't getting any younger and had strived to establish stability and security within her firm. Making such a huge effort to gain such a prestigious position had taken all she had.

Discipline certainly and yes, a bit of grovelling to those in high places. Reverting to her maiden name was a further safety measure.

The past was now threatening her. Was all she'd worked for in jeopardy? What to do? Yes, think it through and not act too hastily. She dozed off, thoroughly worn out, thinking of the past.

Moving west had seemed a good idea. A fresh beginning where he was unknown. Gaining an interview for the next day was a hopeful start in the new direction Len hoped his life would take. Those five years in prison for something in which he was a minor player, had taken their toll. She'd left him to face the music and was listed as a missing person. He tried to put bitterness behind him. Not easy - but was determined to look forward.

Coming up with a plausible story to explain his lack of documentation such as references, was well rehearsed. His new passport with change of name, would be included in this fabricated tale.

Lived and worked in the UK for four years, then in a remote part of Africa in administration setting up new schools. Unfortunately, his portable safe containing his papers, had been stolen immediately prior to his return to Australia. It would take considerable time to replace everything.

Thoughtfully, he chose his clothes for the interview, aware his appearance might be a deciding factor, considering his lack of documentation.

After a simple meal and a relaxing bath, he dozed off, determined to make a good impression the following day.

-----

Arriving early, Len noted another hopeful before him. Mentally comparing their respective appearances, his confidence rose. The door opened and an interviewee emerged. One down and one to go - before him.

The receptionist ushered Len into the imposing office. The woman at the desk turned in his direction and they both reeled in shock. In spite of her blonde hair - he'd have recognised her anywhere. She **had** to offer him the position.

Within six months, he'd learned all he needed to know. With a prison sentence hanging over her head, she had no choice but to resign and recommend him for her job. He prospered. On the other hand, Judith's life was never the same; her sentence - was a life of poverty. Oh yes - revenge is sweet!

**B. Prosser**



## Eildon Park Cricket Club

Eildon Park Cricket Club will be holding its Registration Day on Saturday 27<sup>th</sup> July at Wellington Village Shopping Centre outside Bendigo Bank from 9am to 12pm. We look forward to seeing all our members registering for what promises to be another fantastic year and we welcome any new players and their families to our club.

Saxon Sports will again host our pre-season junior training during the month of September and our coaches will be there ready with batting and bowling drills. Cricket gear will be available for purchase.

It gives us great pleasure in announcing Tyden Latty as the new Senior Coach for Season 2013/14. Tyden joins our club with a wealth of playing and coaching experience. After playing his entire junior cricket at Upwey Cricket Club, Tyden then moved to Sub District Level, spending numerous summers at Bayswater Oval representing Bayswater Cricket Club. Most importantly for our club, Tyden comes with a distinguished reputation as a Senior Coach. Recently Tyden has been heavily involved at Lysterfield Cricket Club having served them as a top order batsman including in their First XI Premiership in 2007/08 and also recently as their Senior Coach. His strong



Left, Christian Trotter, President  
Right, Warren Griffin, Life Member

the Eildon Park Cricket Club. While other clubs rest, our Coaches are already hard at work as we endeavour to make season 25 at Eildon Park the most successful and enjoyable for all of our members.

You can visit us at [www.eildonpark.vic.cricket.com.au](http://www.eildonpark.vic.cricket.com.au)

Tricia Pollard Secretary, Eildon Park Cricket Club

emphasis on people management and junior development and mentoring, was highly regarded at his previous clubs and also amongst his peers in the FTGDCA. We are also very proud to announce that, alongside Tydens appointment is the re-appointment of our 1<sup>st</sup> XI Premiership Captain Cam Cosstick, who takes control of the 1<sup>st</sup> XI steering wheel for the fourth consecutive season.

These appointments, coupled with the extensive Winter Junior Coaching Program that our Junior Coaches are currently undertaking and the Eildon Park Junior Academy available to our junior members, reinforces our clubs values in providing our players with the best coaching resources available.

This is a very exciting appointment for our club, in this our Silver Jubilee Season, as we celebrate 25 years of

## SPORTING ROUNDUP



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

## Lysterfield Junior Football Club

Season 2013 is shaping up to be another successful one for the Lysterfield Wolves with all our teams having a great year so far.

Our under 14s are sitting 2<sup>nd</sup> on the ladder, just 2 points off top spot. The under 13s are undefeated at this stage, and are 2 games clear on top of the ladder. The Under 12s are in 6<sup>th</sup> spot on the ladder. The Under 11s are in 2<sup>nd</sup> spot, with just percentage keeping them from top position.

The Under 8, 9 & 10s continue to develop and have shown plenty of good qualities and skills throughout the season.

With the success of our teams so far this season we are hoping to have lots of finals action at the club!

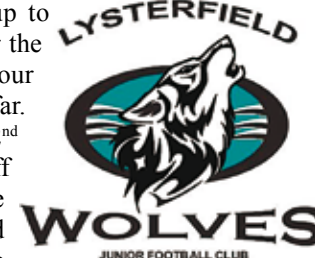
We have several players who have reached, or are about to achieve their 50 game milestones this year. They are:

*William Lo, Jake Arundell, Ethan Walker, Mitchell Perry, Joshua Leehane, Lee Skeet, Jordan Schwass, Zachary Prizmic, Jayden Zimmerling*

Congratulations boys on achieving 50 games. May you all enjoy many more memorable games with the Wolves.

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

Tanya Carroll



## Eastern Raptors



The Eastern Raptors Rugby League Club is proud to announce our teams have played extremely well to date and are beginning to see the benefits of the much loved team sport, by winning some of their most recent matches.

The Eastern Raptors would like to welcome all new members, parents, supporters and players that have joined us this year. It has been amazing to see our club grow from 28 registered players to 80 this year alone.

The Eastern Raptors are now looking for new players for our U10 and U14 teams. If your child is looking for

a safe and encouraging way to make friends, be active and have fun, The Eastern Raptors may be the place for you. Our coaches can and will assist any child with their physical development and social capacity.

Please feel free to visit our training sessions on Mondays and Wednesdays at 5:30pm at Colchester Reserve, Boronia. All children are welcome to join in to see if we are a fit for you. All games are played Saturday mornings. If you would like to join the Raptors as a volunteer, member or supporter we encourage all members of the community to become involved. The amount of time and effort you would like to invest in our new club would be much appreciated by all members and children.

To find out further information you can email us at [raptors2011@live.com](mailto:raptors2011@live.com) or visit us at [www.easternraptors.com.au](http://www.easternraptors.com.au) or like us on Facebook <http://www.facebook.com/eastern.raptors>

Tahnee Collins

## Little Athletics Cross Country

As children participate in school's District, Division and Region cross country, those who run weekly Little Aths races over Winter have valuable fitness and race experience under their belts. Others who play basketball, netball and football see their skills standing up when fatigue sets in near the end of a hard game. Childhood obesity is warded off. There's a place to see friends on Saturday mornings and Open Days.



Camps and Championships are available to those who want to be serious about the sport. Ahhh, so many reasons to run cross country!

Grace Louey, Gemma Stapleton, Byron Browne and Hannah and Holly Hodges are amongst those whose Little Aths runs have held them in good stead for schools' Cross Country. (Apologies to the Hodges sisters. In the last edition Hannah was listed as the track season's U11 Best in Age. In fact Holly is the U11 athlete and achieved this award.)

Alicia Hutton continues to hold the baton for the Under 6 girls but we could certainly afford greater representation in this age group. The clubs desperately need an injection of U6 boys. For the first time this age group will be able

## 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.

**Ladies and Mixed Netball** – New Season Starts now! 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.

**East Vic Roller Derby** – Saturday 6<sup>th</sup> July.

Roller skating derby, come and see Witches of East Vic face off against the Rosebud Rebels and Latrobe City Roller Derby, and then the South Sea Sirens Vs the Otway Derby Dolls. Awesome roller skating event. Details can be found at <http://eastvicrollerderby.webs.com>

**Netball Victoria School Championships** – Thursday 25<sup>th</sup> July

Knox Regional Netball Centre is hosting the Netball Victoria qualifying event for the school championships. Schools come to compete to find the best teams to play off in a finals day at the State Netball and Hockey Centre. If you would like to find out more about any of these programs or events please contact the Knox Regional Netball Centre on 9758 7191, [netball@knox.vic.gov.au](mailto:netball@knox.vic.gov.au) or [www.knoxnetball.com.au](http://www.knoxnetball.com.au)  
Rosalind Montgomery





Another season has passed and once again I would like to take this opportunity to congratulate all players at the Rockets. We had 29 out of 70 play in Grand Finals, which is a fantastic effort. Well done to all. I would also like to thank all of the committee, who put in enormous amounts of their time and worked tirelessly to help run the club. We wouldn't be here without you. In addition, I acknowledge Kelsey Smith for '25 Consecutive Seasons', a real accomplishment.

It was great to see so many people turn out to our first assessment day. This will become a yearly occurrence, however next year it will be before school holidays and the start of football. Thanks to all who help set up and run the day.

Presentation was huge this year. Congratulations to all MVP's, Coaches Awards and Consecutive Season recipients. Thanks to all the families that attended, you guys make it better every year. Thanks to Lee, who organised the night, our sponsors, Shane Burdett from Audio Visual and the committee and some child volunteers.

We have to ratify our constitution. There will be emails and letters coming out soon to vote on certain issues, but in the meantime please feel free to contact myself or club Secretary Gary Burge if you have any questions. It is serious, so if you can take time out to read these when they come and vote when required.

to compete at Knox for the Summer season beginning in October.

By contrast Joshua Jensen, Kayden Browne, Kayn Johnson, Marcus Byron, and Nathaniel Louey are keeping Rowville/Rowville Lakes numbers strong in the boys Under 9 races. U10 boys are also well represented with Ryan Walton, Stephen Guerra, John Morris, Cody Eickhoff and Dharam Deol often churning through the mud, pressing up hills and sprinting to the finish

It's great to see Tess McLeod and the Lille girls on a regular basis, and Chloe Kay when she can make it. Lorna Hiles, Kelsie Ternes and for some races Zoe Shanley have also been out on the course.

Joel Stapleton is back for another strong year of cross country performances. William Darragh is another U8 boy we are pleased to see out there.



Cross Country races range from 500m to 3km for 5-15 year olds and are conducted during Winter. Registration for Track and Field Season is in September. Contact Steve 0409 231 380 or 9764 3384 or Nick on 9764 066 for details.

Thanks to the KLAC photographers.

Rosemary Merrigan



25-Seasons Awards - Kelsey Smith

Once again thanks to everyone, and have a great winter season.

Michael Beatty President

### Annual General Meeting

We need your support

The Annual General Meeting will be held on Thursday the 22nd of August 2013 at 8.00pm. in the Winston Room at the Stamford Hotel, Stud Road, Rowville.

At this meeting we need your support to:

Elect and fill the vacant positions on the Executive and General Committees



The group of 5 Seasons Awards

Review and approve the financial statement for the year ended 30th April 2013

Review and approve the changes to the Rules of the Club. The clubs policy requires that all current Committee positions are declared vacant and are up for election, noting that a number of current committee members are likely to nominate for their current positions.

This meeting requires the support of all members where parents vote.

Sue Pejic

## St Simons Junior Football Club

### St Simons CFC

### Boys make EFL

### Interleague Squads

Congratulations to the St Simons boys that have been selected in the EFL Interleague squads for the 2013 AFL Metropolitan Junior Championships. The Knights had four boys from the U14's & U15's try out for the squads and all four made the final cut. Nicholas Rattle U15 Division 1 and Joseph Dikranian U15 Division 2, have both been selected for the second consecutive season, which



is a tremendous effort. Nick is the first Knights player to play in Division 1 since No.1 draft pick Jonathan Patton represented St Simons in these championships in 2008.

Representing the U14 Division 2 side in their first season of representative football will be Nicholas Gramatakos and Jordin Lieu. Jordin showed exceptional leadership qualities during the selection try outs and has been selected as the Vice Captain.

Good luck Nick, Joseph, Jordin and Nicholas.

The St Simons Community Football Club is very proud of you and we wish you all the best.

Jodie Browne

## 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**  
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## Feather Picking or Loss.

### What can you do?

Most feather problems are due to one of five things:

- Nutritional deficiencies (seed and water is not enough)
- Viral infections
- Hormonal imbalances
- Psychological factors/boredom
- Parasites – lice and mites. I have put this last because in caged birds it is a less frequent cause than the others

Considering this list, make sure you are doing the following before you 'give up' on your bird!:

1. Ensure varied nutrition – seed, grit, water, silverbeet (spinach), carrot, broccoli, native tree branches and

- their flowers, fruits, commercial bird food pellets, 'egg and biscuit' etc, mineral and salt blocks.
2. Allow daily time out of the cage, if possible. (N.B. fan and hotplates OFF and windows and curtains CLOSED).
3. Leave a radio/TV on if bird is alone in the house during the daytime.
4. Ensure bird is getting 'natural photoperiod' i.e. normal length of day and night – cover cage at dusk and put in a quiet room.
5. Do not overcrowd cage birds. They must have their own 'territory' within the cage. Provide areas of camouflage in cages with several birds – bushy shrub cuttings e.g. bottlebrush are good.
6. Clean the cage daily, as feathers on the floor may stimulate further self-mutilation.
7. Provide a birdbath or spray with fine water mist frequently.
8. Protect from stressful situations e.g. dogs, cats, wild birds, extremes of temperature.
9. 'Last resort' measures include plastic collars, buying a companion bird or placing the bird in an aviary. Before you do this, have your bird examined at the surgery for parasites or infectious skin diseases which may not respond to general changes (as suggested above) and may need specific drug therapy.

Michelle Bierman

## Swimland Swim Club

SSC recently said goodbye to the 2012-13 swim season with a fantastic Presentation Night at The Melbourne Golf Academy. Members competed in a putting competition ahead of a delicious three course meal. Between courses the AGM was conducted, with a new committee elected and was followed by the annual Swimland Swim Club awards presentation. Rowville and Lysterfield swimmers collected numerous awards in recognition of the hard work they had put in over the past twelve months.

With the short course session well underway, club participants are steadily qualifying for Short Course Age and Open Championships, in late August.

Now is a great time to arrange a trial session with SSC to decide if swimming is for you. Beginning training now gives you plenty of time to achieve 'YOUR' goals by the completion of the year.

For general enquiries contact Kim Strahan E: ssctreasurer@paulsaderswimland.com or Sandra Powe E: sscsecretary@paulsaderswimland.com

Jodie Browne



## Nick Wakeling Column

### Help your school get water smart with SWEP

Local schools have the opportunity to save water and money with the Victorian Government's Schools Water Efficiency Program (SWEP).

Member for Ferntree Gully, Nick Wakeling MP, said there were up to 500 places available on SWEP, and the program was open to all schools in Victoria.

"Already more than 190 Victorian schools have joined the voluntary program, which uses technology to detect and rectify leaks and, in most cases, reduce school water bills," Mr Wakeling said.

SWEP schools are provided access to subsidised water data loggers, which provide teachers and students with daily water use information via a website.

Many schools have used this information to identify and fix leaks in their water systems, with one school reducing its quarterly water bill by 49 per cent.

The technology is also supported with teaching materials, which can be incorporated into maths and sciences classes to help teach students about water efficiency in a relevant way.

Victorian Water Minister Peter Walsh says SWEP was an excellent example of the Victorian Coalition Government's integrated approach to improving Victoria's water sustainability and resilience.

"SWEP provides an opportunity for Victorian schools to drive generational change in the way water is valued by our school students," Mr Walsh said. "I encourage all schools in the Ferntree Gully electorate to consider taking up this great initiative."

SWEP is free for the first year with the following two years costing approximately \$150 per-year for schools.

Authorised school representatives can register by visiting [www.myswep.com.au](http://www.myswep.com.au)

SWEP won the 2012 Victorian Australian Water Association Program Innovation Award and it was a finalist in the National Awards this year.

### Streetlife grants round two now open

Member for Ferntree Gully, Nick Wakeling MP, has announced that applications for funding under Round Two of the Victorian Coalition Government's *Streetlife* program are now open.

Councils and trader or business associations in the Ferntree Gully electorate are eligible to apply for funding under the program, which supports projects that aim to revitalise shopfront trading activity in local business districts.

"*Streetlife* is a \$6 million initiative that has funding over four years to 2016 to help small traders in community shopping precincts improve their business and retail management skills," Mr Wakeling said.

"Working in partnership with their local council or representative business or trader group, retailers will

participate in projects designed to attract more customers to their area and generate increased sales and revenue. Applications are now being sought for round two funding, and councils and trader groups are encouraged to submit their proposals for individual program grants." Mr Wakeling said.

Mr Wakeling added that up to 35 grants will be offered to councils on an 80:20 co-funding basis and up to ten grants will also be offered to trader and business associations to support smaller, more localised projects, and also to establish new trader groups.

"We have listened to the needs of small retailers in the Ferntree Gully electorate and created a new *Streetlife* category for prospective traders associations to apply for funding to assist with legal and strategic advice," Mr Wakeling said.

"By broadening the reach of *Streetlife* funding and supporting smaller projects, we are ensuring that an even greater number of retail businesses have the opportunity to gain valuable skills under the program."

*Streetlife* was launched by the Victorian Coalition Government in September 2012, with 24 Victorian councils and 8 trader or business associations offered First Round funding in March this year.

Projects under *Streetlife* will enable small retailers to develop better marketing strategies, grow their online presence and capability, and build more sustainable business practices.

Applications for Round Two funding close at 5 pm on 23 July 2013. Further information on *Streetlife*, including the eligibility criteria and application process for Round Two, as well as the *Streetlife* Information Sessions can be found at: [business.vic.gov.au/streetlife](http://business.vic.gov.au/streetlife)

## Alan Tudge Writes

### Getting the Monash Moving

Each year the Monash Freeway is getting more congested. What used to be a 45 minute drive from Rowville to the city, can now take an hour and a half in peak hour. It is time away from family and is costly to business.

There are improvements that can be made to the Monash to help get it moving, but one additional way to take traffic off the Monash is to build an alternative link from the east of Melbourne to the west.

This is exactly what the East-West Link project would do and I am delighted that it will become a reality starting in 2014. The East West Link will be an 18-kilometre stretch of road that will link the Eastern Freeway across to Melbourne's west. The project will tunnel from the end of the Eastern Freeway across to the other side of the city and then link up with the Tullamarine Freeway and the Western Ring Road. Our expectations are that this would take considerable traffic (particularly heavy vehicles) off the Monash and therefore make traffic flow more freely.

The Victorian Government committed to build the East West



Link in its recent budget, putting \$294 million aside to get it started. The Federal Coalition has long advocated the project and has committed \$1.5 billion to the project.

This will not solve all the problems of congestion in our area, but it will make a real difference.

It will also cause a significant boost to the Victorian economy as it will facilitate goods being transported more readily across the city.

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## 1983

The Uniting Church welcomed their new Minister, **Rev. Alan Mathews**, his wife Bronwen and their three children who had arrived from Allansford. The **Guides and Brownies held a Tupperware Party** at the home of Libby McLauchlan. Who still has some of their purchases from that party? **Barry Leckenby** wrote about the fun fitness club **aeROWbies**. Clever name, but what happened to the club? Rare praise for the Council came in the form of a letter to the editor from **John Beggs**. He was grateful that the local parks, playing fields gardens had survived so well thanks to the Council's use of water from the Heany Park Reservoir. The RLCN ran its first **Local Service Directory** classified ads.

## 1988

Residents were invited by the **Knox Environment Society** to join a working bee to transfer rare native orchids into the park from the adjacent Boral Quarry. Did you help out? The **Baptist Church** presented a musical entitled "Between The Lions". Who remembers going? **Colin Loore** won first prize in the **Rowville Soccer Club** raffle, an outdoor setting. Is it still with you Colin? **Rowville Badminton Club** held their inaugural meeting. What happened to the Club Horst? An application to install a TAB at the **Stamford Hotel** was approved by Council. Council also approved an application



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

to extend the operating hours of the existing **Medical Centre at Rowville Lakes**, to 24 hours.

## 1993

After a gap of 10 years the **Stamford Hotel Pool Club** was re-born. Are members still 'potting the numbers' today? Tom Barry, the Knox Council manager of Environmental Health stated that a lotion was now available at the Rowville office, to treat primary school children for **pediculosis (headlice)**. A study revealed that the number of **Victorians smoking** was 26%, down from 34% in 1983. Today a figure of less than 14% is quoted. **Invicta Buses** ran a survey to ascertain where residents would like the TeleBus to run. Did you fill in the form? **St Simon's Parish** invited young women to be part of the 1994 **Parish Debutant Set**. Did you put your name down? Due to funding cuts the **Rowville Family Planning Clinic** closed. A teacher at the new Heany Park Primary School was heard to say "**If I see one more frog, I'll scream**". Was that you?

## 1998

Eastern Energy agreed to move power lines from the vicinity of the **Lysterfield Avenue of Honour trees**. **Lionel Rose, Johnny Famechon and Barry Michaels** attended a boxing event at the Community Centre. Were you there? The **Knox Pony Club** was formed at a public meeting. Rallies were scheduled monthly in Rowville, but where? Two years after its formation, **Rowville Toastmasters** received the coveted '**Gold Club Excellence Award**'. What is that awarded for? The **Uniting Church** announced the appointment of **Rev.**

**Malcolm Frazer** as their new Minister. He was to take up his position in the New Year. The **Bridgewater Centre** car park was illuminated by three new fluorescent lights.

## 2003

The **Stringybark Festival** for 2003 was cancelled due to the ongoing development of the Community Centre. **David Ross** won the Toastmasters National Evaluation finals making him the best evaluator in Australia. Do you remember the day David? Due to lack of water in Albert Park Lake, many of their regular sailors came to **Lysterfield Sailing Club**, creating a glorious spectacle on the Lake. **Rose Thompson** from the Library wrote a poem which we reproduced. Would you like us to run it again Rose? **Hillview Church** was saved by the **Rowville Fire Brigade** after a substantial fire in an adjoining building. **Lysterfield Primary School** was one of only two local schools to become part of the Sustainable Schools Programme.

## 2008

New **green "P" plates** were introduced for probationary drivers, for a period of 24 to 30 months after completion of the 'red' P plate period. **Eastlink** finally opened in June with a 'Fun Ride'. Did you witness the occasion? The **Rowville Library** held a 'Chocolate Fantasy' a week after a 'Wine Tasting'. Decadent lot those librarians! Who remembers the **Rowville Primary School** "Festa Italiano"? **Davis Kelly from Heany Park Primary School** was selected for the Victorian Under 12 baseball team and headed off to Japan to play in the 26<sup>th</sup> World Championships. How did you go Davis? **Rowville Secondary College** launched their **netball programme** with great interest from the community and media.



## Focus on Mental Health

### Homosexuality and Homophobia – Part Two

This is part two of a special series on homosexuality and homophobia. Last month, we focussed on the evolution of understanding of homosexuality by the medical and helping professions over the last forty years. Part two, presented below, focuses on the emotional, psychological and social cost of homophobia in our society.

### Homophobia – the Social and Personal Cost of Fear

Homophobia is defined as the irrational fear of, aversion to, or discrimination against homosexuality or people who are homosexual. It is generally accepted that the term extends to the entire gay, lesbian, bisexual, transgender and intersex (GLBTI) communities, although some literature also refers to specific phobias such as biphobia, transphobia, etc.

Homophobia is by definition an anxiety disorder. All phobias are based around irrational fears that persist despite logically knowing that there is nothing to fear. Homophobia,

like xenophobia (racism), agoraphobia (fear of leaving a safe place), and social phobia (fear of being negatively perceived) can be changed, and is treatable. The treatment begins with psycho-education about irrational fears, removing ignorance and teaching acceptance.

Recent studies brought an incredibly sobering statistic that we lose more young people (aged 12-25) from suicide than from any other cause (including car accidents and drugs). That suicide is the leading cause of death among our young people is not just a tragedy – it is a disgrace. Suicide is a complex social phenomenon and it would be wrong to over simplify it. However, research has determined that without doubt, the primary underlying mental health issue for people considering, attempting or completing suicide, is depression.

This is a critical age for young people in terms of the development of their identity, and it often includes uncertainty and questioning about sexual preferences, even

for those who are straight. However, research has shown that young people who are same sex attracted experience anxiety and depression at double the rates of heterosexual youth (Headspace, 2011). The increased risk of mental health concerns is *not* due to sexuality or gender identity, but due to the problems and pressures of coming out, including stress in their relationships with family and friends, lack of acceptance and bullying, which increases their vulnerability to depression. While many young people suffering from depression consider or attempt suicide, the rates rise alarmingly when we look at the numbers for same sex attracted youth. Identifying as GLBTI is one of the greatest risk factors for

a young person, with this population of youth attempting suicide up to four times more than their heterosexual peers (Headspace, 2011).

How can we save these young people? As we cannot remove the risk by changing their sexuality, the only logical, practical and compassionate option is to remove the homophobia. Supporting young people (and older ones, too) as they face the challenges that lie ahead, accepting them as they learn to accept themselves, and building resilience and strength against adversity is a necessary start. Often a young person knows they are gay well before they ever come out to family or friends. Sometimes they have been bullied from a young age before they even knew themselves. To challenge social and cultural attitudes that being gay means being different is the first step in reducing suicide risk. Being gay does not make a person more or less intelligent, competent, sporty, arty, musical, academic, friendly, funny, passionate, or likeable. It does not make them more or less capable of loving or deserving of love.

Perhaps you don't like hip hop or rap music in the same way you might enjoy listening to acoustic rock. But if it was your child singing it, do you think you could grow to love hip hop? If it is hard to connect with words such as tolerance, acceptance and love in the context of homosexuality, try to imagine it is your son or daughter. While many young people still experience horrible rejection from their families due to their sexuality, many parents have also told me, "I wasn't sure about gay people, until my son came out, and I realised it didn't change my love for him."

If it happened that your child was gay, is it even possible for you to love them less than you do?

Bridgewater Centre's registered psychologist, Teresa Butler has more than 15 years counselling experience. Contact Bridgewater Centre on 9753 4203 to arrange an appointment for confidential counselling on any issues of concern including sexuality, sexual identity and relationships.

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

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# 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

## Running Shoes

### Different foot types = different needs

The perfect shoe for you has more to do with your foot type and where you run than the brand name or colour!

Everyone's feet function differently hence why different shoes are made with different technologies for different feet. Choosing the right shoe can prevent many foot and lower limb problems.

#### "Rolling In" - the majority (75-80%)

For over pronators most brands provide shoes with dual density midsoles. The firmer density (medial post) is positioned on the inside of the shoe to help reduce the excessive 'rolling in' of the foot. The position of this medial post will vary based on how an individual foot function.

It is also important for over pronators to get the right amount of cushioning to complement the stability of their shoe.

#### "Neutral" (15-20%)

Feet which neither roll in nor out are 'Neutral'. Neutral runners will benefit from maximum cushioning and basic stability in their shoes, regardless of the surface or terrain you are running on.

#### "Rolling Out" - (5%)

Also known as supination. Most people think they fit this category because they wear the outside of the shoe first, but in fact very few fit this model. Because the foot is not rolling in at all there is less shock dispersed when the heel strikes the ground. This extremely rigid foot type needs the most cushioning but a firm lateral (out-side) heel to prevent further rolling out.

### Features of an Ideal Shoe

- A firm heel counter
- Bends at the ball of the foot where the toes bend
- Be stiff through the middle of the shoe (shouldn't twist much).

### Proper shoe fit is very important

- Allow a thumb nails width between the end of your longest toe and the end of the shoe. Your toes should not be hit the end.
- Always measure length when standing.
- Make sure you can move your toes freely and that your heel feels snug, but comfortable.
- Your foot should not deform the shoes shape

### Benefits of the Ideal Shoe

- Reduce the risk of Injury
- Improve Balance and Stability
- Reduce Fatigue
- Improve Comfort Levels

Caleb McInnes – Podiatrist



## Guided Supermarket Tour

Dietitian – Konsita Kuswara

Saturday 20 July 2013

Introductory Offer: bring a friend for FREE

### Learn how to:

- ✓ Get past marketing claims and find out what's in your food!
- ✓ Read food labels and choose healthier products
- ✓ Find healthier substitute cooking ingredients



Time: 9:15 – 10:15 am or 10:30 – 11:30am

Place: Woolworths Supermarket (Stud Park Shopping Centre).

Meet in front of the Information counter of the supermarket

Cost: \$25 pp - Bookings essential (claimable under private health)



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## Long term athletic development for children

Now, more than ever, our children need to remain physically active. Participation in organised sport is a great way to achieve this objective for your children. It is also important however, for children and adolescents to develop their athletic skills in an appropriate manner.

Our organisations have worked in the area of child and adolescent athletic development for many years. As the provider of athletic development programs at the Rowville Sports Academy, we have worked with hundreds of junior athletes who are aiming to improve their athletic skills.

As health care clinicians, we see far too many children who lose interest in sport, or sustain repetitive overuse injuries from inappropriate training methods and a lack of focus on appropriate athletic development.

We utilise a model known as long term athletic development to maximise each individuals potential. Such a model has been utilised extensively in Europe and the United States for many years and is considered to be the best model for junior athletic development in the world. A quote from one of the world's leading experts on LTAD, written by Istvan Balyi Ph.D., provides a great description of such an approach and philosophies. "Ultimately sustained success comes from training and performing well over the long term, rather than winning in the short term. There is no short cut to success in athletic preparation. Over emphasising competition in the early phases of training will always cause shortcoming in athletic abilities later in an athlete's career".

Many coaches within the wider sport community focus almost entirely on sports specific training for their junior athletes. This focus does not allow a growing athlete to develop a wide array of skills and movement patters for athletic developments and personal success. It also leaves the athlete vulnerable to overuse injury, due to repetitive submaximal stresses, improper training and inadequate recovery.

A structured warm up in an athletic development session, prior to training, that aims to improve the physical literacy of players, is highly recommended. Such a program would be expansive progressive structured in its approach to allow the full development of a player's physical capability. This in turn allows for improvements in athleticism. Athleticism is ultimately the result of an expansive array of movement skills that include agility, balance, co-ordination, flexibility, metabolic training, power, reaction time, speed, strength and strength endurance.

If you have any questions regarding the appropriate athletic

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development of your child, please do not hesitate to contact our organisation. We run a specialised athletic development program known as (SMASH) (Speed, Mobility, Agility, Strength, Hone your skills) for young athletes from 10 -17 years.

Further information regarding this program can be obtained by contacting our office or visiting [smashacademy.com.au](http://smashacademy.com.au)  
Gayle Briggs

## Chiro- Practicals

Dr Frank Whelan

Health Benefits of  
Pet Ownership.

A growing body of research shows that pet ownership confers physical health benefits. Dog owners in particular may be more likely to engage in regular physical exercise through walking or playing with their dogs. In addition, dogs may offer some protection from the onset of obesity in young children. "Obesity also causes enormous psychosocial distress, with overweight children being described by their peers as the least desired friends." With around 20 to 25 per cent of Australian children estimated to be overweight or obese, the impact of dog ownership on community health is potentially very important. Associate Professor Jo Salmon, Senior Research Fellow in the School of Exercise and Nutrition Sciences at Deakin University said that obesity causes problems in respiratory and gastrointestinal functioning as well as contributing to long term health issues such as orthopaedic problems and increased risk of impaired glucose tolerance which can lead to diabetes. "Increased physical activity is obviously one of the keys to reducing a person's weight and studies in both Australia and overseas have shown that owning and walking a dog can substantially increase the amount of walking a person does."

Previous research found that young girls who own a dog spend 29 minutes more per day in physical activity compared to those without a dog. "This means that they are achieving half the recommended level of physical activity for children just through the activities they undertake with their dog," said Dr Salmon. The subsequent study looked at over 1100 children aged from five to twelve. Researchers found that children were in better physical condition if they owned a dog. The greatest benefit was seen in five to six-year-olds, who were 50 per cent less likely to be overweight or obese



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## Health Pages

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compared with those who did not own a dog. Interestingly, the benefits flowed even if the dog was not walked regularly; suggesting incidental activity, informal 'backyard' play and regular interaction with the dog had a calorie burning effect. It isn't just the young that benefit from walking the dog. According to Dr Salmon, dog walking is a low-cost, low impact, low-risk activity suitable for people of all ages.

Another recent study by Dr Hayley Cutt at the University of Western Australia found that dog owners reported that their dog was a strong source of motivation, companionship and social support that encouraged them to walk. National Heart Foundation Physical Activity Manager Trevor Shilton argues that "While dogs are very good social support, they're also a good social lubricant. If you're walking your dog and interacting with people there is a reasonable prospect you're benefiting your heart in several ways."

Cats, too, offer benefits to your health. For instance, living with either a dog or a cat is linked to lower rates of respiratory infections in kids, and both dogs and cats helped lower blood pressure among stressed-out stockbrokers. Cat owners, specifically, have even been found to have a 40 percent lower risk of heart attacks than non-owners.

Dr Frank Whelan

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Stress is a very well documented word. It has become the word of the millennium. People can be under physical stress, financial stress, and emotional stress. There can be stress at work, in the family, at school, almost anywhere. There are books dedicated to it, research dedicated to it and documentaries dedicated to it. You can take medication for it and have counselling for it. We can blame it for our tiredness, our ill health, both mentally and physically and overall feel totally overwhelmed by it. At the end of the day are we cured of it?

Well it seems the answer is no. It is still an epidemic. What's going wrong? Why can't we resolve this issue? What is stress? Simply, it is trying to live in too many moments at once. Trying to solve what cannot be solved. What if I told you there was a way of living in just one moment, of connecting to the moment you are living in. After all the past is gone, we can only learn by it and the future is just possibilities or potential, but the now is where we are.

I will talk more about stress next month, but for the moment try this. Every time your thoughts get out of control see a red traffic light and take a deep breath in and sigh it out. This will be the reminder to stop and gain control of those thoughts.

Donna Jordan

## 2013 Victorian State Schools Spectacular

25 lucky students from Heany Park are well in to rehearsals for the 2013 Victorian State Schools Spectacular. They are rehearsing three times a week and doing home practice. These students are participating in the massed choir as part of the 3000 strong cast performing at Hisense Arena on the Saturday 27<sup>th</sup> of July. They are really looking forward to singing alongside solo artists and working with the professionals who put the show together. This year's theme is 'Home.'

'I am looking forward to the VSSS performance. I have never performed to that many people before. This is a once in a lifetime experience.'

Elizabeth Zanoni 2013 Music Captain.

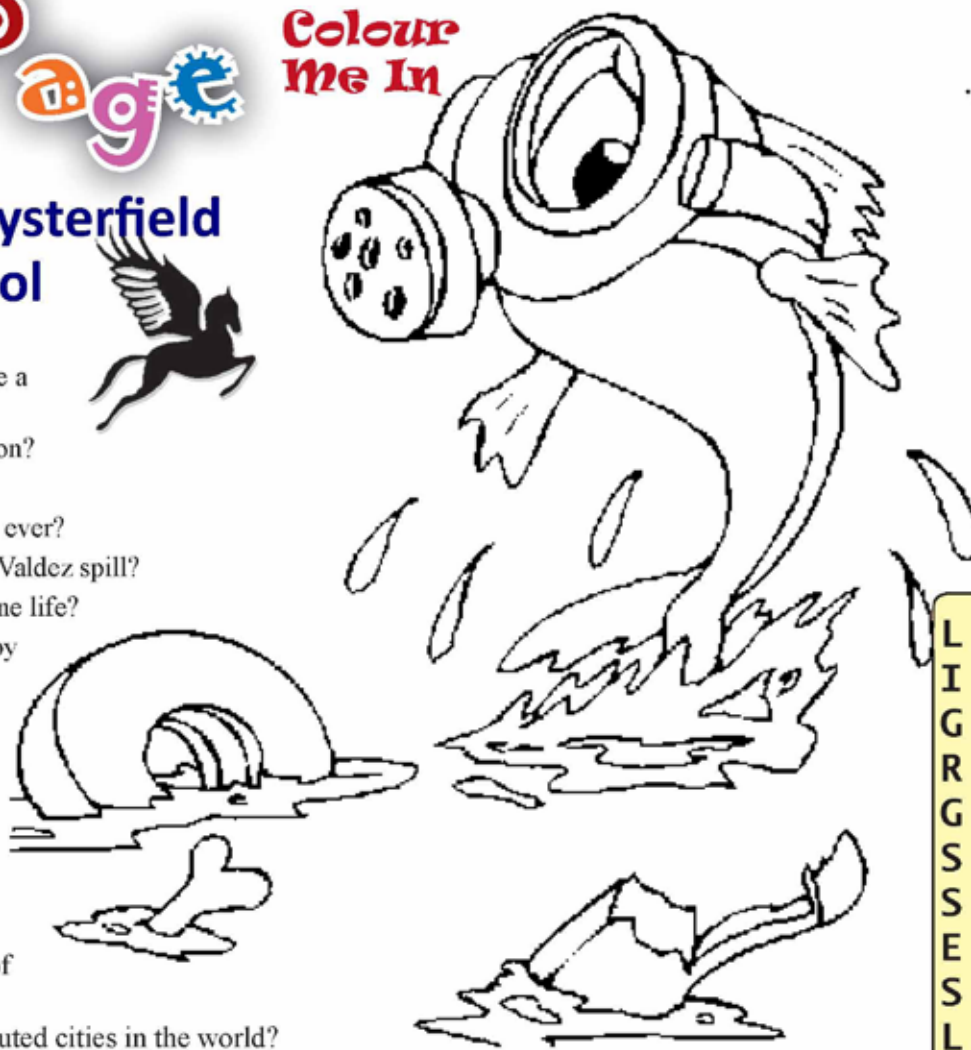


## Kids Page

Supplied by Lysterfield Primary School

### Pollution Quiz

1. What should you do if you see a person litter?
2. What are ways to stop pollution?
3. Does pollution kill animals?
4. What was the biggest oil spill ever?
5. How much oil did the Exxon Valdez spill?
6. How do plastic bags kill marine life?
7. How many people get killed by air pollution a year?
8. What is the ozone layer?
9. Do you think the world will make it another thousand years or will it crumble at the feet of pollution?
10. How long do plastic bottles take to breakdown?
11. Name three different types of pollution?
12. What is one of the most polluted cities in the world?



### POLLUTION QUIZ ANSWERS

1. Pick it up and put it in the bin.
2. Answers will vary.
3. Yes it does.
4. The Exxon Valdez.
5. 6,700,000 gallons of oil.
6. They mistake it for food and suffocate on it.
7. Two million.
8. A sun shelter for the earth.
9. Answers will vary.
10. They never break down.
11. Air pollution, ground pollution & water pollution.
12. Linfen in China. Answers will vary.

### Pollution Word Search

Try and find all the pollution words in this puzzle.



ACID RAIN - AIR - ANIMALS - CARS - CARBON DIOXIDE - CARCINOGEN - DRAIN - CHEMICALS - CONTAMINATION - DUMPING - EARTH - FACTORIES - GASES - LITTER - OIL SPILLS - OZONE LAYER - RUBBISH PLASTIC BAGS - POLLUTION - SEWAGE - SMOG TOXIC CHEMICALS - VENTILATION - WATER

### Jokes

There once was pirate captain who, whenever it looked like a battle would be imminent would change into a red shirt. After observing this behaviour for a few months, one of the crew members asked him what it meant. "It's in case I get shot. I don't want you crew members to see blood and freak out." "That's very sensible, sir."

At that moment, the crew member spotted eight hostile ships on the horizon. The captain all of a sudden looked very concerned and said "Get my brown pants."

Wilfred had just learned his ABCs and was very scared of doing them in front of the class. The teacher, though, told him that the best way to conquer his fears would be to just go ahead and do it. So, trembling, he stood in front of the class and began.

"ABCDEFGHIJKLMNOPQRSTUVWXYZ."

"Very good, Wilfred. But you forgot the P. Where's the P?"

"It's running down my leg."

Q: Why did the forgetful chicken cross the road?

A: To get to the other side -- er, no -- to go shopping -- no, not that either -- oh dear oh dear.



# Heany Park Primary School



Year 3's version of Charlie and the Chocolate Factory.

## Play Pod Project

Last year, Heany Park Primary School was involved in writing an application to the Knox Council as part of the Schools Focused Youth Service Brokerage Funding. Our submission was entitled 'The Play Pod Project' and we were successful in receiving a grant.

We have used the grant to pay for a refurbished shipping container, siting the container in the school playground and for membership and materials from Resource Rescue in Bayswater.

The purpose of our 'Play Pod Project' is to provide children at Heany Park with alternative playtime activities. The Play Pod is filled with clean, recycled materials which children can use to construct and engage in imaginative play.

So far the Play Pod has been in use for two weeks and has been a tremendous success. Children have been engaged in making cubby houses, building stages for performances, constructing cars, designing ice-cream shops. The wealth of ideas is evident from the photos of the students in action. Sue Fergeus Assistant Principal



## Rippon Lea

On Monday June 3<sup>rd</sup> all of the Grade 2s went to Rippon Lea. On the way there I saw my house. It was exciting when we got there. First we had to eat our snack. Then we went inside the mansion. I saw how they used to wash clothes and how they ironed clothes in the olden days. After that they showed us how they cleaned their shoes. We also saw how they cut up apples. Then we saw the freezer, it was very different. The tables were very cold to keep the food fresh.

We played some games. We played Tug of War and croquet. Upstairs in the house I saw teddy bears hidden all over the house. After that we played Creature Catcher. We looked all over the gardens for them. They were hidden all over the places we hadn't been before. We found five of them. I found the bee. After we had lunch and went back to school. Melissa Antony

## Grade 4 Camp

On Monday we got to camp. First we found out who was in our cabins. In my cabin there was Grace, Ashleigh, Shae, Georgia and Tylah and me. We found out what group we were in. I was in group F.

My first activity was the giant swing. It was amazing! We had to get in a harness and be pulled to the top.

My second activity was mini golf.

For dinner we had schnitzel, vegetables and potatoes. For dessert we had ice-cream and pudding. It was nice.

On Tuesday I did the sensory trail, the climbing wall and archery. I got the bull's eye in archery.

After afternoon tea my next activity was damper. We got some dough and wrapped it around a stick and cooked it on a fire. It tasted great. I did the ropes course before lunch. I fell off three times but I kept on trying. My very last activity was the flying fox. It felt like you were flying in the air. For dinner we had lasagne and chips and for dessert we had ice-cream and jelly.

On Wednesday we did orienteering. We had to get in groups of four. In my group was Grace, Hayley, Teisha and me. We had to look for green tags. They had a letter and a number on them. After that we had to pack our bags. We went for a walk to a reptile show. We saw lots of reptiles. We got to hold a blue tongue lizard.

After we got on the bus we went to a picnic area for lunch and go for a walk. But it was raining so we did not get to do the walk.

After lunch we got back on the bus. It was a bumpy ride but we got to watch a movie. When we got back to school and we saw some camp photos.

## Skye

On Monday I was so excited because we were going to camp. All the Grade 4s got on to the bus quickly because it was time to go. We went to Arrabri Lodge. When we got there, we sat on the stone steps and ate our snack while listening to the teachers telling us what cabin we were in. After that we went to do the activities.

When we were doing the activities I was in activity group E. The first thing we did was mini golf which I thought was slightly boring but I enjoyed it anyway. The next activity was the sensory trail plus the climbing wall. I thought the sensory trail was very enjoyable because you got to wear a blindfold. When you do the sensory trail you and your partner get to go down the trail. The climbing wall was hard. I kept falling off.



At night we ate dinner and got ready for the bush dance. The bush dance was fun. After that we got our coats and beanies and stuff to go on the night walk which some people thought was scary but I thought it was fun.

When the night walk was finished everyone got to eat marshmallows near the camp fire. It was delicious.

## Sonali

The name of the camp is Arrabri Lodge. When we got to the camp, the owner of the camp talked to us. His name is Dave. Dave told us the rules of the camp. Then we were told who was in our cabin. Dylan, Jason and Cullen were in my cabin. Then we found out who were in our activity group. The activities were Rope Course, Mini Golf, Damper, Sensory Trail, Archery, Giant Swing and the Flying Fox. My favourite

activity was the Giant Swing because I like to go fast and be hit with a lot of air and I like to go high. On the first night we had a Bush Dance. After it we went on a night walk in the woods. At the end of the walk we all cooked marshmallows. They were yummy and I cooked one perfect marshmallow. It was gooey on the inside and crunchy on the outside. We also saw a scarecrow. It looked like Slender Man at night. On the second night we had a concert. I didn't do an act but Connor did. I liked Connor's act. It was funny. Cullen, Dylan and Jordan were also in the act. I got very, very, very, very, very tired. We had breakfast, lunch, dinner and dessert. The food there was delicious. My favourite food was the burger. On the last day I had a ham and salad roll and it was so cold I felt like I was going to freeze. Camp was fun but not the sleeping part because the cabin next to me woke us up very early in the morning. I had dry lips but luckily Mrs Bryson had some paw paw cream. In free time I played on the pool table and I played air hockey. I want to go to Arrabri Lodge again.

Sebastian

## Buddy Tree Planting Day



On World Environment Day-Wednesday 5<sup>th</sup> June - every student at Heany Park Primary School participated in a whole-school tree planting event. This means we planted all sorts of plants to make our gardens look more beautiful as well as to support the environment. We thank all the people

who helped us - the students, teachers and PFA for organising this event. We all had a fun time planting these plants with our Grade 5 buddies and hope the environment stays healthy and beautiful.

Jasper McDowell & Charlie Suisted

Today was Environment Day. This morning we planted some trees with our buddies.

We planted the trees at the front of the school. We met with our buddies to plant the trees and used teamwork. We got some gardening gloves and tools and dug a hole in the tan bark.

The tree we planted was tall and thin. It looked like four-leaf clovers. Ours was very different compared to the others. Theirs looked like really long. Before we put in the tree, it looked smaller in its little tub. Afterwards it looked slightly larger.

Orla Maher

It is Wednesday 5<sup>th</sup> of June and we are celebrating Environment Day.

We planted some trees at the front of the school with our buddies. We worked in a group of four people. We planted the trees with some fertiliser but first we dug a hole to put the plant in. All the plants looked amazing.

Elzaun Etsebeth



# School Talk

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



*Skye Ladell and Junior Dance Specialism*

## The End to Another Exciting Semester

June has been an exciting month at Rowville Secondary College as the first semester wraps up and our students ask themselves "How can we already be halfway through the year?"

Trials for the Rowville Sports Academy (RSA) were a huge success with an impressive turn out and a wide range of talent, as students from Year Five to Year Ten attempted to secure a place in one of our sporting programs which include Aussie Rules Football, Soccer, Netball, Basketball, Volleyball and GoF. Whilst the standard was high, we may still have places within some of these sports and encourage any interested students to register their interest with RSA Administrator, Simone Farrugia, on 9755-4651. The next round of trials will be held in the first week of Term Three. June the 4<sup>th</sup> saw one of the most spectacular events on our College calendar, with Rowville Institute of the Arts (RIA)'s Showcase being held in our Performing Arts Centre. The evening began with an exhibition of the work produced by our Media and Visual Arts Specialism students, as well as the opportunity for parents to view the work created in the students' core subject areas. After plenty of time to peruse the many amazing works of art, the audience settled in the sold

out auditorium to witness the incredible talent of our Dance, Drama and Music Specialism students, as they performed pieces they have worked on during Semester One. Crowd favourites included Adam Ladell fronting the Year 9 & 10 Music Specialism students with "Waiting on the World to Change", Dance Specialism's Cassie Hartwich performing an original piece of choreography to "With You" from the film *Ghost*, and Alexander Simic, Hannah Hallmark and Grace Sullivan delivering a terrifying portrayal of the Three Witches from *Macbeth*.

Meanwhile, two of Showcase's stars, siblings Adam and Skye Ladell are busy honing their skills outside of school, as they rehearse in the lead up to the State Schools Spectacular. Despite an audition pool of several thousand, Adam was chosen as a lead in this year's show "There's No Place Like

Home", with his younger sister Skye also winning a role as a dancer. Creative Director Neill Gladwin congratulated Adam on his amazing work in the auditions, stating that "This year's auditions have been one of the most in-demand and competitive rounds in recent years". Rowville Secondary College would also like to congratulate the Ladells on their success and wish them all the best for the show. The performance will take place on July 27<sup>th</sup> at Melbourne's Hisense Arena and tickets can be purchased through [www.ticketek.com.au](http://www.ticketek.com.au)  
*Laura Gordon Communications Officer*



## Let's Get Physical at Rowville Primary School

On 31<sup>st</sup> May, a group of Year 5 students participated in the Dancefair Victoria Competition held at Fairhills High School. Kellie, Briana, Maria and Laura all competed in the duo section. Shariz Roca performed in the solo. All students practised hard and performed outstanding dances, doing themselves and Rowville Primary School proud. Shariz received the prestigious award for being the most entertaining dance of the competition.

### Year 5 Students at Dancefair Victoria

Alison from 6C won the solo category for year 6 students at the Dancefair Victoria 2013 Competition. Alison's efforts are even more impressive given that she also choreographed her entire performance herself. Alison not only showed her dancing ability but also displayed great courage and confidence to the rest of the school community.

### Alison of 6C solo winner at Dancefair Victoria

Just as they must practice spelling, reading or mathematics and any other academic skill if they are to improve, students need to learn that being part of a sport team requires the three "Ps"... practice, patience, and persistence. Whether it's showing up to practice when you'd rather be playing with your friends, waiting your turn on the sidelines or training as a team emergency or doing the same drill over and over again, the three "Ps" of team sports translate into important life lessons. Students from Rowville Primary School participated in the District Cross Country event. As a school, we came fourth overall and achieved our best result ever. There were also some outstanding individual winners.

### Participants in District Cross Country



*Participants in District Cross Country*



*Students at Dancefair Victoria (left) and Alison from 6C*

Rowville Primary School's aerobics teams competed in the Schoolaerobics preliminary finals at the Arena in Geelong. Their hard work, persistence and dedication have been rewarded. Both aerobics teams have qualified for the Victorian Schoolaerobics State Finals, to be held on Saturday 22nd June in Geelong.

The girls' team, comprising of Alison, Melissa, Caitlyn, Claudia S, Kellie, Kristen and Maria, came 5th and showed great precision and stage presence during their energetic routine.

The boys' team, comprising of Marko, Charlie, Will and Koby, came 6th, were very entertaining and delivered a great performance on the day.



*Boys' Schoolaerobics Team 2013*

Our students are congratulated on this wonderful achievement and we wish them all the very best as they prepare for the State Finals.

*Girls' Schoolaerobics Team*

*Boys' Schoolaerobics Team*

## Rowville Primary School Celebrates 40 Years Rowville Primary School in 1973

We have been focusing on our 40th birthday and what an extravaganza it's going to be! The Rowville Primary School birthday planning committee cordially invites past and present students, parents and staff to our 40th birthday carnival which will be held on Friday 25 October 2013. It will commence with an open afternoon at 2.15pm and continue into the evening. There will be food, rides, a historical display and presentations to mark this special occasion. Please mark this date on your calendar.

## PARK RIDGE PRIMARY SCHOOL Trialling the Ultranet for the Future

The Ultranet is an online platform sponsored by the Department Of Education And Early Childhood Development from which students and parents can view and receive regular feedback on learning performance. Using a unique login procedure, students and parents can enter the system at any time and view pieces of assigned work and read teacher comments, that describe student achievement and indicate standards achieved against the new National Curriculum.

As part of the Ultranet's further development, for this year Park Ridge is part of the trial of the use of the Ultranet Reporting System. Instead of receiving a paper copy of their child's report, parents now go on-line using a unique code and, in addition to finding the work samples and comments, they can now access their children's reports.

This initiative has been spearheaded by three dedicated and committed classroom teachers in Melissa Roberts, Chris Hossack and Jean Duff. Almost self-taught, these three ladies have passed on their accumulated knowledge to all of the staff at Park Ridge, who are now more than capable technicians. In addition to providing this vital professional learning to their colleagues, they have held several information sessions for the parent community, in order to familiarise them with how the system can be accessed and the benefits that can be derived from this new system.

Principal David Mann commented that while the initial learning was challenging for all concerned, the benefits were being realised in that teachers were now devoting more of their time to teaching and developing programs that best met the needs of their students, rather than spending most of their time during May and June assembling data and writing reports.

*Graeme Lloyd*





## Karoo Primary School

### Science at Karoo

Who wants to be a scientist? Years three and four students have been looking at science across all its fields and studying how scientists go about their science.

The students were lucky to have a visit from two 'Hands on Science' scientists. The students were captivated by the hands on experiences presented. They enjoyed the challenge of predicting an outcome and then testing their hypothesis.

There were objects made of different substances to test for sinking or floating. The students first investigated the different materials and whether they floated, sank or submerged. They made predictions about buoyancy and then tested their premise. They learnt that objects float depending on their density compared to that of the water. Another discovery, which the students were excited about, was that objects are more likely to float when it has air enclosed, as air lowers the object's density.

The students' minds became increasingly engaged when they had a chance to measure force. They moved objects in the same way that the Egyptians pioneered, when building the pyramids and were amazed at how rollers decreased the force needed to move objects.

The levels was also lucky to have three parents come along and explain the science field that they work in. The students were surprised to find out that you could be a scientist in the field of Botany and they heard all about how plants needed to be grown in sterile conditions so they could be exported. The elephants toothpaste brought along by the second parent presenter had to be one of the favourite moments, as they witnessed a foaming chemical reaction which looked



just like you would imagine elephant toothpaste would look like. Our third parent, a chemist brought some more wonderful chemical reactions, showing us how mixing chemicals can change the colour of a solution. We learnt how careful scientists have to be, to protect themselves when they are working.

We are very lucky at Karoo to have Mums who are prepared to share with the students!!!!

The Science focus has set many students thinking, asking questions, and has fostered independent learning.

*John Oldham*



**Each king in a deck of playing cards represents a great king from history:**

**Spades**  
**Hearts**  
**Clubs**  
**Diamonds**

**King David**  
**Charlemagne**  
**Alexander, the Great**  
**Julius Caesar**



*Zoe Being Brave With A Snake*

## Lysterfield Primary School

### Preps go to the Zoo

Recently Lysterfield's Prep students had a day at the Royal Melbourne Zoo. They had been learning about animals at school, so a day to the zoo was ideal. Despite the rainy weather, students, teachers and parents all had a fabulous day.

Prep students were asked about their time at the zoo. These are some of their responses:

**Jasmin R:** She thought that the time at the zoo was awesome. Her favourite animal was the bear.

**Lia B:** Her favourite animal was the lion and she liked the way it roared. Lia liked walking and talking with her friends.

**Calum O:** He thought the zoo was exiting. He didn't know that meerkats could stand up. Calum also loved the big turtle and the bus.

**Max W:** Max's favourite animal was the turtle. He said it walked very slowly. He described the zoo as awesome and fun.

**Indi A:** Her favourite animal was the snake. She liked the way the snake hissed and slid on the ground. She loved looking at the front of the zoo.

**Charlotte P:** Her favourite animal was the monkey. She loved the way they swung in the trees and came up to the students behind the glass.

*Max, Harry and Mitch*

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

### RBC Playgroup

Each week during the school term, Rowville Baptist Church is filled with the sound of young children busily playing and mothers in conversation. There are more than 50 children who participate in this ministry from babies to pre-schoolers. It runs on Tuesdays, Thursdays and Friday mornings from 9:30 - 11:30 am.

The RBC Playgroup ministry has been serving the community families in the Rowville/Lysterfield area and beyond for more than 20 years. The kids spend 2 hours of play, constructing craft activities, singing songs, reading stories, and just having a fun time with their mums

(sometimes dads) and their friends. The kids can have time to select different activities to enjoy and mothers have an opportunity to chat with other mums over a cup of coffee. Each term also has one organized activity off-site.

It is our mission to show God's loving kindness to the kids and mums, build relationships and provide a supportive environment. It has helped develop lifelong friendships as the kids and mums move to different stages of their lives.

I delight in seeing the kids smiling faces as they walk through the door. Little Miss 3 year old told me "I love coming to playgroup! I like playing with my friends and can't wait to see what we are making in craft"

And mothers feel greatly supported. One mum said "Being a mum is a hard job, you could be up all night trying to settle a child, it's good to be with other mums who understand what you are going through, you don't feel you're on your own"

We recognise that early childhood is a critical stage of development. It is a time of great learning through play, to explore, and discover new things. A precious time to spend

with your little ones, because soon enough they will be off to kinder or school.

In addition to our weekly playgroups, once a year we have a Family Day on the second Saturday of November. It gives playgroup kids the opportunity to bring along their siblings, their dads, and grandparents and to enjoy all the things we do at playgroup. For the older siblings it brings back fond memories of playgroup and how much they've enjoyed their time there. If you are free come along and join the fun, on November 9, 2013 from 10am - 1pm.

In Matthew 19:14 Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." This is the very reason, why we do what we do.

If you would like more information about RBC Playgroup, please do not hesitate to contact the church office on 9764 4242. We welcome all parents of pre-schoolers to come for a visit.

*Perilla Medina - RBC Playgroup Coordinator*



The amount of decisions made on a daily basis, are extraordinary! It is amazing just how many times we decide on something in life, from the breakfast you eat (or don't eat), what is said to others, to choice in careers. You'd be amazed that most of the dilemmas we face in life are exactly the same for the majority of our community. It is merely our response to each choice that distinguishes us from everyone else faced with the same decisions.

So, looking back at the first half of this year, how would you judge your decision making? **Would you call yourself**

**a good decision maker?** How would you know if you've made a wise choice?

Although life can be filled with all manner of unpredictable experiences, a good and wise decision maker will know how to handle every circumstance, as thrilling or overwhelming as it seems. Everyone is given opportunities each day to make wise decisions. Our lives are built up or torn down by our choices, so in order to build the best lives we can, we need to make the best decisions we can! Life changing decisions are not waited for, they are decided on each day and developed as per progress.

Yet sometimes the right decision isn't as clear to us from the inside. Sometimes we don't know how to make a decision that can change our situation or our lives. That's when it helps to have the insights of a trusted friend who has a wider

perspective than what we might see. Wise counsel can be a relief and a great support, so surround yourself with others whose lives are evidence to their good decision making. On the other hand, be wary of those who have a lot of advice to give but whose lives you wouldn't want to live.

Alas we are all human and we all make mistakes. We are imperfect and even the best of us is capable of making a bad decision. So what then? Why is wisdom something of a mystery? How does one become wiser? The Bible says that if we lack wisdom, we can simply ask for it from God and he'll give it liberally to any who'll ask. And since God knows everything and has a much grander perspective than we do, it makes sense to get advice and wisdom from Him. After all, the wisdom of God is higher than the wisdom of man.

*Michael Leung*



It seems winter has set in and despite a dry autumn, we are having a wet start. However cold it is outside, we can assure you of a warm welcome at Rowville Uniting Church. Our Sunday service is at 10am and we share a time of fellowship over a cuppa after the service. We seek to be a church that is inclusive and welcoming and to share a message of faith that is contemporary and speaks into today's reality. Our worship includes modern songs as well as traditional hymns and seeks to speak across a wide range of ages. Services on the third Sunday of each month are specifically aimed at children and families and are creative and action themed.

Link is a coffee and chat group that has operated in our church for many years. Link has evolved somewhat and now meets fortnightly on the second and fourth Thursdays of the month at 10am. This is a group that seeks to be social and connect people. We welcome anyone who would simply like to enjoy such a social time to join us. Contact the church

office for more information.

The Bridgewater Centre continues to offer a mental health service. Mental health is so often misunderstood and the process of claiming rebates from many services means people cannot access the help they need. With the Bridgewater centre we offer a low fee service where people can self refer and see our Psychologist as many times as you need to. Appointments are essential. Please call the church office for enquiries or appointments.

Toddler Gym operates on Tuesdays and Fridays. Session times are 9:30-10:30 and 11-12md. This program is designed to enhance early brain development in children through play. It is an active program where parents interact with their children and we have many activities to stimulate young minds. This program is \$5 per family per session on a pay as you go basis. Registration is vital. Please call the church office for more information.

Our suite of buildings are available for a range of purposes. If you are having a special function or a business needing space we may be able to help. We are well positioned and see our facilities as an important offering to the community. Please feel free to check us out or call the church office for more information.

*Trevor Bassett*



## Is This True?

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "Bring home the Bacon." They would cut off a little to share with guests and would all sit around talking and "Chew the fat".

## Sant Nirankari Mission

### To surrender is to liberate

In life, we experience moments of sheer happiness when we feel that the whole world is at our feet. But it is not long before we find ourselves crashing down to rock bottom, when we are surrounded by nothing but despair. Then we begin to question everything.

It is in this predicament that we yearn for a flicker of light that shows the way out of the pitch of darkness. This ray of hope helps us to rediscover what we had lost sight of during our good times. In fact, it is often these adverse moments that help us to discover the higher reality, and to appreciate the surrender of the self to the highest power.

Let us see what we mean by 'surrender'? Surrender is the act of relinquishing that which we believe to be very precious to us: that is, our ego that we regard as dearer than our life. It is the ego that we have to drop, as it is the real cause of the distraught and covetous state of mind. The ego fuels the illusion, which separates us from our Greater Self (Spirit). Not only does it create instability, but it also gives rise to cravings for things.

True surrender enables us to release the fear, anticipation

and expectation that we often get caught up in. We must detach from matters material, and the ego we so tightly hold on to, to feel the joy of the divinity within. We must free ourselves from the worldly shackles by attaching ourselves to the peerless, liberating, Common Spirit.

Such an attachment, stemming from the realization of this spirit, envisions us with divine sight to see the infinite in all human beings.

It releases the vast reservoir of love and compassion that lies in the deeper recesses of our heart. It is at this point of our spiritual journey that the saintly traits enter our lives.

However, we refrain from surrendering because we want to be in control. Otherwise, surrendering, in itself, is not a difficult task. We are the ones, who hold back. We fail to realize that there is some force guiding our hand. We fail to see the advantages associated with surrendering. By letting go, we hand over our cobweb of worries and stresses to God, and He hands over his peace to us.

We must understand that to surrender is to liberate ourselves from the fetters of existence. We must also remember that surrendering is conditional. It requires us to submit to and admit the formless Spirit into our lives, which, in itself, entails taking a big leap of faith.

Surrendering and admittance is very much like looking at a painting, or listening to a piece of music. We cannot judge the piece of artwork in advance just because we have been told it is great. We must experience it for ourselves. To achieve the spiritual equipoise, we need humility. We need to be able to bow down before the Formless, feel His divine hand on our head, and experience His blessings, protecting us from the tempests and storms.

In order to ascend to the highest, we must first descend to the lowest, in order to earn the grace and

blessings of the Spiritual Teacher. Just as the patients accept the doctor's word, because they know the doctor has expert knowledge, is there to protect them, to treat them and to help them, likewise we must accept the Teacher's advice to elevate ourselves. We must have the requisite faith.

Surrender is the essential ingredient required to attain the realization (liberation) of the self, and of the Greater Self, the Absolute One. This realization liberates us from the cycle of ups and downs, highs and lows, and despondencies and elations, in life. It forges a balanced living and induces a much needed equipoise. Peace and calm descend, whilst the spirit and soul blend into the highest reality.

*by Akanksha Mehla, Toronto, Canada*



*John 4:24, God is a spirit and they that worship Him must worship Him in spirit and in truth.*

Charles Stanley once said that he believed that most Christians, in most churches, have never worshiped God. We go to church, but do we worship our God? We sing songs, but don't worship. We listen to sermons, give of our tithes and offerings, but we don't worship. All of these things are only elements of worship but they are not worship. We can do all of them and yet have failed to truly worship God. It seems that very few Christians know much about true worship.

Christians make the mistake in limiting their worship to one hour a week. When they come to church on a Sunday they often come to observe and be entertained. We think the Pastors and the worship team are there to be entertain them so that they can say we had a good worship service. In true worship we all are the performers, the Pastor and the worship

leaders are the directors and God Is The Audience. Every day, every moment of our life we must understand that true worship is not about us but about God. The Father, the Son and the Holy Spirit desires our worship. Therefore, let us as born-again believers worship our God in Spirit and in Truth. Ask yourself the question, when I worshiped did God like it?

Speaking of worship, Restore Community Church is now holding a **Tamil Service** at 10.30am, every Sunday at 2 / 18 Laser Drive, Rowville. Our English service is still held at Rowville Secondary College (Eastern Campus), Performing Arts Theatre, Humphreys Way, Rowville at 10.15am. Transport services are available for both services and can be arranged by contacting the church office on 8736 9042.

In other news, Restore Community Care, the care arm of Restore Community Church is offering English Language classes on Wednesdays at 11.15am at Laser Drive. Again, transport can be arranged if needed. There are two classes, one for beginners and one for the more advanced. We have the services of a person from a university qualified to teach English as a second language, who is also providing the curriculum, ably assisted by a retired secondary school teacher.

On Sunday 21<sup>st</sup> July, the 10.15am service at RSC will be taken by the Men's Ministry. This is bound to be a *power packed service!*

Thursday 11<sup>th</sup> to Saturday 13<sup>th</sup> July sees a number of

our church leaders and members take part in the Christian Church in Australia's Annual National Empower Conference in Adelaide. This conference will be a great opportunity to enjoy fellowship together, to be encouraged by God's Word and to be **empowered** by the Spirit.

Guest speakers will include: Rev. Wayne Alcorn, Rev. Allan Meyer and Rev. Elio Marrocco.

From July 19<sup>th</sup> to 30<sup>th</sup>, the church is sending a team to Sri Lanka (of which I will be a part), for a Personal Missions Development Trip. As well as ministering in a number of churches in Colombo and Galle, we will be visiting the Orphanage that our church supports in Kandy, as well as an Elderly Person's Home that we raised \$10,000 for in 2012.

Towards the end of this year, it is envisioned that a Missions Team will be sent to East Timor and in 2014, we have an invitation to go to Uganda. It is great that God puts the desire to go to missions in the heart of His people and they respond with the words of Isaiah 6:8, "*Here am I, send me*", when God asks, "*Whom shall I send, and who will go for Us?*". However, each church member is always involved in mission. Mission starts in our own backyard, in our families, work places, everywhere where we are involved in any activities, our neighbourhood. Matthew 28:19-20 commands us to go and make disciples of all nations.

*Ray Green, Community Pastor.*



# Liberty Avenue 3 Year Old Kindergarten



Three Happy Teachers

Special events at Liberty Avenue Three Year Old Kindergarten during 2013: At the end of first term we held a family fun night; the children and their families came along for a "Get to know each other" evening. There were fun activities set up for the children, and it was great to see the kindergarten children showing their siblings, parents and some grandparents what they do when they are at kindergarten. The weather was kind to us and we were able to play outside as well. This event provided an opportunity for our kindergarten community to establish and build relationships with each other, to chat informally and sausages in bread satisfied the hungry tummies. Families, fun and food: the perfect recipe for a successful night. Thank you to all of the families who supported this special event.

In May we held a morning tea and afternoon tea for our mums for Mother's Day, and we also held a Mother's Day stall for the children to do their own shopping for mums, grandmothers and any other special people in their lives. We were also busy making special gifts and cards that we presented to our mums at the morning/afternoon teas along with some yummy food and some songs.

Our major fundraiser for the year is our upcoming trivia



"Where Is The Green Sheep"?

night which will be held on Saturday 20th July. The event promises to be a great night with lots of trivia fun, games and prizes.

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

*Penny Drago*

## Lysterfield Primary School Legally Blonde The Musical!

On Wednesday 5<sup>th</sup> of June, the 8 chosen grade 6 girls went to see Legally Blonde. They caught a train to Flinders Street Station in the city, with their (principal) Mrs Clydesdale and (music teacher) Melinda. We walked over to the 80's Exhibition at Federation Square for a surprise from the teachers. It was very fascinating to see what it was like back then. We walked around the city to the Princess Theatre where Legally Blonde the Musical would commence.

At one o'clock we sat down in the theatre and waited for the show to begin. The show was legallytastic! We all had a ball. Everyone was amazed by the brilliant performance. Most of our favourite parts were when they surprisingly

## Murrindal Family Centre 100 Murrindal Drive, Rowville

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Winter is well and truly here!! Murrindal Playgroup runs all through winter (except school holidays), and has a wide variety of indoor play activities for you and your children to enjoy.



### Winter Play at Murrindal

Experience the elements! Encourage children during your playgroup session, or whilst at home to watch rain and if it hails, send them out to collect some hailstones to watch them melt!

Search for colour in the playgroup area - maybe collect up fallen leaves and thread them on string to make a necklace!

Make music to imitate what is happening outside - a variety of instruments are available. Drums to imitate thunder, or a shaker to imitate rain.

If staying indoors is necessary, why not create a "tubby house" or "obstacle course" using materials in the playgroup room - cushions, boxes, blankets etc.

Encourage children to paint what they see outside - the storeroom is fully stocked with paints, brushes, paper, easels and drying racks. Take home your creations or display around the playgroup room for all the enjoy!

Our outdoor is still accessible during the cold, winter months and we encourage our children and parents to rug up and head outside to enjoy this area! The vegetable garden is being tended to by all of our groups and new planting just occurred last week.

During the colder weather we often feel that it is hard to entertain the kids! Playgroup is a great weekly outing where, rain or shine, children can play together and parents experience valuable "grown up" time. We do still have vacancies in many of our playgroup sessions. Contact our enrolments officer Lisa on murrindalenrolments@hotmail.com for further information.

*Kristy Ackland*

## WACKY WISDOM

Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.



## Council Minutes May 28<sup>th</sup> Meeting

Brief summary of items affecting Rowville & Lysterfield

### Item 4.1 Petitions and Memorials

Councillor Pearce presented a petition with 892 signatories requesting Council to investigate the feasibility of installing a Skate Park at Emerson Place Reserve next to the Wellington Village Shopping Centre to provide an activity space for young people in the local area and beyond.

### Item 5.2 Ward Issues

#### Councillor Pearce (Taylor Ward)

- Noted that the tree replacement program was progressing in his ward, in particular, along Eildon Parade.
- Advised he recently met with residents of the Waverley Country Club regarding a review of their property valuations. This issue has since been resolved.

#### Councillor Seymour (Tribulation Ward)

- Advised of the recent celebrations of the 100th birthday of a resident of Peppertree Hill Retirement Village.
- Acknowledged the groundswell of community support for a local resident battling melanoma who is seeking

financial assistance to access the drug Vervoy which is used to treat melanoma. The drug is not currently listed on the Pharmaceutical Benefits Scheme and costs approximately \$120,000. A number of fundraising events are being held within the community to raise funds to access the drug and awareness of the importance of this drug being included on the Pharmaceutical Benefits Scheme.

- Noted that the issue of street tree replacement continued to be an issue in her Ward. Councillor Seymour advised that the Green Streets Policy would soon be considered by Council and would provide clarity in relation to how Council will manage this program moving forward.

- Councillor Seymour advised of a recent meeting with the Shakti Migrant and Refugee Women's Support Group drop in centre in Rowville and highlighted the great services offered by the group.

#### Councillor Holland (Friberg Ward)

- Advised of various other meetings within his ward including residents of Waterford Valley and the Knox Churches Soccer Club.

**Item 6.7 Adoption of Amendment C125 to Rezone 1500 Wellington Road, Lysterfield from Public Park and Recreation Zone to Green Wedge Zone**, requested by Council in order to facilitate the disposal of this land. A report was presented to Council on 11 December 2012 requesting approval to seek authorisation from the Minister for Planning to prepare and exhibit the Amendment between 21 March and 30 April 2013. One submission was received and was satisfactorily resolved.

Council resolved to:

- Adopt Amendment C125 as exhibited, and shown in Appendix A;
- Submit the adopted Amendment C125 to the Minister for Planning for approval; and
- Authorise the Director-City Development to make minor changes required for approval of Amendment C125 by the Minister for Planning, provided these are consistent with the intent of the adopted Amendment.

### Item 8.1 Major Transport Projects

Council, at its Strategic Planning Committee meeting on 13 April 2010, considered and endorsed a report on prioritising major infrastructure projects and ranking criteria. Council resolved to receive a report on an annual basis that presents the major transport projects, assessed against the endorsed ranking criteria. A new Transport Integration Act came into effect on 1 July 2010 to provide a framework for the provision of an integrated and sustainable transport system. Council resolved to (a) receive and note this report, endorse the revised ranking criteria, and prioritise major transport projects as: 1. Rowville Rail; 2. Knox Tram; 3. Bayswater Grade Separation; 4. Stud Road extension; and 5. Dorset Road extension (b) Communicate the ranked major transport project priorities to the Minister for Transport and local members of parliament; and (c) Continue to advocate to the State Government for Council's key strategic transport projects, through continued participation in the Eastern Transport Coalition, meetings with relevant ministers, members of parliament and relevant State Government departments; and (d) Receive a report within six months



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### Council Minutes...continued

of each new Council being elected considering the priority of major transport infrastructure projects in Knox for the purposes of advocacy.

## WORKS REPORT AS AT 13 MAY 2013

**Drainage Pit and Pipe Renewal Program** - works currently in progress.

**Street Tree Replacement Program** - removals completed and planting started.

### 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.

### Drainage Upgrades - Ongoing

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

**Avalon/Stamford/Stud Road Intersection Modification**

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

**Murrindal Playroom Extension** progressing well.  
Foundations completed, internal strip-out underway.

**Wellington Road / Eastlink - Shared Path** project completed.

**Rowville Recreation Reserve No 1** - Ground has been  
sprigged with approximately 50% cover.

**Piano and Singing Lessons**

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**Heany Park - Access Road.** Consultants are currently  
quoting on design works for education/interpretive  
precinct.

**Kelletts Road Duplication - Footpath Construction**  
completed.

Knox City Council Meeting minutes are available for  
viewing in full at the Council website [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

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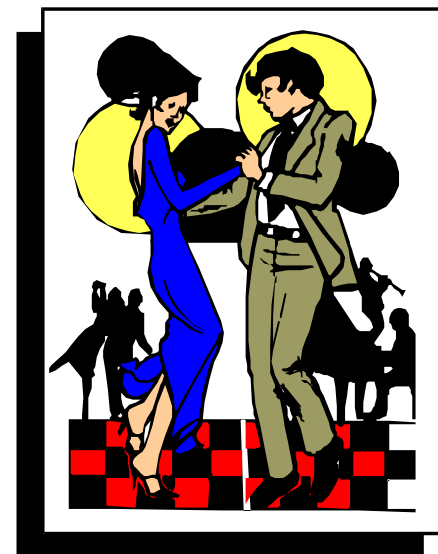
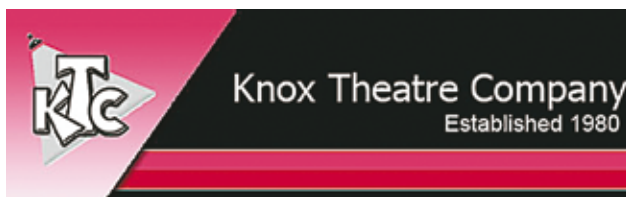
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