

# 

**COMMUNITY NEWS** 

PUBLISHED MONTHLY BY THE ROWVILLE LYSTERFIELD COMMUNITY NEWS INC.

Priceless Editor: David Gilbert - Phone: 9764 4703 Circulation: 14,265 Web: www.

Web: www.rlcnews.com.au

Issue No·356 March 2014

ISSN 0819 0240





## **ROWVILLE SECONDARY COLLEGE**

"Opportunities For All"

Western Campus Eastern Campus Paratea Drive, Rowville Humphreys Way, Rowville

Ph | 9755 4555 Fax | 9764 5087 Email | rowville.sc@edumail.vic.gov.au Website | www.rowvillesc.vic.edu.au



## R-LC News Team

## **Editor David Gilbert**

Ph: 9764 4703 Email: editor1@rlcnews.com.au Website: www.rlcnews.com.au





**Advertising Co-ordinator** 

Catherine Ubay E: advertise@rlcnews.com.au Website: www.rlcnews.com.au

## **Distribution Co-ordinator**

Peter Rumble Phone: 9752 7592



Website **Administrator** 

Les Pach admin@rlcnews.com.au

### **Committee:**



President Rob James

Treasurer Graeme McEwin Phone: 9763 4168



Secretary Lesley Jenkins

Vice President



Ian Richards

Minute Secretary

Jan Bates



**Members** – Mary Henderson; Kay Gowar-Rust. **Proofreaders:** Karen Merridew; John Jenkins; Jane Thomas; John Lewis; Margaret Gregory; Heather Hodge; Beverley Prosser

**Life Members:** Peter Barton, Beattie family, Carol Belcourt, Wendy and Andrew Beveridge, Boyd Academy of Dance, Colin Bradley, Muriel Cartwright. Roy D'Andrea, Josie Dawson, Will & Christine Dawson-Marsh, Wikje Derminn, Kel & Di Emerson, Graham & Margaret Freestone, Hazel Haynes, Mary Henderson, Tony & Marjo Ho, David Hodges, Patricia Jackson, King family, Marjorie & Ron Lade, Lyn & Doug Lapthorne, Nicky Laughton, Joan & Ray Lightowler, Lions Club of Rowville, Luxmoore family, Maureen & Graeme McEwin, Rod McKenzie, Christine Mitchell, June Murphy, Sandra Ogrizovic, Mary Powell, Bryan Power, Promech Automotive Services, Sue Rasti, Rowville Baptist Church, Rowville Pets Home Feeding Service, Rowville Uniting Church, Peter & Pauline Rumble, Sandy Sharp, Gerard Smith, Graham Smith, Pat Stemmer, Merle Turner, Ray Vancam, Michael & Jenny Walters, Barry & Karen Wells, Christine & Mal White, Yates family

Design, Typesetting & Layout Mallee Bull Media – 9761 3670

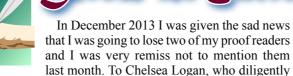
Email: john@malleebull.com

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

**Disclaimer:** The views expressed in the News are not necessarily those of the R-LC News. No endorsement of services is implied by the listing of advertisers or sponsors. Every effort is taken in printing contributions correctly, however we take no responsibility for errors.

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

## from the Editor's Desk



scoured the RLCN pages I sent her for errors every month for over three years, my sincere thanks for a job consistently done well and on time. I wish you all the very best as you enter tertiary education. Susie Brewster was 'volunteered' to help in August last year and was invariably the first back to me with corrections, but due to personal reasons is unable to continue. To both of you, thank you very much for the work you did. If you feel you could take these ladies places and help the accuracy of the paper by volunteering around 30 minutes to read four pages of the paper each month, please contact me on the newspaper phone 9764 4703 or by email editor1@ rlcnews.com.au

Whilst on the subject of sadness, we as a community didn't cover ourselves in glory with the Rowville Farmers Market. My information is that the organisers have withdrawn as it wasn't viable, due to very low attendance numbers. This is a great pity as the potential in Rowville is definitely there but we as a community need to show better support.

By the volume of people I see going through the library,

reading is still a preferred pastime, therefore, we have introduced this month a new column "A Book 4 U", which will review a recent release to give readers an insight into the storyline and style before they buy or loan the book. Let us know if you think this is a welcome new addition.

This month there are three Festivals/Fairs to enjoy. Firstly the *Knox Festival* is on at the Wally Tew Reserve in Ferntree Gully on the weekend of March  $1^{st} - 2^{nd}$  from 10am to 5pm each day. There will be lots of fun for everyone. Secondly, is the Wellington Village Fair, which is held annually in the car park of the shopping centre. This year, on Saturday 22<sup>nd</sup> March, there will be plenty of attractions for all ages between 9.30 am and 2pm, including face painting, a sausage sizzle, emergency service displays and live music. Last, but by no means least, is the Knox Multicultural Harmony Festival to be conducted on Saturday 29th and Sunday 30th March at the Polish Club on Stud Road. Last year at the Hungarian Club in Wantirna, the event was a massive success and the organisers have promised an even bigger and better event this year. It will be a fantastic day out for everyone. Finally, congratulations to my longest serving proof reader, Karen Merridew and her husband David, for their Golden Wedding Anniversary on March 28th. David Gilbert

What's On Locally March 2014



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. Mandarin1:30pm 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 7pm 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, Turramurra Drive Contact 9763 8646

1st Rowville Scouts:

**Joey Mob** (6-7.5 years) - every Thursday 6.00-7.00 pm**Cubs (7.5-10.5 years)** every Wednesday 7.00-8.30pm

Scouts (11-14years) 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 at10am

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

**Life Activities Club** Regular Activities. Call Melva 9762 3764 Lions Club Meet 2<sup>nd</sup> & 4<sup>th</sup> Wed - 7pm for 7.30pm at Knox Tavern. Transport & meal available. Robert 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 Evening Service Sunday 5pm 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 2<sup>nd</sup> & 4<sup>th</sup> Tues each month at 7.30pm. **Playgroup** Tues & Thurs 10-11.30am. Toddler Church every second Friday 9.30am. Contact Jenny Coole 9764 2573

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

Restore Comm. Church 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

 $\textbf{Ruby Gumnut Goddesses} \ \ (Red\ Hat\ Society)\ For\ all\ events$ 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. 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 9 & 18 hole competition. Tirhatuan Golf Club Contact Nola 9700 3804 or Pam 0409 934 966

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

**Toastmasters** Meet  $2^{nd}$ ,  $4^{th}$  &  $5^{th}$  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 schooltimeyoga.com.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

## Calendar of Events Knox March 2014

1 to 2 – **Knox Festival** – Wally Tew Res, FTG

2 – **Oppy Bike Ride** www.knox.vic.gov.au/oppy

2 – Clean Up Australia Day

3 to 9 – Hello Parks Week

www.parks forum.org/cms/pages/Parks-Week.htm

14 – **Immunisations** – Rowville Community Centre 1.30 pm - 3.00 pm

- 4 **Shrove Tuesday** (Pancake Day)
- 8 International Women's Day
- 10 Labour Day. Public Holiday
- 13 Knox Schools Expo (transition year) Knox Civic

15 to 16 – The Basin Music Festival www. thebasinmusicfestival.org.au

15 to 23 – Cultural Diversity Week www.multicultural.vic.gov.au

17 – St. Patricks Day

19 - Immunisations – Rowville Community Centre 9.30am 11.30am

19 - Ride2School Day

www.bv.com.au/general/ride2school

- 20 National Close the Gap Day
- 20 International Day of Happiness dayofhappiness.
- 21 World Poetry Day www.un.org/en/events/poetryday/
- 21 **Harmony Day** www.harmony.gov.au
- 23 Children's Book Festival State Library Victoria

24 to 28 - National Playgroup Week www.nationalplaygroupweek.com.au

25 – **Knox Council Meeting** 7.00pm Knox Civic Centre

26 to 30 – Melbourne International Flower & Garden Show29 - Earth Hour 8.30pm www.earthhour.org

## **March Events**

#### **Knox Multicultural Harmony Festival**

Polish Club 'Syrena' 1325 Stud Road, Rowville March 29th and 30th 10am to 6pm Non stop entertainment and fabulous foods. Free entry.

#### Salvation Army Car Boot/Craft Market

Come along and shop at our monthly market on Saturday 29th March from 8am to 1.00pm.

Stall sites are still available - Inside \$15, Outside \$10. (chairs provided).

There will be Trash & Treasure, Bric a Brac, Craft, Books. Coffee and Sausage sizzle available. Bookings: 9753 2795 or Graeme on 0417510321 Location: 16-18 Kingsley Close, Rowville.

#### **RAFT Church**

World Day Of Prayer service 7.30pm on Thursday 6th March, 2014. All welcome.

## **DEADLINES April 2014 EDITORIAL & ADVERTISEMENTS** Wednesday, 12 March

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

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

PHOTOS - email separately do not embed in documents.

ADVERTISING: advertise@rlcnews.com.au

**DISTRIBUTION** Saturday, 29 March 2014

**Multicultural** 

**Harmony** 

**Festival** 

It's Nearly Here

The Multicultural Harmony Festival, that colourful event with the continuous action stage, featuring performers from around the world, is set to entertain and feed the expected huge

crowd and there will be plenty for the kids to do. With FREE entry, the two days are set to sizzle. The Festival is on the 29th and 30th of this month from 10am to 6pm. See you there.



WELLINGTON VILLAGE Major Sponsor

**Did You Know?** 

The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone



## **Voluntary Positions**

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

- Waradgery Dr (even #s 148 to 188; odd #s 153 to 181), Santed Ct – 48 papers
- Gilligans Ct, Linnel Ct 43 papers

Please contact Jan Bates - 0418 583 631

Quail Way (even #s 4 to 88; odd #s 3 to 69), Goldfinch Pl, Whipbird Ct, Harwood Ct, Chatsworth Ct, – 120 papers

Please contact - Shirley Oudshoorn - 9764 4672

■ Kelletts Road (even #'s 96 to 128) – 16 papers

Please contact - Peter Rumble - 9752 7592

■ Jacob Drive – 24 papers

Please contact - Ian Richards - 9763 9260

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

## Rowville Plan

Council has endorsed a draft of the Rowville Plan and will be asking the community to submit responses. It has gone on public exhibition so please go on line, have a look and tell us what you think!

The Plan can be viewed at http://www.knox.vic.gov.au/ rowvilleplan

If you missed the first Council information session in February, there is a second chance to discuss the proposal with Council members at the Stamford Hotel (Corner Stud and Wellington Roads) on March 15th from 10am to 2pm

It is your Rowville, so show an interest in our future by coming along. We hope to see you there.

## Lock it or lose it



Just because street by street residential burglary reports are no longer published does not mean the thieves have given up.

This is not the time to relax vigilance and get casual about locking cars parked in driveways and it remains crucial to report all incidents. Police continually blitz the

hotspots and Rowville police recently released this statement:

'Police at Rowville in response to an increase in theft from motor vehicles occurring overnight in the last few weeks, have conducted several operations saturating all residential areas within the suburb, which has resulted in over 100 people being checked, with offences detected for speeding, graffiti and criminal damage and trafficking drugs. Two males aged in their 20s have been charged and bailed for trafficking ice with two other males caught in possession of quantities of drugs. Hoon drivers have also been detected with fines issued and a car impounded.

Residents are urged to lock and secure their motor vehicles and garages overnight and to remove all property and valuables from cars when they are not in them. Police operations will continue to run to impact these crimes. Any information to Crimestoppers.'

For more community safety information see www. knoxsafercommunity.org.au

Anne Boyd

## Community Service Clubs' Page



Sponsored by Rotary Club of Rowville - Lysterfield



## of Rowville

Through Service

As briefly mentioned last month, our 2014 Autumn Business Breakfast will be held on Thursday 3rd April at the Kingston Links Function Centre, Rowville, with the extra special speaker being Phillip Johnson, the "Best in Show" and Gold Medal Winning Landscape Designer at the renowned Chelsea Flower and Garden Show in the UK. Phillip's Breakfast

"Greening our Cities - One backyard and Workplace at a Time". We are sure that Phillip's theme will dramatically challenge our views on domestic and commercial water capture and usage, backyard pools and better use of indigenous plants. Recently, Phillip was

quoted as saying "I'm committed to greening our cities and addressing water management through innovative and flexible sustainable landscape design."

Phillip Johnson is recognised as an Australian sustainable landscape pioneer in residential and commercial sectors and leads a multi-award winning team, known for their natural pools, green walls and creation of thriving habitats, using indigenous and native plantings with integrated water management.

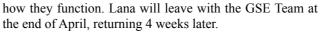
This event will have wide appeal and interest for home owners and business people who are keen to better preserve Australia's precious environment and resources for the generations of today and the future. So, keen gardeners and landscapers should not miss this presentation!

The Rotary Autumn Business Breakfast is timed to commence at 7.00am and conclude around 8.30am, cost will be \$50 per head and bookings should be made through: www.trybooking.com/EIQT or by direct debit to the Rotary Club. Tables of 10 and 8 will be available and are sure to fill up very quickly, bookings will close on Friday 28 March by close of business at 5.00pm. Further details from the Club website: www.rotarnet.com.au/rowville or phone Steve on 0418 580 651 or James on 0417 548 662.

Rotary group Study Exchange-GSE - Each year our Rotary District 9810 organises and hosts the Group Study Exchange (GSE) Program whereby an exchange takes place between our District and a corresponding Rotary District somewhere overseas. The aim is to provide an opportunity for four young adults to travel as a group and learn/share

Rotary Club their chosen callings/professions with like minded people in a foreign country. It was a foreign country to the control of the country to the co in a foreign country. In return, our District hosts a team of four from the exchange country to give them a similar experience in Australia. The exchange program is over a four week period and takes place from the end of April. This year, the exchange will be with a Rotary Club from Indiana USA. Our Rowville-Lysterfield Club has been privileged

> to support Lana Whitehouse from Rowville Secondary College in her application to participate in the 2014 program. Lana is Student Leadership Assistant and Interact Club Co-ordinator at the RSC and we are very pleased to report that Lana has gained selection in the team and will travel to Indiana, USA. She has a special interest in looking at Leadership in US Secondary colleges from both the staff and student perspectives and hopes to be able to attend some Student Health classes to observe



The Club has been successful in receiving Community Grant funding from City of Knox to assist with the running of a special public forum, probably in July, with the Theme of "Staying Healthy in a Cyber World", as a follow up to last year's forum that was held at Rowville Secondary College dealing specifically with "Cyber Bullying" and held for RSC Students and parents. This event will be held in a local venue and will be sure to attract a wide audience who will hear and learn from some qualified and rather special presenters in this subject which has been and is still, an area of great concern to many people, students, young adults and parents alike. More information will appear next month and watch for other announcements in the local press as the venue and speakers are confirmed. For further information contact Rotarian Darren St Ledger on Tel: 9752 8488 or Mob: 0438 680 670.

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 Warren Millar on 0414 956 611 or Murray Wilson on 0402 088 999 . Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Join us for an evening of fellowship and networking. Look us up on www. rotarnet.com.au/rowville, follow us on Facebook and also on Twitter@RotaryLyster.

James Wilson



Lana Whitehouse



that be because of illness, accident, family violence or any other form of trauma. The Lions Club of Rowville is honoured to support 'Operation Teddy Bear', which supplies bears to the Victorian Police and their SOCA unit, Bail Justice Association, Air Ambulance and the State Emergency Service Victoria as well as to other worthy institutions such as hospitals, children's cancer units and other organisations dealing with children in distressed situations.

Our President Harald Pries, Vice President Frances Campbell and Secretary Julia Young recently made a presentation of teddy bears to Detective Senior Sergeant Tracy Leith of the SOCA unit of Victoria Police based at Knox. The bears will be used to calm children in emergency situations over the coming months and, as there is an ever increasing demand for bears, the club looks forward to being

in a position to offer an ongoing supply as and when needed. This project is a most worthy cause and in excess of 2500 bears have been distributed to very needy recipients over the past twelve months alone

Chris Carr



An Information Resource Centre for the Community

#### **Volunteers Needed**

Knox Infolink, an information and resource Centre for the Community, has been working for over 20 years within the local community. Knox Infolink is a not for profit agency in the City of Knox with the core function of providing information, support and referral and emergency relief for residents in the city of Knox.

## What we do:

Knox Infolink Inc. provides a wide range of free services delivered in a confidential and impartial manner to the residents of the City of Knox. We provide the following free services: Community Information, Emergency Relief & Material Aid, Budget Service, Knox Community Support Program, Advocacy, NILS®, FV NILS, Tax Help, Telstra Bill Assistance Program, Fax Service for unemployed, Mail Holding Service, TTY Relay Service for the Hearing and Speech impaired members of the community

#### **Our Mission Statement:**

Knox Infolink provides confidential and impartial information to the community, the aim of which is to empower individuals to make informed decisions to enhance their quality of life.

Fifty plus volunteers help each week to provide free impartial information and support to those in the Knox community experiencing difficult situations. Are you interested in volunteering? We have a limited number of positions available for Community Interviewers, reception and transport workers.

An information session will be held on the 12th March at 10.30am. Call Knox Infolink, 9761 1325, if you would like to attend

Zillah McLaren Manager



Straining to hear the television or telephone? Missing out on conversations and jokes? *Trouble hearing in a noisy restaurant?* Miss hearing the birds and the wind in the trees?

## We listen so you can hear

**Government Accredited Audiology Services** 

\*Free Comprehensive Hearing Test and Digital Hearing Aids for Pensioners

#### Don't Delay

\* Inquire about the Office of Hearing Services Voucher which entitles free hearing services and some subsidized hearing devices for card holders of Pensioner Concession, Centrelink Sickness Allowance, DVA Pensioner Concession, White Health Repatriation (for hearing loss). Gold Health Repatriation, and Australian Defence Forces

Suite 3, 7 Fulham Road Rowville, VIC 3178 Ph: 9763 8828 www.rowvillehearing.com.au

## **Rowville CFA**

Unfortunately this year's fire season has arrived and has had a big impact on the state in the last couple of weeks. As a result there have been a number of hazy and smoky days which have worried a number of people. Because



of the on-going nature of some of the fires, the smoke is being blown across the state but it is not a cause for concern and there is no need to contact 000. If, however, you do see a column of smoke or fire, please contact 000 immediately. The CFA website, www.cfa.vic.gov.au\_ and the Vic emergency website, www.emergency.vic.gov.au are continually updated with notices if you have any concerns with what is happening in the local area.

Since the start of the fire season and the beginning of total fire ban days, the station has had a number of calls regarding whether BBQ's and/or Spit roasts can be used. There are a number of factors which are taken into account in these situations and some may be allowed with a permit. For a comprehensive decision and permit application if required, please contact the Fire Prevention Officer in your local council.

Rowville Fire Brigade will be attending the Wellington Village Community Fun Day on March 22<sup>nd</sup> and hope to see you there. If you have any questions regarding your home fire safety plan or even just some tips that you may not have

# Stamford Park Men's Shed

After many month of focusing on the grounds of the Stamford Park Homestead, and having completed many hours of mowing, brush cutting, mulching along the bike path and around the trees, the Stamford Park Men's Shed are looking for a small project to give them a change of scenery. Don't take this the wrong way, we love the scenery at Stamford Park and wouldn't want to be anywhere else.

Whilst looking for a project a couple of members stopped at 7-11 Rowville to get some petrol and now the Stamford Park Men's Shed has found their new project. Whilst filling the car, the members looked across to Stud Road and noticed the roof structure on the Rowville wishing well had seen better days. Upon further inspection, it was falling apart.

So after discussions with management at 7-11 and a number of other parties, the Stamford Park Men's shed will be taking on the project to replicate and install a new support structure and roof for the wishing well.

The history behind this well is being looked into and we hope to have a story to tell shortly.

Details of our meeting venue, dates and times can e found in "What's On Locally" on page 2. Feel free to call Barry Treadwell (Mob 0425 719 451 or email info@ stamfordparkshed.org.au ) to arrange a visit or to obtain information on the Shed's activities.

Phillip Keily Publicity Officer



The Roof Of The Wishing Well Looking The Worst For Wear

#### Community Supported by Cr Nicole Seymour NoticeBoard Knox City Council, Tirhatuan Ward



thought of, please feel free to ask one of our members who would be happy to help.

This year many of our members will be participating in the Knox Relay for Life, raising funds for the cancer council to continue their great work. If you'd like to sponsor or donate to this great cause, please feel free to do so at welling ton village or the relay for life team's website, www. cancercouncilfundraising.org.au and support Rowville Fire Brigade.

You may have seen that on February 28<sup>th</sup> the Fire station and some homes had a Red balloon flying. The idea is simple, fly a Red Balloon from your letterbox, fence, business window or a ribbon from your car on the 28th of February (the last official day of Summer in Australia), and let our fire fighters know just how much we appreciate their dedication, hard work and tireless efforts in protecting our lives, our homes and our communities throughout the year. Often our fire fighters (both career and volunteer) leave their families, homes and communities to help protect ours.

Brent van der Ross

## +

## **Australian Red Cross**

THE POWER OF HUMANITY

#### **Rowville Unit**

Red Cross is hoping to raise \$2 million in March, for the Red Cross centenary year. Please support our efforts here in Rowville when you see us collecting at shopping centres and door knocking. There are so many places around the world and locally that need our help. The greatest example at the moment is the bush fire emergencies. Red Cross features very much at these times.

Also if you would like to join us in the Rowville Unit, please give Joan a call on 9764 4611. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

Elly Bare

# Rowville

to participate in community events.

The Rowville Community Kitchen is a life skills and food service training program for those seeking sustainable employment. Our participants gain the skills to get jobs offering liveable wages, benefits, and opportunities for advancement through hands-on training. Over the last two years RCK has provided thousands of meals while transforming the lives of countless participants and families. We accept new participants every week. In addition to training, each person receives jobplacement assistance, individual mentoring and opportunities

There is a misconception that we are here only for people in need. Nothing can be further from the truth. Everyone is welcome. For 48 weeks of the year we serve lunch to families, retired persons, social groups, small business people and the volunteers of the Stamford Men's Shed. We are here to provide meals to anyone who would like to share a hot meal and to enjoy a little conversation. We must be doing something right, the number of people who join us for lunch each week has doubled.

A less tangible benefit of RCK is the provision of companionship providing a sense of camaraderie that is missing from so many lives.

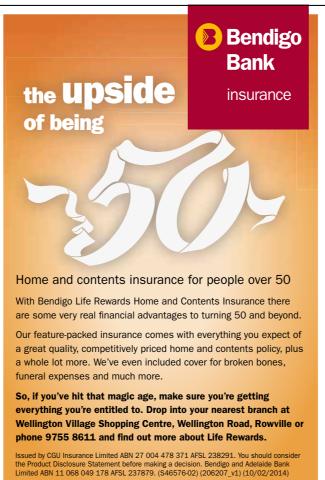
Our meals are free, but if you would like to make a donation, that would be marvellous as every dollar provides pantry staples or new equipment.

For those who need them, fresh fruit and vegetables are available for take-home. Our range of supplies varies each week dependant on the donations of local supermarkets.

To join us for lunch give us a call on 0416 305 741 or check out our Facebook page.

Christine Smith

Editor's note:- I may have inadvertently suggested in last month's issue that the Community Kitchen was part of the Salvation Army. That is not the case, as they are an independent kitchen providing a valuable service to the community. Any help you can offer would be gratefully received by Christine.



Rowville Community Bank® Branch



## **Knox Council**

# Children to cross with confidence en route to the classroom

Students and their families are taking a lesson about the importance of school crossing and safety and not just in the classroom.

Knox Council and Knox Police's Highway Patrol have partnered to roll out a pilot six-week campaign, the **Safe and Active Schools** initiative, which aims to raise awareness on road safety skills and sustainable travel, while encouraging parents and students to walk to and from school and help drivers become more aware of pedestrians on the street.

Students will attend 45-minute education sessions led by Council's School Crossing team. School crossing mascot 'Lottie' will take to the school crossing before school, then join students in the classroom for the interactive education presentation. Students will be taught how to 'Stop, Look, Listen and Act' through the use of school crossing props as well as entertainment from Lottie.

Schools will also have the opportunity to develop Active Travel Plans which will support students and the school community to walk and cycle to school, as part of the Be Active initiative funded by VicHealth and Sport & Recreation Victoria.

Knox Mayor Darren Pearce said the Safe and Active Schools initiative would benefit everyone in Knox, from students crossing the roads, to parents seeking to ensure their children's safety and school crossing supervisors ushering residents across the road. "Walking children to school is an active mode of transport, it's the most health-conscious way to get kids to school and it's cost-effective, but it also provides a good opportunity for quality time," Cr Pearce said. "Council's school crossing supervisors perform a wonderful service in our community and we share their passion for safety for students to access their education as safely as possible."

Knox Highway Patrol Acting Senior Sergeant David Young said motorists who drove through school zones needed to be aware of their surroundings and comply with school speed zones. Acting Snr Sgt Young said "The work of the school crossing supervisors is of great value to the community and parents and students alike need to remain vigilant when dropping off and collecting children from school areas,".

Parents and students will be well informed during the campaign, with regular updates on the Safe and Active Schools program featured in the school newsletter, both printed and online. Parking maps will also be distributed to parents in school zones as a guide of where not to park near a school crossing, while Knox Highway Patrol and Council Law Enforcement officers will continue to conduct their regular safety checks. Council's School Crossing team presented its initiative at a school council meeting on 24 February.

At the time of going to press, there were no details of which schools will be part of the programme but the RLCN will keep readers informed as soon as information comes to hand. In the meantime residents can follow Knox Council on Twitter and Facebook and join in the conversation using hashtag: #CrossSafeKnoxnnn@KnoxCC nnfacebook.com/KnoxCouncil

## Rebecca Gallaher Moves On

After ten great years working at Interchange Outer East, Rebecca says it is time to move on. Although sad to not be working as closely with some remarkable people, achieving create things, she is very excited to be starting a new position at Irabina Childhood Autism Services http://www.irabina.com/

Rebecca says Interchange Outer East has been a fabulous place to work and recognises that she is leaving it in great shape. If you would like to keep in contact you can find Rebecca at Linkedin http://au.linkedin.com/pub/rebeccagallaher/16/bba/505

David Gilbert

# Mental Illness: Student Smashing the Stigma

In some stage of their life, 45% of Australians aged between 16 and 85 will experience a mental illness. This may be caused by many different factors such as stress, life experiences, environmental factors, genetics, recent events and brain chemistry. Many mental illnesses can be treated effectively, managed appropriately and allow the individual to lead an everyday life; however why is the stigma still there?

Stigma is a negative label which is associated with rejection or disapproval by those who are not labelled in that particular way. Stigma can cause feelings of doubt, shame, hopelessness or reluctance to seek help and support in an individual. Three out of four people with a mental illness have reported experiencing stigma, which is usually based upon unfair prejudices, myths and stereotypes.

Statistics have shown that 49% of Australians would avoid someone with a mental illness, 42% thought that someone with depression would be unpredictable and 25% believed that depression was due to personal weakness. These beliefs keep the stigma alive and spreading which puts an endless pressure upon individuals who are already suffering.

As former US President Bill Clinton said: "Mental illness is nothing to be ashamed of, but the stigma and bias shames

Rowville
TOASTMASTERS
TOASTMASTERS
Use Their Talents Every Day

One of the many reasons people join

Toastmasters is to give them confidence when they speak.

Have you ever been lost for words or not known how to say the right thing at the right time? Have you listened to someone speak and been embarrassed for them? Have you ever wanted to speak up but didn't feel confident? We all need to communicate effectively, so why not learn the skills to do it more effectively.

Two new members are already using their new skills. Adam, who works in the health sector, says, "I had a vision for how people can see their health challenges as an opportunity to change their lives for the better. But my progress has been slow due to a fear of public speaking. Joining Toastmasters helped me to realise that I was not alone and that given the right environment I could learn to connect to, educate and even inspire people I've only just met. Whilst my Toastmasters journey has only just begun, it has already helped me to communicate more clearly when explaining to others, structure my trainings so they can be understood by a diverse audience, and become accustomed to the build up before a speech."

Chessie, who joined recently, was asked to speak at her friend's wedding. "I've learned many things at Toastmasters, but three things that helped me greatly. First, I practised us all" and the stigma can be defeated. In simple ways, such as spreading awareness about the facts of mental illness, speaking up about false displays and stereotypes, not judging, discriminating or labelling those with a mental illness and talking openly about experiences and other issues around mental health, to promote acceptance and understanding, are all ways in which we can help. By writing this article, my goal is to try, even in just a small way, to create awareness in the community around me. We all have the power to spread this message.

The truth is we will never know how many people may have taken their own lives because they were scared to get help and feared what others thought because of this stigma. We also will never know how many people it could help and possibly save by promoting acceptance and providing support for those with mental health problems and mental illnesses. So thank you, for taking the time to read this article.

#### **Mental Health and Illness Facts:**

- Mental illnesses are not caused due to personal weakness nor are they a 'character flaw'
- Mental illnesses can be effectively treated in various ways such as medications, therapies and group programs
- Individuals suffering from mental illness cannot just 'get over' it and simply move on, there can be many underlying causes and other symptoms
- Mental illness can be just as debilitating as any physical illness or disease
- Mental illness is not contagious *Charlotte O'Grady*

my speech out loud and refined it. Second, I started with a strong opening and ended with a memorable conclusion. Third, when I stood up to speak, I was able to 'own' the floor. Toastmasters has taught me how to be a confident speaker in just a short time. At meetings, I can practice using gestures, body language and vocal variety. I have learned how to structure a good speech and to make sure my key points are clear and focused. The good thing, when I was asked to speak at my friend's wedding, was that I knew I could deliver a speech and stick to time, provide the right balance of facts and humour and support my best friend on her big day ... all thanks to Toastmasters."

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. Guests can attend free of charge. While there will be the opportunity to speak and guests will be encouraged to do so, there is no obligation. Details of our meeting venue, dates and times can be fund in "What's On Locally" on page 2. New members are always welcome.

Leona Jorgensen, Vice President Public Relations.

## **Wellington Village**

The Mayor of Knox, Councillor Darren Pearce, is a big supporter of our shopping centre

and wanted to share his thoughts and experiences with you.

"As Mayor of the city of Knox, I get to see a lot of places and centres that local people visit and spend time in. But as a local Councillor and a proud local myself, there's nothing quite like spending time in places closest to home.

Wellington Village is my family's local centre to shop and relax in. I can't count the number of times we've sat down for a meal at the Eating House Restaurant, or browsed through the magazines at the newsagency, picking out colouring books for the kids. I've also spent a lot of time in my role as a director for the local Bendigo Bank



at the Village.

And it's fair to say anyone walking by the Gills and Grills shop will have seen us enjoying potato cakes on a weekend afternoon.

The main reason we spend time at Wellington Village is that sense of it being our local place, a convenient hub for nearby residents. It's a place that typifies a sense of community that I want to see right across the City of Knox.

As Mayor, I want to see all our local hubs and centres continue to play that role of being convenient meeting places. As a local, I'll always be back, running into other locals like me, sharing time with family, friends and neighbours.

One of those times when we can all get together will be for the Wellington Village Community Fun Day on Saturday 22 March. I can't wait to see you all there".

Cr Darren Pearce Knox Council Mayor

# tun da **FREE** fun for the whole family

Saturday 22 March 9am to 2.30pm

Free Sketch Artist

Free Facepainting

Free Balloons

Live Music

Kids Activity Workshop

Police Car & CFA Fire Truck

Rowville Rotary Sausage Sizzle

Free Rock Climbing with Heany Scouts

Multicultural Harmony Festival Performers

Heany Park Primary School Art Exhibition

Proud supporters of the Wellington Village Community Fun Day



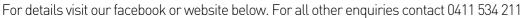


















Cnr Wellington Road and Braeburn Parade, Rowville wellingtonvillage.com.au



## Rowville Community Library

March

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



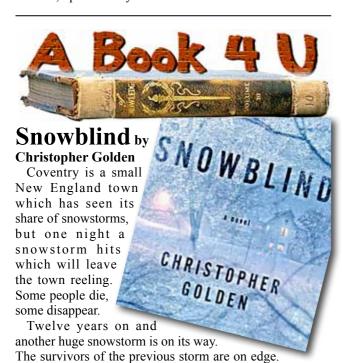
Labour Day Holiday: Please note that all of Eastern Regional Libraries, including Rowville Library, will be closed on Monday 10th March., however, the After Hours chute will be open for returns.

Harmony Day and Multicultural Week: A morning tea will be held on Friday 21st March to celebrate our multicultural neighbourhood. All welcome. Free event. No need for

The "Triple M" Challenges for Children with Learning Difficulties - Motivation, Memory and Metacognitive Thinking: Nadine from Reminds will be with us again on 21st March at 6.30pm. Join us for a session discussing how neurological and psychological brain immaturities in children with learning difficulties may cause issues for learning in the areas of motivation, memory and metacognitive thinking. This seminar will explain and address these challenges. Free event. Please book, phone 92941300

Dr DeClutter: Hear how to get organised and de-clutter when Carol Martyn, Professional Organiser, joins us at 7pm on Thursday 27th March. Free event. Bookings please

Author Janet Werkmeister presents "From radio to wallabies": Janet's book is about the life of her grandfather, radio broadcaster, Norman McCance. Norman reported on many major news events, such as the first international flight to Melbourne, the opening of Parliament House in Canberra in 1927, special navy manoeuvres in 1938 and 1939 etc.



They are full of regret for their actions during the last storm; a son who never made it home to comfort his mother; a policeman who was unable to save a young boy; a husband who didn't go home to his wife and Jake who saw 'something'

A small boy disappears from a car accident where both his parents have died. The police are doing their best to search for him while the storm grows in force. When this boy turns up at Jake's house, the truth about the storms and what they conceal comes out. Weird things are happening all over town. A young girl starts to behave like her Grandmother, a policeman is acting strangely, barbing Detective Keenan about his failure to save the boy during the previous storm, and a woman receives a phone call from her dead father.

Both a ghost story and horror, "Snowblind" had a lot of promise. I enjoyed the plot, I liked the author's straightforward storytelling and his ability to build tension so convincingly.

I found myself reading well into the night in order to find out just what would happen next.

Judy Lim Rowville Library

Editor's Note:- In an effort to broaden the appeal of our paper, by introducing new features, this is the first of a monthly book review column. Let us know what you think.



There are some wonderful photographs which are included in the book and would also be part of the talk. Join us on Saturday 29th March at 2pm. Free event. Bookings please.

**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 Wi-Fi.

• explore the Online Resources on the library's website. Bookings are essential 9294 1300

Mobile phone help: Staff and friends from Stud Park Telstra Shop will assist you with any brand of phone or carrier on Thursday 6th March at 9.30am. Bookings essential. Free

**Bookclubs:** There are three bookclubs running in the library which meet once per month - Friday evening Thursday evening or Tuesday afternoon. For more information ring Rose 92941300.

Afternoon Bookchat! Held at 2pm. Our next meeting will be on Monday 3<sup>rd</sup> March.

Wednesday mornings a tutor is available from 10am to assist people to use the computers. Tutors are able to help with Internet, iPads, tablets, Email, Facebook, and Office, everyone is welcome. The sessions are free. Beginner's Internet and Basic Email training sessions are now on offer: Rowville Library is running these sessions on a regular basis, classes are small (maximum of 3), run for 2 hours and the cost is just \$15 (concession \$12.50). Ability to use the mouse and keyboard is essential. Rowville Writers' group: Next meeting will be on Tuesday 25th March at 1pm. Chinese Friendship Group: This group meets weekly at the library on Thursdays at 10.30am.

Family History Help: Rowville Library offer FREE oneon-one assistance, but first please telephone 92941300 for a

Computer Help / Tablet Sessions: On Tuesday and

time to ensure staff availability.

Home Library Services: please ask to speak to Rose or Raelene on 9294 1300.

Kids on Wednesdays: Bring along the children to our craft session on Wednesdays at 4pm during school terms. For primary school aged children - it's fun and it's free! Saturday 10.30am during school terms. A special family storytime will be held every Saturday morning at 10.30am during school terms. Come along with friends and family to join the children for this one hour session! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Everyone is welcome. This is a free event. No bookings required.

Bedtime storytime is on first Friday of the month at **7pm.** Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) Our next Bedtime Storytime is at 7pm on Friday 7<sup>th</sup> March. All Welcome.

Are you a member of the Rowville Community Library? If not, join now. Joining is free. Borrowing is

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

Details about the library are available at www.erl.vic.gov. au and you can even join on-line.

Rose Thompson, Manager – Rowville Community Library 9294 1300



## Rowville Neighbourhood **Learning Centre**

March 7th sees Rowville Neighbourhood Learning Centre celebrating

International Women's Day, exploring the significant contribution women make within the community. Our guest speakers will share their inspiring stories and we'll be running a range of activities where women can learn, participate and connect. All are welcome, with materials, refreshments and a light lunch provided. Cost: \$10. Bookings at the centre. In order to further enhance and grow skills within the community we now offer specialist "Career Coaching", supporting students, adult career transition or redundancy, parents and migrants returning to the workforce. We'll cover a range of skills including, cold canvassing the employment market to obtain interviews, interview coaching and local networking. For an appointment phone: 9764 1166.

The Centre also provides a host of affordable courses for those looking to upskill or increase opportunities for employment. Introduction to Office Administration with its overview of procedures, and customer service practices, can lead to volunteering and work experience opportunities

Computers are an integral part of almost every workplace and our courses vary from beginners' level with Basic Introduction to Computers to Up-dating your Skills for Returning to the Workforce, where students examine the way programs function in a business setting. For the more advanced Learner there is MYOB for budding Bookkeepers.

And if you're looking to become more digitally literate we can help you get a handle on Skype, Facebook, Twitter □ and Blogging, iPads and Android Tablets. Other popular classes include Photography, where you can learn photo management techniques on the computer and photo editing using Picasa and Windows.

Check out our latest brochure to see what else is on offer. Please call, drop into the centre or take a look at our website: www.rowvillenlc.org.au Phone: 9764 1166

Kerry Cronjaeger



## **People** Representing **Opportunity**

Knox's new residents' group aims to work with

Knox Council to maintain services and prepare Knox for the challenges of a positive and balanced future. PRO stands for - People Representing Opportunity.

PRO KNOX members are concerned about the undermining of our future opportunities and prosperity if our leaders choose to cost cut with a view only to balancing the financial ledger while sending the community into spiralling social and

environmental debt. PRO Knox wish to assist with debate and finding solutions to keep Knox City as one of the most leafy and liveable Municipalities within South East Melbourne.

We believe in providing for the future, not just the present; having residents engaged and proud of their neighbourhood; minimising financial, social and environmental risk; strong representation to other levels of government; and proactive planning for infrastructure and services which make our suburbs more sustainable and reduce traffic congestion. The group wants to see a focus on Street Tree replacement and planning permit compliance and believes that more resources are needed to monitor developers.



U3A KNOX classes began on schedule on 4th February, for an 8 week term. During the four week break in April, some holiday

special classes will be scheduled. To find names of classes with vacancies visit our website www.u3aknox.com.au and look at each day for the list of classes. The last column lists vacancies for that class.

The oil painting class on Friday afternoon, is without a tutor and class members have formed a self-help group. We would be glad of help to find a new oil painting teacher remembering that U3A class teachers get no remuneration. At present there are tutors for the water colour, drawing, and modern art classes.

U3A is proud of our Knox Citizen of the Year Don Brown, who presently looks after four groups, Appreciating Opera, Monday Musicals (some vacancies), the Golf Group at the Dorset Club, at 7 a.m. on Wednesdays and the Strollers and Short Walk Group on Tuesday mornings from 9.30 a.m. Both of the last two groups have some vacancies.

The Hawaian Ukulele group, new this term, is full, with a waiting list. However other groups at the RAFT centre have vacancies, including the Folk Music group on Tuesdays at 10 a.m., Psychology on Thursdays at 10.30 and Science & Christianity at 11.00 on Tuesday.

There are also vacancies in the Mah Jong class at 7 p.m. at Wantirna Village Hall on Tuesdays.

At present there are 127 classes at different venues for Knox U3A, every week of term. There is one weekend class, Bridge, on Saturday afternoon (8 vacancies) and the Caravan and Camping group has 4 vacancies. Most computer classes are full at this stage.

The Events Committee is also working hard, with one tour already completed in February and others in preparation, including a visit to the local winery and a trip to Blue Lotus Water Gardens, both in March.

Dates: Term 1 Monday February 3rd to Friday March 28th. Term 2 Monday April 28th to Friday June 20th.

Don't forget - membership of U3A Knox for the year costs only \$40, which includes access to any number of classes which have vacancies. The only extra cost is for Computer classes

Kath Brown



Don's walking group enjoying the scenery

## RLCN Scholarships

#### **RSC Winners**

We were unable to publish the photograph of the Rowville Secondary College recipients of the RLCN Scholarships last month, so here they are ;- Left to Right Mitchell Chapman, Amelia Sloan, Emma-Lee Collard, Indiana Johnson-Boe, Calvin Parker Congratulations once again to all of you.

David Gilbert





A pumpkin scene improved with 'Unsharp Mask'

## Paul's Photography Patter

We all occasionally take photographs where the image appears to be a bit blurry or "soft".

Unfortunately you can't sharpen one that is really blurred or out of focus. For example, an obviously blurred photo caused by camera shake won't improve much, if at all, by using sharpening filter tools. These digital programs can't add information to a picture that wasn't there when you captured the scene.

However, if your photo needs only a little help then 'sharpening tools' programs will certainly improve the image quality.

Almost all image editors come with a set of sharpening tools or filters that you can use to increase the apparent sharpness. What they actually do is increase the **contrast** (that is the difference in degree between light and dark) in the image to make it look sharper. This is why overusing these filters on very blurry scenes just makes the subject look even worse.

Some of the tools in the different programs you may have on your computer are:

**Sharpen:** This basic tool just increases the contrast of all the pixels (colour dots)

in your image at once producing a reasonable result. **Sharpen Edges**: This is a slightly better tool as it only increases the contrast along the edges in your picture, where a lack of sharpness is more obvious.

Unsharp Mask: Ignore the funny name. It's the most powerful and effective image sharpener and the one I always use. It has options you can experiment with but I think you will find the defaults are almost always fine. HINT: Naturally strive to take sharp, in-focus pictures from the start but consider sharpening tools for slight mistakes.

Happy snapping, Paul Lucas.

# ROWVILLE COMMUNITY CENTRE 20 Fulham Road, Rowville Tel: 9763 7400

### **Fitness Classes:**

For stress relief and relaxation, why not join one of our Yoga classes held on Tuesday and Wednesday evenings. If you're

looking to tone and strengthen your muscles, but don't like the gym environment, then the Stretch & Tone class could be just for you.

Our classes are kept to a maximum of 12 people and are run throughout the school terms. To enrol in one of these classes or to find out more about the Rowville Community Centre please contact 9763 7400 or log on to www.knox.vic.gov.au/A-Z listing.

Patricia Massie



#### **Upcoming Tours**

Thursday 13 March, 5pm: Twilight tour

Friday 2 May, 9am:
Prep/ELC Information Morning

www.knox.vic.edu.au Ph: 8805 3800



## An Hour With Ronald Rodrigo

In 2009 the Restore Community Church was formed in Rowville by Ronald Rodrigo and his wife Ingrid. Today, they have a healthy congregation of more than 200 people.

Ronald was born in 1954 in Colombo, Ceylon, 18 years before the country became the Republic of Sri Lanka. His father was serving in the Sri Lankan Air Force and he live there with his four sisters and two brothers attending St Peter's College Colombo both as a primary and secondary student. It was during those school years that Ronald developed a love for the game of rugby union. To say he became proficient in the game is an understatement as he went on to captain the Sri Lankan national team and played in three 'Hong Kong Sevens' competitions from 1976 to 1978. "I also played representative cricket and athletics, but my passion was rugby union" said Ronald. "After my playing days were over, I wanted to put something back into the game and continued to coach rugby union at schools" he added.

Upon leaving school Ronald followed in his father's footsteps and joined the Sri Lankan Air Force in the communications area, where he continued his education gaining a post master's degree in wireless. Whilst in the Service, he was at a dressmaker friend's house and was introduced to a young lady called Ingrid, who in 1977 became his wife. "Today I have three lovely daughters born in Sri Lanka and two more daughters and a son born in Australia" a proud Ronald declared. They are all involved with the Church, volunteering and supporting their parents.

After leaving the Air Force, Ronald joined the Merchant Navy as a radio operator and sailed the high seas for two and a half years and saw many parts of the world and came into contact with many faiths and cultures, before the loneliness and boredom became too much. "I had a friend who was involved in the printing trade, so I decided to return to the land and open my own printing business in 1981" he recalled.



It was at a Christmas service in the same year that Ronald experienced the Lord Jesus Christ in his life. His wife admitted that she too had received the Lord a few months before and although his parents were not churchgoers, his grandmother, who was a regular at her local church, served as an inspiration for him. He still draws inspiration today from Pastor Colton in Colombo who guided him through the early learning and understanding process, until he left for Australia in 1986.

After arriving in Australia, jobs were not hard to find, but Ronald felt that God was calling him for a far more important cause. He completed a 3 year bible studies course at Harvest Bible College and did a factory job in Mt Waverley to provide for his growing family, whilst working as a volunteer at his local Dandenong church. After renting a house in Dandenong for a short time the family bought a house in Doveton, before moving back to Dandenong in 1990. Ronald pioneered the Hospital Ministry, and for 14 years pastorally cared for hundreds of people living in the

eastern suburbs of Melbourne, whilst running one of the country's best Alpha courses.

In 1994, Ronald commenced full time work at the Assembly Of God Church and was ordained in 1996. Ronald remembered "In 1998 I took the family to Sri Lanka for a holiday and to meet family, which was the first time my youngest three children had been there and it was a bit of a culture shock for them, plus of course the tropical weather". In 2000, they moved to Rowville and before they started Restore Community Church in 2009, Ronald and Ingrid enjoyed a relaxing holiday in Europe. Ronald served a total of 22 years, with the Assembly of God Church both as a volunteer and ordained minister in Australia.

Ronald recited, 'Our vision is that Restore Community Church is a community of believers in the Lord Jesus Christ, called to the task of mending broken hearts, restoring precious lives and empowering people unto their God-given purposes, by the love and by the message of Jesus Christ', which he said reiterated his desire to see lifestyle changes in relationships, both spiritually and emotionally in

his congregation. "I regret that we can't help everyone due to

financial limitations but we do not give up trying to restore faith" Ronald said. Ronald has a passion to add value to others out of the

experience of his own journey, whilst Ingrid continually ministers to women of all cultures and successfully mentors, motivates and helps women.

There's not much time available outside of the Ministry and six children for pastimes, but Ronald enjoys walking and supports his son in following Richmond in the AFL. He can't imagine doing any other job as his focus has been entirely on the Church, leaving him no other options. On the question of youngsters aspiring to the Ministry, Ronald said "Find out what God really wants of you and be faithful to him"

Perhaps his thoughts for life sum up this dedicated man. Be obedient to the call, be faithful to the call and then change your lifestyle to fulfil the call. It's a creed that applies to life, work and sport as well as religion.

NB Restore Community Church is affiliated with the Christian Church in Australia (CCA).

Interviewed by David Gilbert

by beautiful cannas and enormous dahlias led to Mrs Knight's pretty little garden. I tried to sit opposite a window so that I could gaze dreamily

out at the cheerful red hibiscus tree outside the window.

"I find it so tiresome...difficult to get a good servant...are you alright dear?" Mother's voice droned on.

Sometimes a mynah bird would settle on the branches and sing an "it's about to rain" song, or a dragonfly would hover like a miniature helicopter before darting out of sight. If it was twilight you could hear melodious bird song, accompanied by the chirping of crickets and the croaking of frogs.

One day, I was sent on an errand to Mrs Knight. I remember carrying a bowl of something. It was evening and as I walked along the path, I savoured the birdsong, the cool breeze and fragrance of the frangipani and the queen-of-the-night. I ignored the rather large sign on the gates of the Major's house that warned "Beware of the dog" as I had never yet seen or heard one.

I heard a rustle along the shrubs and a long, sleek, dark form leapt out in front of me. It was still just light and I found myself confronted by a large snarling German shepherd. Needless to say, I was terrified as it bared its fangs and pink gums at me. I froze to the spot, which is possibly the best thing I could have done under the circumstances. As the fearsome creature started to growl, I heard a voice calling. It was the Major's servant telling the beast to be quiet and come inside.

I took courage at this and took a few steps forward to get past. The little old woman was just discernible in the gloom and the dog didn't seem to be taking any notice of her urgent cries. To my horror, it took a lunge at me as I stepped past and sank its teeth into my posterior. However, as luck would have it, I had warn my very frilly pink can-can petticoat, that my aunt had sent from England, and though never intended for that purpose, it literally saved my skin.

Mrs Knight got her bowl of whatever it was, her ayah comforted me with one of her famous long cold drinks and I managed to have my skirt mended at a later date. Thankfully, I outgrew my phobia of dogs, but I will never again ignore a sign that says, "Beware of the dog" or neglect to give a large roving canine a wide skirt!

Down Memory Lane by Marlene Smith Mother loved to visit the elderly. I have

childhood memories of sitting demurely with hands crossed in my lap, in pretty parlours across from little old ladies. Mother talked incessantly to them to "cheer them up" as she put it. The poor dears simply sat with tired expressions on their faces, or played with their hearing aids, trying to get the gist of what was being said. Ayahs, or maids as they are now called in India, fussed around their mistresses and brought us long cold drinks on beautiful silver trays. Being the tender age I was, I found these visits extremely boring and couldn't wait to get out of those somewhat musty front rooms.

One such lady lived in a cottage behind a rambling house that belonged to a Major in the Indian army. The house was surrounded by a high wall and a narrow pathway lined

- Green Pool
- Regular Servicing
- Casual Servicing
- New Pool Handover
- Party Servicing

- Water Testing & Balancing
- Insurance Services
- Weather Services
- Accredited SPASA Member
- Equipment Changes & Repairs

"With friendly, affordable services, why stop twice?" 5 Darryl Street, Scoresby Village Shopping Centre



Ph:9753 3929

**Pumps** Cleaners **Filters Chlorinators** Heating Chemicals Accessories

## Achievers Page

Sponsored by Alan Tudge MP Federal Member for Aston



## Knox Welcomes their Newest Citizens & Announce the 2014 Australia Day Award Winners

Knox City Council welcomed 45 new Australian citizens and announced the winners of Knox Australia Day Awards. Celebrations were held at Council's Civic Centre on Sunday 26 January. The official ceremony was followed by a well-attended flag raising ceremony, which was assisted by the 2<sup>nd</sup>/3<sup>rd</sup> Scouts, while singer Elise Andrews led the Knox community in *Advance Australia Fair*.

Mayor Darren Pearce encouraged attendees to be proud of their own history, where they came from and where they called home in 2014. "Regardless of our age, country of birth or language that we speak at home, we are all part of this wonderful nation of Australia and I sincerely hope that everyone in Knox will take a moment today to pause and reflect on what that means," Cr Pearce said. "Of our 154,000 residents, 41,000 were born overseas with 20% of Knox's residents coming from non-English speaking backgrounds and this I believe really adds a depth and richness to our shared culture".

The crowd was also treated to an inspiring speech by Australia Day Ambassador and key guest speaker, Major General David J McLachlan AO. Major General McLachlan served more than three decades in the Australian army through regimental and staff appointments in Australia, Malaysia and in South Vietnam.

Following the ceremony, Knox welcomed our newest citizens, with family and friends. The new Australian citizens chose to reside in Knox from as far afield as Malaysia, China, New Zealand, Kenya, UK, Italy, Cambodia, Pakistan, Mauritius, Taiwan, Israel, India, Philippines and Sri Lanka.

Knox Councillor Karin Orpen, Chairperson of the Australia Day Awards Advisory Committee, announced the 2014 Knox Local Australia Day Award winners.

#### Don Brown—Citizen of the Year

For the past five decades, Don Brown's community spirit has led him to work tirelessly to benefit Knox. Don first began volunteering in the 1960s as a football umpire for the Eastern District Football League. He was also instrumental in forming the Knox Little Athletics Association, where he initially served as Secretary and later as President. Don's contribution has been honoured with Life Membership of both organisations.

Don has made an outstanding contribution to the University of the Third Age (now known as U3A Knox). Since becoming a member in 1994, Don has held the position of President three times and also served as Course Coordinator, a role that requires Don to establish new courses and find suitable tutors.

## **Rowville Senior Citizens**

We have had a great start to 2014 (despite the heat), with our regular members returning for indoor bowls, bingo, cards and rummikub. A warm welcome also, to our four new members and more are always welcome.

Our appreciation is extended to our retiring Secretary, Margaret Smith, who has served the club in this position for the past four years. Thanks Margaret for your hard work and good luck to Dennis Moore, our new Secretary.

If you are 55+ and would like to make some new friends and have a laugh, then come along and join us. Day trips, lunches, theatre shows, trivia and in-house entertainment days, are planned throughout the year.

Details of our meeting venue, dates and times can be found in "What's On locally" on page 2. For enquiries, please contact Anne Berg on 0404 007 174 or 9873 0226. Anne Berg (President)



Award Winners l to r April Himmelreich, Don Brown, Jessica Barlow and Caitlin Meadows.

At 81 years of age, Don still leads four classes every week. Don also volunteers his time to the local theatre community. For 12 years, he has served as a volunteer judge at the Annual Lyrebird awards, a responsibility that requires Don to judge up to 40 performances annually.

## April Himmelreich Volunteer of the Year

April has been an active member of The Basin Fire Brigade for more than 15 years and has contributed in many ways including, Events Coordinator, Community Safety Coordinator, Community Education Presenter, creating the Captain Koala and Friends show and has served as an Operational Fire Fighter.

April has also served on The Basin Playgroup Committee as well as Colchester Park Preschool Committee. She has raised funds for a number of charities, including Red Cross Red Shield Appeal, Riding for the Disabled, Animal Welfare Refuge and The Good Friday Appeal.

## **Caitlin Meadows Young Citizen of the Year**

Caitlin has channelled her desire to better the community in

## Wellington Care Centre

# Counselling Services

High quality, low cost professional counselling for-

- Individuals
- Couples
- Families

Aimed at addressing your concerns and assisting you to manage them in effective and positive ways in order to improve your quality of life.

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

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

a number of ways, including raising funds for important causes. By organising cupcake and milkshake drives, Caitlin raised almost \$2,000 for the Cancer Council and Heart Foundation. She has also raised funds for other worthy causes, including the Epilepsy Foundation and Breast Cancer Foundation. Caitlin has also generated awareness and funds for a number of causes relating to gender issues, including preventing violence against women and White Ribbon Day. Additionally, Caitlin recently designed a line of water bottles as part of an important project to foster healthy and equal relationships among young people.

Caitlin was also on the Student Representative Council, Captain in Year 11 and school Vice-Captain in Year 12. Caitlin often uses her pastime of walking to clear litter in the Dandenong Ranges National Park. Caitlin

took on these responsibilities whilst managing her recent diagnosis with Crohn's disease.

#### Jessica Barlow—Local Hero

Jessica launched The Brainwash Project in 2012 by creating small magazines as an alternative to mainstream magazines that explored the negative impact the media has on body image for young girls.

After the initial success Jessica launched a petition that asked women's magazine Cleo to include a disclaimer in their publication that some images within the magazine are digitally altered. The petition received more than 20,000 signatures and attracted attention from radio stations, newspapers and student journalists. Jessica independently financed a trip to Cleo in Sydney and an agreement was reached that the Cleo Photoshop Guidelines would be included in every edition from December 2012.

Jessica then set out to create her own magazine for teenage girls. With more than 100 volunteers, Jessica created a 188-page, colour magazine and managed to raise \$5,000 to print 300 copies. Jessica's hope is to have the magazine stocked in all local schools.

Jessica also volunteers for the government's National Body Image Advisory Board, and in 2013 was the keynote speaker at Positive Body Image Awards.



#### **Specialising In:**

- ♦ Fuel Injection, Electronic Ignition & LPG
- Servicing, Repairs & Tuning
- Current & Older Model Repairs & Servicing
- Pre-Purchase Inspections
- **♦** Roadworthy Certificates
- ♦ All Work Guaranteed

#### MAJOR & MINOR SERVICES (

Includes Lubrication Service,
Electronic Tune, Suspension and
Brake Inspection and Adjustment,
Safety Check & Written Report.
Complimentary Car Wash



We Accept EFTPOS, Major Credit Cards & Motorpass





**Ph: 9764 8102** Factory 3/11 Laser Drive, Rowville



At our football club we want to encourage school age children to come and join us at our 'After School Football Program'. Players will learn basic football skills and coordination with qualified coaches. Our great facilities are at the Rowville Football Centre - Humphreys Way, in the grounds of the Rowville Secondary College

Eastern Campus. We pride ourselves on the friendly environment we create, so it is a fantastic club to start playing at. Term 1 starts on March 1st and runs until April 30th and is open to boys and girls aged between 6 and 8. Sessions run from 4 to 5pm on Monday and Thursday evenings and are Free.

FOOTBALL CLUB

For Bookings please contact Maj Britt on 0420-282 410 or Email: riverplate australia@hotmail.com

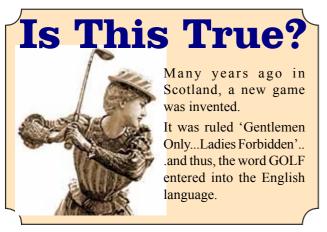
## **Registration Day News!!!**

Aston Athletic FC is looking for players in the following agegroups Under 7 to under 17's for the coming winter season. Thanks to our professional coaches our club has become a hub for player development in the Eastern region.

Registration Day is on the 2nd March from 11:00 am till 2:00 pm in our clubrooms at the Rowville Sports Centre situated inside the Rowville Secondary College on Humphreys Way. If that is not convenient you can visit the Centre any day except Wednesdays between 6 and 8pm. The annual registration Fee of \$500 includes twice a week training plus Saturday or Sunday games, from March until September, uniforms, FFV registration, referees fees, facilities levy and the opportunity to be scouted by River Plate Australia, which is one of the best football development programs in Australia.

For further information about the club please call: Maj on 0420 282 410 or visit www.riverplateaustralia.com.

Daniel Santomil



# Cake Decorators Association of Victoria Rowville Branch

Unfortunately, we had to cancel our February 9th workshop, "Humpty Dumpty Novelty" with Rhonda Beer from the Westgate Branch, due to the extreme temperatures. The good news is that we have been able to reschedule the workshop for **March 9**th, complete with the shops for your convenience.

The following workshop, conducted by Pam Archibald, is on April 13<sup>th</sup> and will have a Mother's Day theme.

Our workshops are held on Sundays, bi-monthly at the Scout Hall, Turramurra Dr. Rowville

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

Bookings & Enquiries should be directed to Velma on 9763 8646 or Madeleine on 9870 5743 *Velma Brown* 

**Rowville Tennis Club** 

TENNISKNOX festival of TENNIS

The Tennis Knox Festival of Tennis was held the week following the Australian Open. The Tennis Knox group, formed in 2013 encompassed all 14 tennis clubs within the

Knox Council boundaries and was a first of its kind for tennis.

"We got together to promote the game we all love and to open our doors to showcase the various activities and programs we had to offer" said Festival coordinator Sandi Dawson. The Festival was declared a success with most clubs reporting unprecedented attendance and interest in various Open Days.

Most popular were Tennis Australia programs such as Hot Shots and Cardio Tennis. Hot Shots is a modified introduction to the

game for under 10 year olds with smaller courts, racquets and decompressed balls. Cardio Tennis

is the fun way to work out whilst playing tennis, even if you have never played before. It is for all levels. Other highlights were speed guns to measure your serve with a set up at the Knox Ozone Centre, mums and bubs groups, night tennis, BBQ's and a Hot Shots Tennis Tournament.

Tennis Victoria provided prizes and giveaways and the Festival was also supported by Knox Council, Waverley Tennis and other local sponsors.

The message from Tennis Knox is that our clubs are still open for anyone wishing to come along and try out any one of the programs at your local tennis club. The website will SPORTING ROUNDUP



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



Knox Hot Shot League Finals on mini courts at Rowville Tennis Club

be updated throughout the year for other events. All contact information is on the website so you can contact your club regarding any enquiry.

The Knox area has recently been at the forefront with the new Hot Shot League competition. Specifically designed for pre-competition players, the Hot Shot League utilises modified rules and equipment so that you can now play and enjoy at a younger age. Hot Shot League matches run for 1 to 1 1/2 hours for the 7 to 10 year old age group. For details on Hot Shot League competition contact Eric: 0412773313 or visit our Website: www.tennisknox.com.au

Sandi Dawson

## **Eildon Park Tennis Club**

## **Eildon Park Tennis Club Shows its Strength on the International Stage**

Members of the Muscillo Tennis Academy based at the Eildon Park Tennis Club in Rowville have had a great summer packed with fantastic tournament results at the national and international level from all ages. These results again highlight the quality of the Rowville based club on Eildon Parade, which was a Tennis Victoria nominee for Community Club of the Year at the recent Tennis Australia awards.

Eildon Park Tennis Club, one of the largest clubs in Victoria (top 10 listed in the State), is fortunate to have AJ Muscillo as Head Coach. AJ holds the highest coaching accreditations in Australia and has been part of the coaching team of recent ATP and WTA Australian Open players. The strength of the coaching team and the Muscillo Academy is reflected in the results of its players.

Alana Parnaby was a semi finalist at the Australia Post Margaret Court Cup, a finalist at Wodonga Victorian Country Championships and also reached the 2nd round of qualification at the WTA Challenger in Burnie, to achieve her international ranking status.

Ryan Draffin had superb summer results, reaching the final of the Shepparton Country Open, a semi-final at the Bendigo Open and a quarter final down at Warrnambool, which is all going to help his ranking boom at the national level!

In a rare tournament appearance, head coach of Eildon Park Tennis Club, AJ Muscillo, also had one of the better wins of his career defeating Brendon Moore at the Lismore Tennis Open to reach the quarter finals. (Brendan was the number one seed and has recently been ranked as high as 21 in Australia and 600 in the world ranks)

Nathan Ponton, had success at the Glen Iris Men's Open, getting through the tough qualifying rounds and going on to make the quarter finals. In late 2013 Nathan, along with Ryan, was also one of eight players selected to represent Victoria in the Schoolboys team event in Adelaide.

Cassidy Denny, one of the youngest promising female players at Eildon Park Tennis Club, won convincingly in her main draw event at the Frankston Summer Classic before taking out the consolation event for a few more ranking points and a barrel full of confidence. She also represented the Waverley District Association in the Daphne Fancutt Cup.

Last but not least, Andres Urrego Varon had a great tournament result up at Wodonga, beating many top ranked players and seeds to make the semi-final of the Under 16 Junior Open event in January.

AJ, Nathan, Ben and Ryan will all be representing Eildon Park Tennis Club this coming winter in the prestigious Grade One Men's Pennant Competition, so if you're keen to see some top class tennis at your local club come on down Saturday afternoons and enjoy the weekly free entertainment from 1pm, starting on April 26th.

Muscillo Tennis Academy was also recognised as one of the high performing adult Cardio Tennis facilities in the country, which won them the opportunity to conduct a cardio tennis session in the middle of the Australian Open Tennis Grand Slam on Margaret Court Arena in front of a strong crowd of 5,000 spectators. The whole team involved had an absolute ball and wish to thank Tennis Australia for giving all of our members a once in a lifetime opportunity and experience.

On top of the high performance area of the club, the social tennis is also very strong with dozens of men's and ladies social competition teams playing most nights. The club is always seeking and encouraging more players to join in the great atmosphere and social fun.

The junior summer competition is nearing the final stages and again there are multiple teams with finals spots confirmed from D grade through to the high A grade levels.

Eildon Park Tennis Club also has a special offer on for a short time where adults can enjoy Cardio Tennis at 25-50% off the term rate and juniors from 3-14yrs can receive a free tennis racquet, t-shirt and back pack until offer ends.

Eildon Park Tennis Club caters for the beginner and social player right through to the high performance aspirant. We are one of the very few clubs in Australia that boasts a High Performance Coach as well as a Club Professional Coach at the same venue, ensuring superiority in quality!

Coaching enquiries can be made to AJ Muscillo on 0411 244 858 or by email to admin@muscillotennis academy.com.au Membership and club enquiries - Stuart Draffin 0408 778 658.

Grant Dickson - Club Promotions

## **Knox Regional Netball Centre**

The new season at Knox Regional Netball Centre has begun for 2014.

Ladies competitions are running during the day on Wednesdays and Fridays, nights from Monday through to Thursdays and a Mixed competition on Sunday evening.

Whilst the season has only just begun, we are always welcoming new teams so please call the centre on 9758 7191 as soon as possible if you would like to enter a team for this season.

The centre also takes names of players wishing to join a team and will pass these on to any team requiring a player

Net Set Go is also just beginning. This is a program for 5-9 year olds to learn the netball basics before heading to a club environment and there are limited places available for Term 1. The program runs on Thursday and Friday from 4.15 to 5pm. Contact the centre for further details knox.netball@ knox.vic.gov.au or 9758 7191.

The Saturday netball competition begins on Saturday 15th March. This competition is open to Modified players (under 11) right through to seniors. As it is a club based competition, log on to www.mountaindistrictnetball.org.au to find a club that plays here or for more information.

On Sunday 30th March, the Mountain District Netball Association will be hosting their annual tournament, which is a fantastic opportunity for teams to come along and experience a wonderful event. Go to www.mountaindistrictnetball.org. au for details.

All information for the Knox Regional Netball Centre can be found at www.knoxnetball.com.au

We look forward to seeing some new teams and players at the centre soon!

Rosalind Montgomery

## **Little Aths**



Knox Little Athletics provides a graduated track and field program and continues to give boys and girls the opportunity to extend themselves. Recently the U12s had the chance to run an 1100m steeple chase, negotiating the substantial solid hurdles and the water jump. On the same day our U6s took to high jump. It was a great taste of what's ahead for these athletes as they move up an age group next year.

#### Personal Bests(PBs):

As we progress further into the season a greater number of youngsters are achieving their Gold PB medal for accruing 30 personal bests. Congratulations to Olivia Ryan, Jai Townsend, Dharam Deol, Ben Noonan, Joel, Trent and Jemma Staple-

#### **Multi Events:**

A few of our athletes made the

trip to Bendigo to compete in scorching conditions for the State Multi Event Championships. Lachlan Viney confirmed his all-round talent taking the bronze medal in the U14s. In





We were lucky enough to be selected to have a training session with the Melbourne

Stars during late January. Around 20, Under 17 and Under 15 players attended the MCG where they met Sir Viv Richards, Head Coach Greg Shipperd and the entire coaching staff of the Stars. A net session was followed by training on the hallowed turf where the boys took in the atmosphere and soaked up the experience. The Melbourne Stars have been a great supporter of Eildon Park with many of our members being Stars members too. Overall it was a wonderful

The Boys At The MCG With Sir Vivian Richards

experience for the boys and they will remember this special evening for a long time to come.

The FTGDCA Under 11 Lightning Premiership was held during February over two Friday nights. Eildon Park has 4 sides in this age group and I believe all the boys and their coaches had a fantastic time playing against other under 11 sides within the competition.

Our annual U15 v U17 Challenge Cup was another great night with plenty of families and supporters at Panther Park to witness some fantastic cricket. Man of Match for the U15's was Sam Hart who batted the entire 20 overs, making 53 not out and for the U17's it was Fraser Doran who made runs, took wickets and completed a stumping as the wicket keeper. The U17's won in a close tussle.

Tricia Pollard Secretary



In 2014 Lysterfield Junior Football Club will be fielding 9 sides in the Eastern Football League from Under 8's through to Under 15's. We are currently looking for new players for our Under 10 side (born 2004). Registration forms are available online at

the process he broke the Knox Multi Event record, as did Holly Hodges for her efforts in the U12 girls. Jesse Eickhoff pulled out a huge PB in the hurdles and finished the 5 event

#### **Records & More:**

comp in sixth place in the U12 boys.

Jared Hodges has demonstrated some high jump talent, improving the Rowville Lakes Club record to a height of 1.19m for the U10 boys. Sister Anaya, massacred the U14 girls' shot putt best mark, adding more than half a meter with her putt of 9.39m.

There's heavy competition in the boy's U14 sprints this season. Congratulations to Jordan Munyard and Harry M'ao both of whom have broken the previous Rowville record for the U14 boys 100m. Jordan also seems to improve the 200m with each run over that distance. (He's having a terrific year, recently winning the U15 100 and 200m at the Athletics Victoria State Championships.)

Although not actually a Little Aths event, Jessica Lillie also won a gold medal at AV, in the U16 3km walk, while Caitlin Bronte took out the U15 90mH. Congratulations!

#### **Physio Support:**

Physio, Nic, looked like the Pied Piper on a recent Saturday morning. As sponsors of Rowville Little Aths, Rowville Physio provided Nic to lead a session, teaching warm up exercises and other injury-preventing drills.

#### What's Ahead?

At the time of writing, Regional, State and Centre Championships are still to come, followed by the Cross Country season, so there's always plenty happening. Boys and girls from 5-15 years are welcome. Call Steve Lillie 0409 231 380 or Steve Pepper on 0417 325 917 for more details.

Apologies for omitting the Girls' U12 Knox Multi-Event results last edition, where Holly Hodges placed second, and Brooke Leitch, third.

Thanks to KLAC photographers for our photos. Rosemary Merrigan

www.lysterfieldjfc.org.au or by contacting Rohan Young on 0412 377 866.

Training for the older age groups has begun in earnest, with the younger age groups starting their training in early March. The first game for the season is Sunday 6th April.

#### Auskick Registration will be on Saturday 29th March @ Lakesfield Reserve from 10am-12pm.

For further information please call Brad McNay 0409 149 868. Auskick clinics will start Saturday 5th April.

Enquiries may be directed to the President, Steve Ketzer on 0498 141 850 or the Registration Officer, Rohan Young on 0412 377 866.

Tanya Carroll

Go Wolves in 2014!



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



Like us at facebook.com/ Facebook RowvilleGroupFitness

## **Nick Wakeling MP Column**

## The Cat Corner Rescue Group to benefit from Animal Welfare Fund

Congratulations to Kerri Neumann and the dedicated volunteers of The Cat Corner Rescue Group in Ferntree Gully who have recently been successful with their grant application through the Animal Welfare Fund.

The group will receive over \$28,000 and is one of 24 grants awarded by the Victorian Coalition Government for this round. The grant will be used to upgrade the rescue group's facilities for the reception, housing and treatment of rescued cats and kittens. It will help the group to continue to protect the welfare of homeless or neglected cats and kittens.

Nick was pleased to visit the organisation to commend Kerri, Cheryl and the volunteers for the work they do for the Knox community. The group rescues hundreds of cats and kittens each year, some from the Rowville and Lysterfield suburbs and cares for them while they await a new family to adopt them.

The group could not operate without the time given by many dedicated volunteers who care for, play with and give unlimited cuddles to the cats and kittens. The group is always seeking financial donations to assist with paying for vet bills,



Nick with Kerri Neuman and volunteers

which ensure every cat and kitten is healthy and ready to be adopted. The group also welcomes donations of tinned and dry cat food and towels and will always welcome new volunteers to help care for the cats and kittens.

For more information go to – www.thecatcorner.com.au or call Kerri on 9758-0591.

For more information on the Coalition Government's Animal Welfare Fund, visit: www.depi.vic.gov.au/animalwelfaregrants.

## Mayor's Message



Victorian Premier Denis Napthine and Knox Mayor Cr Darren Pearce at the opening of the new extension at the Parmalat factory in Rowville

The pace of 2014 has hit full momentum as Council's many activities across the community are now well underway. As we look to the year ahead, the future of Knox and the vision for our City for decades to come is also becoming clearer. Following extensive consultation with the Knox community, Council has formed the draft Knox Housing Strategy which will lead to changes to the Knox Planning Scheme, including new residential zones and design guidelines for residential development.

What we're proposing will protect 96 per cent of Knox's suburban streets by directing the majority of new housing to fewer and more defined locations, such as within zoned activity centres. Be assured, these proposed rules strengthen the existing protection for places such as the foothills.

Council also listened when you told us about your ideal direction and vision for the Stud Park Shopping Centre and other Rowville precincts for the next two decades. From your feedback, we formed the Draft Rowville Plan as part of the draft Knox Housing Strategy.

If accepted by the State Government, this draft plan will provide clearer guidance to everyone as to where new housing can be built and what areas will be protected. Council is keen to hear your thoughts and comments in time for the submissions deadline—make sure you write to us by 28 March.

If you'd like to know more you're welcome to an information session on 15 March from 10am to 2pm held at the Stamford Hotel – call Council in 9298 8000 for more details

You can always find out more information by visiting: www.knox.vic.gov.au/futurehousing

Cr Darren Pearce Knox Mayor & Taylor Ward Councillor

## **Alan Tudge Writes**

## **Knox Relay For Life – Get Involved!**

There are very few families within our community who have not been affected by cancer. Its reach is everywhere in society. In Knox alone, over 700 people

are diagnosed each year with malignant cancer.

It is important that we do all we can to lessen the risk of cancer, work for its cure and remember victims lost.

This is why I am again advocating for everyone to get involved in the Knox Relay for Life on March 29<sup>th</sup> and 30<sup>th</sup> to support the Victorian Cancer Council. As the Patron of the event, I will be there with my walking shoes on and my team in tow. I hope you can join us.

For those who are not aware of Relay for Life, it an annual event held at the Knox Athletics Track which involves teams of people walking the track from 4pm on the Saturday 29th to 10am the next morning! But rest assured – you don't have to walk it all yourself (although some do!). Rather, your team must have a person walking on the track at all times. Last year's Relay for Life was probably the best community event that I have ever been involved with. There were over 800 people who participated throughout the day/night. The mood was both sombre at times, but joyous at other moments. Cancer sufferers and survivors walked among the rest of us who were there to support the cause. There was music,



activities, and food available.

Of course, the fundraising was a big part of it — the event raised an incredible \$92,000! I am happy to say that my team ("Team Tudge") came in third in the fundraising stakes, but could not match the energy levels of some of the other teams! Please make an effort to join in the event this year. Start your own team, join my team, or simply come down to the Knox Athletics Track and walk a few laps in remembrance and throw in a few cold coins. I will be there all night!

The Knox Relay begins at 4pm on Saturday  $29^{\rm th}$  March at the Knox Athletics Track on Bunjil Way, Knoxfield.

For more information and to register, go to www.relayforlife. org.au or contact my office on 9887 3890. *Alan Tudge MP* 

## Kim Wells Reports

# \$15 million available for smart local water projects

Kim Wells MP, Member for Scoresby is calling on residents and community groups to make greater use of rainwater and recycled water, with

\$15 million in grants being offered by the Victorian Coalition Government for projects through round two of the *Living Victoria Fund*.

A wide range of groups are eligible to apply for project funding, including community organisations, educational institutions, sporting groups, the private sector and local councils.

Member for Scoresby, Kim Wells MP said the *Living Victoria* initiative was about ensuring our neighbourhoods remained green and liveable, while helping to preserve future clean water supplies and keep water costs down.

"It makes sense to use rainwater and recycled water for tasks like watering gardens or flushing toilets, instead of



using our valuable high-quality drinking water," Mr Wells said. "These urban water projects will help Victoria avert the need for more expensive large-scale infrastructure like desalination plants and the north-south pipeline in future.

Urban storm water run-off affects water quality in local waterways such as Ferny Creek, Monbulk Creek, and Corhanwarrabul Creek which run through Rowville and flow into Dandenong Creek.

"I encourage local organisations to consider projects which could make better use of all the available water sources and to improve the water quality in our local creeks and rivers."

Round one of the \$50 million *Living Victoria Fund* supported more than 40 projects across Victoria including harvesting stormwater to keep Albert Park Lake full, assessing aquifer storage in Ballarat and a wetlands development at Footscray Primary School. Applications close on 17 March 2014 at 2pm EST. More information can be found by calling the Grants Information Line on ph: 1300 651 023. To view the funding guidelines please visit http://www.livingvictoria.vic.gov.au/submission-guidelines

# Wacky Wisdom If we all threw all our problems in a pile and then saw everyone else's, We would grab ours back.

## **Sea Freight**



Reliable, convenient and cost effective freight service.

- We send to over 350 ports worldwide
- Protection against loss and damage
- Student & pensioner discounts available
- We sell super strong boxes
- We specialise in packing fragile items
- Pickup service available

#### **PACK & SEND ROWVILLE**

9763 1255

Shop 10, 7 Fulham Road Email: rowville@packsend.com.au



## Real Estate Tips

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

With summer nearly over, it's all too easy to overlook servicing your air conditioning system. Both evaporative and refrigerated systems are generally very reliable but do require periodic maintenance to ensure they are operating at their peak efficiency and cost effectiveness and thereby delivering good quality air.

When the last scorcher of the season arrives the last thing any home owner needs is to find that their cooling system is not functioning properly. At this time it is a fair bet that the service companies are up to their necks in breakdown calls, which means there may well be a wait of several days before they can come out and look at your system.

Over time, dirt, dust and pollen can accumulate inside evaporative coolers and lead to clogging of the filter pads and water distribution system, making the unit less effective.

Routine maintenance of refrigerated units, such as replacing filters, can be carried out by the householder, but it is advisable to have the whole unit periodically checked out by a qualified technician. Sometimes the unit may appear to be working well, but is not providing as much air as normal, which may indicate a problem with airflow or levels of refrigerant.

Last year, after a series of house fires, 'Energy Safe Victoria' urged homeowners to inspect their air conditioning units and evaporative coolers and have them serviced regularly and ensure they are properly maintained. Debbie McTaggart



Often these behaviour issues can develop if your feline friend is not receiving enough enrichment from its indoor environment. All cats need mental stimulation that promotes their natural behaviours such as chasing, pouncing, climbing, hiding and scratching so for our indoor cats it's important to create an environment that allows your cat to engage by using their natural instincts.

Social interactions with us humans are one of the most effective ways to enrich your indoor cat's environment.

#### Consider if your home environment is cat friendly:

- Are there a variety of toys for your cat to play with?
- Do you dedicate interactive play time with your feline friend on a daily basis?
- Do you have a scratching pole to allow your feline to climb, scratch and exercise?
- Can your feline see outside?
- Is your cat's litter box easy to access and a suitable size? A stimulating environment is very important for a happy cat! Ensuring that all of the above points are implemented in your home will assist in providing a good balance of physical and mental stimulation and will help to avoid developing behaviour issues.

For further advice, please contact Greencross Vets – Stud Park and speak to our nursing team on (03) 9763 6088 Darren Kirk

## From the Archives

#### **Memory Lane** 1984

A call went out for ladies to join T.O.P.I.C. (Take Off Pounds In Company). Did you heed the call? Members of the **District Christian Churches** combined to visit households in Rowville to advise residents of which churches were represented locally. Do you remember their call? Knox Council had \$4,700 allocated for playground equipment at Kelletts Road Reserve so invited two people to accompany Pat Watson to a meeting to discuss the options. Those people were **Ken Lee** and from the immediate area, **Jill Johnstone**. Do any of you recall that meeting? The local issue at this time was the naming of the new shopping centre we know today as Stud Park. Apparently it was nearly called 'Bergin's Shopping Centre". Who can shed more light on this?

1989 A letter to the editor bemoaned the way land owners and the Education Department had ignored Council warnings to clear their land of blackberries, other not-quite-so-noxious weeds and a host of seed grasses. The vacant blocks were also fire hazards. In response the Department said their legal requirement was to clear the vacant sites once per annum. Bronwyn Diamond offered a reward for the return of her pet 'Bichon Frisé' dog. Did you find it Bronwyn? Stud Park **Shopping Centre** was scheduled to open in May at a cost of \$30 million. Council approved a plan to sub divide the old drive in site into 30 lots. An Appeals Tribunal overturned the Council's refusal to allow the construction of a shop and dwelling at 176-177 Murrindal Drive.

1994 In 'Cop This' Rob James reported on punishments in

other countries for drink driving. In Malaysia a partner has to join the offender in jail, in El Salvador, execution by firing squad and a second offence in Bulgaria resulted in execution. As Rob said, best not to drink and drive. Rowville **Secondary College** had their first group of Year 12 students and exceeded 1,000 students for the first time. The Education Minister also approved the funds to build what is now the 'Eastern Campus'. Peter, Mary and Kon Korkovelos won the Victorian 'Milk Bar Of The Year' award for their shop on the corner of Taylors Lane and Bernard-Hamilton Way. Are you still the proprietors? Councillor Colin Tidball said if the area's private sector supported the plan, an extension to Rowville of the proposed VFL Park rail line, was feasible. 13





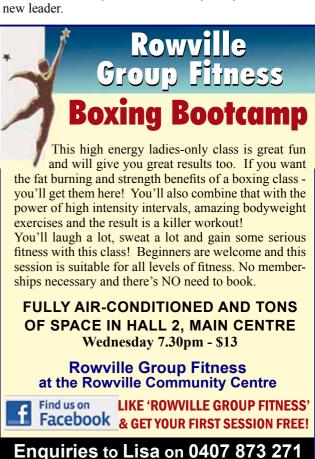
year old Keith Phillips won the Australian Masters Water-Ski championship.

Many residents felt a slight tremor due to an earthquake in the Great Dividing Range. Did you feel it? The ISOMER Centre welcomed the mosques new Imam, Sheik Abd El Nasser Saleh. A new regulation stated that every Victorian household must have at least one working smoke alarm. Council requested an investigation into a ford crossing at **Henderson** Road as a cheaper option to a free span bridge. Melbourne Water opposed the idea as it could cause flooding, particularly to the Waterford Valley development. Vandals set fire to a public toilet and damaged property at Tirhatuan Park Public Golf Course. 1998 Rowville Secondary College Dux, Mark Oudshoorn addressed the whole school at a special assembly. What did you talk about Mark?

#### 2004

Rowville Secondary College 2003 Dux, Tim Woods, having achieved an ENTER score of 99.7 gained admission to the Dean's Scholar Programme at Monash University. What are you up to today Tim? Three members of the Golden Lion Academy were selected in the eight man team for the world "Wushu" (an umbrella term for Chinese martial arts) championships in Macau. Were you one of the three? To celebrate the 20th year of the ISSE programme, Rowville Primary School organised a reunion of all the delegations since 1985. Did you attend? In an effort to curb late night disturbances and the resultant littering, Council decided to close the Sutton Lake car park.

As well as a substantial cash donation, Knox Council committed all the gate takings from the Knox Festival to the Victorian Bush Fire Appeal. Tim O'Brien (Under 14 Boys) and Jackie-Lee Fredricksen (Under 11 Girls) won gold medals at the Victorian Multi Events Championships across five events in Warrnambool. Are you both still competing? The extensive building works at Karoo Primary School had been completed and the administrative area had been repaired after water damage. 2008 Rowville Secondary College Dux was Ankur Kothari with an ENTER score of 99.75. He went on to study dentistry at Melbourne University. Are you qualified now Ankur? The Uniting Church farewelled Minister Malcolm Frazer after 10 years at Rowville, whilst the Salvation Army welcomed Envoy Judy Shaw as their



or go to: www.rowvillegroupfitness.com.au

## Chiro-Practicals **Water Sport Safety**

Summer is officially over but there are still many opportunities for us to have a swim or participate in other water sports. The following tips will help to ensure you stay healthy and avoid injury. Water skiers, wake-boarders and surfers can get injured in different ways, with the continual postural stress on their back, neck and shoulders as an example. And that's just to stay in the upright position.

In surfing the repetitive shoulder movements to get to the waves can create abnormal load through the shoulders, neck and upper back, which can increase the risk of spinal and muscular injuries. Of course getting "dumped" or similar types of accidents can cause a variety of injuries such as sprains and strains, but also more serious cuts and skin gashes.

In skiing and wakeboarding it is important to be properly braced in preparation for the boat take-off and then learn how to let go or fall off so that you fall backwards into the water and not find yourself hitting the water face first which will put a lot of strain through your neck. There are a few signs to look out for in relation to injuries. Problems can either develop over time (cumulative stress), or can happen suddenly (typically a sprain or strain injury).

You may notice tightness and restriction developing over time (in the neck for example), and this is a strong indicator that function is being compromised. If not addressed, this may deteriorate further to a painful condition and may result in a more significant injury.

Many people often ignore the early warning signs and by the time we [chiropractors] see them, the problem is quite advanced. To help prevent injuries, like with most sports, dedicating time to maintain a strong and flexible musculoskeletal system can help to reduce the chance of injuries caused by water sports. Specifically, these may include strengthening work for the neck, shoulders, and lower back. Also doing regular stretching, particularly shoulder and neck muscles. Having regular chiropractic checks to help maintain the functional integrity of the spine and associated muscles can also help. Plus, stopping your activity, if it is clear that you have sustained an injury. As with most activities, staying within your capabilities will ensure your safety and enjoyment.

Dr Frank Whelan

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

## **Successful Long term** Loser - what's the secret?

Long term weight loss can be such an elusive goal for many people. Research shows that most 'dieters' regain the weight lost within 2-3 years and the faster weight is lost, the faster it returns. However, there is a small percentage who were successful in losing weight and kept it off for more than 5 years. What are their secrets?

The National Weight Control Registry in the U.S. has tracked over 10,000 people and found these common characteristics in successful long term losers:

Set your priorities right – whether it's to get healthier, look better or keep up with the grandchildren, making healthy lifestyle a priority is a must. Losing weight involves a lifestyle change and so you are more likely to keep up motivation when you have a tangible goal.

Consistency – successful losers maintain a consistent eating pattern across weekdays and weekends. Fad diets work in the short term but unless there is a change of priorities and habits, the weight will eventually creep back up.

**Social support** – behavior change is most likely to persist when you have to be accountable. Get a friend or spouse to support you and even better do it with you to increase your chance to become successful losers. Monitoring your weight and habits will also help to keep you on track.

Physical Activity – successful losers in the registry reports an average of 1 hour of moderate to high intensity exercise per day, most days per week. Find an activity that you enjoy, get a friend to go with you and stick at it. One way to challenge yourself is to 'earn' your TV time. So if you've spent 1 hour exercising, then you can sit down and watch TV for 1 hour. Reducing sedentariness is also an effective strategy to get more activity in the day.

National Weight Control Registry members provide evidence that long-term weight loss maintenance is possible and you can do it too.

For further information contact Konsita Kuswara B.Med.Sci., MND, APD

## **Exercise** is vital in recovery & prevention of Cancer

Regular exercise has enormous benefits for our general health and wellbeing, and in the prevention of diseases such as diabetes and heart disease.

For those diagnosed with cancer, regular exercise during and following treatment, has been shown to improve both physical and emotional health and overall quality of life.

Exercise has been shown to

- Improve muscle strength
- Improve confidence
- Decrease the effects of depression & anxiety
- Decrease body weight
- Decrease side effects of cancer treatments such as pain, fatigue, lowered bone density and lymphedema
- Increase endorphin production those 'feel good'
- Reduce cancer recurrence rates & reduce the risk of cancer in general

Exercise, post cancer diagnosis, needs to be enjoyable & tailored to your needs. Walking, pilates and swimming are all good exercise choices. Pink & Steel Pilates are pilates & strengthening programs designed for cancer survivors. For more information visit http://www.pincandsteel.com/ Cancer survivors can also access allied health services, such as physiotherapy, under Medicare's EPC (Enhanced Primary Care) Program. Speak to your GP for further information.

The Knox Relay For Life is being held on March 29th-30th 2014. Relay For Life encourages physical activity for cancer patients and survivors. It also raises much needed funds for

> cancer research. Why not start a team with your friends and family? Head to www.relayforlife.org.au for further information. Rowville Physiotherapy

and RSMC is proud to be supporting 2014 Knox Relay For Life. Alycia Baxter



Are you a woman undergoing or recovering from cancer treatment?

Learn from a qualified physiotherapist about core strengthening, stretching, relaxation and more!

CALL 9763 9233 to book! **ROWVILLE PHYSIOTHERAPY** 

www.rowvillephysio.com.au

**Body Mind & Spirit Fitness Centre** 

1430 Wellington Rd Lysterfield Vic 3156

Phone: 9758.6636 Mob: 0400 679 888

Did you promise yourself it was your year this year? Have you taken any action on that promise? If yes, well done. If no, why not?

Many of us promise the world to ourselves, with the best intentions but somehow we end up back at square one. The problem in one word, Motivation. How do we get motivated? How is it that some people are so motivated and some struggle with the concept. Motivation comes from an inner belief system that tells us we are worthy of change and good things. We struggle to get motivated because deep down somewhere in our sub-conscious we believe we are not worthy of these promises. If only our mind was our best friend instead of our worst enemy. If only we listened to the positive instead of listening to the limiting negative thoughts. Yoga teaches us that we are the most important person and in this life we need to find peace of mind and balance of body and mind. These qualities can be so easily found if we are just willing to take the first step. Come and join us in a Yoga class and see what a difference that first step can make. Once you have taken that first step we will motivate you to take the next and the next until you become the person you want to be and I promise it won't hurt a bit.

Donna Jordan

## Is your poor posture affecting your health?

These symptoms can all be caused by poor posture:

- Neck pain & Headaches Lower Back & Pelvic pain
- Shoulder & Arm pain
- Leg, Knee & Foot pain
- Upper Back & Rib pain

**Wellington Family** Chiropractic can help! Call today 9780 8910



1101 Wellington Rd, Rowville www.rowvillechiro.com.au



## **Group Weight Loss** Coaching 12 Week Intensive Health Coaching Program

## with Dietitian & Exercise Physiologist

Cost effective way to kick start your weight loss journey in a supportive environment with evidence based methodologies.

- Individual assessments and reviews Healthy meal planning skills
- Healthy recipes development
- · Supermarket tour and food label reading
- Dealing with cravings and emotional eating
- Group exercises with exercise physiologist and MORE! Claimable on private health insurance

For enquiry contact: KONSITA KUSWARA **Accredited Practising Dietitian** diet@rsmc.com.au or 0430 801 344



## Knox & District Over 50s Club

the Knox Over 50's has commenced 2014 in a rush. In spite of 40

degree temperature and only limited air conditioning in the Progress Hall, some 100 people turned up at the January meeting and had an enjoyable, if somewhat warm, afternoon. Membership for 2014 is now open and the subscription is a low \$15.00 for the year. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include coffee mornings at Myer Knox City, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more. We already have a number of events planned for this year (2014) including a visit to the Basin Theatre to see "Quartet", a day trip to Daylesford and a Club BBQ in March, plus an outing to the Yarra Valley Harness racing in April. These and all of our regular events will continue throughout the year

Our monthly newsletter Knox Natters Matter (which is emailed 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.

At our monthly meetings we are entertained\amused\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, 25 March 2014, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers. Come early to get a good seat. Details of our meeting venue, dates and times can be found in "What's On Locally" on

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



1.8/ 1091 Stud Rd. Rowville VIC 3178 **DOIONCE** Level 1 (above Jetts)

T: 8288 1937

Myotherapy **Podiatry** 

**Chiropractic Clinical Pilates Psychology Remedial Massage** 

Back & Neck Pain Work Injuries Foot conditions/ diabetes Sporting injuries Headaches Depression/ anxiety



Your one stop for allied health! We accept HICAPS private health fund claims, WorkSafe, TAC, DVA, Comcare and Medicare EPC.

Open 6 days!

**Special Offer: \$20 OFF your initial** 1hr remedial massage or initial podiatry consultation till 20/12/13.

Call today on 8288 1937 or book online at:

www.bodytobalance.com.au



Would you like a weekend away? We're going to Warragul. Pack the caravan, tent, or book a cabin and we'll welcome

But, before this, we'll meet for another Picnic in Jells Park, then our 3 Walking groups will traverse the countryside somewhere in the great outdoors. Water Aerobics takes place on Tuesday mornings.

Thursdays are pretty busy with Cuppa and Craft, Badminton and Cards "500" (who says that there is nothing to do?) The Garden Outing will find members on the train to Morwell for the Rose Garden. Celtic Thunder Mythology is the theme for Music Appreciation, and Sunday Walkers will be invading Berwick.

Then on Monday 24th, at 7:30pm we'll meet at the Boronia



Being entertained by Vasili at Vasili's Restaurant and Garden in Coburg.

Senior Citizens clubrooms for our Quarterly Meeting. And here you can meet conveners, hear more about our club, have supper and learn from our guest speaker. The March Newsletter is now available, and can be posted to you.

For details of our meeting venue, dates and times please refer to "What's On Locally" on page 2. Alternatively you can call Melva on 9762 3764 or Helen on 9729 1151 Melva Bauer

**Knox Council** 

## **Bin The Sticks And Put On Your Kicks**

If your New Year's resolution was to give up smoking, there's never been a better opportunity to ditch the habit for good and replace it with a healthy one!

Up to 30 Knox residents have the chance to be part of ActivePlus, a six-week intensive program which aims to clear the air on whether incorporating physical activity into a quit smoking program increases the chances that people will stop the habit for good.

The ActivePlus program, is a collaboration between Knox YMCA Leisureworks, Quit Victoria, Victoria University and the Be Active initiative, and a partnership between VicHealth

## **Probus Club**

Our outing in December to Glenfyne Gardens in Drouin was a great day out despite the inclement weather and the Christmas Lunch was, as it always is, a joyous occasion. The Picnic In The Park was well attended. We settled under a large tree in Jells Park and thoroughly enjoyed the day, which wasn't too hot.

A small group attended the two visits to the cinema in Pinewood. We saw "Philomena" with Judy Dench and a convincing performance from Steve Coogan, who is better known for his stand up comedy. It was a bit sad in parts but also very uplifting. The second film was "The Railway Man" an adaptation of the Eric Lomax book. Again, there were first class performances from Nicole Kidman and Colin Firth. Once again a memorable film if a bit harrowing at times.

Our guest speaker for February was Margaret Young from Eastern Palliative Care. She covered every aspect of their services and answered questions sympathetically on this sometimes, delicate subject.

We are looking for new members so if you would like to join a happy and fulfilling club, give Kaye a ring on 9780 2686.

## Rowville Pets Home Feeding Service

Your pets can stay in the comfort of their own home. Service Includes Feeding & Walking



Dogs & Cats Cared For Mail Collected & Bins Put Out For Collection

> **House Sitting** Available On Request

**Established For 15 Years** Please call Sandra on 9763 1630 Mobile: 0411 514 972

and Sport and Recreation Victoria, launched this month and is ready for an intake of participants.

To be part of the Knox ActivePlus program, prospective participants must be over 40 years of age and:

- Live, work or study in Knox, Yarra Ranges or Maroondah Councils:
- Be comfortable with having their blood pressure and heart rate taken;
- Exercise with the provided exercise physiologist;
- Answer questions about their physical health before the program and up to three months after;
- Be willing to be physically active three to six times per week for 30 minutes each session;
- Aim to quit smoking!

Under the Knox ActivePlus program there won't be the fear of 'doing it alone', with each participant able to access Quit Victoria services, as well as participating in education sessions led by qualified dieticians, a QUIT facilitator and exercise physiologist.

The benefits will also flow on to the Knox community, with Knox YMCA Leisureworks staff able to build their capacity to support people trying to quit smoking, through QUIT Victoria facilitators.

To apply to be part of Knox ActivePlus or to find out more about the initiative, please contact Chris Andronicou by emailing chris.andronicou@ymca.org.au or calling 9762 3133 or 0421 760 893.



## Saved by the Bell

Saved by the bell is a common phrase but in the case of the RPAG, it was more a matter of saved by the dedication of a few of the existing

The Group now has a

committee and is running three sessions a week on Monday, Wednesday from 10am to 12 noon and Thursday between 1pm and 3pm., with an attendance at each session around ten students. This compares with eight sessions a week, all totally full in their heyday.

The Group is a not for profit independent organisation that has qualified teachers, including Alison who has been with them for 20 years and Cathy who has more than 10 years' experience. Members of Alison's original classes have completed their schooling and have their own children now. Her reputation amongst those past students and their parents is replicated by todays.

We offer one of the cheapest rates for a three year old programme at \$16 for a session and are seeking additional 3 year olds and deferred 4 year olds for their Activity Group.

If you want your child to meet new friends and have a fun time, contact 0498 613 600 or email to rowvilleactivitygroup@ gmail.com

Katrina Stratton



Rowville Secondary College Captains: Ashlee Andrews, Timothy Sugumar, Emily Datseres and Jackie Carroll

## **Rowville Secondary College** Welcome to our new College Captains

February is one of the busiest months at Rowville Secondary College as staff and students alike settle into new roles and take on new responsibilities. This is especially true for our four newly inducted College captains, who were introduced to students from both campuses at a special whole school assembly on Friday February 14th. In a dual campus college it is important to represent all students and as such we have two captains from each campus, with Emily Datseres and Timothy Sugumar representing the West and Jackie Carroll and Ashlee Andrews representing the East. All four students, along with many others, went through a rigorous application and interview process before being selected as the most worthy candidates. At our Ian Linnett High Achievers Assembly the four captains were presented with their badges and blazers by our 2013 captains who returned to the College,

The new captains are excited about their roles and the chance to make a difference within the College. Ashlee is looking forward to "the opportunities that I can give to everyone and the chance to be a role model to our students". Similarly Jackie is "looking forward to encouraging all the age groups to know each other better and to make us more of a community"

possibly for the last time.

Of the four it is perhaps Tim who has the greatest understanding of what the year ahead has in store, with captaincy in his blood. Tim's brother Jonathon was College Captain in 2012 and attended the induction assembly in support of his younger brother. Despite the wealth of knowledge at his disposal, Tim is eager to leave his own mark with exciting plans already in the works "I'm keen on charity work personally, especially the Cancer Council, raising funds for Leukaemia, the World's Greatest Shave and also Footy Colours Day and we can hopefully raise a bit of money like we did last year."

A common thread when speaking with each of our new captains is their genuine love for the school, and its students. Emily encapsulated the sentiments of all the captains after the induction ceremony saying "I'm really excited that I have the opportunity to be here for the students, to be someone they can talk to, to give the kids more of a say in what everyone believes or everyone hopes that school can be. I want to make sure school is a fun place for everyone!"

Watch this space next month to read all about our High Achievers Assembly including words of wisdom from our College Dux and the Year Eleven student who achieved a perfect study score in one of his TWO Year 12 subjects last year!

## **Discovery Days 2014**

This year our Discovery Days will be held in the final week of Term One and our Junior School teams are already getting ready to make this year's event a huge success. At each campus open classrooms and guided tours will be held throughout the day with exciting displays set up by staff and students from many of our subject areas.

Our Discovery Evenings will feature a sausage sizzle from 6:00pm with open classrooms and guided tours and plenty of fun activities between 7:15pm and 8:45pm.

Discovery Day will be held at the Eastern Campus on Monday the 31st of March and at the Western Campus on Wednesday the 2<sup>nd</sup> of April.

Please contact the College for times, bookings and other enquiries on 9755-4555.

For more information visit our website www.rowvillesc. vic.edu.au

Laura Gordon, Communications Officer



Paige, Shardia, Mikayla and Abbey accept their certificate from the program coordinator.

## "I Sea I Care" **Comes to Park** Ridge Primary R **School**



The Dolphin Research Institute PRIMARY SCHOOL has developed a program called "I Sea, I Care" aiming to teach Victorians, "that what lives around our coast is too precious to lose". The organisation takes a strategic approach by offering value adding material and opportunities, to enhance existing marine education programs with regular and relevant communications, aimed at heightening awareness of the need to protect and foster the Victorian marine environment. Through a network of ambassadors from community organisations it is hoped that the word will spread.

Park Ridge Primary School is one such organisation. One of our Year 5 teachers, Mr Shane Merrett organised the schools participation in the program. Selected students were able to make regular visits to the Dolphin Institute, where they participated in classes and outings that taught about the value of preserving our Victorian marine environment. The students then returned to school and shared their learnings with their fellow students, by making presentations at the

## Happy Birthday P.R.P.S!

On Friday: 23rd of March at Park Ridge Primary School in Rowville, we will be celebrating the big birthday of 25 years! The event will start straight after school (3:15pm) and finish around 7:00pm. There will be rides suitable for the youngsters and rides for the teenagers too: stalls with all the goodies you can ever want (some free!) a tabloid sports game area hosted by the Year 6 students, an Art show (an artwork from each child), a silent auction, a high tea (Devonshire tea), a surprise visit from the police, CFA and a raffle - this is certainly an event you do not want to miss!

There are two sessions for the sports tabloid: thirty minutes apart. The first session will commence at 4:00pm and finish at 4:30pm whilst the next period starts at 5:00pm and finishes at 5:30pm.

Some of the stalls will consist of prizes which are of high quality and there is a raffle in which each staff member at Park Ridge has made a little bag. You may purchase the tickets at the school.

Raffle tickets will be sold at the school during lunch time for 50 cents each starting from 11/2/14 and will soon be selling after school if you wish to purchase a ticket

The Art Show displays pieces of artwork from each individual student at Park Ridge and they will be able to be viewed in The Wentworth Building. There are some amazing pieces of work that you must have a look at!

#### **WE HOPE TO SEE YOU THERE**

Written By Willow and Emily, Class 6-14

weekly school assembly.

The students also engaged in fundraising to support the work of the Institute and at year's end were awarded a prize for being the top fundraising school, of those participating. The school hopes to continue its involvement in this program as it not only supports the aims of the Dolphin Institute, but also sees this activity as providing leadership opportunities for those who will be our future community leaders.

Graeme Lloyd

## **Lysterfield Primary School**

At 9am on Thursday 30 January the first school bell for 2014 was heard. Students eagerly lined up ready start the year with their new teacher and new classmates. Over the course of the first few weeks all teachers and students at Lysterfield Primary School engage in a Quality Beginnings program. Aimed at developing community (students, teachers, parents) ownership over our learning environment and values based realtionships, the program is the stepping stone to the enriched curriculum offered to all students at Lysterfield Primary. Students began the year working with their teachers setting personal learning goals and discussing things they are looking forward to in the year ahead.

For students in our Senior School, the start of the school year is filled with great anticipation. School Captains, Vice Captains and other school leaders have been elected and we congratulate all students on their roles for 2014

Emma and Christian share their thoughts on what they are looking forward to as the 2014 School Captains. Emma explains, "I'm looking forward to setting an example to the younger students and being a role model for the school," whilst Christian says, "I'm looking forward to talking at assembly, going on leadership days and showing people around the school."

Jake and Emily have the role of Vice Captain in 2014. Jake shares, "I'm looking forward to helping people around the school and helping to run assemblies," and Emily quotes, "I'm looking forward to running assembly with the other school captains and showing great leadership around the school."

Some other school events many students are looking forward to in 2014 include;

Senior School camp to Canberra



School captains and vice captains looking forward to the year ahead

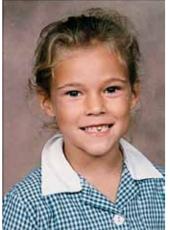
- Year 3 and 4 camp to Adanac
- Whole school musical production
- Circles program
- Year 5 and Prep buddies program
- Art club
- Dance Fair
- District sport
- Lysterfield Football League (LFL)
- Lunch time clubs including technology, dance, library, art, bocce, backgammon, craft
- Rock band
- Investigations

If you would like to see some of these programs in action at Lysterfield Primary School, please phone and make an appointment to have a school tour on 9752 7953.

Rachel Hastings

## **Returning to School**

Lucinda Divitcos, Jessica Ferroni and Dahlia Abo-Karima (nee Atia) were as excited as any other student returning to Rowville Primary School for the first day of classes in 2014 after the summer break. The only difference was, Lucinda and Jessica were coming back to Rowville as teachers and Dahlia was coming back to Rowville as the mother of a new prep student.





Jessica Ferroni

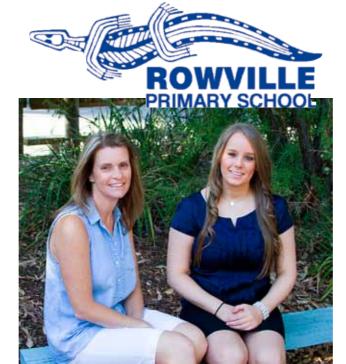
Dahlia Abo-Karima

Dahlia Abo-Karima (nee Atia) attended Rowville Primary School from 1984-1990 when it was the largest school in Victoria. Lucinda Divitcos (right) attended Rowville Primary School from prep to year six in the early nineties. Jessica Ferroni also attended Rowville Primary School in the late eighties.

"It's always been something I knew I wanted to do," Lucinda said. "It's never been anything else

but teaching. I love working with kids." While she was studying for her teaching degree Lucinda worked in the





local area as a gymnastics coach. Her memories of her time at Rowville Primary as a student are positive and happy and she still remembers her first day at school with her teacher Liz Altmeppen (nee Hudspeth). Lucinda went on to get her teaching degree at Deakin University. Now she's back at Rowville Primary, teaching year six in a classroom next to her former prep teacher. It was her teachers who inspired her to become a teacher herself and she believes that she is very fortunate to have secured her very first teaching position at Rowville Primary School.

Once Lucinda learned she would be teaching year six, she started working to make the year ahead a success. She said that she'd probably been in the school two days a week during the holidays, working on everything from the bulletin boards to learning about her class by reading the student files.

Jessica also has very fond memories of her time as a student at Rowville Primary School. She felt safe and a very strong sense of belonging, not just to a school but also in the local community. One of her proudest moments was being chosen as Stamford House Captain. Her teachers encouraged her to

learn and strive to do her very best. Even though there has been a large change, some of the teachers from Jessica's time at Rowville Primary are still at the school and their passion and commitment is as strong as ever. After attending Rowville Secondary College, Jessica continued her studies at Deakin University. Jessica has worked in other schools and even though she was settled in her school, the lure of returning to Rowville Primary School was an opportunity that could not to be missed. (Dahlia's fondest memories of Rowville Primary are the teachers who inspired her to want to become a teacher. Highly rated were the school productions, the year five camp at Coonawarra and the visits from the overseas ISSE delegations. Rowville Primary still holds a school production every year and the year five students still attend the same outdoor venue as part of the Beyond Boundaries Program. The school no longer hosts ISSE delegations, but as a registered International School, frequently welcomes students from overseas. Dahlia

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

attended Rowville Secondary College and then studied at the Australian Catholic University to become a teacher. On her graduation she worked as a teacher overseas in British schools before working in schools in the Northern and Western suburbs. However, when the time came to send her daughter, the eldest of her three children to school, there was no other choice than Rowville Primary School. Dahlia and her husband relocated to Rowville so that Mona could come to her mother's school. Dahlia is very happy with the wonderful start that Mona has had to school. "When I walk up the path with my daughter and smell the gum trees it brings back happy childhood memories." said Dahlia.

Of course much has changed since Lucinda, Jessica and

Of course much has changed since Lucinda, Jessica and Dahlia were students at Rowville Primary School. The physical aspects of the buildings and grounds are almost unrecognisable. All three have commented on how the buildings have been upgraded since they were students. The buildings are well maintained and there are no relocatable classrooms. The students today have access to so much more technology than they had when they were at primary school.

However what has not altered in 2014 is the enthusiasm of students as they arrive at Rowville Primary School each day, the school song which is still sung at assembly every Monday morning and the smell of the gum trees that are part of the school's natural bush setting.



2014 School Captains Claudia Jones and Cooper Denny

## **Sister School Visit**

Heany Park Primary School students are eagerly anticipating the visit of five boys and two girls with their two teachers from our Sister School SDN2 Serang, when they arrive in Melbourne on Friday 21st March. They will have travelled overnight from Jakarta and stay with host families during their eight day stay.

Through Maths and Science lessons and specific English lessons for eight hours a week, these students have been learning English for five or

six years. This trip will be a great experience through which they can enhance their English skills.

The school has planned a visit to Healesville Sanctuary on the Sunday for all host families and their guests. The Indonesian students want to see our wonderful native animals and hopefully the animals are not shy on the day.



Students at SDN2 Serang School in Indonesia

One aim for the visit is that each visitor will work alongside their host student to gain as much understanding of English throughout each day in the classroom. Each guest is preparing a talk about their own family to present to their

On Monday 24<sup>th</sup> March the entire school will celebrate Harmony Day with the theme, 'Many cultures. One community' and our guests will be able to participate in bush dancing and many other activities that the teachers are preparing.

Heather Brown



School Captains: Austin, Nicole, Harry and Olivia

## KUM ON

#### Every child can shine

Kumon's maths and English programs work to support your child in building confidence while developing a thorough skill-set to foster a love of learning for life. Contact your local Kumon Centre to find out more today.

#### KUMON ROWVILLE EDUCATION CENTRE

Instructor: Wendy mob: 0416 201 330

Visit http://au.kumonglobal.com

# KIDS PAGE

proudly created by Lachlan H., Britt, Britney & Kayla the Visual Arts Crew at

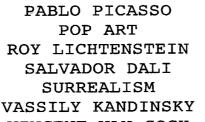
Karoo Primary School

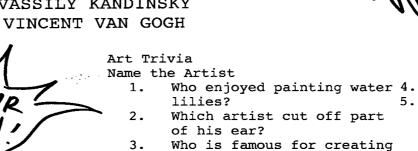
## CAN YOU FIND ALL THE ART WORDS IN THIS WORD SEARCH?

RXOYXMSXFQCDQCOO GNPNPBTEAHZFLOIF YVIIVDTQROZOVRUN XVTDRIIRTDPYAHIR YDENKXNLAIUHIVP NNAIIZCCTHDAT В XROKJGWAETCDTI UMYIBSJINOASLC QELYSPEPDTMRSFMZR FDIOVKGRCQVJTUMOD TUSQCVACZFKADSYPA DASVJNILCHUONOBVL NLAGODXWCJFHEGIAI WACVESURREALISMODF AGTLSNHOJREPSAJVGF ROYLICHTENSTEINUUH

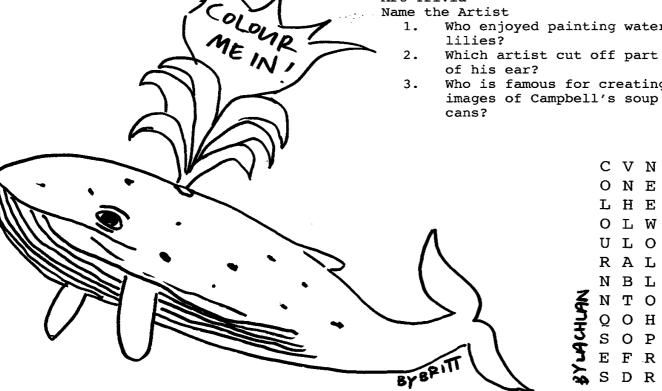
ABSTRACT ART CLAUDE MONET COLOURS CUBISM . JASPER JOHNS KEITH HARING LEONARDO DA VINCI

PABLO PICASSO POP ART ROY LICHTENSTEIN SALVADOR DALI SURREALISM VASSILY KANDINSKY





Who painted the Mona Lisa? During his entire life, which artist sold jut one painting?



CVNSHNTCQASB ONEAFZEGRODI LHEMKYNTUKER W TUTNRFCAT FIINAHSH IJ S 0 XVSWIOTD IAUQCEA и т о н LTNZOORY Q O H C  $\mathbf{P}$ Α AXQLZZ S O P HZENOBAKK EFRF GRAZKTOP DROWCBAGEMW

ART BANANA BIRTHDAY CHOCOLATE CHRISTMAS COLOUR CREATIVITY FOOTBALL HOLLOWEEN SOUR TENNIS WORDS



## **Indonesian at Karoo Primary**

At Karoo Primary School, students are offered Indonesian as a part of the curriculum. The Indonesian program provides varied opportunities to assist students to learn in a fun and engaging way. The students especially enjoy and gain a great deal from activities such as 'shopping at the shops'. Students role-play as shop owners and customers. The shop owners sit behind boxes that have an arrangement of items and the students who are playing the customers, browse and choose to buy items at the different shops using only Indonesian. This has been an enjoyable experience for the students and they have really benefited from the opportunity to practice their Indonesian.



Karoo Primary 2014 School Captains Kyle And Erin Karoo Primary 2014 School Captains Kyle And Erin

## 2014 Preps Transistion

In 2013, Karoo Primary School hosted a number of transition sessions. The sessions involved the students playing together, listening to stories and getting to know the school environment. The children obviously benefited from these visits as they settled beautifully and were happy and eager to be at school in 2014.

This week, as a way of getting to know our Prep families, we hosted a Prep picnic night. Students showed their parents their classrooms and then ate picnic dinners in the playground together. Once dinner was over it was time to go on a treasure hunt and when all the clues were found it was icy poles for all! It was wonderful to see so many happy faces and it proved to be another successful night for our fantastic school. Kimberley Cunningham Visual Arts Teacher



## Murrindal PreSchool

Welcome to all new and

existing members for 2014!

At Murrindal Playgroup we are very much looking forward to a new and exciting year for our littlies. We welcome new President Kristy Ackland, supported by a wonderful and enthusiastic committee.

Playgroup sessions have now started for 2014. Although our lovely room is still undergoing some important building works, we are happily making use of the meeting room at the centre, adjacent to the Health Nurse offices. We anticipate being back in our own room by the end of March.

Now that the school year has well and truly kicked in and we are settling into our "non-holiday" routines, why not join Playgroup? We run three sessions per day, five days a week and there is plenty of room for new enrolments. You will be offered a trial session in a group that suits your child (children's) age and your schedule!

Joining a Playgroup is a fantastic way to meet new families in your local area and provide an opportunity for your child to grow and develop through play.

All enrolment enquiries can be forwarded to Sue Carmichael on 0487 988 321 or murrindal\_enrolments@hotmail.com We look forward to meeting you and your family soon! *Kristy Ackland* 





& Ferntree Gully
131 Taylors Lane, Rowville Ph: 9764 2573
Email: admin@raftchurch.org.au Web: www.raftchurch.org.au

## **New Evening Service**

## The RAFT Evening Service commences Sunday March 2<sup>nd</sup> at 5pm.

Our aim is to build a community of people in the City of Knox who are passionate about Jesus Christ in the contemporary world. Our worship meetings will be real, lively and God-

focused, and we welcome anyone of all ages to come and participate. So come along, invite your friends and take part in the new chapter of what God is doing in this community. Pray that our awesome God will bring followers, and keep us focused in building this service for His Kingdom. *Tina Robinson* 

## **World Day of Prayer**

The World Day of Prayer service will be held at RAFT Anglican Church, corner of Kelletts Road and Taylors Lane, Rowville, at **7.30pm on Thursday evening, 6th March, 2014**. The service titled "Streams in the Desert" has been prepared by Christians in Egypt, the speaker will be Maher Megallaa, and everyone is welcome. Enquiries to Bev on 9759 5455 or jibec@bigpond.com

## Family History at RAFT

The Family History Group will meet at 10.00am on

Wednesday 5th March in the Andrews Room at RAFT Anglican Church, corner of Kelletts Road and Raylors Lane in Rowville. Jane Davies from the Australian Institute of Genealogical Studies will tell us about "Pre 1837 English records and Parish Chest Records". All welcome. Enquiries: Bev 9759 5455 or jibec@bigpond.com

Sponsored by: Australia for Christ Fellowship, Hillview Community Church, Fruitful Vine Melbourne Church, RAFT Anglican Church,

Rowville Baptist Church, Rowville Uniting Church, Salvation Army, St Simons Parish, Restore Community Church, Sant Nirankari Mission

Bev Cooen



The year is well and truly into swing now. We are pleased to host a vast array of community groups who use our facilities to run different programs, ranging from ballet and other dance forms, diet groups, yoga, martial arts, music for toddlers and more.

Being a church is more than Sunday morning worship. As well as the great use of our facilities by community groups, we are proud of our own church programs. Toddler Gym

has resumed for the year and is operating on Tuesday and Friday mornings 9:30-10:30 and 11-12md. The cost is just \$5 per family per session. Registration is essential for this program and enquiries should be made to the church office.

The Bridgewater Centre has offered low cost professional counselling in our community for many years. Over the last three years we have been blessed to have the services of our Psychologist Teresa Butler. Teresa has brought great help and compassion to many people over this time. We are sad to announce that Teresa has left our service to pursue the next stage of her career. We wish her well and thank her for the wonderful service she has offered the Bridgewater Centre and the Rowville/Lysterfield community.

We are pleased to announce that our new Clinical Counsellor is Mr Andrew Hacker. Andrew comes to us with a vast experience in family and general counselling. Andrew has started work and we are very excited to know that we will continue to be able to offer very high quality professional counselling to the community, still at low cost. The Bridgewater Centre is a low cost, non denominational service that allows people to self refer. If you need to make an appointment or have any other questions about our service please contact the church office.

Details of Rowville Uniting Church services and programmes can be found in "What's On Locally" on page 2. Our worship seeks to be relevant and challenging as we explore what it means to be a Christian in the 21st century. We have special family/children's services on the third Sunday of each month where we worship in a "messy" style. *Trevor Bassett* 



## **Download and Play**

A middle aged man is driving his car with the stereo on. But he is not singing along to some 70s one hit wonder. Instead he has a look of concentration and deep thought on his face. A woman is at the local playground keeping an eye out on her children. At the same time she has her mp3 player and intently listening but not to some cheerful pop song. A teenager sits on a train with oversized, bright coloured headphones wrapped over his ears. But he is not grooving to the latest beats. Instead he is contemplative as he swipes his iPhone to lookup a bible passage. Sermons, googled, subscribed, downloaded and played. We live in a time where we can readily listen to great preaching.

Last year I made listening to mp3 sermons a regular habit as I went on walks around Rowville. My phone is now loaded with Piper, Carson, Keller, Lucas, Chan, Dickson, and Raiter sermons. Such easy access to famous preachers of our generation. I get to choose what to listen to and when to listen to it. And what an amazing privilege it is to soak in great biblical teaching, to hear God's Word explained, to be encouraged and to be challenged. How enriching it is for the soul

Mp3's are also being used to reach out to those who have never heard the good news or are unable to read the bible in their native language. We recently received news from Richard and Maxine Payne, missionaries sent from Rowville to Thailand. They reported that mp3 players loaded with readings and teachings of the gospels were given out to people in remote areas. One recipient was house bound due to severe arthritis and was alone all day. With the mp3 player he now gets to hear of God's love and it fills him with peace and hope.

Locally at Rowville Baptist Church, we provide a podcast of all our sermons. This is made available to everyone free of charge through our web site www.rowvillebaptist.org. au. Why not subscribe to the podcast and listen to solid biblical sermons. We pray and hope that they can be source of encouragement and growth for your faith in Christ. Listen to them on your way to work, while you cook a meal, as you do some gardening or even as part of your daily time with God.

However, our podcasts are not provided to replace the experience of belonging to a church. As much as I enjoy mp3 sermons, they cannot replace gathering together on a regular basis with God's people. I still require and benefit from being with others who share the load of heavy burdens, celebrate the joys in life, pray together, look to meet the needs of our community, and enjoy God's word together. Go and check out our online sermons. Hopefully they will encourage you to come and join us.

Hebrews 10:25 – "Do not give up meeting together as some are in the habit of doing, but encourage one another all the more, as you see the day approaching.

Dennis Medina



## St Simon the Apostle Parish

Lent is the season of preparation for Easter. It starts on Ash Wednesday and ends on Easter, lasting for 40 days (not counting Sundays)

Young children have a hard time understanding Lent. One way of explaining Lent is that it's a time to bring us closer to God by taking time out to reflect and change. In our busy lives we fill our selves with lollies, buy new toys, play video games and watch television which makes us happy but that happiness is temporary. During Lent we stop filling our lives with temporary happiness and make more room for God. The church encourages prayer, fasting



Moving on from Restore Community Church's 5th Birthday celebrations in mid-January, we now look forward to occupying our new building, which we hope to move into around mid-year. With three times the size as our current building, we will be able to hold all our services and meetings under one roof, (our main Sunday morning service is currently held at the Performing Arts Theatre at Rowville Secondary College), with the capacity to increase our services to the community via Restore Community Care, from purpose renovated premises. This is something to give thanks to God for.

Now that the church year has well and truly commenced, all our groups are operating on a regular basis. At each Sunday service, crèche is available for kids 18months to 5 years and the Kid's Church for those in Grade 1 to Year 7. Youth are meeting fortnightly on Fridays, Men meet for their gatherings every second month and the women's group get-together monthly. The Seniors don't miss out either, gathering monthly as well. There is a wide selection of Life Groups (Home Groups) located in a number of suburbs meeting fortnightly, with an 'Hour of Power' prayer meeting held Thursdays on the alternate week. National and international guest speakers come to Restore to minister throughout the year.

Restore Community Church is a very appropriate name for our church as it describes the main purpose for our existence, restoring fellowship, relationships and a sense of community within our church family. At the same time we are reaching out to our local community with the love of Jesus to draw them into a true relationship with God and invite them to become part of a church family. Nothing replaces community and caring relationships in our lives. We need fellowship with each other to bring encouragement, challenge and support in times of need. God meets our needs through others.

As we practice hospitality, restore broken lives and create an atmosphere of fellowship, and genuinely love one another, meeting each other's needs, we will accomplish restoring people to God and to each other in a meaningful way.

There are people to help meet your needs at Restore, even if it's just a listening ear! Call 8736 9042.

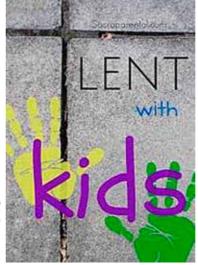
Ray Green



and charitable works. During Lent we can turn our hearts and minds to God and attempt to incorporate activities in our daily lives which will strengthen us. Many people "give up" something important to them for the 40 days during Lent. To

learn how to sacrifice or give is a way of learning unselfishness.







"It is hopeless!" is one of those frequent exclamations that seem appropriate when being hopeful is difficult. Especially when nothing looks like it'll work and obtaining any glimmer of good from the situation seems bleak. Who's to say that there is any positive? The task is too great and our hearts, a little crippled. We didn't always think that way.

Every child is born hopeful. They cannot help it. They are born with such forgiving forgetfulness that a new day is simply that, a new day, with every possibility that perhaps ice cream will be had. Every child hoped before and every child dreamt. Every child eagerly anticipated something wonderful and hoped and hoped and hoped for it, because every child has known what it is like to want something badly. But every child also grew up and learnt that every hope wasn't always fulfilled. Every child has tasted disappointment and has known the heartbreak of not having what they deemed a good thing. Whether immature or deserving, many an undelivered hope has unfortunately led to the misconception that nothing can be done when situations look bleak, because life is merely a random draw of cards that one must learn to live with.

But there is something to be done about life. It is to be lived and lived well. Though not always a walk in the park, it is self-destructive and dangerous not to hope all the time. Warranted, fresh disappointment challenges who and what can be trusted (few people are stupid enough to continue hoping or trusting in the unreliable). But in all seriousness, who and what can be trusted? From our closest loved ones to jobs, investments to Melbourne weather, we experience disappointments because we live in a world of imperfection.

Alas, there is one. There is one who can be trusted and hoped in, who is perfect and who thinks more wonderfully towards you than you would ever know. Some people don't believe that good prevails because it seems like this world is a series of unfortunate events. But there are also those who can't stop believing that good will eventuate, because it has to. Because there is an infinite God who is completely reliable and He actually enjoys turning terrible scenarios upside down and reminding His children that they can overcome and be triumphant in life. Sure, sometimes we take some convincing, but our church is growing in hope and we are happy to share it. You are welcome to join us on a Sunday morning, where we are seeing the things we hope for, transpire simply and by miracles. It is wonderful to never have to lose hope for the rest of one's life. Try trusting the promises of a God who only knows how to be true. Try it. He wrote all (apparently over 3000) promises down and they're in ink throughout the bible. Otherwise, just ask Him.

We hope to see you soon. *Nicole Fong* 



## **Council Minutes**January 28<sup>th</sup> Meeting

Brief summary of items affecting Rowville-Lysterfield.a. **Item 6.2** Application for residential subdivision of land into fifteen (15) lots in two (2) stages at 55-61 Palmerston Road, Lysterfield. The subject site is located on the north-eastern side of Palmerston Road, Lysterfield.

The application proposes to subdivide the land into fifteen lots in two stages as follows:

- Stage 1 comprising the construction of a new court and the creation of 11 lots being Lots 1- 6 and 11-15 with lots sizes ranging from 983m2 to 1,201m2 with the balance of land at the end of the court, shown as Stage 2.
- Stage 2 comprising four further lots being Lots 7-10 with the existing dwelling being retained on Lot 9 with an area of 2,804m2. Lot 7 is proposed at 1,566 m2, Lot 8 is proposed at 1,183m2 and Lot 10 is proposed at 1,423m2.

Council resolved to issue a "Notice of Decision to Grant a Planning Permit" to subdivide the land into 15 lots in two stages at 55-61 Palmerston Road, Lysterfield, subject to a number of conditions which can be viewed in the full Council

## **LOCAL SERVICE DIRECTORY**

#### PA INSTITUTE OF PUBLIC ACCOUNTANTS **ACCOUNTANT &**

- **REGISTERED TAX AGENT**
- All Tax Returns
- Small Business Advice
- Rental Properties CONTACT: 9764 5919

ashtonaccounting.com.au

## CPA Accountant & Registered Tax Agent

- Tax Returns-all entities **Business Financials**
- MYOB Specialist

9755 6175 0412 647 878

LAWYER

• FAMILY LAW

CONVEYANCING

COMMERCIAL LAW

WILLS & PROBATE

• POWER of ATTORNEY

Ph: 9758 8566 cost effective service

GST/BAS/Bookkeeping

## Lakesfield Plumbing Service

Ph: Steven Cuff Ph: 9752 8639 or **0418 358 475** 

**C J HYATT** 

**Electrical Contractor** 

**GENERAL** 

**ELECTRICAL ACCESS** 

CONTROL

SECURITY - TV

COMMUNICATIONS

chris@cihvattelectrical.com.a

Mobile: 0433 291 027

#### **ASPHALT** REQUIREMENTS

Driveways. Car Parks Tennis Courts, Trenches Mobile: 0419 135 141

#### Woodcraft Cabinets P/L **Excellence in Design** and Manufacture

Quality Wall Units, Kitchens, Vanities, **Entertainment Units** For a Free Quote call Steve: 9768 3292

## FACTORY DIRECT

CURTAINS - BLINDS TRACKS & ACCESSORIES Timber Venetians, PVC Venetians, Plantation Shutters. Verticals, Romans, Sunscreens, Rollers Blockout, Aluminium Venetian Awnings, Curtains, Tracks.

PERFECTONE CO PA

Factory 2/3 Neutron PI

Turn left at Metro Comm - Mel 73 BS

Rowville 9764 2019 www.perfectone.com.a

#### ROWVILLE **LOCKSMITHS**

Installed

LOCKS • Opened Rekeyed

Garage Remotes Domestic • Commercial

9764 5055

## CPA Accountant Registered Tax Agent

#### **TEO PARTNERS**

- Tax Returns All Entities Business, Rental Property Share, Negative Gearing, Capital Gain, GST & others Tax & Financial Planning
  - Call 9763 8989

BUYING OR SELLING PROPERTY IN VICTORIA?

MARIA CORICA -A LICENSED CONVEYANCER & MEMBER AIC (VIC) Licence 000307L 9759 5000 or 0419 396 146

#### **POWER LINK ELECTRICS**

- Domestic
- Industrial Electrical Data / Voice

## Victor 0400756664

#### **PRECISION POOL** & SPA SERVICE

- SALES / SERVICE MAINTENANCE REPAIRS to:-Pump, Filter, Blower, Control Box, Heating Rowville: 9701 1793 Mob: Nick 0429 896 911

## **ELEGANT PAINTING**

- Interior/Exterior
- **Free Quote**
- No job too small Call Ash on 0421 349 754 **MPA MEMBER**

## SECAGLASS 9753 3047

All glass replacement Free Quotes & Emergency service - Glass cut to Size 2/5 Kelletts Rd Rowville

## Chris Smith's Landscapin & Garden Maintenanc

All aspects of Landscaping Garden Clean ups Lawn mowing Slashing

Call Chris 0414 752 762 csmithgs1@bigpond.com Public Liability Insurance Free Quotes

#### Blackman's Garden Care

All Garden Maintenance Lawn Mowing Rubbish Removal Free Quotes

Call Matt **0404 077 063** or (AH) 8790 3636

## **CONVEYANCING**

SUPERIOR CONVEYANCING

- Commercial

#### **Be-Stitched** Alterations

Quality garment repairs for men, women and children of all ages

28 Pia Drive, Rowville Tel: 9755 7037 Mob: 0421 272 957

**Panel Beating** 

## **PAINTER**

Residential - Commercial New Work - Repaints Experienced - Reliable Work Guaranteed Free Quotes Call Peter Press on Mobile: 0418 302 535

## Hair 4 Hounds Dog Grooming Service

For all your Grooming Needs Grooming
Clipping 1000 W Nails Hydro Bath Flea Rinse 53 Crusoe Drive. I erfield For appointments call Nicky
0419 539 480

PLEASE Driver Training

Get quick results with a qualified Paramedic, who

qualified Paramedic, who teaches and assesses emergency driving skills with a goal of getting *you* from to safely!

Mark Wingfield

Phone: 9759 7614

Mobile: 0402 425 107

#### ALL GATES & PICKET FENCING

Driveway & Single Gates Lattice Work & Dog Runs Photo Selection

Repair & Insurance Work Phone: 9758 9457

Mobile: 0411 302 228

**PILATES** 

Wed 9.15am & 6.15pm Bookings essential

**BOXING** 

Wed 7.30pm

## EASTERN STRUT RECHARGE

- **Bonnet Struts Tailgate Struts**
- Regassed/Replaced **On Site Service Based in Rowville**

#### 0407 510 185

#### COMPUTER

- HELP Virus/Spyware removal
  Hardware/software troubleshootin
- On-site service

  Mobile: 0410 657 329



#### WCT COMPUTERS

Maintenance & Training

9759 7658 0404 836 480 149 Karoo Road, Rowville

#### **HANDY CHAP MAINTENANCE**

**INDOOR & OUTDOOR** NO JOB TOO SMALL! OBLIGATION FREE QUOTE WITH FRIENDLY PROMPT **SERVICE** 

**CALL CHRIS** 0417 507 444

S.Hill Gardening

比 Lawn Mowing - Weeding

Trimming + Shaping

🏶 Free Rubbish Removal

**Prices from \$30** 

Ph Eddie: 0425 786 381

E: pwys2002@hotmail.com

## **WINDOWS & DOOR REPAIRS**

casement, hinged, double hung, hifolding

Neil: 0452273245

HOPEWELL COMPUTERS

\*PC Upgrades & Sales

\*Internet Setup & Training
\* On-Site Service

**PC REPAIRS** 

24 Hours/7 Days

ROWVILLE & ALL AREAS

Mobile: 0412 364 763

Phone & Fax: 9752 9290

#### **Spray Painting Car Detailing Sliding**, awning,

Free on- site quotes Free pick up/delivery Over 30 years Experience

Will Beat Any Written Ouote Sam: 0411 512 173 Rowville & All Areas

## **ALL QUALITY KITCHENS**

Modern Designs Affordable Kitchens 25yrs Experience

Carmello 0414 351 511

## **JOE HANDYMAN**

All general maintenance, bathroom & pergola renovations

0431 521 998

## Lijun's Cleaning Services

Dusting • IroningSmall Gardening

Fee \$22.00 P.H.

Vacuum cleaning Bathroom+toilet Kitchen; cooker; oven

9778 6329 Rowville nces & police ched

## GRACEFUL LIFE

**HEALING & LEARNING CENTRE Holistic Counselling** Contact 0419 877 848

Visit our website: www.graceful-life.com.au Classes held at Rowville Community Centre
Call Lisa on 0407 873 271 Rowville Group Fitness

## TUITION

Year 9, 10 & 11 All Maths and Physics Nathan 0407 365 280 after 6pm or

Email: pengsol@bigpond.net.au

PC Repairs & Upgrades Virus Removal & Protection Internet & Network Setup

## Techwiz Consulting Onsite Computer Services

Sales & Service Troubleshooting Networking & Internet Free Ouotes

Ph/Fax 9837 5823 Mobile: 0416 135 328

#### Lula's Studio ADIES & MEN'S HAIRDRESSING EYE LASH & BROW TINTS WAXING

T-W-F 9.00am - 5.30pm 9.00am - 3.00pm Thur 2.00pm - 8.30pm

248 Karoo Rd 9752 9092

## HAVIR by HOPE www.hairbyhope.com.au

81 Liberty Ave. Rowville

Phone 9755 6552

## **PIANO-SAXOPHONE LESSONS**

AMEB & Theory also available Glenda Rowville/Lysterfield 9759-5070 0402 691 505

## **PIANO LESSONS**

Beginners of all ages Individualised programmes & wellequipped home studio

Joanne 0450 782 592

## Piano and Singing Lessons

Exams AMEB or learning for fun!

Natalia 🎝 0407 816 197

## **Council Minutes continued...**

meeting minutes on the Knox City Council website. **Item 6.3** Application for the development and use of the land for animal boarding (150 cats and 150 dogs) at Lot 10

Powells Road, Lysterfield The existing facility "Wellington Park Kennels" was established on the site pursuant to a planning permit (no.90786) issued in October 1978

The proposed new dog kennel building will be located along the northern boundary of the site. The building will comprise of 16 individual dog kennel pens with a centralised walkway. The building will be partially two storey with the first floor being utilised for storage (animal food, etc) and a staff toilet/ amenities room is proposed for staff use only. The building will have a maximum building height of 7.4m from natural ground level. The proposed building will be connected into the existing septic system on-site.

The applicant is seeking approval to allow 150 dogs and 150

cats on the site at any one time. The applicant has stated that the proposed dog kennel building is not intended to increase the number of dogs and cats being accommodated at present, and that the proposed use will only formalise the existing use on site.

Council resolved to issue a "Notice of Decision to Grant a Planning Permit" for the development and use of the land for animal boarding (150 cats and 150 dogs) at Lot 10 Powells Road, Lysterfield, subject to a number of conditions which can be viewed in the full Council Meeting minutes on the Knox City Council website

Item 10.6 Proposed sale of Council properties - 1490 and 1500 Wellington Road, Lysterfield

Council was presented with a report following the closing of public submissions for the proposed sale of 1490 and 1500 Wellington Road, Lysterfield. No submissions were received by the closing date for submissions. All legislative provisions to enable the sale of 1490 and 1500 Wellington Road, Lysterfield to proceed have been completed.

## Nuso

- Piano and Theory Lessons for all ages
- ▲ AMEB/ANZCA exams or simply to enjoy music

Music diploma and VIT registered teacher Call Deborah 0425460304 www.de-muso.com.au

KINDERMUSIK Music & movement class for 0-5 yrs. **TRY A CLASS FOR FREE!** Call Ruth 0459 064 461

ww.kindermusik.com

It was resolved that That Council, having completed the statutory processes in accordance with the Local Government Act 1989 to proceed with the sale of the

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

Darren Arnott



## Knox's most awarded office

Don't trust the sale of your most valuable asset to just anyone ... Call the agency with a proven track record & an intimate knowledge of your area.

# Buying, Selling or Renting

9753 2828

150 Kelletts Road, Rowville www.barryplant.com.au/rowville





**GST & Tax Reform Advice** 

**Business Planning & Development** 

Business, Corporate & Individual Tax and Accounting Services

**Investment & Wealth Creation Planning** 

**Superannuation & Retirement Planning** 

Suite 1B, 5 Kelletts Road Rowville, Victoria 3178

Telephone: (03) 9764 2244

Facsimile: (03) 9763 8510

Email: info@hgfin.com.au



## MACKINNON JACOBS HORTON & IRVING

**Lawyers** 

## pure excellence in . . . . family law matters

- Care Arrangements for Children
- Asset Division
- Divorce
- Spousal Maintenance
- Superannuation Issues
- Court Representation
- Advice by Accredited Specialist in Family Law

Phone: 1300 424 452 Offices in Boronia, Rowville & CBD

## rowville.com.au

Visit YOUR community website for local businesses and community services in Rowville and Lysterfield. Bookmark the site today to ensure local events and business listings are just a tap on the keyboard away. Search for local businesses that live and work in your area!

Email us your community event and we will advertise it for FREE!

Contact us at: info@rowville.com.au

We would love to hear from you!

rowville.com.au

...your suburb your website!

