



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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Priceless

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LITTLE ATHS FOR FAMILY, FUN & FITNESS

see page 13 for details



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From the Editor's Desk

It's November and courtesy of the Spring Racing Carnival, particularly the Melbourne Cup, you may already be much richer when you read this or maybe, like millions of others...NOT. For those in the latter category, there's always next year.

At 11am on the 11th November the guns on the western front in World War One, fell silent after more than four years of continuous fighting. This is the 95th anniversary of that day so it is a good time remember the nearly 13 million lives lost. At this solemn time please take time at 11am on the 11th day of the 11th month to remember the fallen, not only in the two world wars but in every conflict over the last 95 years. See the article inside the paper about the Remembrance Day Service on Sunday 10th at the Knox War Memorial in the Tim Neville Arboretum.

It is also timely to remind residents that the deadline for Australia Day nominations close at 4pm on the 25th

November. Forms are available from www.knox.vic.gov.au or call 9298 8000.

Do you know a remarkable Australian living in Rowville or Lysterfield??

After a number of unsuccessful attempts to gain recognition for the RLCN at the annual CNAV Awards, we have finally broken through with a finalist in the 'Best Article By A Person Under 18 Years Of Age' category. Our congratulations to Joyee Koay, a year 8 student at Rowville Secondary College who wrote the piece, for bringing some glory to our community newspaper. A more in depth article entitled 'CNAV Awards Success' can be found elsewhere in the paper.

We would also like to wish all students sitting their exams, every success. It is a testing time for you, but the results will reflect the effort you put in.

Finally, our AGM is on Thursday 21st November at 8pm at the Rowville Neighbourhood Learning Centre. We look forward to meeting you there.

David Gilbert

What's On Locally

November 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

Australian Air League Meet Wednesday 7.30 to 9.30pm at Salvation Army Hall, Kingsley Close. Freecall 1800 502 175 or visit the website: www.airleague.com.au

Baptist Church Services every Sunday 10am and Youths 7pm. 'Flying Solo' a Single Mums support group every Wednesday, details 9759 6642

Playgroups - Tue, Thur & Fri. mornings during school terms.

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

CFA Juniors Meet every Thursday 7pm.

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

1st Rowville Scouts:

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

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

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

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

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

Fruitful Vine Church Services every Sunday 10am.

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

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

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

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

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

Life Activities Club Regular Activities. Call Melva 9762 3764

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

Little Athletics For training & event days: 9763 1404.

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

Multiple Birth Assoc. 2-3 yr old Playgroup Tuesdays & Thursdays 9.30am Michele 0407 837 973 Parents Coffee Morning - Fridays 10am Kaylene 0409 200 830

Possums Playgroup Mon.-Fri. 11.30-1.30 and 1.30-3.30. possumspg@hotmail.com

Probus Club (Knox Combined) Meet 1st Tues each month at the Stamford Hotel at 10am.

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

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

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

Restore Comm. Church Service Sunday 10.15am in Performing Arts Theatre and Tamil service Sunday 10.30am in the Dance Studio, RSC Eastern Campus. Transport available Ph. 8736 9042

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

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

Rotary Club Every Tuesday at Baton Rouge at 7pm

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

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

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

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

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

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

Toastmasters Meet 2nd, 4th & 5th Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Qi: contact@rowvilletoastmasters.org.au

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

Yoga for Kids Fun classes to help primary students stretch and relax. Tuesdays 4.30pm Rowville Scout Hall Contact info@schooltimeyoga.com.au or 0468 471 102 www.schooltimeyoga.com.au

November Events

Rowville Library Skye Melki-Wegner, our own Rowville author, will discuss her book "Chasing The Valley" at 7pm on the 7th November. All welcome.

Calendar of Events November 2013

Compiled by John Green

- | | | |
|-------------|---|--|
| 1 Nov | World Vegan Day | www.wvd.org.au |
| 1 – 30 Nov | Movember | au.movember.com |
| 1 – 30 Nov | Walk to School | www.walktoschool.vic.gov.au |
| 3 – 9 Nov | National Others Week | nationalothersweek.com |
| 4 Nov | National Day Tonga | |
| 5 Nov | Melbourne Cup | |
| 7 Nov | Beltaine - Gaelic May Day festival | |
| 8 Nov | National Sunnies Day | www.qei.org.au |
| 9 November | St Simon's Fair | |
| 9 Nov | McHappy Day | www.mchappyday.com.au |
| 9 – 10 Nov | Dandenong Show | www.vicagshows.com.au/dandenong |
| 10 Nov | 3MBS Fine Music Series at Knox Community Arts Centr | www.knox.vic.gov.au.theatretix |
| 10 Nov | Run Gembrook | www.rungembrook.com |
| 10 Nov | Yarra Valley Spring Festival | www.facebook.com/#!/CelebratingSevilleFestival |
| 11 – 17 Nov | National Recycling Week | recyclingweek.planetark.org/about |
| 14 Nov | World Diabetes Day | |
| 16 Nov | Knox@50 Party in the Park | www.knox.vic.au |
| 15 – 17 Nov | Santa Paws | www.rspcavic.org/events/santa-paws |
| 17 Nov | Eureka Climb | www.eurekaclimb.com.au |
| 25 Nov | White Ribbon Day | www.whiteribbon.org.au |
| 30 Nov | St Andrew's Day | |
| 30 Nov | Kingston Night Art Market | www.kingston.vic.gov.au |

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

DEADLINES December 2013 EDITORIAL & ADVERTISEMENTS Wednesday, 13 November

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

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

PHOTOS – email separately – do not embed in documents.

ADVERTISING: advertise@rlcnews.com.au

DISTRIBUTION
Saturday, 30 November 2013

AGM Advice

The Rowville Lysterfield Community News will be holding their AGM on Thursday 21st November at 8.00pm. at the Rowville Neighbourhood Learning Centre within the Community Centre in Fulham Road Rowville. Our guest speaker will be Peter Cavan, Senior Project Manager, Strategic Planning at the Knox Council. All our advertisers, contributors, proof readers, sponsors and readers are very welcome to attend. We probably have the shortest meetings you've ever attended, no more than an hour, so it won't be a late night. For further information please call 9764 4703.



Welcome back – to distributor – Tegan Keily

Voluntary Positions

Can you or do you know someone who can be a distributor in the following areas?

- Kelletts Road (even #'s 96 to 128) – 16 papers
- Oaktree Rise (Major Cres to Pendelton Pl), Pineview, Redwood, Conifer Cts. – 87 papers

Please contact – Peter Rumble – 9752 7592

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

Letters To The Editor

Dear Editor

The reliable coverage of U3A events this year by Community Newspapers such as the Rowville-Lysterfield Community News, has played a big part in the increased attendance and increased profits at our show this year for which we are very grateful.

Kath Brown

Hi there,

I just wanted to say I thoroughly enjoyed the two piece story written by Elio Baldan that appeared in the September and October issues of the Rowville-Lysterfield Community News.

I felt like I was on the yacht!

It is great to see this sort of talent in the Community Newspaper.

I look forward to many more enjoyable stories.

Regards,

Jonathan Spencer

Editor's Note:- Thanks for your praise Jonathan. We are always looking for new attractions in the paper and are glad that you and many others have enjoyed the stories from the Aspiring Rowville Writers. There is certainly a wealth of talent there.

Knox Remembrance Day Commemoration

November 11th is universally associated with the remembrance of those who had died in the First World War. This conflict had mobilized over 70 million people and left between 9 and 13 million dead and as many as one third of these with no grave.

The Knox Remembrance Day Committee, with assistance from Knox City Council, conducts a ceremony on the Sunday prior to the 11th November each year at the Knox War Memorial located at the Tim Neville Arboretum, Dorset Road, Ferntree Gully. This year it will be held on Sunday 10th November commencing at 11am, with a march consisting of returned service men and women plus local service representatives and local school children.

Hurtle Lupton OAM JP, the Chairman of the Knox Remembrance Day Committee said, "It is a special day when families come together to remember their relatives who served and in many cases, made the supreme sacrifice for their country. What especially pleases me is the fact that we have been able to involve so many local school children in this ceremony".

Everyone is welcome to attend and refreshments will be served at the Boronia RSL at the conclusion of the event.

Hurtle Lupton OAM, JP.

First Community Market at Rowville

The first market was held in the grounds of Rowville Primary School on Saturday 21st September. Local community markets are extremely beneficial to the school and community as they build social contacts among participants and allow parents to take pride and ownership in their school. The first community market fostered connectedness for the past, present and future school communities.

The remaining Farmers Market for 2013 are on **16th November and 21st December 9am—1pm.**

For further information please call 9765 1955.

See pages 21-22 for pictures.



Rotary Club of Rowville-Lysterfield

Thursday 10 October was the date set for the Club's Spring Business Breakfast and it really was a great success, with 104 people attending to have fellowship and hear our special speaker, Carolyn Creswell CEO and Founder of Carman's Fine Foods, the pre-eminent muesli making company, all Australian and exporting to the world! What an inspirational speaker, a great story of determination and dedication to building a successful business, now 20 years old and growing with products sold in 32 countries worldwide, in fact there is a Carman's product sold somewhere in the world every 2 seconds!!

The Club is now planning for the next Rotary Business Breakfast to be held probably in late March or early April. Carolyn shared her views on leadership, corporate culture, marketing strategies, export experiences and outlined her TOP 5 Tips and Key Messages to becoming a successful



Keynote speaker Carolyn Creswell, Carman's Fine Foods

entrepreneur in your own business. The Club was able to donate an amount of \$1,000 to each of the charities chosen to be supported through our Spring Business Breakfast, Bowel Cancer Australia and Safe Futures Foundation. Many thanks to our sponsors Barry Plant Real Estate, Rowville, See Me For Everything, Rowville, Kingston Links Golf Club, Molewise Skin Cancer Clinic, Pioneer Electrical, Fish Mart Stud Park, Amcal Pharmacy Stud Park and Heritage Chocolates.

The Interact Club, sponsored and supported by Rowville-Lysterfield Rotary Club, is going from strength to strength and plans are being made to establish another Interact Club

at Rowville Secondary College so that there will be a Club operating at both the Eastern and Western Campuses. The students are working enthusiastically on several fund raising projects and we will report more on these next month. The Club is also working on a proposal to assist with forming a Rotaract Club in the Knox area in conjunction with other Rotary Clubs in the City of Knox. Rotaract is a service club designed for the 18 – 30 year age group and is a stepping stone for Interact members once they leave secondary school. Similarly, the full Rotary Club experience is the next progression for Rotaractors once they reach 30 years of age and want to keep up their community service activities. It is hoped that some time in 2014, a Knox Rotaract Club will become a reality.

Our Club is also participating in the annual Knox Stringybark Festival at Rowville on Saturday 19 October, selling fresh farm eggs and actively promoting membership of Rotary. This year we are under cover inside the building, as we got rather wet outside last year, which didn't help the egg cartons!!

If you are a local business person (working or retired and with time on your hands) and would like the opportunity to give back something to your local community, then come along to one of our weekly Rotary Club meetings and check us out, come as a guest on the first night, just call Jeff Somers on 0413 150 587 or Steve Macdonald on 0418 580 651. Details of our venue, dates and times can be found in "What's On Locally" on page 2. Look us up on www.rotanet.com.au/rowville, follow us on Facebook and also on Twitter@RotaryLyster.

Rotarian James Wilson



Cheque presentation by Board members Etienne Clauw and Jeff Somers to Rowville CFA's Operations Officer, Mark Kennedy

Community Bank Reward Program

Recently, Community Bank® directors have been out in the community presenting Club Reward Program cheques. Club Rewards are an easy way for your club, church, organisation or association to earn much needed sponsorship.

Heany Park Primary School received a much appreciated boost to their fundraising efforts of \$580 and the Rowville CFA received \$1430. Joining the program is easy and all that clubs need to do is partner with the bank and utilise their club membership to earn rewards.

Contact Janine on 9756 0332 or email janine.d.shepherd@gmail.com for more information if you would like to join this program.



Jeff Somers presenting Club Rewards cheque to Assistant Principal Adriana Dickinson and School Captains, Bradley, Emily, Zoe and Daniel

Australia Day Nominations

Valuing Outstanding Citizens In Knox

Knox resident Alan Richmond has dedicated 30 years to working with Scouts. Mr Richmond was awarded the honour of Volunteer of the Year for 2013 in the annual Knox Australia Day awards. He said the experience had made Australia Day even more special. "To be involved in the Awards and be a recipient has been a terrific experience".

Alan loves working with the community and helping kids to reach their full potential. "You can see it in their faces when they have been in Scouts for a number of years. It brings them out of their shells and pushes them beyond their comfort zones" he said.

Mr Richmond said the best part of the day was welcoming

the new citizens, who were granted Australian Citizenship. "It was very touching to see their excited faces as they were presented with their citizenship certificates".

"I would encourage people to nominate someone they think is deserving of an Australia Day award. The breadth of people who are volunteering in Knox is astounding and it is great to see that volunteering is alive and well in our community." Nomination forms can be downloaded from Council's website: www.knox.vic.gov.au or by calling 9298 8000. Completed nomination forms can be sent to ausday@knox.vic.gov.au

Nominations for the 2014 Knox Local Australia Day Awards close 4pm, Monday 25 November 2013

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Rowville Community Bank® Branch, part of Knox Community Bank® Group

Australian Red Cross Rowville Unit

Every year we hold a fund raising event where we all enjoy a beautiful luncheon at Clover Cottage in Berwick. This was held at the beginning of October and was really enjoyed by all those in attendance. Unfortunately, on the day, we were not able to enjoy the beautiful garden as it was raining, which was disappointing. There were however many prizes won and the company was wonderful.

Blood Bank

Please remember the Rowville Blood Bank is coming to

Community NoticeBoard

Supported by Cr
Nicole Seymour
Knox City Council,
Tirhatuan Ward



Rowville on Tuesday 12th and Wednesday 13th November and will be situated at the Polish Club in Stud Rd.

Please phone Joan on 9764 4611 if you need more information.

Elly Baré



Australian Red Cross
THE POWER OF HUMANITY

Knox Combined Probus Club

At our monthly meeting the guest speaker called off at the last moment and there was concern as to how the time would be taken up. There was no need to worry as a variety of members regaled us with anecdotes, amusing stories and some good old fashioned jokes. We were all impressed by the array of talent within the Club.

On Tuesday 8th October 26 of us gathered in the Stamford Hotel car park at 9am prompt (only one late comer!), boarded our bus and headed for Channel 7 at Docklands. After arrival we had a 'nice cuppa' and biscuits before entering the building to be greeted by John Deekes, who gave us an entertaining and informative tour of the facilities, including the national broadcasting control centre. Some of our ladies were delighted to meet Todd McKenney and have their photos taken with him.

Next, we were back on the bus and off to Flemington race track, where we enjoyed a pleasant lunch before enjoying a guided tour through



the museum and the facilities, not often seen by the public. This included the weigh-in room, the jockey's changing room, the mounting yard and the stables. Our host was amusing and informative, all of which made for an excellent day out.

Upcoming events include the film "Blue Jasmine" and a visit to the Police Museum.

For further information on our Club, please contact Kaye Graham on 9780 2686. Details of our meeting venue, dates and times can be found in "What's on Locally" on page 2.



Probus Club At Channel 7 With Todd

Waverley Golf Club

Open Day

Sunday 10 November

Waverley Golf Club Ltd
ABN 64 04 302 292



- A la Carte Lunch & Carvey (bookings essential) from 12.00 pm
 - **FREE - Golf** (9 Holes) from 2.00 pm
(Dress code mandatory—Contact 9764 4559 for details)
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**Suite 3, 7 Fulham Road
Rowville, VIC 3178 Ph: 9763 8828
www.rowvillehearing.com.au**



Beware of scam tree loppers

People, especially seniors, should be vigilant about tree loppers currently touting for business in the Eastern

Suburbs. Consumer Affairs is reporting that some tree loppers are door knocking to find work, then demanding cash up front, failing to finish the job or doing it poorly.

They say residents have complained of intimidation tactics, damage to property or the rest of the garden, or sales people claiming that the local council has sent them.

The advice is, that if a tree lopper knocks on your door, listen to their language. They may claim the offer is for today only to gain a quick sale, or offer a cheaper deal and even offer the home owner a lift to the bank to withdraw money for the service!

Residents should not feel intimidated from saying, 'No thank you' and shutting the door. All quotes should be in writing and from an established tradesperson. Do not sign an agreement until you have had time to think about it. Residents can report any suspicious activity to Consumer Affairs on 1300 558 181 or visit www.consumer.vic.gov.au

Another useful website to watch is www.scamwatch.gov.au for advice about online scams. The Knox Neighbourhood Watch website www.knoxsafercommunity.org.au also lists many useful websites for personal community safety advice.

Anne Boyd



Cake Decorators Association of Victoria Rowville Branch

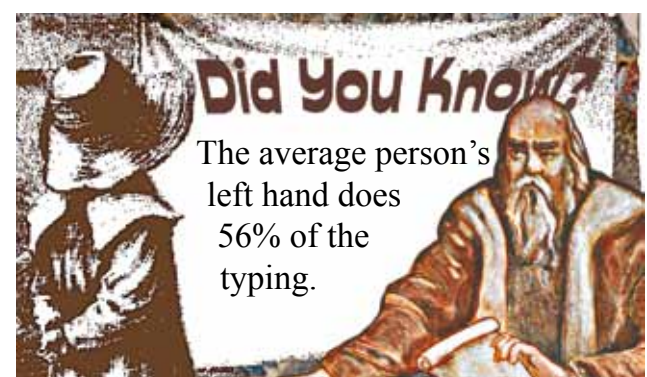
Our two Christmas cake workshops on November 10th or 17th are filling fast. At these workshops we will teach you how to ice and decorate a rich fruit cake, all in one day. Everything you need is included for \$70 fee. The workshops must be booked and paid for in advance. We have direct banking facilities available on request.

Our Christmas Demonstration Day, with a shared lunch, will be held on Sunday December 8th from 10am to 3pm.

Our workshops are held on Sundays and details of our venue, dates and times can be found in "What's On Locally". Our charges are Members \$10 and non-members \$15.

Bookings & Enquiries - ph. Madeleine 9870 5743

Velma Brown





Author Skye Melke-Wegner: will speak at Rowville Library at 7pm on Thursday 7th November 2013. We are very proud to present Skye, a local author, who will speak about her writing career since it began as a child to today and having had her first novel, *Chasing the Valley*, published by Random House. For more information about Skye you can visit her website at <http://skymelke-wegner.com>. This is a free event. Bookings are essential 9294 1300 or online at www.erl.vic.gov.au

Public Holiday: Please note that the Rowville Library, and all Eastern Regional Libraries, will be closed for the Cup Day holiday on Tuesday 5th November. All other hours will remain unchanged and the afterhours bookchute

will be open when we are closed. If you're having a flutter on the big race we wish you luck!

Confused about technology: Afraid to ask questions? Want to know what is available and what you might find useful? Just book into a one-on-one tech help session and our expert will carefully explain for you...

One-on-one tech help: Ask an eLibrarian - Book a 45 minute one-on-one session to help you use library services on your eDevice while connected to the library's WiFi. We can help you to:

- set up your iPad/ Android tablet to download eBooks from the eLibrary.
- set up your iPad/ Android tablet to download eMagazines

from Zinio.

- learn how to use the online catalogue and reserve a book.
- explore the Online Resources on the library's website.

Bookings are essential 9294 1300

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

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

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

Rose Thompson Manager – Rowville Community Library
 9294 1300



Recently there has been an influx of older unwell pets, which prompts the question "Why do we carry out blood tests and what is their importance. It is so very important at all stages of life to test if disease is present in pets of all ages and take necessary steps to intervene and where possible prevent the disease.

Clinical Pathology

Clinical pathology involves the laboratory evaluation of blood, bodily fluids or tissue in order to identify existing disease, monitor treatment protocols or disease progression & to check organs that can't be checked on a general physical examination. Common laboratory tests include blood

chemistries, complete blood counts, blood clotting times, urinalysis, faecal tests and biopsy examination. Greencross vet clinics are equipped with an in-house laboratory that allows our veterinarians to quickly perform many of these diagnostic tests to achieve an accurate and rapid diagnosis. This is especially important in very ill animals and those requiring immediate or emergency treatment. Our in-house laboratory can provide results within minutes.

Some more specialised tests may need to be performed by an external veterinary laboratory. Specialised testing may take 12-24 hours for blood results or up to 14 days for biopsy results, depending on the nature of the test being performed.

Laboratory Testing

Some of the conditions that may be diagnosed with in house testing are kidney and liver disease, pancreatitis, diabetes, hormonal problems, infections, parasitism, anaemia and certain cancers determinable by biopsy.

In house laboratory facilities also mean that we can provide valuable information about your pet's anaesthetic safety. If

you want to do what is best for your pet, but are worried about whether or not they will make it through an anaesthetic, we can give you peace of mind. A simple in house blood test on the morning of the surgery allows us to check, among other things, your pet's liver and kidney function. These two main organs are involved in breaking down and excreting anaesthetic drugs.

A screening blood test is important as an ongoing preventative strategy in our senior patients as part of a "twice for life" senior wellness program. According to a recent study by U.S based Antech Laboratories, a simple screening blood test reveals abnormalities in approximately 1 in 4 senior dogs and 1 in 5 senior cats, which otherwise appear normal on physical exam alone. Many of the diseases that older pets are susceptible to are either 100% preventable or are easily managed if detected early enough, which make wellness blood tests important in senior pets.

Ask your Greencross Vet about a senior wellness test for your pet today.

Michelle Bierman

Real Estate Tips

Supplied by Barry Plant Real Estate 150 Kelletts Rd Rowville
barryplant.com.au/rowville 9753 2828



The Perfect Storm

After a slowdown in the real estate market the last few months has seen a turn around with property prices gaining momentum and many new record prices being achieved in the Knox area. A large number of results in the past two months have been far above the owners' expectations and well above prices achieved at the peak of the market.

All of this can be contributed, at least in part, to continued strong demand for homes with demand outstripping supply, a renewed confidence by buyers in the property market

and record low interest rates. With the weather picking up and school holidays behind us, now is the time to capitalize on 'the perfect storm' and achieve an outstanding price for your home.

We would be pleased to give you a copy of our 'presenting your home for sale' booklet at no charge. Call us today to arrange your copy.

Debbie McTaggart

Is This True?

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, "Saved by the Bell" or was considered a "Dead Ringer"



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For more information, visit our website or contact our registrar:

www.knox.vic.edu.au

Ph: 8805 3814

E: registrar@knox.vic.edu.au

220 Burwood Highway, Wantirna South

Wellington Village Shopping Centre

Not sure where your coffee was produced or why it matters?

Here's what you need to know about Fair Trade Coffee which **Eating House** is now serving at Wellington Village Shopping Centre.

The Fair Trade Coffee movement is a part of a larger movement that promotes improved pay and working conditions for those who produce certain products, in this case, coffee growers and harvesters. It is all too common for the profits from the gourmet coffee to go to brokers and middlemen, while the workers live in poverty. Fair Trade Certification is an attempt to develop standards that allow farmers and many other crops to share in the profits and to improve their working conditions.

Without Fair Trade small family farms often do not receive enough

money to pay for the costs of production. Young children work in the fields in order to meet quotas which is not only dangerous, but prevents children from receiving an education that would allow them to gain better jobs.

So every time you order your Fair Trade coffee at Eating House you are helping families and their children for both now and the future.



"Sharing the Joy" Appeal urges its supporters to take part.

The Knox Community Christmas Support (KCCS) was founded in 2010 as an initiative of the Knox Emergency Relief Network to respond to the increasing isolation and vulnerability of people experiencing financial hardship at this festive time of year. The partnership of eleven local community organisations working together under the shared identity of the KCCS, operates to provide households facing hardship with Christmas food hampers and gifts for the children in their care.

Cr Karin Orpen the current Mayor for the City of Knox has kindly agreed to be patron for the "Sharing the Joy" 2013 Appeal.

The Appeal is in its fourth year. In 2012 our collaborative efforts improved Christmas for over 400 Households in financial stress within the City of Knox. Some of our the outcomes from last year's appeal included;

- 938 gifts and \$2,569 dollars in gift vouchers were

- provided to Knox Households with Children
 - A total of 1333 individuals were directly assisted by the project
 - 150 volunteers were engaged in the 2012 Appeal
 - 296 Knox businesses were contacted seeking support for the Appeal
 - 143 Donor groups put their support behind the Appeal
- Katrina Highman Project Worker for the "Sharing the Joy" Appeal says "Christmas can be a difficult time for families to pay bills as well as buy food and presents. High cost of housing, utilities, unemployment, and fragile health place extra tough demands on low income households. The Knox Community Support "Sharing the Joy" Appeal aims to reach these families with a hamper of festive food and a selection of quality gifts for children. Donations of toys and non-perishable food items are always welcome, but there are other ways to give as well. Ideas include organising a fund raising activity with your staff, school or group or have a wishing tree in your in your office or business. We look forward to another very successful year". You can contact us at Knox Community Christmas Support- www.givenow.com.au/knoxsharethejoy or through Knoxinfo link at www.givenow.com.au/knoxinfo link
- Katrina Highman** Knox Community Care Program Coordinator



November highlights with us are quite varied.

First up, a "Weekend Getaway" at Eildon. A lovely spot, right on the Goulburn River, (can we plan a trout dinner??) Bring your Caravan, Tent, or share a cabin, these weekends are always memorable.

Next. A day out with the Knox Council Bus to Kerrisdale Railway and Museum, in Seymour. The 2 foot gauge railway climbs the mountain in a zigzag formation, providing us with breathtaking views from the Summit. Included is a Barbeque Lunch and tour of the Museum. Wow, what a day, finishing with the bus trip home and much happy chatter, thanks for another well organised day out.

The quarterly meeting is on November 25th. at 7:30pm. It will be held at the Boronia Senior Citizens Hall. After club business, our Guest Speaker Alain, from Equip4Life, will discuss a *Free* Healthy Lifestyle Program to prevent Diabetes, etc. to encourage healthy ageing.



There is still time available to join in all of our other activities, which includes the Music Appreciation Group enjoying the "Bolshoi Theatre Gala".

The celebration of our 26th. Birthday last month, included entertainment by "COXY", the Singing Cowboy. There were a few Australian songs, jokes, dancing and lots of fun.

Remember, you can receive our current newsletter and more information by ringing or by contacting www.life.org.au Melva 9762 3764 Helen 9729 1151



WELLINGTON
VILLAGE

"One cannot think well,
love well, sleep well,
if one has not dined well."

- Virginia Woolf, *A Room of One's Own*

At Wellington Village Shopping Centre
we can ensure you will indeed dine well.



EATING HOUSE

Eating House (shown above) is **OPEN 7 DAYS** a week from 9.00am till late Monday to Friday and from 8.00am till late Saturday & Sunday serving breakfast until 4pm and their kitchen is open till late every night. Because Eating House really care they are now serving **FAIRTRADE ORGANIC Coffee!**

Eating House is fully licensed and we have a fully heated outdoor alfresco dining area and would love to cater for your special event for Christmas break-ups holding from 20 - 200 guests.

Plus we have special performances throughout the year including this New Years Eve Event Rowville's very own comedian and impersonator from **Australia's Got Talent - Ben Price performing on the big night. Bookings are already filling fast.**

Call the fabulously friendly staff on 9755 7464 or email us at info@eatinghouse.com.au
www.eatinghouse.com.au



Established in 2004, Choco Bean Café featured above in Wellington Village gives our customers another choice and make a mean breakfast - the most important meal of the day - as our mum's will tell us... A great spot for a meeting as well either inside the cosy contemporary atmosphere or soak up some Vitamin D at the same time outside.

Call Choco Bean on 0458 962 000 for orders.

Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville



wellingtonvillage.com.au

Rowville Senior Citizens



The winning team: James Leong, Margaret Leong, Linda Bridal, Kevin Sonogan (skip) and Wendy Roberts from Knox City Council.

On the 17th September, we enjoyed an outing to the Karralyka Theatre in Ringwood. We started the morning with a delicious morning tea at the theatre, followed by David Cameron and his extremely multi-talented group of musicians/singers, who entertained us by performing “Beatles” songs. We all joined in with all the old favourites and had a great time.

Later, we had a delicious lunch at the Ringwood Club. It was an excellent day out.

We hosted the Knox Senior Indoor Bowling Carnival on the 16th October. Sixteen teams entered and all had a wonderful day. The winning team was “Rowville Seniors (2)” and runner-ups were “Rowville Seniors (1)”. Ms Wendy Roberts, representing the Knox City Council, awarded the medals and

Stringybark Winners

Jenine Gray was the winner of the Nick Wakeling sponsored chocolate hamper. Jenine was one of 79 people who completed our newspaper survey and will be sharing her winnings with family members.

The Morton family completed three entries in the “Guess the Number Of Lollies In The Jar” and Dad, Steve, had the winning guess. For the other 174 entrants, the correct total was 427.

Our thanks to everyone who entered both competitions, we really appreciate the time you all took to enter. For those



Jenine Proudly Holding The Survey Hamper

students that missed out, try your luck in our new competition on page 10 by naming Skye Melki-Wegner’s new book. It’s a really good read.

David Gilbert



Kelsey & Shanae Accept the Jar Of Lollies for Dad Steve.

Paul’s Photography Patter

Last month we covered how important it can be to try to get a subject’s eyes to be expressive to add emotion to your portrait photographs of people or animals.

An equally important aspect is to try at the same time to get what is called a “catch light, flash or sparkle” in the subject’s eye. This twinkle helps bring eyes to life in an image.

Without this, on many occasions the eyes can be literally black holes in the face that detract from the impact of the photograph, resulting in the subject appearing flat and dark.

The flash or sparkle can be achieved by several means depending on the situation. If it’s a sunny day move around if possible and take the photo from an angle that reflects the sunlight in the subject’s eye. If there is no sun or you cannot reposition yourself to get the sun’s reflection then consider using your camera flash as a “fill in” light source that reflects in the eye.

The other critical factor is to ensure you focus on the eyes of the subject and have them absolutely sharp. Other portions of the subject may be, and can be, very slightly out of focus due to the photos depth of field but if the eye is not sharp then you have lost the entire impact of the photograph.

Unfortunately the squirrel may not show the eye detail in the print in this newspaper reproduction but it definitely enhances the subject in the original printed image seen by my viewers.

Try out this technique and see how it improves your photographs!

Happy snapping, Paul Lucas.

HINT: Try to position yourself or the subject so you get a “sparkle” in the eye to add impact, as in the photo where the sun was reflected.



trophy. Margaret Leong won the raffle. Our special thanks to Sandra Goodwin for all her hard work in organising the event. Our regular activities, indoor bowling, cards & bingo, always attract a good, enthusiastic crowd. Details of our meeting place, dates and times can be found in “What’s On Locally” on page 2. For more information, call Anne Berg on 9873 0226 / 0404 007 174, or Margaret Smith on 9755 7542 or 0402 932 911.

Anne Berg



Knox Seniors Indoor Bowling Carnival

Rowville Community Centre

We have limited places left in our 3 year old pre-kinder 2014 groups. The Rowville Community Centre runs these groups from Monday to Friday during school terms. These sessions are specifically designed to encourage imagination, creativity and social interaction in children. The program’s structure incorporates sensory, gross and fine motor skills and gives special attention to emotional and social maturity by helping children separate from their primary caregiver.

Application forms can be obtained by either contacting us directly or submit a form online via the Knox City Council website.

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

Patricia Massie

Local Fairs Discovery Day Fair in Ferntree Gully Village

Local Fairs and Festivals are a great way to get to know about other townships in Knox. Now that Stringybark is behind us for another year, why not visit the Ferntree Gully Village Fair in Station Street, on 30th November, any time between 10am and 2pm.

Now in its third year, this event showcases the many community groups and also offers lots of entertainment, including an animal petting farm, games and competitions, a fashion parade and much more. A new feature this year is the first Village Artisan Market.

All inquiries should be directed to the Mountain District Learning Centre 9758 7859.

Anne Boyd



showcasing

Ferntree Gully Village

in and around Station Street, Ferntree Gully

Saturday 30 November from 9 am to 2 pm

- Street Stalls • Petting Farm • Artisan Market
- Entertainments & More



Knox & District Over 50s Club

As we head towards Christmas it will soon become time to start planning our activities for next year (2014). So now is the time to make the decision to come and join us in the New Year. We are a group where you can be assured of a warm welcome as you sample the happy and inclusive atmosphere and 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. We still have a number of events planned for the remainder of this year (2013), including our Cup Day event on Tuesday 5th November with a spit roast and all the fun of race day. The Christmas and party at the Marybrooke Function Centre and a visit to Hamer Hall for Christmas Morning Melodies have both been booked. These and all of our regular events will continue until the end of the year ahead.

Some of our members were involved in the distribution of



commemorative roses to nursing homes/hostels, aged care facilities and other supported living homes for seniors in the Knox area on 16th October, during the recent Seniors week. The President of the Knox Over 50s, Kay McLoughlin, is shown in the photograph, fourth from the left.

Our monthly newsletter Knox Natters Matter (which is

e-mailed or sent to members and also available at our General Meeting) will keep you up to date on all that's happening. The Social Sub-Committee welcomes input from all our members.

Details of our monthly meetings can be found in "What's On Locally" on page 2. At the 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, 26 November 2013, which is our last meeting for the year. There you will discover all we

have planned for the next 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

The U3A Knox Art Show, which was opened by the Knox Mayor, Karen Orpin, was held on Saturday and Sunday 12th and 13th October and the result was a record total profit of around \$6000, which included profit on stalls and the Devonshire Tea section. The attendance of 640 over the two days was also a record. 340 people attended on day 1 and 300 people ignored the weather to join the crowd on Sunday.

The \$1000 prize for **Best Art** was presented by Hurtle Lupton for Bendigo Bank to Zhong-hua Fan for his beautiful picture of galahs against a bright blue sky. The **Best Craft** was a Tapestry picture, "London in Winter" by Leanne Johnson and the prize was presented by John Heap of Toyota F.T.G. **Best Landscape** (The Bill Batt Memorial Prize given by the Knox Environment Society) was presented by Adrian Batt, his son, to Mary Watson for a landscape "Snow Gums at Rocky Valley". The Mayor of Knox, Karin Orpin, presented the first **Knox Mayor's Prize**, the Paper Tole Eagle by Sandra Bonga. The winner was chosen by the Mayor herself.

The **Best Photography** Prize was presented by the current Minister for the Arts, Heidi Victoria M.P. to Rachel Phillips for a much admired photograph of a beautiful young girl, a very popular choice made by photography judge Barbara



Oering. Heidi gave the winner a book about photography.

A very excited Marie Nicholas won First Prize for **Best Needlework**, a Harvey World Travel (Mountain Gate) prize voucher for a night at the Novotel. Marie is our Volunteers Coordinator. The ART

SHOP (Bayswater) first prize for **Best Water Colour** went to Kath Loxton for "Summer Memories", and the First for **Best Pastel** was won by Brigitte Salwat, one of U3As language teachers. **Best Oil** prize was awarded to Peter Hill for an unusual Landscape "Near Beechworth". The prize for **Best Other Media** and **People's Choice Award**, voted for by those attending the Show, was won by Peter Keating for a very big scrolling Landscape "St Andrews Panorama".

Various awards were presented by attending politicians

Nick Walkeling and Jason Wood, plus Cr. Peter Lockwood.

U3A Knox is 20 years old this year and there will be a celebratory High Tea and Concert at Burrinja on 10th November. We still have 5 original members, two of them still tutoring (Elizabeth Drake and Joyce Reid). From small beginnings at Coonara to almost 1200 members (1193) with classes held at 9 locations and at 2 private homes, shows that U3A is growing to meet the needs of Knox retirees. Offering 130+ classes every week, as well as social events and summer school this year, there is something for every older person. Most of all U3A offers companionship, interests, friendships and for many, a real purpose in life.

Kath Brown



Prizewinnders: Marie Nicholas needlework; paper tole Eagle by Sandra Bonga, and Galahs by Zhong-hua Fan (\$1,000 prize).



Knox's 50th Celebration

50 years ago — on 16 November — 'Knox' became a Shire in Melbourne, breaking from the past to form a place of our own. Half a century later, it's time to celebrate!

You're invited to a special **Party in the Park** to celebrate our 50th Birthday on Saturday 16 November in Bayswater.

The event will include a wide range of free family entertainment, including music, sport, children's activities and more, showcasing all that is great about our Knox.

Date: Saturday 16 November 2013

Time: 10am-4pm

Venue: Marie Wallace Park, Mountain Highway, Bayswater (Melway Ref 64 F3)

Red Hat Society

Ruby Gumnut Goddesses

Red Hat Society Chapters are not primarily about fund raising for charities. There are many wonderful organisations that take on this responsibility. However, the Ruby Gumnut Goddesses do take part in two such events a year. One is run by Queen Clownabout in the Yarra Valley in May. She holds a biggest morning tea, which we all look forward to attending every year. The other is an event which we hold, to raise money either for women's cancers through a 'Girls Night Out' or 'I Love Pink'. This year we chose to support 'I Love Pink'.

We all turned up to Lady Tiger Lily's home, dressed in pink, for a pink lunch. The outfits were amazing and very creative in some cases. Her house was beautifully decorated and we all provided some sort of pink food. Everyone paid \$5 to attend, which guaranteed a lovely prize in our special pink raffle. There was also another raffle which had some lovely prizes. We played a game of heads and tails which offered a pot of money as the prize. The winner, Princess Gypsy Topsy graciously donated the prize to the 'I Love Pink' money pot. Of course there was pink champagne and pink fruit punch to drink. It was a wonderful day and we raised \$247 for the cause. We are looking forward to doing it again next year.

Last weekend, ten of the members went to Bendigo for a 'Back to the 60's Ball'. We had an absolute hoot of a weekend, made many new friends and caught up with old



ones. On the Sunday morning we all got dressed in our red and purple pyjamas and headed off for breakfast. It is amazing how creative Red Hatters can be when it comes to nightwear. After a visit to the local market and lunch we all travelled home on a Red Hat high, full of the pleasures of a successful weekend.

If you would like to know more about the Ruby Gumnut Goddesses please ring Kerry on 97644717.

Kerry Eustace

Wacky Wisdom

Friends are like balloons; once you let them go, you might not get them back.



Here is the opportunity for one lucky person to win a personally autographed copy of the new book by Skye Melki-Wegner.

Simply write the name of Skye's new book on the back of an envelope with your name, address and contact number, addressed to

RLCN Book Competition

and leave it at the reception desk at the Rowville Community Centre in Fulham Road.

If you prefer, you can send an email answer to editor1@rlcnnews.com.au with the name of the book, your name, address and contact number.

The closing date for entries is 5pm on Friday 15th November 2013.

The draw will take place on Saturday 16th November and the winner will be advised on Monday 18th November.

The judge's decision is final and no correspondence will be entered into.



Tales from the Rowville Writers

Through my eyes

I went away on holiday. Not for any long, drawn out time, just a long weekend to Sydney. Before I left I bought myself a new phone, a smartphone and I was keen to use it. My friend and neighbour Marjorie lives along the road from me at No.14 and never gets out much. I had in mind to buy her a small gift and to capture the holiday to share with her when I got home.

The taxi arrived and as I walked out with my bags, I heard the throb of its engine and smelled the exhaust. The holiday has started I thought. So I took out my phone and with a touch of the screen began to save a memory for Marje. The plane was long and narrow with lots of bustling people throwing bags into lockers, there was chatter and life and an engine whir faintly backing the song of the people. This will be a good memory for Marje, I thought. So out came the phone again.

I loved the traffic in the centre of town, cars and bikes, buses and taxis all clamouring for their piece of the road, horns and bells and engine roars. A motorbike, a Harley in fact. Out came the phone again. What great technology.

The bus to Bondi was an adventure through parts of Sydney I had never been. The first walk on the sand was sheer magic. The waves were crashing and pulling. Must be a tide change

I thought. I feel I captured their force quite well for Marje. Overhead the seagulls were arguing as they always did and I knew Marje loves birds so I did my best to steady my hand and do the gulls justice. Away in the park were more birds, but try as I might they were too far away or too small for anything but the faintest of an idea that they were in fact birds.

I checked into the hotel after my trip around. Taking out my phone again, I asked the receptionist 'Do you mind?'

'It's for Marjorie', I added, as if that was all the explanation he would need.

'Oh, I see', he said 'Please go right ahead'

Thanking him very much, I rang the bell again and proceeded to book in. Marjorie will enjoy that I said to myself. The view was far reaching but the cloud was low. No good for Marje I thought.

Creeping through the casino I took out my phone again. A wondrous place of bustle and expectation, the click of the chips, the clatter of the roulette ball. I wish Marjorie were here I pondered, out came the phone. What a marvel of technology. I had a small win on red and gave it all back on No.14. Oh well, if it had won I could tell Marje her number came up, best not to tell her it lost. At the airport I found

one of those music boxes where you wind it up and it plays a tune. Greensleeves, I think. Just right for Marje.

I arrived home mid-afternoon and wasn't sure if I should disturb Marje, but my eagerness took the better of me. I knocked on her door and opened it with my key. I could hear her moving and then she called out, 'If it's you Kath, use your key'.

She was in her normal armchair, her eyes staring fixedly ahead and her guide dog at her feet. I made some tea.

'I bet you took loads of pictures with your new phone didn't you Kath, your newfangled do everything but make the tea, smartphone' Marje chuckled.

'Yes', I said 'but I did more than that'.

I sat down with my tea and touched on the screen.

'This is the sound of the taxi that picked me up', I said. 'That was the stewardess telling a man to sit down after he got up while the plane was landing. The cars were so busy, that bike was a Harley and the guy on it had the longest of beards, and can you hear that crashing, roaring? That's Bondi. I was too far away to get these birds properly but you can hear a boy laughing in the background, I think he had a kite. The receptionist thought I was mad ringing that bell again. Too bad I didn't win at the casino but listen to that buzz of people all hoping to win.'

Wiping her eye, 'This is the first time I've ever seen Sydney', Marje said.

Michael King

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An Hour with Skye Melki-Wegner

Skye Melki-Wegner is the new girl in the "Fantasy" book world, so JK Rowling, Terry Pratchett and others, be warned. Skye's first novel "Chasing The Valley" was published in July by Random House and book two of the trilogy is scheduled for January 2014 with the final instalment due in the middle of next year. The book is compulsive reading for all 10 to 16 year olds that love the world of Fantasy with a little bit of romance thrown in as a sub plot.

Skye was born in 1989 and lived in Keysborough until she moved to Rowville in 1996 with her parents and her sister Brooke. Her parents are both school teachers, which is probably part of the reason that Skye gained First Class Honours in a double Arts/Law degree from Monash University. "I was a regular visitor to the Rowville Library from an early age and devoured many books," Skye said. During her early years at Park Ridge Primary School, Skye said "I started by writing poetry before moving on to short stories and always defaulted to fantasy, thanks to the bedtime stories my father read to me by Tolkien, Pratchett etc. I was also exposed to Oscar Wilde at the same age, but whilst I loved his writing my preference was clear".

By the time she attended Glen Waverley Secondary College and later at University, writing was her pastime, whilst many of her friends preferred sport and other activities. "I also developed an addiction to coffee" she laughed, "and as I'm a morning person it helps to get me going". Throughout her

studies at Monash (Arts and Law) she took part time jobs in sales, tutoring English and becoming a popcorn dispenser at the local cinema.

To this day, Skye runs extension classes for talented secondary school students, which are extracurricular classes mostly in English and Media, as well as lectures on VCE study skills. She has also volunteered teaching English to migrants from non English speaking backgrounds. "I have a cross border collie dog called Oscar and he gives me hours of fun and relaxation. I also enjoy catching up with friends and going to the movies," revealed Skye. Skye is a North Melbourne supporter and apart from the obvious fantasy writers, she admires the stance and beliefs of the young Pakistani girl Malala Yousafzai in her fight for improvements in women's education. "In more recent years I have also managed to do some travelling, to Europe and New Zealand and look forward to seeing more countries in the coming years."

If her book deal had not eventuated, Skye would probably have gone on to do a PhD in law and may yet still pursue that avenue. To young aspiring authors she had this advice. "Don't be afraid of making mistakes. A problematic first draft can always be fixed, but you can't fix a blank page".

"Chasing The Valley" can be described as a dystopian fantasy. Wikipedia describes the genre as a community or society, usually fictional, that is in some important way undesirable or frightening. It is the opposite of a utopia. The central character "Danika" (all character names came out of a 'Baby Names Book'!!) is struggling for survival and risks her life escaping from a tyrannical King. She joins a crew of refugees and after accidentally destroying a palace biplane, becomes the most wanted fugitive in Taladia. She

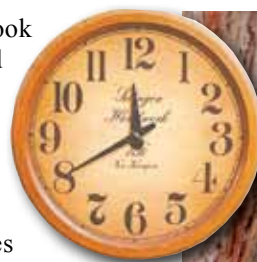
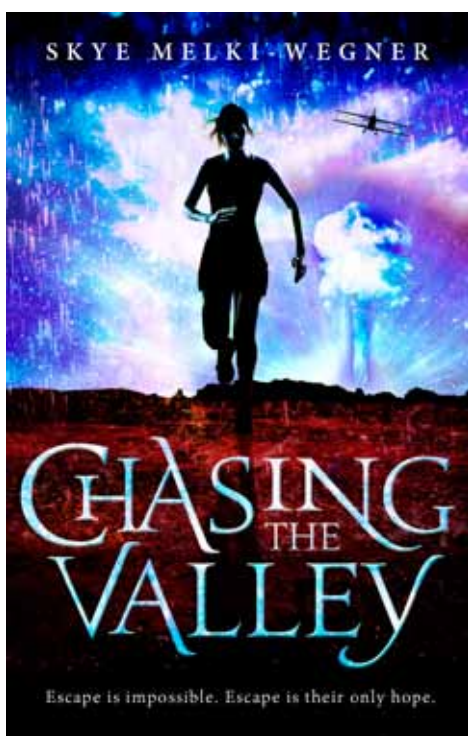


Photo of Skye courtesy Cassandra Styles

grapples with her magical powers and meets the mysterious Lukas and has to balance her feelings with the safety of the crew. "Alongside the main story," said Skye, "I tried to add a touch of romance, a little bit of comic relief and levity from Teddy Nort (my favourite character), as well as a more serious reference to the plight of people fleeing their homelands, as I was studying 'Human Rights Law' when I wrote the book. I also wanted to explore the importance of loyalty and friendship."

Already Skye's book has received some 'rave' reviews from such luminaries as 'Booktopia', 'Galaxy Books' and 'Aussie Bookworm', who all agree that it is awesome and "leaves the reader wanting more of this struggle for freedom and justice".

David Gilbert

Skye is holding a talk about her book at the Rowville Library at 7pm on Thursday 7th November. Come along, meet her and learn more about the book.

Wellington Care Centre Counselling Services

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Rowville Junior Cricket Club

Aus-Lanka Cricket Academy Tours
Sri Lanka Sept 21 – Oct 3

The Aus-Lanka Cricket Academy (ALCA), a leading coaching institute of Victoria went on a tour of Sri Lanka. Aus-Lanka



Cricket Academy was created by two former international players who represented Sri Lanka in Tests and One-Day Internationals, Manjula Munasinghe and Ravi Ratnayake.

Two teams went to Sri Lanka in the September school holidays, an Under 13 and Under 17 team. The Under 13 team included 9 boys from Rowville Cricket Club: Benjamin Anderson, Maziad Chazbek, Triyan De Silva, Nathan Munasinghe, Dev Jhamb, Jay Jhamb, Chansika Kapukotuwa, Thomas Keyhoe & Akila Wasalage.

The two teams played 5 games on different venues across Sri Lanka, including Dambulla International Stadium. It was a fabulous experience for all involved, the boys and their families, getting to play on turf against children from another country, at a very high standard and to experience the sights and sounds that are Sri Lanka.

What a great trip and experience for our local boys. One they will remember forever.

Melissa Keyhoe

Rowville Cricket Club

The Rowville Cricket Club was formed for season 1953/54, which means the club is in its 60th year. A function will be held in the club rooms on Saturday 15th February 2014. All past players, supporters and life members are invited, with numbers limited to 120, with booking essential. A two-course meal will be provided and full bar service.

Club founder and patron Stewart Finn is looking forward to renewing acquaintances, although many of his former team mates are no longer around. Stewart and fellow Rowville residents he recruited, played the first season in C Division of the Ferntree Gully & District Cricket Association and won the premiership, even though it was the first time many had played competitive cricket! Many of the players were and are significant names in the Rowville area: Bickerton, Finn, Gilligan, Raymond, Stewart, and Sturrock. Cr Bernie Seebeck chaired the first meeting to launch the club and the first committee comprised: President Bill Bickerton, Secretary Stewart Finn, Treasurer Con Ruppell.

The club has come a long way since those early days and no doubt, at the 60th anniversary function, many tales will

be told. Hopefully memories are reasonably clear and there won't be too many "tall tales".

Our Sportsman's Night will be on Saturday 16th November, 2013. The cost of \$50 a head includes dinner while drinks can be purchased at bar prices. Our numbers are strictly limited to 130 and as last year's show was sold out well in advance, early booking is essential. Our guest speakers this year are **Tony Shaw**, the former Collingwood premiership captain, current 3AW and Fox Footy commentator and **Brad Hodge**, former Australia and Victoria cricketer. The night will be hosted by **Bruce Eva**, the 3AW Senior sports producer and local Rowville resident.

Any enquires regarding bookings for the anniversary dinner, Sportsman's Night or playing for the club (seniors), contact Craig Mitchell 0409 425 705.

Junior cricket is underway for the new season. Boys and girls are welcome to join any of our age groups from Under 11 through under 13 to under 15 plus Milo In2Cricket for age groups 6-10years. For junior enquiries contact th Junior President, Matt Blackman on 0404 077 063.

Christine Mitchell

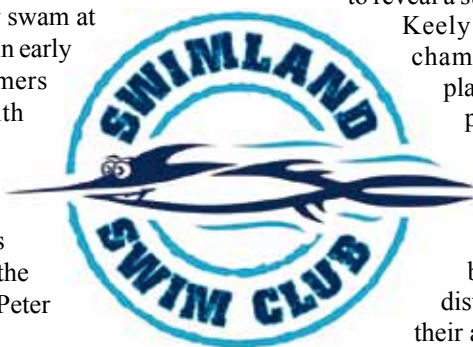
Swimland Swim Club's new State Champion

New club swimmer, Peter Borain, a Masters swimmer attached to Rowville and training at NPAC (Noble Park Aquatic Centre) three afternoons a week, has taken the first steps towards achieving his personal goal of a World Championship Masters title. Peter swam at the PB Aggregate at Narre Warren in early September and the other swimmers present were very impressed with his performances. He also swam alongside fellow SSC swimmers at the Bayside SC Meet in August. Regular NPAC attendees Bethany, Keely and Sandra enjoy the experience of training alongside Peter each week.

Swimming in a short course event in South Australia, the South Australian SC Cup, on Sunday 15th September, he recorded the following results:

100 BR 1:07.15 a new Masters Victorian record, the previous record being 1:08.99 and 30.56 in 50 BR, a mere 0.07 over the National Masters Record, but a new Victorian Record, the previous record being 31.08.

Peter is very happy with his performances and has never been faster. We congratulate Peter on his efforts and hope that the National records will be the next to fall and then the World records!



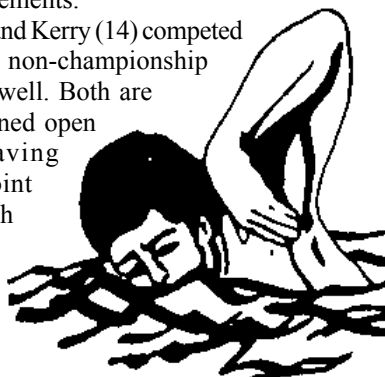
Victorian Open Water Championships at Hazelwood

SSC Rowville swimmers Keely Williams, Caitlin Williams and Kerry McNamara along with their coach Peter Howes journeyed to the Hazelwood Pondage in Churchill to compete in Swimming Victoria's Open Water events, including the 10km championship race, on Saturday 12th October. Although, at 8 am, when they arrived for the event the pondage could not be seen for the fog, it had lifted by 9 am to reveal a sunny day which warmed up as time went on.

Keely and her coach competed in the 10km championship event, both medalling. Keely placed second in the 15 year old girls and Peter placed first in the Open Males. This was Keely's first attempt at the 10km, having swum in the 5km distance in the last two years. Swimming distance events like this requires not only the fitness and skill level but also the mental strength to complete the distance. Congratulations to both of them on their achievements.

Caitlin (12) and Kerry (14) competed in the 2.5 km race, a non-championship event and performed well. Both are becoming quite seasoned open water swimmers having competed at both Point Leo and Brighton Beach over the last couple of years as well as previous swims at Hazelwood

Jodie Browne



SPORTING ROUNDUP



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



Waverley Golf Club successfully hosted the Annual Junior Kelly Cup Sunday 13 October. Presented with challenging wet and windy conditions, 40 Junior golfers from Waverley and surrounding metropolitan clubs braved the elements. The Annual Cadet Kelly Cup (for juniors without a handicap) was held concurrently. Congratulations to Hassan who fired a Nett 38 to be crowned Champion.

The Junior Kelly Cup now its sixth year has grown each year. Initially an 18 hole event for Waverley junior members only, it has expanded to include juniors from other clubs, receiving Geoff Ogilvy and Futures trophy sanctioning from Golf Victoria.

In the morning round, there was a three way tie for lead on 69 Nett by Antony Majstorovic, Marc Pirzas and Tyson Parkes. In the Gross section, Jacque Bolt fired a brilliant 75 to lead a talented field of players. Afternoon conditions did not get any easier, however Cameron John (Waverley member) finished with an even par round of 72 to win the Gross event with 150 for 36 holes, on a count back from Jacque Bolt.

In the Championship event, Jeremy Ting was Runner Up, closing with a fantastic Nett 69 to finish on Nett 140. Congratulations to the 2013 Junior Kelly Cup Champion Antony Majstorovic who closed with an exceptional Nett 66 to finish with Nett 135 for 36 holes. As Champion, Antony receives an exemption into the prestigious Victorian Junior Masters to be played at Waverley Golf Club 6 – 8 January 2014.

Thank you to all participants, Waverley looks forward to hosting the 7th annual Junior Kelly Cup in October 2014. The club has a specific and dedicated junior golf club membership program with cadet memberships starting from \$100.

Waverley Golf Club (Home to the Victorian Junior Masters) will be holding an "Open Day" Sunday 10 November. Available will be A'la Carte Lunch & Carvery, FREE – Golf, FREE – Bowls, FREE – Junior Golf Clinics and Private, corporate and wedding function displays. For guests present on the day, there will be FREE Room Hire Offer for functions and DISCOUNT (25% off) Golf and Bowls MEMBERSHIPS. Dress code is applicable for Golf. Everyone from the local community is welcome to attend and enjoy the hospitality of Waverley Golf Club.

Matthew Taylor - General Manager



Registration for Season 2014

Lysterfield Junior Football Club is now accepting registrations from new players for the 2014 season.

The club will have teams in Under 8 through to Under 15

in 2014 and new players are being sought for all teams. Registration forms are available on the club website, www.lysterfieldjfc.org.au, or alternatively you can contact Rohan Young on 0412 377 866.

The Annual General Meeting for the Club will also be held at Lakesfield Reserve on Sunday the 24th November, commencing at midday.

Enquiries for new members or the AGM may be directed to the President Mr. Steve Ketzer on 0498 141 850.

Tanya Carroll

Eildon Park Tennis Club

Australian Open Blitz is coming to Eildon Park

The Australian Open is visiting Eildon Park Tennis Club with the AO Blitz on the 6th November 2013. The AO Blitz is popping up all over Australia in a series of free community participation days. Each visit will promote tennis and the Australian Open in a fun, festival atmosphere with lots of giveaways, and the chance to get up close to the Australian Open trophies.

We could have Rafael Nadal, Novak Djokovic or Maria Sharapova playing for our Rowville community at the 2014 Australian Open, and along with this is the opportunity to win a car by playing tennis.

The **AO Blitz** is a fun Grand Slam event for all ages and tennis abilities including those who have never picked up a racquet before and hundreds of towns all over the country will be "blitzed" by a tennis experience as they vie for a main draw Australian Open player to represent them in January. You can help Rowville win the best players by taking up some fun challenges and put yourself in the running to win a major prize such as the Kia Sportage or a \$10,000 ANZ account plus some nice surprises along the way, by visiting the AO Blitz on November 6 at the Eildon Park Tennis Club. If you can you hit a ball against a wall, imitate the Australian Open Serving Man, hit an object with a tennis ball from a distance or re-enact a victory dance, then there is the chance to



win a nice prize. If you are already registered with a local competition, are a club member, play MLC Tennis Hot Shots, Cardio Tennis or enjoy a social hit now and then, all these activities will earn you points in the AO Blitz, which will push you and Rowville/Lysterfield higher up the leader board.

The event will even score points by fundraising for the AO Blitz official charity partners, National Breast Cancer Foundation and Prostate Cancer Foundation of Australia. These challenges and more are the AO Blitz.

The Eildon Park Tennis club is encouraging everyone to register at <http://www.aoblitz.com.au> and enjoy an afternoon at Eildon Park Tennis for some family fun.

Pick up a racquet and hit a ball. Don't miss out on the game everyone is playing this summer. Play Tennis and Score.



On top of all this activity, acclaimed Bolletteri Academy High Performance coach AJ Muscillo will run a fun cardio tennis session for those adults who want to test out a fun way to get back in shape. AJ's team will also be on hand for all those budding Grand Slam champions to have a hit with the MLC Hot Shots program to get that love of tennis started.

Coaching program enquiries should be directed to AJ Muscillo (MuscilloTennis Academy and club coach) on 0411 244 858 / admin@muscillotennisacademy.com.au and Club Memberships to Stuart Draffin on 0408 778 658. www.muscillotennisacademy.com.au

Grant Dickson

Knox Regional Netball Centre



on Sunday evenings and ladies competition

The Knox Regional Netball Centre offers ladies netball on Wednesdays and Fridays (with a free crèche with qualified staff), a mixed competition

on Mondays through to Thursdays evenings. We would love some new teams in our Wednesday and Friday Ladies daytime competitions, which are supported by a free crèche with qualified child care staff. So get fit, have fun and hang out with your friends and form a netball team today!

The centre hosts many other special events throughout the year and one of the final ones for the year will be Roller Derby on Saturday 7th December. Be sure to log on to our website for further information.

If you are interested in entering a team for 2014, the season begins in February. Often there are teams looking for players to join them so if you want to play, email knox.netball@knox.vic.gov.au or telephone the centre on 9758 7191 to register your interest or find out more.

Rosalind Montgomery

The opening senior game of the year witnessed the debut of Junior U17 Player Lachlan Downes, a right arm fast bowler and seasoned campaigner in the Juniors and representative cricket since Under 11s. Lachlan opened the bowling finishing with 2-36 helping the One's start the season with a great win over Knox City.

New First XI Captain, Steve Moore, has lead from the front with a young side. Youth is the theme at the Lysterfield Cricket Club for 2013-14, which will set up the Club for future years to come. Also debuting were Under 15 players, Nick Beare, Harrison Cowan and Lachlan Morrison.

The juniors have had a mixed start with a few standout performances with ball and bat, but with a long season ahead we are sure the junior sides will pick up their game and look forward to a strong showing at the business end of the home and away rounds.



This year 12 players will represent the Lysterfield Junior Cricket Club at the FTGDCA. We congratulate the following players;

Under 12 Maverick Taylor, Kieran Edwards, Jake Phipps, Jack Beer, Jake Arundell

Under 14 Luke Myszk, Zac Taylor

Under 16 Lachlan Downes, Harrison Carter, Jake Carter, Ricky DiClaudio, Allen Sebastian

Unfortunately for the VET sides the first round was washed out, but with three strong sides the season will only get better and with the new playing tops a few of the "old boys" might think they are a chance to return to seniors... not!!

Coming events for the Club include the Lysterfield Cricket Club "Prom Night" to be held at St Simon's Parish Hall on Saturday night 30th November, which promises to be a great event for the Club. For details contact Sam Harman, Sammy_harman@hotmail.com

Also the "Club 200" is in full swing again, any old or new members are welcomed to join. Contact David Hill at the club for details.

Trevor Walker

Little Athletics

There is Still Time to Join Little Athletics

Emma, Adam, Codi, Tyler and Thomas have made history! They are amongst the youngest Little Athletes ever to compete for our clubs in a track and field season. With the introduction of Under 6's, these children have been learning running, jumping and throwing skills as well as taking part in real athletic events. Tyler has already jumped 1.85m in Long Jump and Emma's putt the shot over 2m!

Mikhala Hodges enjoyed cooling down in the water jump during the first steeple chase for the season. Lestyn liked it too. Keelin, Stephen, John, Hannah, Courtney, Sarah, Grace, Jack, and Dharam were amongst those who ran their first ever Little Aths 1500m on the track the same day. This event is introduced at U11s.

In Under 12's there are no more standing starts for sprinters. Riley, Jet, Brooke and Chloe have all been learning how to blast out of the blocks. New member Jake is no slouch. He's been burning up the track with a great turn of speed in this age group.

Jordan Munyard is back with a vengeance. After injury woes cut short his Under 13 season, he's already claimed a Knox Centre sprint record in the Under 14s. Little sister Bec is also moving fast, as is fellow Under 11 Melanie Fredricksen.

Ben Pepper, Nicholas and Ryan all look likely to thrive in javelin, another event which commences in Under 11's. Oliver, who won a state medal for javelin in Under 11's last year, has continued his strong throwing into Under 12.

Hammer throwing is introduced at Under 15, but our clubs haven't seen many taking part. If you were aged 14 on October 1 and think you can throw, we'd especially like to see you!

Little Athletics is held on most Saturday mornings from now until the end of March, with a handful of Friday nights thrown in. Phone Steve Pepper on 0417 325 917 or Steve Lillie 0409 231 380 for more details, then come along to the Knox Athletics track in Bunjil Way, Knoxfield. Boys and girls from 5-15 years are welcome.

Thanks to KLAC photographers Lorelle and Claire for our fabulous pics.

Rosemary Merrigan

Rowville Group Fitness

Pilates

Book Now for Term 4

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

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

Bookings are essential.

Wednesday 9.15am

Wednesday 6.15 pm

Rowville Group Fitness
at the Rowville Community Centre

Enquiries to Lisa on 0407 873 271

or go to: www.rowvillegroupfitness.com.au

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Like us at [facebook.com/RowvilleGroupFitness](https://www.facebook.com/RowvilleGroupFitness)

Stamford Park MEN'S SHED

The Stamford Park Men's Shed have been busy again with another community initiative. In our photo, Mario Bernardi (left) and Barry Treadwell are



handing over the completed Helicopter and Space Shuttle components to Mirjana. She is the coordinator for the 'Radio Lollipop' charity that entertains children in Clayton Hospital. 'Radio Lollipop' is a movement in many children's wards around the world that is now being introduced into Clayton Hospital.

We supplied hundreds of 'sandwich foam' parts that were meticulously cut from templates which we also made. The end result was enough pieces to construct 48 Helicopters and



16 Space Shuttles that, once assembled, will be painted and kept by the children.

We also had a very successful stand at the Stringybark Festival with visitors of all ages stopping to chat and view the things we were making.

Mario Bernardi



Rowville Toastmasters

**Rowville Toastmasters
Evaluation and International**

Speech Contest Winners

Local residents, Sheree Mulreany and Penny Barrington have won the Rowville Toastmasters Speech Competitions held in September 2013, Leona Jorgensen, Vice President, Public Relations, announced today.

Sheree Mulreany won the International Speech Contest, with a speech on how people perceive others and Penny Barrington won the Evaluation Speech Contest, to evaluate a guest speaker's speech on the night of the competition. Both winners went onto represent Rowville Toastmasters at the Area Competition held in October 2013.

The Evaluation Speech Contest builds on a key element of Toastmasters, which is the ability to give and receive constructive feedback. When members give a speech at a meeting, it is evaluated on the night. Instant feedback on a member's performance is the way Toastmasters learn to strengthen their speaking and leadership skills. The purpose of the evaluation is to help the speaker become more confident at communicating and public speaking.

Similarly, at Club meetings, members take on different leadership roles, such as being the Toastmaster for the evening. To evaluate Club leadership roles, another member of the Club assesses the leader's organisational ability, mannerisms, whether the leader ran the meeting to time, whether the leader prepared well for the role, and whether the leader communicated effectively throughout the evening.

In turn, the Evaluator gains experience at giving feedback to another Club member, being able to provide a constructive critique on another member's performance, being able to present their ideas verbally and logically, and being able to motivate and encourage the person they have evaluated to continue learning and strengthening either their leadership or communication skills.

The variety of roles that Toastmasters offers its members encourages people to participate actively at Club meetings either through giving a prepared or impromptu speech, or by taking on a Club leadership role at the meeting.

Club leadership roles are rotated so that everyone has the chance to improve their leadership skills by participating and contributing to the overall effectiveness of the meetings and how they are run. All leadership roles improve a member's organisational, speaking, listening and feedback skills.

Guests and New Members Welcome

The Club theme in 2013-14 is 'The Power of Passion'. You can see the passion and inspiration of Rowville Toastmasters by attending meetings as a guest, or by joining at any time. The Club meets the 2nd, 4th and 5th Tuesday each month at 7.15 pm for 7.30 pm start, at the RAFT Church in Rowville.

If you are interested in attending a meeting and learning 'to speak among friends' please send an email to contact@rowvilletoastmasters.org.au or visit the website at www.rowvilletoastmasters.org.au to see details of Club activities. See also the 'What's on Locally' section of this paper.

Leona Jorgensen, Rowville Toastmasters, Vice President Public Relations.



Winner of the International Speech Contest, Sheree Mulreany (right) and Winner of the Evaluation Speech Contest, Penny Barrington (left).



**Rowville Neighbourhood
Learning Centre Inc.**

Well, it's hard to believe that the year is drawing to a close. The Stringybark Festival is behind us now and it was another great weekend, highlighting sustainable practice and the great things the wider Knox and Rowville communities, as well as the Learning Centre, have to offer.

Hopefully, some of you caught the amazing talent on stage at this year's Hip Hop Concert, held on September 20 as it was a great success. You might also want to mark your calendar for our end of year concert on Friday, December 6 where our wonderful jazz dancers will perform a dazzling array of numbers.

Christmas might be just around the corner but we still have an exciting range of courses and workshops running.

Upcoming classes for the current Term are:

iPad Bring your own iPad **Tuesdays 9.30am - 11.30am** 26th Nov - 3rd Dec (2 weeks) Fee: \$35

Upgrade to Windows 8

Many users may be confused by the re-designed version of Windows, but our tutor will help guide learners through the changes Microsoft has made. Bring your own Windows 8 laptop.

Tuesday 9.30am - 11.30am 12th Nov-19th Nov (2 weeks) Fee: \$35



Garden Trouble Shooting

Saturday 9.30am - 12.30pm 23rd November Fee: \$30

Cooking Learn to prepare some exciting and easy to cook festive recipes, desserts and more.

Requirement list given on enrolment

Thursdays 6.30pm - 8pm 14th Nov - 5th Dec (4 weeks) Fee: \$90 (Includes ingredients)

Craft workshop for Ages 6 and above

Learn to decorate candles, boxes, soaps and to make your own tree ornaments. To bring: Art Smock

Thursdays 4pm - 5pm 14th Nov - 5th Dec (4 weeks) Fee: \$45 (includes materials)

Please call us on 97641166 for more information.

Priscilla Sugumar

Knox Home Garden Club

Early Spring weather delivered higher than average rainfall (according to my rain gauge). The wintery conditions

signified not only extra water for our farmers, gardens, parklands and creeks, but the cooler temperatures sustained the moisture in the soils.

I know I keep on about **mulch**, so I hope you've been getting fit shovelling the mulching materials onto your gardens, as I too have been. Order good coarse Eucalyptus or pine bark, stones, rocks, straw or lucerne hay to maintain moisture levels and cooler soil temperatures. A variety of soft leafy and hard twiggy or stony mulches are ideal. Importantly, before applying any mulch, the soil must be damp. If the soil is too compacted, carefully drive a garden fork in to loosen and break down clods.

Sprinkle native plant food for natives, blood 'n' bone, potash, sudden impact and other manures around non-native shrubs. Liquid feed fruit,

vegetables and any flowering plants. After feeding, cover with as much organic materials i.e compost, hay, straw, or leaf mould (soft mulches) as

you think necessary and top off with the hard mulches. **Important!** Resist mulching too heavily, especially with the pine bark or wood mulches, as the soil needs oxygen and thick pine bark can make it difficult for plants to access water. Pull "hard mulch" away from the trunks of plants to create a dish around the root zone for any water to funnel down into the roots.

Start planting tomatoes, capsicum and corn, sow seeds of carrots, beetroot, zucchini, rock melon, cucumber and pumpkin, as the soil is warm enough to promote growth. Liquid feed every few weeks with a weak solution of Power Feed, Sea-Sol, or home made liquid 'compost tea'. Don't forget to spread potash around tomato plants, encouraging maximum flowering and fruiting.

Lonni Holland

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1983

Lyn Williams wrote about the visit of gardening expert **Kevin Heinze** to Rowville Primary School. Do you or any other ex-students remember that day? **The Rowville Red Cross** held an International Day at Caribbean Gardens. The students at **Lysterfield Primary School** won first prize in the Regional State Schools Gardening Competition. Knox Council was presented with a report detailing the benefits and disbenefits of introducing the 'mobile garbage cart system' of garbage collection. The report favoured the introduction and this is the service we have today.

1988

The Uniting Church held their **Sunday School Picnic** at the Mooroolbark District Miniature Railway, whilst members of the **Youth Group** spent the weekend at Lake Eppalock with young people from the Cohuna Uniting Church. Do you remember either event? **Knox Council** supported the approach by **Rowville Primary School** to the Minister of Education to have the toilet facilities at the school upgraded and connected to the sewer as a matter of urgency. **Council** also approved the establishment of a branch office at Stud



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

Park Shopping Centre for a twelve month trial period. **Rowville United Soccer Club** first XI and the reserves, both gained promotion to division one of the Industrial League.

1993

The **Church Of St Simon the Apostle** was consecrated this month with a special service at 6.30pm. The original manager of **Stud Park Shopping Centre**, **Jenny De Vos**, moved on to pastures new. She remembered that her first office was a site shed amongst the construction. Are you still involved in centre management Jenny? **State MP, Jan Wilson**, proposed a light rail service be extended to Rowville. Each week 3 or 4 **wheelie bins** are stolen in Knox. One was later located in Darwin! **Rowville Lions Club** donated seven asthma nebulizers to local schools. Building work started on the new fire station in Taylors Lane.

1998

The RLCN editor **Bryan Power** handed over the reins to **Hazel Green** prior to his relocation to Gisborne. The **tennis pavilion** next to the Community Centre was made available to residents for **hot showers** during the gas crisis. Did you take up the offer? Perth based property trust, **Armstrong Jones Retail Fund**, announced through the stock exchange the purchase of **Stud Park Shopping Centre** for \$58.75M. Settlement was scheduled for December. **Rowville weightlifter Yurik Sarkisian** won an overall silver medal

in the 62kg class at the Commonwealth Games in Kuala Lumpur.

2003

The opening of a new school for Rowville, **Penman College**, catering for Prep to Year 12 was deferred to 2005. Can anyone shed light on this? The **Field Naturalists Club of Victoria** in cooperation with Parks Victoria held a micro-bat awareness session in Churchill National Park. Did you go? **Rowville Football Club** won promotion to the EFL 3rd Division. A group of **Rowville Primary School** students visited **Mexico** as part of an exchange programme. They flew to Mexico via Japan and Vancouver, which is not exactly a direct route. Why was this the case? The **Lysterfield Christian Fellowship** became the **Fruitful Vine Melbourne Church**.

2008

Knox Council adopted a concept plan to revive **Stamford Park homestead** and appointed Mick Van de Vreede as chair of the steering committee. Prolific **Australian author Peter Watt**, (who had been referred to as Australia's Wilbur Smith), visited the Library and answered questions about his varied life experiences. Did you attend? **Alice Donato**, who had been the "Lollypop Lady" at Avalon Road since the duplication of Stud Road in 1981 was our 'Achiever Of The Month'. I wonder how many children crossed safely thanks to Alice? The synthetic running track and soccer pitch was completed at **St Simon's Primary School**. Former World Super Featherweight boxing title holder, **Azumah Nelson**, visited **Lysterfield Primary School** and told the students of his desire, through his foundation, to build a school for under privileged children in his home town of Accra in Ghana.



Murrindal Family Centre

100 Murrindal Drive, Rowville 3178
murrindalplaygroup@hotmail.com

Welcome back to Term
Four for all the members of

Murrindal Playgroup! We look forward to another exciting term and as the weather warms up, some fun times outside. We were very pleased to take part in the official opening on 9th October, of the "new and improved" Murrindal Family Centre, which first opened in 1991, with just one preschool room and a single nurse service.

The centre now boasts a new community meeting room, which will be used as a venue for local parents under the age of 25 years-old, two maternal and child health consulting suites, the re-development of the Murrindal entrance, the expansion of the car park to make it easier during drop-off and pick-up and the ability to provide further counselling, parenting and family support through Anglicare Victoria, paediatric services through Monash Medical Centre, occasional care and the Illoura Early Intervention Service.

Knowing the importance of the facility for the Rowville community the Knox Council dedicated a further \$350,000 in its 2012-13 budget to complete this project and the remaining \$300,000 came from the State Government ensuring the delivery of the vision.

A big thank-you to our fundraising team, Sue Carmichael and Kristy Forbes, who organised our wonderful Cadbury Fundraiser. Many boxes of chocolates were sold by our members and we successfully raised funds to go towards improving our service.

On a very disappointing note, it is with sadness I write about a recent break-in to our Playgroup yard area. **Over the course of two separate break-ins we have had the majority of our outdoor furniture stolen.** This includes our two beautiful picnic tables, custom made sandpit cover and children's furniture from the cubby house. Rowville Police and Knox Crime Scene attended and are conducting an ongoing investigation. Whilst disappointing, we are still open for business and will do our best to replace equipment as quickly as possible.

As term four signals the end of Playgroup for 2013, as a committee we are looking to the future and calling for volunteers for our 2014 committee. Being part of the committee is a rewarding experience for all and remember,

many hands make light work!
Murrindal continues to be a one-stop-hub for Rowville families, so please don't hesitate to contact us at murrindalplaygroup@hotmail.com

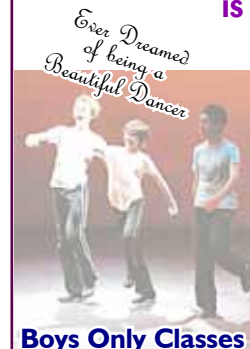
hotmail.com for further information.
Kristy Ackland

Photo: State Member for Scoresby Kim Wells and Knox City Council Mayor Karin Orpen plant a tree at the Murrindal expansion opening on October 9th while preschoolers and staff watch on.



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The Weekend To End Women's Cancers

Renee and Mel are both residents of Knox (Rowville & Upwey) and are going to be participating in The Weekend to End Women's Cancers™ benefiting Peter Mac. During the weekend of March 1st & 2nd, 2014, we will walk 60kms through the Melbourne suburbs.

The Weekend and the money raised will support vital cancer research and clinical trials at Peter MacCallum Cancer Centre into breast cancer, gynaecological cancer, including ovarian and uterine cancers and cervical cancer. It will enable the hospital's clinicians and researchers to improve cancer detection and find gentler and more personalised treatments for all women with cancer.

Mel and Renee have grown up together and both work in the healthcare profession and see what impact cancer has on people's lives. We wanted to do this walk to show our support and raise vital funds for Peter Mac as well as improving our fitness at the same time. It has also been a great catch up to train for the 60km walk on a regular basis.

The event will be the first annual Weekend to End Women's Cancers in Melbourne. We are looking forward to walking alongside thousands of men and women who share a passion for ending women's cancers. One in eight Australian women will be diagnosed with breast cancer in her lifetime. One in three Australians will be diagnosed with cancer before the age of 85.

We would really appreciate any help your readers can offer to help us out in some way. I can be contacted at renee.hartley@yahoo.com.au or on 0403 741 815.

Renee Bourne

Editor's Note:- We are glad to promote a worthy cause and ask readers to consider how they can help Renee and Mel.



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



Using Massage to enhance sporting performance & prevent injury.

Massage is best known for relaxation and deep tissue techniques, however Sports Massage is also highly effective. Cyclists that ride in the Tour de France will have massage every day for the entire 3 weeks and they also have regular massage leading into such a major competition. Most of us are not lucky enough to have daily massage but we are also not riding up to 200km in the French Alps every day!

Sports massage is used by athletes to help achieve their highest potential in their chosen event. This is done by assisting the recovery process in allowing the athlete to continue training/racing at high intensity and high volumes. Receiving regular sports massage can help to extend an athlete's career. The best part of sports massage is that you don't have to be an elite athlete to realise the benefits.

Now that spring has started and summer will soon be upon us, we all want to get outdoors and events are plentiful. It doesn't matter what the sport is, running, triathlon, cricket, netball or a goal of competing in a 5km fun run by the end of summer, to achieve these goals we need to train and eat well. We also need to be kind to our body because of the increased demands on them.

In Sports Massage there are a number of types such as pre-event, post-event, maintenance and post-injury/rehabilitation. We want to prevent an injury or overuse from occurring. Massage is used to restore muscle length, improve range of motion and flexibility, reduce tension in the muscles, remove waste products, promote circulation and shorten recovery time between training sessions/competitions. We need to be pro-active in looking after ourselves instead of thinking that tight muscles or muscle pain will go away by itself. In order to get to the finish line in a healthy state, respect and look after your body.

Kelly Linaker – Remedial Massage Therapist



Pilates and the Athlete -Why it is the perfect training partner

Clinical Pilates is a specific form of exercise rehabilitation or performance enhancement, that is derived from the Pilates method. Clinical Pilates is a highly tailored individual program that is designed to address your specific needs and weaknesses.



Clinical Pilates has the ability to address key athletic issues to improve performance, target areas of weakness and aid recovery, for example;

- **Cycling:** Strengthen gluteal (buttock) activation and control for speed and hill performance.
- **Running:** Improve trunk posture and hip control to assist optimal run technique and efficiency.

- **Football:** Improve core and trunk stability to strengthen tackle resilience and direction changing agility.
- **Dancing:** Strengthen trunk and hip control through all postures to optimise controlled flexibility and long, lean muscle strength.
- **Swimming:** Improve trunk and shoulder stability to optimise range of stroke and power efficiency.
- **Recovery:** An 'off-legs' session of muscle toning and stretching to compliment heavy training loads and ensure balance throughout the muscular system.

Clinical Pilates is run by highly qualified Physiotherapists who are skilled in observation and 'problem solving' for the musculoskeletal system. Contact your local clinical Pilates provider with any training or performance concerns you may have and they will develop a program to address those issues for improved athletic performance.

Lauren Brereton (Bach. Physiotherapy) Manager
Rowville Pilates Studio

SUMMER SHAPE UP

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Chiro-Practicals

Stress is like rust

I travelled to Sydney recently and had the opportunity to do the Harbour Bridge climb. While it was a fantastic experience, I couldn't help but relate what I learnt about how they look after the bridge, to what I do as a Chiropractor in looking after my patients.

It's easy to see that the bridge consists of an extensive network of steel girders that are continuously being maintained to ensure its structural integrity and longevity. This is to ensure it can perform its vital role of connecting Sydneysiders north and south of the harbour, be they walking, driving or on a train. The bridge is continuously being painted to protect it from the stresses of the weather, in order to prevent rust weakening its structure and limiting its function.

Chiropractic care is about considering your nervous system

as a key network in the integrity and function of your body (Did you know you have nearly 1000 kilometres of nerves within you?). As rust can eat into the integrity of the steel in the Harbour Bridge, so stress from physical, chemical and emotional causes can affect how your body is able to function.

Stress changes many aspects of how your body functions with one of the more obvious signs being tightened muscles in the neck, shoulders and back. This can lead to restricted joints and altered movement patterns that over time can lead to joint degeneration. Think of this as "chronic rusting".

Reducing stress is a fundamental key to improving your long term health and wellbeing. Chiropractic care can assist with the symptoms of increased stress, but here are some ways to prevent these from occurring in the first place:

1. Improve your time management
2. Set goals and clarify priorities
3. Avoid over committing, learn to compromise
4. Adopting a positive attitude and keep issues in perspective
5. Learn meditation and practice deep breathing
6. Spend time exercising and enjoying nature
7. Improve your diet and reduce smoking and alcohol
8. Avoid stressful people and situations
9. Express your feelings instead of storing them up
10. Connect with others in person

Dr Frank Whelan

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Let's look at some common myths people have about Yoga.

- 1/ Yoga is too hard.
- 2/ Yoga will hurt my bad back.
- 3/ Yoga will make my blood pressure higher.
- 4/ Yoga is for women.
- 5/ I'm not flexible enough to do Yoga.



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6/ I'm too overweight to do Yoga.

Now let's dispel them one at a time.

1/There are many forms of yoga and yes some of them are "hard", so shop around and find a beginner one until you get more confident.

2/Yoga has many exercises that help strengthen the muscles in the back and core and actually aid recovery. 3/Yoga has many exercises and breathing disciplines that help lower blood pressure.

4/Patanjali (the father of yoga) only taught yoga to men, so many of the exercises are specifically good for males.

5/Yoga helps the muscles and connective tissue to lengthen, thereby making you more flexible. I'll give you one of my best tips. You won't get flexible and healthier sitting on the couch. If you have a problem you need to be pro-active and get out there and fix it.

6/Yoga has exercises that bring the body into balance and harmony making it easier to lose weight.

Don't believe the myths, believe me. I have been practicing Yoga for more than 20 years and have used it for rehabilitation, good health and flexibility and an overall feeling of well-being. You can too.

Donna Jordan

CNAV Awards Success

After a number of frustrating years, entering the Community Newspaper Association of Victoria annual awards without success, we finally found success as a finalist in the category "Best Article By A Writer Under 18 Years Of Age". We were delighted to accept the award on behalf of the writer, Rowville Secondary College student, Joyee Koay.

The CNAV has 72 members comprising newspapers from metropolitan and country Victoria with circulations ranging from a mere 300 to more than 18,000. Most papers are monthly although some are bi-monthly and a few weekly or fortnightly.

38 of the 72 member newspapers submitted a total of 163 entries, with the RLCN submitting entries in six of the nine categories this year. The combined circulation of CNAV member newspapers is 166,000, with 55,000 coming from the six Knox newspapers.

Five of the Knox papers were at the awards and four, Wantirna-Studfield News, Ferntree Gully News, The Foothills and ourselves went home with an award, suggesting that the standard of our publications is constantly improving.

We thank Joyee for her contributions and hope that we will see many more in 2014.

David Gilbert

Nick Wakeling Column



Nick and Kim with Mark Kennedy on site at the new Rowville CFA station

New CFA Station For Rowville Taking Shape

Member for Ferntree Gully, Nick Wakeling MP and Member for Scoresby Kim Wells MP recently viewed the progress of the construction of Rowville CFA's new \$5.5million integrated fire station.

Rowville CFA's Operations Manager, Mark Kennedy, took Nick and Kim on a site tour highlighting the many benefits the new station will offer the volunteer and full time fire fighters who will man the new station 24hours a day 7 days a week.

The construction of the new station is well under-way and significant progress has been made since the official 'turning of the sod' completed by Nick and Kim on 12th March this year. The main building which includes a four-bay truck area, office space for administration staff, sleeping quarters, training/meeting rooms and equipment storage is almost complete. The internal fit-out can then begin with landscaping and fencing to be completed prior to handover.

A Community Open Day and official opening of the new state-of-the-art station will be scheduled once the construction is completed in early 2014.



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COME & TRY DAY

**FOR UNDER 6 to UNDER 11 / BOYS & GIRLS
SUNDAY 10TH NOVEMBER, 10am-12pm
KNOX ITALIAN COMMUNITY CLUB**

2014 SEASON TRIAL DAY #1

**FOR UNDER 12 to UNDER 18 / BOYS & GIRLS
SUNDAY 17TH NOVEMBER, 10am-12pm
KNOX REGIONAL FOOTBALL CENTRE WANTIRNA 5TH**

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Info @ WWW.KNOXUNITED.COM**

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Parliamentary Report - Part Two Environmental Working Party Report



The Environmental Working Party has been very active in improving the school environment.

In March we promoted the nation-wide event, Clean up Australia Day. During the Environmental Science lessons we discussed the importance of keeping our environment clean and the effects of waste on our surroundings. We ran a small campaign where we encouraged all students to bring all their food in reusable containers.

The Environmental Working Party also hosted the Autumn Harvest. We invited all of the volunteers who help us at school throughout the year, to share food that was grown in our Stephanie Alexander Kitchen Garden. We served the food to the guests.

We assist with taking care of our four hens, Hazel, Hermoni, Armani and Ginger. We collect the eggs, feed the hens and look after their pen. We also take care of our two blue tongue lizards that are currently in winter hibernation.

We speak with Les and Stewart, our maintenance staff, about any other environmental issues that may appear within the school.

We thank Ms Vesticas for mentoring us this year.

Health & Wellbeing Working Party Report



So far this year members of the Health and Wellbeing Working Party have had a good experience working with the students in years one and two during lunch time sports activities.

We have supported Mrs Macdonald, our PE teacher with the

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runners club. This is held on the running track at lunch times every Tuesday and Thursday. There have been a number of students who have received their 10km and 20km certificates. We also organised and lead the Walk and Ride to School day. Many students from across the school participated.

Throughout this year we have also helped promote our Sunsmart and School Uniform policies. Every grade in the school has received at least one award for their efforts.

We would like to thank Miss Kanci for helping us during this year.

Peer Support Working Party Report



The Peer Support Working Party has been very active this year.

We have set up a toy library and organised a lunchtime borrow system. Every Monday, Wednesday and Friday we take the toys out to the pirate ship playground and we allow the junior students to borrow the equipment. We received the equipment as part of the Woolworths Earn and Learn Program. It has proven to be very popular as we often get very long lines of students waiting to borrow toys!

We also run dolls club every Friday. We hold competitions such as best dressed doll. The students who come often make a lot of friends and like to share the stories behind their dolls.

Earlier this year we organised a Harmony Day celebration. Every class got a canvas with a picture of a bare tree on it and some finger paint. They dipped their fingers in the paint and put their fingerprint on the tree to symbolise that we are all different but we all belong. Each grade now displays this artwork in their classroom.

We are in the middle of developing a whole-school poetry book to display in the school library. We are asking students to write a poem with the theme 'school.' We hope that this book will build friendship amongst students.

Technology Working Party Report



Throughout this year the Technology Working Party has been working on a major whole-school initiative, cyber-safety. We have presented to the school community at assembly and have encouraged students to be cyber-safe. We ran a cyber-safety story competition. We hope to increase the awareness of this important issue across the school.

We have assisted the canteen by taking photos of the food and drink that can be purchased at recess and lunchtime. Many of the younger students were unsure of what their money would buy. So we decided to develop a price banner. Officeworks have kindly donated the banner for this project.

We have taken photographs of major events that have occurred around the school and have been very excited to see them published in the school newsletter.



Karoo Primary School

Karoo Students Selected For State Under 12 Cricket Team

Dylan Tibballs has contributed to the success of many sporting teams at Karoo Primary School during 2013. He was a member of the Athletics team that were District Champions, ran as part of Karoo's Cross Country team that placed 2nd in the District Competition and was a vital player in the Karoo Football and Cricket teams which were Premiers this year.

Dylan has now gained an amazing individual sporting achievement. He recently received the exciting news that he had been selected to be a member of the Victorian State Under 12 Cricket Team, making him one of the thirteen best primary school cricketers in the state.

He developed his passion for the sport at a very young age, attending Milo Cricket sessions and going along every Saturday to watch his dad play cricket. Dylan currently plays for the Eildon Park Cricket Club in Rowville.

Dylan was nominated for trials at the school level and has gone through a rigorous selection process, over many rounds, to achieve this fantastic sporting accomplishment. Initial trials were held in the eight School Sport Victoria Regions with about 800-1000 students attending overall. From the 100 students at the Eastern Metropolitan, Dylan, along with 11 others, was selected. The final round of trials involved 32 students from which 13 players, including Dylan were selected to represent Victoria at the School Sport Australia 12 Years and Under Championships to be held in Bendigo, from 3rd to 11th of January, 2014.

Dylan certainly is a student most deserving of this opportunity. He is a skilled athlete and an outstanding model of sportsmanship to his peers. He will be a wonderful ambassador for his family, his school and School Sport Victoria when he takes part in the National competitions.

Sharon Lee - Physical Education and Sport Coordinator

Editor's Note:- Well done Dylan and all the best in January. Let us know how you enjoyed the experience.



Melbourne Male Choir

The Melbourne Male Choir has resumed practice after the mid-year break and is aiming to increase their Membership numbers. Any male who can hold a tone is welcome to join.

Practice is on Monday nights from 7.30 till 9.30pm in the Bayswater Youth Centre, Corner High Street and Pine Road. Give us a call or come to a practice night.

Contact Tony 97269530 or Henk 98870356.

VCAL Community Projects

VCAL (Victorian Certificate of Applied Learning) is an alternative program to VCE which is designed for students who are preparing for the work force, often in jobs that involve 'hands on' work such as trades. Within this VCAL program, students study the following three subjects: Literacy, Numeracy and Personal Development. This year as part of Personal Development we planned, developed and participated in a community project.

During our year 11 VCAL class some of the community projects that have been completed are car washes, cooking and selling breakfast to other students, organising blood donations for the blood bank, garden projects including painting and making sculptures for gardens. All of the projects involved helping people in our school, local or wider communities and some involved raising money for a charity. The chosen charity this year was the Royal Children's Hospital.

The community project we chose to be involved in was a 'Front Yard Blitz'. The family we were helping live on a steep block of land and have a number of physical and financial needs. It involved us re-designing their front yard by building retaining walls to make flat areas in order to make it easier for the family to maintain their garden. The project was completed over two days and involved us digging holes, cementing in upright poles, putting up some sleeper walls, clearing parts of the garden and adding mulch. The class worked well together in small teams, using spirit levels, crow bars and shovels, while other students cleared parts of the land of weeds. After the walls were completed we moved a lot of mulch to backfill these walls and allow a garden to be planted at a later date.

By completing this project we were able to apply a number of principles we have learned about in class such as organisational and time management skills, planning, team work and clear communication. It involved a lot of planning and working with our teacher Mr Gilbert and outside community groups such as Bunnings Warehouse, Knox Garden Centre and Kennards Hire.

Bunnings Warehouse in Scoresby donated a significant amount of the materials used. Kennards Hire let us use garden



equipment at a significantly reduced rate and Knox Garden Centre provided a large amount of mulch free of charge. We want to thank them for their assistance. We also want to say a special thank you to our classmates that helped us out on the day with their labour.

Brittany Jenkins & Angie Kelly (Year Eleven VCAL students)

Student Leadership: Working with local businesses to raise money for charity

Each year Rowville Secondary College student leaders make an affirmation to the student body which states, "We, as your elected student leaders of Rowville Secondary College, commit ourselves to be role models in maintaining an effective balance between our studies, part time employment, sporting and social lives, whilst also demonstrating an enthusiastic and committed approach to our studies.

We will strive to present a favourable image to the community at all times and assist Year Level coordinators with school activities. In accepting this leadership role, we will look for opportunities to provide assistance and support to any student and develop a cohesive student spirit for the school community."

In 2013 student leaders from years 7 – 12 have worked

together in groups, with senior students acting as mentors, to achieve these goals within the school and amongst the wider school community. One such group is made of student leaders who concentrate their efforts on the area of 'Social Justice, Welfare and Global Issues.'

As part of the student run leadership program, the Social Justice and Welfare portfolio has been raising money for numerous causes such as Multiple Sclerosis Australia (MS), the 40 Hour Famine (poverty), Shave for a Cure (cancer research), World Vision (Poverty) and the Butterfly Children's Hospice (Orphanage). In addition to organising a regular collection of loose change from RSC students, the student leaders drafted a letter and approached local businesses, asking for donations of goods which were successfully auctioned off to raise money. All proceeds were donated to the above charities.

We would like to recognise and give a special thank you to the local businesses that donated goods and assisted our students in their efforts to support such important local and global issues. They include: The Candy Palace, Telechoice, Shoeworx, Amcal Pharmacy, Brown Gouge Dry Cleaners - Stud Park and Mizuno.

Jessica Forrer, Jacqui Ducza & Carmen Wu



Times Remembered at Rowville Primary School Reasons and Excuses

Teaching is such an interesting task. Despite the most meticulous preparation, it is rare for any school day to go as planned, in fact, on some days, the plans may well be sabotaged by 9.30 a.m. and, for the Principal, as he/she walks up the corridor to start the day. The oft-repeated chant of the uninformed, that teachers have it easy, is shown for what it is when challenged to take teaching up if it is so easy. The reply always goes along the lines of, "I couldn't stand being with (here insert a suitable grade number) kids for one day, let alone weeks on end!"

One of the most difficult, challenging yet interesting tasks in teaching is dealing with behaviour problems. Students use many and varied excuses to explain their transgressions and teachers' responses are often innovative and always considered. A repeat offender, let's call him 'T' appeared



Bush Ranger and Colonial Days

on the black seat and subsequently was interviewed by the Principal. 'T', who had considerable experience of visiting the Principal's office, was a cool hand and handled the accusation of throwing stones, rudeness, disobeying a teacher and other sundry misdemeanors with aplomb. When he was told that his transgressions warranted a spell

in detention, he took umbrage and said there was no way he would be doing detention as the family was going to a wedding on the night of the detention and, were he to be so condemned, his mother would be up at the school to see me about it 'T' served his detention on detention night.

Some teachers added to the interest by their notes to the Principal. Two intriguing examples illustrate the point:

*Ron,
'S' was strangling M at lunchtime. We've had a big 'court case' and she is guilty. You must pass the sentence. What do you think?*

L and...

*Ron,
Could you please have a 'yell' at A?*

She calls people 'spastic', pinches, steals (I have found some things in her bag), scribbles on other children's work, hits, pulls children's pants down, punches, jabs other children with sharp pencils, is disobedient, has pulled hair in the past and tells lies.

Thanks, G

So, you see, a teacher's life is full of variety and challenge.

Ron Pickett

St Simon's Primary School

Footy Night At St Simon's

The Footy Night, co-ordinated by the Parents' Association, was an enjoyable evening for all those who attended. Anthony Koutoufidis was the guest speaker and a number of memorabilia items were auctioned thanks to Tommy Hafey. A number of children entered the colouring competition and two children from each grade level were winners. Congratulations to Chris PB, Emma PB, Kayd 1G, Isabella 1G, Emma 2B, Daniel 2G, Eddie 3G, Alexandra 3Y, Alisha 4B, Gerard 4R, Hannah 5G, Joel 5G, Reilley 6G, and Shana 6G.

Annual Disco

The hall was rocking on Friday the 11th October with the

annual school disco. Great colours in clothing and fantastic hair colours and styles were to be seen.

The DJ was at his usual best and the children and adults were bopping. Some of the teachers have not lost their touch at all. They can easily 'bop away,' with the younger set. Many thanks to all those who volunteered their time to help make the night so enjoyable for all who attended. 'Go Children!!!! Rock on!!!!!!'

Sports News

Over the holidays Stephanie B (3/4P) competed in the Taekwondo National Championships at the Pat Rafter Tennis Centre Arena in Tennyson, Brisbane. Stephanie competed in three events. In the Individual Poomsae she came 5th out

of 13 competitors. In Teams, Stephanie won a silver medal with her team and in Pairs, Stephanie won a bronze medal with her partner. Congratulations and well done Stephanie.

Science Curriculum Night

During the last week of Term 3 the Science Curriculum Night was held. The students were able to show and explain to their family the work they had been covering over the term in Science. The topics included The Senses in Humans and Animals Desserts and Science Experiments. Wonderful displays were set up around the school, in the classrooms, foyers and common areas. It was a wonderful attendance and the students and families enjoyed participating in the activities and looking at the displays on the night.

Carmel Cox



Beyond Boundaries: Through a Writer's Eye

Normally the wonderings recorded within a writer's notebook are kept secret and private – they are the personal, raw thinking, ideas and words that inspire them. We are very fortunate to get a glimpse into that world with the following excerpts from students in year six, as they share some snapshots of the experiences and feelings they had during their recent Beyond Boundaries adventures.

Caitlin Taylor:

As I walk down the path next to the lake, I feel the breeze on my face – it was chilly that day. I hop into the canoe thinking this would be easy, not knowing what would come. Suddenly we were going in the wrong direction and spinning in circles. Then I felt a tug on our boat – it was the instructor taking us to everyone else who was in a line. Then we were told to stand up; I didn't have a good feeling about this. I stood up and the boat started to move, but I finally got my balance. Now we were going to have a race and I was excited. I paddled

really hard, splashing water on my face as I did. It wasn't much longer now. I tried really hard and finally made it to the water's edge. I had lost the race, but had a tonne of fun.

Tal Mourant:

We were walking around looking for letters hidden around the campsite. As soon as we went around the corner of Lewis Lodge, Ally and Hannah pointed out a troop of kangaroos! I was amazed! It was the first time I have seen kangaroos out in the wild. It was captivating – they looked so happy instead of being trapped behind a fence – they were free. In the end we found all of the letters which became a couple of sentences. My favourite sentence had to be: sun, sand and surf, because it described camp to me. This was a very memorable camp.

Riley Gray:

I didn't want to go and do the leap of faith but before I knew it I was up there and leaping towards the big orange ball of faith. I was hanging ten metres up in the air by a harness. Before I jumped off the platform I felt like I

was going to fall to the ground, but the harness worked and I was safe. The instructor safely lowered me to the ground. I was proud of myself... I had done the LEAP OF FAITH.

First Community Market at Rowville

The first market was held in the grounds of Rowville Primary School on Saturday 21st September. Local community markets are extremely beneficial to the school and community. They build social contacts among participants and allow parents to take pride and ownership in their school. The first community market fostered connectedness for the



Scienceworks

We were on our way to the city, to the place we always learn something new, Scienceworks. The bus was grumbling like a troll woken from its slumber. We arrived, glad to exit the bus. When we entered Science-works we all sighed in unison, indicating we were more than happy to feel the warmth inside the building.

Firstly, we had a viewing session.

We all took advantage of this as a time to explore and take as much knowledge as we could into our brains, like sponges soaking up water. There were Heany Parkers everywhere, enjoying the freedom of exploring all the different activities. When we walked into the planetarium, everyone was gasping in amazement, like homeless people walking into mansions for the first time. It was the dome shaped ceiling that caused the ruckus. We were all shown to our seats which reclined so we could see directly into the planet shaped ceiling. The lights gradually dimmed while the dome ceiling lit up. We explored space and why the weather changes. While we were walking back to have lunch, we were all very chatty with our opinions about the planetarium. After lunch we watched a space presentation. The man was telling us about the 'dark side' of the moon. We also learnt about the seasons and why there are six months of day and six months of night on the North and South Poles. Soon after, we boarded back onto the grizzly bus. We were astounded at how quickly the day went, but we were glad that our minds were filled with plenty of knowledge from



this experience.

Slavena

Science Works

It was a cold and windy day. Our whole grade six level were off to Science Works near the city. We took around fifty boring minutes sitting in the bus doing nothing but to stare outside the window. Finally we arrived at Science Works. Everyone was excited. I played a game in the Fitness Centre where you can race against someone in a running race. Most of the times I won. We only had fifteen minutes of free time so we headed off to the Planetarium. We watched a movie call Tilt and it was about seasons. The room was like the Movies and the chairs lean down because the screen is on the roof. When I lay down and watched I felt a little like I was in bed at night. The whole room was black. Tilt was about how seasons work and a girl that made a project on seasons. Her little brother wrecks her project and they got teleported to different places where there are different seasons. At the end of the day on the movie they had fixed her project and it worked again.



After the movie we watched one more thing. It was about the night sky. The night sky was about stars at night and where you can see planets and which way is north, east, south and west. After all of that we all headed to the front of Science Works to get our lunches from our bags. We then headed outside to eat because we were not allowed to eat inside. When we had finished that we all headed back home to our school. Everyone enjoyed the day.

Kevin



Rowville Secondary College

Rowville Secondary College Students to the Rescue

Two Rowville Secondary College students have been praised for their sense of community spirit after saving a lost dog from oncoming traffic.

The two Year Eight boys, Troy Healey and Chandler Carlson were walking home from school in the pouring rain when they happened upon the dog weaving in and out of moving cars on Kelletts Road and saw local resident Rod Hubbard trying to warn drivers.

Troy and Chandler quickly came to the aid of the man and despite the weather the three were able to get the dog to safety and reunite him with his owner.



Chandler Carlson and Troy Healey

"We checked the council tag for its I.D number, and called up and found out he lived a few blocks away and his name was Hank" said Chandler.

"It was raining and the dog was shivering" said Troy "I was holding him for about ten minutes and my hands started to get really weak, but when a neighbour offered to hold him I said I was fine".

Rod was incredibly impressed by the behaviour of the students and made sure he notified the College of their gallantry, in a scenario where so many others would have simply dismissed it as someone else's problem.

"Troy picked up the dog and carried it into the next street so that was very helpful, it was pouring rain, I reckon the dog would have been run over for sure" said Rod.

"They didn't have to help out, they could have easily have said 'He's wet and he's losing his hair' but they took the time out of their day, it was probably half an hour in the end."

Assistant Principal Julie Kennedy, with whom Rod initially made contact, said the two boys ought to be congratulated for their efforts *"The real thrill for me was feeling a sense of pride in our students caring about their local community and being concerned citizens."*

"It was also really nice that a member of the public took the time out of his day to give us that positive feedback."

Rowville Secondary College applauds these two young men for exemplifying our four College values: **Respect** – Act as you would like to be treated, **Responsibility** – Brave enough to play your part, **Excellence** – Nothing but your best, and **Community** – We are all in this together.

Good work boys!

Laura Gordon, RSC Communications Officer

past, present and future school communities.

The remaining Farmers Market for 2013 are on 16th November and 21st December 9am—1pm. For further information please call 9765 1955.



Principal Anne Babich with members Of The School Family



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8736 9042

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Are You a Titus?

But God, who encourages the downcast, encouraged us with the arrival of Titus. (Paul's second letter to the Corinthians 7:6 TLV).

We as believers must stand together and encourage each other in the Lord daily. There are so many difficulties and needs in the lives of people that easily pull them down and cause them to be very discouraged. Many families are struggling with sickness, financial needs and relational problems that make life very difficult.

One day two men were talking as they saw a woman down the road. One of the men said, "That's Mrs Jones. She always has something good to say about everyone". The other man decided to test her, so when she got close, he hollered "Mrs Jones, what do you think about the devil?" She thought for a second and answered, "He sure is busy isn't he?" You can find something good to say about almost anyone.

Friends, it is very easy to be judgemental and condemning,

but as children of God, let's be Christ-like. When we gather together let people say it was good to be in our company. Titus brought encouragement to the Apostle Paul. Friends be an encourager to people you meet daily and especially to the church. We all need it.

Restore Community Church would like to encourage the local community to attend a Community BBQ after their 10:15am service on Sunday 3rd November. This is **Free BBQ** for your enjoyment and everyone is welcome. A Sausage Sizzle BBQ with a range of salads and refreshments will be available. Be encouraged by an inspiring message and join in the get-together and fun afterwards on this family friendly occasion.

On Sunday 8th December there will be a Carol service held at 10:15am followed by a Community Lunch, with entertainment for the whole family. With many of your favourite Carols that will be sure to please everyone, led by our band and singers, with a special appearance by 'Father Christmas'.

Remember at Restore Community Church, there is crèche available for the youngest ones age 18 months to 5 years and Kids Church for children in grades 1 to Year 7 each Sunday. Our Community Bus is also available if you need transport by calling the church office on 8736 9042. Youth, Men and Women & Seniors are all catered for within our church programs. For more details visit: www.restorecc.com.au and for details of our services see "What's On Locally" on page 2. We encourage you to check us out!

Ray Green

Rowville & Lysterfield

Council Minutes

September 24th Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting held on the 24th of September 2013.

Item 4.1 Councillor Pearce presented a petition with 8 signatories requesting Council to cease the installation of a bus shelter adjacent to 62 Liberty Avenue, Rowville.

Item 5.2.3 Councillor Pearce (Taylor Ward)

Councillor Pearce was pleased to advise of the recent success of the Knox District Cubs Billy Cart Rally held at Heany Park Scout Camp. Approximately 150 children participated in the gathering which provided a fantastic outlet for activity and exercise.

Works Report as at 9 September 2013

Stamford Park Redevelopment

The Minister for Planning has approved Amendment C93 and a notice to this effect was published in the Government Gazette on the 8 August 2013.

Corhanwarrabul Creek Trail (To Dandenong Creek) - Shared Path

Project complete.

Major Reserves Conversion to Warm Season Grass

Design detail for Eildon Oval No.2

Building Code Australia Compliance

Quotes being sought for earmarked projects: Rowville Community Centre - fireboard/detectors.

Liberty Ave Reserve Master Plan Implementation Stage 2

Construction almost complete. Practical completion to be achieved early September.

Stud Road, Rowville - Sunshine Street to Timbertop Drive - Footpath

The plan of subdivision land title transfer from the adjacent developer has been lodged with Council. Currently working through the approval process.

Eildon Park Storm Water Harvesting - Stage 2

Surplus Grant funds to be returned to the Federal Government.

Hampden Court, Rowville - Rehabilitation

Construction works are scheduled between November 2013 and January 2014.

Cairn Curren Close, Rowville - Rehabilitation

Detailed design completed - consultation commenced with further consultation on tree replacement program to follow.

Tali Karng Close, Rowville - Rehabilitation

Detailed design completed - consultation commenced with further consultation on tree replacement program to follow.

Ranceby Close, Rowville - Rehabilitation

Construction works are scheduled between November 2013 and January 2014.

Camley Court, Rowville - Rehabilitation

Construction works are scheduled between November 2013 and January 2014.

Heany Park

Detail design almost complete for shelter refurbishment. Consultation continuing with Scouts and other stakeholders.

Hindmarsh Street, Rowville - Rehabilitation

Survey completed and detailed design underway.

Blackwood Park Road, Rowville - Rehabilitation Design

Design to commence in New Year.

Stamford Park Homestead - Sprinkler System

A fire engineering consultant has been engaged to prepare working documentation, including a Building Permit Application, for the upgrade.

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

Darren Arnott

Rowville Uniting Church is a happy and welcoming church that invites you to share with us in our Sunday service which commences at 10 am. Our worship seeks to offer Christian insight into the realities of life. We seek to offer a progressive Christian perspective on the scriptures and see how we might be challenged to live faithfully and ethically in today's world. Our worship seeks to have a blend of modern and traditional music. On the third Sunday of each month we have an intentional family and children focus in our worship and we hope families are comfortable to come and allow their children to be seen and heard in our worship.

We recognise that life does not always go the way we hope. Sometimes life simply overwhelms us, sometimes tragedy strikes. Rowville Uniting Church is a church that seeks to

support our community in prayer or by any other practical means we are able. At this time we are especially holding the Rowville Primary school community in our prayers. We have recently run our family fun indoor market. We had a great day with some 50 stalls, activities for children and fun family entertainment. Thank you to all our stall holders and thank you to those who came and supported this great event. We look forward to the next market day. Stay tuned for a date at a later time.



Our Toddler Gym continues to be a valued community service. This activity allows children to play and develop in important



The Churches
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ways in the crawling to about 4 years old stage. Early brain development is vital and the activities and play we offer are all designed to enhance this vital stage of early life. Toddler Gym runs on Tuesday and Friday mornings. Session times are 9:30-10:30am and 11-12pm. The cost is \$5 per family per session on a pay as you go basis. Registration is essential for this program. Please contact the church office for more information.

The Bridgewater Counselling service has a long history in the Rowville community. Our Psychologist is highly qualified and is able to be accessed by self referral. We can offer assistance in any areas of need, including childhood issues, relationship issues or a range of other mental health concerns. This is a low cost service supported by the generosity of our congregation and appointments are essential.

Trevor Bassett

AUSTRALIA FOR CHRIST FELLOWSHIP
 There is nothing like the childish excitement that happens upon us in the last 2 months of every year. Almost as though it is the light at the end of this yearlong tunnel and in just two short months we'll be out of it! We've had expectations this year and some of them may or may not have been well met. The conflict between expecting great things each year means that we attempt to accomplish great things, and/or we end up disappointed. Sometimes, it's a bit of both and the bittersweet can be a little confusing.

Sure, everybody understands the "wishing it was over" and the "bring on the better year", but may we please warn against anticipating 2013 to be finished. This outlook, though honest, writes off a valuable remainder of the year. Who knows, these next two months could make this year your best year to date.

I'd expect many people to be familiar with the scenario of a bad day and then something wonderful transpiring that

evening. Even if the first 10 hours of it wasn't pleasant, sometimes it just takes 2 hours of a great time to make a day great. The same goes for this year. However the first ten months has treated you, why not hunt for the beauty and gratitude in the remaining two months?

What is there to hope for that can happen in two months? Can things get from great to brilliant and bad to better? Of course they can! There are endless hopes that still have room for fulfilment, or to begin fulfilment in two months! We just need to be careful of the things we hope for and expect. Wishing for unlikely things or for things out of our control, can be dangerous if we're trying to end the year well. Not to mention it being a little typical that all the things we usually hope for or expect, are for ourselves. Why not expect differently and hope to do something for someone else by the end of the year? After all, it is better to give than receive and the rewards are much richer. These are the sorts of expectations of ourselves that we can fulfil if we wanted to. Be grateful for at least 3 things every day. For instance, leave the house and return home smiling, challenge oneself to buy a coffee for a stranger once a week until the end of the year, pay for the car behind you at the drive-thru every month, encourage a different friend every day, and always thank the

waiters sincerely at restaurants and wish the business well, even if you didn't really like the food.

Expectations and hopes of growing and developing our own character by adding to the lives of others will always be more fulfilling than getting that thing we wanted.

I'm not, by any way decreasing the importance of expectations and hopes for love, care, protection, peace, grace, health. These are also completely fine to want. I bid you to want and expect these things in life! However, it seems that perfection can be hard to find. Indeed, when we expect too much of others, both parties get disappointed. This is where Christ steps in. He is the only one who can completely fulfil and exceed our hopes and expectations. However, trusting Him seems to be a really difficult thing. Frequently, we find it hard to trust even what others tell us about who He is and how He loves us. But, if you, like many people who are now part of this giant family (called the church) are desperate for any of these things love, peace, forgiveness, joy, provision, health, come and meet Him! You can meet Him anywhere, but if you don't know how to, feel free to visit us on a Sunday. We'll be there, and so will He.

Nicole Fong

Rowville Baptist Church
 www.rowvillebaptist.org.au
 office@rowvillebaptist.org.au
 Ph: 9764 4242

"The strongest man in the world is he who stands most alone." - Henrik Ibsen.

For many years our culture has highly valued the notion of "individualism". We have grown up in a world that believes that a 'good society' is one in which individuals are free to pursue their desires and live life independently of others. We highly prize our independence and cheer individual achievements. However, most of us long for community, belonging and shared life experiences.

At Rowville Baptist Church we have found that it is so important to develop meaningful relationships with others, to share life with them (both our struggles and our joys) and to express love for one another. We firmly believe that God intends for us to experience life together. That's why we encourage people to get into a 'Small Group'.

A Small Group is a regular gathering of three or more people. Groups come in all shapes and sizes, married couples, singles, men's, women's, kids, no kids, youth, young adults, 30 plus, 50 plus, and various combinations. We have found that no matter where you are in life, it is important to have a group of people you get together with on a regular basis with the

goal of growing in faith and growing a love for one another. To achieve this goal it is essential that the groups:

Share life with one another

Most people who have been a part of a group say the greatest benefit is the close relationships and friendships that develop. They will frequently telephone each other during the week to share an urgent prayer request or an exciting answer. You'll discover that your needs and problems are not unique as we're all in the same boat. It helps to know that others are facing the same difficulties, or have lived through them and learned spiritual principles in the process.

Digging into God's word and apply it to our lives

In a small group setting, you can ask questions, participate in a discussion of the text, and hear others share insights and illustrations of the truth you are trying to grasp. Through the Bible, God speaks into our personal situations and a small group is great for encouraging, guiding and challenging one another to apply God's word our lives.

Praying for one another in all of life's circumstances

Most church services do not provide an opportunity for people to pray for another at a personal and deep level. Even when we do, there is seldom time for follow up to see how God has answered prayer and to pray further for one another. However, in a small group you are given a positive and supporting environment to participate in prayer. No one is pressured to pray, but as you become comfortable, you'll

be able to pray and be drawn together and we find answers to the needs in our lives.

We want to encourage you to join and be part of a small group. Either at your own church or join one of ours.

'Do not give up meeting together, as some are in the habit of doing, but encouraging one another and all the more as you see the Day approaching' - Hebrews 10:25

Dennis Medina

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The CFA has *FireReady Kits* and these are a valuable resource that will help you prepare a bushfire survival plan. (<http://www.cfa.vic.gov.au/plan-prepare/fire-ready-kit/>) The kits encourage every household to have a fire ready plan. If you do have a bushfire plan then it is time to review and update it as well.

Just because Knox is not necessarily in a heavily forested area like the Dandenongs, our proximity to it means that we are at risk of things like "ember attack", grass fires and the like. It is for these reasons that we as a community need to be fire ready – Alert but not alarmed!

Being Fire Ready means monitoring the weather conditions around you and having a plan should it be necessary to leave. Part of the survival plan means knowing where you are going to go should an emergency arise. In my family we have some friends who live in the Dandenong Ranges and we have an agreement that they will come to our place should they need to leave due to bushfires in their area.

Knox has an emergency relief centre that is opened for emergency situations such as bushfires or floods or other extreme conditions that may occur. It is the State Basketball Centre, 291 George St, in Wantirna South. The relief centre is opened during a disaster and provides a safe place for people to go who have left their residence for whatever reason. The relief centre can provide emergency relief support, chaplaincy support, as well as essential services that you may need to tap into during the time of the crisis. It is also a place to register so that loved ones can be informed of your whereabouts and safety in a crisis. The relief centre will also provide updates about the crisis at hand and whether or not it is safe to return.

At RAFT Anglican Church we are committed to supporting people at all times and especially in times of Emergency Crisis. Senior Minister Phil Meulman is trained through the Victorian Council Of Churches (VCC) to be a respondent in times of crisis with psychological first aid and helping people deal with the emotional impact that can be caused by a natural disaster. There are more than 200 trained chaplains in

the Eastern Region of Melbourne trained to respond in times of crisis. We hope and pray that our services in providing support in crisis situations does not eventuate this fire season, but if it does it is good to know that the Knox community is equipped to support and provide assistance emotionally and practically.

Phil Meulman



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