



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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Priceless

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Website | www.rowvillesc.vic.edu.au

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From the Editor's Desk



I'll start this month with a big thank you to the three people who volunteered their time to help each month with the proof reading. We believe our paper is an important contributor to the community, keeping residents and businesses informed about local activities, so accuracy is essential.

It may have passed many readers by, that Curtis Good, a resident of Rowville since he was 5 months old, gained his first soccer cap for Australia in the recent game against Ecuador in London. Curtis attended the AIS and played for Melbourne Heart before getting a contract in the UK with Newcastle United. His performance in that game, suggests that he has a strong chance of being selected for the World Cup squad. His parents, Denise and Mike are very proud of him and the way he has handled with everything. We will watch the situation and hope to interview Curtis later this year.

Congratulations this month go to Carmen Wu, the 2013 DUX of Rowville Secondary College. She gained an ATAR score of 99.05 and started her tertiary education in Commerce/Law at Monash University. A more in depth report appears in the RSC article.

I was one of many residents to receive a letter from my service provider advising that my broadband connection had been upgraded and I could now expect faster speeds. I have monitored the speed during March and I must admit that all my

internet connections happen very quickly. Have other residents noticed any change?

In recent months, a few residents I met suggested a "Puzzle Page" including 'word search' and 'sudoku' etc. would be welcome in the RLCN. What do you think? Could you compile it for us each month? Give me a call 9764 4703.

In a recent issue, I commented on the sad state of the 'Wishing Well' and asked who was responsible for the upkeep. How many residents have noticed that it has been repaired and given a coat of paint. It looks really outstanding thanks to the dedicated work of the Stamford Park Men's Shed. Oh, the power of the press!!

We are still (never ending) looking for distributors for the paper. We are proud that the paper is delivered to every house by volunteers and doesn't have to be collected at the local shopping centre or milk bar. You would be doing a service to the community, getting some exercise and who knows who you might meet!! Many rounds are less than 50 papers, which equates to around 20 minutes a month. Not much to ask surely. Contact Peter on 9752 7592.

Don't let's forget, that Anzac Day is approaching. There are a number of local services including a public remembrance at the shrine outside the Library at 10am, which I encourage you to attend. Finally, it is Easter this month, an occasion that is celebrated in different ways by most residents. Whether it be religious, to do with furry Bunnies, flashy bonnets or simply chocolate eggs, have a great time and spare a thought for those less fortunate than you.

David Gilbert

What's On Locally

April 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

Australia For Christ Church English services 10am (simultaneous kids R.O.C.K. program) Sunday. Indonesian 10am Sunday. Mandarin 1:30pm Sunday. Stompers Pre-School Playgroup 10am Wednesday (during school terms). 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
Playgroups - Tue, Thur & Fri. mornings during school terms.

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

CFA Juniors Meet every Thursday 7pm.

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

1st Rowville Scouts:

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

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

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

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

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

Fruitful Vine Church Services every Sunday 10am.

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

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

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

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

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

Life Activities Club Regular Activities. Call Melva 9762 3764

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

Little Athletics For training & event days: 9763 1404.

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

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

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

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

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

RAFT Anglican Church Holy Communion 8.30am 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** 2nd & 4th Tues each month at 7.30pm. **Playgroup** Tues & Thurs 10-11.30am. **Toddler Church** every second Friday 9.30am. Contact Jenny Coole 9764 2573

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

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

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

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

Rotary Club Every Tuesday at Baton Rouge at 7pm

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

Salvation Army Services every Sunday 10am followed by morning tea.

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

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

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

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

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

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

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

Yoga With Karen At the Rowville Community Centre and Rowville Uniting Church, Mon & Thurs Mornings and Wed & Thurs night, \$16 a casual discount for full term. Contact Karen Skiadas on 0421 349 520

Calendar of Events April 2014

- 1 April National Smile Day**
www.humourfoundation.com.au
- 2 April World Autism Awareness Day**
www.un.org/en/events/autismday
- 4 – 13 April National Youth Week** youthweek.com
- 7 April World Health Day**
www.who.int/world-health-day/en
- 7 April Australian Citizenship Ceremony**
www.knox.vic.gov.au/citizenship
- 11 April World Parkinson's Day (Worldwide)**
www.parkinsons-qld.org.au
- 13 April Run for the Kids** www.r4k.com.au
- 14-20 April Intl Creativity & Innovation Week**
www.creativityday.org
- 18 April World Heritage Day**
www.gdrc.org/heritage/world-heritage-day
- 18 April Good Friday Appeal**
www.goodfridayappeal.com.au
- 18- 21 April Easter**
- 22 April Earth Day** www.earthday.org
- 22 April Ordinary Council Meeting**
7pm Civic Centre (Council Offices)
- 23 April World Book & Copyright Day**
www.un.org/en/events/bookday/
- 24 April World YWCA Day**
www.worldywca.org/Events/World-YWCA-Day
- 24 April International Guide Dog Day**
- 25 April Anzac Day**
- 26 Apr- 4 May Australian Dance Week**
ausdance.org.au/news/archive/events
- 28 April Safety & Health at work**
www.un.org/en/events/safeworkday/
- 30 April International Jazz Day** jazzday.com/

April Events

Bridges Connecting Communities Book Fair
Sat 12th April, 9.30 – 2pm. Tennis Pavilion, Marie Wallace Bayswater Park, Cnr King St & Mountain Hwy, Bayswater (64 G3). Drinks, BBQ and sweets available.
Information on 9729 9499 or info@bridgescc.com.au

Knox Historical Society A guided 70 minute tour of Ferntree Gully Cemetery on Sunday, 13 April, at 2 pm. The tour will be led by noted local historian, Clarrie Talbot. The cost is \$10. For bookings, ph. 9758 6722

Little Aths Saturday April 5 Cross Country
Season commences at Koomba Park. First Event 9:00am - New Registrations from 8:00am. Registered Knox Little Athletes free. New members \$55 (4 to 15) All abilities encouraged to participate. Contact Steve 0417 325 917 or Steve 0409 231 380. Full details in Little Aths Article.
Sunday April 6 from 2-4pm Rowville Little Aths Presentation Day & AGM at St Simons School Hall.

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

DEADLINES May 2014 EDITORIAL & ADVERTISEMENTS Wednesday, 16 April

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, 03 May 2014

Stud Park to host second Anzac Day Service



Following the success of last year's inaugural Anzac Day service held at Stud Park, the centre will once again host the event for our community on Friday, 25 April.

The Anzac Day event honours those who served at war and will be hosted in conjunction with the local RSL, Rowville Salvation Army and Rowville Lions Club. The service will commence at 10am and will be held at the Anzac memorial outside the Rowville Library.

Kellie Suhr, Stud Park Centre Manager explained the importance of the event to the local community. "At our inaugural service last year we had over 300 people attend, which highlights the significance of the day for our community. I'm proud that we can host the Anzac Day service for the surrounding region. We know many people want to pay their respects to our fallen soldiers but attending the Dawn service at the Shrine of Remembrance can be difficult, so we're happy we can offer the opportunity

for people to still be able to pay their respects," Kellie said.

The Honourable Kim Wells, Victorian Minister for Police and Emergency Services will attend along with local members of the CFA, police, local schools, the Salvation Army and the Lions Club. To honour those who served, prayers, poems and a brief history on

Anzac day will be read to guests who attend. Flowers will then be laid at the war memorial outside Rowville Library and a minute's silence will be observed for those who died in battle.

Following the formalities, a sausage sizzle will be available to help raise money for the Anzac Appeal and Vietnam Veterans Museum.

The Stud Park Anzac Day service is open to community members of all ages.

For further information, please visit www.studparksc.com.au or contact Liana Mete on 03 9764 1218.

Liana Mete Marketing Executive



Rowville Rail, Metro and Doncaster Rail are major factors in east, poll shows

Public transport priorities will be a major factor influencing voters at the upcoming State Election, according to new research results released today by the Eastern Transport Coalition, as part of its Commuters Count election campaign. The poll of more than 1000 residents in Melbourne's eastern suburbs, found that 64 per cent of residents rated improving and expanding public transport as a top or very high priority. Significantly, the research also found that three out of four people believe that the delivery of rail projects needs to be accelerated and delivered sooner than the 2025-50 schedules the State Government has currently set for Melbourne Metro, Doncaster Rail and Rowville Rail, whilst 7% thought they did not need to be built at all.

ETC Chairperson, Cr Peter Lockwood said "Residents in Melbourne's east have had enough of public transport plans and studies that don't produce results because they are unfunded or pushed so far into the future that they are continually relegated to the bottom of the list". He encouraged commuters to share their views via the ETC's Commuters Count Facebook page or the hash tag #commuterscount on Twitter.

The ETC will be holding a public transport summit on April 9 where representatives from local government, business, public transport associations and interest groups will gather to discuss how the current and future state budgets can be used to satisfy the transport needs of the outer eastern suburbs. You can find the Eastern Suburbs Transport Poll results on the ETC website at www.etc.org.au.

ETC spokesperson, Cr Peter Lockwood is available for further comment on 0419 970 565.

The Eastern Transport Coalition represents seven municipalities and over one million people in eastern Melbourne. It advocates for accessible and integrated transport in the eastern region of Melbourne to improve liveability and reduce car dependence.



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
- Eildon Pd (both sides from Murray Cres to Dandelion Drive and from childcare centre to Dandelion Drive), Metcalf Cr, Tyrell Crt, Reeve Pl, Childcare Centre - 70 papers
- Dandelion Dve (west side from Eildon Pde to St Lawrence Way) Milk Bar - 30 papers
- Kelletts Road (even #'s 96 to 128) – 16 papers
- Please contact – Lesley Jenkins – 9755 5065
- 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
- 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



Lions Club of Rowville

We are very grateful to everyone who bought 'sno cones' from us at the Knox Festival last month. As a major fundraiser for the club each year, it is an important event in our calendar and without it we wouldn't be able to help as many people in the community as we do. A big thank you also goes to those members who put aside a few hours to help over the weekend. A great deal of planning goes into an event such as this and the cooperation of everyone involved is what makes it such a success.

The club is in the midst of another membership drive and it is an ideal opportunity for anyone interested in learning more about our work to come along to a meeting and check us out. Everyone is welcome and all it takes is a phone call



to our Membership Chairman Shane on 0418 354 522 to obtain details.

Chris Carr



Knox Environment Society

Put back the native street trees – Target 95

Knox's peak environmental group, the Knox Environment Society (KES), has launched a new campaign aimed at encouraging Knox Council to put back 95% of the 11,000 missing street trees by 2020 and to place a focus on planting natives.

"Many surveys have highlighted that green and leafy streets are extremely important to the community as they provide shade, a relaxed amenity and corridors for native birdlife to move from garden to garden" said KES president Richard Faragher.

"Street trees are an asset just like footpaths and roads. If Knox Council can replace every section of footpath and road they remove within a few days, it is only fair to expect the same for our highly valued street trees. Neglecting our

street trees like this shows a disregard for an asset which is highly regarded by Knox ratepayers" added Mr Faragher.

"As our residential areas continue to redevelop, streets trees will become the foundation for the greening of Knox. This is because many trees on private land are removed and not replaced during development."

"The Council and the KES have encouraged over 500 residents to join Garden's for Wildlife. All we need now are streets full of beautiful native trees to provide the corridors to these gardens. The corridors are often incomplete due to so many trees missing from our streets" Added Mr Faragher.

The KES want Council to develop a Street Tree Management Plan to help guide the process and make sure the right trees go into the right places. The Group is strongly encouraging Knox Council to adopt the 95% target by 2020 and allow funds in the 2014/15 budget to do so.

The KES will be running education campaigns through its community nursery and other avenues asking the community to express their views.

The KES asks that the Knox community make their voice heard by doing the following:

- Helping us with our campaign – for more information contact knoxtrees@hotmail.com.au
- Visit our website www.kes.org.au follow the links to 'street tree campaign' and fill in the survey.

The community is very passionate about street trees and we are hopeful that, this time, Knox Council will listen." said Mr Faragher.

Mick Van de Vreede



Rescued Food – Waste no More initiative from

Rowville Community Kitchen

Chef Greg and Christine launched the new initiative at the Knox City Festival.

The new initiative is to share our knowledge of cooking from scratch with fresh produce which will reduce landfill and stretch the family budget. We come from families where all foods were cooked from scratch. There was always a veggie patch or an allotment where tea leaves from the pot were thrown on the fruit vines.

We will be launching hands on workshops, providing recipes and ideas to provide healthy great tasting meals for families.

For more information please call 1330 363 723 or register your interest on our website

www.rowvillecommunitykitchen.com.au

Here is a simple recipe using apples that all the family can make.

Simple Apple Cake. This cake is so moist and rich and just perfect for this time of year (and easy to make!) Ingredients:

- 2 eggs
- 1 3/4 cups sugar
- 2 heaping teaspoons cinnamon
- 1/2 cup oil
- 6 medium Gala or Fuji or Honey Crisp apples
- 2 cups flour
- 2 teaspoons baking soda

Directions:

Preheat oven to 350°. In a large bowl, mix the eggs, sugar, cinnamon and oil. Peel and slice the apples and add to mixture in bowl (coating as you go to keep apples from turning brown.) Mix together the baking soda and flour and add to the ingredients in the bowl. Mix well (best with a fork) until all of the flour is absorbed by the wet ingredients. Pour mixture into a greased 9x13 or two 9" round pans. Bake for approximately 55 minutes.

Christine Smith

Probus Club

Combined Probus Club of Knox



The month started with our AGM and the election of a new committee. David Gilbert took over as President and Tony Rodham became Vice President. Kaye Graham moved from 'Memberships' to Secretary, with her former position as 'Memberships' taken by Pam Gilbert. Doug Whan and Graeme McEwin will initially

share the Treasurers portfolio and Carmel Stackpole moved into the 'Guest Speakers' chair. Her husband Ray accepted the role of 'Newsletter Editor' and Joan Freeman took over 'Hospitality'. Tricia Mai continued her 'Outings' role.

Possibly due to members taking time out over the holidays to go to the cinema, the two movie outings were not as well attended as usual. I'm sure it had nothing to do with the quality or attraction of the two films chosen, "The Book Thief" and "Saving Mr Banks".

We have a planned day trip to tour the "Spirit Of Tasmania" ferry followed by a lunch and a tour of historic Williamstown, which will be reported on next month.

Sadly we had to farewell two of our past members, Sylvia Barradine and Maureen Hackett. Sylvia was a Past President of our Club. We send our sincere condolences to their respective families.

We are always looking for new members so if you want to join a vibrant group and participate in interesting and informative events, call Pam on 0422 403 465.

David Gilbert



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



A Group of Happy Volunteers

St John Ambulance

Are you interested in learning life saving skills and serving your community?

St John Ambulance is a volunteer organisation committed to teaching first aid to its members and then helping them transferring this knowledge to deliver first aid to the public at local and state events.

In January 2014 we had a group of cadets travel to the National First Aid Competitions in Sydney to represent Victoria. After a full day of treating a variety of patients during first aid scenarios, the results were in and we won!

St John is about teaching life saving skills in a fun and supportive environment.

We are looking for enthusiastic young people aged 11-18 years old to join Knox Division in Boronia on Thursday nights between 7-9pm. For more information please email knox.cadet@stjohnvic.com.au



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



Rowville Fire Brigade

Rowville Fire Brigade has been going through some significant changes in recent times as the Brigade migrates from fully 'Volunteer' to an 'Integrated Workforce' including 'Volunteers' and 'Paid Career Firefighters'. This transition has been underway for over two years now with the Brigade having Career Firefighters as part of the brigade during weekdays for the past 12 months.

On Monday 10th March, the Brigade reached a significant milestone in this journey, when it officially moved into the new station at 1063 Wellington Rd. The new Fire Station has been a \$5.5 million dollar project, that has produced a large modern facility that will meet current and future needs for the brigade. The 10th March was also planned as the commencement of 24hr Career Firefighter staffing of the Brigade, but due to the commitment to the Hazelwood coal mine fire, this was postponed until the 7th April.

At the same time as moving into the new station, the Brigade commissioned its new Pumper which is a state of the art Scania fire truck valued at around \$660,000. Both the station and the new truck have been provided to the CFA from a state government initiative.

A Station open day for community members will occur later in the year.

Mark Kennedy Operations Officer



Australian Red Cross - Rowville Unit

By the time you read this, 'Red Cross Calling' will be over and we anticipate that Rowville and Lysterfield residents will be as generous as they have been in previous years. Next month I will be able to let you know the result.

We have been told of a 2 year old girl who needs to have a blood transfusion every month. So far she has had over 30 of them. Thank you very much to all blood donors, you can see how much your blood giving is appreciated and needed. There is a great need for more donors, so please, if you are able to, donate as often as you can.

The next Blood Bank visit to Rowville is on Tuesday 13th and Wednesday 14th May. We look forward to seeing you there. If you have any questions about Red Cross, please ring Joan on 9764 4611.

Elly Baré

Your Home

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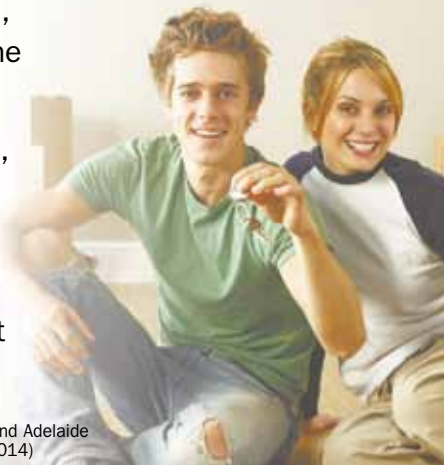
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9763 0069

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www.rowvilleframing.com.au



Rowville Toastmaster Club Builds Leadership Talent

Primarily people join a Toastmasters Club to strengthen their public speaking skills. However, a Toastmasters Club offers members so much more. There is a concurrent Competent Leadership Program that members can complete, alongside the Competent and Advanced Communication (public speaking) Program.

Toastmasters learn to be leaders through hands on experience. There are two ways members can do this: by taking on a leadership role at a Club meeting and by being part of the Club Executive Committee.

Have you ever been to a meeting which has been poorly organised, that ran over time, where people are late to arrive, where people rush out because their mobile phone rings, or the papers for the meeting were not available. On the other hand, have you ever been to a meeting which runs smoothly, stays focused on the agenda, starts and ends on time, everyone eagerly participates and enthusiastically puts their ideas forward and the Chair concludes with a summary of the actions agreed at the meeting. The first style of meeting is frustrating for everyone; the second style of meeting is the way we learn to run meetings at Toastmasters. It is best practice in action and everyone enjoys a well run meeting.

Reading about leadership is one thing, but at Toastmasters, members discover their leadership talents through doing a leadership role. The Toastmasters model gives members the opportunity to learn how to chair meetings effectively; learn how to develop and manage a meeting agenda and prepare meeting minutes; learn how to organise and host special events, such as speech competitions; learn how to give effective feedback to other Toastmasters when they give a speech; and even learn how to promote their Club through publicity and media releases.

Many of these roles are new to people who perform them, so while it does take people way out of their comfort zone, taking on a new role at Toastmasters Meetings or on the Club Executive Committee provides a friendly learning environment designed to encourage and support members learn leadership skills. Toastmasters empower members and gives them the courage to take on leadership challenges.

The Toastmasters Leadership program leads to the award of Competent Leader and focuses on Listening, Critical Thinking, Giving Feedback, Time Management, Planning and Implementation, Organisation and Delegation, Facilitation, Motivation, Mentoring and Team Building.

Guests - Free

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. The Club meets the 2nd, 4th and 5th Tuesday each month at 7.15 pm for 7.30 pm start, at the RAFT Church in Rowville. New members are always welcome.

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

Leona Jorgensen, Vice President Public Relations.



Left to Right, Back Row. Rowville Toastmasters Executive Committee (Left to Right: Paul Broom, Sergeant at Arms; Santo Greco, Vice President Education; Henk Van Den Bergen, President; Michael Byrne, Treasurer; Phil Lokot, Immediate Past President.

Left to Right, Front Row. Leona Jorgensen, Vice President Public Relations; Rakshindar Kabir, Secretary; Qi Li, Vice President Membership.

Student Corner Head versus Heart

We, as humans, often find ourselves in a position in which we must make decisions. And for some of us, that can be as simple as a yes or no answer. Others may encounter a battle against their mind and their heart. We find ourselves lost and unable to choose between the two, because we have no idea which one is correct. We fight and fight against ourselves, but can we ever really find the answer. Which one is right – our heart or our mind?

Technologically speaking, our mind controls everything we do... right? So shouldn't that mean that our mind is telling our heart what to do? I often wonder about this, although I don't think this statement is true. I believe the heart has an entire other mind of its own. Your mind isn't focused on your emotions and state of mind, it's busy telling the rest of your body how to function and process information. Ultimately, the heart brings you back into the right state of mind. Your heart understands your emotions and why you are feeling them. The state of mind in your heart can never be changed. It's an involuntary organ in the body, it must keep moving, just like you need to.

Overall, your heart holds more wisdom and purity than your mind. *Connect your head to your heart. Learn to trust your heart's instincts. Be open to its signals. Heed them. Act on them.* The mind is strong, but the heart is stronger. It wins, it always, always wins.

Natalie Blazeovski, Year Eight

Editor's Note:- This could open up quite a discussion. Is Natalia right? Write to us and let's discuss the premise.

Rowville Senior Citizens



June, Fay & Jan, relaxing at "Woop-Woop"

Our first outing of the year on the 3rd March, was to Castlemaine for lunch, followed by a tour of the property "WOOP-WOOP". We saw lots of clever Australian sculptures and many old Aussie expressions were brought to life. Thirty of our members enjoyed the beautiful weather and a fun day out.

Of course, our indoor bowling and bingo are always very popular. It's great to hear the laughter and excitement of the close bowls games, especially when the 'jack' is knocked off the carpet! Our bingo days on Fridays, bring the regulars out, all eager to win the jackpot at the end of the day.

Why not come along and make some new friends? Visitors are always welcome. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

For any enquiries, call Anne Berg on 9873 0226 or mobile 0404 007 174.

Anne Berg (president)



Cake Decorators Association of Victoria Rowville Branch

March 9th, was a good day, with some great Humpty Dumpty tops going home. The next workshop will be on April 13th, and will have a 'Mother's Day Funky Handbag Cake' theme. This workshop will be under the guidance of Pam Archibald and there will be shops available for your convenience.

Please make a note that the June workshop will be on June 15th instead of June 8th

Details of our workshops venue, dates and times can be found in "What's On Locally" on page 2. Workshops run from 10am to 3pm. With members fees set at \$10 and non members \$15

Bookings and enquiries should be directed to Velma on 9763 8646 or Madeleine on 9870 5743

Velma Brown



Knox & District Over 50s Club

The Knox Over 50's is now in full swing and the new Committee is being very active. Already a number of events have taken place and a lot more are planned for the rest of the year. Membership for 2014 is now open but filling up fast 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 other events planned for this year. We have a day trip to Daylesford and an outing to the Yarra

Valley Harness racing in April. The club holiday to the Gold Coast in September is full and there is now a waiting list for that event. These and all of our regular events will continue throughout the year.

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

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.. Come early to get a good seat. At our 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, 22 April 2014, to discover all we have planned for the year and listen to an interesting and informative talk from one of our great guest speakers. We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information.

Jim McLoughlin



Shopping Centre

Hop into Wellington Village this April.

As is the tradition at Wellington Village we have **free** school holiday activities to enjoy. Bring the kids down Wednesday 9th, Thursday 10th or Friday 19th April between 11am and 2pm, to make their very own monster or alien puppet in a special workshop. Take them home to keep playing with, or make even more for a full puppet show!

As we get closer to Easter we have a very special 'Easter Bunny Craft Workshop', taking place on Wednesday 16th and Thursday 17th April from 11am to 2pm. Just come on over and find the craft workshop located near IGA.

Easter would not be complete without a visit from the



Easter bunny, who will be hopping around on Easter Saturday the 19th of April between 10am and 1pm, with lots of free chocolate Easter Eggs.

Of course the centre is celebrating Easter with Easter buns, fresh food, chocolates, flowers and balloons to bring together a hoppy family Easter.

Check us out on our Facebook page for daily news on special offers and be able to talk to us. We are always keen to listen to what you have to say as our very important loyal customers.

We wish you all a safe and happy Easter from the entire team at Wellington Village.

Yvette Switalski

Red Hat Society

As we know Melbourne has had a very hot summer and it has affected the things we do in our life. The weather also dictated how The Ruby Gumnut Goddesses celebrated our second birthday. We decided to have a different type of party. Red Hatters love dressing up in purple with red hats on our head and lots of bling and going to a pool birthday party is no different!

We all donned our purple bathers, dug out our pool hats and our pool jewels (they need to be plastic and bright) and headed off to the Goddess of Swirl's swimming pool for our party on a 40C afternoon.

Of course pool toys were included in the fun, water pistols for those who were too slow to get into the water and noodles for those who were not confident in deep water. Noodle races up and down the pool were great fun. We had a lovely lunch after an hour of swimming and then back into the pool for more fun.

This was not the only occasion we donned our purple bathers for a swim. In late February eight of us headed off to the Peninsula Spa for a day in the hot springs. Of course we wore our pool hats and pool jewels. I think we caused a bit of a stir at the place and put smiles on faces. Lots of people came up to us to ask what we were doing and how lovely



Having Fun In The Pool

and bright we looked. We spoke to tourists from England and America, had our photo taken by some Japanese girls and chatted to lots of Aussies.

As the weather cools we are back to lunching, dining, shopping and other fun activities. In March we are going to Tosario's in Rowville for dinner, catching a bus for a day in Frankston and visiting the Blue Lotus Gardens in Lilydale. If you would like to find out more about The Red Hat Society please ring Kerry on 97644717.

Kerry Eustace

Peppertree Hill Retirement Village

Open Day and Sausage Sizzle

We held a very successful and busy Open Day on 27th February, with 36 groups attending, making up a total of approximately 50 people visiting the Village.

5 units were open for inspection on the day, ranging in price from \$360,000 to \$450,000. Some units had two bedrooms, others three and they all had either a garage or carport.

The BBQ Sausage Sizzle was also a great success. It was held in our Community Centre and was run by the residents, who did an excellent job, providing tasty sausages and



Part Of The Crowd Enjoying The BBQ

hamburgers.

A number of residents also mixed and chatted with the visitors, making them feel welcome and answering questions about the village.

Margaret Abbott



Easter Holiday Fun



As is the tradition at Wellington Village we have **FREE** school holiday activities to enjoy - bring the kids down **Wednesday 9th, Thursday 10th or Friday 19th April between 11am - 2pm** - to make their very own Monsters or Aliens puppet in a special workshop. Take them home to keep playing with or make even more for a full puppet show!

As we get closer to Easter we have a very special **Easter Bunny Craft Workshop** taking place on **Wednesday 16th and Thursday 17th April from 11am - 2pm** - just come on over and find the craft workshop located near IGA.

Easter would not be complete without a visit from the Easter Bunny - who will be hopping around on **Easter Saturday the 19th of April from 10am - 1pm** with lots of free chocolate Easter Eggs.

Check us out on our Facebook page for daily news on special offers and be able to talk to us - we always want to listen to what you have to say as our very important loyal customers.

We wish you all a safe and Happy Easter from the entire team at Wellington Village.



Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville

 wellingtonvillage.com.au



Holidays in April: Please note that all of Eastern Regional Libraries, including Rowville Library, will be closed from Friday 18th to Monday 21st April and Friday 25th April. However, the After Hours chute will be open for returns.

School Holiday Program: **Tuesday 8th April** 11am **Egg-citing Storytime** Come along and enjoy some Egg stories and songs followed by an 'egg-citing' activity. **Ages 3+.** **Wednesday 9th April** 11am **Robot Riot** Robot related stories, activities and craft. Create a metallic robot fridge magnet. **Ages 4+.** **Monday 14th April** 11am **Personalised Easter Cards** Easter stories and rabbit rhymes. Make a cute Easter card using a photo of yourself that we will take and print. **Ages 3+.** **Tuesday 15th April** 11am **Easter-time** - With Easter looming come along for some festive Easter stories and activities. **Ages 3+.** **Wednesday 16th April** 10am **Mini Maestros** Join Kate from Rowville Mini Maestros for musical fun with instruments, singing and dancing. **Ages 1-4.** Bookings please. Free events.

Justice of the Peace: Do you need to visit a JP? If so, then you can attend at the library on the third Tuesday of the month from 1pm, i.e. **15th April**. Please make a booking. Phone 9294 1300

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. We can help you to: • set up your iPad/ Android tablet to download eBooks from the eLibrary. • set up your iPad/ Android tablet to download eMagazines from Zinio. • learn how to use the online catalogue and reserve a book. • explore the Online Resources on the library's website. Bookings are essential 9294 1300

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday **3rd April** at 9.30am. Even if you have attended before you can come again for more help. All welcome. Bookings essential. Free event.

Bookclubs: There are three bookclubs running in the library which meet once per month - Friday evening, Thursday



Check out the School Holiday Program at Rowville Library

evening, or Tuesday afternoon. For more information ring Rose 92941300.

Afternoon Bookchat! Held at 2pm. Our next meeting will be on Monday **7th April**.

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

Beginner's Internet and Basic Email training sessions are now on offer: Rowville Library is running these sessions 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 **29th April** at 1pm.

Chinese Friendship Group: This group meets weekly at the library on **Thursdays at 10.30am**.

Family History Help: Rowville Library offer **FREE** one-on-one assistance, but first please telephone 92941300 for a time to ensure staff availability.

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

Children's activities

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

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

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

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

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! 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 **4th April**. All Welcome.

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

Normal opening hours:-Monday to Wednesday 9-5.30, Thursday and Friday 9-8, Saturday 9-4 and Sunday 1-4. Details about the library service are available on our website at www.erl.vic.gov.au and you can even join on-line.

Rose Thompson, Manager

Rowville Community Library
9294 1300



The Wild Girl

by Kate Forsyth

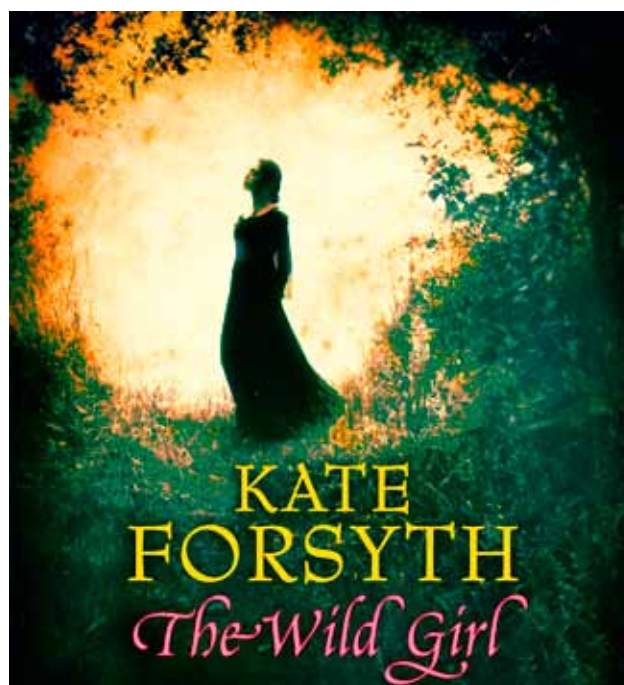
Set in Germany in the early 1800s, this is a work of historical fiction based on fact.

It is the story of Dortchen Wild, described by her father as "Wild by name and wild by nature". Her father is a cruel and tyrannical man who is set on taming her and treats her badly. Her mother is a timid and helpless type, dominated by her husband.

This is the time of Napoleon, who is set on conquering Europe. The Kingdom of Hessen-Cassel, in which the Wilds live, is among the first to fall under French rule. The people are now poorer than ever, often hungry, and barely able to survive.

Next door to the Wilds lives the Grimm family, and Dortchen Wild and Wilhelm Grimm had shared a special bond as children. In later years this became love, but it is doomed, as her father will never agree to the union.

The brothers Grimm decide to collect and publish the old tales of the country, preserving the folklore before it disappears. Watching these tales come to light is fascinating,

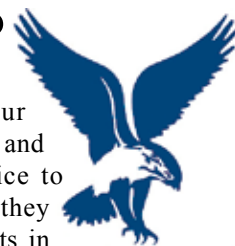


and it is interesting that they were originally far more violent than the versions which have come down to us.

Dortchen Wild herself is the source of a lot of these tales, bonding her and Wilhelm even closer; however they are kept apart by extreme poverty, and long absences as Wilhelm travels the country collecting stories.

This was a great read, compelling and hard to put down.
Irene, Rowville Library Bookchat Group

Is your lollipop person the sweetest?



Have you ever marvelled at your local School Crossing Supervisor and considered their wonderful service to your community and how could they be recognised for their loyal efforts in ensuring the safety of students and motorists?

Here's your chance. School Crossings Victoria have announced nominations are now open for the School Crossing Supervisor of the Year Award!

Knox Mayor Darren Pearce said "School Crossing Supervisors are charged with the significant responsibility of protecting and ushering our school students daily, while being mindful of the rights of motorists around school crossings. They perform their daily duties regardless of rain, hail and



shine and it's important that their role is recognised.

To nominate, fill out the nomination form online at: www.schoolcrossingsvictoria.com.au Nominations close on Friday 2 May 2014.

To contact Council about the School Crossing Supervisor of the Year awards, please call Council on 9298 8000.



Knox Home Garden Club

When I muse over the reasons for my dislike of the summer of 2014, it's about the plant life. While I have my own means for keeping cool and hydrated, to all intents and purposes the watering regime I provided selected plants in my garden was largely inadequate.

I think my garden suffered far more from the radiant heat owing to this summer scorcher, than ever before.

I felt so dispirited as I inspected the singed and depleted foliage of many of the plants I've nurtured over several years. However, some Australian trees, shrubs and perennials revelled in the endless blue sky days.

Some of those plants included Eucalyptus "Preissiana", Corymbia Ficifolia (Red Flowering Gum), Mallee Gum, Eucalyptus Caesia "Silver Princess", Eucalyptus "Yellow Gum", Grevilleas, Eremophila, Crowea, some Correas, Banksia "Birthday Candles" notwithstanding some Salvias, Roses, Clematis "Niobi" and California poppies.

I must emphasise that while most of the above mentioned plants are established and required little supplementary water, some are less than a year old and require one bucket of water per week in order to establish a good root system!!

If you've discovered that the soil in your garden beds is hydrophobic, in other words when water simply rolls off the soil's surface, there are ways to rehydrate your plants. Loosen the soil with a trowel, even if it's just to break the soil's crust, and then create a slight hollow or bowl effect around the plant's root zone. Sprinkle Wettasoil or Saturaid around the plant, using a hose with high pressure, force water into the soil, watering in the wetting agent until there's no more foaming.

When plants are well watered, liquid feed with a watering can, or an attachable container on the garden hose. Remember to re-cover the soil with the mulch again.

April is a great time of year to consider planting bulbs, rhizomes, corms, tubers into garden beds for winter/spring displays. This family contains some of the toughest, drought tolerant plants to grace your garden, because they contain a storehouse of nutrients, starches and moisture in the bulb. In fact, most of the winter and spring flowering bulbs require little supplementary watering. Amongst the toughest, are the Jonquil, Daffodil, Freesia, Star flower, Muscari (grape hyacinth), Anemonies, Ranunculus, Snowflake, Ixia, Sparaxis, Iris and Lilies.

Mid- autumn is a prime time to start contemplating remodelling your garden. Now is an opportunity to examine the plants in your garden beds and if they have not performed well during the summer, you could eradicate and replace them with suitable ones, or transplant them to a more suitable site.

It's now that I decide whether to reduce my lawn bed space to expand garden beds and incorporate drought tolerant plants... of course!!

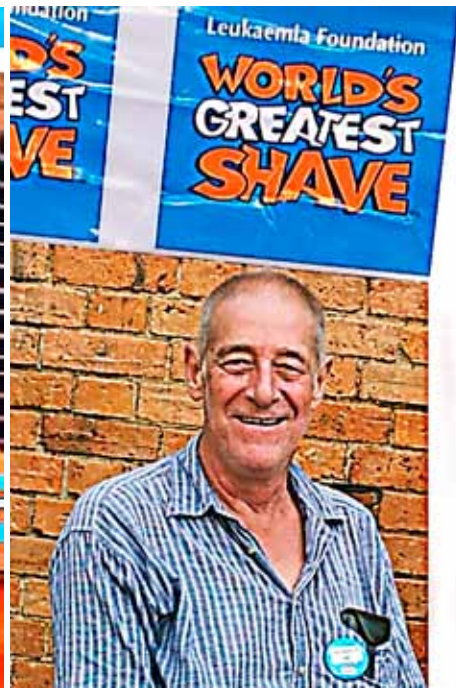
Lonni Holland

Stamford Park Men's Shed

The Stamford Park Men's Shed is primarily focused on the health and wellbeing of men, be that through social interactivity, education of through sharing existing or new skills. As a community group, the Shed also looks for ways to help the greater community.

When recently approached by Carissa from Carissa's Hair & Beauty in Scoresby to assist with the "World's Greatest Shave", for the Leukaemia Foundation, the Shed and its members came on board, offering the Scoresby Hall for the event, providing sausages and drinks plus a number of members became involved in the fundraising.

Our President, Barry Treadwell, has sported a beard for more than 45 years, but decided, in order to support such a good cause, to shave it off. After all that time it was a great gesture.



Barry Before and After The Shave

Meeting venue, dates and times can be found in "What's On Locally" on page 2.

Feel free to call the beardless Barry Treadwell on: 0425 719 451 or email info@stamfordparkshed.org.au to arrange a visit or to obtain information on the sheds activities.

Phillip Keily, Publicity Officer

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

Pre Kinder

The Rowville Community Centre's Pre Kinder program is now taking applications for Term 2 placements.

Children who are turning 3 or have recently turned 3 years of age are eligible to attend our pre kinder program which runs from Monday-Friday. We have several vacancies in our afternoon sessions on most days. These sessions run from 1.00pm-3.00pm and are specifically designed to encourage imagination, creativity and social interaction in children. The program's structure incorporates sensory, gross and fine motor skills and gives special attention to emotional and social maturity by helping children separate from their primary caregiver.

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

Patricia Massie



Is This True?

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on.

Hence the phrase... 'Goodnight , sleep tight'

The Knox School
CO-EDUCATIONAL | PRE PREP TO VCE

Upcoming Tours
Friday 2 May, 9am:
 Prep/ELC Information Morning
Saturday 17 May, 9.30am:
 Tour with the Principal
Bookings Essential

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

Opportunity.
Knox.

Knox kids walk and win!

Knox Primary Schools have walked their way to victory in the 8th annual *Walk to School* initiative, with students from the winning Rowville school clocking up enough kilometres to walk from their school grounds to Melbourne's CBD and back - 88 times!

Primary school students across Victoria were encouraged to walk to and from school every day in November last year as part of the *Walk to School* initiative to learn the health benefits of being active and to promote active transport modes. Knox students strode ahead of the State with two out of three *Walk to School* winners being local schools.

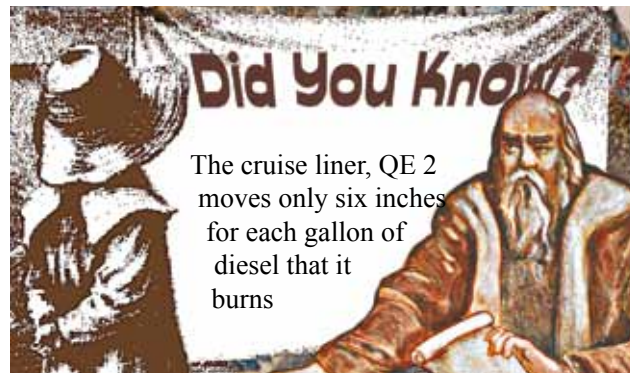
Park Ridge Primary School in Rowville was recognised as the overall *Walk to School* winner, with 418 students (the most primary school students to walk to school during the month-long campaign), pounding the pavement to complete more than 8,800 walks totalling close to 5,670 kilometres! They will receive \$1000 in sporting gear to support ongoing physical activity and will boast the title of Eastern Metropolitan's best walkers. Mountain Gate Primary School in Ferntree Gully finished second for the entire Eastern region for participation.

Knox Mayor Darren Pearce congratulated all primary school students who walked to school during November and

was delighted Knox students had embraced the campaign and had been recognised for their efforts. He said "Council is incredibly proud of all Knox schools who participated in the *Walk to School* initiative. It's wonderful to know that schools in the Knox community are helping to encourage their students to live healthy and active lifestyles. Statistics show that only one in five kids Statewide walk to school regularly, 50 per cent below the levels just four decades ago. In an age where childhood obesity is rising to epidemic levels, such initiatives are essential to promote healthy, active lifestyles."

All Victorian primary schools will have the chance to join the fun and get active with *Walk to School* 2014, later this year.

Contact walktoschool@vichealth.vic.gov.au for more information.



**Ready, set, jump...
into 10 years'
worth of smarter,
better play spaces**

Children will have more fun, more often, and in more places than ever before, thanks to a ground-breaking report into Knox Council's 200+ playgrounds and play spaces.

"Gone are the days when swings and roundabouts were the only things Councils bothered to build in local parks," the Mayor said. "Armed with this report, we're planning for better spaces that have more opportunities for children to learn in."

The Draft Play Space Plan gives Council ten years of play space development, with smarter ideas for spaces and equipment that everyone will benefit from. "We're going to make sure our play spaces have smarter designs with more natural elements and materials that suit the environments," Cr Pearce explained. "We'll make sure there are things for kids to climb on and explore and we'll make it easier for carers like grandparents to have some fun too."

The new plan has been endorsed as a draft and Council will be building into the play spaces program a regular system of consultations with parents and community members about their preferences for local parks.

The draft plan is online at knox.vic.gov.au or you can drop into Council's Customer Service Centres in Wantirna South and Rowville to see a copy, from now until 5pm on 9th May 2014.



Tales from the Rowville Writers

I was amazed

by Arthur Ives

How ordinary men and women manage to build structures that soar upwards towards the heavens is simply awe inspiring. I have shots from the construction site of the New World Trade Centre in New York City, where the terrorist attacks occurred on September 11th 2001. My head starts whirling. Seventeen hundred feet from the ground, workers are about to install the final seventy-six foot beacon that will bring the structure's height in feet, to seventeen hundred and seventy-six. This number, of course, commemorates the year when America gained its independence. I am amazed when I think that this building is almost twice as high as Melbourne's Eureka Tower. But research shows me that in Dubai in the United Arab Emirates, the world's tallest multi-use building stands, and it is no less than one thousand feet taller than the New World Trade Centre.

And wait for it, it's built on sand!

Many will recall the words attributed to Christ in the Gospel of St Matthew when He denigrated the foolish man who built his house upon the sand. He tells us: *'The rain descended and the floods came, and the winds blew, and beat upon that house; and it fell; and great was the fall of it.'*

But amazingly, the Dubai structure stands firm.

I'm stunned to think that there are engineers and a host

of ingenious experts, who can find ways of doing things that previous generations would have shrugged off as being too difficult to consider.

But even previous generations leave me awestruck. When I had the privilege of visiting them, the cathedrals of England had me shaking my head in wonder. Intricate design, superb craftsmanship, bold structure, massive scale, enduring materials, fascinating symbolism, glorious artwork, all to the glory of the God they worshipped.

In York Minster's cathedral when I was there, the guide told us that in 1840 there had been a serious fire that destroyed the magnificent ceiling. At the intersection of the roof rafters of a cathedral's vault, it was customary to place a wooden or perhaps a plaster covering over the ceiling's joins. These coverings are called bosses and in the building reconstruction at York Minster there were eight, on which scenes from the life of Jesus and his mother Mary were depicted. One boss showed Mary feeding Jesus, but the Victorians of the day were too prudish to show Jesus at an exposed breast. So, the baby Jesus is now seen feeding....from a wooden bottle!

When did you last hear of anything so absurd?

I spend much of my life in a state of wonderment, awe, stupefaction or amazement. I see tiny insects and try to analyze mentally, their intestinal or their respiratory systems and I avoid treading on them because, to me they are miracles of nature. They are direct descendants of the first of their kind to walk upon the earth.

Both minute and gargantuan quantities blow me away. At school in the 1930s, I was taught that the atom was the smallest unit into which matter could be divided. Before I

was twenty I was being introduced to atoms, neutrons and protons, but since then, one of the smallest units anyone seems has come up with is the quark, which is defined as a subatomic particle carrying a fractional electric charge. Are we any the wiser?

But how incredible is it, that there are people doing serious study on these things.

What about infinity? Who can get his/her mind around such a state?

What about God? Did He really figure out the myriad laws of the universe that would have effects for the eons that were to follow creation? And if He did, how mind-blowing is it that He had to put it all together at the millisecond when the Big Bang went off, because it had to be then or never. And if he didn't, are we to assume that it all happened by chance?

If there's nothing up to this point that I've written that amazes you, think about a few of these:

Amazingly, there are 158 verses in the Greek national anthem.

Amazingly, dead people can get goosebumps.

Amazingly, you could eat 1000 year old honey without side-effects because it doesn't age.

Amazingly, contrary to the belief that blind people only see blackness, they see nothing.

And finally, if you check the spelling of 'facetiously', you'll find it contains the five vowels, a, e, i, o and u, and also 'y', which is sometimes a vowel, all in alphabetical order.

Editor's Note:- History and the world are clearly full of amazing things and happenings. Let's hope the future is equally so.

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Considering that some people prefer not to go out at night, our Live Theatre Convener is taking bookings for the Sunday Afternoon Showings at either the 1812 or The Basin Amateur theatres

Unfortunately because of the fires and pollution, the Morwell Rose Garden outing was cancelled, but our Convener organised another destination. Walks are still planned and details can be obtained from the Convener. So many members enjoy these outings, viewing other peoples' work and expertise.

The Cinema afternoon / evening is a great social event, with us meeting together for a meal or coffee afterwards. The Garden outing to Claudette Fletcher's garden in Sassafras will include donations to the Multiple Myeloma Foundation. Badminton still runs on Thursday afternoons, and there just may be a chance of Table Tennis too.

Best wishes for a Safe and Happy Easter!!

Remember, we'd love to meet you, and to send a current Newsletter explaining our many activities, our membership fee of only \$20:00 per year.

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Another Social Day on the Ferry from Southbank to Williamstown and return.

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Federal Member for Aston



From Rowville To Hollywood

Rowville resident Dean Kirkright, 32, never wanted to be an actor (his mother had been a singer but that was his only stage connection), yet by a quirk of fate he is now on the Gold Coast filming "Charlie's Farm".

Dean, like many other boys wanted to be a footballer, but after much persuasion he was convinced to go to an acting class by a friend who had been going there for some time. At the end of his first lesson, he was offered a role in "Blue Heelers", much to the chagrin of his friend. Dean scored many TV and film roles over the next nine years including 'Home And Away', 'Neighbours' and 'Planet unEarth' on TV plus a series of short films before winning the lead role in the film "Newman" due for release later this year.

"I started in comedy roles such as "Boy's Place" before getting the role of the psychopath in the film "Torn", which gained me recognition in Hollywood," said Dean. He admires the work of James Dean, Bruce Lee and Leonardo DiCaprio and would like to try his hand at a strong drama sometime.

On March 1st this year, Dean was contemplating his future, that maybe acting wasn't for him, and working as a garbo to earn some money, when the call came offering him the role in 'Charlie's Farm'. "I was actually running alongside the truck when the call came", said Dean "and they told me to be on the Gold Coast for pre-production on the 11th!! It shows you that you should never give up, as you don't know what is around the corner".

Dean stars in his new film alongside Tara Reid, whom he met at an "American Pie" reunion in 2013. You will also see Dean in "Blood Hunt" also due out later this year. Charlie's Farm is scheduled for release in mid-2015.

David Gilbert



Dean Kirkright



Our Happy Children

What an amazing start to 3 year old activity group! Our children are absolutely loving it, so much so, we have enrolled them in additional sessions. They have developed confidence and independence. They are so excited to have a backpack, lunchbox and art smock to be responsible for. Every day we get asked, "Do we have kinder today?" and to see their excitement when they find out it is.

As a parent it is a big sigh of relief and contentment knowing they are happy. It is wonderful to see their faces light up when they have artwork to show off. To see that sense of pride and achievement is very special. When asked what they like about RPAG, the children responded with, "painting, playing with toys and playing outside and taking a schoolbag and lunchbox. We are just like our big sisters."

Kylie Ashton-Smith & Katrina Stratton.



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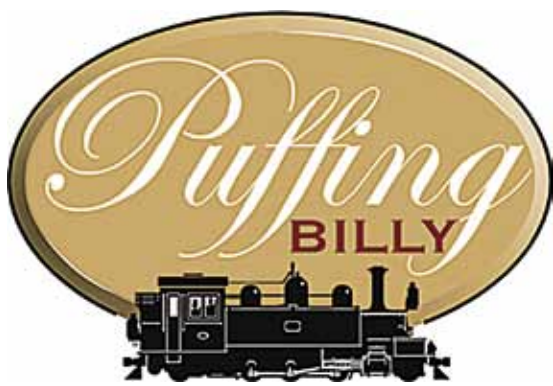

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Puffing Billy Is In Train-ing for The 33rd Great Train Race!

Puffing Billy is challenging all runners to enter the **33rd Puffing Billy Great Train Race** taking place on **Sunday, May 4, 2014**. This annual event will see Puffing Billy challenge up to 3,300 runners from Belgrave to Emerald Lake Park, over a distance of 13.2 km.

The Great Train Race is one of the longest, oldest and most popular 'Fun Runs' on the Australian running calendar, with runners pitting their fitness against the popular tourist icon. However, it's not just the steam train that runners need to concern themselves with, it's also the varying terrain of sealed and dirt roads as they traverse the hills of the Dandenong Ranges.

This year Steve Kelly from North Balwyn is aiming to become the first runner to win three consecutive races. "I really enjoy participating in the Great Train Race as it's not every day you have the chance to compete against a steam train," said Steve. The train driver for this year is Chris Tasker, the youngest driver at Puffing Billy Railway. Eastern Victoria Region MP Edward O'Donohue said, "The Great Train Race is the annual fundraiser for the Puffing Billy Preservation Society, so I would encourage everyone to register and help support them in preserving a piece of Victoria's history."

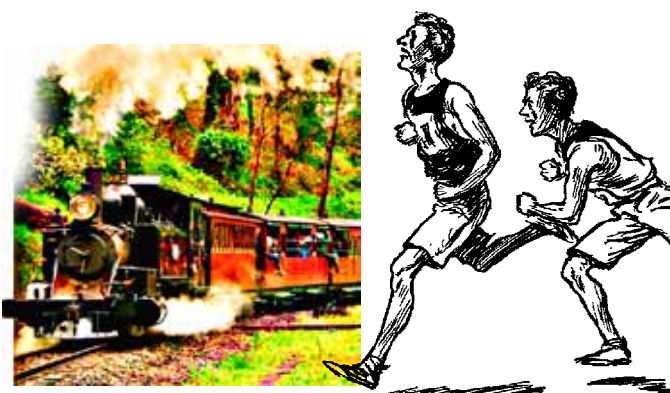
Matt Collopy, Special Events Manager at Puffing Billy Railway stated that, "Last year entries were fully subscribed within seventeen days so we encourage those people interested in running this year to enter as soon as possible via our secure website at www.puffingbilly.com.au".

Proceeds from this year's Great Train Race will aid the restoration of the NGG 16 127 Garratt locomotive and the event is proudly supported by Yarra Valley Water, Brooks, Active Feet, 3AW 693 and Magic 1278.

Date: Sunday May 4, 2014 **Time:** 9.30 am sharp – Bayview Road, Belgrave

Entry Fee: Adults \$75 and Children \$55 (13 – 16 years)
All entries are available ONLINE now via www.puffingbilly.com.au. For further information, please visit www.puffingbilly.com.au or call 03 9757 0775

History was made on Thursday 20 March when Stacey Faletose from Berwick, became the railway's ten millionth passenger since the Railway was reopened by the Puffing Billy Preservation Society in 1962. Puffing Billy Railway CEO, John Robinson, said "This record is a credit to the staff and huge band of dedicated volunteers and this achievement would have never been possible without all of our wonderful passengers who continue to visit us each and every year."



THE UNIVERSITY OF THE THIRD AGE

After a successful first term, U3A Knox is now in recess until the end of April. However there will be some holiday programs running and some classes continue. Golf on Wednesdays, for example, will continue at Dorset Golf Course starting at 7am. At the end of term luncheon, the speaker for the day was John Gardiner (who calls himself The Dunny Man).

We had some great bus trips and excursions during Term 1. The first for the term and the year was to the Old Orchard Winery. Within walking distance of U3A, about 20 people had a delicious lunch, accompanied by wine tasting and learnt of the history of the winery from our host, plus something of the composition of the wines tasted (reds and whites). The winery is off Scoresby Road (road runs off next to the Genesis building) and there is parking available near the tasting area.

The second visit was to the beautiful Blue Lotus gardens, where again, a light lunch was served, in the beautiful surroundings and members were able to look around the extensive grounds and if they wished, purchase some of the products.

Other trips planned include attendance at the 1812 theatre to



The Blue Lotus Gardens



A Happy Group At The Old Orchard Winery

see the dress rehearsal of "Dad's Army" in August. We are holding a Sausage Sizzle at the Masters store in Knoxfield to raise money for equipment etc. and there will be a tour of the Arts Centre 29th May. Further, a bus trip is planned to go to Daylesford in July.

A new subject for next term at Parkhills is **Belly Dancing**, to be held at 11am. on Tuesdays in Room 3, with a limit of 10 attendees. It is hoped a change of venue later in the year will enable more people to attend. Another new class with Bill Rumney tutor, will be Android Tablets on Thursdays at 10am. Allen Haines will return with his Photoshop course on Mondays at 9.30am running for 2 hours. This course costs \$25 plus \$15 for materials supplied. Another new course will be Ron Smith's Fun Maths, Nifty Numbers Tuesdays 2.30 to 3.30.

At **Rowville** Phil Saunders class this term will be "Jesus of Nazareth, Myth, Man or Messiah?" This will be presented in a neutral fashion, attendees make up their own minds on the veracity of "historical evidence" or the lack thereof.

U3A Knox is in need of a tutor for **Oil Painting**. The group is continuing as a self-help group for the time being, while sorely missing our former tutor, who has left to care for a sick husband. The class is held on Fridays at 2pm, but changes are possible to fit in with a new tutor. All tutors and leaders are unpaid volunteers and are often members who attend other subjects. There are several other painting classes, including two water colour classes, a modern art class and of course folk art.

Please see our website www.u3aknox.com.au for more details of all our programmes

Kath Brown



Puffing Billy Train Driver, Chris Tasker, Eastern Victoria Region MP Edward O'Donohue and Steve Kelly.



Council's grants scheme round kicks off

Do you need something new at your local recreation facility or sporting oval but can only raise some of the funds? We may have the answer, thanks to the latest round of grants being offered for leisure and sports organisations in Knox.

Mayor Darren Pearce is calling on clubs and groups to bid for funds from Council's Leisure Minor Capital Works Grants Scheme. "We know there are always more needs than can be funded in Council's budget every year at local grounds," Cr Pearce said. "But a fund like this gives the community a chance to get something built in partnership with Council. The rules are simple. Your organisation has to have the following in place:

- ✓ You should represent a leisure or sporting organisation—not just sport—with a current lease, licence or seasonal tenancy agreement in place to use something that Council operates (land or building);
 - ✓ Have a project in mind that will make 'capital improvements' to a facility, oval, pitch, pavilion or building;
 - ✓ Be aware that grants can be for up to 50% of the total project cost, but the maximum grant is \$10,000 or \$2,500 for associated sporting infrastructure (eg. scoreboards, coaches' boxes). If it's a project that tackles storage or risk issues, Council can consider funding up to 70% but the same funding limits would apply.
 - ✓ Get your application in on time before 4pm on 23 May.
- For more details, get online to our website—knox.vic.gov.au - or give our Leisure Services team a call on 9298 8000.

Knox Historical Society



Ada Friberg, suitably patriotically attired in the World War 1 era clothes



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

Historic Cemetery Tour

Knox Historical Society will be running a guided 70 minute tour of Ferntree Gully Cemetery on Sunday, 13 April, at 2 pm. The tour will be led by noted local historian, Clarrie Talbot.

The cemetery, first gazetted in 1872, was known as Scoresby cemetery until 1895, and is the final resting place of members of many prominent pioneer families. The cemetery's own history includes well-known local residents both past and present. Ada Friberg (after whom a Knox Council ward is named), was post-mistress in Ferntree Gully in the early 1900s, and was a member of the cemetery trust. In more recent times, councilor and former City of Knox mayor, Karin Orpen, has also been a member. Knox City Council took over administration of the cemetery in 1982.

Clarrie Talbot is familiar with many of the colourful stories attached to the cemetery. such as the re-interment of Susan Cree, the wife of Thomas Dobson (after whom a Knox Council ward is named), in the midst of a small snowstorm in September 1899. War-time fuel restrictions resulted in the burial of renowned Heidelberg School artist, Sir Arthur Streeton, at Ferntree Gully in 1943.

Afternoon tea will be available at 'Ambleside' homestead and museum, 3 Olivebank Rd, Ferntree Gully, following the cemetery tour.

The cost of the cemetery tour is \$10. For bookings, ph. 9758 6722
Ray Peace

An Hour With David Rose

The eldest child of a medical officer and a nurse, **David Rose, the Principal of Heany Park Primary School**, was born in 1959 in Melbourne and lived his first five years in Papua New Guinea. "Because of Dad's job we moved about quite a lot, but I have a strong memory of trying to catch fish in a bucket on the coral reefs and of course the oppressive heat" remembered David. Other memories are less vivid but his father's photo albums have proved a great source of information and memories.

In 1964 the family, including David's brother and two sisters, moved back to Australia and settled in East Bentleigh, where David attended Bentleigh East Primary School and then Moorleigh High School, both of which closed their doors in the 1990's. David recalled that his first comment to his parents was "When are we going to move again!" That didn't happen until 1974 when the family moved to Montrose where David completed his secondary education at Pembroke high School. In 1977, David moved out and shared a farmhouse in Lilydale, whilst attending Monash University where he gained his Bachelor of Arts degree in English and English Literature and a Diploma of Education. Later he completed a post graduate degree in Children's Literature. Whilst doing his Dip. Ed. David was seconded to Croydon Community School, a facility for children at risk.

During his school years, David played cricket and football and later enjoyed volleyball. He also took to bike riding (he belongs to an 'informal cycling bunch' today) and competed in many triathlons. "Rob de Castella was a big influence in my life at this time" David recalled. Today in his spare time he enjoys a good run, cycling, surfing and just pottering around. He is a Demons supporter and is hoping for a distinct improvement this year. David also developed a love of children's books and reminisced that he was offered a job at Penguin Books, but decided to remain in teaching.

David was and still is a keen motorcyclist, taking time out from his studies in 1980 to travel around Australia on his Suzuki GS 1000 motorbike. In 1985 he took his bride Deb, whom he had met at a friend's party in Mooroolbark, on a motorbike honeymoon. In the same year David accepted a teaching post at Croydon Primary School, before moving in 1994 to Hartwell Primary School in Kew as Acting Principal.



He became Assistant Principal at Eastwood Primary School in Ringwood East then in 2004 Principal at Upper Ferntree Gully Primary School eventually taking up the post as Principal at Heany Park Primary School in 2009.

David and his social worker wife, Deb, who was an elite hockey player, have a daughter Isabella who is currently studying at Emerald Secondary College. "She has undertaken some work experience in schools but has shown no real desire to follow in my footsteps" said David. He has a sister in Vancouver, Canada and one in Mt Gambier, South Australia and has visited the USA, New Zealand and some of the Pacific Islands.

His initial influence to pursue a career in teaching came from his own teachers during his school days. "For instance I remember with gratitude my year 11 and 12 English teacher and have a huge admiration for my Principal at Eastwood" said David. He enjoys being able to make an overall difference to students' school experience, but is sometimes saddened by the bureaucracy and lack of funding available to schools. David mused "I wish Governments would see education as an investment in our future not simply a cost to the present".

"I would advise young people wishing to pursue a future in teaching, to understand there are highs and lows, but if you have a strong work ethic, you will achieve great satisfaction" David said.

When he was in his early years at secondary school, David wanted to become an architect. Fortunately, he didn't pursue that path and building's loss is education's gain, even if his memory of some past dates and events is a bit 'hazy'.

Interviewed by David Gilbert



A young Karin Orpen circa 1990

Paul's Photography Patter

Most of us consider the current fine and lovely sunny days of the year the best for taking our photographs. However, the dull and wet days of winter are fast approaching and many people put their camera away.

I find this is the time to take quite different photos.

For instance, many flowers look beautiful covered in glistening rain drops and add a different perspective to the photo (such as the attached rose).

Taking photographs of reflections in puddles etc can also add variety to your collection.

Most cameras are not entirely waterproof so it is important to ensure you protect your camera from water damage when it is raining. Consider encasing your camera in a shower cap or a plastic bag where you just expose the lens at the time you are going to take a photo.

Make sure you check that no water drops have fallen on the lens just before taking any photographs.

HINT: Taking photographs after rain can give some unusual results.

Happy snapping, Paul Lucas.



A rose with rain drops

LYSTERFIELD CRICKET CLUB

The Cricket Season is all but over and the Lysterfield Cricket Club has had mixed results in the finals. The VETS were Premiers in Division 1 and Runners up in Division 3 and considering we only have 3 VET sides, it was another good result. Plans are already in place for next year to possibly have four sides represent Lysterfield in the Veterans competition. So at this point, any guys 40 and over, looking for a game every couple of weeks on a Sunday next year, please make contact with the Club in the off season to sign up.

The Seniors would have liked to have finished on a stronger note, but while the Club is in a rebuilding phase with youth being the emphasis this year, it was not going to be a strong one for seniors. But that being said, our Seconds and Thirds made the semis only to fall short, but certainly made a good account of themselves and have a great platform to build on for next year.

Our Under 12s side played well all year to be undefeated and eventually hosted the Grand Final at Lakesfield. They were too good for Knox Gardens and with strong support from the local crowd they showed why they should be a group of boys to follow through their Junior cricket years and for the first time we have an Under 12s flag. Well done boys and congratulations to coach Tony Gibson and his assistant Mick Jannke on a great job.

The Under 15 seconds missed out on finals this year but they are a developing group who promise to improve over the off season to have a real crack next year.

The Under 15 firsts won their Semi Final against Johnson Park and at the time of this publication they are up against Knoxfield at Carrington Park. Hopefully I can report back in the next issue of another flag, but none the less the boys have also had a fantastic year and should feel proud in the way they have performed and represented the Lysterfield Cricket Club.

Unfortunately, the Under 17s just missed out on the finals,



The Victorious Flag Winning Under 12s

but again they too can hold their heads up high for a good year. We have to say good bye to Lachlan MacRae, Matthew Price, Liam Outhwaite, Nick Hetrelezis and Michael Downes. Most of these guys have been in the Junior system since Milo Cricket and are a credit to their families and the Lysterfield Cricket Club. Good luck and the door is always open at the Mighty Beavers for you to continue on next year or come back to play Seniors in the next few years.

Trevor Walker

Eildon Park Tennis Club

Eildon Park Tennis Club Shows its Strength Again.

The Eildon Park Tennis Club in Rowville have had a fantastic summer and following from the outstanding recent tournament results, the WTA competition enters the finals series this weekend with Eildon Park producing 14 junior teams playing finals this Saturday and a further 5 teams on Sunday morning. The seniors have also produced fantastic results with 7 teams making the finals, ranging from mixed B grade through to the Challenge Cup. The results reflect the underlying strength of tennis in the Rowville community at Eildon Park.

The fun does not stop there and Eildon Park now have 50 'Hots Shots' classes each week for the little kids and 14 'Cardio Tennis' groups for those who enjoy the benefits of tennis fitness and fun without the competitive edge.

The Muscillo Tennis Academy, based at Eildon Park Tennis Club, has an increasingly expanding program in the Rowville area and with the highest accredited coach and team in Australia, their program has players from beginner

right through to players of international competition level.

With the summer winding down, it is the perfect time to visit Eildon Park and its hub of tennis activity, to see for yourself what a fantastic community asset it is and convince yourself that this is the place to spend some time and get active, particular over the winter months. With 9 synthetic grass courts there are no "mud pits" to content with and you can play when it's convenient for you.

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 the offer ends. We cater for the beginner and social player right through to the high performance aspirant and 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@muscillotennisacademy.com.au Membership and club enquiries Stuart Draffin 0408 778 658.

Stuart Draffin

In 2014 Lysterfield Junior Football Club will be fielding 9 sides in the Eastern Football League from Under 8s through to Under 15s. We are currently looking for new players for our Under 10 side (born 2004) and further numbers for our Under 8 side (born 2006). Registration forms are available online at www.lysterfieldjfc.org.au or by contacting Rohan Young on 0412 377 866.

Practice matches have been held on 23rd March and 30th March for the Under 9 to Under 15s, but new players are always welcome. We have a jumper presentation night on Friday 6th April, then the first match of the Home and Away



season being Sunday 6th April.

LJFC will also be conducting Auskick this season. Registration Day was Saturday 29th March, but don't feel left out as we will make all new players welcome. Clinics start on Saturday 26th April.

For further information about our Auskick program, please contact Brad McNay on 0409 149 868.

All other 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

SPORTING ROUNDUP



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

Rowville/Rowville Lakes Little Athletics

Little Athletics is really at the action end of the season. So much news...So little space! Many children have achieved their Silver and Gold PB medals for 20 or 30 personal best performances in a track or field event. Some have broken club and/or centre records. Through excellent efforts at Regional Championships, boys and girls have qualified to compete at State Championships, an achievement restricted to the top 24 athletes in each event. Due to space limits we can't mention everything, but here's a snapshot!

Personal Bests (PBs):

Displaying improvement across a broad range of events, Brooke Leitch and Trent Stapleton have achieved an amazing 40 PBs. Only one or two athletes from our clubs accomplish this each season. A remarkable number of Gold PB medals have also been attained, most recently by Courtney Beer, Jack Walker, Daniels Johnston and Robinson, Lucas Henkul, Jake Phipps, Sophie Johnstone, Joshua Jensen, Liam Aylen, Jordan Kondic, Jessica Lillie, Hailey Eickhoff and Holly Hodges.

There are also more silver medalists including (but not limited to) Jennifer Sahley, Lorna Hiles, Darcy Smith, Wesley Chapman, Jai Bardsley, Mitchell Hall, Leah Wollmore, Rosita Utia, Skyler Jensen, Tyler Newcombe, Laura Patella, Madeline Reynolds, Thomas Waterworth, Callum Bramer, Maddison Palmer, Benjamin and Nicholas Pepper, and Joel Kitteringham.

Records:

Cousins Nathan Utia and Harry Ma'O have been rewriting the record books and trying to outdo each other with their lengthy Long Jumps. Nathan now holds the Rowville U15 record, and Harry the U14. Harry and Jordan Munyard are also pushing each other to improve with one or the other breaking the U14, 70, 100, 200 and 400m records almost every time they run.

At Rowville Lakes, Olivia and Oliver (Ryan and Blackburn) have each extended the javelin records for their respective age groups. Oliver has hurled an outstanding 35.89m in the U12 boys, while Olivia added over a metre to the U14 girls'. Also in U14s, Jess Lillie lengthened to her own Rowville Club record which, at the time of writing, sits at 26.13m.

High jumper Grace Louey popped over an awesome 1.25m to break Hailey Merrigan's U10 record, while Hailey leapt 1.36m to set a new U11 best mark.

Grace's sister Simone demonstrated the family's versatility by launching the hammer 17.10m to claim the Rowville U16 3kg record. In the U15, Teagan Sheldon has also been showing what she can do with a hammer, improving her own club record





Stewart Finn in full flow at 60th Anniversary Dinner

Team of the Decade: Back (l to r): David Kennett, Rick Ramsdale, Darren Hill, Matt Blackman, Phil Gillespie. Front: Craig Mitchell, James Rogers, Tate Burgman, Paul Evans, Scott Duane. Absent: Gavin Williams, Paul Cairns, Craig Arnell.

Rowville Cricket Club

Club Patron and founder of the Rowville Cricket Club, **Stewart Finn**, addressed the 110 guests at the 60th anniversary of the club. He told of driving round the area knocking on doors of young men at the 49 houses in the area and encouraging them to play cricket. Stewart even drove around on Saturday mornings to pick up his team. As captain and playing in finals in the first year, he would have come under scrutiny, in the semi-final Grove Judd took 8/18, but Stewart in his wisdom failed to bowl him in the final! The team won the grand final and Stewart

was obviously forgiven, as Grove returned to play the following season. Maybe the reason was Stewart's own bowling capabilities as in one match he had figures of 13 for 44 off 12 (8 ball overs) and in the grand final 9 for 17.

Many were the tales told by Stewart on the night, keeping guests laughing and amazed at the memory and wit of a man close to 80. The playing field for example was on the Finn property, matting obtained from Pentridge gaol, because it was cheap, and the pitch was formed from Lysterfield clay mixed into a slurry, screened and left to dry, again because it was cheap and concrete too expensive. No such thing as club rooms in those days!

Other speakers on the night were:

David Long – Life Member, premierships captain (twice), Club Champion (twice), batting and bowling winner several times, Club coach, President (3 seasons), Secretary (2 seasons), among many other awards and positions held at the club, member of the team of the half century.

Ken Hill – Life Member, Club Champion, Treasurer for many years with wife Steph, Junior coach over many seasons. Hill is one of the most well-known names at the club, with four family members awarded Life Membership.

Andrew "Legs" Artner – Life Member, Club Champion,

100 and 200m races. Harry also won the long jump. Kaya Beagley flew over both the 80 and 300m hurdles, winning both in U13.

Jesse Eickhoff had a decisive victory in the U12 60m Hurdles and took silver for the 80mH. Another U12, Oliver Blackburn, placed first in the javelin. Tess McLeod raced home to claim bronze in a photo finish in the U12 Girls 1500m.

Lachlan Viney and Harry Blackburn were first and third in the U14 80mH, while at his first Regionals Trent Stapleton won a bronze medal in the U9s for the same event. Big sister Gemma was out to role-model, winning the U13G 300m hurdles convincingly. Another first-time region competitor Jake Phipps leapt a notable 9.10m in the U12B triple jump, winning himself a silver medal.

Amelia MaÓ kept with her family's speed and jumping abilities winning silver in the long jump and bronze

Continued next page ➡

winner of batting and bowling awards, Club coach, multi-premiership player, member of the team of the half century, and larger than life character.

Paul Evans – Dual premierships captain/coach and best afield in a grand final with 4 wickets, seven time club champion out of nine seasons, batting award (twice), member of the team of the half century.

Andrew and Paul are still active playing members of the club, David and Ken can be seen on the boundary cheering on the team during the season. Each speaker gave a run-down on players, ground and clubroom conditions through the years, and memorable on-field moments.

The formal part of the evening concluded with the presentation of the team of the decade 2003/04-2013/14. Qualification requirements were: played one full season at club, impact on matches, whether recognised by FTGDCA during RCC career, impact on finals, consistency.


The team in batting order:

Phil Gillespie – Right hand opening bat, neat dependable wicket keeper, leading run scorer at club in premierships year prior to rupturing an Achilles while playing. Captain/coach of club for two seasons.

Matthew Blackman – FTGDCA U/18 player of the year in 1996/97, left hand opening bat, played Country Week for FTGDCA, 2nd top scored in grand final, Captain/coach of club (two seasons), dual pre-

Continued next page ➡





Rowville Group Fitness

Pilates

Book Now for Term 2

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.

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by nearly 3m, to 22.55m. She confirmed her throwing ability by taking the U15 Girls javelin best mark out to 21.98m.

EM Regional Championships:

A decent swag of medals were collected at Regional Championships, where the standard was so high that even some of our non-medalists have qualified amongst the state's top 24 athletes and will compete at the Victorian Championships in Melbourne.

Kate Bettridge created excitement, running a personal best U11 girls' 400m and medaling at Region for the first time. Joel Lotherington also put in a blistering 400m running of 58.52secs for his bronze in the U14s and took the same medal in the 800m.

Jordan & Harry (mentioned above) finished one, two in their

Little Athletics continued

in the U13 200m. Ben Noonan had a great weekend with silver in the 60m Hurdles and bronze in U10 High Jump. Other bronze medalists included Monique La Rose for both the Long and Triple jumps; Nathan and Rosita Utia, Hailey Merrigan, Keelin McGeehan, Grace Louey, Anaya and Holly Hodges (not related!), and Harry Blackburn.

Race walking has historically been one of the great strengths of the Rowville and Rowville Lakes Little Aths Clubs. Keeping with tradition, Gemma Lille obliterated the opposition, finishing almost a minute ahead of second place in the U9 girls 1100m, while Daniel Johnston also in U9, took third at Region and qualified for State in the boys' race. Jarrod Hodges won the U10 Boys, Grace Louey the U10G and Hayden Walmsley the U13B. Brodie Richardson and Mikhala Hodges went one, two in the U13 1500m walk, while Jessica Lillie and Anaya Hodges were second and third in the next age up. Courtney Beer and Brianna Lillie won silver in the U11 and U12s respectively.

In addition to her walking efforts, Jess Lillie won the U14 javelin. Holly Hodges and Jess's sister Brianna were second and third in the U12 javelin. Holly also won triple jump. Another U14, Olivia Ryan claimed silver in the Long jump. Blake Tahlambouris, unable to run due to injury, went home with a win in the U13 discus. Monique Louey was second in the same-age high jump.

Cross Country Season commences

Saturday April 5th at Koomba Park (Melway 63 C8). First Event 9:00am with new registrations from 8:00am. All registered Knox Little Athletes are eligible to complete free of charge. The fee for new members is \$55 for the Cross Country season (Ages 4-15). There will be a 1km parents' races every few weeks and the runs are held at different parks and reserves within the City of Knox on Saturday mornings throughout the Winter and all abilities are encouraged to participate (The entire program is completed in about 90mins.).

RLAC Presentation Day & AGM

will be held on Sunday 6th April from 2-4pm at St Simons School Hall.

For more information, contact Steve Pepper on 0417 325 917 or Steve Lillie on 0409 231 380.

Thanks to KLAC photographers for our photos.

Rosemary Merrigan

Rowville Cricket Club continued

miership player.

Gavin Williams – Right hand attacking batsman and right arm fast bowler, top scored in semi-final and following week destroyed opposition with his bowling, dual premiership player, played Country Week for FTGDCA. Import player from Antigua, West Indies who following his return home captained Leeward Islands, made a century and represented Leewards on 17 occasions.

Paul Cairns – Left hand bat, Captain/coach for one season attaining semi-final, won batting average, premiership player.

Paul Evans (Captain) – Right hand bat, right arm off break bowler, Captain/coach during clubs two premiership wins in Division 1, named best afield in grand final, seven time club champion. Only RCC player to represent Victoria during Australia Country Week Championship. Recently returned to club following life-threatening illness and once again showing his class.

Tate Burgman – Right hand bat, Club Champion (twice), won batting average, vice-captain in premiership year, Captain/coach at club, representative at FTGDCA level.

Scott Duane – Right hand bat, brilliant glove-man, medium pace swing bowler, premiership player. Former Victorian 2nd XI player.

Rick Ramsdale – Destructive middle order left hand bat, left arm fast-medium bowler, memorable 126 in unbroken partnership (with Craig Mitchell) of 185 in semi-final to take club into grand final, also his five sixes in one over off former Victorian fast bowler.

Darren Hill – Right arm fast and latterly medium fast swing



The Bridgewater Centre is pleased to welcome Andrew Hacker as their Counsellor, employed on Mondays and Thursdays. The office is also open on Tuesday mornings.

Andrew Hacker is a Clinical Counsellor and member of the Australian Association of Community Counsellors. Andrew holds a Graduate Diploma of Applied Psychology and has been providing individual and group counselling programs for nearly 20 years in a wide variety of services including community health, not for profit, child welfare and non-government agencies. This breadth of experience means Andrew is able to provide counselling for a broad range of issues including family and relationship concerns (including family violence), depression and anxiety, parenting, grief and



loss, and stress and anger management. Andrew has a long held interest in working with men and their family members with a focus on improving relationships. Counselling is strictly confidential and can assist people in setting new goals, developing strategies and skills and making helpful life choices.

The Bridgewater Centre aims to provide accessible, affordable counselling services to the people of Rowville/Lysterfield and surrounding area. No referral necessary and clients can self refer. Standard Fee: Individual \$50 Couple \$60 (Further discounted rate may also be available if you are in receipt of certain Centrelink payments)

For further information or an appointment, please contact us on 9753 4203 or email office@rowville.unitingchurch.org.au

Kerryn Davies

St Simons Football Club

It has been a busy time at St Simons over the Christmas period with lots of effort in the development of our new website, www.stsimonsknights.org.au. With a number of the higher age groups having already commenced pre-season with a focus on fitness the boys are looking great. A couple of practice matches are scheduled for 23rd March against Lysterfield wolves and then another on 30 March against Upper FTG the boys are looking forward to the season commencing on April 6. We are still looking for a few players for some of our sides: under 8s, under 9s, under 10s, Under 13s, and Under 17s. If you always wanted to play footy come down and have a kick with the boys at Liberty Reserve, Liberty Avenue, Rowville (Mel Ref 82 A4)

For more information please contact: Andrew Williams, andrew@awautomatics.com.au mobile:0416 221 953 or Michael Roach, mroach@infomedia.com.au mobile:0419 373 354

U8s object is for kids to enjoy their footy whilst learning basic skills and being part of a team and club. It's noncompetitive which means everyone gets the opportunity to play in all positions without concern for the scoreboard.

This is a fantastic advantage for those who continue on playing footy in the competitive age groups in the future.

St Simons is also looking for a major sponsor for the next three years, why not have your logo on the back of 200+ Knights Jumpers and become a member of the St Simons Community. For more information contact the club at stsimonsknights@gmail.com

Kate Harris



The Victorian Jazz Archive and Knox City Council with The New Melbourne Jazz Band and The Syncopators celebrate Unesco International Jazz Day at 7.30pm April 30th, 2014 at Knox Community Arts Centre, corner Scoresby Road and Mountain Highway, Bayswater.



This event is a rare opportunity to hear two of Australia's top traditional jazz bands on the one program.

For bookings and enquiries contact the Community Arts Centre on 9729 7287 or online at www.knox.vic.gov.au/theatretix





Chocolate and Pets Gotta love it... gotta fear it!

Chocolate, the perfect gift for every little occasion. It has been locked in as the preferred pressie for the Easter celebrations, but most vets would be very glad if chocolate was banned over Easter.

We see many different types of toxicities affecting dogs and cats. Common ones include snail bait, rat bait and insecticides, but chocolate is 'numero uno' over the Easter break.

Unlike us humans, cats and dogs cannot handle the key ingredients of chocolate, methylxanthines (theobromine and caffeine). Methylxanthines cause a wide range of problems; pets begin to vomit, suffer diarrhoea and become hyperactive. This can be followed by depression, coma, seizures and even death. Fun hey?

To make matters a little confusing, different types of chocolates have different concentrations of methylxanthines, so different amounts can cause different levels of intoxication. Unsweetened baking chocolate contains almost seven times more theobromine as milk chocolate, while white chocolate (a combination of cocoa butter, sugar, butterfat, milk solids, and flavorings without cocoa beans) contains negligible amounts of theobromine,

With Easter approaching and the temptation to buy Easter eggs earlier each year, there's going to be more chockie around than at other times, so please **Lock It Up!**

Most of the cases we see of chocolate toxicity occur when dogs jump onto benches and rip whole packets apart to get at the treat. Dogs will often hunt it down and chew the lot.

And if the unthinkable happens, get your pet to a vet as soon as possible, or at least call. Most veterinarians will be able to tell you whether the amount of chocolate ingested is a toxic dose. If it is an amount of concern, making your pet vomit is the first line of defence and the sooner that is done, the better the outcome.

By all means, enjoy the taste of chocolate. But don't let your pet be a victim of your little indulgence.

For more information please contact the healthcare team at Greencross Stud Park on 03 9763 6088

Darren Kirk



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From the Archives

MEMORY LA 

1984

The Rowville **Apex Club** started a year long CPR training course aimed at offering local residents resuscitation skills. Did you enrol? Children at **Lysterfield Primary School** organised a country crafts week in support of the Council's Pioneer Crafts project. Can you remember the week? Subject to conditions, Council approved the construction of a building on the **north east corner of Wellington and Stud Roads** to house 5 full size and 12 half size tennis courts outside and 8 half sized courts inside plus ancillary facilities including 78 car parking spaces. What went wrong? Over 40 visitors from **District Christian Churches** representing a number of churches visited Rowville to acquaint residents with the location of places of worship and offering help.

1989

Local residents on the **Seebeck Estate** were unhappy that Council contractors sealed their roads on the hottest day of summer, assuring residents that it would be OK to drive on in 90 minutes. Tyres were still picking up sticky tar 2 days later. Council approved a plan for the **Asian Christian Fellowship** to establish a church on the west side of Stud Road adjacent to Stamford House, but refused access to and from Stud Road. **Colin Hofton** proposed a Self Help Children's Playground at the junction of Severn Crescent and Kedleston Way and asked interested residents to contact him. Did you get a good response Colin?

1994

The RLCN held its first **Annual Reception** to thank all their many volunteers. It is still held each year, but were you at the first one? The developer, Intrapac P/L, was congratulated for using many of the names on the RLCN 'Significant Contributors' list for their **Silkwood Estate**. The Prep intake at **Park Ridge Primary School** included four sets of twins and one set of triplets. Is that a record

for Rowville/Lysterfield? Starting with two teams and to cater for increasing numbers of boys wanting to play, a new football club was born, **St Simon's Community Football Club**. All past and present Brownies, Guides, Leaders and parents were invited to the **1st Rowville Guides 21st birthday celebrations**.

1999

The '**Rowville Birdcages**' steel structures on the corner of Wellington & Stud Roads (See 1984), have finally come down. **Nathan Carey** of Rowville Baptist Boys Brigade was awarded his 'Queens Badge'. The new traffic lights on the **corner of Wellington Rd and Taylors Lane** began operating and building work started on the new **Anglican Church** in Rowville, due for completion in July. The **Rowville Boxing Club** received \$5,000 towards the purchase of new equipment. What happened to the Club?

2004

A recent report showed that Lysterfield had the **lowest divorce rate** in Victoria at 1.47%. It was surmised that the air quality had something to do with it!! **David Ross** from Rowville **Toastmasters** won the Eastern Division 'Evaluation Contest' and **Richard Yiap** was commended for an exemplary performance at the Kodak Club. 38 members of the **Rowville Senior Citizens Club** travelled to Canberra for a five day holiday. Did you have a good time? **Cr Wakeling** raised the issue in Council of the poor condition of the gravel path joining Waterford valley to Karoo Rd. When was it upgraded?

2009

Rowville & District Neighbourhood House (The name hadn't been changed at this time) offered residents "**Reconciliation Plaques**" acknowledging the traditional owners of our land. Have you still got one? **The Lions Club of Rowville** christened their new BBQ trailer with a fundraising sausage sizzle at Stud Park Shopping Centre in aid of the collection, sorting and distribution of donations to bushfire victims. **Brianna Lillie** was being touted as the new Jared Tallent when she broke the 24 year old Rowville under 7, 400m record. Are you still walking Brianna? Two joint services for members of St Bartholomew's and St Andrews parishes, who amalgamated in 2005, were held to officially open the new **RAFT Church** in Rowville. **Maggie Broom**, a member of the Psychological Society, joined the Bridgewater Centre counselling team.



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Wacky Wisdom
The pursuit of happiness is the chase of a lifetime.

Nick Wakeling Column

\$40,391 to build new Men's Shed in Rowville

Rowville is set to benefit from a \$40,391 Victorian Coalition Government grant to build a new Men's and Youth Shed at RAFT Anglican Church through the *Strengthening Men's Sheds* initiative.

Minister for Community Services Mary Wooldridge confirmed that nearly \$4.9 million will be invested to build 41 new Men's Sheds across Victoria. The Victorian Coalition Government will provide more than \$2.2 million through the \$4 million *Strengthening Men's Sheds* initiative, while nearly \$2.7 million will be provided by local council, federal government, philanthropic organisations, community groups and fundraising activities.

Member for Scoresby, Kim Wells MP and Member for Ferntree Gully, Nick Wakeling MP joined Phil Meulman from RAFT Anglican Church in welcoming the Coalition Government's support for the construction of a new Men's and Youth Shed, which is valued at a total \$64,500.

"The men's shed movement is really a wonderful initiative and we are delighted to announce this funding today for a new shed in Rowville," Mr Wakeling said. "I know that a great many local people, both young and old, will be looking forward to using the new facilities and that the



shed will provide another avenue for community building in Rowville."

Mr Wells said the Men's Shed program has become an important aspect of building stronger communities, with more than 230 sheds operating across Victoria.

"Men's sheds provide men with opportunities to develop and use new skills, establish social networks and give back to their local community," Mr Wells said. "This grant will help more men and youth to get involved in the local community while offering them a place to meet new friends."



Alan Tudge Writes

More Than Just Sport

We have great sporting facilities in our community, but they are not keeping up with growing demand. Many of the Clubs have spoken to me in recent years

about the need for expanded or upgraded facilities so that more people can participate.

Sport facilities are not typically the responsibility of the federal government, but I have made a determined effort to see if we can at least make a contribution.

Engaging people in sport is of course great for keeping people fit and active. In an age when too many are overweight or obese, this alone is a good enough reason to support our sporting clubs.

But it is more than just this. My observation is that our sporting clubs in Knox are one of the key areas where young people are engaged, kept busy and off the street and are mentored by older people.

There are not many places anymore where people of all generations come together and where more experienced people can provide some wisdom to younger people. Our larger sporting clubs provide this. I see this at the local cricket, the football, the netball and other clubs. Here are

people of all generations mixing and the older people giving attention to the young ones and providing some sage advice. I know for a fact that some kids' lives are literally saved because a club member intervened at a key moment.

Leading up to the last election, I made a number of commitments that, should the Coalition win government, we would put some money into our sports facilities, to make a contribution. I am pleased to say that this money has now been allocated and I am working with the local Clubs and Knox Council to get the work done.

Sometimes the amounts allocated are quite small but on other occasions more significant. However, if the investments mean that more kids participate, are off the street and are mentored to be better people, then it will be worth every cent.



Rhys Allan and Stuart Allan Discuss Their Club's Needs With Alan

Mayor's Message



I can't believe we've arrived in April already. Looking back on 2014, it truly has been a whirlwind start to the year so far. There is always something going on, which is one of the many reasons why our vibrant city is the place to be.

That was certainly the case on the first weekend in March, with a record crowd of more than 42,000 people attending the Knox Festival and I'd like to personally thank everyone for attending the weekend-long festivities. What a wonderful testament to Knox's sense of community to support the much-loved family event. Then the community congregated together just weeks later, on 29 and 30 March, to celebrate Knox's diversity at the Multicultural Harmony Festival. I am honoured to attend this annual event, held this year at the Polish House 'Syrena', as I always walk away feeling more grateful to live in an inclusive community like Knox.

Families continue to be a key focus of services in Knox and I was recently honoured to address parents and guardians of primary school students preparing to transition to one of our many secondary schools. In its 14th year, the Knox Schools Expo continues to connect the community with resources, to enable this time to be a smooth and an enjoyable transition for the students and their families.

Being a business owner myself, supporting small business is something I'm passionate about. My family and I are regulars at Rowville's Wellington Village Shopping Centre and it was wonderful to see so many locals turn out to celebrate the precinct on Saturday 22 March for its Community Fun Day.

I'd also like to express my personal gratitude to all residents who made a submission to the Draft Knox Housing Strategy last month. You should rest assured that Council values your input and we will carefully consider each and every submission made to the new planning rules proposed for Knox. We'll make sure you keep you well informed of how this progresses too, so stay tuned to Council's website, social media accounts and your upcoming ward newsletter which you'll receive in the mail.

With a big start to the year, I'm sure you're looking forward to the Easter break. I trust you will enjoy this time with your family and friends.



Murrindal Playgroup

100 Murrindal Drive, Rowville 3178
murrindalplaygroup@hotmail.com

It's great to see all of our members well and truly settling back into Playgroup!

We are now back in our own room, after the building works that took place over the Christmas break period. We are also very excited to have a brand new undercover area outside! What a great addition to our already fabulous room.

Over the last couple of months it has been our pleasure to visit with the new parent groups run by the Maternal and Child Health Nurses. These groups are a fantastic way to settle into being a new parent, gain valuable knowledge, seek advice and meet others with babies of the same age. Once these groups have come to their conclusion, many wonder what happens



next. For many new parent groups, Playgroup is an excellent next step. Joining a playgroup can offer a safe environment for children to grow and learn whilst their parents can continue to relish in the supportive network that is a new parent group.

Changes happen quickly as your baby grows and develops. Recent research indicates that your baby's first three years are really important for brain development and future health and wellbeing. For optimum development, a baby needs a stimulating environment to play and learn. Playgroups offer babies a wide variety of early learning experiences.

Playgroup gives parents and caregivers a chance to discuss ideas, problems and the joys and frustrations of parenting. Many long-term friendships begin at Playgroup.

At Playgroup your baby will:

- have fun playing

- enjoy being with other babies
- explore a new world with new experiences
- develop a weekly routine
- play with different toys
- relate to other adults
- learn and develop new skills

At Playgroup you will:

- get out of the house
- chat with other parents
- make new friends
- share experiences
- help in the running of the Playgroup

Murrindal Playgroup can offer a space in an already established group, or we can accommodate new groups as we do have session times available. For all enrolment enquiries, contact Sue Carmichael on 0487988321 or murrindal_enrolments@hotmail.com

Kristy Ackland

Chiro-Practicals

Pro-active or Re-active?

All health regimes rely on the underlying fact that, for the most part, your body has the intelligence within it to be able to heal itself. The simplest example of this is that if you cut your finger or even be unlucky enough to fracture a bone, all you need to do is clean it and protect it and your body does the rest, restoring it to as it was before.

The amazing thing is that this "miracle" happens in small ways right throughout your body, every second you are alive. How it happens is complex to understand, but we know that it does. The key thing is that research constantly shows that how you look after your body usually dictates how healthy your body is for the duration of your life.

Looking after your body pro-actively means a balanced diet to ensure your body gets the nutrients it needs and not the toxins it doesn't. It means regular daily exercise to ensure strong functioning bones, muscles and cardiovascular systems. It means getting a good night's sleep to enable your body and brain to rest and recuperate. It means minimising the amount of stress your body is under from physical, chemical and emotional sources.

From a Chiropractic perspective pro-active health also means having your spine checked regularly to ensure the best possible connection between your brain and body by minimising the impact that stress has on our spines, to enable your nervous system to carry out the millions of processes it is managing.

The re-active approach to health is to wait for things to go wrong as the result of poor diet, no exercise and lots of stress and then set about trying to correcting it. Often this involves lengthy periods of being unwell, increased spending

Health Page

sponsored by
Cr Tony Holland



on getting well and perhaps a lifetime relying on pills to keep you functioning.

As stated our body has the intelligence within it to look after itself. The question is "are you smart enough to take advantage of that?"

Dr Frank Whelan

Editor's Note:- Please be advised that Dr Frank has moved to different rooms within Wellness On Wellington. Just ask at reception.

Health & Wellbeing



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



Calf muscle tears triggered by acceleration bursts

Calf muscle tears commonly occur in players involved in sports that include sprinting. The two major muscles of the calf are the gastrocnemius and the soleus. These muscles can often tear in racquet sports where there is a sudden burst of acceleration, such as stretching to hit a ball in tennis or squash. Other sports that include a sprint component, such as Australian football, track and field, rugby, basketball, netball and soccer have a high incidence of calf muscle tears.

Some risk factors increasing the likelihood of a calf muscle tear include; previous history of calf muscle injury, "flat feet" (excessive subtalar pronation), inadequate warm-up, age, low muscle strength and maximum running speed.

Despite the prevalence of calf muscle tears in such sports as those listed above, there is an abundance of scientific evidence indicating the importance of injury prevention methods to reduce the risk of these injuries occurring. Such methods include strengthening and flexibility exercises as well as an adequate warm-up and recovery. Another important injury prevention strategy is the correction of biomechanical faults by retraining athletes to run efficiently and minimising risk of sustaining an injury. Physiotherapists are experts in assisting in the prevention of calf muscle tears.

If you're a sports player or recreational athlete and are aware of having any of the above risk factors or would like to be provided with an individualised injury prevention program, see your Physiotherapist for an assessment.

Luke Dowse, (DPT)

Pregnancy Massage

Pregnancy in itself brings many great things, but with the good also comes the not so good. Aches and pains begin to rule a woman's life during pregnancy, especially if the woman has a physically demanding occupation or one that requires long working hours.

Throughout pregnancy many ligaments and surrounding structures on and around the pelvis stretch and move to allow room for the growing baby and unfortunately this makes simple tasks like cleaning the house, bending down to pick something up or sitting/standing for long periods of time an absolute nuisance! (Oh and let's not forget the added weight gain week after week putting extra stress on the body)

As a Myotherapist my treatments for pregnancy massage include a physical assessment, a discussion of medical or relevant history and then a deep tissue massage to relieve the tension and stress of muscles and other soft tissue structures.

But there are many other benefits besides the releasing of muscular tension, including:

- Reducing swelling in hands, feet and ankles
- Lessens headaches and migraines
- Helps with relaxation which in turn can decrease insomnia
- Increases blood and lymph flow which can help increase the elimination of toxins through the circulatory and lymphatic systems
- Helps increase blood circulation, which in turn delivers more oxygen and nutrients to the mother and baby
- Stimulates the release of endorphins (the body's natural pain killers) into the brain and nervous system
- Helps relieve anxiety or stress

The massage can allow the woman to lie on her stomach with the use of our full length pregnancy cushion, on her side or seated depending on their specific needs.

Please be aware that this type of massage is only suitable for women after the first 14weeks of their pregnancy due to the higher risk of miscarriage in the first trimester.

Sheridan Misuno (Myotherapist)

Body Mind & Spirit Fitness Centre



1430 Wellington Rd
Lysterfield Vic 3156

Phone: 9758.6636 Mob: 0400 679 888

Cnr Saurin Lane and Wellington Rd

Yoga can help with many physical and emotional issues. Let's look at a common ailment, "anxiety".

A simple technique for helping ease the symptoms of anxiety is abdominal breathing. This is the foundation breath of yoga and is the correct method for us to use whenever we breathe.

Start by locating your navel with your fingers then place your 2 middle fingers together at the tips and place these two fingers about 2 centimetres below the navel. Allow the hands to rest on the abdomen with the middle fingers still together. On your next inward breath inflate the abdomen as if you had a balloon in the abdomen and you were trying to inflate it thus drawing the middle fingers apart. On the outward breath, deflate the abdomen and allow the middle fingers to touch once again. The chest does not rise or fall, only the abdomen. Breathe as deeply and as slowly as possible.

This breath has many benefits;

- a) It allows you to breathe into the lower lobes of your lungs, thereby getting rid of the toxins that build up.
- b) It allows the diaphragm to move the way it was designed, laterally not vertically. This keeps the diaphragm supple and allows the heart the correct amount of room to beat.
- c) It triggers the body and mind to relax. Calming you and relieving the anxious build-up that is so debilitating.

Donna Jordan

for mums and mums-to-be

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Park Ridge Primary School Camp Of A Lifetime

On the 17th of February, Park Ridge students from Year 6 went on a camp of a lifetime to the wonderful capital of Australia, Canberra! Students say it needs to be awarded 'Camp of the Year' because of the qualities that the camp offered.

Even though it was a ten hour bus drive, students made the most of their time by sleeping, reading, talking and last but not least, making the most noise in Parliament House, that I fear could be heard in Wollongong! Besides that, we stopped three times and one of our last stops was The Dog on the Tucker Box and we snapped a couple of pics before piling back on to the bus.

When we arrived at the Capitol County Village, students were relieved and eagerly raced towards their cabins and settled in for the night. But Park Ridge wasn't the only school there. We were alongside St Simons and we vaguely passed by them during our tours out in Canberra.

The cabins were tiny, you could barely get past the door before you ran into a bunk bed or drawer, but the cabins did

Our Happy Group Overlooking Canberra

have some pluses. We had our own bathroom with a good shower and awesome water pressure, an air con system which also served as a heater (which was especially nice at night!) and all the beds were nice and close so we could talk freely without shouting.

We got the best education in Canberra and some of the places we visited were:

War Memorial.	Parliament House.
Museum of Democracy (old Parliament House)	
Electoral Education Centre.	
Australian Institute of Sport.	
Cinemas.	Mount Ainsley.
National Museum.	Questacon.

They're only a few of the places we lucky ducks visited, but this camp is certainly the best camp yet! Definitely 'Camp of the Year!'

Emily and Willow from 6-14

Editor's Note:- Do you know, I think I heard you all the way down here in Rowville!! I'm glad you had a good 'educational' time.



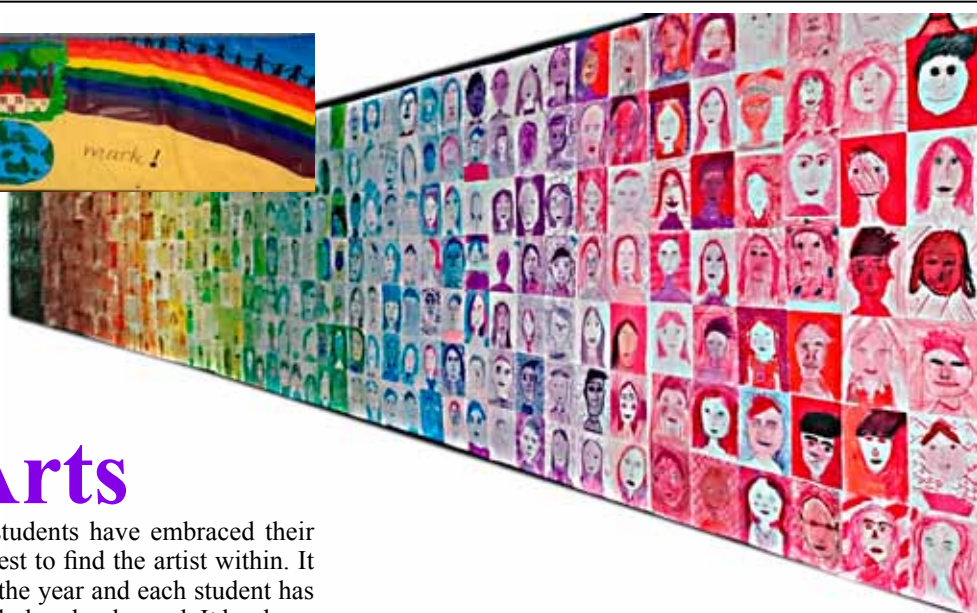
Lysterfield Primary School

Visual Arts

Lysterfield Primary School students have embraced their art smocks and are on the quest to find the artist within. It has been an amazing start to the year and each student has contributed a portrait to the whole school mural. It has been wonderful to witness the students viewing themselves as a significant part of the school community.

Our first term emphasis has been on movement, which we have explored through drawing and construction. Students have blown us away with both their enthusiasm and creativity and some amazing pieces of work have been created.

Lysterfield Primary School was thrilled to recently be a part of the 2014 Primary School Banner Competition which showcased at the Knox Festival. This year's theme was 'Make Your Mark'. After a long discussion, our artistic team of students came up with the idea to base their banner on the past bushfires in Victoria. They chose



to celebrate how small communities unite and work as one to successfully move ahead and prosper. The students worked very hard on this and gave up many of their lunchtimes. The final banner looks amazing and is a brilliant celebration of how we can all work together to make our mark. The cascading rainbow is the eye-catching reference to the beautiful mark that is left after a storm and also helps to restore hope. We were thrilled to be commended with the encouragement award and collect winnings of \$200, which will be used to further develop our lunchtime Visual Arts extension program.

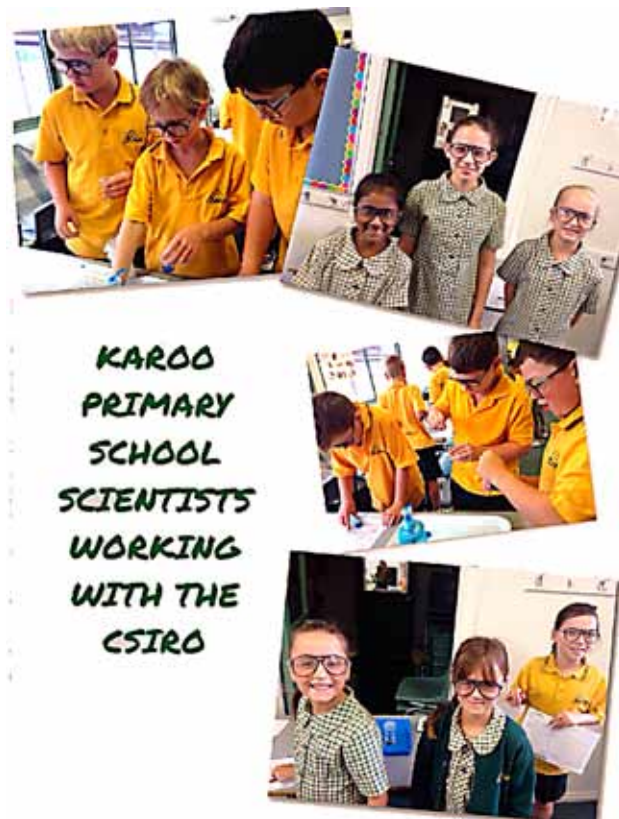
Rachel Gathercole & Danielle Sandeman Visual Arts Teachers

Karoo Primary School Learning How To Be Cyber Safe And Cyber Smart

In support of our Wellbeing & ICT program, the Year 3, 4, 5 and 6 students attended an incursion, on being cyber smart, with Mr Tony Richards. He is a former teacher, focused on developing the students awareness on what happens online, being a good cyber citizen and why and what we need to do to be vigilant when online. He used many realistic examples and scenarios that the students could relate to. Tony spoke about digital privacy, responsible behaviour online, 'living' online and about cyber bullying, including strategies to deal with it.

Olivia S learnt about what we do online and the various applications we all use like Kik, Instagram and iMessage. **Callum** learnt about what happens sometimes when you give your information out on the Internet. **Liam S** said, "we learnt about things like Instagram and Facebook and the ages to use them. Tony Richards also told us how bad they can be (apps) and what people do on it (the Internet). He taught us about Cyber bullying." **Indiana D** learnt the importance of and how to be safe on the Internet. One of the things that **Nico** took away from the incursion was that "some apps, and the information we put into them, are impossible to delete and there are website to check how strong your password is". **David M** learnt that online websites can do bad things to people and to "never give away personal details". All the students came away from the incursion saying they really enjoyed the session, learnt a lot about being more careful when online and about cyber smart. Most of the students went home, checked the strength of their passwords and changed them.

Tony explored, with the students, the Australian Government website on cyber safety, www.cybersmart.gov.au as well as websites that could help you create good passwords and check how strong your password is.



Endless Opportunities to Experiment And Discover With The CSIRO

In February, Year 3 and 4 students had the opportunity to engage in fun and interesting learning experiences with an education program through the CSIRO, called 'Lab on Legs'. This exciting incursion was about Chemistry and Matter and part of their integrated studies unit, Science, for Term 1.

The CSIRO 'Lab on Legs' is a travelling interactive science program that gave our students the opportunity to get hands-on and experiment, using chemicals and materials

Rowville Secondary College

High Achievers Return

On Friday the 14th of February, Rowville Secondary College celebrated one of the most exciting events on the College calendar. The Ian Linnett High Achievers Assembly is one of the rare times that the entire College community comes together and on this occasion it is in recognition of our high achieving Year Twelve students of 2013.

Of the 22 students who achieved an ATAR of 80 or above, we were thrilled to welcome back 21 of our High Achievers to receive their financial rewards and certificates from the College in front of the current cohort. We were especially thrilled to recognise our College Dux, Carmen Wu who scored an ATAR of 99.05 and has since commenced her studies in Commerce/Law at Monash University. Carmen spoke of the importance of finding balance during her VCE studies and of utilising the resources that are available, making specific reference to her teachers and the faith that they had in her abilities. Our second and third highest scoring students, James Frenken (94.15) and Shelby Johnson-Boe (92.35) are also very deserving of a mention, as are all of the students who scored 80 and above but who would unfortunately take up more space than this column can accommodate.

The event also allowed our 2013 College Captains Shelby Johnson-Boe and Michael Audsley who were attending the assembly as High Achievers, as well as their Co-Captains Bradley Beard and Meaghan Conroy, to present blazers to our new College Captains Ashlee Andrews, Emily Dateres, Timothy Sugumar and Jackie Carroll, all of whom were featured in the February Edition. The assembly also allowed our high achieving VET and VCAL students to return and for our students to celebrate the successes of our students who choose alternative secondary schooling pathways.

One of the most outstanding feats of 2013 was achieved by Samuel Goh, who ought to have an entire article in his honour (and may well in the future) is This current Year



RSC High Achieving Students 2013

Twelve student stunned staff and students alike when, as a Year Eleven student he scored above 40 in two of his Year Twelve subjects. Studying a Year Twelve subject in Year Eleven is no small undertaking, and scoring above 40 whilst doing so is much to be celebrated. Samuel proved himself extraordinary when he set himself the challenge of taking on two Year Twelve subjects in 2013, and not only achieving above 40 in both, but achieving the highly coveted perfect score of 50 in Further Mathematics.

The College would like to congratulate both Carmen Wu and Samuel Goh for their amazing results. It is a privilege for all involved to have students of their ilk moving through the College and showing the heights that a Rowville student can reach if they set their mind to it. We also congratulate all of our High Achievers, our VET and VCAL students, and the entire class of 2013 for completing their secondary schooling, and we wish them the best of luck for the future.
Laura Gordon, Communications Officer

with unusual properties. They explored states of matter and the effects of combining various substances.

CSIRO scientists demonstrated a variety of experiences before allowing students to “put on a lab coat” and replicate the experiments themselves. Some of the experiments included making slime, which meant the students explored non-Newtonian fluids and made slime out of PVA and borax. Then they tried an experiment to observe reversible reactions, called cabbage chemistry, then experimented with dissolving substances and forming crystals, which encouraged students to work in groups, hypothesise and record their results.

The students also learnt vital science inquiry skills such as questioning and predicting, planning, conducting, processing and analysing, and evaluating and communicating, all of which will help them to be keen scientists in the future.

Overall, the students thrived during their scientific discoveries and learnt a great deal through hands-on experiences, which made for a fantastic day.



Metal 2 Metal Challenge

In May, our school will be participating in *Metal 2 Metal School Steel Challenge*, an Eco Waste Recycling initiative, for a second year.

This is a fundraising opportunity but also a way to get involved in recycling. We will be looking to fill as many skips as possible within these two weeks. It is a great initiative, but also a great opportunity for the local community, businesses and households, to help a local school and do some serious cleaning... and recycling!

We hope you get behind this great cause and our school.

The bins will be available for filling from 10/05/14 till the 24/05/14.

Kimberley Cunningham



Primary School

What's Happening at St. Simon's

The school community would like to congratulate our Grade 6 leaders for the year. They hold a very responsible role in the school and are responsible for the areas of Environment, Sport, Wellbeing, Social Justice, Information and Communications Technologies, as well as the Arts and Information Resources.

A big thanks to all the classes that elected their Student Representatives from Grade 1 to Grade 6. The students that have been elected are most enthusiastic, as they will be conducting class meetings about school and playground issues and fund raising activities.



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A welcome visit to our Gardens for Wildlife: the Eastern Yellow Robin adds a cheerful splash of colour.

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Visit <http://au.kumonglobal.com>

Kids Page compiled this month by Heany Park Primary School

WORD SEARCH Try to find all the words in blue - they may be horizontal, vertical or diagonal.

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

- 1. cultures
- 2. peace
- 3. integrity
- 4. celebration
- 5. harmony
- 6. honest
- 7. respect
- 8. fair
- 9. regard
- 10. getting-along
- 11. commitment
- 12. consideration
- 13. acceptance
- 14. happiness
- 15. countries
- 16. acknowledgement
- 17. people



LOGIC PUZZLES

X X X

X X X

X X X

Can you draw 4 straight lines to pass through all 9 crosses without lifting your pencil from the paper?

Can you write eight different numbers between 0 and 10 in the squares so that every line adds to fifteen?

Word puzzle: How many words of four letters or more can you make with these letters? You must always use the middle letter in each word. 10 words Good, 15 Very Good and 18+ Excellent

C E L
N L H
A G E

Remember there is one nine letter word that you can make.



Heany Park Primary School

First Day At School Thoughts From Some Grade Two Students

I liked my first day at school because I got to play with Dominic and Sebastian.

Alex

I liked my first day at school because I have new friends and old. I like school.

Carlos

I liked my first day at school because I met a new friend and my old friends, and my BFF.

Ella

I liked my first day at school because I liked doing my books, my sign, doing a word search, colouring in with pencils and last labelling with textas.

Mia C

I liked my first day at school because I played games and met my teachers.

Mia F

I liked my first day at school because I got to meet my old friend. We played basketball. We like work. I was having fun. I got new textas. I played games.

Aidan

I liked my first day at school because I got to meet my new friend and I met my new teachers.

Grace

I liked my first day at school because I get to play with Alex on the playground and I like to do work. I like snack and lunch.

Sebastian

I liked my first day at school because I met my new teachers and learned new things. We also labelled some of our books.

Keeley

I liked my first day at school because I liked getting people's autographs.

Ava



The students and teachers from SDN2 Serang who visited us from 21st -28th March.

I liked my first day at school because I like meeting my friends.

Dylan

I liked my first day at school because I got to meet my new teachers.

Emily

I liked my first day at school because I love Art and maths. I also love playing games in the classroom.

Zoe

What does Harmony Day mean to you?

It doesn't matter what our background is, or what we look like: it is how we should treat others.

Ashwin and Alannah

Harmony Day means that we all come together and live in peace and can respect each other's cultures, religions and backgrounds.

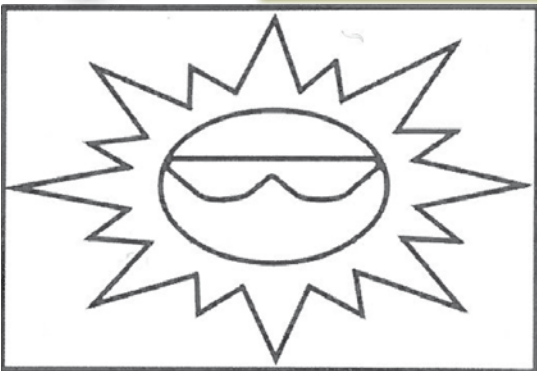
Grace and Kaysea

Harmony Day means everyone gets along and respects other cultures.

Abhishek

Harmony Day means to us that the world gets along as one and it doesn't matter what you look like, how you talk or where you come from. Harmony Day is a great day to celebrate your cultures with others.

Tylah and Nadya



How many rectangles can you find in this diagram?



A group of students celebrating Harmony Day

Three first day faces



School Talk

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

Rowville Primary School Creates

I have no special talents. I am only passionately curious.~ Albert Einstein

Are we witnessing another Einstein or a Gordon Ramsey, Versace, Picasso or Beethoven in the making?

The first year of school is a new adventure in a child's lifelong path of learning. The Prep students have only been at school for six weeks but have already shown us a sense of wonder and inquiry about themselves and the world. We watch in awe as Logan picks up a piece of cardboard, cuts it, folds it and transforms it into a Superhero costume. We see Jordan, Marta, Tia and Domenico pick up utensils in the kitchen and imagine the food they can prepare and begin creating a menu. We marvel at Isabella who sees patterns in numbers and begins a journey of hypothesising and experimenting.



Meanwhile in the Music Studio budding young musicians are studying how to express themselves using drumming techniques on a range of instruments.



Victory at the District Swimming Sports

Recently our District Swim Team competed in the District Swimming Sports achieving first place overall. Lead by captains Kyle Feuerstein and Claudia Jones, we proved ourselves to be a great team!

They prepared for the day by attending a training session at 7am the week before, followed by a hearty and team bonding breakfast! We performed extremely well on the day with many swimmers placing in the top three, some swimming in older age groups and others tackling nerves and more difficult strokes in our quest for team success. After a nervous wait at the end, there were squeals of delight when Rowville Primary School was announced victorious.

We would like to thank parents who attended the finals and supported the team. We would especially like to thank Helen Pongracic, Narelle Thomson, Jackie Walker and Lorna Feuerstein who did a fantastic job organising and supporting our team on the day. We acknowledge Sue Macdonald, PE teacher, who lead the group so well and organised an early morning training and breakfast session for team members.

Huge congratulations to Ryan Walton, who won three individual events, came 2nd in two relays and qualified for the Divisional Championships in two events.

Congratulations also to Kyle Feuerstein, Matthew Bray, Cooper Denny, the girls 11 years freestyle relay team (Isabella Basso, Maddi Davis, Rachel Thomson and Sarah Walker) and the girls 12 years freestyle relay team (Claudia Jones, Kellie Roper, Michelle Chhour and Laura Salter) who qualified for the Division Sports.

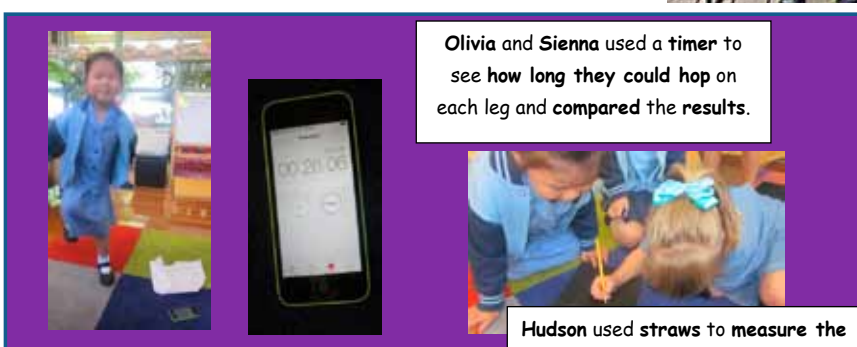
Ryan trains every Tuesday night and Mathew trains every Thursday night. However it is not only practice for practice sake. Both boys co-construct their goals with their coach.

Writers Group

(Pictured left.)

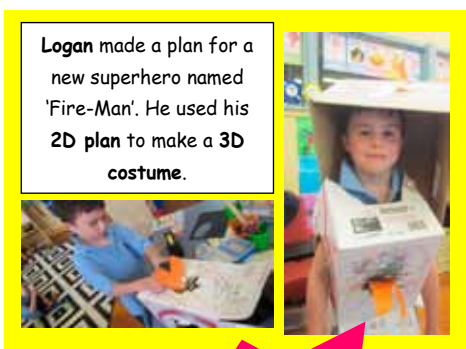
Students are encouraged to step forward and share their Writer's Notebook at assembly on a Monday morning. Teachers advise students that topics for writing are around us every day and encourage them to use them as a source of inspiration for their writing.

Lyn Furze



Olivia and Sienna used a timer to see how long they could hop on each leg and compared the results.

Hudson used straws to measure the perimeter of the Maths mat. He found out that each side had the same amount of straws so it must be a square.



Logan made a plan for a new superhero named 'Fire-Man'. He used his 2D plan to make a 3D costume.

Investigation WOW moments!



Max was developing his fine motor skills while making high frequency words!

Isabella was investigating all the numbers that contain the number five. She found out there are nineteen numbers with a five in them.



Jordan, Marta, Tia and Domenico worked together, using their knowledge of letters and sounds, to make signs and a menu for the Prep C kitchen.



Visual Arts

As we walk past the Visual Arts Studio we are reminded that famous artists are our inspiration and mentors. Students have been inspired to pick up a paintbrush and carefully make marks on a canvas to explore their view of the world.



Sant Nirankari Mission

GURU PUJA DIWAS Birthday Celebrations of Mission's Spiritual Leader

The Melbourne Branch of Sant Nirankari Mission (SNMM) celebrated the 60th Birthday of His Holiness Satguru Baba Hardev Singh Ji Maharaj on 23rd February 2014. The Day is celebrated as 'Guru Puja Diwas' by Nirankari Mission at various places across the world with great zeal and enthusiasm. To celebrate the occasion, a family friendly event was organised that included various activities by volunteers, including games, songs, dances, speeches and other fun activities. The event was graced by the presence of many distinguished guests including Hon. Bruce Atkinson MLC (President of the Legislative Council – Victoria), Ms Manika Jain (Consulate General of India – Melbourne), Cr Darren Pearce (Mayor of Knox), Nick Wakeling MP (Cabinet Secretary - Parliament of Victoria), and Cr Joe Cossari (City of Knox). Many guests from radio and paper media were also present.

Cr Darren Pearce said that the Sant Nirankari mission believes in responsible living in society and achieving noble goals beyond its own community, whilst Mr Nick Wakeling



Marching Song



Kids Dance'

MP emphasised the mission's great partnership with the Rowville community as a whole and the Knox Council. He also congratulated Mission for being recognised as the biggest organisation for blood donation in the state of Victoria.

Hon Bruce Atkinson MLC said that it's very easy to give advice to others but it's difficult to walk the talk, adding that the Nirankari Mission and all the volunteers associated with the mission follow "Walk the Talk". Ms Manika Jain praised the efforts of the Mission in maintaining the old teachings of the Vedantic era and she congratulated the Mission on its hard work to spread the message of love, peace, harmony and oneness. She was impressed with the participation of youth in these activities. Cr Joe Cossari congratulated the mission for playing an important role in promoting the importance of multicultural diversity in the community.

Mr Raj Kumar (Committee Member SNMM) explained the meaning of the mission with the lines, "We are not human beings having spiritual experience but we are spiritual beings having human experience". He highlighted the three teachings of the mission,

Remembrance of God, Congregation and Selfless service. Rev Indar Jit (Branch In charge SNMM) blessed the audience from the Holy chair. He said that one who prays and gives importance to Satguru, enjoys the blissful life. He added that it is not enough to have God knowledge, it's more important to apply it in life.

Mr Sunny Duggal (Committee Member & Volunteers In charge SNMM) praised and thanked the contribution of volunteers for their efforts during the whole year and Mrs Veenu Rattan (Female Volunteers Co-ordinator) highlighted the Mission's contributions in many community welfare activities and acknowledged the contribution in spreading the message of Peace, Humanity, Compassion and Oneness globally.

The celebration continued throughout the afternoon with dances, songs, poems all filled with spirituality and devotion. Young saints from the mission performed a skit to convey the Mission's message and children did the Bhangra (Punjabi folk dance) and Sufi dance.

Other Event Activities

The event commenced with the volunteers inspection by SNMM In charge and prayers. SNMM volunteers performed a PT parade, various games for male and female volunteers and children to convey the message of accomplishment with discipline, coordination and team spirit. There was also a jumping castle, face painting and a henna stall. A reception desk was set up to provide information next to a publication stall displaying the mission's literature.

Health and safety was given top priority and all the safety measures were taken into consideration and a First Aid counter was installed with qualified doctors from the mission providing their services.

Free refreshments, including various Indian snacks and drinks were available during the whole event. A community meal was served at the Community Meal Hall, where hundreds of attendees enjoyed the authentic Indian food served with Indian sweets.

The event successfully reflected the amount of effort put by the management and volunteers and almost everyone appreciated the planning and execution of the event.

Raj Gopal SNMM Member

One-stop shop for Pre-school enrolments



Council's early years system goes online making the juggling of reams of paper-based information and forms a thing of the past thanks to an innovative online preschool enrolment system being launched by Knox Council.

Mayor Darren Pearce has hailed the new system - called **KEYS Online** - a big step forward for parents.

"We're about to open it up to families across Knox in coming weeks," the Mayor explained, "as a massive improvement on the old, out-dated, paper-based system."

KEYS Online will commence for families with preschool children attending from 2015 onwards, enabling them to manage their enrolment details and pay fees from the comfort of their own home.

"Logging on from home, or even a tablet while out and about, is a real win for busy local parents," the Mayor said. "Families with children currently enrolled for preschool with Council for 2015 will receive information about how to access KEYS Online in April. We have plans to roll KEYS Online out for other early years services, such as child care and occasional childcare in the future, so stay tuned."

The Mayor explained that, "Some of our criteria for parents have had to be updated to meet laws that are new to the field. For example, new Human Rights legislation had to be considered when we looked at our policies covering eligibility and waiting lists."

Knox Council manages 30 preschools, covering 1,400 children.



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

Meetings that changed the world

Whether it is with one other person over coffee or with several people at a crowded event, you and I meet with people all the time. Many of our meetings with others don't amount to anything significant, but every now and then, maybe just once in a lifetime, in one meeting, in one encounter, in one moment, lives collide and change forever. Some meetings can change the very course of our life and they can also change the world.

Not convinced? Just think of Henry VIII meeting Ann Boleyn, a meeting that would lead to the establishment of the Church of England, Alexander Bell meeting Thomas Watson, a meeting that led to the invention of the telephone; the Wright brothers meeting Charlie Taylor, who developed the engine that would power the first aeroplane; or what about Steve Jobs meeting Steve Wozniak, a meeting that would lead to the launch of Apple. These are meetings that changed lives both theirs and ours. Furthermore, if you are married

you know firsthand the significance one meeting can make, the power of two people connecting and the impact of lives intersecting at crossroads.

It is impossible to estimate the value of the moment when two lives intersect.

Over the Easter period, Rowville Baptist Church would like to give you an opportunity to have a meeting that has changed the world and can change your life in a way far greater than any meeting in history. You are invited to three 'meetings' where the life of Jesus is considered. Each meeting can be that moment where Jesus' life intersects with yours.

At the Crossroad – Where Jesus' story intersects with yours.

✚ Thursday 17th of April at 6:00pm. Join us for dinner and consider Jesus in the upper room.

✚ Friday 18th of April at 7:00pm. Join us as we reflect on Jesus at the cross that changed the world. *Children are invited to be part of a special children's program.*

✚ Sunday the 20th of April at 10:00am. Join us as we celebrate the resurrection that gives us hope.

Come to one - Come to all three – Bring your family and friends – Meet Jesus at the Crossroad.

Jesus said – "I have come that they may have life, and have it to the full" John 10:10.

Wally Starchenko

Real Estate Tips

Supplied by Barry Plant Real Estate

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barryplant.com.au/rowville

9753 2828

Put More Money In Your Bank Account

The easiest way to increase the amount you achieve when you sell your home is great presentation. Even a home that is not renovated will benefit from being perfectly clean and being 'staged' for the sale.

Staging can either be undertaken by the experts or for a

relatively small amount of money can be done by the owner in consultation with your agent. Generally the home will be well received if it is presented in an uncluttered manner and the use of a tasteful contrasting colour in the rooms will help the photos of the home to 'lift' off the page.

It is not uncommon for a home that has been presented in this way to achieve a result that is \$20,000+ above the price achieved on a similar home that has not been prepared for sale. Of course choosing an agent that can demonstrate excellent negotiation skills will also increase your return on your investment.

Gayle Barrot

RAFT Anglican Church

"Building passionate

followers of Jesus Christ"

Parish of Rowville
& Ferntree Gully

131 Taylors Lane, Rowville Ph: 9764 2573

Email: admin@raftchurch.org.au Web: www.raftchurch.org.au



The *Way of the Cross* is a traditional devotion marking the final hours of Jesus' life before he was put to death on a cross. Christians all around the world and from varying church denominations mark this occasion on Good Friday. The point of this devotion is not to lead people to dwell on the physical suffering of Jesus, but rather to encourage them to enter into the love, grace and mercy of God in releasing people from the barrier of sin that separates people from God. In a sense it is an invitation for people from all walks of life to identify who they are before God.

The churches in Rowville will be holding a "Way of the Cross" service at 10am this Good Friday, 18th April around the Rowville Community Centre (Fulham Road) from 10am. The churches of Rowville invite anyone to join with us as we walk, reflect and sing about Jesus' journey to the cross and focus on the true meaning of Easter. Following the time of reflection we will conclude with Hot Cross buns, tea and coffee at the Rowville Uniting Church.

Turn up on the day or contact your local church to find out more information.

Australia for Christ Church – 9764 8330

RAFT Anglican Church – 9764 2573

Rowville Baptist Church – 9764 4242

St. Simons Catholic Church – 9764 4058

The Fruitful Vine Church – 9752 7767



Three Rowville Ministers With The Cross

Hillview Church – 9763 7776

Restore Church – 8736 9042

Rowville Salvation Army – 9753 2795

Rowville Uniting Church – 9753 3495

Phil Meulman

Rowville Uniting Church



9753 3495

office@rowville.unitingchurch.org.au

The year is well under way and many organisations are busy seeking to offer to the community that which is particular to them. At the Uniting Church we are no different! Now that Christmas is a distant memory we find that Easter is around the corner.

Easter is the most significant time in the Christian calendar. A time to remember that the one whose birth we celebrate at Christmas will pay a huge price for love. In the midst of chocolate eggs and hot cross buns, we remember that Jesus died on Friday and is raised from death on Sunday. We celebrate in this that God speaks of a love that is beyond our comprehension. A love that says "Do not be afraid, I am with you."

The Uniting Church will celebrate Easter with the following service times:

Maundy Thursday - April 17th - 7:30pm

Good Friday - April 18th - Combined Churches

"Way of the Cross" - 10am at the Rowville Community Centre - Hot Cross buns to follow. Easter Day - April 20th

- 10am children and Family Service.

We invite people to join with churches everywhere as we again remember the one who lived, died and rose again for us.

Toddler Gym runs for children aged 1-4 at a cost of \$5 per family and pre registration is required. Details of all our programs and services can be found in "What's On Locally" on page 2. Come and check us out or call our office for more information about this program.

The Bridgewater Centre is available for low cost professional counselling. Our new counsellor is Andrew Hacker. He has a strong background in relationship counselling, men's issues and a range of depression related mental health issues. People are able to self refer to this service. Bookings are essential and we invite you to call our office for more information or an appointment.

Our church building is available for community hire and we are proud that so many great programs are run from our building, offering the local community a wide range of skills and services. Again, please contact the office with any enquiries about available space.

We wish everyone a very happy Easter.

Trevor Bassett



Rowville Neighbourhood Learning Centre Inc.

The year is flying by and here at Rowville Neighbourhood Learning Centre we're getting ready for second term and are excited by what we have on offer in our Learn Local setting.

Old favourites are back, with more classes scheduled for Office Administration, Introduction to Computers and Small Business. The latter gives students the skills to develop their ideas, introduces them to marketing strategies and allows them to create a concrete plan to turn those ideas into a viable business proposition.

Looking for an outlet for an active imagination? Check out our Creative Writing Course. If you're filled with ideas for stories but are unsure how to realise them, then this is for you. Brainstorm with other writers and learn how to overcome

the dreaded writer's block.

For those with young budding artists in their family, there's a range of classes available including Art for Children 5-7, Singing for Children 5-7 and Sing and Dance with our renowned dance teacher, Jayde.

And if you're a new parent, check out our Paediatric First Aid, a non-accredited introduction for parents and carers, where they can learn how to administer basic first aid to babies and toddlers.

We'd also like to thank everyone who made our International Women's Day a success. Catching up with others and exchanging ideas and knowledge is a big part of what we do at the Learning Centre.

Check out dates and times for all of the above classes and everything else we have on offer, by grabbing a brochure from the Centre or logging onto our website <http://rowvillenc.org.au/courses>

Kerry Cronjaeger



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

The Salvation Army Rowville



Worship & Mission Centre

So April is upon us already! We hope that you've had a great start to the year!! We have!! A couple of new families have joined us, we've managed to hold our 'craft and car boot sales', had a family movie night, plus some lunches and great times of community.

Our Sunday worship is a wonderful time of coming together in a friendly and relaxed way with contemporary music and a growing kid's church, which happens during the service. With our conversational type of preaching, it's a great way to explore issues of life, faith and spirituality.

The community lunch is going strong with regulars who attend weekly now. You can have a delicious two course lunch for just a gold coin donation! You'll need to book in so that you don't miss out – 0416 305 741 is the number to call.

Friday mornings we meet for coffee at 10am up at The Coffee Club at Stud Park. They graciously allow us to move tables around so that we can fit in and you're always welcome to come and join us for a cuppa and a chat. Just look for 'the group' ☺

During April we, along with Christians around the world will be remembering and celebrating Easter. We will have a service on Good Friday morning, April 18th, at 9am then will be joining with churches from around Rowville at the Community Centre as we travel 'The Way of the Cross' together. This will commence at 10am. You are invited to join with us as we walk, reflect and sing about Jesus' journey to the cross and focus on the true meaning of Easter. Sunday morning, the 20th, we will be celebrating the resurrection together at 10am. It's a very significant time to come together and worship, celebrate and be thankful for what God has done for each of us. You are all invited and are very welcome.

The last Saturday of the month is always a 'craft and car boot sale' utilising our car park with spots available for \$10 and our basketball court with tables available for \$15. Starting time is 8am and we finish at 1pm. There's always a BBQ with eggs and bacon first up then later on, snags! The coffee machine is fired up nice and early so that you can still get a 'real' coffee. To book a space please contact Kriss on 0415 511 588 or call the church office on 9753 2795. You can also contact us via email corpsofficer.rowville@aus.salvationarmy.org.

Rowville Salvos Car Boot Sale

8am to 1pm

16 – 18 Kingsley Close, Rowville

April 26th May 31st

June 28th July 26th

August 30th September 27th

October 25th November 29th

Also, we have a Thrift Shop in Wantirna South. People in the area are very generous with their donations and we are incredibly grateful to those who donate, especially during opening times between 10am-4pm Monday to Friday and 10am-1pm on Saturdays, thank you very much. We are always on the look out for volunteers though! If you have a few hours to spare during the week, please contact our manager Sharon on 9801 4612.

We love being a part of this community and pray every blessing for you. Don't be a stranger, come and say hello! The Salvation Army Rowville Worship and Mission Centre is located at 16-18 Kingsley Close, Rowville.

Lieutenant Judy Shaw Corps Officer



But For the Grace Of God

Three crosses stood starkly against the sky. Mary, three other women and young John looked up into the face of Him on the cross in the middle. A small group who loved him and a few soldiers playing with their dice - that's all! The jeering, the cheering and even the weeping had gone home.

The crosses stood at the side of the road that traders and travellers used. The Romans' boast of their punishment for political agitators, thieves and murderers. A common sight. This time many stopped to take a second look. Wasn't that the one the Jews called 'Jesus', the wise teacher and performer of miracles?

Why was he on a cross, and what did that sign "King of the Jews" over his head mean? One merchant said "Oh well, I must be on my way to buy that camel." Another said,

"My load of fruit and dates will spoil if I linger". Business was business. Time was money. They were upright people, not law breakers. Even charitable. One day, perhaps in the future, there might be time to ponder those questions that niggled about this Jesus. And they hurried by.

But for the grace of God I could have hurried by too.

Some Jews were on their way to the Passover celebrations. One had been on the hillside and heard this Jesus speak with such authority and compassion. One had his lunch miraculously provided.

Many had been healed and set free from demons. But now this Jesus seemed to be a loser.

Couldn't understand how he had ended up this way. Oh well, if he couldn't keep coming up with the goods..... They went on their way.

But for the grace of God I could have too.

One Jew knew in his heart that this Jesus was the Messiah. He knew it in his heart, he felt it in his bones. But what would his family say if he stopped to worship at this cross?! What would the priests in the temple say?! He couldn't break with his family tradition could he? Besides falling out of favour with everyone, he might even have to pay a heavy price? His life maybe. He covered his face with

his shawl and scurried by.

But for the grace of God I could have been so bound.

Two thieves hung on either side of Jesus. Both found guilty of crimes. One, as he faced death, gave vent to anger and bitterness and hurled abuse at the silent figure next to him. The other thief, also a vile offender looked at the meek bowed head. Oh, the deep remorse that gripped his heart. It was greater than the agony he was experiencing on the cross. As his tears of repentance flowed, he could see, as it were, his heavy load of sin lift off himself and on to the poor aching shoulders of the bowed, thorn-crowned person by his side. He cried out to the Lamb of God, to the King of Kings

"Remember me when you enter your kingdom!" Jesus looked up, and tenderly said. "Today you will be with me in paradise".

By the grace of God, that will be you, that will be me.

He says to those who repent and are His: "I go to prepare a place for you so that where I go there you may be also."

Amazing grace! Amazing grace!

Join us at Australia for Christ Church on Easter Friday & Sunday 10am at 1070 Stud Road Rowville.

Marlene Smith



As we again come to the time of Easter, many 'Christians' will flock to churches to re-connect with God who they have had little to do with throughout the year, except in times of great trouble maybe. Now is the time to really contemplate what this season in the Christian calendar holds, not only for Christians, but for all human-kind! God wanted to personally connect to His people again, so He sent His Son, Jesus Christ to again make that connection to a loving God. A bridge to span the ages.

What did Christ's crucifixion, death and resurrection

mean? Easter Sunday is the day when we celebrate Christ Jesus rising from the dead. Jesus is the Son of God who unselfishly gave up His life to die for our sins. On the third day after He died, the day we now celebrate as Easter Sunday, His friends went to His grave, and found that He had risen from the dead. They saw an angel who told them, "Don't be afraid! I know you are looking for Jesus, who was crucified. He isn't here! He has been raised from the dead, just as He said it would happen." (Matt. 28:5). Jesus rose from the dead, now He offers you the gift of eternal life and forgiveness of sins. This is the true story of Easter, and how it can change your life. The problem is that all of us have done, said, or thought things that are wrong. This is called sin and our sins have separated us from God. Are we serious about God and what Jesus did for us? He died so that we might live! Are we prepared to live? Read 2 Chron. 7:14, for yourselves along with the Easter account in the Gospels. Happy Easter, not just because it is a holiday, or Easter eggs, but a whole lot more!

Ray Green



Gethsemane



Here is a brief summary of items affecting the Rowville-Lysterfield area.

Item 6.2 Application for the development of twenty seven (27) two storey dwellings at 27 – 33 Stamford Crescent, Rowville.

An application for review of Council's failure to make a decision within the prescribed timeframes of the Planning and Environment Act 1987 has been lodged with VCAT. The proposal is not considered to be consistent with the Municipal Strategic Statement, Housing Policy, Clause 52.06 (Car Parking), and ResCode. On balance it is considered that the proposal does not respond to State and Local Planning Policies.

Council Resolved:

That if Council were in a position to decide on the application it would have issued a Notice of Refusal for the development of the twenty seven two storey dwellings at 27-33 Stamford Crescent, on several grounds which can be viewed in the full council minutes on the Knox City Council website.

Item 10.5 Waterford Valley Golf Course and 26 — Rowville-Lysterfield Community News, April 2014

Retirement Village

A report was presented to update Council in relation to minor boundary realignments at Waterford Valley Golf Course and Retirement Village and authorise the Chief Executive Officer to finalise the statutory requirements to enact the Land Exchange Agreement and maintenance of areas coming into Council's ownership as a result of the boundary realignments.

Council resolved to give notice of its intention to complete a land exchange and begin the necessary processes.

Works Report as at 6 February 2014

Bicycle/Shared Path Renewal Program

1. Stud Road (East) – Kelletts Road to Fulham Road – Completed
2. Corhanwarrabul Creek – Bunjil Road to Stud Road – In Progress
3. Stud Road – Rowville Vet Clinic – Feb/March

Stamford Park Redevelopment

Tender documents for the Fire Sprinkler System have been completed. The project will now be tendered in February. Geotechnical investigation work to resolve building subsidence issues at the Homestead will commence in February. Quotations for legal services consultants to assist Council with the Stamford Park residential land sale and project procurement process are to be invited shortly.

Corhanwarrabul Creek Trail (to Dandenong Creek) Shared Path. Consultancy brief for geotechnical survey and detailed design work has been prepared. Quotes will be sought in early February.

Drainage Upgrades – Ongoing Customer Response

Minor Package 1: Ling Drive - Incorporated into Tirhatuan Drive drainage upgrade works with design completed and tender process underway.

Major Reserves Conversion to Warm Season Grass Work has started on conversion to warm season grass at Eildon Park Oval No.2

Liberty Avenue Reserve Master Plan Implementation Stage 2

Works complete and under maintenance.

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

Land title from the adjacent developer is registered with Council. Currently waiting for final cost reconciliation.

Eildon Park Storm Water Harvesting - Stage 2 Works complete. Surplus grant funds to be returned to the Federal Government.

Miscellaneous Industrial Roads - Pavement Rehabilitation Asphalt contractor has been delayed over January with major patching works in Bergins Road now set to commence in February.

Avalon/Stamford/Stud Road Intersection Modification This project is currently being reassessed.

Murrindal Playroom Extension (Stage - Two) Works progressing well. Scope has increased owing to unforeseen conditions.

Tirhatuan Drive (No 18) Rowville - Drainage Upgrade

Detail design completed and tender documents prepared. Melbourne Water have indicated support - now seeking formal approval. Tender advertised from 18 January and

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Council Minutes continued...

closing 11 February.

Wellington Road / EastLink - Shared Path
Works completed - path opened to public in August 2013.

Rowville Recreation Reserve No 1 - Renovation
Design work underway for the pump for Rowville Recreation Reserve second oval. Installation prior to next winter.

Hampden Court, Rowville - Rehabilitation
All concrete works have now been completed. Asphalt works to be completed in February 2014.

Cairn Curren Close, Rowville - Rehabilitation
Contract works well underway with tree removal completed 20 December 2013. Works integrated with Tali Carnng Close.

Tali Karnng Close, Rowville - Rehabilitation

Contract works well underway with tree removal completed 20 December 2013. Works integrated with Cairn Curren Close.

Ranceby Close, Rowville - Rehabilitation
All concrete works have now been completed. Asphalt works to be completed in February.

Camley Court, Rowville - Rehabilitation
All concrete works have now been completed. Asphalt works to be completed in February.

Heany Park - Open Space Upgrade
Invitations to tender have been sent out.

Hindmarsh Street, Rowville - Rehabilitation
Detailed design finalised with quotes being sought and assessed. Anticipate construction to commence mid February.

Stamford Park Homestead - Sprinkler System

A building permit has been issued for the fire sprinkler system to the Homestead. The project will now proceed to tender in February.

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

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