



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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Priceless

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From the Editor's Desk



I was searching in a drawer the other day and came across my old pedometer. It was still working so I thought I'd give it a try and what better way to test it than on my RLCN delivery round. I checked it quite often and on my return from delivering 186 papers I had walked for an hour, covered 3.9kms and burnt off 189kcal. Now, 186 is a lot of papers and most rounds are around 50, but the principle is the same. It is good exercise, it is a healthy workout, you meet neighbours that perhaps you wouldn't otherwise and you are doing the community a service. Give it some thought and if you would like to join our happy band of walkers please give Peter a call on 9752 7592.

Another aspect of delivering the paper is the things you see that are not up to scratch, like missing or damaged Telstra pits. In this vein, I would ask the council to reclaim the footpath in Stud Road between Avalon and Waradgery Roads, by doing some edging. In some places more than half the width has disappeared under grass. I suspect other residents can quote similar issues and all we want is our leafy suburbs to look and feel beautiful.

This month we all get a chance to thank and reward our mothers on their special day. Many people say that motherhood is not a job, but to be good at it you have to work hard and I for

one appreciated everything my mother did for my sister and I. A mum has to multi task, all day everyday. To all the Mums in our community, have a wonderful day, you deserve it.

Finally this month I would ask readers to read the Rowville Primary School "Student Debate Question" and respond to their request for feed back. The kids won't get an answer to their debate if we don't let them know your thoughts. It will only take a moment.

David Gilbert

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. Contact Pam: 0422 403 465

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

May Events

The next meeting of the Family History group at RAFT Anglican Church, is on Wednesday 7th May at 10.00 am. The topic is "Ten follow-ups on a Birth Certificate" and other research tips and discussion. All welcome. Inquiries: Bev 9759 5455 or email jibec@bigpond.com

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

What's On
Locally
May 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



Rotary Club of Rowville

No doubt you will have used or heard the phrase "gee that was a great presentation this morning!" Well, if you weren't at our Autumn Business Breakfast then you missed an outstanding and inspiring presentation by Phillip Johnson, Landscape Designer extraordinaire. Phillip's theme was "Greening Our Cities – One backyard and Workplace at a Time". We all came away determined to think more sustainably about our home gardens and even commercial/public areas and use more water and indigenous plants to enhance our environment. Phillip was the designer of Australia's Gold Medal and "Best in Show" winning exhibit at the prestigious annual Chelsea Flower/Garden Show in England in conjunction with Flemings Nurseries. The question/answer session could have gone on all morning but, sadly, time ran out.

Part of the funds raised through the Business Breakfast was given to a project at Oecusse, Timor Leste, to improve the water supply quality to villagers. The program will deliver clean water to the villagers by making and supplying bio-sand filtration units, repairing existing wells and rehabilitating catchments by planting trees. The main aim is to eliminate the 13% of children in Oecusse who die before their 5th birthday, mainly due to drinking contaminated water. The Rotary clubs



District Governor Merv Ericson with wife Kaye and Phillip Johnson

are working alongside a special Australian based NGO, OZ-GREEN that works with government, local communities, youth and schools in both rural and urban areas.

Our Rotary Spring Business Breakfast will be held in early October this year and we guarantee that the guest speaker will be someone you will not want to miss. Watch this space for further advice about the date and special speaker.

We can now confirm that this year's special public forum will deal with the theme of, "Staying Healthy in a Cyber World" and is scheduled to be held on Wednesday 16 July 2014 at the Bridgewater Centre (Rowville Uniting Church) cnr Bridgewater Way and Fulham Road, Rowville. The evening will commence at 7.30pm and conclude around 9.00pm. The special speakers have been confirmed as noted



Interact members from Rowville Secondary College with Phillip and Lana Whitehouse

adolescent psychologist, Dr Michael Carr-Greg and director of 'Bully Zero Foundation', Oscar Yildiz,, who are both extremely well qualified to inform and lead us through this vital area and the subject matter will be especially interesting to many teenagers, young adults and parents alike. For further information, contact Rotarian Darren St. Ledger on B/H: 9752 8488 or Mob: 0438 680 670. It will also be a free event

with plenty of material to take away and study later. Further details next month, however, if you are interested to attend, put this date in your diary now.

We have also recently inducted our third new Rotarian member this year, Rahmon Dawar in early April. If you are a local business person (working or retired and with time on your hands) and would like the opportunity to give back something to your local community, then come along to one of our weekly Rotary Club meetings and check us out. Come as a guest on the first night, just call Warren Millar on 0414 956 611 or Murray Wilson on 0402 088 999. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Join us for an evening of fellowship and networking. Look us up on www.rotanet.com.au/rowville, follow us on Facebook and also on Twitter@RotaryLyster.

Rotarian James Wilson

Probus Club (Combined Knox)

All Aboard The Tasmanian Ferry

The Combined Probus Club of Knox has organised a number of outings for members during the year, the first of which was a bus trip to Station Pier to tour the Spirit of Tasmania ferry followed by lunch at Williamstown RSL and a bus tour of the town. At Station Pier our tour guide gave us information about the ferry and showed us around the public areas of the vessel including the comfortable cabins, inviting dining areas and the casino area. We also saw the new movie theatre, which shows two films each sailing, plus a seating area with comfortable adjustable seating for those who choose not to travel in a cabin.

The tour of Williamstown showed members a look at the expensive modern houses replacing the stately old ones, places of historical interest and of course the views of the city of Melbourne from the Williamstown foreshore. On



board the bus was a member of the Williamstown Historical Society, who narrated a very interesting history of the town as the bus travelled along. We all agreed that the tour of the Spirit of Tasmania and Williamstown was a great success.

Some Club members have also taken an interstate trip to Gosford, which will be reported on in the next issue. Our next outing will be to Mont De Lancey Historic Homestead, situated in the Yarra Valley.

As well as outings, guest speakers have been arranged for

each of the Club's monthly meetings for the remainder of the year. At the most recent meeting in April, a representative from the RACV spoke to members about road rules and safe driving habits for the elderly. At the group's next meeting the guest speaker will be the author of "The Dunny Man", John Gardner.

There will be more movies, day trips and interstate holidays during the year for Club members. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.

Ray Stackpole



In The New Cinema



Relaxing Outside The Bistro

Red Cross Rowville



Thank you Rowville and Lysterfield residents for helping us raise \$1,287.75 during our "Red Cross Calling" fund raising. We are pleased to report that the amount is up on last year's result!

Please don't forget the next Blood Bank visit to Rowville will be on Tuesday 13th and Wednesday 14th May. As always, we need your support.

From June 16th to 20th we are once again helping to man the Lions Club Op-Shop in Wadham Parade Mount Waverley, where we receive a percentage of all sales during the week. All items will be half price during this week. We would be very grateful and appreciate your support.

Some of you may have had a visit from our members

promoting our campaign "Need Never Sleeps". By becoming a regular monthly Red Cross supporter you help us provide vulnerable children with a healthy breakfast every school day, ensure elderly Australians living alone receive a friendly call every day and mentally ill persons from becoming socially isolated, help us run recovery operations following floods or bushfires and give homeless teenagers a hot meal, support and a place they can feel safe. Your generosity enables us to provide safe drinking water and sanitation to remote communities greatly helping reduce the infant death toll from water borne diseases and provides us with opportunity to train more volunteers for all these important jobs.

By supporting our cause, "we hope it gives you a good feeling every minute of every day".

Please ring Joan on 9764 4611 if you have any queries or visit www.redcross.org.au

Elly Baré



*Straining to hear the television or telephone?
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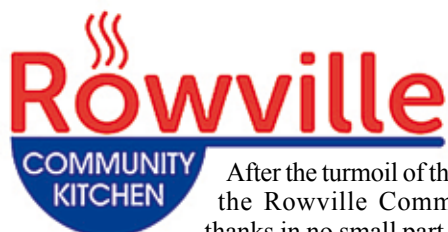
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**Suite 3, 7 Fulham Road
Rowville, VIC 3178 Ph: 9763 8828
www.rowvillehearing.com.au**



After the turmoil of the last few weeks, the Rowville Community Kitchen, thanks in no small part to the assistance of Councillor Nicole Seymour, has found a new home at the Scoresby Football Club clubrooms at Exner Reserve, cnr Ferntree Gully and Stud Roads (Entry in Stud Rd adjacent to the Gym).

"There has been a huge ground swell to assist from all angles which quite overwhelmed me. To be honest I hadn't realised how much impact we had out there" said coordinator Christine Smith. The Kitchen opened on April 24th with a morning tea and community lunch.

Christine and her staff will be on site there three days a week, with the aim of building a community hub during the week. In the morning there will be a coffee & chat group, which will meet each week, so please come along and enjoy good company and a great cuppa. We also look forward to renewing our friendships with the individuals and groups who supported us whilst we were at the Salvation Army premises in Kingsley Close.

To make a reservation call 1 300 363 723

Christine Smith

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



This Month's Recipe

Potato bread

Ingredients:

- 3 cups of mashed potatoes
- 2 eggs
- 1/3 cup sour cream (optional extra for serving)
- 1 heaped cup shredded sharp cheddar cheese
- 2 tablespoons grated Parmesan
- 2 tablespoons chopped chives or parsley
- Sea salt & black pepper to taste

Directions:



Preheat oven to 400 degrees. Lightly grease with butter 8 - 9 of the wells of a nonstick muffin pan. In a medium mixing bowl whisk the eggs then mix in the sour cream. Stir in both cheeses and the chives. Add potatoes and mix well. Spoon them into the pan filling the cups to slightly below the top. Bake 25- 35 minutes until they pull away from the sides of the cup and are golden brown. Remove from oven and let them cool 5 minutes in pan.

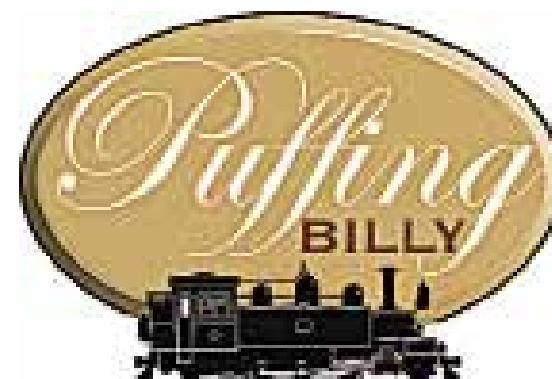
Mother's Day on Puffing Billy



While we are all devouring our chocolate eggs, let's not forget about Mother's Day – Sunday 11 May 2014.

Treat your mum to a lunch she will never forget on board Australia's favourite steam train, Puffing Billy. As well as a delicious meal and the majestic scenery, every mother travelling on the Steam and Cuisine luncheon train on Mothers Day will receive a beautiful flower. Choose from a three course meal or 'natter platter' with adult fares starting from \$70.00 per person. The Steam & Cuisine Luncheon Train departs at 12.30pm and bookings are essential. For more information or to book, please visit www.puffingbilly.com.au or call 9757 0700.

Anna Hayward



Shakti Migrant & Refugee Women's Support Group

Shakti Migrant & Refugee Women's Support Group opened its doors from its one-room office in Rowville Community Centre in May 2012.

Led by and for migrant and refugee women of Asian, African and Middle Eastern origins, the organisation delivers social services for vulnerable women and children in their own communities, with special focus on victims of domestic violence.

Since then, it has grown from strength to strength. The group was founded and backed by New Zealand based Shakti, which has over 19 years of experience working in domestic violence crisis intervention services, including refuge and a 24/7 toll-free multilingual helpline.

The group is growing its reach in communities across Melbourne and relies greatly on volunteers to support their work within the culturally diverse communities they service. They have also a second drop-in centre in Ross House, Flinders Lane in the city.

This year it will undertake a further development of its advocacy and outreach services, as well as a series of life skills workshops for migrant and refugee women and a national campaign on raising awareness of violence against women in their cultural groups.

As the group grows from strength to strength, it is now seeking to develop its multilingual volunteer base, especially professionals across various fields to help develop their capacity. All its members are women with ability to speak at least one other Asian, African and Middle Eastern language, to help overcome language barriers with women accessing their services.

Currently Shakti Melbourne is seeking local women with accounting/finance, law, business administration and management skills, willing to volunteer through mentoring and supporting the organisational growth. It currently has a vacancy for a Treasurer.

The group is particularly calling out for migrant women residents of Rowville and Lysterfield to come forward and support the cause. "Domestic violence affects everyone, regardless of socio-economic, cultural or linguistic background," says its Chairperson Ms Hira Chowdhury, who is a Lysterfield resident. "Domestic violence is not just physical abuse and often women from our cultural groups may not realise it. Sometimes they are emotionally

or psychologically abused, but keep it to themselves for fear of social stigma or because it has been so normalised in their families. What we are doing is reaching out to our own women and children, as best as we know how. We are here to support each other, offer a non-judgmental, culturally-appropriate social service."

Hira adds, "Women also tend to relate better and develop skills from each other. We also want to encourage a culture of volunteerism amongst migrant women to help other migrant women, especially those who reside close to our centre."

The centre is open Mondays to Fridays from 10am to 4pm. Drop-in is available, although appointments are encouraged due to limited room space. For further information or to seek support, visit our website: <http://shaktiaustralia.org.au> contact the centre on melbourne@shaktiaustralia.org.au, or ring 0432 611 688 or 9753 4324.

Shakti means 'strength' in Sanskrit origin languages.

Shasha Ali



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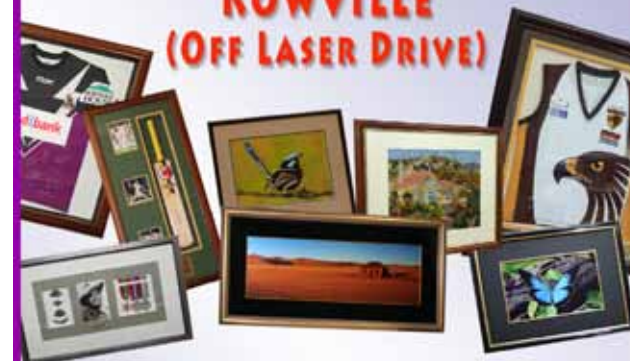


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Once upon a time... A personal story

While I joined Rowville Toastmasters to improve my public speaking and impromptu speaking skills, I had no idea that my Toastmaster Journey would take me into the realm of storytelling.

I knew that some people could tell a story or joke better than others, but I just didn't know why some people had this skill and others didn't. I found the perfect opportunity recently to find out more and attended a specialist Toastmasters storytelling workshop, titled 'Metaphorically Speaking', run by David Hughes, who is a Distinguished Toastmaster, the highest award a Toastmaster can receive.

I learned that storytelling is in many ways like a speech. They both need structure and purpose. With storytelling there are several elements:

- First, a story teller has to set the scene, introduce the characters and describe a problem.
 - Second, a good story has emotion, imagination, magic and transformation.
 - Third, the conflict in the story needs to be resolved to achieve an effective outcome.
 - Fourth, the story needs to be creative using metaphors and language that entices the listener into the story.
 - Finally, a good story has enlightenment and empowerment.
- Many Rowville Toastmasters are well practiced in the



Toastmaster Michael Byrne delivers an entertaining story at a Rowville Toastmasters Meeting.

art of storytelling and attending Toastmasters meetings has provided me with the opportunity to hear other Toastmasters tell a good yarn. At the same time I can learn about topics I know nothing about and as such, meetings are enjoyable, entertaining and enlightening. By picking a topic they are passionate about, Toastmasters tell stories or deliver speeches that are funny or sad, serious or thought provoking. As part of the audience, I have learned new things by hearing speeches on diverse subjects like puppy farming, wine making, human rights and hardship, spiders in cars, frustrations with new technology, intellectual property, sporting achievements, bike riding, inspirational role models, vaccinations, the brain, biodiversity and biotechnology, native animals, and play writers.

Well here goes my attempt at story writing ...

In the house where I grew up, my home, there was a

painting of a man playing a piano. The painting was in the time of the early 1800s. There were men and women in the room listening to the performance, candles lighting the room, a small glimmer of fading daylight slipping through heavily curtained windows. All the people in the room looked sad; the painting was in dark colours adding to the feeling of gloom and despair. As a child, I couldn't understand why there could be such sadness. I was told that this was the composer Beethoven and he was playing to the audience for the first time, his now famous 'Moonlight Sonata'. It wasn't until I was older that I realised the people in the painting were not sad, but overcome with the emotion of Beethoven's dreamy and melancholic music. The expressions on the faces of the people was not despair but pathos; not gloom but they were awestruck by the ability of a composer to express such intense feelings and images in his beguiling music. It is reported that Beethoven said, 'What is in my heart must come out and so I write it down' as music. I just have to determine where this story will go next!

Guests and New Members Welcome - 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. For details of our meeting venue, dates and times, please see "What's On Locally" on page 2. 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.*



Club elections have recently been held for the 2014-2015 financial year and incoming President Frances Campbell looks forward to an exciting year ahead. Frances is a very hard working member of the club and will no doubt have the full support, of not only her Board of Directors, but the entire club. Julia Young has again accepted the position of Secretary, Maggie Sherwell will be the new Treasurer and John McGregor, Peter Shiel and Sharon Fitzgerald will be Vice Presidents responsible for Administration, Fundraising and Welfare respectively. Whilst we are grateful to all the new office bearers, it is particularly encouraging when newer members such as Maggie and Sharon put their hands up to take on positions of responsibility and the other members have vowed to give them all the help they need, in carrying out their new duties. We congratulate them all and wish them well for the coming year.

We have had a steady influx of new members over the past year and each one brings with him/her new ideas for the club to try. Without new ideas, it is easy for any service organisation to become stale and irrelevant so it is an important part of the club's success to keep up to date with both members' and the community's expectations. Not all suggestions work, of course, but many do, so they are worth a try and members are encouraged to bring their ideas to the table.

For anyone interested in learning more about our work, it is as easy as coming along to a meeting and checking us out. There is no obligation and everyone is welcome. Details of our venue, dates and times can be found in "What's On Locally" on page 2. All it takes is a phone call to our Membership Chairman Shane on 0418 354 522 to obtain more details.

Chris Carr



Term 3 Begins

The U3A "break" began on 29th March and a Special General Meeting was held the following week to change the date of future financial years for the group from 30th September to 30th June. The meeting was part of the end of term luncheon at which the speaker was John Gardner, aka "The Dunny Man". He offered a very entertaining hour of memories of the 60s in this and other areas, when he drove what then used to be called the night cart. His book "Taking Care of Business" was on sale. During the break there has been a full program of vacation classes, with talks and demonstrations featured.

The new term begins on April 28 with several new subjects, including Belly Dancing. At this stage there are only 10 pupils, but it is hoped that there will be a new venue for that class later in the year so that more pupils can join in. Other new class are, 'Android Tablets on Thursdays at 10am with



Yoga with Kawal Bhagat



Malviena at her birthday celebration

tutor Bill Rumney and Ron Smith's new course 'Fun Maths, Nifty Numbers' on Tuesdays from 2.30 to 3.30pm.

These sessions will investigate numbers in a variety of ways: dice and patience games, history of numeration and the importance of place value, number patterns, puzzles, types of numbers, and generally just playing around with and manipulating numbers. This course is for those who love exploring maths and definitely not for the 'maths gurus.'

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

Our oldest member, Malviena Donohue celebrated her 90th birthday at a reception at The Hut last month. For many years Mal taught about antiques at U3A. Several U3A members and ex pupils attended the party.

Trips planned in term 2-3 include attendance at the 1812 theatre to see the dress rehearsal of 'Dad's Army' in August. We are holding a sausage sizzle at Masters in Knoxfield to raise money for equipment etc., and there will be a tour of the Arts Centre on 29th May, plus a bus trip is planned to Daylesford in July.

Please visit our website www.u3aknox.com.au for details of subjects for the term and up to date information of the number of vacancies.

Kath Brown



Shopping Centre

Can you believe Wellington Village will be 10 years old this August and plans are in place to celebrate with a lead up of giveaways, all

in '10s' of course, and plenty of celebrations.

Wellington Village Shopping Centre is built on the farm land of John Joseph Gearon (Jack) and Ada Gearon (nee Emerson). Jack and Ada farmed the property in the 1920's and through the great depression. They raised a family of 9 children and Jack once commented to his son Ted, "One day Teddy you'll see houses all over this land". Ted remained on the land and built a large poultry farm that he ran for over 30 years before turning the property into a base for his excavation business. He lived on the property until his late 80s and got to see the houses his father predicted.

The land was retained by Ted's children and developed by them into Wellington Village Shopping Centre in 2004. Having a strong connection with the land and Rowville, the family was keen to build an attractive well-designed Shopping Centre with a strong community feel and a good variety of quality stores.

It was a long search for an architect to design the centre. George Yontis of Coy+Yontis Architects was finally chosen due to his iconic terracotta louver design that now



Ada Gearon (nee Emerson) with sons Tony (left) and Ted (right)

runs along the facade of the main building. George was again commissioned in 2008 to design the second stage of Wellington Village to ensure it complimented the look of the original building. The completed project in 2010 certainly achieved this aim.

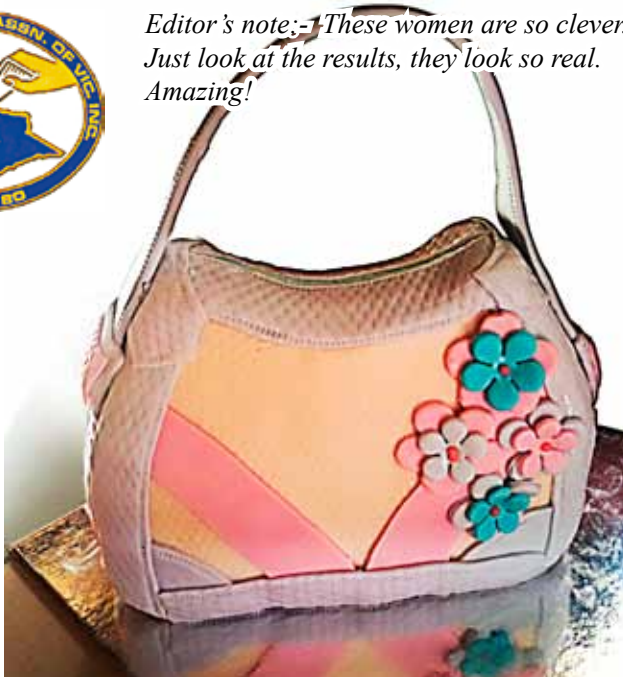
Stage III, "Wellington Corner", to be built across the road, has been in the planning process since 2011, again with George at the helm of the design process with another striking building.

Yvette Switalski

Cake Decorators Association of Victoria Rowville Branch



Editor's note: - These women are so clever. Just look at the results, they look so real. Amazing!



The April workshop was a great day, with the ladies making lovely handbag cakes.

Our next workshop, on June 15th, will be Dianna Spies making Funky Flower Pots. As always the shops will be there for your convenience.

The next Demonstration Day is scheduled for July 13th so book in now to avoid disappointment. There will be four great demonstrations, lots of prizes and fun, with lunch included.

For details of our meeting venue, dates and times, please see "What's On Locally" on page 2. The charge for members is \$10 and non-members \$15.

For all bookings & enquiries phone Velma on 9763 8646 or Madeleine on 9870 5743.

Velma Brown

Knox Council

Good news on waste service

At a recent meeting, Councillors voted to retain the fortnightly bundled green waste and residents' own container service, as well as introduce a better at-call hard rubbish collection from 1 July 2014.

Knox Mayor Darren Pearce said the decision was a win for residents. "We've been listening to what people were saying so we're going to keep collecting your bundled green waste every fortnight," Mayor Pearce explained. "And we won't limit how much you bundle. Leave it out the front of your home in neatly tied bundles, as you do now, and we'll collect on the dates we publicise."

One change that's likely to be very popular is the shift to a convenient at-call hard waste service in future.

"You will be able to call us twice a year for your hard waste pickup rather than waiting for the service at a time that doesn't work for you," Cr Pearce explained. "It's a much



better system that puts residents in control of when they get their hard waste picked up. It will be as simple as a call to our Customer Service team or an online request as little as a week ahead of a time that suits you," the Mayor added.

The system is expected to end the lines of messy street pileups out the front of houses that is a big problem of the current system.

"There'll also be a lot less organised scavenging and it won't cost more," Cr Pearce said.

A mail out to residents will be prepared announcing the improvement now that Council has endorsed the new system.



Join our Facebook and stay in the loop...

Our Facebook page is the best place for all the latest in news, offers and activities centre wide. Share your feedback and help grow our community.

facebook



Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville

 wellingtonvillage.com.au



Biggest Morning Tea: To raise funds for the Cancer Council and enjoy our time together please come along from 10.30am on Tuesday 20th May for our Biggest Morning Tea! Last year we did extraordinarily well and raised approximately \$900 with the assistance of our generous sponsors at Ray White Real Estate and Coffee Club, Stud Park - who will again sponsor us in 2014!! This is the only charity event run at the library so please be especially supportive and donate to the cause. (We are hoping to have guitarist Ramon Polec to perform again so you will be entertained by some beautiful music). Our other sponsors last year included Baker's Delight, Amcal Pharmacy, Coles, Donut King, House of Blooms, Kay and Cole, Kmart and Zealz Bags & Luggage.

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, **20th May**, from 1pm. 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; and explore the Online Resources on the library's website. Bookings are essential.

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday 1st May 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 evening or Tuesday afternoon. All groups are full but ring Rose 92941300 to go on a waiting list.

Afternoon Bookchat! Held at 2pm. Our next



Left to Right Rose Thompson, Rowville Library, Mark Saggin, Coffee Club, Aaron Manning, Coffee Club and Belinda Everett, Ray White Real Estate.

meeting will be on Monday 5th May.

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 27th May at 1pm.

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

Family History Help: Rowville Library offers **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! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Everyone is welcome. This is a free event. No bookings required.

Bedtime storytime is on first **Friday** of the month at **7pm**. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) Our next Bedtime Storytime is at 7pm on Friday **2nd May**. 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 are Mon to Wed 9-5.30, Thurs and Fri 9-8, Saturdays 9-4 and Sundays 1-4. Details of the library service are available from our website at www.eri.vic.gov.au and you can even join on-line.

Rose Thompson, Manager - Rowville Community Library
9294 1300

Waterford Valley Lakes Retirement Village

Tour of Southern Tasmania

Leaving the Kelletts Road Village at 6am, forty-four adventurers set out for Melbourne Airport to commence a 7 day tour based at Wrest Point Hotel Casino in Hobart. There were interesting daily tours to many attractions within 100km of Australia's smallest and most picturesque capital city.

During a 'full-on week' the tours included: Mt. Wellington, Museum of Old and New Art (MONA), Cadbury's Chocolates, a dinner at Mures Waterfront Upper-Deck Fish Restaurant, the famous Salamanca Markets and the Huon Valley. We also took in Wilderness views on the 570 metre long Tahane Forest Air-walk, visited the oldest trout hatchery in the Southern Hemisphere, went to the Mt Field National Park and walked to the beautiful Russell Falls. At historic Richmond we drove across Australia's oldest bridge built by convict labour and opened in 1823. On the only wet day, the tour took in the Port Arthur Convict Settlement and the picturesque Eaglehawk Neck and Pirates Bay. The coach captain provided commentary as he showed us around Dunalley which was totally destroyed in horrific bush-fires just one year earlier.

The stand-out highlight of the week was the full day spent on Bruny Island. Imagine a 43 seat, 12.5 metre aluminium craft, powered with three 300HP outboards, open-air seating and cruising at high speed along the rugged coastline, around small islands and into caves on the southern most points of Tasmania! **Yes we did that!** The tour group, with an average age of **80+**, were warmly attired in wet-suits with hoods. The 'skipper' warned that there was to be no sea-sickness (even though the waves were 2-3 metres in the open seas). Then it was off on a 3 hour sea safari heading south toward Macquarie Island!!! Touring brochures told us that the 'Bruny Island Cruises' was the 2012 Winner of Australia's Best Tourist Attraction; the cruise is also written up as '*One of the greatest 100 trips in the world*' and **yes we did that!** There were no accidents and no one was sick. The sea life was amazing with many in the group taking photographs as proof.

Our various forms of transport were on schedule; Quinces Coaches took us to and from Melbourne Airport, Virgin Australia provided our aircraft and Franklins Tasmania who have one of the best equipped touring coaches in Tasmania were responsible for all arrangements. We were again touring with Kerry (Coach Captain) and Joanne (Tour Director) who last year looked after us in Northern Tasmania. This husband and wife team continually go out of their way to please and their planning and local knowledge is superb. Kerry's driving skills negotiating the many mountainous roads is excellent. If we tour the West Coast of Tassie next year, Franklins Tasmania will again be our tour provider. The quality accommodation including breakfasts and dinners at Wrest Point could not be faulted and yes many spent evenings playing the pokies! Although, there were no big winners most left satisfied that not much of our gambling money remained in the casino machines.

As Tour Leader, I congratulate all members of the touring party. No one was ever late or held the coach up, got lost or caused problems. It is a pleasure to lead tours of Waterford Valley Lakes Village residents. Maybe some of the newer Village residents, when they read this or talk with those who made the tour, will consider joining our regular Retirement Village touring activities.

Don Horsburgh Tour Leader



Mrs. Gaye Davidson and Mrs. Pat Harris plus other touring residents dressed for the conditions.



The Invention of Wings

by Sue Monk Kidd

The latest book by Sue Monk Kidd, *The Invention of Wings*, is set in Charleston in America's Deep South in the early years of the nineteenth century. The book is based on a true story.

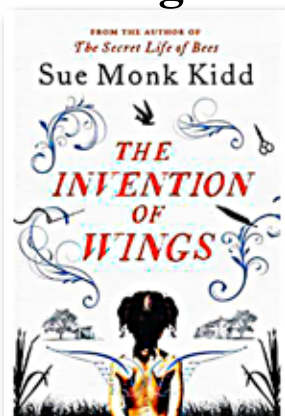
Sarah Grimké, a white child from a rich family, is given her own slave, Hetty, as a gift for her eleventh birthday. It is Sarah's wish to set Hetty free but her parents refuse to allow her to do this. Over the years, Sarah and Hetty care for each other, but sometimes this care leads to punishment for both girls. Sarah teaches Hetty to read, but when this is discovered, Hetty is whipped and Sarah is denied access to her father's library.

As a young adult, Sarah moves to Philadelphia and joins the Quaker movement. It is here that she is encouraged to speak out against slavery.

Hetty remains in Charleston where she is often subjected to beatings from Sarah's mother. Hetty longs for freedom and she becomes a member of the African church which is campaigning for the abolition of slavery.

The Invention of Wings is a beautifully written book. The story is told through the eyes of both Sarah and Hetty. There are many instances of cruelty and sadness in the story, but there are also many times when there is great warmth and humour.

Reviewed by Jeanette Wallis



An Hour With...

Frank Valastro is the ever smiling and helpful man at the reception desk in the Rowville Community Centre. Since he started at the Centre in 1995 he has witnessed one minor and one major re-development, has helped many Clubs and individuals to enjoy the facilities and in 1999 played an instrumental part in liaising with the Rowville Neighbourhood Learning Centre (formerly the Rowville & District Neighbourhood House) who operate within the Community Centre.

Frank was born in the old Mercy Hospital in East Melbourne in 1951 and spent his early childhood in Port Melbourne. His father was born in Melbourne of Italian parents and ran a greengrocers business in South Melbourne also being proficient enough to play football for Port Melbourne. His mother, along with her sister and their mother, fled in 1949 from a small Aeolian Island near Sicily, which had been totally destroyed in the Second World War, to Australia. They met in Carlton in 1950 and Frank has a restaurateur brother and a sister who manages a medical clinic.

The young Frank attended St Joseph's Primary School in Port Melbourne, then Christian Brothers College in Middle Park to year 10, and finally the CBC senior school for years 11 and 12 in St Kilda. Around this time, the family moved to an Edwardian Villa in Clifton Hill. "I had no real career plan when I left school, except a thought of becoming an actuary with an insurance company, but Dad saw an advert for the ANZ Bank who were looking for matriculated students to join their management programme, so I applied and was accepted" said Frank. "They put me through the Institute Of Bankers Diploma course which I passed. I visited many branches during this time including a spell as relieving assistant manager at the Alice Springs branch, before becoming the number one Assistant Lending Manager at the Niddrie branch followed by a promotion to the position of Senior Assistant Lending Manager at Moonee Ponds.

In 1972, Frank was strolling along Port Melbourne beach, when he literally fell over a girl sunbathing and spilt his cold drink all over her. After apologising, they struck up a conversation and he invited her to a dance that weekend. Mirella accepted and in 1974 they married at St Monica's Church in Essendon and set up home in Keilor Park. "Mirella was a Victorian champion hairdresser, but developed eye problems so in 1984 she went into kindergarten work before

gaining a child care certificate and now works in early childhood learning for the Knox Council" said a proud Frank.

The Valastro family has grown to include their two sons, John and David plus five grandchildren. John, who lives in Sydney, has always been interested in performing arts, having won his first art competition at the age of seven. He won an HSC award for best visual art and today runs his own design studio. On the other hand, David was school captain, briefly attended the AIS, became Australian schools butterfly champion and won the Victorian independent schools cross country championships.

In the late 1970's, having experienced working in many bank branches, Frank became a 'Lending Inspector' working out of the ANZ head office in Collins Street. "This was a big change for me" remembered Frank, "as I was now on the road travelling nationally to audit and inspect branch books". Frank must have done a good job because in 1980 he was promoted to manager of the Lending, Audit and Administration department. In 1987, the ANZ Bank created a national and global headquarters for credit cards in Richmond and Frank accepted the position of manager, where he stayed until 1995. "It was a time of restructuring and the bank decided to consolidate my business area with retail lending and I was invited to go to Sydney as deputy manager of the combined new department. The option was a retirement package and Mirella and I thought long and hard about our future, especially as we were very settled in our Wantirna home, where we still live today" recalled Frank. "We finally decided to take the package and I drifted into early retirement. It only took me three months to decide that I wasn't ready for that transformation in my life so started looking out for opportunities". At this time, Knox Council were advertising for administrative people and Frank was appointed to the Rowville Community Centre staff and since 2004 has been the administration and customer service officer.

Looking back, Frank enjoyed football and swimming at school but due to his constant moving around found it difficult to settle into a sporting club. He has however been a true Melbourne supporter through the good and not so good times. "My biggest interest outside of family and work is thoroughbred racing where I have a small interest in a few horses, which have from time to time brought me great joy" said Frank. "I am a member of the VRC, MRC and the MVRC, plus the Melbourne Symphony Orchestra and enjoy giving my time to the St Jude's Volunteer Group".

Frank is also an avid collector, originally of 'militaria'



items but today collects more ephemera type items. He is also a huge admirer of the work undertaken by Fred Hollows and a passion for the work of his foundation. "What a truly remarkable man" said Frank. Surprisingly, considering he and Mirella's heritage, Frank only visited Italy for the first time in 2011, where they visited Mirella's home (built in the Middle Ages) near Venice. He has also visited New Zealand, the Pacific Islands and has travelled extensively throughout Australia.

When Frank looks back over his years at the ANZ bank his greatest satisfaction came from seeing a business grow and prosper after structuring a finance package for his clients. The hardest and least pleasant side to the years was the lack of family life due to the long hours and the stress and anxiety that accompanied the job. "I did consider at one time buying a minibus and starting a business transporting older or infirm people in the community to medical appointments or club meetings", he said. Today however, he revels in the customer satisfaction aspect of his role. "Nothing excites me more than to see a couple using the facility with their children, who I recall seeing as children themselves years before", Frank said.

A good customer service person needs to be a good listener, have some compassion, possess a good sense of humour and have infinite patience. Frank has all these qualities in abundance, which is why he is such an asset to the Community Centre and to Rowville in general.

Rowville Fire Brigade

With Daylight savings now well and truly over, we'd like to remind residents that if you did not get a chance to test your smoke alarm and change your battery, now would be the perfect time to do so, as only working smoke alarms save lives. "Change your clock, Change your Battery"

The weather has started getting colder and heaters are starting to get used again, fireplaces are getting fired up and electric blankets are getting turned on. Before using your electric blankets, give them a quick once over to make sure

there are no frays in the cords, no exposed wiring. Turn your blanket on 30 minutes before going to bed and remember to turn it off once you are in bed.

Have your ducted heating systems serviced regularly by certified service agents and for those with wooden fire places, your flues or chimneys should be cleaned/checked yearly, preferably before using them for the first time.



If you start to use your heater or fireplace to dry clothing, remember to keep them at least "A metre from the heater" to reduce the risk of a fire starting from those clothes. Always use a screen in front of your open fire to prevent any errant embers getting onto your carpet, clothing, curtains or any other items that may catch fire.

Hoping everyone had a safe and Happy Easter and over the next few months we will continue with our home fire safety messages while we all try to keep warm.

Brent van der Ross



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I do love you!

Re-Branding Rowville

These days in order to be noticed and stand out in competitive fields, a company needs to revitalise itself and quite often that starts with a new or modified branding. It doesn't necessarily mean replacing a well established logo, but changing it for special occasions or strategies, recognising that the market place is forever changing and new younger customers are entering your market.

One Rowville company, "The Graphic Illusionist" has recognised this need and has already experienced success both here and overseas in the USA and the UAE. Jonathan Rudolph and his wife Vanessa, believe they have all the attributes required to successfully reposition your company. Big or small, the challenge is the same but no two businesses are identical.

Jonathan, who was born in Sri Lanka in 1988, started the business in 2010 and is studying for his Bachelor of Science degree in programming at RMIT. He already had an advanced diploma from the same university in graphic arts and printing before he went to Dubai for 12 months, where he experienced opportunities to develop his skills with real companies rather than in a classroom. "I was greatly influenced in graphics by my grandfather who was a competent artist and encouraged me to explore the possibilities in the new electronic age" said Jonathan.

Vanessa, who moved to Australia in 2002 and has lived

Paul's Photography Patter

I began these articles some years ago after David, the RLCN Editor, saw the publicity about myself, our daughter and one of our granddaughters gaining a total of 27 awards in the photographic section of the Dandenong Show.

Well, recently I, plus our daughter and five grandchildren entered the photographic sections of both the Berwick and the Pakenham Shows. I gained a total of 16 awards, our daughter 1 award and the grandchildren a total of 14 awards.

Eliezer, who entered a competition for the first time in the "9 years and under" section, was awarded the Best Overall Photo in the whole section and was absolutely thrilled. The photo of the snuggling meerkats is shown as the photo this month. For this photo, he gained an award card, a ribbon sash and a money voucher which was very acceptable for someone under 9 years old!

However, winning and gaining rewards is not what it is all about. It is a marvellous opportunity to introduce children to a clean, healthy and creative world where they have the chance to compete against others while having fun. One important aspect we teach them is that you don't always win, but by

seeing what others submit and perhaps win with, gives them an idea of what the judges look for in lovely photos. An even more significant factor is that we make them understand that they won't win an award every time. Even if a photo gains an award at one Show it may not even get a place in another one because it depends on what else is competing at the time.

It is a relatively cheap hobby where everyone can just take photos for their own pleasure or see how they can further develop their creative skills and compete against others.

Happy snapping, Paul Lucas

HINT: Consider encouraging your children and grandchildren to not only take photos but enter them in competitions, even if just for the fun of it.

Editor's Note:- Many sports are actively encouraging their governing bodies to discontinue competition for our youngsters, as they consider it is either unhealthy or unnecessary. Here is another example of 'competition' for young children. What are your thoughts? Let us know...



in Rowville for 7 years, knew Jonathan from Sri Lanka, although there was no great friendship there, but through facebook, they met up when he arrived in Australia in 2009 and married in December 2013. Vanessa has a Bachelor of Commerce from Monash University, recently became a chartered accountant and is currently employed in accounting at Bunnings. "I handle the social media side" Vanessa said, "things like facebook, twitter, Instagram and our website".

The Graphic Illusionist can offer Rowville businesses a fresh approach to stationary, letterheads, business cards, pamphlets and flyers. "My clients prefer the attention to detail of a small company and I pride myself on my personal approach and seeing a job through to a successful conclusion" said Jonathan. "We have also developed a facebook page called 'inspiredinspire' and it is our way of inspiring people through social media."

"We hope to launch the website soon," added Vanessa. Visit <https://www.facebook.com/inspiredinspire>

This young pair have plenty of personality, self belief and drive, three good elements required to be inspirational. It is great to know that Rowville is at the forefront of graphic design with modern ideas and a preparedness to be different. You can learn more about and contact "The Graphic Illusionist" at Website: www.graphicillusionist.com

Email: jonathan.rudolph@graphicillusionist.com

Behance Profile: www.behance.net/jonathanrudolph

Facebook: facebook.com/graphicillusionist

Instagram: www.instagram.com/thegraphicillusionist

Interview by David Gilbert

The Four Seasons

by Peter Gray

Sun is rising as I stir from my rest
From my bed, I rise with zest
Blurry eyes look out of my room
But in the sky, no dark clouds loom
Spring's fragrant scent is in the air
All new buds are bursting out there
Days filled with a warm sunny glow
Occasional rain to make gardens grow

Holiday time, families going away
Sun streaming down, while children play
The barbeque sizzles, smoke swirls around
Sausage and steak on the grill abound
It's a thirsty time at the picnic spot
Of cola and beer there's always a lot
Hot summer winds, gust and blow
Whipping up dust storms, as they go

Convertible, cabriolets with hoods folded down
All day long they've been driving around
Balmy days and nights so fine
Now it's alfresco, we like to dine
Autumn's the time that I like best
As slowly the sun sets in the west
The weather has settled and all is calm
And now my country shows its charm

Wintery clouds over head is a sign
Not much longer will the warm sun shine
Each day shorter than the one before
Temperatures dropping, that's for sure
No more blazing wood fires of old
Too much trouble, and pollution we're told
Howling winds and soaking rain
I can't wait, till spring's here again.



Spring

by Wendy Sanderson (Oswaldtwistle Writers)

Spring is like the birth of a child. It has slept in the dark for months, waiting for that subtle change in its host. Its passage slow and laboured, as it makes its way from total darkness and seeks out the faint light. It slithers its way, gently, gently, pushing tiny tendrils and unfurling leaves reaching for the sunlight which will aid their birth. Then

nature sometimes seems to pause; as with childbirth, seems to pant and keep things on hold. Then suddenly, as if it can wait no longer to live life, it bursts forth, prompting the oohs and aahs at a new untainted life, so full of innocence. To be loved, cherished, bringing so much happiness. And as it grows and is nurtured, we experience the birth of spring, yet again.

Joyous Spring in Lysterfield

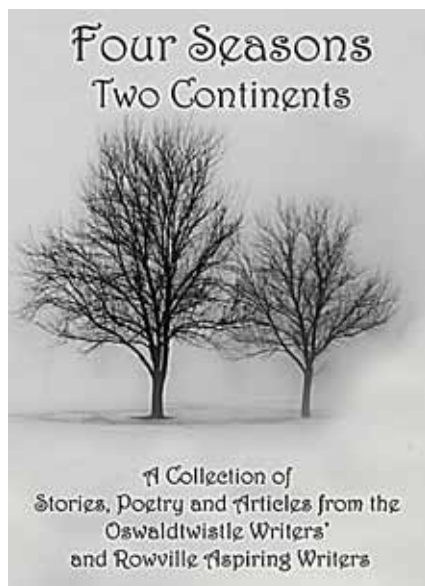
by Peter F Gribble © 2013

Light perfumed air hangs dark and moist across the landscape

The majestic old gums soar to heaven as if arms outstretched
At their feet the blossom laden bush glistens in the moonlight

Later a pale ochre glow is seen to slowly rise in the distant east
A tentative bird hesitantly issues the morning wakeup call
Suddenly one's ears are assailed with the sound of ten thousand birds

From far and near magpies one by one issue their throaty



Achievers Page

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Federal Member for Aston



Dawn and Max with daughter Christine

60 Years Together!

On Thursday, April 3rd, 2014, Lysterfield residents, Max and Dawn Chadwick, celebrated their 60th Wedding Anniversary. Originally from South Australia, they met when Max used to visit the country property owned by Dawn's Aunt and Uncle with whom she lived.

Max and Dawn married on April 3rd, 1954 at Holy Trinity Church in Adelaide. They have two children, Peter, who has lived in Hong Kong since 1998 where he has worked at the Airport as an Air-traffic Controller and is now involved in Administration duties. Their daughter Catherine, who resides with them, does volunteer work with community radio station 3WBC 94.1FM, as a presenter, publishes the station's monthly newsletter, 'Back Chat', and is their publicity officer. Since 2003, Max has also been involved with 3WBC as a Technician, co-presenter of a jazz music program on the first Wednesday of the month and presents his own program of Theatre Organ music on the 3rd Sunday of the month.

Max, Dawn and Catherine have lived in Melbourne since 1977 when Max was transferred to the Melbourne office of Telecom Australia (where he was Deputy Director until his retirement in 1991). After retiring, they purchased a caravan and enjoyed several trips through many parts of Australia. They have been in Lysterfield for the past eight years, moving from their home of thirty years in Mount Waverley in 2006.
Catherine Chadwick

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

Student Corner

Rowville Interact
Club Trip to Knox
Retirement Village



What a term it has been for the Rowville Interact Club! Our meetings and general planning have been an overall success, but what I think everyone, especially those involved, enjoyed most was the trip to Knox Retirement Village, to help them with their yearly St Patrick's Day celebration.

The day got off to an exceptionally good start. The group consisted of myself, Vice President Caleb, Treasurer Alex, Chairpersons Tom and Frances, and Aakash who stood in for our secretary Nick who unfortunately couldn't make it on the day. We began the day by meeting up at Hungry Jacks at Knox City to make the trip across the road to Knox Retirement Village. Once we were all together the fun began. We were put in charge of hanging up hilarious decorations and were told to just have fun with the way we chose to decorate the hall. We certainly did.

During the decorating process we were given accessories and fun leprechaun hats to wear throughout the day. I think some of us went a little crazy with the accessorising!

Enjoying The St Patrick's day Celebration With Some Residents

Then it was full speed ahead and we all got our own jobs. Caleb and Tom were in charge of helping out on the barbeque, Frances and Aakash were serving food and the rest were assisting me in setting up for the murder mystery play we were hosting after lunch.

After the delicious food and delightful company, it was time to start. A lot of stresses were made apparent (mostly on my part) but we managed to get through a good play. The residents really enjoyed themselves.

That day sticks in my memory for two reasons. The first was that it was our first Interact mini-project for the year and to get it done that efficiently was something to be proud of. The second reason was that it really brought us closer together as a group and as friends and that is something that I am so glad for. I look forward to other projects and more ways for the club to become more involved with the community and with each other.

Katrina Miller, Rowville Interact Club President



**Life
Activities
Club Knox**

Social Outings this month include, a day trip to Yarra Glen Harness Races and we'll meet in Bayswater for car-pooling. Sounds like a fun day, watching the races, maybe have a little "flutter", or maybe not. Entry fee will be \$29.50 and this includes a two course lunch, and the excitement of seeing these beautiful horses doing what they are trained for.

Sunday Walkers will be taking the train to Castlemaine, and if you would like to come and join us for the day, feel free, and if the walking part doesn't appeal to you, then spend the time sightseeing in Castlemaine and meet up for the journey home. Or walk as well; there is always plenty of chatter.

Then, our "Old Time Movie Show" will entertain us, complete with ice-creams, lollies, cartoons and old newsreels.

The Guest Speaker for the Quarterly Meeting this month will be a representative from Benetas, who will explain their



A sunny day in Warburton walking along the Yarra

services. Our meetings are held at the Boronia Senior Citizens Clubrooms, and you are invited. A book table is available to either swap a book or take one to read, followed by supper and friendly chat.

Remember, we'd love to meet you, and to send a current Newsletter explaining our many activities, our membership fee is only \$20.00 per year.

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STAMFORD PARK MEN'S SHED

In the March edition we advised the Stamford Park Men's shed were looking at replicating and installing a new support structure and roof for the wishing well at the 7/11 service station on the corner of Stud and Wellington Roads.

We had spoken with the management of 7/11 and a number of other parties and from these talks look at the results, the Wishing Well has been repaired.

Unfortunately we can not take the credit for this work, as it was not done by the Stamford Park Men's Shed, somebody got there before us. We have no idea who it was, but thank you for cleaning up the Wishing Well.

In April we advised that we would be assisting and supporting Carissa from Carissa's Hair & Beauty in the "World Greatest Shave" for the Leukaemia Foundation.

The night was well attended, and a number of people lost their hair, or their beard, or had their hair coloured, and at last count approximately \$6,500 was raised from this event. Thank you to all that participated, that attended and thank you to those who donated funds to this great cause.

Details of our meeting venue, dates and times, please see "What's On Locally" on page 2. Please feel free to



Rowville Wishing Well restored by whom?

call Barry Treadwell (Mob 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



Knox & District Over 50s Club

With Easter behind us, a number of Knox Over 50s events have already taken place and more are planned. Membership for 2014 is now open but filling up fast, as most members from last year have renewed their membership. The subscription is a low \$15.00 for the year, the same as last 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 already had a great day trip to Daylesford and the outing to the Yarra Glen Harness racing was a tremendous success. One of the races was even named after the Knox Over 50s!. The club holiday to the Gold Coast in September is almost full as we have one (1) place available and there is also 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 time can be found in "What's On Locally" on page 2. Come early to get a good seat. At these monthly meetings we are entertained/amused/informed about things that matter to us.

Make a note in your diary, on your calendar, or on your iPhone and come along to our meeting on **Tuesday, 27 May 2014**, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers. We look forward to seeing you.

Contact Jill on 9801 4363 for any further information.

Jim McLoughlin



Rowville Neighbourhood Learning Centre Inc.

It's hard to believe that second term is here already and at the Rowville Neighbourhood Learning Centre we know that winter

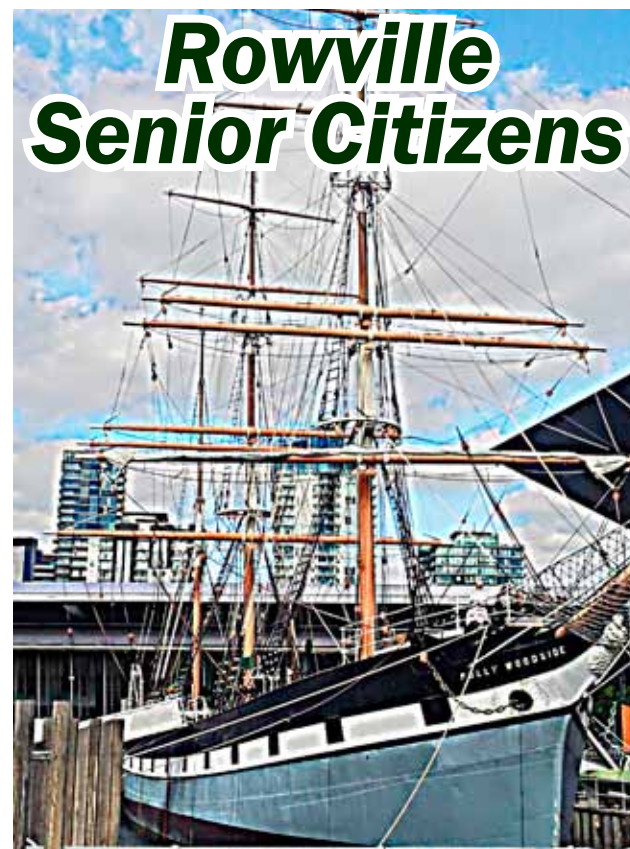
isn't too far away. It's cold and crisp, the perfect time for baking and we've added to our classes for budding Junior Chefs, by offering Cupcake Decorating for those aged 12 and above.

If the kitchen isn't the ideal place for your offspring, consider our Singing for Children (7 years and over), where they can explore their love of music and the joy of singing in a fun, friendly atmosphere with an experienced singing teacher.

And don't forget if you're a parent looking for some first aid knowledge, then check out our Paediatric First Aid Awareness Session. It offers practical and valuable advice and strategies for dealing with medical issues.

The Learning Centre strives to provide as wide a range of classes and activities as possible to meet the varied needs and interests of the community and we're continually adding to the courses on offer.

We have added to our popular language classes, Mandarin.



On the 14th April, fifty-five of our members enjoyed a trip to the Crown Casino. We had a delicious smorgasbord lunch at the 'Kitchen Workshop'. Being such beautiful weather, some of us strolled along the side of the Yarra and inspected the 'Polly Woodside', some shopped & others were happy trying their luck in the Casino. Everyone had a great day.

In addition to our regular indoor bowling, bingo etc., we have an outing once a month. If you are 55 years or over and would like to make some new friends, have a laugh, or just get out of the house, then come along to the Rowville Community Centre on Wednesday and Friday afternoons. Details of our meeting times can be found in "What's On Locally" on page 2.

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

Anne Berg (President)



These classes will commence on Thursday 26th May and continue every Thursday for six weeks

Excel, whether it's to create charts and graphs for professional presentations or assignments, learning to manage databases, or just to keeping track of

your personal finances, Excel to XL is for you.

Wanting to give more access to more people, we have entered

into partnership with Scoresby Primary School, where we are offering Meditation for Adults on Tuesdays at 7.15pm, homework help after school on Wednesday's starting on 7th May and Arts and Craft classes for children 8 years and above on Fridays after school.

For more details on these or any of our classes and social activities, check out our website. www.rowvillenc.org.au or drop into the centre.

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Knox Council

Tobacco reform means no smoking near Knox kids

Young people in Knox will be able to enjoy outdoor areas such as playgrounds, pools and sporting ovals in a smoke-free environment with new State Government legislation, Knox Mayor Darren Pearce said. The Tobacco Amendment Bill 2013 will make it an offence to smoke at:

- Outdoor children's playground equipment;
- Outdoor skate parks;
- Outdoor areas within the perimeter of public swimming pools; and
- Outdoor sporting venues during under-age sporting events.

Up to 60 sports venues and every playground in Knox will be subject to the new reform, including the State Basketball Centre and Knox Leisureworks.

Smoking is now prohibited at or within a 10 metre radius of outdoor activity centres such as outdoor children's playground equipment, skate parks, swimming pools and sporting venues during under 18's sporting events.

"Council is supportive of this move to protect the health of our young people in Knox, enhance the experience for those who wish to take advantage of Knox's public recreational facilities and help to reduce smoking rates," Cr Pearce said.

Council will support the State reform by introducing a phased rollout where signs are erected at the places of recreation, courtesy of a \$5000 State Government grant. "Our first priority will be to make sure smokers are aware of the bans," Mayor Pearce said. "An educative approach is required as people adjust to the new laws. However, people who are found to be wilfully flouting the law may be fined."

For further information visit: www.health.vic.gov.au/tobaccoreforms/

Harlequin Rounds coming to Rowville

Many of the new dancers that are joining Round Dance clubs in Melbourne are from Rowville and adjacent suburbs. This is a direct result of the Round Dancing article in our February edition. As a result, Coral Wegmann of Harlequin Rounds is intending to start Round Dance tuition at the Rowville Neighbourhood Learning Centre in the Rowville Community Centre, 40 Fulham Road, Rowville. The Neighbourhood Learning Centre is now accepting 'Expressions of Interest' for Round Dance classes. Contact them on 9764 1166 or inquiries@rowvillenc.org.au to register. The classes could start as early as Term 3 (Week commencing 13th July) if enough people register. A daytime class or an evening class

are possibilities.

Coral is the teacher and cuer of Harlequin Rounds and current President of the Round Dance Association of Victoria (RDAV). This club meets every Monday night in Heatherton. Harlequin Rounds had its 3rd Birthday celebration dance on 7th April at Heatherton. As well as the regular members there were several visitors attending and the dancers enjoyed a mixture of waltz, rumba, cha, foxtrot and 2-step. Pat, Ella and 'learner' Alison were guest cuers. Ella's 'Progressive Waltz' had everyone changing partners. Mike from Jaybees Square Dance Club even called a couple of square dances to add to the fun. Everyone received a party hat upon arrival and the winners of the Lucky Hat raffle were Marj and David. It was a great party gathering, excellent and varied dancing with plenty of chatter and a huge supper.

To find out more about the fun you can have round dancing, contact Coral on 0407 814 686 or visit the RDAV website: www.rounddanceassociationvictoria.org.au. Have a look at the new videos to see the dancers in action!

David Mallen



Harlequin Rounds birthday dancers

Multicultural Harmony Festival



Another Huge Success For The MHF

Two lovely sunny days graced the second Knox Multicultural Harmony Festival, held at the Polish Club "Syrena", Rowville on 29th and 30th March.

There were a number of other dignitaries present, including the Mayor, the Multicultural Commission Chairperson, Federal and State MP's, Knox Councillors and members of the MHF Organising Committee. The organising committee were warmly thanked for their efforts in organising the day and the many volunteers, whether that was parking cars, helping visitors, serving food or performing on stage, were congratulated for making the two days a huge success, despite, at one stage, some logistical problems trying to park over 1,000 cars. The Polish Club should also be thanked for making their property available.

The many food stalls were kept busy throughout both days and the stage was a continuous show of colour, dance and music. There were too many groups representing their cultures and heritage to mention, but the Italian and Greek communities were conspicuous by their absence. It would have been marvellous to have had our Aboriginal community represented and maybe even a good old Aussie barbeque. Ah well, maybe next year.

David Gilbert



'Still Doing it for the Kids'



A family get together after round 1

Sporting nine teams of enthusiastic kids from U8 to U17's and assisting the successful AFL Auskick program under lights at Eildon Park on Friday evenings, the Rowville Hawks Junior Football Club is alive and kicking for season 2014.

With its new look website, Facebook page and sporting the black and white jumper, (proudly affiliated with the Scoresby Football Club) the future is looking bright. The Club's home base for 2014 is the prestigious Scoresby Recreational Reserve where the facilities are second to none. With large change rooms, a fantastic function/social area, a new electronic scoreboard and outstanding training facilities, the Rowville Hawks Junior Football Club is the place to be.

RHJFC would like to thank the officers at the Knox City Council who have worked with our Club to ensure the children of Rowville and Lysterfield have a home base and ready to go for round one of the 2014 football season.

If you still haven't registered for season 2014 and you would like to give it a go, it's not too late. The RHJFC has some limited places available, so direct your enquires to: registration@rowvillehawks.com.au

SPORTING ROUNDUP



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



If you are a business in the local area and you are in a position to support your local football club by way of sponsorship or a raffle donation (exposure to approx 300 local families) please direct enquiries to: sponsorship@rowvillehawks.com.au

Thank you to the businesses that have already come forward and offered their support to the Club.



Detective Senior Sergeant Ron Iddles

Eildon Park Auskick registrations are now open and can be done online via the AFL Auskick Website. A registration fee of \$65.00 includes a free backpack, footy, cap, drink bottle and footy cards culminating in an end of season BBQ, plus each player will receive a participation medal.

Children must be 5 years and over to participate. Auskick kicks off shortly so get on and register today.

With committed volunteers, the Club is looking forward to another enjoyable and successful year in 2014. Come and enjoy our family friendly atmosphere.

Eildon Park C



*(Above) All the Premiers Together
(Below) A Collage of the Premiership Teams*



'Crime Night' Friday 16th May

This will be an adults only evening where Detective Senior Sergeant Ron Iddles who has 25 years service with the Victorian police homicide Squad, will discuss 'True Homicide Cases'. The event will be held in our club rooms at Scoresby football Club, Stud Road and we ask everyone to arrive at 7.30pm. The entry cost of \$20 covers finger food and drinks will be available at bar prices. A percentage of the ticket sales will be donated to the Blue Ribbon Foundation. For further information contact social@rowvillehawks.com.au or for ticket purchases visit the RHJFC Inc canteen at Scoresby Football Club on Sundays between 10am and 12pm.

Trish Anderson

Local swim school, Paul Sadler Swimland Rowville, has joined forces with Cystic Fibrosis Victoria's 'CFV Kids Swimming Lesson Program' to financially assist families and ensure children living with cystic fibrosis are enrolled into lifesaving swimming lessons.

This new program is aimed to assist local Rowville families living with cystic fibrosis, financially as well as introduce cystic fibrosis students to an aquatic environment. Swimming has long been recognised as providing a range of health benefits to children with cystic fibrosis (CF). It is particularly good for developing lung capacity and maintaining cardiopulmonary fitness which can slow the progression of the condition. Swimming also helps to maintain bone density and general wellbeing, which is of great importance for people with CF.

Paul Sadler Swimland Rowville currently has two students living with cystic fibrosis enrolled at the swim school. Chief Executive Officer, Wayne Pollock, said he was delighted that the business was able to support the initiative, which would see families offered a 50 per cent discount when enrolling their children in swim lessons.

Cystic Fibrosis Victoria's Chief Executive Officer, Helen McNeill, said kids living with CF often long for normality and swimming lessons are such an integral part of the Australian culture, it is an aspect of their therapy which doesn't set them apart.

Cystic Fibrosis (CF) is the most common inherited, life threatening disorder in Australia and there is currently no cure.

For further information and to find your local site, visit:

www.paulsadlerswimland.com

Hannah Darby



Jacob Breaking Through The 100 Game Banner

Milestone games are a special occasion for any player at any age. Although for **Jacob Quigley**, his 100th game was shared by a community.

As the first Lysterfield player to play 100 games, the 14 year old made the Wolves history books, as his side went on to record a big round 1 win over Upper

Ferntree Gully in the Under 14 As on the weekend. Quigley, who kicked one of his sides bag of goals for the day is a "lightly framed wing-man" according to Wolves coach Ken Marshall.

"He [Jacob] is your average character around the group and never misses a training session". The young Wolf, who crossed over from Scoresby at the

Cricket Club

What a 25th Year for Eildon Park Cricket Club notching up 6 premierships. We couldn't have written the script any better and we congratulate our 1sts (Norm Reeves Shield), 2nds (Div 3), 3rds (Div 5), 4ths (Div 6) Under 17's Healthguard Cup and our Under 13's. Six Premierships just goes to show the strength and character of Eildon Park and with our growing numbers and young players coming through, the future looks bright indeed. We congratulate Ben Morris (Norm Reeves Shield) and Jake Pollard (Healthguard Cup) for receiving 'Man of the Match' awards for their respective Grand Finals.

Our winning **Buddy Pair**, Jake Pollard (Under 17's) and Connor Cheney (Under 12's), notched up the most points for

the season and we congratulate them both for having fantastic seasons. Connor received a \$300 Saxons Sports voucher, thanks to Paul Attfield and Saxon Sports for your continuing support.

Eildon Park turned pink in February for **Pink Stumps Day** and an afternoon of fun, including an indulgent High Tea, was enjoyed by all our lovely ladies and guests. Thanks to Nick Wakeling MP and Alan Tudge MP for attending and their generous donations and to Cr Nicole Seymour for the fantastic hamper. Thanks also to Di Day, Female Cricket Coordinator from Cricket Victoria, our guest speaker for the afternoon. We are proud to announce we donated \$2500 to the McGrath Foundation.

We are anticipating a fantastic attendance at our **Senior Presentation**

Night on 2nd May at Waverley Golf Course. A red carpet awaits, photographer, cocktails and canapés and yet another reason to celebrate what a fantastic year Eildon Park has had.

Finally we want to say good-bye to our top aged under 17 players. The club is so proud of your contribution since your Milo days and we wish you well and hope you continue to play cricket at Eildon Park now or in the future.

Tricia Pollard Secretary

Editor's Note:- My sincere thanks to retiring Secretary Tricia for her commitment each month to submit an article to the RLCN, which we hope gave the Club additional exposure throughout our community. All the very best for the future Tricia.



start of the 2013 season, has become an asset to the Lysterfield Football Club. When asked what Quigley brought to the team, President Steve Ketzer stated: "His [Jacob's] ability to read the play makes him an asset to the side".

A smaller player, Quigley is given free range by Marshall, being used as an attacking wing-man for the Wolves Under 14's. "We encourage

him to use his pace to run on to the ball and create space running forward", stated Marshall.

It wasn't nerves about playing a good game on Sunday for Jacob. He was more worried about not making it through his 100 game banner. His plan, to kick the ball into the banner first, worked a treat and the Wolves were away. The Wolves Under 14's also smashed another milestone in Round 1 with full forward **Mitchell Perry** booting 11 goals to lead his side to victory. Perry wasn't just dangerous, but accurate up forward as well, scoring just one behind for the afternoon.

Perry, who usually plays at centre half forward, fell ill during last week. "He was sick during the week so we played him at full forward to see how he would go", laughed Marshall.

The Wolves also broke another milestone last weekend becoming the first Lysterfield side to play in A grade competition.

"The side will be competitive as they are a group of young men who have progressed well", Ketzer said.

For such a new club it is great to see such enthusiasm in coaches, players, officials and parents.

Well Done Jacob and Mitchell

Tanya Carroll

Rowville/Rowville Lakes Little Athletics

Jordan, Jared & Gemma State Champions

Such a talented bunch of sports' stars live in and around Rowville! Three of them recently claimed Victorian titles at the Little Athletics Championships held at Albert Park.

Jordan Munyard dominated the U14 boys' sprints, winning gold in both the 100m and 200m. Under 10 Jared Hodges continued his race walking success with a win in the 1100m event, while Gemma Lillie finally had the chance to test her years of walk training in a State race, and blitzed her opposition.

Also in fine form, Harry Mao took home three state silver medals for his efforts in the U14 100m, 200m and long jump. In his first year old enough to compete at State, Daniel Johnston walked into second place in the U9 1100m race. Remarkably this was one place higher than he finished at Region!

Monique Louey and Jesse Eickhoff consolidated reputations as amongst the state's leading athletes. Each took home a bronze medal to add to their collection of state medals across several years. Monique's was in the U13 high jump, and Jesse's, the U12 60m hurdles. Congratulations to all who managed to reach state, especially those who placed in the top 8 for their events.

Above - Gemma: State Gold U9 Walk



Jordan won two State titles

Club Awards

With the end of the season comes the presentation of trophies and awards. The Rowville and Rowville Lakes Clubs each have their own. At Rowville, not surprisingly, the President's Award was presented to Jordan Munyard, with Trent Stapleton Best Overall Boy and Teagan Sheldon Best Overall Girl.

Daniel Johnston received Rowville Lakes' President's Award. Zach Carlin and Olivia Ryan were best Overall Boy and Girl. Zach Carlin also achieved a new centre record for the most PBs. Harry Blackburn and Brodie Richardson received Achievers' Awards, and Anaya Hodges the Excellence Award.

Aiden Peters and Lily Ryan were the Lakes Team Managers' trophy winners. At Rowville William Woolmore, Tyler Walther, Codi Shanley and Leah Woolmore received these awards. Hayley Eickhoff and Holly Hodges were Most Improved Junior and Senior Rowville girls respectively. Thomas Waterworth and Zach Ryan were the boys'.

Zoe Aylen received her 9- year Award and the Rowville Encouragement Award. Tess McLeod was the recipient of the impressive George Orrock Perpetual trophy for a Cross Country runner who shows persistence and commitment throughout the winter season.

We are particularly proud of those children (and parents!) who made it to the track every week, despite distractions and deterrents such as birthday parties, bad weather and sniffles. Approximately 10% of our enrolled athletes received a 100% attendance award. Amongst them were several sibling groups including Kelsie and Sarah Ternes, Darcy, Tylah and Riley Smith, Jai and Tameekah Townsend, Hannah and Holly Hodges, and Alex and Liam Hoskin.

Many other trophies, medals and certificates were presented to mark the fine efforts of our youngsters. With around two hundred competing athletes it is difficult to have everyone mentioned so this write up contains just a snap shot.

Personal Bests (Pbs):

Record numbers of children attained their Gold PB medals by achieving 30 or more Personal Bests this season. Many have been mentioned in previous months. A few of the more recent recipients from Rowville Lakes include Mitchell

Continued next page ➡

Rowville Group Fitness

Pilates

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

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

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Wednesday 9.15am

Wednesday 6.15 pm

Rowville Group Fitness at the Rowville Community Centre

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Little Athletics continued



and Maxwell Pentreath; Lachlan Monteath; Rory Jones; Hailey Buckley; Luke Richardson; Adam Munro; Samuel Watson, and Luke Johnston. Amongst the new Rowville Gold achievers are Luke Hutton, Eleni Stamatiou, Hannah Hodges and Chloe Morris.

RECORDS:

Chloe Beovich became very busy at the back end of the season, breaking the Lakes' Club shot put and discus records more than once each. She added nearly 3.5m to the U13 discus record, and over a metre to the shot. In similar high-class style, Brodie Richardson sliced almost half a minute from the same age group girls' 1500m walk club record.

IT'S CROSS

COUNTRY SEASON:

With track and field over cross country is under way! Runs are held most Saturday mornings at a range of parks and reserves within and around the City of Knox. There are also opportunities for training, camps, cross country relays and parents' races. Registered Little Athletes and new boys and girls aged 4-15 years are welcome. ALL abilities are encouraged to participate. Under 6s run 500m, with races graduated to 3k for U13 and above. For more details contact Steve Lillie 0409 231 380 or Steve Pepper 0417 325 917.

Thanks to KLAC photographers for our photos.

Rosemary Merrigan



Photos clockwise from above: Great walking Hayden, Monique prepares for take off; and Jarrod in top spot!

Waverley Golf Bowls Day

Sponsored by The Valley and South Eastern Hospital

On Friday 29th March the Waverley Golf Bowls held their inaugural tournament sponsored by The Valley and South Eastern Private Hospitals. The weather began overcast but soon the sun appeared providing a beautiful day for the bowlers. Fourteen teams, including four visiting teams from Ferntree Gully, Elsternwick Park, Glen Eira, McKinnon and Berwick competed for the generous prize money provided by The Valley Private Hospital.

During the lunchbreak, Ms Wendy Drummond the Business Development Manager from the hospital, spoke about the changes and state of the art technologies new to the hospital; and Orthopaedic Surgeon, Mr Ikram Nizam spoke to us of his new Bikini Incision Hip Replacement quick recovery program and his other orthopaedic procedures.

This event culminates in a successful bowls season which also incorporated pennant bowls, social bowls, schools events, corporate bowls and bare foot bowling. If you would like to know more contact Pat Smythe 0417327930 / 9763 5602.

Matthew Taylor



Photo by John Noble - Mr Ikram Nizam left; the winning team of Tom Murphy, Pat Smythe, Cecilia Mann and Graeme Hattwell bottom right and players in action on the green top right.



Why Vaccinate?

Routine vaccinations of your beloved dog or cat are an essential responsibility for any animal lover. It is estimated that only 56 % of the dog and cat population in Australia are vaccinated. Imagine if only 56 % of infants were vaccinated, we would see measles, mumps, rubella and polio return in epidemic proportions.

As Veterinarians we see the devastating effects of parvovirus in dogs - vomiting, lethargy and diarrhoea with blood are very common. We see painful ulcers in the mouths of cats with calicivirus.

These diseases are examples of every day viruses and bacteria that can cause serious disease and death, and they are preventable by vaccination. Puppies and kittens generally need three vaccinations when they are young, followed by an annual or every 3 year booster.

It saddens me that pets still suffer from many preventable diseases. It is with great satisfaction that I can educate pet owners about preventative health. A regular vaccination prevention program ensures that your pet is protected against contagious and potentially life threatening diseases.

Please contact Greencross Vets Stud Park on 03 9763 6088 to arrange for a vaccination and join our disease prevention team

Darren Kirk



Dr Sam Cheong giving a vaccination to Colorado one of our adoption program kittens.



Changing demographics challenge our survival

Since 1990 Park Ridge playgroup has been an important support for families with young children in the Rowville area. However, the increase in housing prices has affected the number of small children in our area and in our playgroup. Park Ridge is still a great playgroup with excellent resources and enthusiastic member families. Now is a great time to join to help us grow and develop!

Park Ridge playgroup is very well resourced with toys for babies, toddlers and pre-schoolers including equipment for craft and painting and an attractive and secure outdoor play area with cubby, play gym, sand pit and all sorts of ride on toys. Activities for the 0-5 year olds at playgroup can be structured or unstructured and include:

Racing cars and tricycles around the race track

Working together as "Princesses and Princes" to make giant jumping castles with colourful foam pieces

Messy fun together in the big sandpit

Learning how to crawl with all of the bigger toddlers demonstrating the correct technique!

1984

Councillor Bernie Seebeck voiced concern about the removal of 60,000 metres of topsoil from land abutting Mindara Ave. to allow further subdivision and had successfully gained a month's delay to allow consultation with residents. The **L.A. Brownies and Guides** welcomed their new commissioner Margaret Bridger. What did L.A. stand for? The Federal Government provided \$169K for a **Community Employment Programme** to employ 10 people for 32 weeks at Lysterfield Lake Park (formerly Lysterfield Reservoir), designed to help long term unemployed to re-enter the workforce. Were you involved? Council carried motions to erect signs indicating "Future Through Road" where roads end in new subdivisions and information signs on undeveloped council land designated in the "Open Space Plan", marking them "This Reserve To Be Developed for Active Sport".

1989

Rowville United Soccer Club planned to field junior teams for the first time and hoped that the proposed pavilion at Park Ridge Reserve would soon be built. Consulere Ltd. appointed the highly qualified **Jennifer De Vos** as Centre Manager, for their \$35M Stud Park Shopping Centre, which was due to open in May. A **new visitor centre and extensions**, funded by a \$1.48M State Government grant was opened in Lysterfield Lake Park. Council wrote to the **Melbourne Olympic Bid Committee** to ascertain how Knox could become involved should the bid be successful. Council also approved the subdivision of 1.22ha of land owned by **McDonalds** for two fast food outlets, but turned down two applications for **petrol stations**, one on the west side of Stud Rd, 200 metres north of Lakeview Ave. and the other on the north side of Wellington Rd., 500 metres west of Stud Rd. **Rowville Library** became the first Eastern Region Branch to open on Sundays.

1994

David Hodges, best remembered for his monthly Council

FROM THE ARCHIVES

MEMORY LA

minutes summary, retired from the RLCN where he had been involved since issue number one. The Dept. of Conservation and Natural Resources started a programme to **eradicate feral cats and foxes** from Lysterfield Lake Park. Past and present Rowville **Guides and Brownies** with their Leaders celebrated the Company's 21st birthday. A true community man, **Bob Curry** was made an Apex Club Life member at a Gala Dinner. Apart from his Rowville Apex work, Bob was also the State membership chairman and served on four school committees. Where are you today Bob? The FTG/Rowville branch of the **Nursing Mothers Association**, celebrated the 30th Anniversary of the Association with a morning coffee.

1999

Newly elected Mayor, **Karin Orpen**, was nominated to head a panel to decide who would carry the **Olympic flame** through Knox. Was it you? The new non-stop **express bus service** to Glen Waverley railway station began, with four morning and three evening services. **Mitre 10 Stud Park** held a "Ladies Night Plus" with hands on workshops etc. Did you learn new skills that evening? **Heany Park Primary School** struggled through Term One with space problems due to the non-arrival of their second 'Mod-5' classroom. Rowville Secondary College student, **Matthew Craig**, won the under 17's title at the Victorian Mountain Bike Cross-Country championships. **Christina Wong** received a premiers Award for being one of the top five students in VCE biology.

2004

Rowville Primary School celebrated 20 years of the International School to School Experience (ISSE) programme and planned a reunion of all delegates later in the year.



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

Regular contributors the **Knox Home Garden Club** celebrated 50 years since the Club started. The Uniting Church congratulated **Rev. Tom Howells** on his 50th year of ministry ordination. Councillor **Mick Van De Vreede** visited the **Rowville Seniors Citizens** and gave an insight into Council policies pertaining to seniors and gave a \$400 donation towards their Bendigo trip. Foundation President of the Rowville Eagles Soccer Club, **George Buttigieg**, passed away aged 81. For his outstanding war effort in his home in Malta, he was awarded the George Cross which was presented by Her Majesty The Queen.

2009

A \$150,000 facelift was started at **Emerson Place Reserve**, including paths, seats, picnic tables and public artworks. The **Rotary Club of Rowville** funded three 'Shelter Boxes' containing essentials for bush fire victims at a cost of \$1,200 each. **Rowville Little Athletics Club** won the "Best Club" award for the first time. **Bishop Stephen Hale** dedicated the redeveloped **RAFT** building where, after four years, the congregations of the two Anglican Churches of St Bartholomew's and St Andrew's came together to worship for the first time. **Riding For The Disabled** started a Friday and Saturday programme in Lysterfield where they bring horses to the riders. Is it still going?

Wacky Wisdom

Accept the fact that some days
you're the pigeon, and some days
you're the statue!

Children get an opportunity to make and keep a group of local friends from a young age. Mums, Dads and grandparents from a diverse range of backgrounds get to know each other very well and often become friends and supporters outside playgroup.

Changing demographics

According to 'The Rowville Plan', a document put together by the Knox council in November 2013, that whilst the number of people in Rowville has stabilised, the number of children aged 0-4 has declined over the last decade. It seems that the decrease in available houses as well as the increase in existing house prices may have reduced the number of young families moving into our area. It might also be that more Mums (and Dads) are working longer hours to pay for the mortgage so children may be spending time in day care rather than at playgroup.

There has been a corresponding drop in numbers at Park Ridge playgroup (and some other nearby playgroups have closed their doors). This makes our playgroup a little harder to manage and maintain as there are fewer to share the load.

A call for new members

The volunteers in our 2014 playgroup committee are passionate about keeping our playgroup thriving for the sake of the 0-5 year old children and their families, who continue to live in the area. We would like to encourage all families with young children aged 0-5 in Rowville and surrounding suburbs who currently don't belong to a playgroup to consider joining and helping our playgroup to grow and develop.

If you are interested in joining please contact Belinda Fortune, Enrollment Officer on 0432281372 or 97599034 or email: cbfortune@iinet.net.au. You are welcome to join an existing session and we also currently have sessions available for new groups.

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Enquiries to Lisa on 0407 873 271
or go to: www.rowvillegroupfitness.com.au

Mayor's Message



I trust you all had a happy Easter and were able to enjoy some relaxation with your friends and family over the festive period.

Just days after Easter on April 25, I was inspired to see so many Knox residents getting up early on the public holiday to mark the annual commemoration by attending

one of many dawn services conducted by our wonderful Knox RSLs.

At the moment, one of Council's key focuses is on encouraging residents to be more physically active and socially connected. In fact, we've just finalised the Draft Knox Leisure Plan 2014-2019, after surveying and interviewing residents as well as holding workshops and sourcing information from schools, neighbouring Councils and government and not-for-profit agencies.

We've come up with a plan which recognises that Knox residents enjoy being involved in activities such as walking and bike riding for exercise or relaxation, family play days and picnics, participating or watching local theatre and playing competitive sport. All in all, the Plan aims to further enhance these aspects, which I'm sure you'll agree, are a wonderful element of living in a thriving community such as Knox.

But don't take my word for it. Please have a look at the plan yourself and let us know what you think. You can access it now online by visiting knox.vic.gov.au and following the prompts.

We'd love you to make a submission with your thoughts by Thursday 22 May. There are links to send us an email or you can write to us, attention of Council's Strategic Leisure Planner.

I'd also like to express my thanks to all who have registered for the Knox Business Conference on 23 May. As a small business owner, I know the information to be presented by key note speaker, former Western Bulldogs chairman David Smorgon, will prove invaluable for Knox business owners, and I'd encourage you to make the time to attend if you're able.

Nick Wakeling Column



Nick with Reps for Knox L2P Launch

Knox City To Jump Start Learner Drivers' On Road Experience

Member for Ferntree Gully, Nick Wakeling MP was thrilled to recently launch the Knox L2P Learner Driver Mentor Program.

Mr Wakeling said the L2P Program was developed to support Victoria's Graduated Licensing System (GLS), which requires learner drivers under 21 to record at least 120 hours of supervised driving before they can sit their probationary license test.

"This innovative program for young and disadvantaged drivers was recently recognised by VicHealth for its contribution to the health and wellbeing of Victorians. This program will give young people the skills they need to be more confident, safer and smarter drivers through the help and support of our community volunteers." Mr Wakeling said.

Overseas research has identified a 30 per cent crash reduction for new drivers with 120 hours of supervised experience, compared to those with only 50 hours.

"For most young people, gaining the 120 hours of supervised driving required to apply for a probationary licence isn't a problem, but it can prove very difficult for some," Mr Wakeling said.

The VicRoads L2P Program is a Victorian Government road safety initiative designed to help drivers under 21, who do not have access to a car or supervisor, but need to gain

on-road experience to prepare for solo driving.

Mr Wakeling said inexperience is the most significant crash factor for young drivers.

In the five years from 2008 to 2012, 44 drivers aged 18 to 21 years were seriously injured and 138 more sustained other injuries in the Knox City Council area.

"Already, 5 participants and 15 mentors have signed up for the Knox City program, giving these learner drivers the opportunity to develop safe driving skills and gain the required supervised hours behind the wheel. There are still places left, so please contact UnitingCare Harrison in Wantirna to see if you are eligible to participate in this fantastic program." Mr Wakeling said.

CEO of UnitingCare Harrison, Stephanie Webber, said an L2P Program has long been necessary in the City of Knox.

"There is a genuine need for young people in our region to be supported to achieve their Victorian Driving Licence. We are pleased to be able to bring together the resources of VicRoads, Knox Council, RACV and Bendigo Bank to allow us to make this possible for 20 of our young people and we look forward to seeing this program make a real difference in people's lives."

Our mentors have come from all walks of life and as John Gonsal explains, he is eager to pass on his knowledge and experience to the younger generation.

"I am keen to give back to the community and I can see the need to help our young kids. With the support of mentors, we look forward to many success stories from our young drivers."

VicRoads is working with local councils, community groups and charities across Victoria to deliver the L2P program, funded by the Transport Accident Commission (TAC). There are 62 programs fully operational across Victoria benefitting over 2000 learner drivers.

The Victorian Government together with road safety agencies has been successful in reducing the young driver casualty crashes by 20 per cent in recent years through measures such as the GLS, a ban on mobile phone use for all probationary drivers and a range of support programs.

Support programs include the revised road safety workshop Fit2Drive (F2D) which was launched recently and is being rolled out to Year 11 students across Victoria to tackle teenage risk taking on the road. Other successful programs for young people include Keys Please and Looking after our Mates.

Kim Wells Reports



Rowville Netball Club scores a goal with new uniform grant

Congratulations to Rowville Netball Club for their success in receiving a \$1000 grant towards uniforms for their netball players. Rowville Netball Club is one of 311 sporting clubs to receive a

grant as part of the \$300,000 of funding granted in the latest round of the *Sporting Uniform Grants Program*.

A uniform is essential for most sporting clubs. By contributing funds for uniforms, more people can become involved and keep playing their sport. Team uniforms are more than just colours; they represent local sporting traditions and community pride.

I am very pleased that we can support netballers participating in their sport at the Rowville Netball Club. Netball is a hugely popular sport in the Rowville area and the Rowville Netball Club is one of the largest clubs in Victoria.

The Rowville Netball Club will use the grant to purchase alternative bibs and patches including pink ones to promote breast cancer awareness.

For more information about the *Sporting Uniform Grants Program* visit www.dtpi.vic.gov.au/sporting-uniforms-grants.

Alan Tudge Writes



Knox Robots Show the Importance of Science

Australians rightfully celebrate the sporting achievements of our local and national sports champions. We are a strong sporting country and we celebrate when we win.

We however do not celebrate our achievements in science as much as we should. Science is a central part of a solid education and is vital to the future of Australian manufacturing and our economy. We may not appreciate the extent of it, but science, technology, engineering and maths touch our lives every day.

In late March, I presented an Australian flag to two Knox schoolchildren who flew to the United States in April to represent Australia at the VEX Robotics World Championships.

Yohan Perera, age 12, and Shanna Alice, age 10, were part of a five-person team that utilised their science and maths skills to build their own robot to compete with other children from around the world. They managed to make it to the World Championships where they competed against 400 international teams. Over 20,000 kids attended.

This is the first time that an Australian team has competed in the World Championships. It is an incredible achievement by two young Knox kids that sets a great example for Knox and Australian children of all ages.

Unfortunately, Australia has slipped in science and maths



Alan, Yohan and Shanna

compared to the rest of the world. Australian teens dropped from 15th to 19th in maths since 2000, and from 10th to 16th in science over the same period. Enrolment at the Year 12 level in sciences has also dropped in the last two decades. Australia has great possibilities for a high-tech manufacturing future. We have the skills and know-how to lead the world but we must emphasise the importance of science and maths from an early age.

Yohan and Shanna show that engaging and learning about science can be fun, and open up the entire world to our children. Programs such as the VEX Robotics Championships provide fantastic opportunities for our kids to engage directly with science.

I wish I had opportunities like this when I was growing up!

Chiro-Practicals

Live Better, We've Got Your Back!

Recent discussion has been about increasing the retirement age so that we work for longer as a consequence of the fact that we are now living longer. To achieve this we need to be healthy, yet many statistics point to the fact that our health is going to be severely compromised by lifestyle choices made much earlier in our life, which will determine the quality of those extra years.

The Heart Foundation reports over 63% of Australians are now classified as overweight or obese. Research shows that this is a high risk factor for Diabetes, Heart Disease and some cancers, which begs the question about how well you

will be living those extra years. Will you really be active and enjoying your retirement or just being "kept alive" because we have the technology to do that?

Unfortunately back pain is one of the top three causes of disability in Australia. Over a quarter of a million Australians are currently forced into early retirement each year because of back or arthritic pain, resulting in lost income and reduced quality of life.

The health of your spine doesn't get a high profile in discussions about how to be healthy because we can't necessarily see and feel what is going on but our spine is the structure that protects your nervous system and your nervous system runs your body. It requires checking as much, if not more than your teeth, your sugar levels or your cholesterol.

During the National Spinal Health campaign in May, I challenge local residents to improve their lifestyle habits

Health Page

sponsored by
Cr Tony Holland



to better care for their backs and reduce the risk of more debilitating lifestyle diseases. Improving your postural fitness is just as important as your fitness for exercise. Not sitting for too long, sitting correctly and using proper techniques when bending, lifting and carrying can help to avoid long term damage to your spine.

I don't think I'm wrong in assuming we all want to live a longer healthier life. My purpose is to help you achieve that.
Dr Frank Whelan

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



Kids, Growth, Pain & Sport

A child being active is important for growth and development. Children and adolescents however cannot handle the same stresses or demands of exercise as an adult and there are a number of common problems active young kids can experience. Most of these are related to traction on the bone from muscle at growth plates.

These issues most commonly occur between the ages of 8 and 15 in active kids and adolescents and in common locations:

- The heel – Severs Disease
- The front of the knee – Osgood Schlatter's Disease
- The outer border of the foot – Islands Disease
- The hip – Perthes' Disease

There are a number of factors which contribute:

- At this age children become involved in more organized and competitive sport(s)
- An increase in activity levels: frequency, intensity or duration
- Foot and lower limb biomechanics (rolling in), causes great traction and poor muscle recruitment patterns.
- Footwear
- Reduced muscle strength and flexibility

These problems are often painful and limit what people can do comfortably. This



however does not have to be the case. There are treatments that can be adopted to manage these problems and keep you active doing what they love to do PAIN FREE.

Treatments need to be specific for individual cases, depend on the severity of symptoms but can include: Stretching and strengthening, taping, icing, footwear changes, orthotics and in some cases activity modification

If you believe your child may be suffering from one of the above problems: Your Podiatrist at Rowville Sports Medicine Centre can advise you on what is best for your individual case to help control / relieve pain.

Jackson McCosker, Podiatrist

Play through the pain?

The commencement of the football season often means an increase in related associated sports injuries. Athletes play through the pain for a variety of reasons, but this can increase the severity of the injury and lengthen their return to play timeline.

Players feel that their injury will fix itself and they should play through the pain. The best thing to do is get professional advice from a physiotherapist at the ground. If no assistance is available then one of the most important things an athlete can do to improve the healing time is to implement the R.I.C.E.R protocol. Rest Ice Compress Elevate and Referral. Abiding by these guidelines can help reduce further injury, minimise any complications from the injury and will begin the healing process. Don't play through the pain.

Av Kumar, Physiotherapist



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The breath would undoubtedly be the most important thing to the Yogi. Why? The breath is a bridge between the body and the mind. This has been known by the Yogis for thousands of years, and has also come to be widely known in recent years by the modern medical and psychological community. It is important to note that modern medicine has finally acknowledged what the yogis have known for thousands of years that the breath is intimately connected to the autonomic nervous system and the mind. Even some hospitals and medical establishments are now willing to train people in breath regulation.

If you eliminate the irregularities from the physical breath, it has an extremely beneficial effect on the mind as well. When the breath becomes smooth, slow, and quiet, the mind also becomes calm and peaceful. The body also relaxes much more easily.

The breath lies at the heart of yoga. It has a mysterious power to soothe and revitalize a tired body, a flagging spirit, or a wild mind. The ancient sages taught that prana, (the vital force circulating through us), can be cultivated and channelled through a variety of breathing exercises. In the process, the mind is calmed, rejuvenated, and uplifted. It is said "To control your mind is to control your destiny".

Next month I will teach you another wonderful breathing technique that enhances both body and mind.

Other services at The Body Mind and Spirit Fitness Centre include Massage, Meditation Courses and Bali Retreats.

Donna Jordan

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Lysterfield Primary School Helping Make Wishes Come True

MAKE-A-WISH
Australia

A well established aspect of our Leadership Program at Lysterfield Primary School is our Student Representative Council (SRC). All classes from years 1 to 6 nominate and vote for a student to represent their class. The role of an SRC member is to attend meetings to discuss, plan and implement some suggestions on how to make our school a better place for everyone and what we, as a school community, can do to help others.

The kindness, care and compassion our students have for each other is often extended to our wider community and other children around the world. We pride ourselves in raising much needed funds for other less fortunate people by organising a 'bring a gold coin donation' day once a term.

Instigated by our SRC, all staff and students were encouraged to come to school on the last day of Term 1 with "Crazy Hair" and donate a gold coin to the 'Make a Wish

Foundation'.

SRC members selected the 'Make a Wish Foundation' as it aims to help children who are similar in age to many students at our school. They discussed how happy we all feel when we receive a gift, or travel somewhere we love with our family and friends. They wanted to help children with a serious illness receive a wish so they could experience the same excitement and delight when having a wish come true.

Students from our Foundations level had a wonderful time creating crazy hair.

Oliver explains, "My mum did it. My mum was so clever she made stripes and there's sparkles, but you might not be able to see them. I had crazy hair for 'Crazy Hair Day' for the poor kids that need to be feeling better."

Tegan says, "My mummy helped me. She put one at the back, two on the sides and my fringe was in a piggy tail too."

What an outstanding response we had! There were students and teachers with coloured hair, plaits and braides, spikes, hair with bugs and beetles and some even had cones! After tallying up all donations for the day, it was wonderful to hand over a cheque for over \$600.00 to the 'Make a Wish Foundation'.

We would like to thank our school community for their generosity and continued support.

Rachel Hastings



Knox Home Garden Club

Autumn is a great time to be on the golf course. After a hot summer, the rock hard ground allows that little white ball to travel extra distance. Although we are still experiencing the occasional warm day, but not nearly as fiercely now, autumn is also a great time to be in the garden. It can be very pleasant getting into the garden for a tidy up - pulling out the vegies that have finished production and a bit of judicious pruning here and there. There are plenty of jobs to be done during autumn.

How did your garden fare over summer? Did you spend more time watering and shading your plants than enjoying being in your garden? Did you watch with dismay as plants burned to a crisp before your eyes? It may be time to re-assess. Check out what survived the summer heat, and pull out the dead and dying. If you want to replace your plants, do your homework. Don't replace one water guzzler with another. There is a dry tolerant plant for all situations.

Even some natives have a high water requirement, so choose carefully. The eremophilias and grevilleas didn't miss a beat, even on the hottest summer days. It is a good time to plant out trees and shrubs, the weather is not too hot to stress the plants, but the soil is warm enough for the roots to become established. If you are intending to plant

a tree for autumn foliage, visit the nurseries now while the trees are displaying their leaf colour. Roses, too, can be at their best in autumn - visit the nursery to select just the colours that you want.

It's also time to aerate your lawns and give them some complete lawn food. Fruit trees will also benefit from a dose of slow release all purpose fertiliser. Plant out those strawberry runners now to increase next summer's crop. Prune your berry producing plants too.

Don't forget the vegies. Turn a couple of beds over, add blood and bone, fertiliser/manure, and compost, and get those winter vegies in. It's brassica time: broccoli, brussel sprouts, cabbage, cauliflower. Broad beans, leeks and pak choy can all go in too. Check out your local nursery to see what seedlings are available.

Don't forget the fun stuff. Dust off your trusty leaf rake, gather up your empty compost bags, and make a bee-line for the deciduous trees that are plentiful around our neighbourhoods. Elderly neighbours also appreciate someone kindly raking up their leaves. Toss them directly onto your garden beds, (the leaves, not your elderly neighbour); or leave them in the bags to decompose into beautiful leaf mulch.

Make sure you have planted your spring bulbs by now, and have finished dividing your perennials. Happy gardening!

For more information contact 9739 8783

Betty Wright



Rowville Primary School

Student Safety Inspectors at Rowville

Have you ever been in an environment that made you second guess your safety? Slipped over a grape in the supermarket? Or stayed out in the sun far too long at the beach? Year 4 students at Rowville Primary School have been working incognito as safety inspectors in school and local environments to create ways in which we can all be safe, all the time. The students have investigated and assessed the risks of their self-selected environments, and have identified several safety hot spots including playgrounds, ovals, beaches and even the classroom.

The students went on safety walks to assess their environment and then used their research skills to take their understanding further.

Divya discovered that classrooms have the potential to be unsafe because of student behaviours. She says that 'When students aren't being responsible, it can lead to others getting hurt or injured. For example, if a student leaves their bag on the floor instead of putting it away, another student could trip over it.'

Bradley has investigated safety at the beach, and he learnt that beaches can be very dangerous. He recommends that you swim between the flags at all times because 'If you don't swim between the flags then a life guard cannot see you, and can't rescue you if are in trouble.'

The Year 4 students worked collaboratively to create safety videos, signs, websites and posters, to teach each other how to be safe in their local environments. They enjoyed presenting these to each other in the last week of Term 1.

Jessica Ferroni and Megan McKinley

Egg Extravaganza at Rowville Primary School

Pirates, brides, spiders, princesses, queens, scuba divers, angry birds, egg families, cupcakes, Easter bunnies and even a Leprechaun were brought along for the Easter egg parade.

Everyday hard boiled eggs were transformed into the most amazing, exotic characters. The challenge was set as part of the homework and creative minds were put to the test as the students planned their masterpiece. As one parent quoted, "I've never seen my son spend so much time thinking, researching and creating his hardboiled egg."

The Year 3 students arranged their eggs on display and the 'oohs' and 'aahs' could be heard from a distance as the students and teachers admired each other's artistic attempts. The judges were faced with an almost impossible task. Winners were chosen with great difficulty as all the eggs demonstrated creativity and imagination.

It was a wonderful way for the Year 3 students to end their first term of learning.

Trish Welti Year 3 teacher

Students Debate Question

Should Year 3 students run in the Cross Country?

"Cross Country is awfully important. I believe all students in Year 3 should compete in the Rowville Primary School Cross Country. Cross Country keeps you fit and healthy because it is fun and you run lots. It also helps you get better at running. If you finish in the top fifteen you get a ribbon. If you come first, second or third in your age group you get a medal. I know this because I got a ribbon when I came in fourth place. Thirdly, it is very, very nice to cheer for the other people running when you are finished. Other students feel extremely happy when you cheer for them.

In conclusion, I strongly believe that everyone should do the Rowville Primary School Cross Country as it is important and you might get a ribbon."

By Kaitlin Evans Year 3C

"I believe that everyone shouldn't do the Cross Country at Rowville Primary School. Firstly, we are too young to participate in Cross Country as we are only in Year 3. I believe it should only be for the Year 4, 5, and 6 students.

Secondly, it should only be one lap and not two laps. When you finish everyone should get a ribbon because they have made it and finished the Cross Country.

Thirdly, lots of people have asthma and it is hard to run such a long distance when you have asthma.

You should not be made to run the Cross Country in Year 3. I got really puffed out in the Cross Country and so I really believe that kids in Year 3 should not do the Rowville Primary School Cross Country.

By Maddi Quigley Year 3C

Editor's Note:- Have either of these Year 3 writers convinced you? They want to hear from you, so please find five minutes to let them know what you think. Please send correspondence to welti.patricia.p@edumail.vic.gov.au.

Winning Eggs & Their Designers



PARK RIDGE PRIMARY SCHOOL



The rides proved popular as fine weather ensured that a big crowd attended.

Happy 25th Birthday

The late afternoon mini fete planned to celebrate the silver anniversary of the opening of Park Ridge Primary proved to be an outstanding success. What started out as an idea as a bit of fun to allow the students to celebrate the occasion,

evolved into a serious event. Predicted poor weather failed to eventuate and thus allowed for maximum participation. From 3:15pm onwards the grounds were filled with parents, students, ex-students and interested visitors, patronising stalls and activities that ranged from "Guess The Teachers' Pets" to the barbecue, to purchasing a commemorative tea towel, or buying a ticket in a raffle to win a Teacher's Mystery Bag, or making a bid at the Silent Auction. The rides proved a big attraction as did the Art Exhibition and Talent Show. Many private stall holders added to the atmosphere and all reported having "a good day".

By 7:30pm the fun was over and the clean-up was well under way. Special recognition should go to Melissa Roberts, who masterminded and planned the event

and provided the motivation "to give it a go", Leanne Harvey and the members of the PCA who worked tirelessly to make the event a success and Business Manager, Diane Rogers who managed the corporate side of the venture. In addition, all staff members put in the time to make sure that this was an event to remember for the students.

Graeme Lloyd



KAROO
PRIMARY SCHOOL
Activities During Community Helpers Program

Community Helpers in the Prep Program

What could be more exciting than being able to learn about the different people in our community that keep us safe, dressing up as a police officer and driving an electric car, all in your first term of Prep. Well at Karoo Primary School, this is exactly what our newest students have been able to do, through an inquiry unit that introduced them to the various people in the community, who keep us safe.

An electric car came to our school and the students found out about what an electric car was and were thrilled to be able to drive it around a track. This led to discussions and learning about car and road safety, including the things they and their parents need to do while driving.

We were also excited to have Sue and Eddie, our Karoo Primary School Crossing Supervisors, together with Kris and 'Lottie', the School-crossing mascot, from the Knox City Council visit our school. They joined the students in and out of the classroom for an interactive educational experience, learning how to safely cross the road, holding the signs and taking responsibility for helping others cross

the road safely. Importantly the students were taught how to 'Stop, Look, Listen and Act' when around roads and cars. These experiences raised the student's awareness of road safety and sustainable travel and encouraged Prep families to walk to and from school.

Throughout the term, the students were thrilled to also have several parents who have roles in the community with Victoria Police, Ambulance Victoria and the CFA, come in with their vehicles and speak about what they do. The students even got the chance to squirt the fire hose!

The inquiry unit culminated with a Prep Safety Day. They were able to dress up as their favourite community helpers and participate in various learning activities. They enjoyed roaming around the school grounds dressed as police officers, firemen, firewomen, doctors, paramedics and SES volunteers. Our special day finished with them racing the cars they had made in the previous weeks, out on a track with their Year 5 buddies. A fitting and fun way to finish off the day. We offer a huge thank you to the community helpers and our wonderful families, who gave assistance to the students and helped to make the unit of work a great success.

Come And Discover Our School During Education Week

This year for Victorian Education Week, Karoo will be open to the public and we welcome all of the local school community and visitors to come and explore our school, our classrooms, talk to our teachers and try some interesting science experiments. The theme this year is "Science". During the day, the classrooms will have science themed activities to demonstrate and experience, but it is in the evening when the school will really come alive.

The Art room, Gymnasium, Indonesian and Music rooms will be open too. Come and visit the Artroom where you are invited to get involved with a special activity.

Date: Wednesday 21 May 2014 Day Session: 9:15-10:30am Evening Session: 5:00-7:00pm

Address: Karoo Primary School, 160 Karoo Road, Rowville

Any enquiries, telephone 03 9759 6222 or email karoo.ps@edumail.vic.gov.au We hope to see you at Karoo.

Please don't forget our **Metal2Metal** challenge an Eco Waste Recycling initiative that we are competing in for a second year. The bins will be available for filling from 10/05/14 till the 24/05/14.

Kimberley Cunningham

Did You Know?

**Almonds are a member of the peach family
and Peanuts are one of the ingredients of dynamite!!**



The Victorious Robotics Team

ROBOT MASTERS

Students Return Victorious from Hawaii Robotics Challenge

The Rowville Maths and Science Academy has had an exciting Term One, with a team of dedicated students designing and building a robot to compete in the **first** Robotic Regional Challenge held in Honolulu, Hawaii.

The team commenced work during the January holidays, under the guidance of their teacher Matthew Randell. Team members included Vesal Rehavi, Sam Stoncius, Brad Chase, Frances Thomas, Alex Occhipinti, Blake Szabo, Thomas Wood, Aakash Anupkumar, Jonathon Soon, Caleb Castle, Katrina Miller and Nick Speer. Countless hours of the students' time were spent after school and on weekends, to engineer a robot that could hold its own against 39 other teams from around the world.

By the end of February the team had completed the robot and it was packaged up for shipping allowing plenty of time to arrive before the competition. The team now had a little less than a month to plan and set goals for themselves and their robot, which included increased presence and a professional look at the competition, reliability during gameplay, and winning a rookie award.

When the time finally came to depart for Hawaii, the support team farewelled our student representatives, along with Mr Randell and MSA Director, Daphne Clements, as they readied themselves for the long flight.

Upon arrival in a very different time zone and foreign land, the team were able to spend a few days sightseeing as a reward for their efforts thus far. Highlights included Diamond Head Crater, Waikiki Beach and Pearl Harbour.

After some down time, our MSA students returned to work mode and spent a twelve hour day unpacking and modifying their robot to bring it into line with the requirements of the upcoming competition.

After an exciting two days of gameplay, our students were able to leave Hawaii with their heads held high. Not only had the robot competed admirably, with minimal faults, the students were awarded the **Rookie Inspiration Award**. In addition to this amazing achievement, Bradley was presented with the **Star of the Day Safety Award** from the safety inspectors for his professionalism during the second day of competition.

Team Pit Manager Thomas Wood reflects on the experience with pride "I think the entire competition was a success. I was really pleased we won the Rookie award, the robot

worked exactly as planned and we didn't come last! I saw this as a big win. I think that we can expand on the ideas gathered from other robots and accomplish even more in Sydney later this year."

The Maths and Science Academy would like to thank their mentor Sam Murray from BAE systems, Milorad Cerovac, and the team from the King David School, Ros and Brad Yelland for their encouragement, the parents and guardians of our team members and of course the team members themselves for all their hard work, enthusiasm and commitment to the project. An extra special thank you goes to Mr Matthew Randell, who went above and beyond the call of duty to provide our students with a once in a lifetime opportunity.

Laura Gordon, RSC Communications Officer



It's hard to believe Term 1 is over already. Time flies! Our little cherubs have had so much fun throughout the term making crafts, painting, doing collages, playing make-believe and of course, singing, dancing and storytime. They have also enjoyed their time in the playground and garden, especially watering on those hot days.

Easter was a big hit with the children. They loved having their faces painted and making masks, Bunny ears, Easter baskets and becoming a bunny to hunt for their eggs.

We are now looking forward to Term 2, starting with Mother's Day. The children have already begun preparations.

RPAG is having a sausage sizzle at Woolworths Stud Park on Saturday 10th May. Please support us by coming past and having a sausage.

Keep your eyes out for our new website: www.rowvilleactivitygroup.com.au coming soon.

Kylie Ashton-Smith



Gold Class Writer's Certificate

Twice per term our year level teaching teams will be nominating their students best piece of writing to receive the Gold Class Writer's Award. One student from each year level will be awarded a certificate.

They will then have the opportunity to read their work out at Assembly. A copy of their written piece will be published in the School Newsletter and displayed on a special board in the Library. At the end of the year all the work will be made into a book to be kept in the Library.

Students have shown a lot of interest in the examples already chosen and displayed on the Gold Class Writer's board. We expect that our students will continue to present excellent work both in their Writer's Notebooks and when publishing. Knowing that their work is recognised by the school community is an added bonus for our prolific writers.

Gail Werrett Joint Coordinator of Languages: English

Interview with a Scottish Man and a Canadian.

Interviewer: Well, tell us about Scotland.

Scottish Man: Ok. People there wear kilts. They play bagpipes, in kilts. We celebrate many festivals. Some include Hogmanay, Burns Night, Edinburgh Fringe and Edinburgh Military Tattoo.

Interviewer: What are these festivals?

Scottish Man: Hogmanay is the celebration of New Year. Burns Night celebrates the birthday of Robbie Burns. Burns is a famous Scottish poet. Edinburgh Fringe is a comedy festival. Edinburgh Military Tattoo is a parade and performance. I don't know much more about the festivals. People in Scotland eat Haggis, which is sheep's stomach, black pudding, deep fried Mars Bars and drink beer. They participate in the Highland Games which are tests of strength.

Interviewer: Now, Mr. Canadian, tell us about Canada.

Canadian Man: Well, for one thing... WE HAVE SNOW!! In winter it gets dark around 4pm and guess what their



favourite sport is? Yep, you guessed it right. It's Ice Hockey! The Canadians love their space and most of them require at least 40cm apart when they speak to other people. We eat

bacon and we also eat biscuits for breakfast. But you Australians would call them scones.

Bye. I'm going to eat me some bacon!!

Okay, well, I, the writer am a quarter Canadian. My grandfather, Bob Balderstone, on my Mum's side was from Canada. My uncle was born in Canada. This was how the Australian Balderstone family came about. My very distant relatives on Dad's side are from Scotland.



Jasper Grade 4



School visit hosts and guests at Healesville Sanctuary.

School Talk

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

Found

One day I was playing outside at school when I found a crumpled up piece of paper. I picked it up and a small black key fell out. I quickly put it in my pocket and unravelled the piece of paper. It was a map and it said up the top 'The Shadow Ruby!'

I went off in search of the shadow ruby. I searched deep in the forest of fire where sparks leaped all about me. Then I searched the dry sandy desert where it was so dry I needed to pack ten drink bottles.

Finally, I searched in the cave of memories. The cave was loaded with traps ranging from arrows to boulders, dropping floors to trapdoors. It was a complete madhouse!

It was in the heart of the cave that I found a jet black chest. I pulled the key out of my pocket and inserted it into the chest. Click! It creaked open and there it was. The shadow ruby! It was awesome! I went back to school and showed it to the class.

Campbell Grade 3



The Volleyball Match

"Yes!" I screamed. My toes felt like marshmallows as they landed on the soft, yellow sand. 'I did it,' I thought. 'I've smashed the ball over the net and scored 1 point for my team.' I pumped my arms in pleasure then I lowered the excitement I felt. I prepared myself for the next powerful serve from the boys on the opposing team. I could feel the breeze blow across my face. I felt determined to whack the ball again and score another successful point for my teammates. I could hear the laughter of children and the squawking of birds. The boys served the round ball over the net. I leapt for the ball but, unfortunately it was too late. The ball landed on the soft sand with a thud.

Liv Grade 6



Harmony Day

Hosting a student from our Sister School: SDN 2 Serang, Banten, Indonesia

I was so excited when I knew that I was going to be a host for one of the students from SDN 2 Serang Indonesia. When they arrived at our school we ate morning tea with them then gave a tour of our school. All the host children took their guest to their home to settle in. On Sunday, the host families took their guests to Healesville Sanctuary to show them the Australian animals. My guest Zahid liked the eagle the most. They all came to school with us to learn English. On Monday we celebrated Harmony Day and it was fun learning the bush dances that the Bushwahzee Band taught us. On Wednesday all the hosts and guests went on an excursion in to the city. It was a great experience because we got to go on a tram which took us to the Melbourne Aquarium. We got to see fish, sharks, turtles, penguins and a giant crocodile. Afterwards we enjoyed fish and chips on the beach. It was so much fun. On Thursday after school my mum, brother, Zahid and I went to the movies to see Mr Peabody and Sherman but the highlight of his night was Timezone. On Saturday we got up at 6:00 in the morning and went to school at 6:40. It was so cold and dark. Everyone was sad to see the students leave but I'm sure we will see them again.

Sarah, Indonesian Captain 2014

Sister School Visit

I was extremely excited when I heard that the Sister School was coming to Australia. (even though I was the one that told the school that they were coming to our school at assembly). I met the students on the Friday they arrived and then their host families took them on a tour of the school. On Sunday they went to Healesville Sanctuary. I asked one of the students, Adit, and he really liked the kangaroos. Mafaza's favourite animal was the Tasmanian Devil. The visiting teachers were Ibu Dewi and Ibu Tety. Our visitors did many activities with their host families on the weekend and after school each night. I was quite nervous that I had to run the Farewell Assembly with Sarah, but in the end it went really well. The Indonesian Sister School visit was great fun and very interesting.

Braedyn Indonesian Captain 2014



Dancing with the Bushwahzee Band



Consul Ibu Ita Puspitasari signing the Memorandum of Understanding, observed by Serang 2Principal Ibu Dewi Cahyaingrat.

House Cross Country

Ready, set, go! Everyone was running around the oval and every house cheering go! GO GREEN, GO YELLOW, GO BLUE, GO RED. It felt like I was at a football match. Everyone saying run faster, but I didn't listen. I didn't listen because I needed my energy for the end of the race.

When we got off the oval, we ran on the footpath behind the oval. I was coming 5th. I was saying in my head I'm going to be in the top ten.

When we got back on the oval some people over took me, which was not good! Then there it was. The beautiful finish line.

All of a sudden Zach just appeared right next to me. I sprinted as fast as I could. The good thing was I couldn't feel my legs. Yes! the finish line. I raced towards it and just beat him. 9th, so I did come in the top ten.

Jason Grade 5

Dreaming of Being a Fish

Yesterday I had a dream of Darcy and I being fish. We came to a shark and we said, "get out of my way Mister!" We swam past him. We swam to a house, it was the shark house. We found a shark's mouth and we swam into it. Darcy and I said, "Who switched off the lights?" The shark's mouth opened and we swam out of it. Then we went to my mum's house and I said, "get out of my way," to a shape that looked like the shark. But it was just my mum. Then I woke up.

Nathan Grade 2



Total Concentration

Easter Hunt Fun

April 6 was an exciting day at Murrindal Playgroup! Over 30 of our lovely members gathered at the Murrindal Family Centre for our annual Easter Egg Hunt. Children were excited to discover that the Easter Bunny had arrived and the hunt was undertaken with much gusto. Children filled their goodie bags quickly, then moved to the park area adjacent to the centre for the much anticipated "Egg and Spoon" races.



Murrindal Playgroup

100 Murrindal Drive, Rowville

murrindalplaygroup@hotmail.com

As the morning progressed it was fantastic to see Mums and Dads alike, working with their children at the craft table, enjoying a hot cross bun and hot drink, whilst experiencing the company of other parents and cheering their children along in the Easter Bonnet Parade.

All children who attended the day went home with full bellies and smiles on their faces. A big thank you must go out to committee members Kristy Forbes and Tara Higgins for their organisation of the event.

Murrindal members who wish to view photos of the day can head to www.gavinferrierphotography.com/client-area/playgroup-easter.



The start Of The Egg And Spoon Race

Rainy day Play!

Well the heavens have opened! At Murrindal Playgroup we are very lucky to have a beautiful outdoor UNDERCOVER play area! So there is no need to keep the little ones cooped up inside. Why not do some painting? Or perhaps make a collage of fallen leaves? Encouraging children to rug up and head outside even when the sun isn't shining is healthy for the development of natural play. Talking to children about the change of seasons is a fun and interesting way to spend a playgroup session!

Kirsty Ackland

It is hard to believe that we are in second term already. It has been very rewarding to see our children settle into their new learning environment to become integral members of a group, each bringing their own learning and family experiences with them as they embark upon a new chapter in their learning journey. We run a play based program at Liberty Ave. Play is something that children do well, that they can be successful at and that provides countless opportunities for learning, creativity and fun!

A big thank you to the families who attended our recent working bee. Our playground has been freshened up with some new sand and bark, the cubby house has a fresh coat of paint inside and we have added some new, refurbished furniture, including a new cooking station, recycled from an old TV cabinet we bought from the Op shop. The children have enjoyed cooking with the sand, bark and some old pots and pans as they explore these new interest areas in the playground. We have been busy planting herbs and aromatic plants throughout the garden that the children have enjoyed watering and caring for as well.



At the end of first term we held a family fun night where we invited families to join us at kinder for a picnic dinner and an opportunity for the children to share their kindergarten experience with their families. This was a great night that provided opportunities for families to become more familiar with each other and to build relationships with other families in the community.

At Liberty Ave Three Year old Kindergarten we offer two groups who each attend for 2 sessions per week, a total of 5.5 hours (consisting of 1 x 3hr morning session and 1



x 2.5hr afternoon session weekly). We employ a qualified kindergarten teacher and assistant, who are also trained in first aid, anaphylaxis and asthma management as well as being registered as a kindergarten with the Department of Education & Early Childhood Development.

We currently have positions available in both groups. For enrolment information regarding 2014 or future years, please contact Kylie on 9752 9981.

Jacqui Iscaro



St Simon's Parish Church



Understanding Cancer

I don't think that there is anybody out there that has not been touched by some form of cancer. Whether you have been a sufferer, survivor, or you have cared for someone you love with cancer; most of us have experience with this disease.

Cancer is a word that is very prevalent in our community

today and it is here that we need to give support.

There are many wonderful organisations out there to help to raise money for research and rehabilitation, like the Olivia Newton John and McGrath foundations and many more, but we must not forget the actual journey of the sufferer and his or her carer.

It is at this stage that these people are very vulnerable and need to know that they are not alone and that there is support in their local area.

Here in Rowville we have restarted a group to support cancer sufferer, carers and survivors. This group is run by people who know what it is like to go through chemotherapy

and radiation treatment. They know what its like to support their partner in life who is suffering and still have little children running around.

This group meets on the 3rd Thursday of the month at 7.30pm at the St Simon's Meeting House and every month has a different theme, from art work to social dinners, guest speakers from cancer organisations and learning how to write your own journals. All are welcome to attend these friendly social evenings.

Car Boot Sale

On Saturday 14 June we will be holding a car boot sale. Set up will be at 8am and trading will be held between 9am and 2pm. The cost is \$20.00 per car space and hot food and refreshments will be available. Registration and payment should be made at the Parish Office. For any queries regarding the cancer group or the car boot sale please call 9764 4058.

Suzette Diaz



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



Second Visit of Roy Funu - May 17th to 26th

Roy is a Solomon Island Pastor who visited RAFT church last August and was very well received with his encouraging messages. He is an inspiring communicator with a vibrant, happy, infectious personality. All who met with him last time were enthusiastic about his second visit, now imminent. He has been resident in Queensland for many years, building a house of prayer, materially and spiritually, working and praying for the revival of the Christian church in Australia. He carries out this ministry with others as a thank-you to Australia for taking Christianity to the Solomon Islands early in the 20th century.

We invite you to join us at our worship services at 8.30am and 10.30am on Sunday 18th and Sunday 25th May where Roy will speak about revival. Some of his topics will be 'The Craving for Revival', 'The Conditions for Revival' and 'The Celebrations of Revival'. Roy will also speak at a Parish breakfast on Saturday 24th May.

For further information on this and other meetings with Roy,



Roy Funu

please contact Clyde or Jan on 97633196.

The ministry at RAFT are very excited about Roy's impending visit.

Clyde Andrews



9753 3495 office@rowville.unitingchurch.org.au

Easter was a great celebration in our church. We really enjoyed joining with other Rowville Churches in the Way of the Cross on Good Friday and we also had a wonderful celebration of the resurrection on Easter Day. We hope others in Rowville were able to enter into something of the Easter story and the promise of life that comes through Jesus Christ.

Rowville Uniting Church meets to worship on Sunday morning at 10am. We celebrate communion on the first Sunday and we have a special children and family focus on the third Sunday. Our worship always seeks to be relevant and contemporary in its content.

We have been reminded in the news of how lucky we are to live in Australia. As a church we are prayerfully upholding the people of Chile, the Philippines and others dealing with natural disasters. There seems to have been an abundance of these in recent times and we hope that the actions of good people will make a difference. We also pray that the presence

of God might bring a sense of hope. We also uphold in prayer those who seek to come to our country for refuge. We pray that our country might find a way to offer a more humane response to people whose circumstances are so desperate. We believe it is important for churches to pray for and advocate for issues of justice and difficulty.

Toddler Gym is going well in 2014 and we invite people with preschool aged children to join this great program. It runs on Tuesday and Friday mornings 9:30-10:30am and 11am -12 noon. The cost is \$5 per family and registration is vital. We offer a free play program on equipment that is designed for early childhood development. For more information please contact the church office.

Andrew Hacker is our new Clinical Counsellor at the Bridgewater Centre. Andrew brings extensive experience in relationship counselling and other general mental health issues. This low cost service seeks to offer people the opportunity to self refer and see our counsellor for as long as required. Appointments are essential and can be made through the church office.

For other information about the Uniting Church please call our church office(See details in "What's On Locally" on page 2.

Trevor Bassett



Rowville Baptist Church

www.rowvillebaptist.org.au

office@rowvillebaptist.org.au

Ph: 9764 4242

Rowville Baptist Community Playgroup (RBCP) has been operating for over twenty-five years. Over that time a number of families have enjoyed the various activities offered. When asked why some families have chosen to attend, some for many years, they have said that "Rowville Community Playgroup offers a different type of playgroup from those generally offered. The leaders make you feel important and valued and offer a variety of games, crafts and activities. They go the extra mile to make it special."

Our Playgroup is run by members of Rowville Baptist Church, who love playgroup and the families who attend. The majority of the current leaders run the playgroup without any of their own children attending. This is because "we are committed to the community of Rowville and offering a safe and fun playgroup, where all parents, grandparents and/or carer/s of any faith, nationality and age, can come and join in activities with their children and other parents/carers."

RBCP offers a semi-structured program for 0-5 year olds. We provide activities for general play then come together for a story before we sit and enjoy morning tea (which you provide for each of your own children) and then we join together for a time of music and singing. Sometimes instruments are used, sometimes a game is played or the parachute employed. The children and their energy levels and interests help determine how this time is enjoyed.

Over the last few years we have also held a family fun day. This year we are planning to hold a Circus themed family day which is offered to both playgroup participants as well as any older siblings and other friends they may like to invite. We are planning to hold this in November. We are committed to family and therefore often have special persons day, with occasional outings to a play centre or local park/ playground. Each group, with their leader/s, helps to decide what best suits them.

Playgroup runs 9.30am – 11.30am each Tuesday, Thursday and Friday of each school term. If you would like to check us out please contact Suzanne Adams (Co co-ordinator) on 0411 595 927 or contact Rowville Baptist Church office on 9764 4242. Limited places are available.

Suzanne Adams



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



"He is Alive"

Imagine the women's surprise when they came to Jesus' tomb early on the first day of the week with spices to anoint Jesus' body and found the stone rolled away and the tomb was empty: Jesus' body had gone! They went quickly and told the news to Peter and John who ran to the tomb and found it was just as the women had said, empty. Jesus' body was not there. On the road to Emmaus, Jesus met up with two of His followers who were discussing the events that had just taken place in Jerusalem. These followers of Jesus did not recognise Him until they were having a meal with Him and He took some bread, blessed and broke it. Imagine their surprise when they realised that it was Jesus who had walked and talked with them on the Emmaus road.

Now, almost 2000 years later we should not be surprised that the tomb where Jesus was laid after His death is empty. We serve a risen Saviour and the conviction of the reality of His resurrection enables us to live a life of faith and hope. Our hope is of life eternal because after death our mortal bodies will be changed to the immortal, when Jesus returns to take His Church to Heaven. "For the trumpet will sound, and the dead will be raised incorruptible and will shall be changed". (1 Corinthians 15:52). With this hope, let us live our lives fully obeying Jesus' last command to share the Gospel with all people, in resurrection faith, relying on His resurrection power

For all who have accepted Jesus as their Saviour and Lord, He still lives in us! "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father". (John 14:12). The same resurrection power that raised Christ from the dead lives in all who believe.

May the triumph of Easter live on in your lives throughout the coming year; He causes us to triumph in our lives too!

Ray Green

Knox Regional Netball Centre

The Knox Regional Netball Centre is currently looking for new teams to join its Wednesday and Friday ladies daytime competitions. All games are played in the mornings on the indoor courts, with fully qualified umpires. Free crèche available for players run by qualified and accredited Knox Council staff. The new season begins in July after the school holidays, but team registrations are now open. To find out more or to register a team contact the centre on 9758 7191.

Knox Netball also runs *Net Set Go* which is a program for 5-9 year olds to learn the netball basics before heading to a club environment. The program runs on a Friday from 4.15pm – 5.00pm (also a very limited number of places on a Thursday 4.15pm – 5.00pm), on the indoor netball courts at Knox Regional Netball Centre in Ferntree Gully.

Please contact the centre for further details knox.netball@knox.vic.gov.au or 9758 7191

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

Rosalind Montgomery

Say 'Thank You' and be Grateful

There is definitely something uplifting about a sincere 'thank you'. It warrants smiles and settles the account for whatever the 'thank you' was for. A heart felt 'thank you' adds meaning to action and depth to what might otherwise have been a mundane occurrence.

Gratefulness is humanity's way of enjoying life. You cannot enjoy life if you are not thankful that you have it, along with every other blessing that you are able to enjoy. We may all know people who seem "easily satisfied", but like it or not, they seem to be the happiest. They are content and grateful for whatever they have and they seldom complain. They are the beautiful in our society. They are also the builders of a better society.

Understanding the value of thanking others, means that one knows the importance of others and is able to acknowledge what somebody else has added to their lives, even if it is

just a coffee. They understand that the rest of the world is not there to serve them, but that some do and they should be thanked for their service. Expecting everything given as right of entitlement is very different. There is a particular coldness, apathy and even complaint that demonstrate a person's lack of appreciation.

Some say there is an epidemic of ungratefulness fast consuming our society. But that is a generalization and depends entirely on the individual. That said, there may be a correlation worth investigating, connecting a sense of entitlement to diminished appreciation. When people think they deserve something, suddenly the focus is self-revolving and one forgets that there are other people in the world with lives of their own, who are trying to do a job to the best of their ability.

Gratefulness reflects an individual's character. Those who are frequently grateful are usually kinder and themselves more humble. The ungrateful are usually towards the impatient, immature and arrogant side. The easiest way to evaluate a person's state of heart is by the attitudes and the ways in which they show gratefulness. Just because lunch took 10 minutes longer than usual to prepare, does not mean gratitude need not be shown. Out of the overflow of the heart, the mouth speaks. So what are we saying about

our experiences and other people? Are we grateful for the world around us? Do we make it a point to value others, their contributions and efforts, even thanking them for simply being themselves? Are we able to see the beauty in others and thank them, even though they aren't perfect?

This month we celebrate an annual day of recognition for our mothers. Now everyone ought to know that mothers need more than just one day of recognition and gratefulness, but one official day is still appreciated. So practice being grateful all the time, especially for those people in your lives who have helped to shape you, even if you didn't always like it, at the time. We forget how important the closest ones to us are, because we get so used to them being there and sometimes we forget we were always blessed to have them.

Challenge yourself to grow in gratefulness this month and once you've tasted how uplifting it is, grow in gratefulness for the rest of the year and then the rest of your life. Understandably, sometimes life is just really tough and it's almost impossible to find more than three things to be grateful for. If this is the case, we invite you into our family to come and join us on any given Sunday morning. We're all still learning how to be grateful for life, for hope, for freedom, for joy and for love.

Nicole Fong

A Mammoth May at The Salvation Army Rowville Worship & Mission Centre

Big things are planned this month at the Salvation Army Rowville, kicking off with the Craft and Car Boot Sale. This is held on the last Saturday of every month and from May 31st will be from 8am-1pm. This is a great opportunity to come and grab a bargain from the many stalls, enjoy a BBQ breakfast, hot coffee & have some great conversation. Stall holders can book a place (room for 20 stalls inside) by calling Kriss on 0415 511 588.

Mondays at 10am is our very popular Music program called, 'Mainly Music'. The aim of mainly music is to provide an environment where preschool children can develop skills to enhance their preschool education through the use of music, rhythm, rhyme and other music relegated activities. It is also an enjoyable way for parents and caregivers to interact with their children through music. Make sure you check availability as this is one of our most popular programs.

The Salvos Thrift Shop operates at 1330 High Street



Early Bargain Hunters at the Craft & Boot Sale

Road, Wantirna and welcomes you to drop in for a chat and the chance of picking up some pre-loved goods, that are not only affordable and of great quality, but helps fund vital community projects. It is a great place to discover a unique treasure for Mother's Day. We will be having a special

celebration honouring Mothers on Sunday the 11th during our service.

May is the Salvation Army's main fundraising drive, the Red Shield appeal. The Red Shield appeal Doorknock takes place on the weekend of 24th-25th May and offers Australians, from all walks of life, a chance to get behind the Salvos and help over 1 million Australians right around the country, transform their lives. You can help by digging deep when you hear the knock and by becoming a volunteer.

The Rowville Corps is an exciting and growing Church that meets every Sunday at 10am and offers a family friendly place to worship. The Salvation Army offers not only food for an empty stomach but spiritual fulfilment as well, living up to our slogan 'heart to God and hand to

humanity'. Come and join us for singing, music, prayer and bible teaching for all ages and help build better people for a better world. Salvation Army Rowville is located at 16 Kingsley Cl, Rowville and you can contact us on 03 97532795 or corpsofficer.rowville@aus.salvationarmy.org.

Stephen Lakey.

Rowville & Lysterfield Knox City Council Council Minutes March 25th Meeting

Here is a brief summary of items affecting the Rowville-Lysterfield area from the Knox City Council meeting held on the 25th of March 2014

Petitions and Memorials

Item 4.1 Councilor Seymour presented a petition with 138 signatories from residents of Rowville opposing Council's Draft Housing Strategy. The petition lay on the table.

Ward Issues

Item 5.2.1 Councillor Seymour (Tirhatuan Ward) Councillor Seymour advised that the key issue facing her Ward at the moment was in relation to the draft Housing Strategy and Rowville Plan. Councillor Seymour noted the key areas of concern raised by her residents and highlighted particular concerns regarding the impact of the proposed 3 storey / 9 metre height limits. Councillor Seymour encouraged residents to provide feedback on the draft Strategy and Plan which closes 28 March 2014. Councillor Seymour advised that the planning application

for the recycling plant on Stud Road was also creating some angst in the community. Councillor Seymour encouraged residents to represent their views at the forthcoming VCAT hearing in relation to this matter.

Item 5.2.7 Councillor Pearce (Taylor Ward)

Councillor Pearce advised of his recent attendance with Councillor Seymour at the Wellington Village Community Fun Day held on 22nd March. Councillor Pearce thanked Councillor Seymour for her support on the day and noted that Wellington Village is a popular hub with people in both Taylor and Tirhatuan Wards.

Works Report as at 1st March 2014

High Risk Road Failures

Major patching works currently in progress in Bergins Road, Rowville. Program is 100% committed. **Bicycle / Shared Path Renewal Program**

Program progressing well with 40% completed and 80% expended/committed. Colchester Road and Rowville Vet paths are set to commence in mid-March. **Street Tree Replacement Program**

Cairn Curren Close and Tali Karng Close consultation and tree works have been completed. The consultation process for the overall program is nearing completion. Tree removal works will begin in March and tree planting will commence in May- June. **Stamford Park Redevelopment**

Tenders for the fire sprinkler system close on the 18 March. The geotechnical investigation to resolve

building subsidence issues at the Homestead has been completed. Quotations for legal services consultants to assist Council with the Stamford Park residential land sale and project procurement process have been received and a recommendation to appoint will be made shortly.

Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

Consultancy brief has been prepared. Quotations will be sought in mid March. **Major Reserves Conversion to Warm Season Grass**

Work has started on conversion to warm season grass at Eildon Park Oval No.2 and Dobson Reserve. **Stud Road, Rowville - Sunshine Street to Timbertop Drive - Footpath**

Correspondence sent to developer's solicitor requesting finalisation of costings.

Eildon Park Storm Water Harvesting - Stage 2

Works complete. Surplus grant funds to be returned to the Federal Government. **Avalon/Stamford/Stud Road Intersection Modification**

Discussions have taken place with VicRoads. Consultant is to be engaged to assess the design concept. **Murrindal Playroom Extension (Stage - Two)**

Works will be completed mid-March. **Tirhatuan Drive (No 18) Rowville - Drainage Upgrade**

Formal approval received from Melbourne Water. Tenders have closed and tender evaluation underway.

Wellington Road / EastLink - Shared Path

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Council Minutes continued...

Works completed with 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 this coming winter. **Hampden Court, Rowville – Rehabilitation**

Project complete.

Cairn Curren Close, Rowville – Rehabilitation

Contract works well underway. Tree removal completed prior to Christmas. Expect to complete kerb and channel works by mid-March 2014 and pavement works by mid-April 2014. Contractor slightly behind schedule with project. Update letter provided to residents 24 February 2014. Works integrated with Tali Karn Close.

Tali Karn Close, Rowville – Rehabilitation

Contract works well underway. Tree removal completed prior to Christmas. Expect to complete kerb and channel works by mid-March 2014 and pavement works by mid-April 2014. Contractor slightly behind schedule with project. Update letter provided to residents 24 February 2014. Works integrated with Cairn Curren Close.

Ranceby Close, Rowville - Rehabilitation

Project complete. **Camley Court, Rowville – Rehabilitation**

Project complete. **Heany Park - Open Space Upgrade**

Negotiation with preferred contractor underway. Expect construction start following successful conclusion to negotiations.

Bush Boulevard

Areas to be infilled with plants of local provenance. Works to take place between Kelletts Road and Tirhatuan Drive. Contractor appointed and will commence in Autumn 2014.

Hindmarsh Street, Rowville – Rehabilitation

Contractor appointed - works have commenced on 17 February 2014 with kerb and channel and footpath removal well underway.

Blackwood Park Road, Rowville - Rehabilitation Design.

About to commence survey with detailed design to commence in April 2014.

Stamford Park Homestead - Sprinkler System

Tenders for the fire sprinkler system to the Homestead will be received on 18 March.

Napoleon Road bus stop connection No.1

Works programmed for March. Redesign required to align with the ultimate layout of dedicated right turn lanes.

Napoleon Road bus stop connection No.2

Project completed.

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

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