



# ROWVILLE-LYSTERFIELD

## COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

**Priceless**

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# Rowville Secondary College Presents

# hairspray

● THE BROADWAY MUSICAL ●

Held in the R.S.C Performing Arts Centre - Humphreys Way, Rowville

**Evening Shows - 7:00pm**

Wednesday 6th August

Thursday 7th August

Friday 8th August

**Twilight Show - 5:00pm**

Saturday 9th August



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Lyrics by

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**Orchestrations by Harold Wheeler**

**Arrangements by Marc Shaiman**

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

Eastern Campus

Humphreys Way, Rowville

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## From the Editor's Desk



This month a number of important issues have come to my attention not least of which is the resignation of our "Council Meeting Notes" contributor. You will all be aware that these appear regularly in the paper, normally on pages 22 and/or 23. Darren Arnott, who has not only summarised the happenings at Council meetings for the last two years, but served the paper in other positions for many years, is leaving Rowville and will no longer be able to collate the minutes for us. Therefore the search is on for someone to take over the role. Could that be you? It is not a difficult task and doesn't take long to compile. Darren would be very happy to guide the new reporter through the requirements, so please give it some thought and let me know if you can spare a few minutes a month to advise the community of Council decisions that may affect them. A huge number of residents use the facilities at the Rowville Library and may not be aware that if they wish to contact the staff, they have a new phone number. I suggest you all make a note that in future the number to use is 9800 6443. It seems that in the May issue I may have misled some people in the community, when I reported on the absence of the Italian and Greek communities at the Multicultural Harmony Festival. I

should have made it clear that I was referring to the absence of their food stalls from the event. They did both appear on the stage and there was also a stall selling goods, but many visitors noted that there were no specialist food outlets from those countries. Hopefully, there will be, next year.

I wonder how many of you, like me, are bewildered by the newsagent in Stud Park's decision to remove all magazines from their shelves. OK, we can buy the common ones from Coles and Woolies, but where do we go for other mags? It seems incredible that the major shopping hub for our community (no offence Wellington Village or Rowville Lakes) now has no outlet for specialist readers. One can only hope that the situation can be quickly resolved.

For those of you that take the time to read "Memory Lane.. From The Archives" it's run is coming to an end. I began the series almost five years ago, so by November I will be back to where I started and any further months would merely be repeats. However, on a brighter note I have found that some months in bygone years throw up multiple events and interesting happenings which make sifting through old editions a rewarding experience. At other times it is hard to find anything, so I draw your attention to 2004 in this edition. Wow, was that an exciting month. It was all happening in our community back then.

David Gilbert

## What's On Locally

July 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, Turramurra 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 1.00pm (except Jan & Dec) at Boronia Progress Hall.

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

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

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

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

**Little Athletics** For training & event days: 9763 1404.

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

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

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

**Probus Club** (Knox Combined) Meet 1st Tues each month at the Stamford Hotel at 10am. 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. Cancer Group meets every 3rd Thursday at 7.30pm in the Meeting House.

**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 Leona 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 with a discount for full term. Contact Karen Skiadas on 0421 349 520

## July Events

**RAFT** Family History – Next meeting Wednesday 2nd July at 10.00 am will include a talk by **Charles Bartlett** about 'Genealogy Resources at Rowville Library'. We will then celebrate the **10th Anniversary** of our Group with a **Bring and Share Lunch**. Inquiries, Bev 9759 5455 or jibec@bigpond.com





# Calendar of Events

## July 2014

**1 July – Immunisations** at Rowville Community Centre – Free. No appointments needed. Bring Medicare card and child's Health Record Book to session

**6- 13 July – NAIDOC Week** – [www.naidoc.org.au](http://www.naidoc.org.au)

**13- 19 July – National Diabetes Week**  
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

**16 July - Immunisations** at Rowville Community Centre – Free. No appointments needed. Bring Medicare card and child's Health Record Book to session

**18 July – National Pyjama Day**  
[www.thepyjamafoundation.com/pyjama-day](http://www.thepyjamafoundation.com/pyjama-day)

**19-20 July – Big Break Youth Stage**  
Live music by and for under 18s & under 25s  
[www.thebasinmusicfestival.org.au](http://www.thebasinmusicfestival.org.au)

**20- 26 July – National Pain Week**  
[www.chronicpainaustalia.org.au](http://www.chronicpainaustalia.org.au)

**22 July – Ordinary Council Meeting**  
Knox Civic Centre 7.00pm

**25 July – Schools Tree Day**  
[treeday.planetark.org/schools](http://treeday.planetark.org/schools)

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

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

**27 July – National Stepfamily Awareness Day**  
[www.stepfamily.org.au](http://www.stepfamily.org.au)

**27 July- 2 Aug – National Missing Persons Week**  
[www.missingpersons.gov.au](http://www.missingpersons.gov.au)

**28 July – 3 Aug – National ICT Careers Week**  
[www.ictcareersweek.info](http://www.ictcareersweek.info)

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

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

**- Deadline -**  
**August 2014**

**EDITORIAL & ADVERTISEMENTS**  
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## A Touch of Hairspray for Rowville

This year, Rowville Secondary College students will tackle the musical "Hairspray" made famous, in most people's eyes, by John Travolta and Michelle Pfeiffer. Other notable actors who played leading roles in the 2007 film include Zac Efron, Amanda Bynes, Queen Latifah and Christopher Walken, whilst Deborah Harry (Blondie) and Divine graced the original 1988 production. Hairspray also became a stage show in 2002, running for over six years on Broadway winning 8 'Tonys' in the process and being voted 'Best Musical' in 2003.

In the RSC production the Travolta role of Edna is played by Hamish, who says he intends to create his own interpretation and feels that while he is thin in stature, he can fulfil the demands of being 'Pleasantly Plump' with illusion, whilst the way Pfeiffer's carried herself through scenes has influenced the way Meg moves. The role of Penny Lou is to be played by last years 'outstanding performance' winner, Phoebe, and Keegan, who says the script can sometimes dictate to the actor, is sure he will do justice to the Zac Efron role of 'Link'. 'Seaweed J Stubbs' is entrusted to Mitch, who will mould his performance to how he sees the character. All the leading players have seen the 2007 film, but prefer to bring their own style and nuances to their roles. They believe that it is important to be different and not merely copy, as their characters in the film had differing reasons to accept the roles.

Keegan and Mitch are currently in year 11 and the other three in year 10. Only Phoebe is a Rowville resident, the others coming to RSC for its benefits from as far away as Edithvale. Mitch has been at RSC for 5 years, Phoebe and Meg for 4 years, whilst Hamish has only been there 1 year and Keegan a mere 6 months. Both Phoebe and Mitch have been in RSC productions before (Mitch also has theatre company experience), whilst Meg has experience through

a theatre company and the fact that her father is head of drama at Wesley College and belongs to the same company. The two 'new boys' have performed in various roles at their previous schools.

Acting blood runs through Keegan's family with multiple connections to theatre and apart from Mitch's uncle and Meg's father (her mother also acts), the others have no family history of treading the boards. There is no theme as to which stage attribute they find the hardest, with Hamish stating his desire to bring life to the character. Both Meg and Keegan think that singing is the toughest part, Mitch is trying to perfect a 'soulful' voice and Phoebe finds the dancing her hardest ordeal. There is a variety of answers to the question of what do they like most about acting. They include, the camaraderie and social side, the thrill of nerves, the build-up of adrenalin, everyone's focus is on you and the ability to be someone else and believe that you are them. You can decide who said what!! One thing they all agree on is the need to balance school work with rehearsals, to keep on top of homework and have a healthy and enjoyable social life.

Hugh Jackman is obviously high on their favourite actor list with both Keegan and Mitch putting him top of their lists. Phoebe loved the way Jennifer Lawrence brings characters to life, whilst Meg nominated Cate Blanchet and Hamish, Meryl Streep. Given the chance to play any role on the stage or in film, Hamish went for the quirky TV show "Kath & Kim" but didn't nominate which role. Mitch said Mr Mistoffelees from 'Cats' or any 'Les Miserables' character and Keegan settled for the James Franco role of Aron Ralston in '127 Hours'. Glinda from 'Wicked' was Phoebe's choice and Meg chose Wendla from 'Spring Awakening'. There was surprising agreement on their favourite number from 'Hairspray', with Meg, Hamish and Phoebe going for "You Can't Stop The Beat" and Keegan and Mitch saying "Run And Tell That".

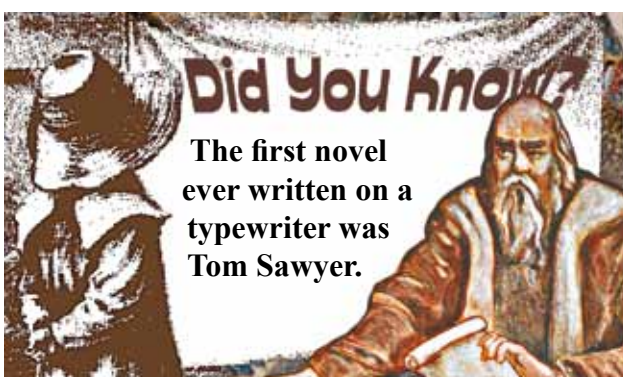
With months and years of school still ahead of them, both Phoebe and Meg would like to pursue a career in acting, but realising the precarious nature of that vocation backed it up with teaching drama. Keegan sees a future in TV or film whilst Mitch sees his future following his passion for travelling by joining a cruise liner before studying teaching at University. Hamish was very certain that his career path would be in organisational psychology.

So what about nerves? Today everything is OK, with only Meg admitting to early twinges. However that moment before they go on stage is when nerves will kick in, although Meg said by then nerves will have abated and excitement will take over.

Personally, I think "It will be alright on the night".

*Interviewed by David Gilbert*

**hairspray**





# Rowville

COMMUNITY KITCHEN

## It's a wrap: A rainbow wrap for Jamie Oliver's for Food Revolution Day 2014

Chefs Greg & Lorenzo and Christine from Rowville Community Kitchen teamed with the 240+ students of Scoresby Primary School to participate in this year's Food Revolution Day.

We were part of the 9100 events that took place in 121 countries around the world.

After lots of preparation and anticipation the morning came and went really quickly. We managed to run to schedule with the many willing hands that assisted setting up and cleaning afterwards.

Our activities for Food Revolution Day was to use Jamie's recipe for rainbow wraps, three different fresh veggie juices and banana bread. Students picked fresh herbs from their own veggie garden to include in their wraps, really embracing "fresh is best"

All the students were really keen and excited to be cooking "with Jamie" (though they were disappointed that he wasn't there in person due to the time difference). However they sent Jamie a big "Hello" by video. They all embraced the idea of tasting something different, though many do eat fresh fruit and veggies at home. Beetroot was a definite winner in the taste stakes.

RCK acknowledge the support of all the school staff and students, Cr Nicole Seymour and SecondBite for the fresh food donations. Also a big thank you to the students of Scoresby Primary School for our certificate and the wonderful hamper of fresh produce, picked from the school's own vegetable garden.

The morning was such a huge hit that Principle Matthew Carney, booked the RCK team for next year.

*Christine Smith*

## Recipe

### Potato-Tomato- Pumpkin bake

Ideal to use up all those bits of veggies in the fridge. These are my favourites, you can use your favourites or what is in season

#### Ingredients

- 1 tablespoon of olive oil
- 1 medium onion
- 2 cloves of garlic
- Pumpkin thinly sliced
- 1 large potato
- 1 large tomato(over-ripe is fine)
- 1 teaspoon of thyme
- 1 teaspoon of fresh chopped rosemary
- Salt and pepper if you must
- 1 cup of shredded cheese. I use parmesan

#### Directions

Preheat the oven to 190°

- Finely dice the onion and mince the garlic. Sauté onions in a frypan skillet with olive oil until softened (approx 5 minutes) then add the garlic for about 1-2 minutes
- While the onion and garlic are cooking, thinly slice the rest of the vegetables
- Slice them into the same shape if possible or use a mandolin or a food processor if you have one.
- Spray the inside of an 8x8 oven proof dish with non-stick spray
- Spread the softened onion and garlic in the bottom of the dish

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



*Christine Smith with Chef and Principal Matthew Carney  
Receiving The Hamper From Students*

- Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle with salt, pepper, thyme, and rosemary.
- Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown.

Serves two



## Bendigo Community Bank

*Jeff Somers Presenting the Cheque to the President and staff*

### Warm play environment provided by Community Bank®

Recently, Rowville Community Bank® Director, Jeff Somers, visited Liberty Avenue Playgroup to present a Community Grant cheque of \$1000. This money was the remaining amount needed to be raised to purchase and install outdoor café-style blinds to create an outdoor winter play area for the children. Jeff met with President, Brooke Rogerson and other committee members whilst checking out the Centre. The Centre caters for 43 families in playgroups and 60 children and two teachers in their 3 year old kinder

program.

As we all know, outdoor play is very important to the physical and mental development of children and to be able to provide a protected area for them during the colder months means they will be able to enjoy their time outdoors without becoming too cold and wanting to venture back inside.

The Community Bank® model aims to provide not only banking services, but to keep local capital in the community, and giving back via community grants is one way of providing revenue for community groups and projects.

*Janine Shepherd*



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## Rotary Club of Rowville

Rotary Club meetings are never boring. At the Rowville-Lysterfield Club we have such a varied program, there is always something for everyone to be interested in and want to help with. The past 2 – 3 months have delivered events during April such as our Autumn 2014 Business Breakfast.

Around 80 people attended, to listen to an inspiring presentation by Phillip Johnson, Landscape Designer of the Gold winning Australian Garden display at the prestigious Chelsea Flower Show, London. This was followed by a Club vocational visit to the Walter and Eliza Hall Institute, a world leader in cancer research and about to celebrate its 100<sup>th</sup> anniversary next year. A change of theme was a visit by our President Neil White's Personal Trainer, including a practical 'boxercise' demonstration. Neil has never looked healthier or fitter!!

Then we had a presentation from Tina Costanzo from the Prada-Willi Association. This is a complex medical condition that affects boys and girls equally and continues to affect them throughout their lives. They develop an obsession with food and eating, poor muscle tone and balance, learning difficulties, lack of normal sexual development, emotional instability and lack of maturity. It is a syndrome that is not inherited, but is a genetic disorder and despite considerable research into PWS there is currently no cure. The Prada-Willi Association have developed a number of management strategies that can be applied by parents etc. and the increased knowledge being assembled is helping all people with this



Lana Whitehouse

condition to live a fuller life, despite their limitations.

At Rowville-Lysterfield Rotary, we have been able to contribute some funding and are looking at ways to help them further through future fundraising efforts.

Continuing the medical research theme, the Club had Dr. Courtney McDonald from Monash Research Institute talking to us about her vital work in Stem Cell Research to help and, hopefully, prevent or treat brain injuries, particularly in regard to Cerebral Palsy sufferers. We all learnt a great deal about this little publicised research team breaking new ground here in Melbourne.

The Rotary International Group Study Exchange is a wonderful program and we were pleased to have our local representative come back from her recent study tour to Indiana USA. Lana Whitehouse from Rowville Secondary College, shared her experiences in detail and certainly had a very full and rewarding 4 weeks away.

Lana confessed she is now a changed person with a different outlook on life, having discovered new ways of doing old things and new things to try, both professionally and personally. The Club was very proud and fortunate to be able support her and we are sure that Rowville Secondary College will see some beneficial changes soon in her areas of responsibility at the College.

## Be Our Guest

If you are a local business person or resident (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](http://www.rotanet.com.au/rowville), follow us on Facebook and also on [Twitter@RotaryLyster](https://twitter.com/RotaryLyster).

Rotarian James Wilson

## Lions Club of Rowville



By the time this issue is published, President Frances Campbell and her new Board of Directors will have been sworn in and already have their sleeves rolled up, planning projects which will help make a positive difference to the lives of people in the community. Frances has been a hard working member of the club for several years now and has earned the respect of all around her, so will no doubt be able to inspire her Board and the other members of the club, especially the new ones, to give their best efforts in easing the lives of others.

As the cost of living soars and public funding lessens in many areas, service organizations such as Lions are finding it harder to help the number of people who need assistance. To this end, fundraising is becoming more and more important, so whenever you see our Lions doing their bit out in the community, please consider either buying something or putting a few coins into the donations tin. Every cent raised is guaranteed to go back into the community so you know that your money will be well spent.

Chris Carr

*Editor's Note:- This is the last article to be submitted by Chris, who has diligently supplied submissions for the best part of six years. I hope that our association with the Lions continues in a similar cooperative way. On behalf of the Committee, thank you for being a good friend of our paper.*





**ROWVILLE PICTURE FRAMING**

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## Probus Club (Combined Knox)



A highlight this month was the visit to the Wantirna Hill Club to have lunch and be entertained by Issi Dye. What a consummate performer he is. From his first song, which I and many others knew the words to, through to the last, which we also knew the words to (and most in between), he entertained us with anecdotes and stories from those golden days of popular music, the fifties and sixties. Quite a number of the songs were 'country' in origin, which resulted in three of our members getting up and giving everyone an impromptu lesson in line dancing.

Our cinema visit in May was to see "The Grand Budapest Hotel", which was quirky and very amusing. In June we saw "Grace Of Monaco", which covered about two years of



her life and was well portrayed by Nicole Kidman. One had to know some history of the time to understand why some critics said it was not historically correct. The titles at the start did say it was a dramatization of events.

Our guest speaker was Ian Crawford, one of the famous

Crawfords who for many years created such beloved TV series as 'Homicide', Sullivans, Flying Doctors, Division 4, Matlock Police and the scandalous 'Number 96'. Ian gave an intriguing insight into the early days of wobbly sets to the behind the scenes 'goings on'. It was informative, entertaining and nostalgic.

Over the last few months our numbers have been bolstered but we would like to welcome new members to share our friendly Club with. If you enjoy making new friends and interesting social events, give us a try. Once you have joined, you receive a membership card that entitles you to special discounts at participating outlets.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Call Pam on 0422 403 465 for more information.

David Gilbert



### WELCOME to NEW distributors

- Peter Stokes, Ash Aterkar, Gordon Tucker, Charles Bartlett & Federica Mastrangelo

**THANK YOU** to distributors Clyde & Jan Andrew & Liza Collins for taking on extra distribution

**THANK YOU** to retiring distributors

- Chris & Andrea Pearce (17 years)
- Kay Gowar-Rust (6 years)

## Voluntary Positions

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

Waradgery Dr (even #'s 148 to 188; odd #'s 153 to 181), Santed Ct – 48 papers  
Gilligans Ct, Linnel Ct – 43 papers  
Please contact Jan Bates - 0418 583 631

Eildon Pd (both sides from Murray Cres to Dandelion Drive and from childcare centre to Dandelion Drive), Metcalf Cr, Tyrell Crt, Reeve Pl, Childcare Centre – 70 papers  
Please contact – Lesley Jenkins – 9755 5065

Heany Park Rd (Livana to Bergins), Wallingford Pl, Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Whitecliffe Dve, Nursery Crt, Providence Pl, Bergins Rd - near Wallingford – 72 papers  
Please contact – Shirley Oudshoorn – 9764 4672

Blackwood Park Rd (odd #'s 150 to 202, even #'s 187 to 203), Kimberley Dv, Hope Ct, Diamond Cl, Cullinan Ct, Longwood Cl (one house) – 70 papers  
Fairway Drive ((odd #'s - 31 to 129, even #'s - 32 to 120), Irons Cl, Woods Pl, Ryder Crt – 100 papers  
Please contact - Ian Richards - 9763 9260

**3 x Area Contact Persons (ACP)** – who liaise between the distributors and Distribution Co-ordinator

**1 x Captain** – who counts out the papers and delivers them to the distributors.

1. (ACP only) – The area bordered by – Napoleon Rd, Kelletts Rd and Wellington Road
2. (ACP only) – This area is the Timbertop Dr and Seebeck Rd Estates.
3. (ACP and Captain) – The area bordered by – Napoleon Rd, Kelletts Rd, Rathgar Rd & Grange Dv  
Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator

## Cake Decorators Association of Victoria Rowville Branch



On July 13<sup>th</sup> we will be hosting our Demonstration Day from 10am to 4pm. The entry fee is Members \$25 and non-members \$30, for which there will be excellent demonstrations with 4 top demonstrators, morning tea, lunch, afternoon tea, lots of fun, goodies plus a great raffle. We are taking bookings now, which are essential for catering. Don't miss this huge day.

Our Funky Flower Pots workshop was well attended and a little different as we combined it with our Biggest Cup of Tea to raise funds for Cancer.

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

For all bookings and enquiries – phone either Velma on 9763 8646 or Madeleine on 9870 5743

Velma Brown

## Business Opportunity



**Want to be a Business Owner but don't want to work 60 Hrs per 2week!!**

Business trading 5 days per week plus 3 hours on a Saturday morning. Working from a leased retail outlet in Central Rowville.

Dealing in everything from documents via Metro Melbourne courier to parcels & pallets thru rural Victoria, interstate. International Airfreight & Sea Freight. This rare opportunity has come about reluctantly due to ill health of current owner.

Business requires a conscientious person to build on its current client base to take it to the next level. Huge potential to expand. Can be easily run by a couple or husband & wife team.



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PH: 9763 1255**

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## Men's Shed

The Stamford Park Men's Shed (SPMS) undertook a

community project to construct an elevated garden bed for a needy resident. This was a 22M<sup>2</sup> garden area with seating all around enabling ease of tending to, and harvesting of, the vegetables and herbs. The final result was greatly appreciated and timely as it enabled planting of some winter crops now and sufficient time to prepare the soil for the coming growing seasons.

On the 29<sup>th</sup> May at the National Steam Centre on Ferntree Gully Road Scoresby, the Victorian Men's Shed Association organized a 'Men's Shed Members Day' which was run by the Melbourne Steam Engine Traction Club. Shed members from local and outlying suburbs enjoyed a social day highlighted by the interaction with the keen members of the traction club who operated the myriads of displays. Members of the SPMS provided the BBQ to keep the large contingent of visitors nourished. [www.melbournesteam.com.au](http://www.melbournesteam.com.au)

Mario Bernardi



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[www.rowvillehearing.com.au](http://www.rowvillehearing.com.au)**



# Life's too short to drink bad coffee

New owners of "Froth & Grind @ Wellington Village" husband and wife team, Azgan and Linda, know how much Melbournians appreciate a great coffee which is why they have 'Single Origin Coffee'. Single-origin coffee is coffee grown within a single known geographical origin. Sometimes this is a single farm, or a specific collection of beans from a single country such as Colombia or Italy. The name of the coffee is then usually the place it was grown, to whatever degree available. Single-origins are viewed by some as a way to get a specific taste and the customers at Froth & Grind certainly have their favourites.

Linda has been in the hospitality industry for most of her



*Egyptian Baked Eggs*

life and while husband Azgan was a teacher by trade many moons ago, he has also now long been in the same game and they make a force to be reckoned with. Together with head chef Patricia, they conjure up stunning weekly specials including the popular Egyptian Baked Eggs for breakfast, Lamb Curry with Turkish Bread for lunch, or the ever changing soups. This week it was a hearty warming Red Lentil, Carrot and Spinach soup.

With desserts delivered daily from a French Patisserie, Froth and Grind are certainly making a name for themselves. Come in and say 'Hi'. We are open 7 days a week.

*Yvette Switalski*



## Do You Have a Home Fire Escape Plan?

Every home should not only have a Home fire Escape Plan, but everyone in the house should know the plan. The plan should be practised at least twice a year, more often if you have younger children. Turn the drills into a game to get out safely and quickly.

Be aware that children are less likely to wake to a smoke alarm.

Practice 'get down low and go, go, go'.

Practice 'stop, drop and roll'.

Have a safe meeting place that all members of the household know about, the letter box is a great place to meet.

Know the two quickest ways out of every room and make sure everyone is also aware of these in case of an emergency.

If you have a second storey, or cellar/basement, how will you exit safely and quickly should you need to in an emergency?

Never lock deadlocks when you are home as a deadlocked door may block your escape in an emergency. If you have to keep them deadlocked, leave the key in the door.

If you need tips with creating your Home Fire Escape plan, the Home Fire Safety Booklet is available from the fire station or online at <http://www.cfa.vic.gov.au/plan-prepare/escape-plans>, where you can also download the home fire escape grid to draw up your house floor plan and escape routes.

*Brent van der Ross*

## Cobie Williams Still Dancing

12 years ago, in 2002, we ran an article about 15 year old Cobie Williams, a year 10 student at Rowville Secondary College, who was achieving great success as a Scottish highland dancer. At the ripe old age (for a highland dancer) of 28, Cobie is still taking part in national and international competitions and gaining high positions in most.

As a four year old, Cobie went with her grandmother to the Ringwood Highland games and with the support of her parents, the love affair started. Whilst at Heany Park Primary School and RSC she competed in State and National titles winning the Victorian Closed, Tasmanian and Newcastle titles before travelling in 1998 to Scotland, where she competed in the world championships and was awarded the best overseas dancer at the Crief Highland Games. In 2002, when we last spoke to Cobie, she was raising funds to go to the Edinburgh Military Tattoo. I can report that she made it and performed in front of Her Majesty the Queen, a huge moment in her career.

After that experience, Cobie at 18, decided to take a break from dancing, but after 6 years she missed the dancing and the social side so much that she returned. "At first it was very hard on my legs, but I quickly remembered the routines and techniques" she says. Since her return, Cobie has been placed in almost all the events she has entered, including the 2013 Scottish Highland Games and the World Championships.

Cobie, who has lived in Rowville for more than 20 years and is an administrative manager in Dandenong, says she isn't ready to retire just yet. However, having just become engaged to a very supportive fiancé, there may be different priorities in the years ahead where the 3 nights a week training at the Vermont School could become difficult. "I may have to turn to teaching" says Cobie who is doing exams to become a teacher and judge.

She says that it is a great sport for youngsters to have a



go at. "They can't all be like the New Zealand girl Morgan Bamford, who has just retired at 18 years old having won world championships in every age group, but hard work can give you a very rewarding time and you will develop great friendships".

If you think you would like to give highland dancing a go, call Sarah Adams at the Lyons Highland Dance Studios, on 0448 229 969 or by email at [lyonsdance@hotmail.com](mailto:lyonsdance@hotmail.com)

*Interviewed by David Gilbert*



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Cnr Wellington Road and  
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**wellingtonvillage.com.au**





**All about Lavender:** on Thursday 3rd July 2014 at 1pm Annemarie from Warratina Lavender farm will talk about the qualities of lavender, its properties, about their products which will be for sale, & how to grow lavender. Free event. Bookings please. All welcome

**UK Census talk:** Gail White has successfully run several family history talks at Rowville Library. This talk will be held at 2pm on Monday 14th July. Please book in. All welcome

**School Holiday Program:** The school holidays commence on Monday 30th June and Rowville Library will be offering a range of activities for children. Bookings essential please. **Tuesday 1st July 11am** CARP Productions Theatre Group presents their show "*Captain Cheesy Grin and the Pirates*." Meet Captain Cheesy Grin and the evil Walker D Plank! Hunt for treasure! Meet a sea monster! Come aboard for a rollicking sea adventure! ARRR! Ages 3+ Cost \$4.00 per child (to be paid at time of booking) **Wednesday 2nd July 11am Little Books!** Test your knowledge about books & authors in our trivia bingo game then create your own little book to take home. Ages 6+ **Friday 4th July 7pm Bedtime stories,** songs and craft with an "Under the Sea" theme. All ages Bookings not required **Monday 7th July 11am Penguin Parade** – Create a cute penguin using a plastic bottle and other bits & pieces. Ages 4+ **Tuesday 8th July 11am Dreamtime Storytime** - Celebrate NAIDOC Week 2014 with some Indigenous stories and try dot-painting your own boomerang to keep! Ages 5+ **Wednesday 9th July 11am Pasta Craft** – Funny stories and songs about food. Create some colourful jewellery and pictures!! Ages 3-7

**Afternoon Bookchat!** Our book discussion group is open to new members to share what they have been reading. The next meeting will be on Monday 7th July at 2pm.

**Biggest Morning Tea thank you:** Many thanks to our 2014 major sponsors, Coffee Club Stud Park and Ray White Real Estate along with Baker's Delight, Kmart, Coles, House of Blooms, Amcal Pharmacy, Teaco and Donut King. We raised \$600! Thankyou everyone who participated and helped.

**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... Bookings are essential 9294 1300

**Mobile phone help:** Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday 3rd July at 9.30am. 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.

**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!

**Rowville Writers' group:** Next meeting will be on Tuesday 22nd July at 1pm.

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

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

**Home Library Services:** for book deliveries 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

were torturing and murdering coloured folk.

In the 1960s Viola was a young nurse working in Dr. Page's clinic when her brother Jimmy and his friend Luther are attacked by the KKK. Jimmy is stabbed in the back and Luther shoots one of the attackers in the leg. Both are patched up by Viola and Dr. Page. The Klan vows revenge, Jimmy and Luther disappear without trace and Viola is scared out of town.

Henry, editor of the local newspaper, has collected information about the Klan over the years and suspects they may be responsible for a number of mysterious deaths and disappearances. As the case against Dr. Page heats up, Henry and Penn realise there is more here than meets the eye. Things get very bloody, as the old Klan members are now rich and powerful and the country is littered with old bones awaiting discovery.

The book was engrossing and very hard to put down.  
*Irene Kendall, Rowville Library Bookchat*

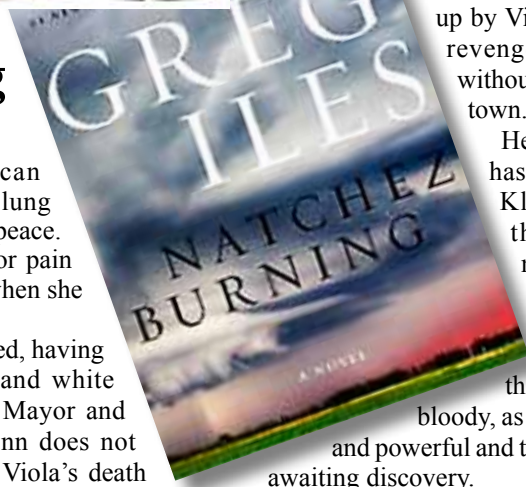


## Natchez Burning

by Greg Iles

Viola, an elderly African-American woman who is terminally ill with lung cancer, returns to Natchez to die in peace. Dr. Tom Page, who is treating her for pain control, becomes the prime suspect when she is murdered.

Dr. Page is much loved and respected, having over the years treated both black and white patients. His son Penn is the local Mayor and a former prosecuting Attorney. Penn does not believe his father is responsible for Viola's death and investigates. It soon becomes clear her death is related to events from the 1960's when the Ku Klux Klan



**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 4th July. All Welcome.

**Are you a member of the Rowville Community Library?** Joining is easier than you think....all you need to join is a driver's licence with your current address (or similar ID). Joining is free. Borrowing is free. Normal **opening hours** are Mondays to Wednesdays 9–5.30, Thursday and Friday 9–8, Saturdays 9-4 and Sundays 1–4.

Details about the library service are available from our website at [www.erl.vic.gov.au](http://www.erl.vic.gov.au) and you can even join on-line.

*Rose Thompson, Manager* – Rowville Community Library 9800 6443

**Please note our new number 9800 6443 effective immediately.**



## Life Activities Club Knox

**Enjoy your retirement, join us today.**

**Badminton,** there they were, having the best time, playing for fun with lots of laughter, and keeping fit and active.

**Walks,** are also full of friendship, chatter, and always finding new tracks to explore.

**Cinema,** even if the film is not so enjoyable, meeting up and discussing the movie while enjoying a meal together afterwards, we can sure deal with that.

**Chinwaggers,** come and join us, there will be new people to meet, a nice meal, and you'll feel welcome. It's only once each month.

**Garden Outings,** car pool or board the bus, these outings bring a lot of pleasure and beauty.

**Social Outings,** are well supported and always interesting.

**Water Aerobics,** another fun way to exercise, socialise, make friends and finish with a cuppa and biscuit. (After we are dressed!!).

Then there is our new activity, **Orienteering**. Obtain a list with clues, search, meet up after an hour for a cuppa or a picnic lunch, an interesting chance to learn about our surroundings, a gentle walk or do it your way.

For more information or a newsletter, or both, feel free to ring. And for those that prefer the high tech approach, there is a web site to check us out at [www.life.org.au](http://www.life.org.au)

*Melva 9762 3764 Helen 9729 1151*



Talking 'Rubbish' at the Warragul Weekend Getaway



# Knox Environment Society

## Ratepayers Love Street Trees



Knox Environment Society (KES) has met with the Mayor Cr Darren Pearce, CEO Mr Graeme Emonson and Councillors to outline public responses to their recent Street Tree survey.

“The Ratepayers are telling us that street trees are amongst the most important public assets to them,” said KES president Mr Richard Faragher. “The survey has highlighted that residents want Knox Council to prepare a Management Plan for the street tree asset and hasten replacement of approximately 8,000 street trees that are still missing from our residential streets,” he added.

“The KES has been lobbying Council to replace missing street trees, which are important to maintain residential amenity and to provide habitat for urban wildlife. Council has recently increased replacement rates but they need to ramp up the program significantly” said Mr Faragher.

“Urban wildlife depends on a continuous canopy of street trees to assist in providing access to the many beautiful gardens in Knox. 92% of survey respondents saw this as very important. 83% said that street trees were extremely important to their suburb with 92% indicating that street trees improve the look and attractiveness of the area and that 95% of all missing street trees should be replaced by 2020” said Mr Faragher.

“The KES went to the ratepayers and they have spoken loudly in favour of better management of our street trees. We are hopeful that the Knox Council will increase resources for the replacement of our street trees. We are thankful that the community is engaged, interested and willing to make comment” said Mr Faragher.

*Richard Faragher* President Knox Environment Society



# Paul’s Photography Patter

Whenever I look at a potential scene I am about to photograph, I try to decide what mood I am trying to achieve with the resulting photo. Where appropriate, I often use the foreground to help.

I ponder the effect I want:

Is it contrast? - in which case I try to include items in the foreground that have a heavy contrast in colour, shape or size.

Is it tone? - in which case I will often position myself so a suitable dark foreground sets a dramatic mood.

Is it weather? – in which case I will incorporate the available misty lake, dark clouds, bright sunshine or fluffy clouds.

The use of selective focus? – an example is where the foreground is given a soft focus in the image of a bride to give a romantic feel.

Would a monochrome photo be best? – I set my camera settings to monochrome, or black and white, to create the desired mood that suits the scene.

Use of colour? – a preponderance of colour is always



*Red, red and more red in the USA*

an eye-catcher. Particularly red, as it sets a happy and pleasurable feel.

**Happy snapping, Paul Lucas.**

**HINT:** Decide on what you want the scene to present as a mood before taking the photo and adjust your position and settings to best achieve this.

## A New Principal for The Knox School

Mr Allan Shaw has recently taken up the position of Principal of The Knox School, replacing Suzanne McChesney who guided the school for the past ten years.

Allan comes to Knox from Canberra, where he was Deputy Principal and Head of Senior College at Radford College. Allan was also CEO of The Association of Heads of Independent Schools of Australia (AHISA).

Allan is keen to build on the success of The Knox School, in particular its innovative use of digital technologies.

“I have an abiding interest in how information and communication technologies affect learning and teaching, since making it a special study for my Masters of Education degree,” Allan said. “The Knox School is all about opportunities. I am impressed by The Knox School’s mission statement, which refers to developing ‘the aspiring mind’. It is a reminder that, while high teacher and parent expectations of students are essential in creating the environment for achievement, we must also encourage students to develop passionately felt personal goals, goals that are informed by positive values.”

Allan is keen to meet people from the local community and welcome them to The Knox School and extends an open invitation to readers to explore what’s behind the big fence on Burwood Highway. “School fences are very necessary in this day and age, but that shouldn’t stop people from dropping by and seeing the wonderful things that happen here every day,” Allan went on to say, “This is a very friendly and happy school in a wonderful part of Melbourne and I am looking forward to spending many years here at this amazing place.”



You can meet Allan at one of the School tours which are held regularly throughout the year. The Knox School also has an innovative Spend a Day program where students can immerse themselves in a class before taking the next step to enrolment.

*Barrye Dickinson* Director of Marketing

### Upcoming Tours

**Meet our new Principal, Allan Shaw**

**Wednesday 16 July, 9am:** School in Action Tour  
**Friday 8 August, 9.45am:** Year 5/6 Open Morning

**Bookings Essential**

**Enrol now for 2015/16**

[www.knox.vic.edu.au](http://www.knox.vic.edu.au) | Ph: 8805 3800

**“Come and meet me at our next School Tour”**

**Opportunity. Knox**



# Rowville Toastmasters

## The Power of Having Goals



Anyone who has read a leadership book will have learned that having personal goals helps people focus on where they want to get and how to get there. In working through the Toastmasters Speaking Program and the Toastmasters Leadership Program, Toastmasters Club members set their own goals and the pace at which they achieve those goals.

Each communication or leadership task has different objectives. In the speech program, members focus on different skills in delivering a speech: structure, language, body language, vocal variety, researching the topic, visual aids, persuasive and inspirational speaking. In the leadership program, members focus on different skills for effective leadership: listening, critical thinking, giving feedback, time management, planning and implementation, organisation and delegation, facilitation, motivation, mentoring, and team building.

Each year, Rowville Toastmasters are presented with their awards at the end of financial year Celebratory Dinner. It is a celebration of their achievements, a celebration of the work of the Club's Executive Committee for that year and a welcoming of the new Executive Committee for 2014-15. Members presented President Henk van den Bergen, with the Club President's Award in recognition of his dedicated service

and outstanding leadership to Rowville Toastmasters in 2013-14. The Club also welcomed the new President for Rowville Toastmasters in 2014-15, Paul Broom.

Rowville Toastmasters were presented the following 13 awards for 2013-14.

- Bala Balachandra – Competent Communicator Award
- Michael Byrne – Competent Communicator Award
- Mrinali Raizada – Competent Communicator Award
- Henri Guillaume – Advanced Communicator Silver Award; Advanced Communicator Gold Award; Advanced Leadership Silver Award; Distinguished Toastmaster Award
- Leona Jorgensen – Competent Leadership Award
- Phil Lokot – Advanced Leadership Bronze Award
- Rowville Toastmaster of the Year – Leona Jorgensen
- Rowville Toastmasters Rising Star Award – Edward Youngs
- Rowville Toastmasters President's Award – Henri Guillaume

### Guests and New Members Welcome - Free

You can participate at Rowville Toastmasters by attending meetings as a guest, or by joining at any time. Guests can attend free of charge. The Club's meeting venue, dates and times can be found in "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](mailto:contact@rowvilletoastmasters.org.au) or visit the website at [www.rowvilletoastmasters.org.au](http://www.rowvilletoastmasters.org.au) to see details of Club activities. See also the 'What's on Locally' section of this paper.

*Leona Jorgensen, Rowville Toastmasters, Vice President Public Relations.*



*Incoming 2014-15 President, Paul Broom, with David Gilbert, Editor, RLCN, Pam Gilbert, and Immediate Past President, Henk van den Bergen, at the Celebratory Dinner.*



The pieces below were reproduced from '*Four Seasons, Two Continents*', an anthology consisting of a mixture of poetry and prose on the theme of Four Seasons and in an eclectic selection of genres.

## Winter

*Margaret Taylor*

The branches on the trees are drab and brown;  
No smiles on faces. Only a frown.  
The people around all feeling quite sad,  
Well winter's begun; how can we be glad?  
We awake in the morning; what is that glow?  
The trees are amazing, all covered in snow,  
Our dreams have come true, everything's grand,  
In this fantastic, winter wonderland.  
Children on sledges speeding down hills,  
Screaming, excited at spills and thrills.  
Snowmen are built in all different poses:  
Buttons for eyes and carrots for noses.  
Christmas shopping now in full swing,  
All around you can hear the bells ring.  
Children with lanterns sing Silent Night,  
All the gifts bought, everything just right.  
Christmas at last is almost here:  
Our most favourite time of the year,  
With trimmings all round and presents galore,  
We are happy at last. Who could want more?

## Winter's on the Way

Old Bob sat in the sun, enjoying the gentle warmth creeping into his bones. He determined to make the most of it, knowing that winter was not far off. He could see it in the garden; the trees were losing their lively green covering, some of them exchanging it for autumn glory, which announces for them a time of rest. He could sense the change too, in the sound of their branches creaking when they swayed in the breeze - that was cooler lately. Just like me, he thought as he moved his legs in order to stand.

'I wonder if the trees feel the same aching in their limbs.' Bob wondered.

'Well, I guess it is this time of life, for me and the trees; they must have their rest and wake in the Spring to produce more life. And it's not so bad. I have earned my retirement and been rewarded with memories and a sort of humble satisfaction with the life I have led and what I leave behind'

'I think that the best I leave behind is my family, my children and grandchildren; some great-grandchildren now. That must be my "immortality"; I like to think of it that way. They will live on, perhaps creating more life. Some might produce things of beauty or discover more about this world and make life better for others... Well, enough of this maudlin, the fun's not over yet, I'll get on to Jack. Meet him down town and we can "chew the fat"'. Bob fished his mobile out of his pocket and dialled the number.



## Looking for ways to boost your club membership for free?

***VicHealth's TeamUp app can help you find people in Knox looking to get out, get active and have fun.  
Here's how it can help your club:***

- Free to advertise your activity and club to all users and free to contact people interested in joining
- Promote awareness of your club or activity within Knox and Victoria
  - Strengthen connections to your community
- Instant access to new members, players, volunteers and supporters
  - Unique access to VicHealth competitions and promotions

**Head to [teamup.com.au](http://teamup.com.au) to download and get involved.**

**Contact your Knox TeamUp Officer on 9298 8000 or e-mail [teamup@knox.vic.gov.au](mailto:teamup@knox.vic.gov.au) for assistance with using TeamUp at your club**



A jointly funded initiative of the State Government of Victoria and the Australian Government.



# Achievers Page

Sponsored by Alan Tudge MP  
Federal Member for Aston



pocket and dialled the number.

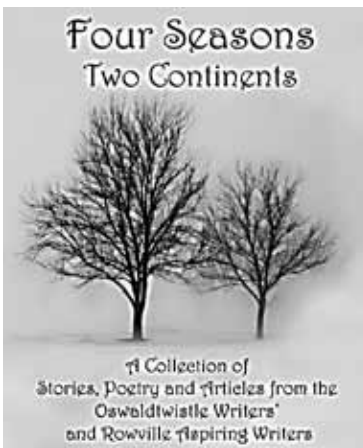
‘What’s the matter with old Jack? - He’s taking his time to answer. Probably fiddling on that danged invention of his and can’t hear the phone. Needs a hearing aid, I reckon’. Just as Bob closed the phone, a cloud came across the sun and left him in the shadow. He sat down once more to ease the aching bones, and closed his eyes. Where were all those positive thoughts he had been turning over in his mind? It was cold now. He pulled his coat over his shoulders and nodded off.

“Was I dreaming? That was Jennifer, I’m sure; calling out to me. But it couldn’t be. She’s been gone for years; although it only seems the other day when we would walk around the garden, my arm around her. So comfortable. Mmmm. And who is that with her? Ah! Little Esther. Our eldest child. We had her with us for a good fifty years, I reckon. A great fifty years. How lovely to see them again. I think I’ll stay asleep for a little longer. To hell with that dinner gong, forget it. This dreaming is better.”

Barbara Scott

Those who might like to support local talent and enjoy the contrast of seasons between Australia and England can find our work as an e-book available through Amazon for \$0.99

A print version is in production and will be available soon. Enquiries about ordering a print copy should be directed to Margaret msgdragon50@gmail.com



Josh In The Chair

## World's Greatest Shave at Heany Park Primary School

David Rose, Principal of Heany Park Primary School made the following statement:

‘During the autumn school holidays, our beloved school chaplain, Linley Wilson, passed away after a battle with leukaemia. Linley was a few years younger than me. He made a tremendous contribution to the lives of our children, parents and staff at our school. My participation in the World’s Greatest Shave is in honour of Linley. It is also to recognise what seems to be an ever increasing number of friends and colleagues who have passed away as a result of contracting cancer, or are currently battling cancer. The impact on them,



Principal David Rose and Josh - The Finished Products and their family and friends is enormous.

I don’t know about you but I’m sick of this happening, particularly to those people I care for. So I want to do something about it, no matter how small. Shaving my head seems a small price to pay. At least mine will grow back!’

On Monday 26<sup>th</sup> May Heany Park Primary School celebrated the event with a ‘Crazy Hair Day’. David and a student, Josh, had their hair shaved. ( See Josh’s article )

David has raised over \$5,000 to assist the Leukaemia Foundation in providing practical and emotional support to people with blood cancer, as well as funding research to find better treatments and cures

David commented: ‘How great would it be if the money raised through this simple event contributed to our children or grandchildren enjoying a cancer free life?’

### Josh Page

My name is Josh and I decided to shave my hair to raise money for The World’s Greatest Shave at our school with our Principal Mr Rose. I was very nervous and scared there were around 600 people watching us. Our school Chaplain Linley died this year from Leukemia and we thought this was a nice way to show our support for this cause. I think Linley would be very proud of our school.



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# FROM THE ARCHIVES

MEMORY LA

1984

The **Uniting Church** claimed to be the largest voluntary care organisation in the State with over 150 programmes to help disadvantaged, addicted people etc. Are you still the largest and how many programmes do you have now? **Waverley Golf Club** laid a new bowling green which would be ready for play in the coming season. Were you one of the first players? Council decided to amend the development plan for the area **north of Lakeview Ave and west of Stud Rd** to create cul-de-sacs in lieu of a loop road. After 12 years as captain, **John Raymond** stood down from the CFA. New playground equipment was installed at **Kelletts Rd Reserve**. Council refused an application for a **Christmas Tree Farm** in Heany Park Rd.

1989

The **Reverend Sister Aileen Crowe**, the FMM Pastoral Associate at St Simon's Parish, celebrated 25 years as a religious sister. Who remembers Aileen and how many years did she continue in the role? Knox Council extended the **bicycle track** to Rowville, allowing people to ride all the way



Winners: Jeff, Kevin (skip), Fay



Our annual Memorial Day was held on the 23rd May. This is a special day when we remember our past members.

The winning indoor bowling team on the day were: Kevin Sonogan (skip), Fay Johnston and Jeff Lovegrove.

The runners-up team were: Gino Trebbin (skip), Noel Mulavey, Linda Bridal and Kevin Hastings. They were all presented with medals.

On the 10th June, we enjoyed Morning Melodies with Col Perkins, at the Village Green Hotel, followed by lunch and bingo. It was a lovely day out and we were able to sing along to some good old favourite songs.

Our AGM will be held on Friday 8th August.

For any enquiries, please phone Anne Berg on 9873 0226 or 0404 007 174.

Anne Berg (President)

to Upper Ferntree Gully. On World Environment Day, under the guidance of the KES, **2,500 indigenous trees** and shrubs were planted along a kilometre of bike track between Stud Rd and Henderson Rd in Knoxfield, thanks to the efforts of Brownies Guides and the CFA, who conducted the watering. The RLCN called for residents to put their ideas forward for uses that **Stamford House** could be put to. The land to the north, where Australia Post etc are now, was clearly shown on a map as only housing. What changed their thinking?

1994

**St Simon's Parish** announced their first "Debutante Ball". We would love to hear from an 'original deb'. Is it still an annual event? Council appointed **Meredith Jerram** as their new youth worker with her first job to form a Young Women's Group for 15-17 year olds. **Rowville Secondary College** students raised over \$11,000 some of which was given to **James Goodwin** to help him compete at the World Junior Athletic Championships in Portugal. How did you go James? The State Government and Knox Council each **contributed \$50,000** towards the building of a Community Care & Counselling Centre at the Uniting Church, which greatly assisted the Church's sale of bricks to families (\$5) and children(\$1). **Fred Blackman** ran his 10<sup>th</sup> Melbourne marathon and his 47<sup>th</sup> overall, was off to compete in the Chicago marathon in October. How many did you clock up in the end Fred?

1999

The Rowville Anglican Church mourned the passing of the **Rev Brian Shields** who had been their vicar for 6 years. The **Rowville Red Cross Unit** held a trading table at the Community Centre with all profits going to the 'Kosovo Relief Appeal'. **Rowville Primary School** continued their involvement with the International Exchange Programme selecting 8 students and 2 teachers each to visit St Peters College in the Argentine and SD Percobaan in Indonesia. Did you go on these trips? Teacher **Lisa Yeoman** travelled to Germany to represent **Lysterfield PS** and the Department of Education at the World Technology Fair in Hannover. Lisa was able to hold a conference call from the Fair to her students from the Siemens stand. Who remembers that conference call? Council approved an extension to **Pioneer**



## Local History

Sponsored by Nick Wakeling MP,  
State Member for Ferntree Gully

Quarry in Wellington Rd.

2004

**Senior Sergeant Stuart McGregor** was appointed 'Officer in Charge' of the new Rowville Police Station. The Australian Students Prize for 2003 was awarded to **Tim Woods** from Rowville Secondary College. The **Catholic Archbishop of the Archdiocese of Melbourne, Denis Hart**, visited St Simon's parish and Primary School and other community groups. Rowville Primary School farewelled their **Principal, Russell Smith**, after 18 years at the school. Knox Mayor, Cr **Emanuele Cicchiello**, officially opened the new Community Centre in Fulham Rd. **Enshara Fonseka**, from Rowville Secondary College, submitted the best and most appropriate design for a new bannerette for the **Lions Club**. **Graham Freestone** congratulated and thanked all the students who took part in the exercise. **State Member for Ferntree Gully, Anne Eckstein** unveiled the plaque formally opening the **Heany Park Primary School** new building. The **Salvation Army** welcomed their new captains, **Paul and Wendy Hateley**. Council approved a midnight liquor licence for a new **262 seat restaurant** in **Wellington Village Shopping Centre**. What happened to it?

2009

**Waterford Valley Lakes Social Club** raised almost \$1,500 plus two personal donations to the Red Cross Bushfire Appeal. Rowville **Apex member, Phillip Keily**, received the "Apexian Of The Year" award. He was re-elected to the State Board as District Governor and became State Services Director. The **Rowville Library** closed for a month for refurbishments and re-opened with a 'Grand Opening Morning Tea'. **Lysterfield Primary School** entered the **DanceFair Victoria** and won the Grade 5 and 6 Team Section, came 2<sup>nd</sup> in the Grade 6 solo and 3<sup>rd</sup> in the Duos, giving them overall 3<sup>rd</sup> position. The **Rotary Club of Rowville** held their inaugural Business Breakfast with Alan Oster (National Bank) as guest speaker.

## CYBER HEALTH FORUM

Staying Safe in a Cyber World

Australia's most renowned speaker on **CYBER BULLYING**:



**Dr. Michael Carr Gregory**  
BA (Hons) MA, PhD MAPS  
Cert Child Internet Safety  
(UCLAN) Consultant Child  
and Adolescent Psychologist

What does Cyberbullying look like?  
How do I deal with it?  
What are the signs of a cyberbullied child?  
What if my child is a cyberbully?  
What if a child is being bullied online?  
What is the current law?  
What is the federal Government doing about it?  
Do's & Don'ts of Social Media.

**Venue :**   
**Date :** Wednesday 16th July 2014  
**Time :** 7.30pm – 9.00pm

If you or your children are on the net & or using social media  
this is a must attend event for the entire family.

Free public event

For further information Call Darren St Ledger 0438 680 670

## PROUDLY SPONSORED & ORGANISED BY



### Rowville Lysterfield

**VENUE**

**Bridgewater Centre**  
Fulham Road, Rowville  
(Cnr Bridgewater Way)



## Let Us End Global Hunger and Poverty

Almost half the world, over three billion people, are living on less than \$2.50 a day. Half of that shocking figure includes starving children. This is the horrifying reality of global hunger and poverty. Seeing this global issue ended is easily feasible and there is enough food on our Earth to feed us all, so why haven't we done anything to end it yet? I will be discussing the 13.1% (842 million) of the world that is living in extreme hunger and poverty and how 1% of the world's food supply can feed everyone living upon our planet. I will also explain to you the effects of stunting in children living in poverty, and also possible solutions to ending this global issue. I am writing for all the undernourished and poor people in this world who don't have a voice and hope to encourage you all to help eliminate global hunger and poverty.

From recent studies, researchers have estimated that a whopping 842 million people in the world are currently living in extreme cases of poverty and malnutrition. On top of that shocking figure, out of the 2.2 billion children in the world, approximately one billion (or every second child) is living in poverty and starving. These poor people have been forced into these lives of starvation, dehydration and poverty all because they were simply born in a third world country. How can we, as human beings, allow ourselves to let others living on the same Earth and soil as us be deprived of food, water and the essentials to living a healthy life?

If global hunger can easily be solved, then why hasn't it been done yet? Only 1% of the world's current food supply is needed to feed the entire of humanity. The simple reason that poverty and global hunger has not been eliminated yet is simply the fact that we are too greedy. *"Poverty is the worst form of violence"* as Mahatma Ghandi said. And it is true. Poverty is worse than any form of violence or abuse. Living in these poor conditions and having no food or water is true abuse. From a recent video shown at the Global Leaders Convention hosted by World Vision, a five year old boy says that he sleeps to try to make the pain of hunger disappear, but when he wakes up, the pain is still there. He is living a nightmare. How can we just sit and watch this happen to our population? While we get up out of our comfy, expensive beds for a midnight snack, there are children and adults living in poverty only dreaming of having food.

Of the one billion children living in extreme poverty conditions, 165 million of these suffering children are aged 5 or below and experience chronic malnutrition, also known as 'stunting' or low height for their age. Most of this damage is caused during the pregnancy phase and the first two years of the child's life. It means that the child has failed to fully develop and this stunting is unfortunately irreversible, meaning the child will have no chance of reaching his or her full potential. This lack in growth and nutrition can cost many lives and we know from past studies that half of the deaths in children globally are attributed to malnutrition. A child dies every three seconds due to poverty and malnutrition. If this piece has taken you approximately three minutes to read up until this point, that means that 540 children will have died while you read this.

What will it take to end global hunger and poverty? The good news is that people are already trying their hardest to end this global issue. Organisations such as World Vision, The Borgen Project, WFD and Stop Hunger Now are a few examples of companies which are built around the solemn goal to end global hunger and poverty. These organisations

aim to help those who are malnourished and living in third world countries and want to make a difference in the world. But how can you help? You can join the fight to end world hunger by donating to some of the organisations above, sponsoring a child through World Vision, giving food and clothes to those who are in need of it, spreading the word so others are on board and want to end this issue and simply being thankful for the life you have been given and gifted (not throwing out unwanted food, using water sparingly). We are so privileged to have been born into a country which is relatively free of poverty. Why can't we stop for a moment and be thankful for that? Why can't we stop and realise that there are people out there who need our help? Why don't you do something about that?

Global hunger and poverty is a major issue in our world today. We must open our eyes to this horrible crisis and then open our minds enough to act and fix this problem. There are 842 million human beings starving and living in unbearable conditions, and on our planet. How can we live like this? If 1% of our current food supply is needed to feed the whole world, then why don't these poor people have food to eat? Children's growth is being stunted because of the lack of available nutrition. There are so many solutions to solve this global problem. But nothing will be done unless we act. So please, and I speak for those who can't, for the ones who go to bed starving and dehydrated, for the ones living in conditions we could only think of in nightmares, for the ones who are living in this state of poverty, yet still go on, please... help them.

Natalie Blazeovski, Year 8, Rowville Secondary College



# Knox Council Waste Services



## here are our bin basics...



If you need to know the basics when it comes to bins, there's plenty of information available for you. Go online to [knox.vic.gov.au/waste](http://knox.vic.gov.au/waste) and click on the map to find out what day your bins are collected, depending on where you live.

You can also find out what to do if your bins aren't collected, what items you can recycle and where to find your nearest transfer station or recycling centre.

Or if you'd like to speak to someone over the phone, call Council's Customer Service team during business hours on 9298 8000 for more information.

There are also regular updates on Council's Facebook and Twitter feeds, so make sure you 'like' our page on Facebook or give us a 'follow' on Twitter!

## Where is that fridge calendar?

We've got a new 18-month calendar being distributed now to your letterbox. So keep an eye out for it, stick it to your fridge and please keep it until January 2016.



For further information, visit Council's website [knox.vic.gov.au/waste](http://knox.vic.gov.au/waste) or call 9298 8000.

## hard waste pickups... now at your service



### Collection times that suit YOU!

It's about to get a lot easier to clean up around your home, thanks to a brand new **booking service** for hard waste.

Starting on 1 July, residents will be able to go online or call us to request up to two 'At Call' hard waste pickups a year.

### A service when you need it

This new hard waste collection system will mean:

- No more waiting for scheduled pickups
- No more messy streets with whole neighbourhoods waiting for a pickup
- Reduced commercial scavenging in the days and weeks prior to pickups

### Simple booking system

Best of all, getting your 'At Call' hard waste pickup is as easy as '1, 2, 3!'

- 1 Lodge a request online or give us a call: [knox.vic.gov.au](http://knox.vic.gov.au) or 9298 8000
- 2 We'll send you a booking kit with all the details
- 3 Place your hard waste out as instructed ready for pickup the following week

## the knox bin family...



### Garbage (yellow-lidded bin)

Collected weekly. You can put food waste and household garbage\* in me. Swap your 120 litre bin for an 80 litre bin to reduce your rates.



### Recycling (blue-lidded bin)

I'm collected fortnightly (alternate to green waste). Put recyclables\* LOOSE in me – NOT in plastic bags.



### Green Waste (red-lidded bin)

I'm an optional user-pays green waste\* bin, collected fortnightly (alternate to recycling). You can also use your own container, or bundle and tie small branches to put on the nature strip.

\* Full lists online and in your calendar.

facebook.com/knexcouncil @knexc

discover all the bin basics at [knox.vic.gov.au/waste](http://knox.vic.gov.au/waste)





## Rowville Football Club

### Rowville Football Club Welcomes The Jump Factory On Board.

Rowville Football Club is pleased to announce our new partnership with the recently opened Jump Factory in Rowville, which creates new and exciting opportunities for the club and our local community as there is no other facility of its kind operating in the area. The Jump Factory recognised a true and strong brand within the Rowville area to align with, a testament to the club's values and people driving its success with club President David Howlett at the helm.

"It's not often that you get the chance to be part of a newly created organisation that caters for all of our 350 players (Under 8 through to Division 1 Seniors), families and extended membership base. The club is truly excited with the opportunities and future in front of us" said Vice President Justin Grose. "This year has seen the club going from strength to strength and building on our One Club – One Culture platform. We have had fantastic buy in from across the club with everyone embracing our values and brand" he added.

The club has been able to retain our current partnerships as well as developing new and exciting ones with not only the Jump Factory but Springvale Homemaker Centre, McDonalds Rowville, Stud Park Panels and Tosaria Restaurant. These new partnerships combined with the ongoing support of our long term and devoted major partners, CD Automotive and Stegbar, help to ensure that the club remains a force in Division 1 of the Eastern Football League.

The Jump Factory is an indoor Trampoline park catering from ages 2 to adult as well as schools, sporting clubs, local community groups and corporates. The Rowville Football Club is also excited with the opportunity to assist the Jump Factory in creating a number of new initiatives that should soon be available to the broader community and help to diversify its product offering.

The Jump Factory is open 7 days a week until late. So come on down and see what all of the talk is about.

## Gav Willoughby 150 games

In round 8 the Rowville Football Club took on South Croydon at Cheong Reserve and it was a special occasion for Club Leader Gav Willoughby as he played his 150th Game.

Gav said pre-season that the Club means everything to him and in return he means everything to this club. He typifies everything the club stands for, both on and off the field. Every week on the field he is fearless, strong and gives his all, whilst off the field he is an outstanding leader around the club setting a tremendous example to all our players. Football Director Mark Hamilton said "Gav simply lives and breathes our values. He is the perfect role model to our younger players of all we want in a Rowville Footballer."

Starting his football career way back in the Under 9's at St. Simons, where he played in the Under 12's premiership side, he then went across to Rowville Juniors where he played in the successful joint Under 17's Premiership side with Rowville/Mossgiel Park, before moving across to Seebeck. A premiership in the Reserves was achieved, before completing the quadrella by being an integral part of the 2012 Division Two Senior Premiership. These are just the highlights of a successful career so far.

Justin Grose Vice President



Gav Willoughby in action

## Ladies AFL Is Alive And Blossoming

Dedication, determination and plenty of talent have resulted in Teagan Sheldon being selected for the Under 16 State Schools Victoria AFL team. The path to this point, started when Teagan played Under 11s. She plays either on the ball or at centre half back for Scoresby Magpies and her performances lead to selection for the South East Regional Junior team. "I also attend the Sandringham Dragons Academy where I can hone my skills" says Teagan. She has won many awards over the years including, best and fairest player and multiple 'best on grounds'. She played her 100<sup>th</sup> competitive game last week before jetting off to Sydney to represent Victoria in an interstate carnival.

Teagan was born in the William Angliss Hospital Ferntree Gully in 1999 and has lived in Rowville all her life. Her mother is today a carer for Teagan's father who injured himself whilst he was a prison officer at Pentridge Prison. She has six brothers, which may explain her love of football, but is the only girl in the family. All the family have at one time or another played football, cricket or netball.

Karoo Primary School was Teagan's first school, before moving to Rowville Secondary College, completing years 7 to 9. As they didn't have an AFL Ladies Sports Academy, she now attends Hallam Senior Secondary Sports Academy, where she enjoys "Colour My World" (Art, to you and me) and "Faster, Higher, Stronger" (a health programme).

"I originally took up gymnastics but realised that I was too tall to truly succeed, so I turned to Milo Cricket" says Teagan. "I played netball at school and enjoyed every aspect of athletics as well and in later years I started an umpire's course" she adds. "I greatly admire Sharon Lee my school sports teacher at Karoo, who along with my family has been the biggest influence on my life". Teagan is an Essendon supporter and wishes the current saga surrounding her club could be sorted out, one way or another.

Teagan enjoys meeting new people through her sport, developing close relationships and the whole social scene. On the other hand the occasional bitchiness between the girls is disappointing. Mostly 'disagreements' on the ground, are soon forgotten after the final siren. In her spare time reading is important to her, but surprisingly, romance novels do not rate highly on her preference list. "I enjoy drawing, particularly



As the Lysterfield Cricket Club heads towards its 25<sup>th</sup> year it's a good time to reflect on our history and consider what the 'Beavers' represent.

The club was established by a group of young lads that loved cricket and loved the social side of local sport. In the early years the club struggled to fill a team. Recruiting was done through workmates, schoolmates and neighbours. Initially based in Bayswater, the club struggled to find a permanent home ground not to mention clubrooms. It was truly a group of young blokes that played together, trained together and socialised together. This bred a great spirit of mateship and brotherhood.

In the years that followed the club grew. Every new player is made aware of his player number which marks the number of players to play senior cricket at the club. There has now been over 500 players take the field for the club in 25 years. The move to Lysterfield gave the club an opportunity to find a permanent home at Lakesfield Reserve. This allowed the club to expand and establish a Junior's section and also a strong veterans club. The club has produced some great players, many who have moved on to play District Cricket. Despite it being 25 years since the first game, many of the original players are still at the club.

The Lysterfield Cricket Club is now a family friendly environment that welcomes players of all ages, standard

## SPORTING ROUNDUP



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



Teagan Sheldon in action.

animals and landscapes, but I also can immerse myself in poetry, especially those written by Banjo Patterson" she says.

Travel is something Teagan would like to do more of. She has been to Darwin and the Gladstone region of Queensland, plus regions of Victoria, but hasn't ventured overseas as yet. She considers "That may have to wait until my footballing days are over. I also want to go to University and study physical education with a view to teaching, or alternatively work with animals".

If her football career were to end in the near future, she would consider cross country running but if a football injury prevented her from following that path, then sports teaching would be high on Teagan's list of career paths.

As a determined teenager, Teagan says juniors wishing to play ladies football should be dedicated, listen and learn, trust your teammates and enjoy every moment. We have in our midst a pioneer of ladies AFL and someone who, I feel certain, will fulfil her every dream.

Interviewed by David Gilbert

and background. Over the years a number of traditions have evolved. The lads make an annual pilgrimage to the MCG on Boxing Day to watch the Aussies in the Test. This is a great excuse for the crew to dress up, chant their tunes and get their heads on TV. The Beavers actively participate in Pink Lady Day annually and supports the Jane McGrath Foundation. The ladies and gents put on their finest pink attire to raise funds for a great cause. The Lysterfield Cricket Club supported the Luke Batty cricket match last season and plans to continue to support this cause. The Club has now forged a strong relationship with the Lysterfield Wolves Junior Football Club and together we are bonding with the local community and becoming a strong identity in the area.

In our 25<sup>th</sup> year we will celebrate a quarter of a century as a cricket club. We also celebrate 25 years of loyalty and mateship. The Lysterfield Cricket Club has provided many memories of fast bowling spells, classic catches, big sixes and close finishes. Just as importantly, it has been a home away from home, a place to laugh and smile, a support in tough times, or just a place to catch up for a drink or a chat. So in 25 years the Club has changed so much, but at the same time it's remained the same. The Lysterfield Beavers welcome you to a drop in and spend some time at a great local club.

In this forthcoming season in particular, being our 25<sup>th</sup>, we are having a big push on recruitment for our young Milo Cricketers, our Juniors, our Seniors and our VET sides in the next couple of months. We will be having registration days soon, so please watch this space for all updates, Go Beavers!!

Trevor Walker



# Rowville Hawks Junior Football Club

(Proudly Affiliated With Scoresby Football Club)

“Still Doing it for the kids”

**\$1000 Donated to Blue Ribbon**

“Crime Night”, was held by the Rowville Hawks Junior Football Club Inc. on Friday 16<sup>th</sup> May. Senior Detective Sergeant, Ron Iddles, was the guest speaker for the evening and the night proved not only be a great success for the club, but enabled the club to make a sizeable donation to the Blue Ribbon foundation

Senior Detective Sargent Ron Iddles presented a very informative, relevant and enjoyable presentation to over 100 local residents of Knox. He gave an insight into the criminal mind, was humorous on occasion, but most of all reconfirmed the importance of looking out for each other in this ever changing society. A very memorable presentation for all who attended. A big thank you again to Ron Iddles.

Eldon Park Auskick Friday nights under lights is going strong. The kids are practising their skills, and even showing us some new moves too. Great job guys.

Teams have all settled into the season now, with regrading by the EFL seeing some teams move grades, a great initiative of the EFL to ensure as many kids as possible are playing in the grade best suited to their ability.

This month the club had celebrated some milestones, including:

**100 gamers:** Lachlan Parker, Nathan Kelly, Jacob Richardson, Zac Ryan and James Perry



Neil Soullier, CEO Victoria Police Blue Ribbon Foundation receiving the cheque from Darren Humphreys President RHJFC

**ROWVILLE HAWKS**



**50 gamers:** Lachlan Tibballs, Tyler Sonsie, Lucas Rosa, Darcy Meyer, Benjamin Holland and Tom Robinson. Great effort boys, Keep up the good work.

Thanks again for the support of Cocomo's Restaurant, IGA Wellington Village and Kingston Links, who assisted the club on the evening of the Crime Night. We also recognise

sponsors that are ensuring the kids have a great season for 2014: Gavin Connan CBA, BCC Computers, Alan Tudge, Rowville Drycleaners & Country Pride Eggs.

Trish Anderson

# Rowville/Rowville Lakes

## Little Athletics

### Cross Country

It's winter, and winter is Cross Country time! Scores of local youngsters join together on Saturday mornings to race up hills and down dales in the greenery of our local parks. They're maintaining fitness or improving it for other sports, not to mention getting plenty of practice for interschool races!

We're especially encouraged by the number of U7 and 8 boys and girls on the field. Kelsie Ternes, Skyler Jensen, Khushi Deol, Ryan McLeod and Luke Epps have been some of the most regular participants over the 1,000m event. They've been joined by Tyler Walther, who always runs strongly, along with Adam, Alicia, Tansyn and Zoe and a little less often, Hailey Buckley and Sam Waterworth.



Milan runs a strong 500m

Continued next page...

SSC swimmers have been busy over the first few months of the year, participating in swim meets, Victorian Open Sprint Championships, open water swims plus aquathlons and triathlons.

It is great to see some of the young 'Development' and 'Intracub' members, from the Rowville site, swim awesome PBs at the recent Encouragement Meets and Metro South All Junior Heats. Well done to Adam, Brayden, Lachlan, Michael, Chloe and Sarah. Keep up the training and those times will continue to fall. We also welcome Daniela and Thomas to the Development squad. If you are interested in joining Swimland Swim Club contact Sandra via email secretary@swimlandswimclub.com for more information.

A small group of swimmers tackled some open water swims over the summer including Point Leo, Anglesea Rock2Ramp, Ripview Classic, Danger 1000, Sorrento Moon Bay and the Australia Day Swim at Brighton. A special mention must go to Keely who swam all of these, often more than one swim on a given day a truly super effort.

Easter saw 8 members, including Head Coach, Peter Howes, cross the Nullarbor to compete in the Indian Ocean Allstars Challenge. Numerous medals were won along with Lachlan A (western site), being awarded best overall 14yo boy. A fantastic effort by Lachlan, who has recently returned to swimming. The following week, Peter and Rob headed to Rockhampton for the Australian Master's Championships. A very successful meet for both of them with Peter coming home with one first, one second, four thirds and three fourths and Rob two seconds and two thirds, in their respective age categories.

After a two week compulsory break attention has now turned to the short course seasons. The Queen's



birthday weekend saw twenty-one swimmers, along with three coaches, venture down to Warrnambool (some by train) to compete over two long sessions (Saturday afternoon/evening and Sunday morning/afternoon). Some excellent PB's were achieved and terrific overall results including a significant number of first time competition swimmers. SSC finished as the second overall club at the meet. Ned (12-13yo Boys) and Sandra

(18+ Girls) both finished the meet as trophy winners of their respective age categories. Cameron (12-13 Boys) and Keely (16-17 Girls) came 2<sup>nd</sup> and Audrey (12-13 Girls) 3<sup>rd</sup>. Congratulations to you all. Two of our 12 year old swimmers, Ethan and Will, collected a haul of nine ribbons each, placing in all but one of their respective events. A great start to the short course season for the club.

On Queen's Birthday Monday a small band of athletes completed the annual intracub triathlon, swimming at NPAC and completing the bike and run legs along the Eastlink path. It was a very busy weekend for those who competed at Warrnambool and then backed up again on

The Warrnambool Swimmers



Monday. Well done to Ethan, Georgia, Grace, Keely, Caitlin, Sandra and coach Peter.

The following weekend will see us compete in an interclub friendly between Huntingtowers Swim Club, PLC Aquatic Centre and Peninsula Pelicans Swimming Club. This will be great racing experience, in a fun environment and a perfect introduction to competitive swimming for our junior athletes. The Saturday after that eighteen of our 12 and unders are heading to Keysborough for the Haileybury Waterlions MiniLympics SC meet.

We wish all our swimmers the best of luck for the upcoming short course season.

Jodie Browne

## Rowville Group Fitness

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In these sessions you'll not only improve posture and mobility, you'll also ease back and neck pain so that you can get back to doing the things you love. Here's what one client had to say:

“Thanks to Lisa, my body is now stronger, fitter and healthier than ever before.” Katie W

Bookings are essential and numbers are limited!.

Wednesday 9.15am

Wednesday 6.15 pm

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## Little Athletics continued



*Under 7s Alicia and Hailey*

Dharam Deol has been pushing to the front each week amongst the U11 Boys, only conceding top spot to athletes who travel from other Centres to race. Holly Hodges has similarly been amongst the top finishers in the U12 girls section.

Simone Louey is a faithful participant in the U16, 4km and has been seen crossing the line first against girls her age.

We're absolutely delighted that some of our parents have taken off their spectator caps and pulled on the running shoes for the 1km parents race, held twice so far this season. Impressively Jazz Deol and Darren Stapleton have run in both. Matt and Christine Johnstone and Michael and Sharon Neal each put in a great effort at Tirhatuan Park, but didn't line up again for the next parents' run. Instead we were proudly represented by Jodie Browne, Jason Mcleod, Rod Epps, Adam Ternes, Chris Waterworth, and Oliver Walther, all of whom rolled their legs over at Koomba Park.

Bring A Friend Day and of course Pink Sports Day, supporting Breast Cancer Research, have added interest. The parents' 1km run every third week also offers some encouragement and entertainment for the adults.

There are still a few runs left. The program operates most Saturday mornings through winter at a range of parks and reserves within and around the City of Knox. Boys and girls aged 4-15 years are welcome and **all** abilities are encouraged to participate. For more details contact Steve Pepper 0417 325 917 or Steve Lillie 0409 231 380.

Thanks to K L A C photographers Claire and Michael.

*Rosemary Merrigan*



*Aidan focuses on the job.*

## Waverley Golf Club Hawaiian Masters

The weather for our inaugural Waverley Golf Club 'Hawaiian Open', held on 14th March, was from Hawaii, with 28 degrees and hardly any wind. With almost a capacity field, all was set for a fantastic day of low scores, which the Ambrose format would ensure! Players from all over congregated in and around the putting green in the splendour of their Hawaiian shirts, (mandatory for a start in The Open). Ryan cooked up a delish BBQ and all was set for a shotgun start at 1.00 pm. After instructions from our GM, Matthew, the field dispersed to all corners of the course.

The Bendigo Bank team were welcomed to Waverley by sending them off to the 6th hole! A nice walk in almost 30c and for first time players at WGC, they knew they had played golf by the end of the day! They did supply hats, which were most sought after. A slow but steady round was had with visits from the drinks cart most welcome from all the groups.

Golf completed, the party began with a great meal served up by our Head Chef, Steve Kruger. Many of the golfer's partners joined them for dinner and a dance. The band (MP5) was very entertaining and kept the dance floor full all night

for the 130 people that attended. A charity auction was run for the Adam Scott Foundation and then club captain, David Young, announced the winners. 7, 8, 9 and even a 10 under gross, were some of the best scores in, but after deducting handicaps the winners were Mick Credlin, Hugh Ibbotson, John Ryan and Dudley with a net score of 54. They received a "Green Hawaiian Shirt" each in addition to their prizes.

The event was claimed a complete success by all who attended. 50 non members participated, so if you're thinking of entering a team for the next WGC Hawaiian Masters 2015, you had better get in early!

Waverley Golf Club (Home to the Victorian Junior Masters) currently has the following memberships available. A full 7 day, 6 day (Sunday—Friday) and a 5 day (Monday—Friday). For younger players there is the Waverley Junior Golf Club Memberships from \$100 (currently). Green Fee players (Non-members & Social Clubs) are welcome to play 9 or 18 holes, outside of member competition times.

We can also help with private functions, such as weddings, birthdays, cocktail parties, seated dinners and much more in our recently refurbished Clubhouse Facilities. Ask us how we can host corporate, golf and bowls events as well as conferences. Call 9764 5144 for more information.

*Matthew Taylor General Manager*

## The National Prestige of Eildon Park Tennis Club Continues to Grow.

Congratulations to Eildon Park club coach, AJ Muscillo, who has been recently announced as one of three finalists in the Victorian Tennis Awards 2014 for Club Coaching Excellence. It is a great achievement to be nominated, with Victoria having over 600 qualified registered coaches. The award is for outstanding results in 'High Performance Coaching' nationally and internationally, Hot Shots and Cardio Tennis, National Primary School programs and Club development. AJ is a dedicated tennis coach who has been trained at the Bolettari Academy in the USA, where legends such as Pete Sampras, Andre Agassi and Maria Sharapova began their tennis journeys. The awards will be presented at Tennis Victoria's Championships dinner on Monday 23rd June.

On the playing scene, Nathan Ponton qualified and made the Quarter Finals of the International Tennis Federation Gallipoli event held at Melbourne Park in April. This huge run of success, that is only achieved by very few players in the country, gives Nathan an international ranking that prioritises him above all nationally ranked players. Head coach of Muscillo Tennis Academy, AJ Muscillo said "Nathan's dedication to his training program since finishing Year 12 last year has been second to none. He has a strong will to learn new techniques and to continue to develop his game in all areas, whereas some players can be resistant to making these changes. With his confidence at an all time high, I'm sure he will continue at this fantastic rate of development and achieve the Division One US Scholarship he is chasing this year". Nathan is a part of the Men's Grade 1 team at Eildon

Park Tennis Club (one of the only few clubs to field a Grade 1 team in Victoria). Everyone is welcome to come down to the Eildon Park Tennis Club and see him and our team of international tournament players on Saturday afternoons from 1.00pm.

In other age groups young up and comer, Cassidy Denny also had great success in tournaments throughout the school holidays. She reached the final of the 14 and under girls singles in a national ranking event held at Frankston. Cassidy won many long gruelling three set matches against girls ranked highly in Australia and she also won the doubles title! Two more team mates from Muscillo Tennis Academy, Nicholas Jovanovski and Michael Mattschoss, also had great performances in recent months. Nick making the semi-finals of the Boroondara AMT and Michael Mattschoss took out one of the titles at the Albury AMT 100 years Open Event.

Eildon Park welcomes all players looking to lift their tennis to the highest standard and offers them the opportunity to play and learn among some of Australia's best.

The winter season is now in full swing and most of the junior and senior teams are near the top of their competition tables. It is a great continuation from the summer season where more than 20 teams made the final and 11 were crowned champions.

Muscillo Tennis Academy and Eildon Park Tennis Club continue to prove themselves as the number one tennis venue in South/East Melbourne and welcome anyone who would like to visit the club and give tennis a try. There are spots available for everyone from first time kids in the hot shots program, through to the young at heart seeking to regain lost youth.

For information please contact Eildon Park Tennis Club or AJ Muscillo Tennis Academy.

*Grant Dickson*



The Knox Regional Netball centre's new season begins in July. Positions are currently open for new teams in Sunday mixed, Wednesday and Friday Ladies.

All games are played indoors on sprung wooden floors with qualified umpires. The ladies competitions are played during the day and fully supported by free childminding

with qualified staff. Sunday mixed is played in the evening. There is also a fantastic 'Net Set Go' program running at the centre for 5-9 year olds. This is an introductory program involving games and drills to learn the skills required to play netball.

Please contact the centre for further details [knox.netball@knox.vic.gov.au](mailto:knox.netball@knox.vic.gov.au) or 9758 7191. All information regarding Knox Regional Netball Centre can be found at [www.knoxnetball.com.au](http://www.knoxnetball.com.au)

Mountain District Netball Association is also based at the Knox Regional Netball Centre and are launching a new evening ladies called "NetFresh".

Netfresh is a 10 week ladies competition running Monday, Tuesday, Wednesday and Thursday evenings. This is a short competition prior to the launch of the new longer competition. For more information go to [www.mountaindna.vic.netball.com.au](http://www.mountaindna.vic.netball.com.au)

*Rosalind Montgomery*



Rowville Neighbourhood Learning Centre recognizes the importance of providing affordable education opportunities for the community and in order to effectively achieve that aim, we rely on the skills of our trainers, people willing to share their interests and experience with those around them.

As our population continues to age we have worked to offer a range of courses that meet both the needs and wants of potential students. Technology has evolved at an astonishing

rate over the past fifteen or so years and having trainers, such as David and Ian, who are able to unravel the mysteries of computers and digital literacy, genuinely allows participants to learn in a comfortable, supportive environment.

David has over 20 years experience in Computer skills training. He is a qualified TAFE trainer and considers himself a specialist in helping "Technophobes" overcome their barriers to learning Computer skills.

Ian's background includes Advance Training in Microsoft Word, Excel and PowerPoint. He has been facilitating for over 20 years at various organisations and teaches computers for our returning to work force cohort.

For those looking to explore the new technology on offer, our trainer, whose background has seen her create and run computer related courses and with considerable experience



## Lumps and Bumps

Almost a third of lumps and bumps found on Australian pets are cancerous according to Australia's leading group of veterinarians, Greencross Vets, and they are urging pet owners to be vigilant when checking for lumps and bumps on their pets.

Improved veterinary care means pets live longer and thus have a greater chance of developing lumps and bumps,

making potential cancerous lumps on pets a growing problem.

Examination can be the difference between life and death, so pet owners should be aware that treatment options are available. Like their human counterparts, early detection and diagnosis provides more positive patient outcomes and gives the affected pet the best chance of being cured of cancer.

It is impossible for pet owners to determine the kind of lump they are dealing with simply by looking at it and in most cases pets show little change, either physically or in their behaviour. It is extremely important for pet owners to do regular checks by running their hands thoroughly over their pet's body to feel for lumps and bumps, especially since many of these can be hidden by an animal's coat.

The next step is to watch for specific symptoms and if you are concerned you should seek advice from your vet. The majority of bumps found are actually benign so pet owners don't need to be fearful, but preventative approaches to caring for your pet is always recommended for their health in the long-term.

### Symptoms to look out for include:

- A change in size, or increase in growth rate
- Causes pain for the pet when touched
- A change in colour, or discharges fluid

For more information you can visit the Greencross website: [www.greencrossvet.com.au](http://www.greencrossvet.com.au) or call Greencross Vets Stud Park on 03 9763 6088

*Darren Kirk*



*Veterinary Nurse Sam Heffernan with a patient Copper*



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and knowledge to work with students as they examine the intricacies and application of a range of devices.

We've also developed courses to create a bridge to employment and help people to reconnect to the professional world. Julia Tasker, who runs our Short Course in office administration, has a background in corporate training and qualifications in teaching, professional writing and community development. With a passion for adult learning, her focus is on improving customer service and communication skills within the workplace framework, while helping students to identify the way in which their knowledge and skills can be adapted to suit new roles.

Our Skills for Employment trainer, Chandell Clancy, is an enthusiastic Human Resources professional with over twenty years experience in that sector. Chandell who has recruited and placed job seekers across Australia and New Zealand, works to help all participants understand the way in which their own skills and knowledge can be harnessed and showcased, offering detailed, specific updates for resumes, cover letters and interview skills. Her guidance and suggestions have already helped a number of attendees to secure employment.

For more information on these and all of the courses and activities available at the centre please check out our website [www.rowvillenc.org.au](http://www.rowvillenc.org.au) or drop in and collect a brochure or call (03) 9764 1166.

*Julia Tasker*



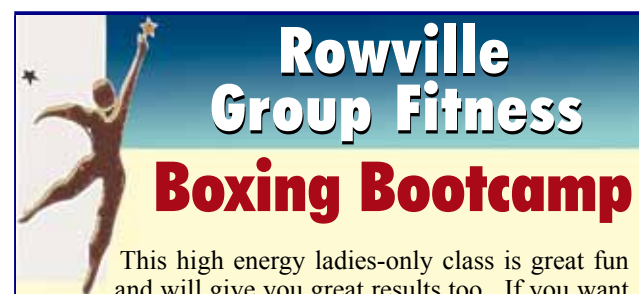
The Rowville Community Centre's Pre Kinder program has a limited number of vacancies for Term 3.

Our pre-kinder program runs from Monday-Friday and incorporates sensory, gross and fine motor skills and gives special attention to emotional and social maturity, by helping children separate from their primary caregiver.

For stress relief and relaxation, why not join one of our Yoga classes held on Tuesday and Wednesday evenings. If you're looking to tone and strengthen your muscles, but don't like the gym environment, then the Stretch & Tone class could be just for you. Places are still available for term 3.

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

*Patricia Massie*



This high energy ladies-only class is great fun and will give you great results too. If you want the fat burning and strength benefits of a boxing class - you'll get them here! You'll also combine that with the power of high intensity intervals, amazing bodyweight exercises and the result is a killer workout! You'll laugh a lot, sweat a lot and gain some serious fitness with this class! Beginners are welcome and this session is suitable for all levels of fitness. No memberships necessary and there's NO need to book.

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or go to: [www.rowvillegroupfitness.com.au](http://www.rowvillegroupfitness.com.au)**



# Chiro-Practicals

## Our Amazing Brain

Your brain needs to integrate all the sensory information it receives to create the world you can see, hear, smell, touch and taste. We talk about having five senses, but in reality there are up to 20 different sensory inputs that your body relies on, to function at its best. Three of these sensory inputs contribute to what we call proprioception, which is the ability your body has to know where all its moving parts are at any point in time.

New research is showing how our brain retains the ability to change and adapt to its ever changing environment throughout life. This includes being able to fill in the gaps when it doesn't have all the information it needs.

Just see how little difficulty you have to read the following.

"Ceinsdr the anmzaig pweor of the hmuon biran. It dseno't metatr in waht oredr the lrttees in a wrod are, the olny tihng taht is iproamtnt is the frsit and lsat ltetres are in the rghit pclae.

The rset can be a tatol mses and you can sitll raed it wuhotit a plboerm. Azaning huh?"

But it can adapt both positively and negatively. Consider that if your spine is not moving properly, it makes it harder for your brain to accurately perceive what is going on in your body from the receptors located within the small spinal muscles and joints. This impacts how it can control your movements. This can lead you to feel clumsy and at increased risk of falls or accidents.

Chiropractic adjustments can improve your brain's ability to know where each body part is located and how it is performing.

Dr Frank Whelan

## Body Mind & Spirit Fitness Centre

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We in the west are now suffering more health issues due to obesity and poor lifestyle choices.

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Well, we have thought of something. We have combined Yoga and Fitness.

Just think all the benefits of Yoga, for instance, calming the mind, experiencing living in the moment and allowing you to take a breath and "smell the roses". It has known medical benefits for lowering blood pressure and stress levels, benefiting muscular-skeletal issues, sleep disorders and helping in the management of chronic pain due to illnesses, such as Fibromyalgia and Arthritis. Then combine them with the benefits of exercise, which include weight loss, cardiovascular health, improved mental health and stress levels and increased strength. All those benefits in one class! Not possible you say? Well it is.

We call it Body, Mind Synergy, a complete package for health. We start with some warm-ups, move to strength and cardio, then core enhancement and finish with Yoga asana's, breathing techniques, relaxation and a short meditation.

Give it a try, so you don't end up a health statistic. Bring your friends and come along, I promise you will notice the difference. You have nothing to lose but those kilos and the high numbers on the Blood Pressure machine. See you soon.

Donna Jordan

**Health Page**  
sponsored by  
Cr Tony Holland



## Red Cross Rowville



Thank you very much to the people who have shown interest in our upcoming event, the Devonshire Tea at Peppertree Hill on 22nd July. We will have an interesting speaker at this event, who will tell us all about the Red Cross including some history and about our activities. So if you join us on the day, it will be a great way to find out exactly what Red Cross does to help people. We would love to see you there.

Our AGM will be held this year on 16th July and we look forward to your attendance.

We are also looking forward to our social outing on 21st July, which will be to a chocolate factory where we hope to enjoy some samples!

Once again, if you are interested in knowing more about what we do, please contact Joan on 9764 4611.

Elly Baré



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# Health & Wellbeing



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



## Exercise – the right way

Most of us understand all of the benefits of regular exercise. Improved cardiovascular fitness, strength, mobility, agility to name a few, combined with lowered risk of serious preventable illnesses such as stroke, heart disease, high blood pressure and diabetes.

So what is the best way to exercise? Developing a safe and effective exercise program requires a complete understanding of how the human body works and the way it adapts to exercise. Many people who haven't exercised or trained regularly start at training intensities that are just too high and get injured. A few fundamental principles allow people of all ages and abilities to achieve great results with regular exercise.

- Undergo a detailed health assessment (weight, blood pressure, movement capabilities, strength, flexibility).
- Establish some specific, measurable, achievable & realistic goals, then write them down.
- Start training at a level of intensity that is appropriate for you (preferably in a supervised environment to ensure movement patterns with exercise are correct).
- Gradually increase and vary training loads (known as periodization).
- Re-assess your training response regularly.
- Don't expect 'quick fixes' to your health. Human physiology generally does not allow it.
- Prioritise your health and look at training as an investment in 'YOU'. You're worth it.

If you are interested in maximising the benefits of exercise, whether it is to lose a few kilos or try and represent your country at sport, it all starts with an accurate assessment by an appropriately qualified health professional such as an exercise physiologist or physiotherapist.

There are many ways to exercise. Training that incorporates a variety of movement patterns, particularly functional movement patterns is often ideal. Strength, whole body conditioning and the specific development of all of the energy systems that allow our body to function well, all need to co-ordinated.

So don't wait for New Years Eve to make a resolution to start an exercise program. Get the right advice from the most qualified exercise professionals you can and get started!

Stuart Canavan Clinical Director



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## Kim Wells Reports



### A clear way forward on Rowville rail

Minister for Public Transport Terry Mulder today released Public Transport Victoria's final report as a part of the largest-ever investigation into the feasibility of a Rowville rail link. "Stage Two of the Rowville Rail Study has acted on the recommendations of the Stage One report and details PTV's recommendations to improve public transport along the Rowville rail corridor over the next decade, while the critical capacity-building Melbourne Rail Link and Cranbourne-Pakenham Rail Corridor projects are delivered," Mr Mulder said. The Melbourne Rail Link will transform our rail network, separating Melbourne's busiest rail lines to improve reliability and relieve congestion as well as delivering a direct rail link between the Dandenong rail corridor and Melbourne Airport.

"Importantly, these projects are critical in bringing Rowville Rail closer to realisation and build on the Coalition Government's successful 601 bus service between Huntingdale Station and Monash University," Mr Mulder said.

Member for Scoresby, Kim Wells, highlighted that a key outcome of the Stage Two study is the proposed changes to bus and train services along the Rowville corridor to improve public transport in the short-term.

"The Victorian coalition government recognises that Rowville, the Monash precinct and surrounding suburbs need improvements in public transport before a Rowville rail link can be delivered," Mr Wells said. "This is in addition to the Coalition Government policy of reducing the cost of travel across Zones 1 and 2 to the same cost as Zone 1.

"PTV's report identifies improvements that can be made to train and bus services, as well as to the supporting bus stop infrastructure. We will now use this report to develop improvements to public transport for the Rowville corridor, but it is important that as we do that we do not reduce public transport services for other areas of Melbourne," Mr Mulder said.

The Rowville Rail Study Stage 2 report has also identified opportunities to refine the proposed alignment, with the aim of reducing property impacts and project and construction costs. Stage one of the study made four key recommendations, around interim public transport improvements, the progression of critical enabling projects and the further refinement, development and protection of the Rowville rail corridor.

Both Stage 1 and Stage 2 reports are available now at [www.ptv.vic.ciov.au/rowvillerrail](http://www.ptv.vic.ciov.au/rowvillerrail)

## Mayor's Message



*Knox Mayor Darren Pearce and MFB officer and Rowville resident Tim Landells at the official opening of the Rowville CFA on Sunday 25 May.*

I've been exceptionally grateful lately for the role our hard working emergency services workers play in our community. Quite honestly I ask you, where would we be without their hard work and dedication?

With winter setting in last month and Knox resuming its familiar crisp character, it might sound odd to say that fire prevention has been on my mind. Just a few weeks ago, I had the privilege of attending the official opening of the new Rowville Fire Station on Wellington Road. It was an honour to attend alongside fellow Councillor, Nicole Seymour, representatives from the State Government, emergency services personnel and a large contingent of Rowville residents.

The new \$5.84 million home of our community's courageous fires has followed a construction project stretching close to 12 months and comes thanks to Victorian Government funding. The fire station's recent move to 24-hour staff will also allow the brigade to better service Rowville, which as we know, has experienced a significant increase in population in recent decades.

I know this brand new station will greatly equip our firefighters and offer improved resources for our community.



### Alan Tudge Writes East West Link To Ease Congestion

Congestion on our roads means Rowville and Lysterfield locals take longer getting to work and it's harder for business to move goods and provide services.

The cost of current congestion is already estimated to be \$2.7 billion per year. With continuing population growth, this cost will blow out to \$6.1 billion by 2020 if action is not taken.

Melbourne has long needed the proposed East West Link, connecting east and west sides of the city, to ease congestion and get traffic moving more freely around Melbourne. As the RACV's top priority project, this is the vital ring-road infrastructure families and business need.

The East West Link will improve connectivity across Melbourne, provide more direct routes to key destinations, including the airport, the port and the city, alleviate pressure on the Monash-West Gate corridor, take car and truck traffic off local streets and improve Melbourne's traffic flow.

Families in Rowville and Lysterfield rely on the Monash Freeway to get into the city for work, or to get to the airport. But what used to be a 45 minute drive from Rowville and Lysterfield to the city, can now take an hour and a half in peak hour. Alternative routes, such as the Eastern Freeway or Burwood Highway, aren't much better. It is expected that



East West Link will take considerable traffic, particularly heavy vehicles, off the Monash and therefore make traffic flow more freely.

Businesses in Knox need reduced congestion so they can easily and quickly move their goods and provide services throughout Melbourne.

In the recent federal budget, the government committed an additional \$1.5 billion in funding for Stage 2 of East West Link. This is on top of the previously announced \$1.5 billion for Stage 1 to link the Eastern freeway to CityLink.

This is a massive project for Melbourne, not seen since the construction of CityLink in the 1990s. The project will create thousands of jobs throughout the construction period and significantly reduce congestion.

East West Link will not solve all congestion and traffic problems, but it will certainly make a noticeable difference for decades to come for families and business.

## Rowville Rail Looking good

The recently released Rowville Rail feasibility study stage 2 provides a positive outlook for the Rowville Rail line and interim bus services to Rowville according to PRO Knox.

"This rail line was first proposed in 1969 and we encourage the State member for Rowville, Mr Kim Wells, and the Napthine Government to fast track progress. 45 years is long enough to wait" said Mick Van de Vreede, PRO Knox Spokesperson. "The recommended station under Stud Rd and opposite Stud Park is a great idea as it provides direct access from Stud Park Shopping centre and the adjoining residential areas. This is a good design outcome" said Mr Van de Vreede.

"Pro Knox believes that preserving the rail reservation will ensure that the land is set aside while ongoing planning and design continues. Ongoing funding will ensure that design and costing works are undertaken quickly so that the project is in a position to compete for funding in future budgets" said Mr Van de Vreede.

The Pakenham/Cranbourne rail upgrade project will provide the capacity to allow for the Rowville Rail project. This project will be completed within 4 – 5 years.



"We strongly encourage Mr Wells to pursue the Rowville Rail project with vigour, as we know it will provide real transport choice, reduce traffic congestion, improve liveability within the Rowville/ Lysterfield area where some 36,000 people live and honour their election promise" added Mr Van der Vreede.

*Mick Van de Vreede*

## IS YOUR SPINE ALIGNED?

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Ryan Jack and Max Mathematicians

Find The Countries

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

ARGENTINA	AUSTRALIA	BELGIUM	BRAZIL
CANADA	CHILE	DENMARK	EGYPT
ENGLAND	FIJI	FRANCE	GERMANY
INDIA	IRELAND	JAPAN	NORWAY
PORTUGAL	SINGAPORE	SPAIN	TURKEY

Riddles

- 1. What can you serve but never eat?
- 2. Seven is an odd number. How can you make it even?
- 3. What do you get if you cross a snowman with a vampire?

(Answers at bottom right.)

Authors of the Month  
"Special"

I can feel her gentle, frail fingers curl up over mine. I am spoiled with kisses and cuddles. I can feel her heartbeat thumping against mine. The birds sing melodies from the treetops. We settle on a rusty wooden bench, with snails cuddled around the concrete underneath. Hours of fin fly by, until I am left alone, watching, gone.

I watch the discerning sun rise over the treetops. The birds are as quiet as night. My stuffed heart feels like curling u and hiding from the rest of the world. I feel neglected and forgotten.

I feel destroyed inside, the wind gushes in my ears. I'm waiting to be remembered. I solemnly wonder "How could they forget me?" Just when I thought I was useless, a navy blue car approaches me and a little girl runs up. Everything feels like slow motion. "Has she come back for me?" She grabs me, squeezing me. I'm overjoyed, I feel special.

Heather – Year 6

A Letter To Myself

Dear Angie,

It feels really strange to be writing a letter to myself in the future. This letter was written on my third day of Year 6. I am on the table named 'Drake' and I am sitting beside Shannon.

I hope to accomplish knowing all of my number facts and win cross country and athletics. I also really hope I have made it into the Victorian Basketball Team too. Throughout the year I hope it has been fun and that I have learned lots of new and exciting things.

If I am able to accomplish all of these things, I will be extremely proud of myself as I know I have put in lots of effort to achieve all of these goals.

I have been excited to finish primary school and experience the challenges high school will bring, but it has also been sad because I have been at Rowville Primary School for seven years. All of my friends have been at school with me but as we move schools we won't see each other each day.

Next time I go to school I will be starting high school. I will go from being the oldest to the youngest. It will be a scary and nerve wracking day because I will have to step up

in many ways. Making new friends will be a challenge, but I am sure I will. I am excited to see how it turns out.

Make good choices,

Angie

Was I Any Good?

Dear Brendan,

I am you, but from the past. I think you are awesome. My teacher is so cool, but I wonder if in the future he has white hair and a beard? Tony Abbott is currently the Prime Minister and Australia has just won the Ashes. I am still 11.

One of my goals this year is to be the best person I can be. It would feel really good if I could focus and manage to accomplish this. Hopefully as you are reading this I have.

In the sporting arena, the school football team has worked hard to win some games and I have kicked some goals. I am thinking of joining a soccer team; I wonder did that happen? Was I any good? Hopefully I have enjoyed it.

What was my role in the school production? Last year I enjoyed it, and Brendan, we did a pretty good job. I am aiming for a role as part of the main cast, I enjoy when I get to make people laugh. I hope I did an awesome job.

I am pretty scared about high school next year, but hopefully you are not.

From your past self,

Brendan

Solve These Problems

A 3 metre by 4 metre area on a wall is to be tiled with tiles that measure 1metre by 2metres. How many possible ways is there to tile the area?

By Max, Year 5.

A child is swimming with a current of 3.7 metres per second. The current is travelling at 6.87 metres per second. A person was standing on the bank, at what speed would the child appear to be going to the person standing on the bank?

By Ryan, Year 5

There were (23 + 27) cookies. Jack had to equally share them into five bags. (90 x 5) more cookies were made, but 75 of them broke. How many cookies ended up in each bag?

By Jack, Year 5

Riddle Answers

- 1. A tennis ball;
- 2. Take away the 's';
- 3. Frostbite.



Rowville feasible but far, far away

The Eastern Transport Coalition has welcomed the Stage 2 report of the Rowville Rail Feasibility study, but has reiterated its concern that it will be well over a decade before a rail line is ever begun.

Stage 1 of the study, completed in 2012 concluded that Rowville Rail would only be feasible after the Melbourne Rail Link (formerly Melbourne Metro project) and capacity upgrades along the Dandenong rail corridor are completed. While the State Government has committed to the delivery of these projects, the report concedes that their completion is still likely more than a decade away. Stage 2 focusses on identifying short term measures to improve public transport in the area while the future alignment of the rail line is analysed.

ETC Chairperson, Cr Peter Lockwood said it was reassuring to hear that the government was committed to the project, but said more details were still needed.





U3A Knox has been in recess since June 20th and will resume on Monday 21st July for Term 3. Many events and new subjects are planned for the new term. During the recess the holiday program has been running successfully. The end of term luncheon was held Friday 27th June, with the guest speaker for the occasion being Hanifa Deen, a writer and social commentator (see report next month).

New subjects for term 3 are particularly interesting. Denis Cody (formerly a Legal Studies teacher) will present; Law, Crimes and Cons, on Thursdays at 12.15 p.m. There will be a new class "Intro to Digital Photography" (basics),



*Damien at sausage sizzle*

presented by Philip Casan, Alex Evans will repeat his class on using Tablets and 'The Wisdom Within', with Mary Keogh, will return on Fridays. With a list of more than 135 subjects per week, our now **1200 members**, are well provided for.

We have several golf groups for men and women on Wednesdays and the photograph shows some who clearly think it is Christmas when they get a chance to play golf! Perhaps it was 'Christmas In July'.

Another event during term 2 was a successful sausage sizzle at 'Masters' in Ferntree Gully Road. Damien Ziebell (see picture) proved to be one of the very good cooks and no doubt attracted custom with his smart apron and cap.

We are working hard to be ready for our Art Show in October, as part of Seniors week and it is hoped to have our new entry form on the website early in July. With the help of Bendigo Bank, Ferntree Gully Toyota and the sponsorship of Knox City Council, this art show offers two \$1000 prizes (one for Art, one for craft) and many, many other prizes for the many categories Oils, Water Colour, Other Media, Pastel, Photography, Patchwork, Needlework and Creative Craft. Look for our entry form on the website, OR ring 97522737 to enter.

U3A Knox is for retired people over 45, who want to make friends, learn and perhaps pass on some of their own skills to others. At least 100 members take part in running classes and several hundred more are office workers, class assistants and help with catering, but the one thing they have in common is that they all enjoy their time with us.

If you are retired and looking for a new interest, see our website [www.u3aknox.com.au](http://www.u3aknox.com.au) or call us on 9752 2737 to obtain a list of classes, or come and see us between 9.30 and



*Golf outing.*



*Previous U3A Art Show*

3.30 p.m. (office hours) at Parkhills, 1a Park Boulevard, Ferntree Gully.  
*Kath Brown.*



"Given the time it has taken to develop this report, we hoped there would be considerably more detail on the recommendations and some sort of cost estimate. We are pleased that the government has recognised that bus services will need to be boosted in the interim and we particularly would like to see an increase in the number and frequency of Smartbuses, as well as more bus stops and pedestrian crossing facilities. Unfortunately, the proposed changes to the Huntingdale station bus parking fall well-short of a modal interchange as sought by Monash University and detailed at the recent Commuters Count Transport Summit and supported by the Monash Council. We hope the government will continue to consult with local councils and other stakeholders to ensure the best possible outcome for this long-sought after project and that funding is committed to ultimately bring them to fruition."

The Stage 1 and Stage 2 reports can be viewed at [www.ptv.vic.gov.au/rowvillerrail](http://www.ptv.vic.gov.au/rowvillerrail). ETC spokesperson, Cr Peter Lockwood, is available for further comment on 0419 970 565. You can find the Eastern Suburbs Transport Poll results on the ETC website at [www.etc.org.au](http://www.etc.org.au)



## Young at Art Exhibition 22 June 2014

Cash prizes provided by Ferntree Gully Community Bank (Bendigo Bank).



## Prizewinners

(Above) Prize winning young Rowville artist Nithy Ramasinghe with her dramatic painting.

(Left - L-R) Emily Wookey, prize winning young artist; Iain Stewart, artist and exhibition judge; Brenda Wright, President of Ferntree Gully Art Society (The Hut Gallery); Nithy Ramasinghe; and Graeme McEwan (treasurer of the RLCN) representing the Ferntree Gully Rowville Community Bank.



## The Hut Gallery

9758 8955  
11am – 4pm Sundays



# Emergency Evacuation Week

We hope all of our members are enjoying their Playgroup sessions!

Over the course of the next few weeks, each session is being asked by the Committee to conduction and Emergency Evacuation Drill. It is of upmost importance we teach our children what to do in an emergency at the centre. There are also many benefits to having your own "Emergency Drill" at home. Remember : it is never too early to teach children about what to do in an emergency!

## Evacuation Drills...So Easy A Child Could Do It

Legislation requires that Evacuation Drills must be carried out in the workplace but, in the home it is up to you the



## Murrindal Playgroup

100 Murrindal Drive, Rowville

[murrindalplaygroup@hotmail.com](mailto:murrindalplaygroup@hotmail.com)

- Choose a day when the whole family will be at home
- Play "Evacuation Drill" every month
- Assess each Evacuation Drill and keep a chart to record improvements
- Compliment family members whose reaction times are good

While it is important to make this fun you should always

parents to take the initiative. Evacuation drills can help in saving lives but to be really effective they must be practiced frequently and everybody must be familiar with the drill.

Involving the children could be a positive step in overcoming complacency and making Evacuation Drills a regular event in family life. By turning the drill into a game for all the family, children will learn what to do in the event of a fire and will want to repeat the exercise again.

To interest them in the game that could save their lives:

- Appoint a "Fire Officer" to alert other family members and rotate monthly,

# Grade Four Writings

## How the Red Bellied Black Snake Got its Red Belly

In the Dreamtime, there lived a regular old snake. This regular old snake was very mean and very nasty. All the other animals ran away from him.

One day, the regular old snake went wandering off. When he stopped he found himself on a beautiful beach. He wanted to stay here. The snake laid back and drifted off to sleep. The sun shone brightly and strongly. The snake was fast asleep. Slowly his belly began to change colour. His belly was getting redder and redder.

When the snake woke up his belly was very sore. He looked at his belly and saw why it was so sore.

From then on and so forth that mean, old snake had learnt his lesson. And now he also had a red belly forever.

*Kaitlyn*

## How The Blue Tongue Lizard Got Its Blue Tongue

I'm going to tell you the story of how the Blue Tongue Lizard got its blue tongue.

Long ago, in the Dreamtime, there was a lizard named



Dave. One day Dave went looking for water. He searched and searched for hours. Luckily he found a lake. Dave didn't know that the lake connected to the ocean. Then, Dave fell into the water.

Dave floated through the water so long that he floated to the Antarctic. The water was freezing cold. So cold that Dave's tongue froze a dark blue sort of colour. Then, Dave started floating back to Australia.

From that day on the Blue Tongue Lizard always had a blue tongue.

*Daniel Grade 3*

## Why Dolphins Are Silver

A long, long time ago, in the Dreamtime dolphins were colourful, but one dolphin was silver.

He was angry because he was the only silver dolphin in Australia.

He tried to tell the other dolphins that he was special but the other dolphins just laughed at him.

He was so mad that he tried to steal the other dolphins' colour but it didn't work.

So he tried to make his own colourful fake skin.

It worked until he went to have a swim with the other colourful dolphins. Then the fake skin washed off him and the other dolphins laughed at him.

The dolphins laughed so hard that the colourful dolphins turned silver.

That's why dolphins in these days are still silver and they

impress on children the seriousness of what they are doing and why.

## An Evacuation Drill

At regular unannounced intervals activate the smoke alarm or signal a makeshift alarm, everyone should then carry out their pre-assigned tasks.

- Get young children and the elderly out first
- Close doors to minimise damage
- Check that everyone has arrived at the pre-arranged meeting point
- Simulate a call to the fire brigade

## Three Golden Rules

1. Prevent fires before they happen – check for fire hazards in your home
2. Install smoke alarms.
3. Ensure every member of the family knows what to do in the event of a fire

*Kristy Ackland*

are still laughing at each other.

*Justin Grade 4*

## Grade 4 Camp Report

It was the last day of camp. My group (Group C) got to go on the big swing! It was 15 metres high! Everyone went to the top in my group except Justin because he can get sick from fast rides.

We all had to wear a helmet so we didn't get hurt if a bird came down while people are on the ride. We also had to wear sun glasses so we didn't get flies in our eyes.

We all had to pull the rope to force the rope to pull people up. I was lucky last. I got pulled to the top. Everyone let go WHOOSH! I suddenly went speeding down! Soon it slowly stopped.

I was kicking my legs like I was on a swing to speed me up. **It was AWESOME!!!**

*By Aaron*

I loved the camp! It was so much fun. On Wednesday I got to school at 8:30am with my suitcase. I put my suitcase in front of the gym. Finally we got on the bus. It didn't take long to get there. We went to Arrabri Lodge in Warburton. It was a nice place. There was even a donkey.

When we got there we sat down at the meeting area and we got told our cabins. I got cabin 17 with Ellie, Renae, Tahlia, Izzy and Georgia. Then we had lunch. After that we got put in our activity groups. I was with Emma, Taylah Moon, Renae, Tyler, Noah, Cameron, Lalia, etc.

Our first activity was a course with a rope on the side and one person gets blindfolded while the other person led the blindfolded person around the course. I got blindfolded first. The second activity was rock climbing.

Yes! Now it was time to make damper. It was really yummy. After that we went on a rope course. Our last activity was archery.

For dinner we had chicken schnitzel it was yummy. After dinner we had the bush dance it was fun. After the bush dance we watched a movie called a Round The Twist. Then we had supper. It was hot chocolate. Then I went to bed.

I woke up in the morning and got ready for the day. For breakfast we had cereal and scrambled eggs with toast. It was time to do the activities for the day. We did the flying fox, giant swing and mini golf. My favourite activity was the giant swing I went to the top!

Then it was time for lunch. We had burger. Yummy! Then we had free time. After that we had dinner which was lasagne with chips. Yes! Time for the talent quest. I was in a group called the Superstars. We got all 8s which was good. It was time for supper. Then we went to bed.

I woke up and got ready for a big day. We had breakfast then we went back to our cabins to pack. Then we got to the reptile show. It was awesome! We had lunch and then we had a river walk. After the walk we got back on the bus to go home.

I had the best time ever!

*By Lani*

## More than just the 3Rs at Park Ridge Primary School



A focus of our student wellbeing initiatives has been the introduction of the concept of positive education. Our belief is that if students feel they are in a good place they will be happier and thus more attuned to learning. In June we introduced our "Bucket Awards" at assembly, which

encourages positive behaviour as children learn how rewarding it is to express daily kindness and gratitude. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the wellbeing of others and ourselves.

*Graeme LLOYD*

## Willow from 6-14 writes her thoughts: Positive Education

Being kind to others is very important and that is what the students at Park Ridge Primary School are learning all about! The Positive Education program teaches students all about being grateful for what they have and being kind to others when they are in need. We even keep gratitude diaries to write in every day for what we are grateful for! We also do a program called "Smiling Minds."

Positive education really makes us realize that some people aren't as lucky as we are. We all should be thankful that we are living a safe and healthy life. Being positive makes a difference to not only you but others around you because if you think positively and be positive then positive things will happen.

*Willow 6-14*

## Have You Filled a Bucket Today?





# School Talk

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



## International Year of the Secretary and Administrative Assistant 2014

It was in early March 2014 that Jackie Hicks, the library technician and resident researcher at Rowville Primary School, came across an article that invited Administration Assistants across the world to celebrate 2014 as the Year of the Secretary and Administrative Assistants. Rowville Primary School has four administrative staff; Jan Moussa is the Business Manager, Sue Reynolds and Janet Young work on reception, finance and human resources. Lyn Furze is Secretary to the Principal and undertakes a multiple of complex administrative roles. The four members of the office team are highly respected by all members of the Rowville Primary School Community and Jackie knew that this was an opportunity for the school team to acknowledge the work of Jan, Sue, Janet and Lyn.

A series of clandestine meetings were arranged to work out how the Rowville Primary School staff would launch the International Year of the Secretary and Administrative Assistant. It was decided that if all plans and ideas could be kept "under wraps" that the element of surprise would add to the celebration.

One member of the team, Ros Bartlett who is a highly talented creator of special cards, set about making four cards that were unique and celebrated a particular quality about each member of the team. Special messages were composed and included in each card.

We show our respect and appreciation through quality food. Therefore it was decided to hold a special lunch on Monday 31<sup>st</sup> March 2014. All members of the team brought in food that they had specially prepared at home. It was stored in the Stephanie Alexander Kitchen so that suspicion would not be aroused as to why there was so much food in the school. During the morning the kitchen was transformed into a first class restaurant by the school's chef, Jodie Wood and several other members of the team.

Finally when everyone was seated for lunch at the beginning of the lunch break, the final part of the operation took place. This involved luring the unsuspecting administration team to the Stephanie Alexander kitchen.

The Principal, Anne Babich, organised an impromptu



*Administrative workers With Their Cards*

Occupational Health and Safety meeting. The administrative team were enthusiastic participants in what they thought was an occupational health and safety walk!

The following words capture the surprise and delight that this special luncheon, which was the culmination of major undercover operation, evoked. It was indeed a special celebration that conveyed our appreciation to the administrative team.

*Hi Everyone,*

*I have just arrived home after driving for the last hour, shaking my head in amazement of the wonderful surprise you had waiting for us this afternoon. I personally have never had a surprise lunch or anything else for that matter, I always find out, but not this time. I bow down and take my hat off to you all keeping such a secret between so many. It is outstanding to say the least.*

*I am very rarely lost for words, but today I was and it has taken me until now to process it all.*

*Thank you all so very much for making us feel so special and appreciated, you could not have said it or showed it any better than you did today, providing the magnificent lunch you made with such thought and care, the beautiful card, words. (Sue)*

*Dear Friends (colleagues just doesn't seem the right word right now),*

*Thank you so much for the time, effort and behind the scenes planning that you all put in to make the admin team feel so special today. I have never, in my 20+ years of working in school admin, felt so appreciated (or surprised!).*

*I feel so fortunate to work with a progressive team of individuals who all bring their own strengths and vision to*



*Staff Enjoying The Fruits Of Their Labours*

*their roles, and I'm proud to call them my friends as well as my colleagues.*

*The OHS Walk that Anne was determined to take us on today certainly took our breath away as we rounded the corner and walked into a 5 star restaurant filled with all the wonderful Rowville team.*

*I know the emotions of the moment almost got the better of the girls and I, and I can't wait to see the photos! (Jan)*

*Dear Team*

*I was lost for words and overwhelmed today with the surprise lunch. The trouble that you all went to and the care shown by everyone are so much appreciated.*

*I am so proud to be a member of the dynamic and dedicated team at Rowville Primary School.*

*P.S. It was a lovely surprise – so much for the saying, "The office staff knows everything!" (Lyn)*



*The Delicious Spread*

## Rowville Sports Precinct Grand Opening

Rowville Secondary College is very excited to announce the opening of our new Sports Precinct. Sunday the 22<sup>nd</sup> of June saw our grand opening with a special ceremony for our VIP guests commencing the celebrations.

Based at our Eastern Campus in Humphreys Way, and featuring four full sized, spring-bound multipurpose courts, a fitness centre with Pilates room, consulting rooms and a testing room, this state of the art sporting precinct allows our students and hirers the opportunity to use the very best that current sports science has to offer. In addition to the impressive facilities we have coaches' rooms, ice baths, male and female change rooms, and an expansive cafeteria area overlooking our existing FIFA certified soccer pitch.

The Precinct Café is another of the exciting features of this new facility and will be open from early morning through till late at night seven days a week for snacks, hot meals or just a quick coffee fix and is open to the public. The café will serve students throughout the school day, but we encourage community members to pop in and make the most of this dynamic new space and the convenience it offers.



As this facility has been constructed not only for our students, but also for the broader community we extended the invitation to families from the local area to be amongst the first to see the finalised building. There was an amazing turnout with local politicians, media, many recognisable faces from around the Rowville and Lysterfield neighbourhoods and of course the families of our students eager to see the results of months of hard work from our dedicated construction team.

The day itself was a huge success thanks to RSA Marketing Administrator Simone Farrugia, Facilities Manager Alex Palazollo and Cafeteria Manager Vanessa Paul who have worked tirelessly over the past few weeks to make this day a fun-filled family event. Our younger guests took advantage of the jumping castle and face painting while older children enjoyed other sporting activities including a handball



competition, sports matches and a real robot demonstration. Guests of all ages flocked to the sports science testing stations, mini golf, creative arts displays and performances from several very talented music students.

If you couldn't be there on the day then we invite you to stop in for a coffee, to watch a game or two, or to simply have a look around as this is a facility which genuinely enhances the Rowville community and we would love to share it with you. Thank you for your patience while the Precinct was built and we look forward to seeing you soon.

*Laura Gordon, Communications Officer*



# Lysterfield Primary School



## Sustainability at Lysterfield PS

We are all excited about the tree planting on 15<sup>th</sup> June in our Kitchen Garden. We will be planting fruit trees in our orchard. The children all helped decide what trees to plant. We are very grateful to all our sponsors. Drainage was put in with the help of a grant from South East Water, the Justice Department provided a fence, Puffing Billy donated sleepers for the planter boxes, the Knox Leader helped with a grant for the preparation of the Orchard and Masters Scoresby are generously being involved in the project and donating fruit trees and planting tools.

We have very enthusiastic environmental leaders in the Senior School, Montana, BJ, Natasha and Luke, who work in the garden every Wednesday with our parent volunteers. They help organise our special events such as Clean Up



Year 3 and 4 Young Cress Growing In Containers

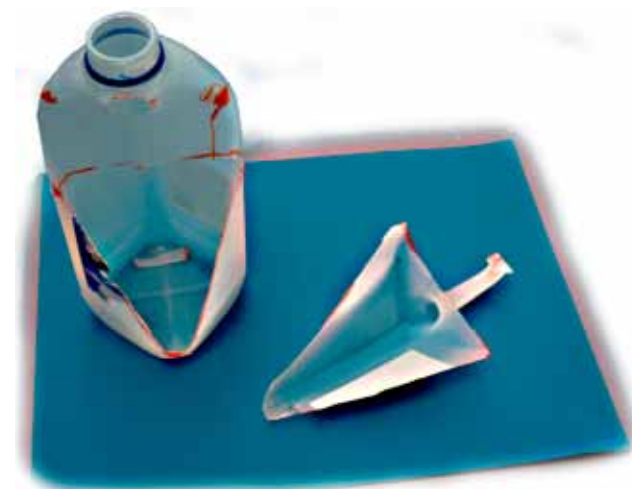
Australia Day and Walk Safely to School Day. Every class has a lesson fortnightly with our Sustainability Coordinator.

The Foundation students are helping keep the yard clean to protect animals. They are keen to recycle. They made recycle symbols and planted seeds in pots made from newspaper. Year 1 and 2 children made spades out of milk containers. They are helping the environment by recycling food scraps for our worm farm and compost.

Year 3 and 4 children are learning about growing food. They planted cress in strawberry boxes and broad beans in glass bottles. They are excited to see things they have planted and cared for grow.

The Senior School children are involved in taking action to reduce waste. They are currently making signs for the doors reminding everyone to keep the heat in and the cold out. Their favourite quote is "Keep the door shut or Elsa" a reference to Frozen the movie.

Deirdre Loveless (Sustainability Coordinator)



Inventive Spades Made From Old Milk Containers

Many of our children are intrigued by our worm farm at the moment. We are separating our "leftovers" from snack time into worm food and packaging. The children are enjoying active involvement in caring for and feeding the worms. Our worm farm is helping us to learn about many different things, including:

- our own health;
- worm anatomy and their needs;
- recycling;
- sustainable living; and
- how we can help to care for the environment.

We have learnt that we can recycle many of our food scraps and put them back into the garden as beautiful soil, filled with the vitamins and minerals contained in the healthy food we eat. We have learnt that worms can help to break our food scraps down. We have discovered that worms do not have any teeth, so we add sand to our worm farm to



help the worms to grind the food particles into small pieces inside their bodies.

Sometimes we give them shredded paper as well, recycling some of the paperwork we do not need to keep. We have noticed that worms like to eat food (except for citrus) that is healthy for us as well. We only give them our fruit & vegetable scraps from our snack boxes and some food scraps brought from home. If we have packaged food in our snack boxes, there is no worm food at the end of the day, which

has helped the children become more aware of healthy food choices and has promoted valuable conversations amongst the children as they sit down to eat.

The worms need water to stay healthy as well, just like we do. To extend upon this interest, we have recently cooked vegetable soup with the children. This was a fun activity

involving a lot of cutting and prep work to chop all of our vegetables into small pieces. The children shared their knowledge with each other, as we tried to identify each of the vegetables we added to our soup. At the end of the experience we had some delicious, healthy vegetable soup to sample and an abundance of worm food from all of the peelings from the vegetables.

We check our worms regularly to see if they have grown, making predictions and comparisons as we do so. In the future, we hope to use the nutrient rich soil we are creating to re-plant herbs and some vegetables in our sensory garden and to plant some seeds to take home to care for.

At Liberty Ave Three Year old Kindergarten we offer two groups, one of which includes our deferred children. We currently have positions available in both groups. For enrolment information regarding 2014 or future years, please contact Kylie on 9752 9981.

Jacqui Iscaro

## The Importance of Messy Play

The materials used in messy play, promote and stimulate play. The materials are flexible, so that ideas can change or be extended as the children play [there is no one right way to do things].

Not all children want to make something. They may just want to



experience the feel of the material. This is part of exploring and learning by doing.

Children think in a very physical way, so when they are playing with messy materials they are thinking with their hands. Children need messy play to keep in touch with the natural world.

Messy play allows children to release strong feelings and provides an opportunity for acceptable ways to destruct, as well as construct. Messy play can be remarkably soothing to children.

Kathie Lawlor

## Is This True?

In English pubs, ale was ordered by pints and quarts....

So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down'.

It's where we get the phrase: 'mind your P's and Q's'



Rowville Baptist Church

[www.rowvillebaptist.org.au](http://www.rowvillebaptist.org.au)

[office@rowvillebaptist.org.au](mailto:office@rowvillebaptist.org.au)

Ph: 9764 4242

"It takes a village to grow a child". I heard this recently at the 21<sup>st</sup> birthday party of a special young lady. Amid humorous and serious stories recounted from her life and commendation for the lovely daughter, sister and friend she was, her father thanked us, the guests, for our influence on her life, reminding us that the work of raising a child cannot be done alone, rather an entire community must participate in the task.

At Rowville Baptist Church, I believe we provide through our children's programs and other activities', a good framework for parent's wishing to grow confident, caring and

well balanced children. If I was to summarize some of our key principles for the children in our program it would be:

That God made every person purposefully and with love

That they are loved by a compassionate and forgiving God

Regardless of our circumstances, there is hope through the gift of God's Son, Jesus Christ.

Today, so much of what we hear and see and what ultimately shapes our thinking is bad news. We are tempted to think that life, our world, is spiralling out of control.

At Rowville Baptist we would count it a privilege to be part of the "village" that grows your child, encouraging and supporting you and your child as you encounter the challenging and rewarding responsibility of parenting, in a world that often evokes more questions than answers, more fears than peace, and more distress than ever before.

We have a team of leaders who work together to provide a

safe and secure environment for all the children. All of our team hold a current working with children check.

Our children's programs run during the Sunday morning service times 10.15-11.30am. We cater for Kinder to Year 8, in four different age groups. Appropriate to each level this time might include, craft, songs, show and tell, games, free play, bible stories, life applications etc. Once a year we enjoy a "Children's Big Day Out and Sleepover". Our popular school holiday program, "Club Extreme", will be run in the Term 3 holiday break this year, Monday Sept 29<sup>th</sup>- Friday October 3<sup>rd</sup>.

We would love to see you at any one of our programs. Children and parents are welcome to come and sit in on one of our sessions. Please contact us at our church office if you would like any more information on 9754 4242.

Wendy Venten





## Sant Nirankari Mission 23rd Blood Donation

Sant Nirankari Mission Melbourne, in association with Australian Red Cross Blood Service (ARCBS) held its 23rd Blood Donation Drive at Mount Waverly Donor Centre on 3rd May 2014, on its annual event of Manav Ekta Diwas (Human Unity Day).

To save a life is a noble venture, and doing so through blood donation is a priceless gift to the person whose life has been

saved. SNM is a leader amongst blood donation organizations not just in Australia and India, but across the world.

His Holiness Baba Hardev Singh Ji Maharaj started the program in 1986 after Baba Gurbachan Singh Ji's martyrdom as a tribute to him and other individuals who sacrificed their lives to uphold ideals of truth, peace, tolerance, and non-violence. SNM recognizes blood as a universal human lifeline - all humans, despite caste, colour, gender, or creed, need it to survive.

Objective of the drive was to convey the message of His Holiness Baba Hardev Singh Ji Maharaj that

and new things. While Winter sees higher energy bills and an increase in comfort food, it is good that the seasons can remind us of the natural rhythm of life and how it might apply to us.

The church embraces seasons in its worship. Times for more solid self reflection and times when we are called to respond to the action God calls us to be involved with by looking outward.

The Rowville Uniting Church seeks to engage community in the offering of our Toddler Gym program. This operates on Tuesday and Friday, 9:30-10:30 and 11-12noon. The cost is \$5 per session per family. Registration is vital and enquiries can be made at the church office.

We are once again operating an indoor family fun market. We expect to have a wide range of market stalls, a jumping castle, face painting, children's activities and food. The market will be held on Saturday July 12th. We invite you to join us and pick up a bargain! Please call the church office for more information.



*'Blood should flow in veins, not in the drains'*

SNM Melbourne in support with ARCBS have been organising the Blood Donation Drives for many years in alignment with Missions ideology of serving humanity and spreading the message of **Universal Brotherhood**.

Cr Joe Cossari, (Councillor - Knox City Council), visited the donor centre and complimented the efforts made by SNM Mission and its members, for their dedication in organising these drives and commitment to serving humanity.

It was an overwhelming response from the members of the mission with more than 100 members registering their names for the donation. 45 Whole Blood Plasma units & Platelets were donated successfully. The donation drive was a huge success.

Members of the mission set up refreshments stall at the Donor centre to provide snacks and drinks to all donors and visitors. They also assisted the staff of ARCBS with various administrative work.

ARCBS staff appreciated the efforts and support of members of SNM Melbourne.

All the members of the SNM mission expressed their gratitude towards HH Baba Hardev Singh Ji for blessing them with this opportunity of selfless service to humanity.

*Manjit Singh*

**Rowville Uniting Church**  
Cnr Fulham Rd & Bridgewater Way  
9753 3495 office@rowville.unitingchurch.org.au

Rowville Uniting Church meets for worship on Sunday's at 10am. The third Sunday of each month involves a special children and families focus in worship. Our service seeks to both hold to important traditions in the way we pray and hear together, yet seeks to be contemporary in the mode of message and the atmosphere in worship. We welcome people to our service where we enjoy good fellowship and a friendly environment.

Winter has arrived and at the time of writing, it continues to be mild. Trees are bare and flowers are in their dormant stage. Winter always reminds me that we need times in life where we are dormant and we withdraw into ourselves somewhat and find our energy again, so that we are ready for Spring

We have operated the Bridgewater Centre for many years and we offer low cost counselling to any who need a hand in life. Our Clinical Counsellor is well equipped to offer assistance in a wide variety of life issues. Appointments can be made at the church office. Bridgewater Centre is also currently operating a special program aimed for couples starting a family. The program "We're a Family" is running on the first two Tuesday's in July. We hope to offer this program as a recognition that families need all the support they can get! It's hard work being an effective parent.

We are pleased to be partnering with Rowville and District Rotary Club in presenting Michael Carr-Greg at a Cyber Safety forum. This forum will be held on Wednesday 16th July from 7:30pm. It is a free forum, so come and hear one of Australia's leading child and adolescent speakers. This is an evening everyone with teenagers should attend

For any other information about our church and activities please contact the church office.

*Trevor Bassett*



## St Simon's Parish Church

**Are you or a friend thinking of becoming a Catholic?**

**Where do you begin?**

Adults entering the Catholic Church or just thinking about it, follow a process called RCIA the Rite of Christian Initiation of Adults. At St Simon's, new sessions begin with an information night from 8pm in the parish house on Tuesday 8th July 2014.

The RCIA is the normal way in which adults become full active, participating members of the Catholic Church. It is more than simple classes on theological topics, it is a journey of spiritual growth and wisdom. RCIA helps adults to grow in their relationship with God, become familiar with Catholic teachings and practices, get acquainted with people

in the community and get involved in service within the community. The goal of the process is full active participation in the Eucharist and in the whole life of the Catholic faith community.

Many persons who want to join the Catholic Church have already been baptised in another Christian Church. They must attend the sessions, but do not need to be baptised again.

### First Step is a Period of Enquiry

The RCIA process is a period of reflection, prayer, instruction, discernment and formation. Those who join the process are encouraged to go at their own pace, but on average the journey takes about eight to twelve months of weekly or fortnightly sessions leading to, if the candidate wishes, reception of the Sacraments of Baptism, Confirmation and Eucharist at Easter, with an on-going attendance at Sunday Mass and observance of Catholic teachings and practices.

### The RCIA Team

Team members are volunteers. They bring their gifts, talents and life experiences to the sessions, having undergone some training and discernment. They follow the Rite of Christian Initiation of Adults approved by the Catholic Congregation for Divine Worship. At St Simon's the Team meets with

enquirers weekly or fortnightly as required, usually on Tuesday nights from 8-9.30pm.

### Like to find out more?

Ring the Parish office on 9764 4058 St Simon's Church, 2 Taylors Lane, Rowville

*Suzette Diaz*



*Sea of Galilee 18 January 2007*



# Knox Home Garden Club

## How Do The Chinese Do It?

On a recent trip to China, it was wonderful to see and visit the many historical, famous, and fabulous sites and attractions that are uniquely Chinese.

The Bund by the Huangpu River has one side consisting of century old English buildings, and the other, directly opposite, modern new skyscrapers built within the last 20 years. The tour took in a Zangtze River cruise, the Three Gorges Dam site, the Terra Cotta Warriors, Tiananmen Square, the Forbidden City (formerly the Imperial Palace), and many temples. Too much to mention; the tour group was kept very busy. And, of course, one more thing ticked off my bucket list: I climbed the magnificent Great Wall!

And it's not a vicious rumour, China does have a very serious smog problem.

Much 'greening' of the country is taking place. Streets, roads, freeways are very impressively lined with trees, mostly four trees deep, many of them newly planted. The transplanted mature trees are supported by four stakes and bound with rope for up to 1.5 metres to protect the trunks

from inclement weather, bugs, and diseases. The majority of the trees were their native ginkgo biloba, (one of my favourite trees), birches (betula), and locusts (gleditsia).

'Public' parks are a special feature. They are lush, green and beautifully designed. Unlike our parks where we can sit, play, picnic, or just relax, the parks in China are off limits. Their huge population would decimate the grass in no time at all. Even sport is not played on their well-manicured sports grounds, but on a hard surface.

A few common plants appeared, such as pomegranates, petunias, and oleanders. In Tiananmen Square, tall floral columns are still standing depicting the Olympic flame. They were created by placing many pots of different coloured flowers on their side. A very large and eye catching floral wall display along the Bund was created using the same method. Many tourists were choosing the beautiful background for a happy snap. Central median strips in the cities and beyond also contained trees and well-manicured shrubs, roses and petunias.

The Summer Palace in Beijing has the largest and best preserved garden of the Qing Dynasty, and is considered a gem of Chinese garden art, featuring many styles of gardens



from different regions.

Anyway, holiday over, back to my own quarter acre!

**Happy gardening.**

*Betty Wright*



## Rate capping puts services at risk

Services important to the Knox community will be at risk under a proposal to cap Council's rates, according to Knox City Council Mayor Darren Pearce.

"Services used every day by Knox residents may be placed at risk, such as school crossing supervision, child care, home care, libraries and youth programs, all because of a plan by a future Victorian Labor government to introduce capping of Council rates," the Mayor warned.

For many years, Councils have been required to contribute more and more funding to delivering State-funded programs. Libraries and school crossing supervision are examples where State grants are not keeping pace with costs of delivery. "If any future State Government caps a Council's rate revenue, removing a local Council's ability to determine its own financial arrangements will lead to users of Council services paying considerably more, or alternatively, everyday services being placed at risk of ceasing."

Local government in Australia is responsible for collecting 3.5c in every dollar of total taxes. Reducing local government's capacity to deliver critical services and infrastructure for, and with, the local community will have long term, significant community impacts.

## Rowville & Lysterfield Council Minutes May 27<sup>th</sup> Meeting

### A brief summary of items affecting the Rowville-Lysterfield area.

#### Item 5.2 Ward Issues

##### 5.2.5 Councillor Seymour (Tirhatuan Ward)

Councillor Seymour advised that she had attended the recent opening of the Rowville Fire Station on Wellington Road, Rowville. Councillor Seymour advised that the event was well attended and culminated with a new tanker being officially handed over to the station which now boasts state of the art facilities.

- Councillor Seymour was pleased to advise of the success of the Scoresby 55+ Social Club operating out of the Scoresby Football Club pavilion in Exner Reserve, Scoresby.

- Councillor Seymour advised that the Rowville Community Kitchen initiative is being well received by the community with 60 people attending last week and 75 the week before. Councillor Seymour further advised that St Vincent de Paul's has offered a grant to extend the current program into the wider community and that fund raising has commenced to purchase two vehicles to enable meals to be made available beyond the Rowville/Knoxfield area to the entire Knox municipality.

- Councillor Seymour raised concerns with regard to hooning within industrial estates within her ward and

indicated that she would follow up with staff to work with Victoria Police to address these concerns.

##### 5.2.6 Councillor Pearce (Taylor Ward)

Councillor Pearce advised that he had recently attended the opening of the Rowville Fire Station. Councillor Pearce advised that the Station opened in 1942 as result of the efforts of former Councillor Violet Lambert. Councillor Pearce provided a brief overview of the history of the station.

##### Works report as at May 2014

##### Bicycle/Shared Path Renewal Program

Program progressing with 65% completed and 85% committed. Colchester Road path and Rowville Vet path are now complete.

##### Stamford Park Redevelopment

Russell Kennedy lawyers have been engaged to provide consulting legal services for the Stamford Park land sale and procurement process and have commenced Phase 1 work (project document collation and review).

##### Corhanwarrabul Creek Trail (to Dandenong Creek) - Shared Path

Requests for quotations have been forwarded to relevant consultants.

##### Building Code Australia Compliance

Awaiting further quotations for Rowville Community Centre. Works to commence in May.

##### Liberty Avenue Reserve Master Plan Implementation Stage 2

Works complete and under maintenance.

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

Project has been completed and reconciled.

##### 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. Full turning movement counts have been undertaken to provide data for the consultant.

##### Murrindal Playroom Extension (Stage - Two)

All works now complete.

##### Tirhatuan Drive (No 18) Rowville - Drainage Upgrade

Contractor appointed following Council approval at April SPC meeting. Awaiting submission of pre-construction documentation prior to supplying Possession of Site. Anticipate early May start.

##### Wellington Road / Eastlink - Shared Path

Works completed with path opened to public in August 2013.

##### Rowville Recreation Reserve No 1 - Renovation

Pump installation under way.

##### Hampden Court, Rowville - Rehabilitation

Project complete.

##### Cairn Curren Close, Rowville - Rehabilitation

Contract works completed with Practical Completion inspection imminent. Works integrated with Tali Karng Close.

##### Tali Karng Close, Rowville - Rehabilitation

Contract works completed with Practical Completion inspection imminent. Works integrated with Cairn Curren Close.

##### Ranceby Close, Rowville - Rehabilitation

Project complete.

##### Camley Court, Rowville - Rehabilitation

Project complete.

##### Hindmarsh Street, Rowville - Rehabilitation



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## Council Minutes continued...

Contract works completed.

**Blackwood Park Road, Rowville - Rehabilitation Design**  
 Survey completed with detailed design about to commence.

**Stamford Park Homestead - Sprinkler System**

The tender to install the fire protection system to the Stamford Park Homestead has been let to Fire Protection Services P/L in Bayswater. Possession of site was granted to the contractor on 23 April. Contract completion date is 18 June.

**Napoleon Road bus stop connection No.1**

Final design prepared. A road safety audit has been completed.

**Napoleon Road bus stop connection No.2**

Project completed.

**Item 12 Motions For Which Notice Has Been Previously Given**

**Item 12.2 Public Transport in Melbourne's East**

Council resolved that:

- Notes the recent transport summit held by the Eastern Transport Coalition and welcomes the discussion and debate on improving public transport in the area.
- Notes with concern that neither representative of the main two political parties provided clear commitment to constructing rail to Rowville or to Doncaster and that on current timelines there is no possibility of either rail extension commencing in the next decade.
- Calls on all candidates contesting the November state election to commit to a more timely delivery of the Melbourne Rail Link, Rowville and Doncaster rail projects.
- Write to all known local candidates in the coming state election within 2 weeks to notify them of council's position.
- Write the letter referred to in 4 above in conjunction with the chair, Knox City Council transport and Mobility Committee.

6. Calls on all local candidates contesting the state election seeking their commitment to deliver the extension of tram services from Vermont South to Knox City Shopping Centre.

7. Write to all known candidates in the coming state election within 2 weeks to notify them of Council's position. Knox City Council Meeting minutes are available for viewing in full at the Council website: [www.knox.vic.gov.au](http://www.knox.vic.gov.au)

Darren Arnott

**Editor's Note:-** Darren Arnott is moving away from Rowville and we need a replacement contributor to summarise the monthly Council minutes for the paper. Is that person you? Please contact me on 9764 4703 if you can help.





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