



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

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A new home for Restore Community Church and Restore Community Care.

Opening late August, 2014.

When complete the auditorium will be able to seat our complete congregation and more.

A café inside the front entrance will be a place to relax and enjoy 'a cuppa and a chat' in a tranquil atmosphere.



A crèche, (with outside adventure play area to be completed as a stage two development) and children's room will allow parents to leave their children in a supervised protected area during services or meetings.

Restore Community Care will operate from a separate entrance off Seismic Court.

IN THIS ISSUE OF ROWVILLE - LYSTERFIELD COMMUNITY NEWS

What's happening in your neighbourhood; activities, events, service groups, governments, clubs, schools, preschools, childcare, churches, history, achievers and more...



ROWVILLE SECONDARY COLLEGE

"Opportunities For All"

Western Campus

Paratea Drive, Rowville

Ph | 9755 4555

Email | rowville.sc@edumail.vic.gov.au

Website | www.rowvillesc.vic.edu.au

Eastern Campus

Humphreys Way, Rowville

Fax | 9764 5087



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From the Editor's Desk



This edition is a special one for me as it marks five years since I became editor. The paper has grown substantially and the content has expanded, all of which, I hope, has made the RLCN and better, more informative read. Needless to say nothing is perfect and we have to keep on evolving, improving and seeking more and better relationships with all clubs, organisations, schools, churches and businesses. Without the diligent monthly contributions we would have no paper, so I want to thank all of you for making the paper what it is today. The other thing this issue does for me is remember the previous editor, Shae, who handed over a respected and colourful newspaper. Where are you today Shae, I would love to hear from you.

Not only is it my celebration, but Stud Park Shopping Centre has been opened for 25 years this month. There have been many changes over the years, including ownership, but they have continued to offer residents a place to meet and enjoy local shopping. A list of original tenants can be seen in their article. How many do you remember. On that subject, it looks like we have lost "Sams". What next for that building? The Library, as part of the Centre are also celebrating on the 21st and is inviting all residents to drop and and say 'Happy Birthday'. A special feature this month is the history of the Library, with special thanks to Charles for his research.

As one shop closes, seven new ones are opening at

Wellington Village, at "The Corner". Take a look and see what there is to offer. A Fitness centre, Restaurant, Physio, Beautician, Real Estate, Pilates and Human Resources. We've never had it so good.

On the 13th of this month it is 'Left Handers' Day. Did you know they have an official Club? They draw attention to the fact that every day they live in a world made for right handers and ask that, for this day, we do everything left handed. Give it a go and I don't think you will get very far.

Daffodil Day, for the Cancer Council is on 22nd, so please buy a pin and give generously. The funds they raise goes towards research to try and slow the rate of daily (Currently 115) Australian deaths from cancer.

Legacy is a charity providing services to Australian families suffering financially and socially after the incapacitation or death of a spouse or parent, during or after their defence force service. They currently care for around 90,000 widows and 1,900 children and disabled dependants throughout Australia, so don't ignore their work and help as much as you can on 31st, Legacy Day.

We had no response to our appeal for a person to look after the "Council Minutes". We really don't want to discontinue the column as it so informative, so please don't be shy and give me a call 9764 4703.

Finally, Mayor Darren Pearce advises that a condolence book for the victims of Malaysia Airlines flight MH17 has been placed in the Customer Service Centre at the Civic Centre for those wishing to write a few comforting words of sympathy.

David Gilbert

What's On Locally



Sponsored by:
Lions Club
of Rowville

August 2014

DIRECTORY

Apex Club Meet on the 2nd & 4th Tuesdays each month. 7pm for 7.30pm rowvilleapex@gmail.com

Australia For Christ Church English services 10am (simultaneous kids R.O.C.K. program) Sunday. Indonesian 10am Sunday. Mandarin 1:30pm Sunday. Stompers Pre-School Playgroup 10am Wednesday (during school terms). 1070 Stud Rd. Rowville. www.acfchurch.com

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

Baptist Church Services every Sunday 10am

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

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

CFA Juniors Meet every Thursday 7pm.

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

1st Rowville Scouts:

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

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

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

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

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

Fruitful Vine Church Services every Sunday 10am.

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

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

Knox & District Over 50s Meet 4th Tues each month at 1.00pm (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 For the time being, Sunday services will be held at 2/18 Laser Drive at 10am.

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

Tirhatuan Ladies Golf Club Wednesday & Saturday competitions at Tirhatuan Ladies Golf Course. Membership information - Corrie 9769 2556 or Margaret 9547 8881

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 for primary students. 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

Calendar of Events August 2014

2-10 August - OCD and Anxiety Disorders Week
www.arcvic.com.au/

2-3 Aug – **Monash University Open Day**
www.monash.edu.au/openday/

4 Aug - **National Aboriginal & Islander Children's Day**
www.snaicc.org.au/children

4-10 Aug - **Homeless Persons Week**
www.homelessnessaustralia.org.au

5 Aug - **Immunisations** at Rowville Community Centre – Free. No appointments needed 1.30pm-3pm. Bring Medicare card and child's Health Record Book to session

9 Aug - **International Day of the World's Indigenous People** www.un.org/en/events/indigenousday/

12 Aug - **Immunisations** at Australia For Christ Fellowship 1070 Stud Road. Free. No appointments needed 6pm-7.30pm. Bring Medicare card and child's Health Record Book

12 Aug - **International Youth Day**
www.un.org/en/events/youthday

13 Aug – **Left-Handers day** - www.lefthandersday.com

16-22 Aug – **Book Week** - cbca.org.au/bookweek.htm

16-24 Aug – **National Science Week**
www.scienceweek.net.au

18 Aug – **Cupcake Day** www.rspcupcakeday.com.au

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

22 Aug - **MS Readathon** - 60 Minutes for MS
www.msreadathon.org.au/

22 Aug – **Daffodil Day** – Cancer Council Aust.
www.daffodilday.com.au

24 Aug – **Hearing Awareness Week**
www.hearingawarenessweek.org.au

24-30 Aug - **Speech Pathology Week**
www.speechpathologyaustralia.org.au

25-31 Aug - **Keep Australia Beautiful Week**
kab.org.au/keep-australia-beautiful-week/

26 Aug - **Ordinary Council Meeting**
Knox Council Offices 7.00pm

27 Aug - **National Meals on Wheels Day**
www.mealsonwheels.org.au/Home.aspx

29 Aug - **Aston Community Awards**
Knox Italian Club, Karoo Rd Rowville

31 Aug - **International Overdose Awareness Day**
www.overdoseday.com/

31 Aug - **A Walk in the Park** - parkinsonswalk.com.au

31 Aug - 6 Sept- **Legacy Week** - www.legacy.com.au

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

**- Deadline -
September 2014**

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Articles, News or Letters to the Editor
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Saturday, 30 August 2014**

****URGENT**** Can You Help?

We are in real need of a volunteer to write up the Rowville and Lysterfield items from the Council Minutes each month.

Are you this person?

Do you know someone?

It only takes 30 minutes a month.

Please give me a call 9764 4703

David Gilbert, Editor

Stringybark Time Already?

**Siteholders
sought
now for
next
festival**



It may be cold out there... but we've already got our sights on Spring, with a call for siteholders to get in touch **Now** if you'd like to be a part of the *Stringybark Sustainability* festival. The idea started in 1980 as the Knox Garden Expo in Ferntree Gully, which evolved into the Stringybark Festival in 1985 and was relocated to Rowville. In 2009 it was re-launched as the Stringybark Suburban Sustainability Festival.

"Stringybark is Australia's biggest and best-loved sustainability festival, right here in Rowville", reports Mayor Darren Pearce. "The festival is loved by thousands in and around our community," he said. "And we know the 2014 event will be another great opportunity to host fun, practical and helpful tips for being more efficient in and around the home."

Expressions of Interest are now open and close at 5pm on Friday 5th September 2014. "Check out our website or contact us to find out more about becoming a siteholder," the Mayor added.

The Festival will be held on Saturday 18th and Sunday 19th October 2014, from 10am-5pm both days. All associated costs and guidelines are outlined in the application to become a siteholder. For more information, contact Council's Festivals and Events Team on 9298 8000 or email culturalservices@knox.vic.gov.au



Community Strengthening and Local Initiatives

Knox City Council aims to promote and share a range of resourcing and training opportunities from within Knox Council and the broader sector to provide additional support for community groups and organisations. Below is a basic list of initiatives.

Council News

- Community Skills Forum – 18 September
- Knox Multicultural Directory 2014



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

Three Year Old Kinder

The Rowville Community Centre's Three Year Old Kinder program will be holding an **open day on Sunday the 14th September** from 10am-12pm.

This is a fantastic opportunity for families to come along and visit the centre and meet our wonderful teachers. All families are welcome, so please contact the centre on 9763 7400 for more details.

Fitness Classes

Term 3 fitness classes are up and running, so now is the perfect time to enrol and improve your health and fitness in the lead up to summer.

We offer Yoga classes on Tuesday mornings, as well as Tuesday and Wednesday evenings.

If you're looking to strengthen and tone your muscles, then our Stretch and Tone class will do just that! These low impact classes run Tuesdays, Wednesdays and Thursdays and are a great way to keep active in the winter months.

To find out more about the Rowville Community Centre fitness classes please contact 9763 7400 or log on to [www.knox.vic.gov.au/A-Z listing](http://www.knox.vic.gov.au/A-Z%20listing).

Trish Massie

- Get your Business Involved – Plant a Tree
- TeamUp, Healthy Together Knox
- Jamie's Ministry of Food Mobile Kitchen – Interested in learning more?
- Seeking applications for the Knox Community Safety Advisory Committee
- Grants
- Volunteer Management Funding

Training/Conferences

- Cyber Health Forum, Dr Michael Carr Gregg – 16 July
- Women in Social Enterprise Workshop
- Employ Outside the Box, Breakfast with Simon McKeon, Thursday 14 August
- Digital Enterprise Program
- Business Planning Basic's Seminar

General Information

- Men's Shed to Open in Rowville
- Volunteer for Knox

Full details are available at the Council Offices or call 9298 8000



Focus On Families – Parenting Teens

Parenting teens is a challenge for every parent. Through the teen years our job as parents is to shift gears from coach to counsellor. No longer needing so much direction and instruction from us, teens are heading toward greater independence and with that growing independence comes anxiety and disquiet for parents, as we hope we've done our job well enough. Let that anxiety take over and we become too controlling and end up in direct conflict with our children. Ignore it, and we risk letting our children go 'off the rails'. The quality of your relationship with your teenage child is the key. Here's some tips that will help keep that relationship solid through, what can feel like, stormy times.

- Your teenager has friends – they need you to be their parent, so don't try to be both.
- Know where your teenager is, what they're doing and who they are with. Welcome their friends at your home so you can meet and get to know them.
- Focus on your teen's feelings – not just your own. Acknowledging feelings is a great way to open communication.

Cake Decorators Association of Victoria Rowville Branch



On Sunday July 13th we held our Demonstration Day and it was very well attended with over 50 ladies and 6 juniors. Everyone enjoyed the demonstrations and learned many new things. It was also a warm social occasion over a hearty cuppa.

Our next workshop will be held on Sunday August 10th which coincides with our election year AGM. Madeleine Stuart will teach us how to create Scarlet Banksia and Ross River Climber. Bring your own lunch.

We are now taking bookings for our Christmas cake workshops scheduled to be held on two dates, November 9th and 16th. You may think it is a bit early to be thinking of this event, but experience tells us that these are very popular and fill fast.

Have a look at our Facebook page, Cake Decorators Rowville Branch, for more information.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Membership is Members \$10; Non Members \$15

For all bookings and enquiries call Velma on 9763 8646 or Madeleine on 9870 5743

Velma Brown



Answer: All were invented by women.

- Encourage and praise them for taking responsibility for their actions and choices, and model this in your own behaviour. Notice what they do well – no matter how small, not just what they haven't done so well.
- Learn not to raise your voice or lose control – be peaceful as much as possible.
- Make rules fair and reasonable – they should change as your child matures. Talk to other parents about appropriate rules and boundaries. Make sure they are clear and consistent.
- If discussions escalate towards arguments, stop, leave the room if you have to (or suggest they do the same). Give everyone time to cool off before trying to continue the conversation.
- Make sure your son or daughter understands that they have increasing control over the choices they make, but that they are responsible for dealing with the consequences of their choices.
- It's your job as a parent to do what you can to keep your children safe, which sometimes means you will be making an unpopular decision. Your teenager may not like it but

Bendigo Community Bank



Director Jeff Somers With Rev. Trevor Bassett

Community NoticeBoard

Supported by Cr
Nicole Seymour
Knox City Council,
Tirhatuan Ward



your goal is not being popular with them but acting as a responsible adult and keep them safe.

- Remember - you're not a failure, even if your children are making choices you do not like. Teenagers are establishing their own identity, and while it might not be the one you'd choose, it's usually the one that will fit them best.

Andrew Hacker (BA; Grad. Dip. Appl. Psych) Clinical Counsellor at the Bridgewater Centre.

The Bridgewater Centre provides low cost relationship and family counselling (and other activities) to residents of Rowville, Lysterfield and surrounding suburbs. The Centre's Clinical Counsellor, Andrew Hacker has been providing counselling for over 20 years. To arrange a confidential chat about any parenting or relationship issues call Kerryn on 9753 4203 on Mondays (9am – 5pm), Tuesdays (9am – 12noon) or Thursdays. After hours appointments are available.

Grant provides new furniture at Bridgewater Centre

A generous Community Grant of \$1500 from the Knox Community Bank® Group has allowed the Bridgewater Centre to replace and update worn furniture in the waiting room, counselling rooms and the reception area. Annually, the Community Bank® returns tens of thousands of dollars back to the community via the Community Grant scheme.

The Bridgewater Centre has provided low-cost counselling to the people in Rowville and the surrounding local community for 18 years and the furniture in the centre was old and in need of repair. Jeff Somers, Director of Knox Community Bank® Group attended a Church service at the Rowville Uniting Church recently and presented the grant cheque to Reverend Trevor Bassett on behalf of the Community Bank® and was able to see first-hand where the Community Grant is to be utilised.

Centre program coordinator, Kerryn Davies said, "without access to the grant, the furniture will need to be funded from existing sources which may ultimately negatively impact on clients or necessitate a rise in fees". The Community Bank® is pleased to be able to have provided these funds to update the furniture and ensure that the Centre can continue to provide services to children, families and individuals without impacting on the Centre's bottom line.

Janine Shepherd

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Australian Red Cross THE POWER OF HUMANITY Rowville Unit

Thank you everyone for your continuing support of our Red Cross activities.

At the Mt Waverley Lions Club Op-Shop in June we had a very successful week, making over \$3,000 for Red Cross in the time we were there. We are hoping for similar success at our 'Devonshire Tea' at Peppertree Hill Retirement Village in July.

Our next fundraising efforts in August will be on Saturday 9th at Bunnings. Bunnings are very kindly supplying the venue and equipment for a BBQ at all their stores to raise money for Red Cross. We will just supply the workers to cook and serve the customers, all with a welcoming smile. I hope many of you can come along.

This month is a huge landmark for the Red Cross, as we celebrate 100 years in Australia. It was founded as a branch

of the British Red Cross by Lady Helen Munro Ferguson the wife of the Governor General on August 13th 1914 to cater for the demands of World War I. Having been an active member of the British Red Cross, Helen was well placed to organise the programmes here. This she did by inviting the wives of all the State governors to form divisions.

Throughout the war they produced huge amounts of knitted attire (socks, gloves etc.), sewing projects and baked food supplies, which they then arranged to be sent to Australian servicemen overseas. By 1919 the Red Cross was handling over 35,000 cases of wounded and missing personnel. Lady Helen was appointed a Dame Grand Cross of the Order of the British Empire (GBE) in 1918 for her outstanding works.

Today the Red Cross is not only known for its humanitarian work but for their tireless work with their 'Blood Bank'.

Please contact Joan if you have any queries on 9764 4611
Elly Baré

Editor's Note:- Here's to another 100 years ladies, hopefully without any human conflicts.

Stamford Park Men's Shed



The extensive upgrade works around Stamford Park and the variable weather we've been having was not enough to dampen the enthusiasm of the Sheddies.

We still managed to complete all our obligations, tending to the grounds and our kitchen garden. The vegetable garden is thriving with winter crops, although only the rainbow chard (silverbeet) is being harvested at present.

We conduct a 'toolbox' meeting while having our cuppa, before commencing work to set our goals for the day and walk the grounds to identify any health and safety concerns. We also prepare our own lunches Tuesday and Saturday - and it's not just a sausage in bread.

Our current project is the construction of a substantial sized chicken coop for Scoresby Primary School. The inclement

weather has delayed us in this venture, because we don't actually have a shed or any covered area to protect us or the work, which involves cutting materials, welding and timber construction. As a result, it means we either can't work or we take the opportunity to progress the job in the breaks between rain showers. Having said that, the metal frame is almost complete,

so watch this space in coming issues for the finished coop.

There have been several visitors 'checking us out' with a view to joining, some of whom have returned and eagerly joined us in our activities.

The shed is open on Tuesdays, Thursdays & Saturdays from 10.00 am to 3.00pm. Feel free to call Barry Treadwell (Mob 0425 719 451 or email info@stamfordparkshed.org.au) to arrange a visit or to obtain information on the Shed's activities.

Mario Bernardi

Probus Club (Combined Knox)



For our 'July Luncheon', almost 80 members sat down to a three course meal at the Stamford Hotel, which resulted in mostly empty plates being cleared from the tables, suggesting everyone had thoroughly enjoyed the food. Our 'Outings' co-ordinator, Tricia Mai, arranged a trivia quiz during the meal, which was taken very competitively and had everyone around their table discussing the answers whilst having a good laugh.. The lucky winners were rewarded with tasty prizes.

A number of members attended the "Christmas In July" dinner at the Wantirna Hill Club and thoroughly enjoyed the meal and the entertainment that was supplied by Issi Dye.

The film outing for the month was to see "The Jersey Boys" and despite a poor attendance the film didn't disappoint. The story was accurate and didn't leave anything out, the good, the bad and the ugly. The music was well done, but who can replace the original sound? Four stars!!

Our speaker for the month of August will be Dr Geoff Crawford. Dr Crawford has been a long time researcher of the activities of Jack The Ripper, (or is it Jill the Ripper), the killer of 5 prostitutes in the impoverished area of Whitechapel, London in 1888. He believes that the killer fled to Australia to continue his murderous ways and eventually died in this country.

Ray Stackpole

Wacky Wisdom

If you think nobody cares, try missing a couple of payments



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An unexpected award arising from nervous beginnings

When Edward joined Toastmasters, the last thing on his mind was winning awards. He joined with the hope of controlling his nerves in social situations and when speaking publicly. With the opportunity to speak in front of friendly and encouraging Toastmasters, Edward's confidence increasingly grew with such success, and he was recognised with the Rising Star Award.

The Toastmasters program has taught Edward to think and speak on his feet. The stimulating speeches delivered by fellow toastmasters have provided increased inspiration and

encouragement to him. With such a friendly group of people, even the supper break has been an opportunity for Edward to work on his social skills.

The Toastmasters Education Program is central to all Toastmaster clubs. It provides members with a proven curriculum to build communication and leadership skills, with opportunities for awards and recognition along the way. Members can learn to speak spontaneously by participating in the regular table topic segments.

A Toastmasters club adopts a "learn-by-doing" philosophy, where each member learns at a pace suitable to their developmental needs. The Toastmasters program is divided into two separate tracks, Communication and Leadership, with members progressing along each track by presenting speeches and taking on roles within their club.

One of the most positive benefits from Toastmasters is the shared journey with such a positive and friendly group. As Edward says, "I would heartily recommend Toastmasters to everybody, and will enthusiastically continue to do so".

Perhaps Edward's story has motivated you to overcome your apprehension of speaking in front of people. Within a welcoming club environment, you may become the next Rising Star.

Guests and New Members Welcome - Free

You can participate at Rowville Toastmasters by attending



Edward Youngs (Left), winner of the Rising Star Award 2014-15, being congratulated by Paul Broom, President.

meetings as a guest, or by joining at any time. Guests can attend free of charge. Details of our 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 or visit the website at www.rowvilletoastmasters.org.au to see details of Club activities.

Peter Tuck, Vice President Public Relations.



WELCOME to NEW distributor - Becky Walls

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

THANK YOU to retiring distributors

- Jutta Gilbert (2 years)
- Tegan Keily (5 years)

Voluntary Positions

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

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 (Liviana 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 (evens 150 to 202, odds 187 to 203), Kimberley Dv, Hope Ct, Diamond Cl, Cullinan Ct, Longwood Cl (one house) – 70 papers

Fairway Drive (odds - 31 to 129, evens - 32 to 120), Irons Cl, Woods Pl, Ryder Crt – 100 papers
Please contact - Ian Richards - 9763 9260

Woodside Dr, Kavanagh Crt, Hicks Crt, Telfer Crt, Garland Rise, Marley Close – 115 papers
Please contact – Peter Rumble – 9752 7592

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

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

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

Peter Rumble - 9752 7592 - Distribution Co-ordinator

The Hut Gallery

157 Underwood Rd.

Ferntree Gully

3156

Exhibition of Works from The Hut Collection

Works collected from 1945 onwards

Opens on weekends from Sunday August 3rd to 31st

Closed on August 9th & 24th for private function

Poetry In The Hut Gallery

Sunday 17th August 3.00 pm

Entry \$5.00 includes Refreshments



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Rowville, VIC 3178

Ph: 9763 8828

www.rowvillehearing.com.au



On the 18th July, we celebrated the club's 24th birthday at the Knox Club. We enjoyed a lovely lunch and were entertained by guitarist Denis Bugat, who played a good cross section of favourites. A great time was had by all.

Our Annual General Meeting will be held on Friday 8th August, to elect a new committee. All members are urged to attend. New members aged 55+ are always welcome.

For all enquiries regarding the club's activities, please call Anne Berg on 9873 0226 / 0404 007 174 or Sandra Goodwin on 9758 7996 / 0402 811 789.

Anne Berg (President)

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Wellington Village We are Celebrating 10 Years



The Start Of The Journey

The Gearon family had a grand vision and knew back in the early 1980s that the local land was going to be zoned for retail. So, while they continued running their civil construction business on the site, they started planning to build the shopping centre for the future and to meet the growing community needs.

They had no idea that it would take about 20 years to come to fruition, or what the total cost would be. If they had, they might not have gone through with the project! The planning and designing alone for the centre was about six years. However, we are very glad they did!

The first stage took six months to build in 2004 and created about 200 jobs, with a much needed Supa IGA supermarket, butcher, chemist, medical centre and 16 other specialty stores.

The second stage in 2010, was to add the Aldi store, increase the size of the Supa IGA and provide five more specialty stores, creating another 40 jobs.



The 'Corner' Ready For The Tenants

Stage 3 has just finished this month with "The Corner" development, on the corners of Wellington Rd and Braeburn Parade, adding 80 more jobs to the whole centre.

George Yiontis from Coy+Yiontis Architects designed all three buildings and that is why, although they are different, they all tie in with an overall scheme. The Corner is a really interesting building. "Anytime Fitness" has already opened for business and have been 'run off their feet' with new members. They will be joined in the coming weeks by The Butler's Pantry Restaurant, Harcourt's Real Estate, Brazilian Butterfly Beautician, Hills Physiotherapy and Pilates Studio, and Inspire Us Human Resources.

All up, it has taken ten years to complete the full project. For more information, visit the website on www.wellingtonvillage.com.au or follow us on Facebook to see how you can be part of the fun celebrations.

Yvette Switalski



Knox & District Over 50s

Please Note Our meetings Start At 1.00pm

Winter is here but the warm welcome you will receive when

you join the Knox Over 50s group will help you survive the cold weather. Various events have taken place recently such as Morning Melodies at the Knox Club, the Christmas in July lunch at the Wantirna Hill Club and more are planned. Membership for 2014 is still open and the subscription for the remainder of the year is just \$7.50 for new members. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include coffee mornings at Myer Knox City, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more. We already have a number of other events planned for this year. In August we have a visit to the Princess Theatre to see 'The King and I', a visit to the Melbourne Zoo and a Fashion

Show event at the Vermont Football Club. Further interesting events are planned for the later months of the year. The club holiday to the Gold Coast in September is full and is now closed. These and all of our regular events will continue throughout the year.

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

Details of our monthly meeting, including venue, dates and times can be found in "What's On Locally" on page 2. Come early to get a good seat. At these monthly meetings we are entertained/amused/informed about things that matter to us. Make a note in your diary, on your calendar, or on your iPhone and come along to our meeting on **Tuesday, 26 August 2014**, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers. We look forward to seeing you there. Contact Jill on 9801 4363 for any further information.

Jim McLoughlin



Are you a first time parent in Knox, or know someone who is?

We're inviting all first time parents of 8-12 week-old babies to enrol in a free healthy eating and active play program for parents/carers and their babies.

The program consists of six relaxed and interactive group sessions, where you will receive useful information to help during these important stages of a baby's development.

For more information, or to register for the infant program, call **9298 8000** or email healthytogether@knox.vic.gov.au



**WELLINGTON
VILLAGE**



Come and Celebrate 10 years of Wellington Village

We want **you** to celebrate with us by being part of a "get your head in" photo competition! You can take home a reminder of what a fun-loving person you are. (Remember, laughter is better shared)



Fun supplied by Rock Star photo booth

Photo booth will operate from 13 - 16th August - 11am - 2pm. **FREE instant prints** and the most fun pics will **win prizes**. (Announced via Facebook)

Wellington Village
Cnr Wellington Road and
Braeburn Parade, Rowville



wellingtonvillage.com.au



Rowville Community Library

August

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



The Library celebrates its 25th birthday on August 21st so please drop in and say “Happy Birthday”.

Chocolate, Chocolate, Chocolate!!: on Thursday 7 August at 1pm Chris Key of FunKey Chocolates from the Dandenong Ranges, will demonstrate the art of creating beautiful handcrafted, moulded and dipped chocolates. In this demonstration, chocolate will be tempered, a ganache created and beautiful chocolates made for your enjoyment. A must for any chocolate lovers! (Some of the chocolate may contain nuts and dairy. Free event. Bookings please. All welcome. Phone 98006443 to book.

New Phone Number: The library has a new phone number. It's 9800 6443.

Hearing Checks: Australian Hearing will conduct free screenings at the library 10-12pm August 15th. Please book.
Afternoon Bookchat! Monday 4th August at 2pm.

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 9800 6443

Mobile phone help: Thursday 7th August at 9.30am. All welcome. Bookings essential. Free event.

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 26th August at 1pm.

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

Family History Help: Rowville Library offers **FREE** one-on-one assistance, but first please telephone 9800 6443 for a time to ensure staff availability.

Home Library Services: for book deliveries please ask to speak to Rose or Raelene on 98006443.

Bedtime Storytime is at 7pm on Friday 1st August. 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, and you can even join on-line.
Rose Thompson, Manager – Rowville Community Library 9800 6443

Special Feature 1989-2014 A History of Rowville Library

Beginnings

At its meeting on 8 December 1987, Knox City Council approved the establishment of a library and community centre at Stud Park. The plan was for the library to cover 700 square metres, and to cost \$675,000, with a further \$350,000 for books, \$120,000 for furniture and \$27,800 for infrastructure. Rowville Library was opened on 21 August 1989 by the Mayor of Knox, Cr. Hurtle Lupton, under the clock tower at Stud Park Shopping Centre, with a staff of 7, headed by Mrs Lilla Orton, and with Mrs Paula Jones as children's librarian. The library was no doubt welcomed by the 40,000 residents of Rowville and surrounding areas, which was then a rapidly growing part of an expanding municipality on Melbourne's outer fringe. Along with the shopping centre and the Community Centre, it signified that the area was now firmly established on the map as a suburb of Melbourne.

Early years.

The library has a spacious main reading room with books and computers, and a large multi-purpose room. An interesting feature of the building was the glass-walled courtyard within the building, open to the sky, which featured a rock garden with potted grass trees. Unfortunately it flooded several times, most notably in December 2003 after a summer downpour. Carpets and fittings were ruined, and the library was closed for two weeks while repairs were made.

The library opened with about 30,000 books, a photocopier, a pay phone and two personal computers for public use, as well as a JAC (Job and Course advisor) computer, donated by the Stud Park K-mart. It also stocked large print books, books on tape, and video tapes, mostly documentaries and children's videos.

Settling in.

Children's services has been a mainstay of the library over its 25 years, with a constant cycle of story-times, holiday activities, baby groups, homework groups, children's book clubs and after school activities. Visits to Maternal and Child Health centres and pre-schools have remained an important part of the library's role of community contact, as have Home Services, whereby volunteers take selected books to housebound residents each month.

In 1995, a memorial garden and obelisk was established at the front of Rowville library to commemorate the 50th anniversary of the end of the Second World War. This is now the focal point of the annual RSL ceremonies for ANZAC Day and Remembrance Day.

In 2004, a group of students from Rowville Secondary College painted a mural on the only non-glass wall of the inner courtyard, depicting a forked path between a rural and a suburban landscape. It was intended to show the two aspects of Rowville, and also to highlight, that people have a



The Library Opens In 1989

choice about how their community develops. Unfortunately, the walls of the courtyard leaked, and the mural was painted over when repairs were made in 2012.

Community connections

The library aims to be a central part of its community, and to this end has forged links with both businesses and community groups. It hosts the Biggest Morning Tea for cancer research, collects food donations for the Salvation Army at Christmas, the local Telstra shop provides help sessions for people new to mobile phones, and the Rowville Neighbourhood House maintains a reciprocal relationship with the library. The Knox Council uses the library for meetings about matters of local interest, as do community organisations, particularly those concerned about local planning laws and development. Harmony Day is held annually in the library, and in 2013 a Community Stars event recognised people who contributed to community enrichment. The local Member of Parliament has sponsored the provision of the Chinese “Sing Tao” newspaper for some years, and the local councillor has sponsored a regular library publicity article in the Rowville Lysterfield Community News since 2009.

A particular source of pride was the winning of a ‘Knox Leader’ Business Award in 2007 and 2008 in the Community Services category.

Activities in the Library

Various speakers have visited the Rowville library over the years, including Kate Holden, Bill Handley, Ilsa Evans, and Robin Bowles. Other subjects have included Bollywood dancing, carpentry, natural remedies, genealogy and autism in children.

The changing demography of Rowville has been reflected by the library, with the acquisition of a collection of Chinese language books. In 2007 a Chinese Friendship Group was established, and in 2013 a Chinese speaking staff member began to spend three days a week at Rowville.

Other groups which meet at the library have included several book clubs, a writers' group, a gardening club, environmental groups, and groups formed to lobby the Council, particularly with regard to residential development in the area.

Technological changes

Rowville library has changed as technology has developed,

particularly the internet. Books on tape have given way to books on CD, and videotapes have been replaced by DVD's. In July 2009 the library underwent a major renovation, with one of the biggest changes being that the number of public internet computers increased from four to sixteen. These are now enthusiastically used for email, Facebook, job seeking, house hunting, banking, share trading, and writing school projects. Many people make use of the printing facilities when their home printers break down. Self-checkout machines arrived in September 2010.

Genealogists are a group which has been greatly assisted by technology, with ERL subscribing to several on-line databases. A librarian began providing personal assistance in 2012, and microfiche and CD-ROM material arrived in 2013.

In February 2010, Rowville library began offering two “computer help” sessions each week, which proved popular, especially with older library members. It now also covers electronic books and magazines, which Eastern Regional Libraries began providing in 2011, enabling borrowers to read them via their tablets, mobile telephones and e-readers.

Local history

Rowville library serves as a repository of local history material, with a small collection of books covering subjects relevant to the area, such as the Police Paddocks, the Row family who built ‘Stamford House’, and the former army and POW camp on the corner of Wellington and Stud Roads. The library holds a complete bound set of the Rowville-Lysterfield Community News, and the three volumes of articles chronicling the history of the area published by the RLCN. There is also a collection of books and pamphlets published by the Knox Historical Society, and a collection of maps and large aerial photographs of the area, which graphically illustrate the change in the landscape from rural to suburban.

The Future.

In early 2014, the Knox Council produced a new draft Plan for Rowville, which included a proposal to re-locate the library to a larger building on the vacant land on Fulham Road, opposite the police station and Peppertree Hill retirement village. Although these plans are not definite, this indicates the continuing importance ascribed to the library by the community.

Technology is the main force changing the role of public libraries, and Rowville is no exception. The internet provides almost unlimited opportunities to retrieve information and communicate from home, and this has undoubtedly affected the way the library interacts with its public. Hopefully the library will continue to find a place as a centre of community life and an accessible source of information, where professional staff assist residents to meet their needs.

Charles Bartlett.

Editor's Note:- Our sincere thanks to Charles for this in depth look at the history of the Library. It has, from it's first day, been an integral part of our community and will continue to be so for many years to come.

STUDENT CORNER

The Test Subject

With nowhere to run and with nowhere to hide, fear washed over me. But suddenly I saw something hovering over the horizon, and I was no longer afraid of death.

3 weeks earlier...

I woke with a startle, as I opened my eyes I could sense I wasn't at home. I looked around, all I could see were mirrors. I could hear whispers saying "will this one do?"

"Yes, I believe this is subject number 1367. Well, go and ask the doctors to get ready." I felt cold hands reaching out, they yanked me to a lab and set me down on a cold metal table. I felt something prick my hand and I started to feel drowsy. And everything went black.

I woke in a cage, my hands and back were stinging. There was something on my back but I couldn't quite tell what. "Oh no, not another," I heard a worried voice say. "How could they be so cruel?" I turned to look at who was speaking. I saw a girl about two years older than me, fifteen maybe? She had brown hair and a kind face, and she was dressed in a white hospital gown. Then I realised I was wearing one too. Suddenly a gasp escaped through my mouth. Neatly folded on her back was a pair on wings.

"You have them too, you know. Your's look prettier than mine." she said. I could now see mine, they were raven black with white dots. Hers were white with brown streaks. "What is your name?" she asked "Mine's Alice." I told her my name was Max. "Where are we?" I asked.

"I'm not really sure, but I think we're in a lab somewhere in Canada," she replied. Then someone came in to give us food. It wasn't much but I didn't care, I was starving.

Two weeks had passed. We got fed twice a day, other mutants came every now and then and we had a horrid test three times a day. Every day I stayed here I got more worried about my family, but I was somehow getting stronger, I could just feel all my power building up.

Me and Alice soon became great friends. But she could tell I was getting more and more able to escape, and leave this place. "You need to escape." She told me one day. I didn't argue, I wanted to leave so badly. I told her I would come

I take many photographs of flowers and generally concentrate on a close-up of one bloom as the main undisputed focus.

However, when I take a close-up shot of more than one flower, I remember that graphic designers and interior decorators learn that an uneven number of elements in a scene is often more pleasing to the eye than an even number. You can effectively adopt this principle in your photographs as, if your composition is too balanced, it will sometimes result in a bland picture.

With several flowers in a shot I find it easier to compose with say three flowers, as two blooms generally do not work well because your eye does not know where to rest. At least one of the blooms will be larger in scale or brighter in colour than the other supporting flowers in the photo.

The concept is to have a focal point in the photo so the eye concentrates on that and the other elements are just supporting it.

Naturally, this principle can be adopted for photographs of all kinds of subjects. Only you can decide which is the most appropriate situation for the scene you are about to shoot.

Happy snapping, *Paul Lucas.*



Water lilies with the shadow as a third flower.

HINT: Uneven numbers of some subjects are more pleasing to the viewer's eye.

back for her. And then, it took most of my strength, but I broke the cage open and flew out through the nearest window.

It was the first time I had ever flown freely, I had done it a few times in tests but it was nothing like this. Just as I took it all in, the alarms went off. Huge mutant wolves that I had never seen before, came out. I knew they couldn't fly, but I knew that they would chase me until I stopped flying.

I knew I had to stop soon, I had been flying for a few hours. Then the phone rang... What?! I thought. I hadn't seen a phone in three weeks. "Max?! It's me, Alice." Alice must have snuck a phone into the hospital gown when I wasn't looking. Suddenly the phone fell, I didn't know where it had come from or what measures Alice had to go to to get it, but I knew I was alone now and that I needed to land. I looked down to see if the mutants were still following me. They were. And what made it even worse was that I could tell by their faces that they were not planning to capture me, but to kill me.

With nowhere to run and with nowhere to hide, fear washed

over me. But suddenly I saw something in the horizon, and I was no longer afraid of death. It was Alice. I knew I couldn't fight against the mutants alone, but with her we might have a chance. It was two versus five. Alice came quickly, and we fought as hard as we could against them, until there were two left. I took one of them down and the other had Alice. I knew I couldn't save Alice and by the time I got there she was lying lifeless on the ground. I took out the last mutant. I knew nothing could be done about Alice and that she had sacrificed herself for me. Knowing that was the worst part. The fight was over, I would never forget Alice or my family, but I knew I could never turn back. And at that point I realized I was alone, but I didn't care, I was finally free.

Emma Grade 5 -6 Heany Park Primary School

Editor's Note: For one so young Emma, you write with the imagination and ability of someone much older. I fully expect to see you in print one day. Good luck and well done.

hairspray JR. KIDZACT Children's Theatre Company

In the closing days of June, KIDZACT once again dazzled us with yet another amazing performance. This time around they did a spectacular rendition of Hairspray. The two magnificent

casts took us to the 60s and back again, singing and dancing their way into our hearts. I was lucky enough to see this performance, performed by Cast B and the whole thing was just wonderfully put together. Every word memorised, every voice in perfect harmony, everybody working so well alongside each other. We really couldn't stop the beat!

I found out about the show, the company, everything, through a friend who has been doing performances with KIDZACT for quite a while now. I later found an old friend whom I hadn't seen in a while was there too, and it just goes to show that anyone is welcome. I was astounded by this very young girl who had the voice of an angel, dancing alongside all the older kids. I love the idea that anyone aged 8-18 with

a love for theatre, and the talents to match can be a part of this wonderful program.

The current workshop that the company is working on is the *Wizard of Oz*, and unfortunately auditions are closed, but the project after this is a performance of *Sherlock Holmes* so you could possibly audition, or buy tickets. Be sure to check out the website for further information at www.kidzact.com.au

Lauren Munro, Year Eight RSC



Lower Middle School Open Mornings

Friday 8 August, 9.45am: Year 5/6 Open Morning

Friday 15 August, 9am: Year 7 in 2016 Open Morning

Bookings Essential

Enrol now for 2015/16

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



Discover how we can change your child's world

Opportunity Knox



Rowville Fire Brigade

Every Year about 3,500 preventable home fires occur in Victoria that are the result of accidents and forgetful or careless behaviour around the home (mistakes). Over the last few weeks you may have seen print media, billboards, facebook and twitter posts and heard radio or TV spots about mistakes at home that cause fire. You can also visit the interactive website safemistakezone.com.au or search Twitter using the hashtag #safemistake.

The date has been set for the Rowville Fire Brigade Open Day at the new Fire Station on Wellington Road. We will be holding the Open day on Sunday October 26th with plenty of things to keep the kids entertained and tours around our brand new station. I will be keeping you informed of some of the interactive activities over the next few months, so keep your eyes on this spot in upcoming editions.

Brent van der Ross

Rowville 3 Year Old Kinder

Term 2 at Rowville 3 Year Old Kinder was filled with lots of excitement. We have been lucky enough to receive a visit from the Rowville Fire Brigade. The children were able to see the fire engine up close and all the tools on board, including various hoses, ladders, jaws of life, first aid kits and oxygen masks. The highlight of the visit for the children was climbing through the cabin and inspecting the inside and of course, being able to squirt the fire hose, with a little bit of help! The morning also involved a talk and demonstration of the firefighters uniform, how a smoke detector works, and

teaching the children if there is a fire they need to "Get down low and GO GO GO".

The Rowville 3 Year Old Kindergarten is run by a qualified kinder teacher and an assistant, Tamara and Sharon. We offer one group only and currently the program consists of 2 x 3 hour sessions, from 9.30-12.30 Monday and Wednesday. The program is formed around the Victorian Early Years Learning and Development Framework and is based on individual children's needs and interests. We currently have positions available for Term 3 and 4 this year, and are also taking enrolments for 2015. Please contact Aneta Arpas via email rowville3yoldenrolments@google.com

Kelly Olarenschaw

We Weather all Weather

By Matt Sayer

Tenebrous nights, encased in all black,
No longer bleed terror, for you have my back.
The tundra Antarctic; a blaze born in Hell,
No discordant weather dare wither my shell.

Send dragons, send demons, armada I call!
No army of malice could e'er breach my wall.

For love built these ramparts, and crafted
this stone,
And imbued the magic that two souls have
sown.

Your hand on my heartstrings, your lips brush my ear,
What God need protect me, when you slay my fear?

The Wind, Susurratation

Petals prance like deer in spring,
Caressed by gusts of butterfly wing,
In evergreen trees the hummingbirds sing,
In tune with bees: love's honey-sweet sting.

The wind steals your voice, and whispers to me,
'cross diamond-topped mountain and sapphire-kissed sea,
Through fields dipped in amber and ruby and jade,
To strum soft my heartstrings with love's serenade.

The Christmas Eve Storm

By Margaret Gregory

The thunder cracked overhead, so close to the flash of lightning that it might have been simultaneous.

At the same moment, the lights went out, and the air conditioning went off, and worst of all...the electric oven.

"Damn! The turkey is only half cooked, and the vegetables still have to go in. How are we to have Christmas dinner ready? Our guests will be here in an hour."

"Maybe 'they' will get the power back on soon," the young husband tried to calm his frantic wife.

It was if the thunder had rattled the celestial icebox open. A barrage of hail and rain battered against the west facing windows.

"That is if our guests will be able to get here at all," the young husband commented. "Come and see the front lawn. It looks like it has been snowing. That cool change certainly came with a vengeance."

"Yeah," the young wife agreed, with a faint laugh. "Trust Melbourne weather!"

Elsewhere, not too far away, the conversation was different.

When the power went off, another young wife was eyeing her husband, and seeming to be waiting for something.

"At least everything is ready. The cold meats and salads will keep well enough in the fridge," her mother assured everyone. "And no one has to travel in this mess to get here. We can get the candles out to see to eat."

The sharp beeps of the pager cut through the chatter of the group that were family and friends.

"Warrick, your pager went off," his brother-in-law loudly stated the obvious. But Warrick was already using the phone to call up the electricity supply control centre, and had grabbed the nearest pen and paper to scribble down details by torch light. Then he ended that call and dialled another number.

"We're wanted," Warrick said into the phone. "A feeder has dropped out, and we have a report of a tree down in Station Street, as well as a dozen other reports of no power."

Warrick, the on-call emergency linesman, grabbed his overalls, and his wet weather gear, kissed his wife and said, "Save some dinner for me. If I am lucky, I might get it for breakfast."

"Take care," his wife told him. "Maybe next Christmas will be our first together."

"Don't get wet," his brother-in-law chuckled.

Warrick, one of the mysterious 'they', went out into the windy, icy, slippery, wet weather to fix the power.

Two hours later, the power came back on, and a chorus of, "Thank you, God," went silently up to heaven.

Another three hours later, God's soggy helper walked back in the door just as the clock struck midnight.



The Venetian Contract

by Marina Fiorato

This book was first published in 2012 and, unsurprisingly, is about Venice in the 1500's. It has two stories running through it – one about a young



girl, Freya, who made history as a female training as a doctor in Constantinople and, subsequently, traveling to Venice as a stowaway. Also it brings to life the story of the greatest architect of the 16th Century, Andrea Palladio, who, in his latter years, is commissioned by the Doge of Venice to build a very beautiful church, supposedly to save Venice from the Plague. It was the last church designed by Palladio who was considered the most influential individual in the history of Western architecture.

The book is extremely readable, has intrigue, passion, historical facts, personalities and, for those of us who like romance, a love story. Interestingly, in the 16th Century Venice, many people wore masks and their faces were seldom seen.

Venice, like London, was ravaged by the Plague and a great fire, stories of which are evoked convincingly by the author. Freya devises a remedy which does cure some sufferers of the Plague, and we learn about the enmity which at that time existed between Constantinople and Venice. Her remedies are still referred to when modern medicos are searching for cures.

If you love Venice, as I do, this book can be strongly recommended.

Elaine Wallace, Rowville Library Bookchat and Bookclub



Mitchell Perry Looking Towards The Big Time

Mitchell has been selected in the School Sports Victorian (SSV) Under 15 AFL football team and is currently in Sydney with his team mates competing in the School Sports Australia State Championships. As Tasmania have re-entered the competition this year, the Victorian side is a combination of the previous metro and country teams which has made selection even more difficult.

Mitchell was born in 2000 in Bacchus Marsh and lived in Melton. The family, dad Darren who is an account executive for IMT Stationers, mum Julie, who is a manager at the Ridetek Motorcycle Training Academy and sisters Maddison (now 17 and at Wantirna College) and Brianna (now 20 and a dental nurse) moved to Myrtleford for three years before settling in Wangaratta. Mitchell started his schooling at Wangaratta West Primary School. He had been kicking a football in the Auskick programme since he was four and moved up to playing junior football and cricket, which continued when the family moved to Rowville in 2010.

“My dad played for Melton South, Footscray (Western Bulldogs) under 19’s and reserves and Myrtleford so I was brought up enjoying the game,” said Mitchell. “When I showed some talent, both my mum and my dad encouraged and supported me in every way, but never let me lose sight of my education. As I grew up, dad told me to work hard, stick at it and most of all have fun and enjoy the game, this

is exactly what I would say to other up and coming footballers” he added.

Mitchell completed his junior schooling at Regency Park Primary School after attending Wangaratta West Primary School, then attended Wantirna College for a year before moving to Rowville Secondary College to participate in the AFL program under the guidance of former Essendon player Darren Berwick. “When we moved here, I originally played for Scoresby Juniors but have been at Lysterfield Juniors for two years now. I captained the under 13B side last year to a Grand Final victory and currently play in the U14A. Lysterfield is a great club with a lot of dedicated people,” said Mitchell.

In 2012 he represented the SSV U12 Victorian side in Adelaide and this year represented the EFL U14/1 side during the recent inter-league carnival, playing a major role in securing victory in the Grand Final, before making it through all four trials and 150 other boys, to be selected for the SSV Under 15’s.

Mitchell trains two nights a week at Lysterfield as well as attending SSV squad training during the recent school holidays, so it is just as well that he enjoys it. “I play centre half forward or in the midfield, enjoy kicking goals and helping my team be as competitive as it can be in our first season in A grade. I like to model my game on the way St Kilda footballer Nick Reiwooldt,” plays he said.

Outside of football, Mitchell enjoys playing cricket for Knoxfield Junior Cricket Club which has enabled him to progress through Cricket Victoria’s pathway program, plus less energetic pastimes like playing games and chatting to friends on his iPad. Whilst much of his focus today is on football, he would eventually like to pursue a career in physiotherapy.



“This year in Sydney I hope we have the same success that we did in Adelaide in 2012 and come home with a winner’s medal” he said proudly.

I have a feeling he may well do that. Good luck Mitchell and the Victorian team.

Jessica Barlow

Local Hero launches community art project

Jessica Barlow, aged 22, winner of the 2014 Knox Council Local Hero Award for her work creating Brainwash Magazine, has launched a new project for teenagers called “DearHolly”.

DearHolly is an ongoing community art project that invites people to send in advice, stories, regrets and well-wishes to Holly, a fictional girl about to turn 13, on the back of a postcard or envelope.

“Your advice can be based on your experience, a regret, a

belief, something you wished you had known, wished you’d believed, something you wish you had or had not done. Reveal whatever you like, but it must be true. For instance, maybe you want to tell Holly to march to the beat of her own drum because your teenage years were spent in the chorus. Or maybe you want to tell her to go to ‘that party’, appreciate her own beauty, or stick up for herself” says Jessica. Begin your advice with ‘DearHolly’, then be brief, legible and creative.

For those wanting to help out the boys, advice can be addressed to: DearOlly.

Submissions are posted weekly at <http://dearhollyproject.wordpress.com/> for the Holly’s and Olly’s of this world to learn from, gasp at, and enjoy.

Jessica is calling for submissions to the project and for people to share this news with the Holly’s in their lives.

Please post to:

Knox City Centre Post Office,
PO Box 4180,
Knox City Centre,
Victoria, Australia, 3152

For more information visit: <http://dearhollyproject.wordpress.com/> You can contact Jessica on 0417 176 079 or Email: dearhollyproject@gmail.com / barlow-jess@hotmail.com

Twitter: @dearhollymail

FB: www.facebook.com/dearhollyproject

Website: <http://dearhollyproject.wordpress.com/>



Jessica Barlow

MATER CHRISTI COLLEGE
— PRESENTS —
EXIT THE KING

29 August 7:30pm
30 August 2:00pm & 7:30pm
\$20 Adult \$15 Concession

burrinja.org.au or 9754 8723

ORIGIN™ Theatrical

MaterChristi

EXIT
THE
KING

BY EUGÈNE IONESCO

FROM THE ARCHIVES

MEMORY LA

1984

For the first time in decades, **Cr. Bernie Seebeck** decided to stand down from Council and his position was to be fought over by candidates **John Christmas** and **John Raymond**. Council had to introduce guidelines for pre-school enrolments as figures showed that **10.5%** of the Knox population was **under five**. Council allocated \$13,100 for playground equipment at the **Seebeck Road Playground**, **Rowville Recreation Reserve**, **Pine Ridge Estate**, **Nevana Street Playground**, **Rowville Lakes Estate** and **Zerfas Street Playground**. They also contributed \$200 towards the cost of a **flag pole at the Fire Station**. Council recommended that the necessary procedures be commenced to grant a **lease of Heany Park** to the Girl Guides Association and the Scouting Groups of Knox on a joint use basis.

1989

Stud Park Shopping Centre opened with car parking spaces at a premium. **Eildon Park Cricket Club** was formed and prepared for their first season under the guidance of inaugural **President John Johnston**. The compiler of our Kids Page "**The Young Ones**", **Julie**, took 6 months off to travel to the USA. What do you recall of that trip Julie? The **Baptist Church** held a 'Bonfire And Outdoor Concert' Did you go? Council approved the building of 13 commercial units at 150 Kelletts Rd, known today as **Rowville Lakes Shopping Centre**.

1994

The 'new' **Rowville Fire Station** was officially opened on July 30th. Lakes Estate resident **Paul Wade** played his

100th game of soccer for Australia captaining them to a win over South Africa. Have you enjoyed the last month Paul? **Elly-Dee Makris** won the 3AW 'Baby Of Victoria' competition. Do you remember the day Elly-Dee? Eight year old **Lauren Sparke** won the under 10 IGK Karate Dojo's national title and was chosen as one of eight to represent Australia in Hawaii. Can you remember that trip Lauren? **Rachael Bennett** won five awards at the Dance Eisteddfod. Are you still dancing Rachael? **Knox Council** decided that **dogs** must be on a leash in public places. They also decided to ban **incinerators** and **Lysterfield tip** was finally closed. The site on the **north-east corner of Stud and Wellington Roads** was sold for \$1.2 million with the new owners intending to develop the two steel frames. **Rowville Tennis Club** were preparing for 21st birthday party in October. Having received a \$3,700 sponsorship from Boral, **Heany Park Primary School** held a huge working bee to complete the "**Boral Quarries Fun And Fitness Track**". Recently qualified, **Meredith Jerram**, was appointed 'Community Youth Worker' for Rowville. Are you still involved Meredith?

1999

The **State Government** allocated \$485,000 to improve Stud Road near Police Road. Reknown American pianist **Roman Rudnytsky** returned after two years to Knox for a concert at the Knox Civic Centre. Did you go? **Antarctic explorer, Alan Parker**, visited Grade 6 pupils at **Rowville Primary School** and explained the life of scientists at the bases. Do you remember his talk? Rowville's first Anglican Church (**RAFT**) was scheduled to be consecrated on the first Sunday in September. The **RLCN** received a Federal Government Grant to enhance the website and record all the history articles printed in the paper since 1990.

2004

The **Rotary Club of Rowville** received its charter from



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

the USA. The latest technology in the form of a new **Type 3 Urban Pumper** was commissioned by the Rowville Fire Brigade. **Wellington Village Shopping Centre** was scheduled to open with the new **Bendigo Bank** branch putting on a free sausage sizzle. Ted, the son of the original landowner Jack Gearon said "It will be a place people want to go to". **Cameron Boehm** from RSC was selected for the Australian Roller Hockey team for the Asian Games in Japan. How did you go Cameron? The redeveloped **Community Centre** opened boasting an additional sports hall and additional meeting rooms. **Rowville Secondary College intermediate baseball team** won its third consecutive Victorian Secondary Schools title.

2009

The **Knox SES** were desperately trying to get their trailer back that was recently stolen. Did you get it back in one piece? The **Rowville Library** re-opened after renovations and welcomed author Rochelle Jackson as their guest speaker and followed that with a morning of fun activities to celebrate their 20th birthday. The **Rotary Club of Rowville's 'Spirit of Sharing'** founder **Peter Cole** arrived back in Melbourne from Fiji where his team distributed donated sporting goods to under resourced schools. **The Right Reverend Bishop, Barbara Darling**, the incoming Bishop for the Eastern Region was set to take Victoria down a trailblazing path. How did that unfold? Meanwhile the **Uniting Church** had Rev. Dr Barry Brown leading their worship whilst they continued their search for a permanent Minister.



Don't wait—enrol now for 2015 preschool places with Council

Have you enrolled your preschooler for 2015 yet? If not, please get on to it right away. There are 30 Centres taking enrolments now.

That's the message from Knox Mayor Darren Pearce, who is urging parents and guardians to lodge their enrolments now. "We're taking applications for places at Council's 30 preschools right now for next



year's intake, with first offers to families' preferred preschools being issued in early August," he said. "We'll do everything we can to provide a preschool place at your preferred centre, but we can't include you in the allocation process if you haven't enrolled". "Council is the biggest provider of preschools in Knox, and one of the biggest providers of preschools by any local government in Victoria. It's a very popular part of our service to the community, offering high quality education for children in the year before they enter primary school," concluded the Mayor.

To apply, call 9298 8000 or visit one of our Customer Service Centres or check out the information online here: knox.vic.gov.au/preschools



Enjoy your retirement,
join us today.

This month members of the Live Theatre Group, and many others I'm sure, will be at the 1812 Theatre for the showing of "Dad's Army". This group attends the Sunday afternoon matinee, thereby avoiding the need to drive at night. I believe they also have an afternoon tea included. Sounds good!

In August the Garden Group will visit the Cranbourne Native Garden. There is always interesting places to go.

Now about the Orienteering Day. Our conveners supplied us with a map and clues to locate and find, in an hour, as many targets as we could. On returning to the meeting spot, points were calculated and comparisons made, no prizes, but what an interesting way to discover another neighbourhood, as well as working in a team (and talking all the way). That wasn't the end of it either, as we continued the day with a cuppa and lunch.

Thanks to our conveners, it was a very enjoyable experience.

Remember, you are invited to join in, simply ring and we can send a current newsletter to you. No obligation.

Melva 9762 3764 Helen 9729 1151



Stud Park
Shopping Centre

Twenty five years ago, Stud Park Shopping Centre opened for business and has over the ensuing years become an integral part of Rowville daily life. From supermarkets and specialist food outlets to clothes, hairdressing and variety stores, Stud Park has continuously offered services to residents. Add banking, postal facilities, medicinal needs, communications, travel and various coffee/food outlets and the variety offered attracts many customers from other neighbourhoods. From the outset, the Rowville Library has also been an integral part of the Centre.

For the nostalgic and those that remember, below is a list of the original tenants at Stud Park. Some are still operating, others may have changed their names, but the offering hasn't changed much.

TENANTS LIST

GENERAL

Kmart
Amcal Chemist
Toy Kingdom
Just Jeans
Puff 'n Presents
Easy Gifts
Pets Paradise
Stud Park Florists
Stern's Diamonds
Camera Australia
Multi Services

Spectacle Place
Hosking the Jeweller
Stud Park Newsagency
Williams the Shoeman
Sight 'n Sound
Classique Boutique
Cutters Hairdressers
Stud Park Drycleaning
Fountain Flicks
Club Male
Kids Corner

FOOD

Coles New World
Fruit World
Jazzies World Sweets
Wendy's Supa Sundaes
Donut King
Commercial Butchers
Canterbury Tales Hot Bread
Stud Park Continental Deli
Oriental Fast Food
Park Coffee Lounge
Liquorland

SERVICES

Gateway Travel
Commonwealth Bank
Stockdale and Leggo
Nutri System
Westpac Bank
State Bank Victoria
Wards Spinks Estate Agency
Community Library

Knox Council

Have you Received The New Waste Management Plan ?

Knox residents are being encouraged to familiarise themselves with Council's new hard waste service arrangement, which came into effect on 1st July. Knox Mayor Darren Pearce said, "Residents will be able to contact Council for their hard waste pickup at a time that works for them, which puts residents in control of when they get their hard waste picked up."

Cr Pearce added, "The system is also expected to reduce the lines of messy street pileups out the front of houses that is a big problem of the current system and it will lead to a lot less organised scavenging of scrap metals thanks to this new more personal system."

Residents will be able to simply book up to two hard waste collections per year.



In further good news for residents, the much-loved bundled green waste collection each fortnight has been retained and is unchanged.

If you haven't received the detailed mailout about the waste services, call the Council on 9298 8000, or on line knox.vic.gov.au/waste

RED HAT SOCIETY

RUBY GUMNUT GODDESSES

The Ruby Gumnut Goddesses followed a Red Hat tradition today; that of having High Tea. The Red Hat Society started with a High Tea when the founder, Sue Ellen Cooper, gave her friend a red hat and a copy of the poem 'Warning' by Jenny Joseph for her 55th birthday. Food and drink have played a big part in our lives ever since.

Today's High Tea was held locally at the T.E.A. Company in Stud Park. We have had High Tea in the City, in Glen Waverly and now in Rowville. Having High Tea is not our only form of food entertainment.

We regularly pick a different shopping strip and go for coffee and cake at one of the cafes in that lot of shops. Of course it is compulsory to go shopping afterwards, which is another of our favourite pastimes. The Ruby Gumnut Goddesses have drunk a toast to Chloe in Young and Jacksons, been for picnics, eaten fish and chips out of paper and gone to a variety of international restaurants for dinner.

We add a lot of colour and fun to a restaurant when we eat out. Just recently in a Persian restaurant a woman was celebrating her birthday, so we all gathered around and sang Happy Birthday to her in our best voices. As it was her 50th birthday I gave her my hat. When a Red Hatter turns 50 she goes from wearing pink hats to red hats. She was thrilled.

Breakfast is another meal we enjoy, particularly if we are in our pyjamas and sipping champagne. We are having a 'Chicken and Champagne' breakfast later in September.

In October we will be holding a Meet and Greet afternoon tea at the library at Stud Park. There will be more information



Enjoying 'High Tea' at T.E.A. Café in Stud Park

in the Library article next month. If you would like to know more about Red Hatting please ring Kerry on 97644717 or come along on the 10th of Oct for our Meet and Greet afternoon tea at the Rowville Library

Kerry Eustace



Members returned to class for Term 3 on July 21st, with 1200 members ready to enjoy the 135+ subjects lined up for them. An extensive "holiday" program had run for most of the previous 4 weeks and was well attended and much appreciated. It is hoped that this initiative will continue for all future term breaks.

Some particularly interesting new subjects have been added for Term 3. For example 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 on Basic Digital Photography, presented by Philip Casan. Alex Evans will repeat his class on using Tablets and "The Wisdom Within" with Mary Keogh, will return on Fridays. The usual subjects will continue of course, including painting, patchwork, opera appreciation, several different walks, plus computer subjects including "Computers for the Terrified".

Entry forms for this year's Art Show, which is part of Seniors Week and sponsored by Knox City Council, Bendigo Bank and F.T.G. Toyota, as well as Knox Environment Society and Kiah Framing, are now available on our website www.u3aknox.com.au (look for the Art Show in the side bar, and click on Part 1, and Part 2 to access). The show will also be advertised in the Victorian Seniors Week booklet and the 98.1 Eastern FM Radio station van will be on-site for both days from 10am to 4pm. This is big news for us, as we try to get them each year if we can, and only got one day last year.

Last year a record 400+ entries were received and



Grant Adams Retrieving His Ball After His Hole In One



Hanifa Deen Speaking About Her New Book

a record number of visitors attended. Entry is only \$5 per item, with some smaller items and photography costing only \$3. With Devonshire teas, bargain stalls and a People's Choice award, this should be another great Show. For more details look for our flyer in your letter box.

The Wednesday golf group is particularly happy that one of their members, Grant Adams, landed their first Hole In One at the 17th hole at Dorset on 25th June.

At our end of term luncheon on 27th June, our speaker was Hanifa Deen, an award winning Australian author, who specialises in writing narrative non-fiction. Hanifa was a most interesting speaker and brought several of her books, including "On the Trail of Taslima", her most recent. She spent many months in multiple countries investigating and talking to those involved in an ongoing story of an interesting life.

Don't forget, look at our website and find out all the interesting things you can do, join, help with, at www.u3aknox.com.au or phone 9752 2737, or email office@u3aknox.com.au for more information.

Kath Brown

ENTER U3A'S GREAT ART SHOW

Your Entry Form here!

2014 ENTRY FORM U3A KNOX ART & CRAFT SHOW
CATEGORIES: 1. Oils, 2. Water Colours, 3. Pastels, 4. Other Media, 5. Photography 6. Creative Craft (including Glass painting and Calligraphy), 7. Needlework including Tapestry, and 8. Patchwork. All categories will be eligible for the Open Prizes of \$1000 for Best Exhibit Art Section or \$1000 Best Exhibit Craft, and other awards include the Knox Environment Society Landscape for Best Australian Landscape in any media.

ENTRY 1: Category.....(1, 2 etc)

TITLE:.....
PRICE:.....(or N.F.S. – not for sale)

ENTRY 2: Category.....
TITLE:.....
PRICE:.....or NFS

ENTRY 3: Category
TITLE:.....
PRICE

I agree to abide by the rules and wish to enter the above exhibits in the U3A Knox Art Exhibition (I have included the required entry fee. \$5 for most items. \$3 each for small patchwork items and photos \$.....)
SIGNED:.....
ADDRESS.....
PHONE:.....P/C.....
email:.....

If you like riding you should join the LDTR Club. That's the word from our hard working friendly bunch of likeminded riders. We are a mixed club that welcomes young riders of any experience plus male and female riders, either for social events or racing.

LDTR is a not for profit club, run by volunteers with a passion for the sport of mountain biking and our friendly and family oriented culture. Currently we have around 100 members, who enjoy both the ease and fun of the 'Social' rides or the 'Epic' events that require more expertise and endurance, as the distances range from 40 to 100kms. As an introduction, there are also the unofficial LDTR Tuesday evening rides, designed to familiarise riders with the Park and the trails. We are members of the MTBA (Mountain Bike Australia) and most members join through them or the IMBA (international Mountain Bike Association)

Our aim is to raise the standard of trails in the park to international level, so we need riders who are prepared to help with the maintenance and improvement of the trails to achieve these goals. The 'Skills Park' is an area we are developing for riders to hone their skills, with internationally recognised obstacles that can be integrated into various trails, ensuring riders are well equipped when using the Lysterfield Park trails.

The Club has a close association with 'The Bike Shop' in Springvale where members get discounts on various items such as bikes, accessories and servicing. They also promote the club and trails in-store.



Almost At The Top Of The Commonwealth Games Climb

Basic Membership is super affordable and you'll instantly have even more riding buddies to hit the trails with! Basic Membership is \$35, which goes towards creating and maintaining trails and also covers you when you volunteer with the club i.e. Trail Building Insurance. Other levels are also available. Race and Social jerseys, hoodies and tee shirts are available at reasonable prices. At our recent AGM, Ben Reeves was elected President and was joined by an enthusiastic committee who want to make you welcome.

They will be announcing soon the 'Trail Adoption Program' which will allow individuals or companies to adopt/sponsor a trail to help keep the trails open all year round.

As a special introductory offer for RLCN readers, the first 10 people to join LDTR in August and email this unique code "RLCN" to secretary@lysterfieldmtb.com will each receive a FREE \$15.00 'Bikes Direct' gift voucher. If trail biking is for you then give us a call on 0439 103 721 or 9586 4796

Our next event is the August 'social ride' at Blores Hill in Gippsland.
Matthew Murcott



Rowville Junior Football Club



Coach Kristian Bardsley With 100 Game Players

"Still Doing it for the kids"

It has been another busy month for the club. Many of our players have been celebrating milestone games. Great achievement boys!

100 gamers: Ben McDonald, Bailey Meyer, Christian Villella, Ryan Keaney, and Jack Sabatinelli

50 gamers: Callum Reynolds, Ben Holland, Dylan Southcott, Christian Curcio, Darcy Meyer, Liam Epps, Kynan

Wilkins and Jordan Nuku

The U17's attended Buddy Night at Eildon Park Auskick and ran a session for the kids. It was great to see the interaction between young and old. RHJFC put on a BBQ and got some great photos, which you can view on our website. Some of the Auskickers also ventured down to Scoresby Rec Reserve where they enjoyed playing in a Sunday half time Grid game. What a great experience for the little ones.

SPORTING ROUNDUP



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

Lysterfield Junior Football Club



With one round left to play in the 2014 home and away season, this year is shaping up

to be another successful one for the Lysterfield Wolves with three of our teams all set for finals action, Under 11's, Under 13's and Under 15's. Good luck to all the boys who will be playing in the finals.

The club has several players who have reached their 50 game milestones this year. They are:

William Saliba, Caleb Quirk, Kye Quirk, Marcus White, Shaun Cooper, Kyle Whitla, Zac Maiden, Chris Pupelis, Matthew Veen, Jack Mason, Jedd Miller, BJ Hutchinson, Tyler Gray, Jack Mo, Jared Reynolds, Jayden Macaro, Dean Meeks, Dareo Rogers, Ben Pepper & Mackenzie Foster.

Congratulations boys on achieving 50 games. May you all enjoy many more memorable games with the Wolves.

As the club continues to grow, we are now starting to see players reaching their 100 game milestones. This year Jacob Quigley, Jarrod Lloyd, Shaun Irvine and Sam Ketzer have all reached this milestone. Congratulations boys. It is a fantastic effort and a tremendous achievement! Sam Ketzer will actually be the first player to play all of his 100 games with Lysterfield JFC. Sam has been playing with the club for 7 years now, starting in Under 9's and played with the first Lysterfield team in 2008.

Our younger players were recently involved in a Footy Clinic run by the EFL in conjunction with Channel 9, which saw them showing off their skills to the likes of Shane Crawford, Sam Newman and Billy Brownless, as well as players from the Hawthorn Football Club. All the boys involved had a great time!

The club Presentation Day will be held on Sunday 24th August where we look forward to celebrating another great year for the Wolves.

Any enquiries may be directed to the President Mr. Steve Ketzer on 0498 141 850.

Tanya Carroll

RHJFC parents enjoyed the Annual Gala Dinner. The theme was Black & Orange Masquerade. It was lovely to see Mayor Darren Pearce with his wife Susan and Stuart Canavan from Rowville Physio. Kingston Links again provided the club with a wonderful venue for the evening.

A very big thank you to the evening sponsors. These included Kingston Links, Hawthorn Football Club, Rowville Picture Framing, Endota Spas, Bridgestone Rowville, Jetts Gym, Cocomo's Restaurant, Rebel, Sportsmart, Pinnacle Roofing, Generations Photography, Retro Garages, Minimink and Gr8X. Their generosity contributed to the huge success of the evening, allowing the club to raise much needed funds for new equipment and fun activities for the kids to enjoy. A big thankyou to all who attended.

Wonderful volunteers are instrumental to the success of any great club, This year the Club introduced three new Annual Awards in recognition of the special efforts of its volunteers. These were 'The Taylor Award' for an outstanding committee member, 'The Club Person Award' for their dedication and 'The Parents Award' for their valuable contribution. Congratulations to our worthy winners for season 2014, joint recipients Peter & Lindy McDonald, Darren Pollard and Melinda Meyer.

RHJFC would also like to acknowledge and congratulate Lindy McDonald on winning the 2014 Ferntree Gully Electorate Victoria Day Award, in recognition of her service in the community. Great Job Lindy.

Trish Anderson



ROWVILLE
NETBALL CLUB



We're extremely excited to begin a permanent column with the RLC News!

Our club is made up of 375 players in 45 teams, plus many umpires, coaches and volunteers. Community netball is our passion and we proudly bleed the deep gold and maroon that makes the Rowville Netball Club.

Our training grounds are currently on the move! With a recent upgrade to the Rowville Secondary College indoor sports training facility, we've relocated our training grounds to RSC! In the meantime you can still find us at our clubrooms

at the Rowville Community Centre on Fulham Road.

Game day for us is every Saturday! We compete against other clubs in the Mountain District Netball Association and play at the Knox Regional Netball Centre on Dempster Street in Ferntree Gully.

Our proud club was established in 1964 and this year celebrates its 50th birthday! Plans for celebrations are underway and will be revealed later in the year so make sure you watch this space!

For now though we turn our attention to finals time in the netball world. Our 2014 Winter Season is beginning to reach its pointy end, with finals just around the corner in August. A

massive good luck to all involved, and we encourage people to come down on a Saturday and have a look at all the great games being played out!

The Rowville Netball Club caters for both juniors and seniors, starting from Under 11s, all the way through to Open Ages. It is a great way to make friends and keep fit and remember, netball is an exciting sport that is gaining in popularity every day! It's the most participated-in sport in Australia. You should join in!

For more information feel free to contact the club on 0430 202 004, or visit our website: www.rowvillenetballclub.com.au.
Maddi Vantarakis

Rowville/Rowville Lakes Little Athletics Cross Country



Successful race walker Jess Lille proved that her walks endurance has carried over. She recently won Little Aths' Eastern Region U14, 3km Cross Country running race. At the same Championships, Joel Stapleton was runner up in the U9 boys' 1500m, while Tess McLeod also claimed a medal, finishing third in the U13 event.

Only a handful of our athletes participated this year, but other notable efforts included those of Holly and Hannah Hodges in 9th and 14th for their respective age groups, and

Little Kelsie Ternes who was 8th across the line for the U8 500m.

Cross country continues, but not for much longer. Meanwhile Codi Shanley has shown great commitment to the outdoors, keeping fit with her regular attendance. Emma Neal put in a run at Knox Park and Skye Marriot appears now and then for the Under 10s.

Actually we are proud to have quite a committed core group of U10 runners which includes the likes of Luke Richardson, Nathaniel Louey, Ben Noonan, Kaiden Browne and Joshua Jensen, while in the same race Grace Louey is usually amongst the first girls home.

Prior to printing, the Knox Open Day at Norton's Park, and the Victorian State Championships will have been completed at Bundoora Park, so look out for results in the next RL News.

Training continues in the Sherbrooke Forest for cross country runners who wish to attend, but the Track and Field season is coming soon.

Come And Join Us For Track And Field!

Mark down the date: **Registration Day is Saturday September 6th** from 9am at the Knox Track, Bunjil Way Knoxfield. Try Out Day is two weeks later, Saturday September 20th at 9am. The season officially opens on Saturday 4th October at 8:30am sharp.

Before Christmas, as well as regular weekly Little Aths programs, registered athletes will have the opportunity to compete in relays, attend a training camp and participate in a Multi-event. Boys and



girls aged 5-15 years are welcome at the Knox week program and all abilities are encouraged to participate.

Come and try your hand (and whole bodies!), at shot put, discus, hurdles, javelin, high jump and race walking, as well as a range of running races including steeple chase, and other track and field events.

For more details contact Steve Lillie 0409 231 380 or Steve Pepper 0417 325 917.

Thanks to KLAC photographers.

Rosemary Merrigan

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Rowville Football Club

Development in Strength - Interleague Representatives **HAWKS**

The Rowville Football Club is extremely proud of the 9 boys who represented our club and the EFL at the Interleague Metropolitan Junior Championships recently. Rowville originally had 11 participants from the under 15 age group, however injuries to both Daniel Houeix and Trent Mynott prevented them from taking part in the carnival. Congratulations to Jedd O'Sullivan, Ethan Grose, Kane Young, Lachlan Old, Dylan Moore, Hayden Boyce, Kyle Stainthorpe, Joel Laycock and Kang Nyoak, who all made valuable contributions to their squads. A fantastic effort from our club and testament to the development and strength of the club, our coaches and players.

Matt 100, Sean 100 and Robbo 50 games respectively

Rowville Senior Captain Matthew Stanley played his 100th game recently. Stanley is a dual Mynott Medalist being judged the Best & Fairest Senior Player in 2009 and 2010, was a key part of the 2012 Premiership team and was appointed Captain in 2014. He is a tough competitor that can get under the oppositions skin whilst his highlight reel from the 100 games includes some breathtaking marks.



Sean Alston, Matthew Robinson, Matthew Stanley

Sean Alston also played his 100th Open Age game and Matt Robinson played his 50th.

Rowville Tennis Club

Hot Shot League Competition On Mini Courts

Rowville Tennis Club will be running their own internal Hot Shot League competition on their "1st in the World" Mini Tennis Courts in Term 3.

Hot Shots competitions are designed for those still learning to play and are a great introduction to the game. Competition will be in Red, Orange and Green Ball and will be held on Saturday mornings for six weeks, commencing the 16th of August. Playing in the Hot Shots competition costs \$30 for the season with the added bonus of a free Hot Shot Family membership to the club for the term.

Rowville Tennis Club also conducts Tennis Australia Hot Shots tournaments throughout the year and is proud to be leaders in local '10 & under' competitions. Further information or bookings please phone Sandi Dawson on 0422848356 or visit www.minitennisworld.com.au

Sandi Dawson

Lysterfield Cricket Club

We are fast approaching the start of the 2014/15 Cricket season with a few things to get organised. First and foremost, the Lysterfield Cricket Club will be celebrating its 25th season as a club and with that in mind, there will be a host of events throughout the season to celebrate this milestone.

We will be conducting our Junior Registration day at **Wellington Village on Saturday the 23rd of August from 10:00 – 12:00pm**. This year we are looking for kids in age groups from Under 10's through to Under 17's and having had four sides in finals last year, we are pushing to build on that success for another fantastic year.

On top of the Juniors we have our VETS (over 40's), who claimed another flag for our Division 1 VET side and a runners up in Division 3 last season. With 3 VET sides this year another successful season looms for the old blokes.

The Seniors will be running with 6 sides, which includes 2 one day sides and with a fairly young list we are looking forward to improvement and with a strong focus of "bleeding" juniors through the Senior sides, the future is bright.

With a strong list of teams and celebrating our 25th Season, we are really looking for past players to come back to the club to pull on the whites or just be involved to talk about old times and plenty of good stories to share.

If you are interested in playing in any of our sides please contact the following to discuss;

Senior President	Matt Whitty	0425 797 668
Senior Secretary	Adam Kinniburgh	0407 340 635
Junior President	Trevor Walker	0409 643 072

Trevor Walker



Eildon Park Cricket Club

Welcome back to another season of cricket down at Eildon Park. After such fabulous results last season, with six Premiership flags, we hope to make this next season even better.

At our AGM in May we said goodbye and many thanks to our previous committee and welcomed in the new executive committee.

President – Colin Davey
Vice-President – Gary Gaskin
Secretary – Robyn Jones & Stuart Downs
Treasurer – Andrew Williams



With the departure of Tyden Latty as Head Coach last season we would like to congratulate Cameron Cosstick on being appointed EPCC Head Coach for season 2014/15. We wish Tyden well and thank him for such a successful result.

With the start of the new season fast approaching, we commence with our **Junior Registration day on Saturday August 2nd from 9am-12noon** at Eildon Park Cricket Club in Tyers Rd Rowville. If you are unable to attend this registration day please contact me on 0409558639 or by email amrrob@bigpond.net.au and I will arrange to have the registration papers sent out to you.

The Club will be hosting the MILOIn2Cricket program again this year. For further information please go to mycricket.cricket.com.au and search for Eildon Park, or you can contact me. We look forward to seeing many familiar families return and welcome any new families wishing to join the illustrious ranks of Eildon Park Cricket Club.

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Robyn Jones Secretary



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SSC were very strong at the recent interclub friendly against Huntingtowers Swim Club, PLC Aquatic Centre and Peninsula Pelicans Swimming Club. It was great to see so many of our young swimmers making the trip to Mt Waverley, some of whom were competing for the very first time.

With the 2013-14 season coming to a close, many Swimland Swim Club members ventured out to the Braybrook pool for an Interclub PB Aggregate to begin the school holidays. The meet was followed by the club's AGM, a BBQ and the Annual Awards Presentation. Congratulations to the following Rowville based swimmers who picked up awards: Keely Williams, Caitlin Williams, Audrey Charlton, Kerry McNamara, Jack Stone, Joel Wilson and Peter Borain. Those acknowledged for their participation in Open Water swims were Chloe Jolme, Caitlin Williams, Byron Browne, Kerry McNamara and Keely Williams. Congratulations to all.

The months of July and August sees club members eagerly trying to swim PBs and, in return, hopefully, qualifying for the Victorian Short Course Championships. This year they have divided the Short Course over two weekends, 12yo and below at the beginning of August and 13yo and above, in September.

The first weekend of August sees a small group of the clubs top swimmers heading to the ACT for their Short Course Championships. We wish **all** SSC swimmers the best of luck in the coming months.

If you are interested in joining Swimland Swim Club contact SSC via email secretary@swimlandswimclub.com for more information. We train at PSS Rowville (Rowville Secondary College – Western Campus), PSS Narre Warren, PSS Carrum Downs and Noble Park Aquatic Centre.

Jodie Browne



All The Thrilled Winners

Knox Regional Netball Centre School Holiday Clinic

23rd & 24th September 2014 for players aged 8 to 13,

The clinic on the dates above will be held from 9am to 2.30pm each day (Registration is at 9am on day one). It will be conducted by coaches: Karyn Bailey (Vixens 2014), Ashlee Howard (ex Vixens), Wendy Jacobsen (Thunderbirds 2014), Elle Bennetts (Vic Fury) and Karen Bennett (Local Umpiring Mentor).

The focus will be on

- Goaling, defence, centre court, umpiring and game awareness skills
- Sport strapping and injury prevention workshop
- Match play

All participants will receive a clinic t-shirt and show bag. Morning tea, lunch and drinks also available.

The Cost will be \$100 per child, which covers both days. Payment and forms are due by Friday 29th August 2014.

Come along and develop your skills and improve your game with the help of elite players and coaches.

See the website: www.knoxnetball.com.au or email: knox.netball@knox.vic.gov.au for more information.

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Flip your Pet's Lip

Our pet's teeth, just like ours, require regular care and attention. Poor dental health will lead to periodontal disease which can be associated with serious disease such as heart and kidney failure. There are some easy steps to ensure your pet's teeth and gums will remain healthy.

Over 85% of dogs over the age of four years suffer from periodontal disease. Periodontal disease, which begins with a build-up of plaque. Plaque is made up of food, saliva plus bacteria which, if not removed, will calcify onto the teeth and form tartar.

One of the main signs that you may notice first, is your pet has bad breath. This is only one of the signs that might suggest your pet is suffering from periodontal disease. Other signs include discoloured or loose teeth, swollen red gums and reluctance to eat or chew. If your pet displays any of these symptoms it is important to have their teeth checked by a vet.

Regular vet checks will enable detection of periodontal disease.

Your vet will discuss the best management and care plan for your pet. Generally premium food, specifically dental diets, can significantly reduce the development of tartar. Chewy treats such as Greenies and pig ears can also be helpful. For those who will not lose a finger; brushing the teeth with a specially designed tooth brush and tooth paste is also beneficial. Finally, your vet may suggest a scale and polish. This is necessary to remove tartar and will make home care much easier and more effective.

For further information, please contact Greencross Vets Stud Park on 03 97636088

Darren Kirk



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Rowville Group Fitness Boxing Bootcamp

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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It's winter again can you believe it! Time to rug up and keep warm..... and then get into your car and come down to yoga. Why?

Well it has been found that 90 percent of illnesses and diseases, arising from a depressed immune system, are stress related. Chronic stress can lead to the body producing continuously high levels of cortisol which acts to suppress the immune system.

A recent study has shown that a yoga session decreases the level of this stress hormone in the blood. After a yoga class, with its emphasis on long, deep breathing and conscious relaxation, we feel soothed and calm. A yoga class with its twisting, stretching, and strengthening poses, massages and brings fresh blood supply to the organs of the immune system like the spleen and thymus. It makes the support systems like the circulatory system, muscular system and digestive system more efficient at supplying nutrients and carrying away wastes. Physical activity and stretching propels lymph, and also develops strong muscles that encourage continual lymph movement. Poses, such as the



Salute to the Sun therefore have a beneficial effect on the lymphatic flow within the body, increasing its circulation and thus the ability of wastes to be eliminated and white blood cells to be activated and transported to trouble spots.

Wow, all those winter benefits, definitely worth a try wouldn't you say? Come on get off your couch, we have the heaters on just waiting for you.

Donna Jordan

Chiro-Practicals

Optimal Health and Wellbeing

I attended a seminar recently where study after study showed the massive impact chiropractic care has on the health and wellness of the human experience. Did you know that 90% of the brain's energy is derived from movement of the spine alone? Think about your spine being the windmill generating the power for the brain. This is critical to understand, as this energy is utilised to control and co-ordinate the functions of the entire system. Everything is under the control of the brain. Movement deficiencies in the spine stop the body from achieving optimal health.

Many people initially begin care to help them deal with some ache or pain. Pain is a symptom; it tells us when something is wrong. But pain is frequently the last symptom to arrive and the first to leave. With the stressful environments we often subject our body to, our systems will show signs of failure and begin to produce pain. Indeed, research over this

Health Page

sponsored by
Cr Tony Holland



seminar reinforced that pain is a poor indicator of function in the body. You can live with a misaligned spine for years before it produces discomfort. Feeling good is a reason to celebrate, but that is only where the journey starts. It is essential that we continually strive to function optimally and chiropractic plays an important role in achieving this.

Chiropractic isn't just about receiving an adjustment, it is about empowering you with information and education that can continually assist you to make smart decisions about your health.

Society has been programmed to believe that if you are feeling well then the body is healthy. This myth has allowed people to believe that a pill that suppresses your pain improves your health. This is not the case. Drugs entering our delicate ecosystems may alter certain pain or disease markers, but they are seen by the body as a toxin, that the body will attempt to flush from the system. This adds stress to a system already struggling to maintain health.

You can do all the right things with diet and exercise, but without a properly functioning spine and nervous system the body will not be healthy.

Dr Frank Whelan

Health & Wellbeing



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



Tradies Health - Preventing back injuries in the work place.

Lower back injuries amongst trades people are the most common medical condition seen by physiotherapists. Unfortunately many acute injuries sustained by trade people are easily preventable and 'WorkSafe' have identified the risks associated with work related back injuries. These include, but are not limited to, reaching, pushing, pulling and bending in awkward postures and with poor technique. In addition, poor posture whilst driving can contribute to gradual onset of lower back pain.

Trades people, who don't prioritise their health in the work force, place themselves at great risk of sprains, strains, fractures and soft tissue injuries. Minimisation techniques include;

Correct lifting Techniques-

- Feet shoulder width apart
- Lower by hinging your hips backwards and bending your knees, ensuring your back maintains a neutral spine
- Lift by pushing through your heels, hips and knees and not your lower back or shoulders.
- Ensure you lift in the one direction with no twisting of the trunk.
- If you need to move with the object, be sure to move your feet to avoid twisting.
- Also remember, identify weight, size, symmetry of the object before lifting and use mechanical aids, or increase the amount of workers to the duty if needed
- Assess the route to be travelled and eliminate obstacles.

Correct Driving Posture

Many trade people share work vehicles and therefore do not ergonomically adjust their seat to fit their requirements which can cause back pain. Remember on long drives it is imperative that the driver sits firmly back in the seat with a natural curvature of the spine. The upright angle of the seat is about 95 to 110 degrees. The seat distance should be adjusted, allowing for a slightly bent knee (120 degrees) when you fully depress the brake. Adjust the steering distance to allow for 120 degrees elbow bend when placing your hands on the wheel. The height of the wheel should allow a 10am, 2pm

grip with the palms just lower than your shoulders.

If your pain is persistent contact your physiotherapist who is able to assess posture, muscle strength, flexibility and ergonomic set up and prescribe appropriate modalities including exercise prescription to prevent future injuries.

August is Tradies National Health Month. Rowville Physiotherapy is offering FREE Musculo skeletal assessment for all trades people from August 11th - 15th. Book with our friendly reception staff on 9763 9233.

Leigh Iacovengelo, Physiotherapist

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For every 100 reams of recycled office paper that is printed doubled sided, the savings are estimated at two trees, more than one tonne of greenhouse gases and almost a cubic metre of landfill space, compared with using 100 reams of non-recycled paper or printing single-sided.

The above quotes are from PlanetArk publication, **Paper Recycling**. Please see original document for details of original source materials.

**Tradies will fix most things
but not always themselves**

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Tradies National Health Month

<http://www.tradieshealth.com.au/>

ROWVILLE PHYSIOTHERAPY

Nick Wakeling MP Column

2014 Ferntree Gully Electorate Victoria Day Awards

On Tuesday 1st July, State Member for Ferntree Gully, Nick Wakeling MP, hosted the seventh annual Ferntree Gully Electorate Victoria Day Awards. Assisting Mr Wakeling was Mr Hurtle Lupton, Chairman of the Bendigo Community Bank, Ferntree Gully and Rowville Branches, major sponsors of the awards ceremony.

The Victoria Day Awards are a wonderful opportunity for our local community and sporting groups and volunteer organisations to recognise, celebrate and thank an exceptional member of their organisation who made a significant difference to our community with their outstanding service and commitment.

For 2014, awards were presented to 31 inspirational and worthy individuals with 26 recipients able to attend the ceremony.

The nature of contributions of these nominees varied enormously, such as our youngest ever award winner and exceptional role model at the age of 16, a volunteer who has dedicated over 50 years to the same netball club plus many



electorate, Mr Wakeling would like to congratulate all nominees and thank them for their amazing, varied and selfless contributions to our community.

Mr Wakeling would like to thank the on-going support of the Victoria Day Awards major sponsor - Bendigo Community Bank, Ferntree Gully and Rowville Branches and also welcome a new sponsor, "Good Life Wholesale Party Foods" in Wantirna.

The 2014 Victoria Day Award recipients from Rowville/Lysterfield are:

Adarsh Kumar	Sant Nirankari Mission - Rowville
Barry Mitchell	Victorian Jazz Archive Inc
Christian Trotter	Eildon Park Cricket Club
Dr Helen Pongracic	1 st Rowville Scout Group
Edward Bialy	Eastern Districts Polish Association
Lindy McDonald	Rowville Hawks Junior Football Club
Ludwik Rutyna	Polish Senior Citizens Club (Rowville)
Mara Chachs	Lysterfield Sailing Club
Matt Blackman	Rowville Cricket Club

Kim Wells Reports



Leadership Skills For Learn Local Ambassadors In Rowville.

The Rowville Neighbourhood Learning Centre has received a grant of \$69,482 to train men in leadership skills and develop a Learn Local Ambassadors program, State MP Kim Wells announced today.

"This funding will go towards developing a leadership program for men, which will establish a group of male Learn Local Ambassadors who will then support more men getting involved in training at Learn Local organisations," Mr Wells said.

Mr Wells said the project was aimed at assisting people who may be vulnerable learners, to further their skills and provide them with more opportunities for education.

"These programs make a real difference for the people in our community who need it the most. The Napthine Coalition Government is committed to building a better education system for all Victorians and we are investing in important programs such as these to ensure that people who may be vulnerable learners can engage in education and training," Mr Wells said.

Minister for Higher Education and Skills, Nick Wakeling said, the Napthine Coalition Government was investing \$2.46 million through Round 6 of the Capacity and Innovation Fund to support Learn Local organisations across the state. "More than 300 Learn Locals across Victoria provide a range of high-quality training programs in a welcoming, community-based environment, with a focus on supporting people who face barriers to participation in education," Mr Wakeling said.

Learn Local organisations make a real difference to people's lives by helping to improve skills, connectedness with the community and employment prospects. They specialise in reaching out and engaging Victorians who might otherwise miss out, such as people living with a disability, Koorie Victorians, people who are unemployed or at risk of unemployment and people from culturally and linguistically diverse backgrounds. Since 2010, the number of Victorians enrolling in Victorian Government-subsidised training courses at Learn Locals has increased by 15 per cent.

Alan Tudge Writes

Napoleon Road Upgrade

Rowville and Lysterfield residents continue to ask me about what we can do to make local roads better and reduce congestion. Congestion takes time away from home and is a real cost to local business.

There are two roads that I always get feedback on. Napoleon Road and Bergins Road. Both roads get heavily congested. In the case of Napoleon, there is the added factor of it being in poor repair in some locations.

I am pleased to report that Napoleon Road will soon be improved, due to some federal "blackspot funding" that we

have allocated. The funding will install right-hand-turn lanes at the four intersections along Napoleon Road, Affleck Way, Teofilo Drive, Anthony Drive and Bark Avenue. Construction is set to commence soon and the lanes should be ready for traffic by July 2015. This won't solve all the problems, but it should improve traffic flow and cause fewer accidents.

As those who travel along Bergins Road know, this can be a nightmare in peak hour. A big part of the problem is the extra traffic that comes up from outside of Knox along Churchill Park Drive and then into Bergins. One possible solution to this is to connect Police Road to Churchill Park Drive in order to ease the pressure off Bergins.

Implementing the idea is not straightforward, as the land involves two different councils, some private owners, several levels of government and even a state park. However, I have already initiated discussions and believe it is worth pursuing.

Please let me know what you think of this possible solution and whether it should be pursued.



Alan Tudge Discussing Congestion
With Trish And Peter Horsfall

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More Frontline Police In Knox

State Member for Scoresby, Kim Wells, Minister for Police and Emergency Services and Bush Fire Response said, "The Napthine Government's record investment in law and order in Victoria has resulted in a major increase in police across the state including 30 additional police in the Division 2, Eastern Region, which covers the Knox and Rowville police stations. That's a 6.7 per cent increase in the Division 2, Eastern Region police numbers since November 2010, meaning Victoria Police can fight more crime, more effectively.

"Another 320 frontline police are working in areas such as transit and public safety, highway patrol, intelligence and covert support, and other key crime detection areas.

In addition, crucial frontline police taskforces have been established or enhanced to enable police to tackle key crime areas including family violence, illicit drug manufacture and distribution, organised crime, outlaw motorcycle gangs and road safety," said Nick Wakeling Member for Ferntree Gully and Minister of Higher Education and Skills. "Another 478 police are completing their final training, who are yet to be assigned a permanent regional location" he added.

"Public safety is paramount, which is why we are recruiting over 800 PSOs to date, to prevent crime and crack down on anti-social behaviour at railway stations" said Kim Wells.

IT'S WINTER



Drawing by Cindy B. (6-14)

10 Things To Do In Winter.

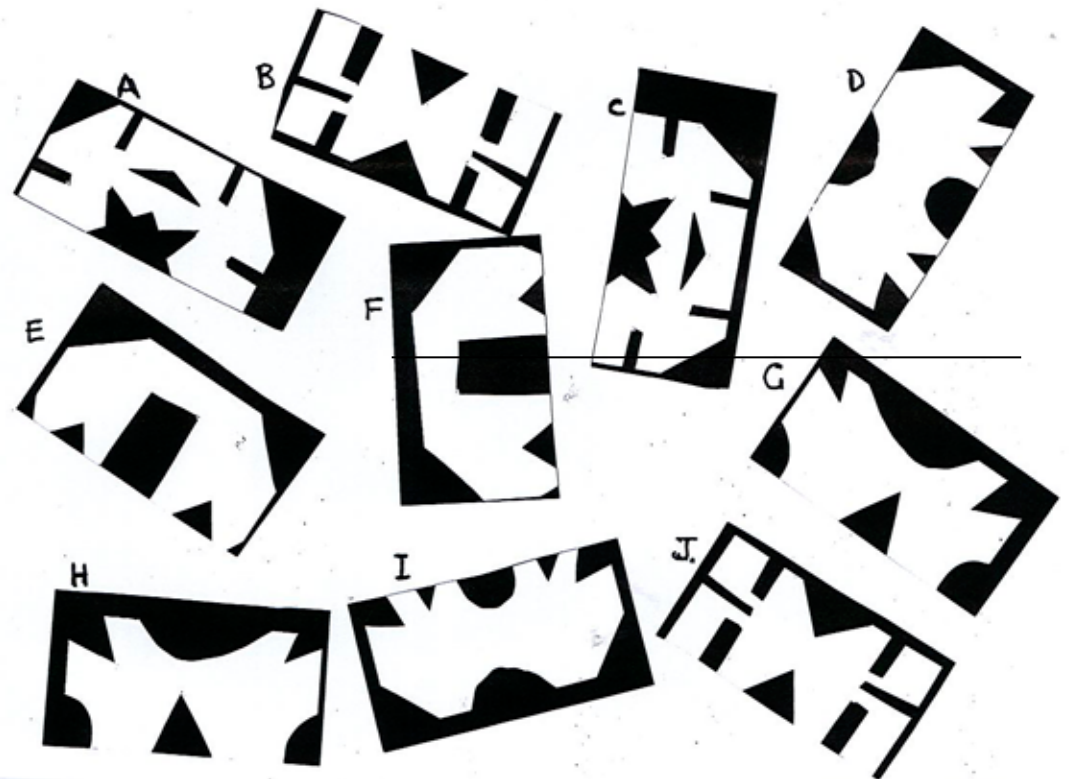
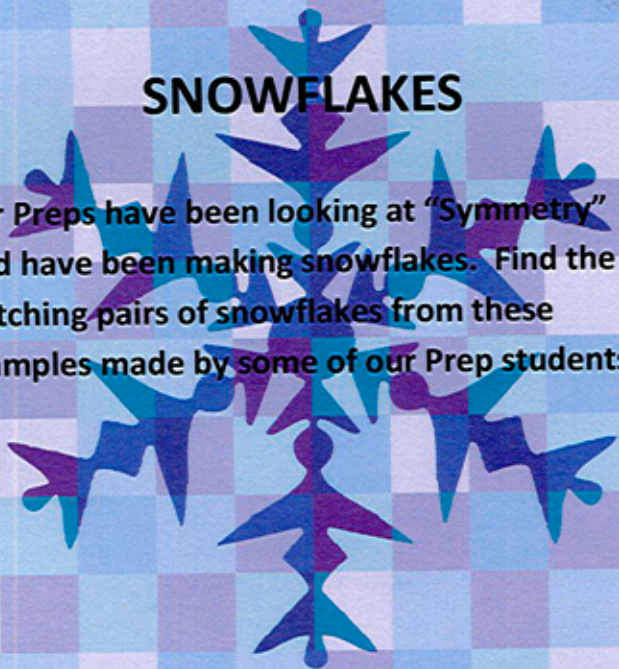
1. Read a good book
2. Go to the movies
3. Go to the football
4. Holiday in Queensland
5. Play a board game
6. Wear a beanie
7. Walk along the beach
8. Play X-Box
9. Eat soup
10. Go ski-ing



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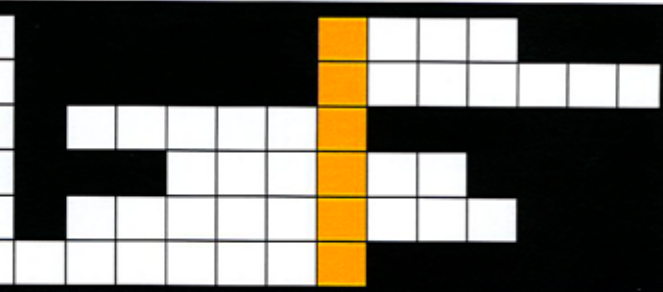
SNOWFLAKES

Our Preps have been looking at "Symmetry" and have been making snowflakes. Find the matching pairs of snowflakes from these examples made by some of our Prep students.



WORD JUMBLE. Read each clue to be able to unjumble the letters in red. Write your answers into the grid. The letters in the yellow column form a word that comes at the end of winter.

1. In winter nothing beats a hot bowl of (psou)
2. Heavy rain fills all the (dlupdse)
3. Mt (rleblu) is a popular ski resort
4. In really cold weather it's best to stay (dnsiie)
5. Some animals sleep all winter. They (ieaehbrnt)
6. Ice (aiknsgt) is a fun winter activity





Rowville Neighbourhood Learning Centre Inc.

Here at Rowville Neighbourhood Learning Centre, we pride ourselves on offering courses that allow participants to up-skill and re-skill, but we also know the value of fulfilling a creative dream, and planning and managing for both the present and the future. With this in mind you might like to check out some of the following exciting new classes we've made available.

Is there a novelist living inside of you? Or a hard-hitting journalist? Maybe your attention to detail and love of words means you've missed your calling as an editor. Our MS Word Skills for Writers is a two-day workshop that takes you beyond text-entry and explores some of the more advanced features of MS Word. Take your writing or love of it to the next level, and learn how to handle documents in a professional way.

And for the musically inclined, don't forget our Singing for Children 7 years and Above, where registered Music

Therapist, Cath Russell, works with children and helps them to develop, as they explore the joys of singing.

Raising children can be challenging and adding to that a condition that is widely misunderstood then the challenge can seem insurmountable. What is Asperger's Syndrome for Kids? It is an information session on how Asperger's Syndrome affects the lives of those who have the disorder. It is targeted at parents/carers/teachers and integration aides, in order to gain greater understanding of the disorder and focuses on children (5-12 years) on the Autism Spectrum.

And while we're looking at health and well-being, we have tailored one of our popular cooking classes to meet the needs of those following a low FODMAP diet. Linked to IBS, this diet can help to restore intestinal health.

We all know that ours is an aging society and with that comes some challenges. For women who have heard all of the horror stories, Taking The Heat Out Of Menopause is a workshop that turns to the wisdom of the Orient to help deal with this transition. Explore strategies to



Adult Students Paying Full Attention To The Teacher

survive menopause, and embrace what is known in the far-east as the Second Spring.

Finally, with retirement looming for many, we have Maximise Your Centrelink Benefit, a session designed to inform you about your rights and entitlements, both leading up to and in retirement, with respect to your Centrelink benefits. These sessions are presented by authorised financial planners with DollarWise Financial Services. To sign up for this Free session please call 97641166.

And put September 19 in your calendar. If you've been lucky enough to snag a ticket to our Hip Hop Concert in the past, where dancers showcase their talents, you'll know what an amazing evening it is. It will be a fabulous celebration of all their hard work and great fun for the whole family. All course details are available on our website www.rowvillenc.org.au or pick up a brochure from the Centre.

Priscilla Sugumar

Murrindal Playgroup Promotes Exercising With Kids!



Murrindal Playgroup

100 Murrindal Drive, Rowville
murrindalplaygroup@hotmail.com

All mums know what it feels like to have no time for exercise. We know that we should do something, but finding the time and right place to get help can be near impossible.

We tend to join gyms and not go, or organise walks with friends, then end up cancelling due to weather, so local

personal trainers have come up with a great rescue plan in Rowville called "Mums Power Hour" on Mon, Wed and Fri at 10am. It requires no booking, but is a very personalised training group where you can just turn up on the day and bring your littlies or pram with you. The type of exercise which is most suitable for those who haven't exercised in a while, changes every 15 minutes throughout the hour, so you can arrive late if you've had an emergency nappy change or you can leave early if you have a toddler tantrum calling!

Enquiries to trial the new sessions, free, can be made to Prestige Personal Training, 2/5 Fulham Rd, Rowville Tel: 9763.9101. The studio environment is very friendly and non-



Mums Ready For The "Power Hour" With Donna

intimidating and trainer Donna who takes the sessions is a mum herself, so she knows first hand what it's like to try losing weight, whilst tending to the needs of a family!

It has been fantastic to see many Murrindal members take advantage of this amazing opportunity. We must thank Prestige Fitness for offering this service and offering Murrindal members a complimentary session to kick things off. A great way to look good, feel great and catch up with other mums during these cold winter months!

Kristy Ackland

Liberty Avenue Playgroup

77 Liberty Avenue,
Rowville

Our playgroups have returned from the holiday break with a welcome new addition to our outdoor play area. With thanks to the Bendigo Bank Grants Program, the local council, current and prior committee and fundraising efforts, we now have café blinds to enclose an outdoor space for our children to play in. Fundraising for our café blinds has been a committee project for many years and to see them finally installed is a great reward for everyone's past efforts.

Our playgroup center caters for children from birth to 5 years of age, providing an educational experience through play. Playgroup also provides a support network for parents.

If you are interested in joining our playgroup, you would be most welcome. We currently have full session's available or individual vacancies for families to join an existing group. Our groups vary in age so you will be sure to find a suitable age group for your child/children. Our playgroup features a large indoor play room with toys, books, imaginative play equipment, kitchen, plus art and craft suitable for babies, toddlers and pre-schoolers. Outside we have a large shaded



Some Of Our Children Enjoying The Play Equipment

outdoor area with safe play equipment, table, chairs, bikes, scooter and sand pit and of course our new covered outdoor play area.

If you are a new mothers group looking for a meeting place we are offering your first 5 sessions free. Please contact Jackie on 0405 141 846 or email libertyplaygroup@hotmail.com

Brooke Rogerson

Taylor's Lane Pre-School

What an amazing start we have had at Taylor's Lane Preschool. This year has seen a change of the guard with three new teachers coming to the preschool. They have made a fantastic start, each with wonderful personality and energy to share with the children.

With a solid start in Term 1, the children have continued to build on learning routines and developing their independence skills.

They were excited by the building of a new vegetable garden and enjoyed planting vegetables that they now love to tend and watch as they grow. They are eagerly waiting to use their produce in the cooking activities planned for later in the year.

A representative from the Knox Regional Library service came for a visit and read the children some books. Each child received a library bag with information on the local library service.

We also had a visit from the animals from Wild Action Company. The children enjoyed the hands on animal experience. Some liked the penguin, while the crocodile fascinated others. There was also a seahorse, crabs and a few starfish.

The children have come up with some great self-led play activities, both inside and out. They have found a great spot outside where they put up a tent and pretended to go camping. Their play included cooking some amazing mud pies on the pretend campfire they built. They have been using the outdoor building blocks to create buses to go on outings, taking it in turns to be the bus driver. Inside they have helped define zones such as a reading/quiet corner and hospital corner and a building/craft area.

As the weather gets colder the activities are moving indoors and the creative art works are coming home thick and fast. Box construction is always a favorite, along with the newfound abilities in making paper airplanes and kites.

The next adventures are only a child's imagination away and with the teachers' enthusiasm, we look forward to seeing where it takes Taylor's Lane Pre-school.

Suzanne Schapp

Rowville Secondary College



Rowville Cross Country Star Makes Nationals

Rowville Secondary College would like to congratulate Year Nine student Jessica Mayne for her amazing achievements in Cross Country. Jess has recently qualified for the Victorian Team as part of School Sports Victoria and will be competing in the National Cross Country Competition in Albany, Western Australia towards the end of August.

Jess recently competed in the All Schools Cross Country Competition in Bundoora and finished third. She was running against girls from every school in Victoria, of whom only the top twelve are selected for the Victorian team.

The competition itself will consist of just one race against the best twelve runners from each of the states and territories. This means Jess will be competing against over 95 of the fastest girls in the country. Jess is excited by the challenge and opportunity and while she will be running to win, she has already achieved her goal of making it this far and will

be thrilled with any result against such worthy opponents.

Her optimism and excitement for the National competition stems from the enjoyment she feels whilst running, regardless of the result "I love the feeling when you finish, it feels really good and even if you don't do very well you can always try again." The sense of camaraderie is another major factor and Jess says "it's great when you get to the end of the race and everyone hugs and congratulates each other".

Cross Country is just one of the many running events which Jess has mastered over the years. She says that 800 metres has been a particular favourite, which is two laps of a running track, but enjoys both longer and shorter events including the four kilometre cross country races. Jessica has been running (and winning) races for many years and has discovered that running can have unforeseen advantages. After being diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) several years ago, Jessica found that the prescribed medications were helping to treat the condition, but a side effect was constant tiredness. With the support of her parents and after consulting with a doctor, Jessica has found that she can manage her condition effectively through running and no longer requires medication.

Of exercise as a management strategy Jess says, "if I haven't been running then it's really hard to concentrate in class, and when I used to take medication it helped but it made me really tired, so now I just run instead".

"If I don't exercise it feels like it starts to build up and I feel like I need to express and use that energy."

All competitors in the Nationals competition have to pay for flights, accommodation and meals out of their own pockets and whilst the College is proud to be able to aid Jess in this, you can help too by purchasing raffle tickets from reception at the Eastern or Western Campus. Please show your support and you will be in the running to win prizes including a Suzuki Swift, airfares, and an array of electrical and entertainment appliances.

We wish Jess the best of luck in the upcoming competition and hope that her story serves as an inspiration not only to other young athletes but also to those living with ADHD. Congratulations on this amazing achievement Jess and we look forward to hearing your results.

Laura Gordon



Miss Roberts In Cambodia With Some Of Her Students

PARK RIDGE Being Thankful

At Park Ridge Primary School, we have been focusing on, not only our school-work and the safety of our students, but also the art of being thankful and for having an eye on the world around us. I don't think many of us truly realize how lucky we are to be living in such a beautiful and safe country and have the food, water and basic hygiene necessities at our disposal. Well, why not send one of our teachers over to a third world country, plonk her in a non-government run school and see how she goes teaching kids who have never had much experience with English?

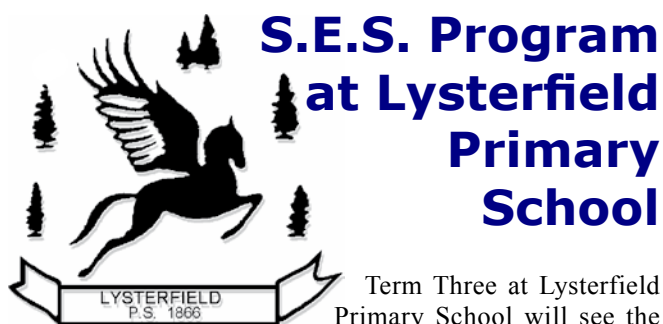
Miss Roberts left for Cambodia on the June 26. The school where she is teaching is not run by the government, but in fact just by a guy off the street, who had received some form of education and decided that it was only right to pass on his knowledge. However, he needs a few more hands as there are already over a couple of hundred students! There are only two classrooms, but recently they built two new rooms. Sadly, there is no furniture.

So what does Park Ridge do? Have a fundraiser! A free dress day to raise money for the school to help buy the furniture for their new classrooms was organized and we raised over \$2150 for the school, aided by some very generous donations from a few families. At the time of writing Miss Roberts has yet to return to share her stories of the boisterous kids, but we're patient!

In other news:

Girls all possess some sort of vanity. One of our students put away that vanity in a cupboard. *Willow* participated in the '20cm Cut For Cancer' alongside her elder sister. What a brave thing to do, girls!

Emily Hart 6 – 14



S.E.S. Program at Lysterfield Primary School

Term Three at Lysterfield Primary School will see the introduction of an exciting new program for our Middle School students, the SES Program (Social, Emotional Skills Program).

This specialized program is designed to support our students through the many stages of their personal and social/emotional journey. This is an ongoing program that will be implemented on a weekly basis so that we can address the issues our students in the Middle Years are facing at school, home and online. The program has been specifically created for Lysterfield students and the possible issues that they may face in the future.

Some of these issues may include: Bullying, How to resolve conflict, The art of conversation, Listening skills, How to read/interpret body language, How to respond appropriately in a variety of situations (positively and negatively), How to join in an existing game, How to make new friends and How to negotiate calmly and fairly.

We are looking forward to observing the growth of our student's emotional/Social Intelligence over the next few months and expect this program to provide students with the tools and strategies they require to enter Senior School and beyond with confidence, skill and competence.



St Simon's Primary School

What's Happening at St Simons?

A big welcome back to all students,, who are ready for some interesting and informative learning.

During the last weeks of Term 2 the Grade 5 students happily practised for their winter Round Robin sports day. The sports that were on offer were Football, Netball and Soccer. The students had many practise sessions to hone their skills and understandings of the various rules and requirements. The footballers were most successful as a team as they were unbeaten, the netballers tried their best and had mixed results and the soccer players were most successful as well. A big thankyou goes out to the many parents who helped out on the day, either supervising, watching, or helping out with the general organisation of the day. There will be another Round Robin during Term 3 and the students are already most enthusiastic.

The grade 5 Inquiry topic for this term is 'A History of Australian Painters and Artists', which should be an interesting and enlightening topic. The students are going to start off by creating their own 3D constructions after careful planning and preparation.

The Ipad's are used extensively throughout the school and are proving to be an excellent resource to use in conjunction with the student's learnings and understandings.

St Simon's Jokes Of The Week

Have you heard about the butter joke?

Answer I shouldn't tell you, it might spread!

What's the difference between a teacher and a train?

Answer The teacher says spit out the gum the train says choo choo?

School Talk

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

Heany Park Primary School Farewell Their Principal Mr Rose

On the last day of Term Two the students, Staff and parents gathered to farewell Mr David Rose. He had been our Principal since 2009 and many students had known no other principal. So for students, teachers and parents it was a day of reflection about the experiences we have had as a school community with the influence of David Rose at its head. Surfing at school camps, visiting our sporting teams, talking, smiling and making contact with everyone: the list is so long. Best wishes David for every success at the K-12 Boronia College!

School Captains' Farewell Speeches

You are always smiling and in a cheerful mood anytime I see you. You have a positive attitude and a great personality, which makes you so good to be around. We would all like to thank you for all those times you have helped us and for always spreading positive vibes through the school. Even if we have had some tough times you have helped us through them. Nobody will be able to take your place. You have played a big part in our lives in particular with Grade 6 as you have been with us for most of our primary school years. Without your help and never ending support, I can't imagine this school without you. We all wish you could stick around for a little bit longer, but life has set some other amazing plans for you. Good luck for the future Mr Rose and we all hope you will come and visit us very soon.

Nicole School Captain

I remember when Mr Rose joined us in the year of 2009 and all the grade 6ers were in grade 1. When I first met Mr Rose I was about this small and Mr Rose was about this high. Mr rose has been a great principal for our school because he has had lots of great ideas and most of them were successful



Austin, School Captain reading his letter to Mr Rose.

everyone here will look up to you as a role model because I sure do. I think everyone will remember you. I wish you all the best for the path that lies ahead. Good luck!

Harry School Captain

Mr Rose, the way you have evolved this school and its community is extraordinary. I'm sure all the staff you have ever worked with will agree that you always put in 100% and even if a situation gets tough you'll find a solution. The way you communicate and engage with students is a quality every principal should have. When I think about the way you walk around the school every morning, it brings a smile to my face. You are kind, caring and considerate which are just some of the things that make you the most amazing Principal. Students love it when you pop your head in their classroom (if you've got time)and even receiving a high- five from you makes people happy. You were the best principal you could be, not only for yourself, but for the whole Heany Park community. Heany Park wishes you good luck at Boronia K-12, and we hope to see your glowing smile soon!

Olivia-School Captain



Makayla interviews Mr Rose about his favourite memories of Heany Park.

and as John F Kennedy once said "A man may die, Nations may rise and fall, but an idea lives on." Mr Rose so you can remember me and the school every time you open this book I got you it will remind you of us

Austin School Captain

I look back and I remember how much the school has changed. You've added that final touch to our school. The extra flair, as some people call it. I'm sure everyone here has a special memory with you whether it's a funny joke or something really close to them. I remember in grade 1 Austin and I thinking "who is this new guy?" I am sure that

Gold Class Writing Found

I was so excited; I was packing my bag ready to go to an excursion. We were off to the zoo with my class. It was a perfect, beautiful and gorgeous day. My friend Juliana was coming too and her mum. My teacher said we had to swiftly run to the toilets. While we were in the toilet, Juliana said "What do you think we will see there?" I said "Elephants, Kangaroos, Tigers and Lions." We were now on the rusty, boiling bus on our way to the zoo.

We arrived at the zoo and my teacher said we will eat. I sat down to eat my crispy, warm sushi. Then I went to get some water. I saw a grey, furry, cute looking thing. I went up to it and there it was - a Koala. I wanted to pat it so I did but then it took my hand a pulled me up the tree. I cried out "HELP!! HELP!!!" at the top of my lungs but no one heard me apart from a boy in my class called Chris who told the teacher. The teacher gasped and told everyone to search for him. Everyone was screaming "Ahh Ahh Ahh!!!" They looked in the toilets, but still no sign of him. The teacher looked through the photos on the camera. Juliana looked at the tigers, lions, penguins and kangaroos and even at the counter, but still he wasn't there.

Then she was walking and on the way she saw two little, tiny, cute feet. She looked again and there he was playing with the koalas. Juliana told the teacher and the teacher told the owners and safely got him down. I got grounded for four weeks then there was a knock at the door it was my teacher with Koala lollies.

By Christa Thomas 4C

Sunday with Nanny

On Sunday I went to my Nanny's to pick her up so we could go to Box Hill cemetery to find some people in graves. There were numbers that we had to find. The numbers were 00100, 171 and 203. We did not find 171. We had a big adventure. There were numbers on iron pictures that looked like flowers.

After that we went to a café. We had something to eat. After that we took my nanny home. On the way home we stopped at my Aunty's but she wasn't home. So we went home ourselves.

Samuel Grade 1

Rippon Lea

Last Friday 2A went to Rippon Lea. We went to learn about the olden days. First we played a few games like tug of war and lots and lots of others. They were all olden day games. Then we went in a time machine. A person dressed up as a servant and she told us about the machine and then we went through time. I was getting worried. Next we walked up the stairs. There was a lot to see. We found a little hand. If you pulled it, it will let fresh air in. Then we went downstairs. It was a little the same. When we went to the washing it looked fun but it was harder than it looked.

After that we had a treasure hunt. You had to find little boxes and it had an animal in it and you would draw over it. When we finished we were tired but happy.

By Skyler

Making A Mess In The Kitchen

Great, why do I always get the blame? I am the one sitting in my bedroom. Thanks to Alley. Oh, by the way Alley is, sadly, my little sister. Do you want me to tell you how I ended up here? Ok, here goes.....

Well, it started off with my Mum asking me to make a cake for this party we're having soon. So I started making a cake but my little sister put her germy, slimy, disgusting little hands in the cake batter, so I had to start all over again. I am so lucky that I had another set of ingredients.

My next cake was ging really well. I went to set the oven's temperature and Alley 'accidentally' spilt the cake batter everywhere-and I mean everywhere! So guess who was stuck cleaning it all up? Me!!!

Now my Mum's home. She'll kill me. I am trying to clean up the mess as best I can. Oh no! My Mum and Dad are standing in front of me in shock. Suddenly my Mum screams "Clean this mess up, now!"

I do it as quickly as I can. I tell Mum I've finished. "Now go to your bedroom and don't come out," my Mum says crossly.

So that is how I ended up here in my bedroom, doing absolutely nothing. What a mess!

Keelin Grade 5

The Leprechaun's Gold

One day my friend Willow and I were rushing down Clover St. when suddenly we looked up and saw a giant rainbow! We both gasped and then Willow said "Legend has it, that at the end of the rainbow, the leprechaun keeps his pot of gold."

This gave me an idea

"Why don't we try to find it?" I said

"Why not?" said Willow.

So we decided to follow the rainbow.

Suddenly we heard a man yelling out,

"Rainbow compasses! Get your Rainbow Compasses here!"

"What do they do?" I asked the man.

"They show you the way to the end of the rainbow!" He replied.

Willow and I bought one each. We looked at it but nothing was showing.

"That guy was tricking us for money!" I said.

"Looks like it" said Willow.

"What did you say? I couldn't hear you over that whistling." Looking up we realised it was the Leprechaun's tail that was whistling above us.

We screamed at the same time. I grabbed onto the Leprechaun's tail and Willow grabbed my arm. We chased him everywhere! Over the Bellowing Blizzards, the Dreary Desert and the Magical Mysterious Mountains. When finally we stopped at the end of the biggest rainbow ever!

"Alrighty then, I'll give ye me pot of..."

"GOLD!!!" Willow and I Interrupted.

But when we looked in the pot we were shocked to see that it wasn't gold!

"It's A pot of coal!" I exclaimed, as the leprechaun skipped away laughing.

Damon, 3B



Rowville Primary School State Champions!



The Winning Girls Are All Smiles.

A Panoramic View Of The Garden.

We are extremely proud to announce that the Rowville Primary School girls' aerobics team are the 2014 Victorian Schoolaerobics champions. The students in the team are Claudia Jones, Eliza Hastings, Kelly Roper, Maria Nicolaou, Angelina De Gee, Shariz Roca, & Emily Jenkins.

They are very excited to be competing in the National Schoolaerobics championships to be held at the Gold Coast Convention Centre, Queensland on Saturday 9th August 2014. We are delighted by our students' achievement.

We wish our students the very best and look forward to them becoming the 'National champions.

Il Frutteto dei Bambini *The Children's Orchard*

From the beginning, the outdoors has featured large in the life of Rowville Primary School pupils. The natural bushland setting provided such a magical playground during the early years of our history, that we have endeavoured to create a similar experience for the children as the school has developed.

Working closely with Coolabah Commercial Landscaping, we have planted over fifty locally sourced trees and berries around a winding path, with an arbour leading to an outdoor learning area. In the future, this will become a reading corner, which will be hidden under a canopy of trees. The camouflaged space and mud rock seating around the outdoor area will provide opportunities for imaginative play and a meeting place for our environmental group.

The large hill outside the Nganagee building, provided the setting for the excavation work needed to create the



*Entrance to the Il Frutteto Dei Bambini –
The Childrens Orchard*

outdoor learning area and for the planting of the trees. Our small orchard has trees that include a variety of apple, pear, citrus, apricot, peach, nectarine, plum, mulberry, quince, persimmon and babaco. A range of berries and currants have been planted to provide an aesthetic and sensory experience for our students. Our handyman, Les Shane, and groundsman, Stewart Brown, have installed a watering system to the site.

Children are heavily involved in the cycle of growing and seasonal change in plants. We have been active members of the Stephanie Alexander Kitchen Garden Foundation since 2011 and our garden, which contributes vegetables to our kitchen, is continually expanding and evolving to increase our growing potential.

We bring the outdoors into the classroom and we take the classroom out into our extensive natural environment that enables our pupils to experience, first hand, the fascination that nature has to offer.

Lyn Furze

Karoo Primary School Art On Exhibition

During Term 2, the Year 3 & 4 students created some amazing mixed media artworks of zebras, during our focus on Africa, as part of our 'Art Around the World' experience. We have been lucky enough that some of the zebra artworks will be included in an exhibition at the Zart Art Gallery in Box Hill North from September. The artworks will be on display at Zart Art for a number of weeks. We are very proud of our artistic students who will have their work on display.

Metal2Metal Challenge

We would like to publicly thank all those generous individuals in the local community who assisted our school during the Metal 2 Metal challenge. Last year, our first year, we raised \$407 but this year we were able to raise a whopping \$528!

Step Into Prep

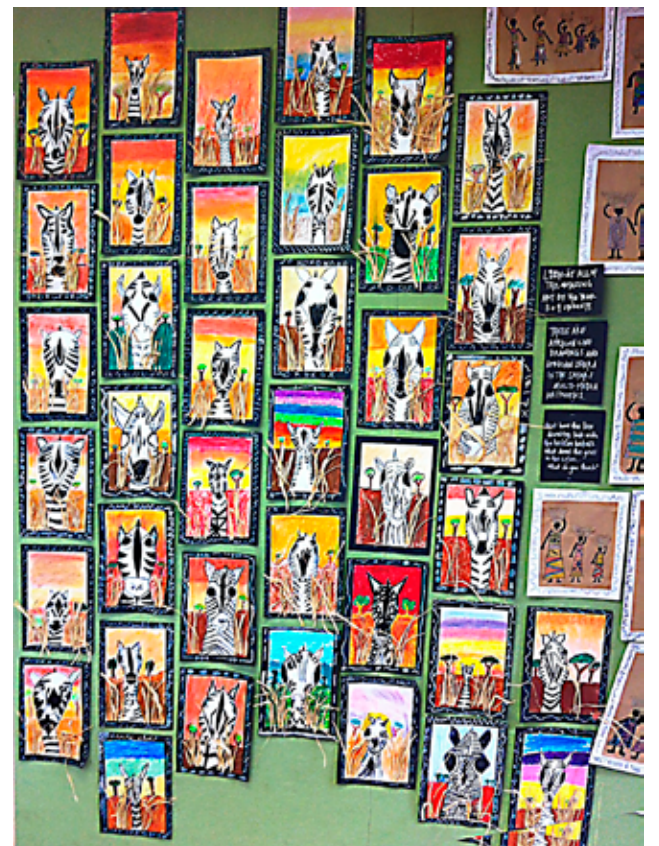
Starting August 15, families with children looking to start

Prep in 2015 at Karoo, or even those who haven't quite made up their minds, are invited to come and experience our beautiful Prep Learning Centre. Children will have the opportunity to experience a variety of activities that involve music, dancing, art and various hands on learning and oral language opportunities. Parents will also have the opportunity to attend an afternoon tea and meet other future Prep families. Bookings are recommended for each session. For further information, please visit our school website www.karoops.vic.edu.au or contact our school office on 03 97596222.

Hawthorn Players Visit Karoo

We were very lucky to have Sam Mitchell, David Hale and Alex Woodward, three Hawthorn FC players, visit our school at the end of Term 2. At lunchtime Prep to Year 2 students and then the Year 3 to Year 6 Hawthorn supporters, were given the opportunity to meet the players, play some games and have their jumpers signed. The players finished the visit by presenting a leadership talk to the Year 6 students during the last session of the day. The students thoroughly enjoyed the players' visit, as did a few of our Hawthorn supporting staff members!!

Kimberley Cunningham



A selection of the 'Zebra Art'



St Simon the Apostle Parish

2 Taylors Lane, Rowville 3178
☎ (03) 9764 4058 ☎ (03) 9764 5154
office@stsimonsparish.com.au www.stsimonsparish.com.au

"Share the Care Group" was established in our Parish approximately 15 years ago and is a parish based group of volunteers. These volunteers are provided with a Formation Program which includes 3 training sessions. On completion, each volunteer is issued with a certificate which is necessary

prior to working in this ministry.

Our Vision is to see the development of a community celebrating and living in Christ and **Our Mission** is to give a friendly, joyful visit to the homes of all the Catholic families in our parish community.

Initially it took us several years to visit all our families in our parish. However this was completed successfully and now we visit all new families registered in our Parish.

Our immediate aims are

- To visit in pairs
- To provide friendly, joyful companionship
- To offer compassion and listening time

- To offer a link to the church community
- To offer further support from the Parish if needed.

We have a volunteer code which is very simple, to never judge, be kind, courteous and punctual, to never give advice, and to maintain complete confidentiality.

From my own experience, involvement in this ministry has provided me with much joy, satisfaction and a sense of achievement.

For more details please contact the St Simon's Parish office on 9764 4058

Elaine Wright



Winter has arrived with a vengeance! Icy winds and low temperatures have been the norm the last few weeks. There can be a temptation to stay indoors, but we are social by nature. There is always a warm welcome at Rowville Uniting Church. We gather to worship at 10am for a service that seeks to speak into the realities of the 21st century we live in. Our service combines elements of tradition along with a more relaxed and contemporary content. Each third Sunday of the month is a special family focus in worship with activities and storytelling that invites engagement with all ages.



A Place To Call Home is a TV program that has just concluded. The very title sounds warm and welcoming, doesn't it? Thank God most of us know what it is to have a home. We often say, "It is so nice to be home", even after a wonderful holiday away. Home is not only a building offering shelter and safety, it is a place where you can refresh yourself and leave the cares of the day behind.

Another more significant blessing of having a home, is that there may be someone there to share your life with. Someone

The Bridgewater Centre is an important program of our church. We offer counselling at a low cost for a range of life issues. Our counsellor, Andrew Hacker, is a highly qualified clinical counsellor with many years of experience in helping people work through a range of issues. This service is offered by the church to the community as we recognise people need to be able to self refer and may need more time than the Medicare system allows. Appointments are essential and enquiries can be directed through the church office.

Toddler Gym has been going strongly this year. Our session times are Tuesday and Friday, 9:30-10:30 and 11-12md. Our groups are currently full, but if you are interested in joining this program we encourage you to contact the church office and ask to be added to the waiting list. Toddler Gym is a low cost program that seeks to enhance early childhood development and enable parents to spend quality time with their children in a safe and educational environment.

We were pleased to hold a family fun indoor market during

to listen to your troubles and comfort and love you. Someone to be there for you when you are happy and when you are sad.

Having said all that, we are aware of those who are homeless. Our hearts go out to the refugees. We see pictures of them trudging wearily for miles, laden with a few possessions as they pass through all kinds of dangers, hoping to find a place of refuge, somewhere, so that they could continue to live.

We all know of the homeless in our own land, the young, the destitute, families who have fallen on hard times. A home is what they yearn for.

In spite of having a home and all its blessings, are you lonely? Maybe it is not the happy home you long for. Maybe you don't feel loved. There is a Heavenly Father who loves you and knows all about you and created you with a special plan in mind. Whether it has got messed up through a fault



Sponsored by: Australia for Christ Fellowship, Hillview Community Church, Fruitful Vine Melbourne Church, RAFT Anglican Church, Rowville Baptist Church, Rowville Uniting Church, Salvation Army, St Simons Parish, Restore Community Church, Sant Nirankari Mission

the school holidays and thank those who supported us on a wet and wintry weekend. It was a great day. We are pleased and proud to be able to offer quality programs and services to the community. Our buildings are heavily used for both church and community use. If you have need of a facility such as our please contact the church office to arrange inspection and check availability.

Trevor Bassett

of our own or through other circumstances, He still loves us and has promised "never to leave nor forsake" those who belong to Him.

No one needs to feel they do not belong. There is this wonderful, loving God and He has a place for you in His family. You can start this relationship with Him and His family by going to church. If you have never been into a church, or if it has been a long time since you have been to any church, you are welcome to join us with open arms. Come and taste of God's goodness and find out for yourself that He is a wonderful, loving Savior and an awesome miracle-working God.

Details of our service times can be found in What's On Locally" on page 2.

Marlene



Living Under The Favour Of God

"For You, O Lord, will bless the righteous, with favour. You will surround him as a shield." (Psalm 5:12).

God promises to bless those who are righteous and to surround them with His favour like a shield. As believers in Christ Jesus, we have been made righteous in God's sight because of the finished work of Jesus on the Cross. As we grow in our knowledge and understanding of what Jesus

accomplished for us, God's favour is multiplied as we declare it over our lives. Peter greets the believers he is writing to with a proclamation: "Grace (God's unmerited favour) and peace be multiplied to you in the knowledge of God and of Jesus Christ our Lord". (2 Peter 1:2) We must simply believe that the same favour of God that is on Christ Jesus, is on us, because we are in Christ and He dwells within us by His Holy Spirit. You don't have to strive to obtain God's favour. We may not experience smooth sailing every day of our lives because, as Jesus tells us in John 16:33, there will be times of trials and adversity in the world. He encourages us not to be fearful as we go through troubled times, but to rejoice because He has overcome the world. He also desires us to draw closer to Him in our times of trial and adversity, so that we will experience His favour in every circumstance. So today, believe His promise to bless you and to surround you with His favour and live under the F.O.G. (Favour Of God).

Speaking of the favour of God, Restore Community Church is pleased to announce the ongoing progress of a complete

refurbishment, inside and out, of its new home at 24 Laser Drive, Rowville. Work is well under way for a hopeful opening in August, which will see a larger 'place of worship' for Restore Community Church, with a purpose renovated facility to service the Rowville community. As well as an auditorium and offices, there will be a specific room for a crèche and children's area, which will also be available for youth use and meetings. Open to the street front, a café will be located immediately inside the main entrance to the left. Beverage making facilities will always be on hand for anyone just wanting to drop by for a 'cuppa and a chat'. A separate entrance off Seismic Court, will be where you'll find Restore Community Care.

Update: All Restore Community Church's services are now currently held at 2 / 18 Laser Drive, Rowville until the opening of number 24 Laser Drive. Services are no longer held at the Rowville Secondary College's Eastern Campus. Service times are 10:15am Sundays.



www.rowvillebaptist.org.au
office@rowvillebaptist.org.au
Ph: 9764 4242

The Wellington Care Centre

Rowville Baptist Church has had a longstanding commitment to community welfare and now operates the 'Wellington Care Centre' as part of an ongoing desire to connect with the local community in a way that practically demonstrates the love of God. The Centre's service provision is aimed at enhancing general well-being and supporting those community members most in need or at risk.

The Centre has been purpose built and provides a warm and hospitable environment where professionally trained and registered counsellors work holistically and eclectically with a variety of client issues. Fees are negotiated with individual counselors and some Bulk Billing options are available. Additionally, those wanting to take advantage of the new \$200 Federal Government voucher for pre-marriage or

marriage counseling can make enquiries as to accessibility.

One of the main areas of service that the Centre is involved in, is assisting those who are experiencing financial hardship. Wellington Care Centre's Emergency Relief program provides food items and everyday essentials vouchers that can be used to purchase either groceries or petrol. This program is available to those living in the Knox area who meet the assessment criteria, namely being the recipient of a Centrelink payment or holding a Concession card. All client information is treated with the utmost confidentiality and respect. Both paid and volunteer staff at the Centre consider these clients a special part of the Wellington Care Centre family.

Continuing the idea of family, the Wellington Care Centre offers a Wednesday morning drop-in called, Welcome on Wellington. Everyone is welcome, and volunteers provide a hot cuppa, a warm smile and a great morning tea. It's a time where people come together to chat about what is happening in their lives, the good and the not so good. Out of these discussions come ideas for the Centre's Community Education Program, and several low cost groups and workshops have been run based on community need.

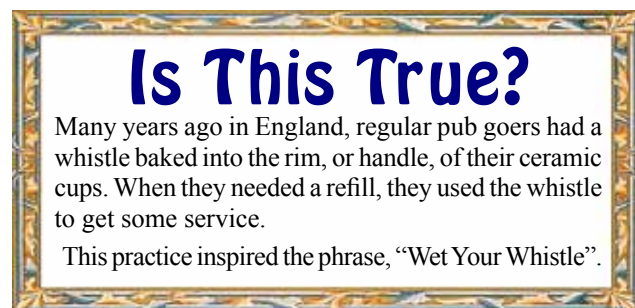
Several other groups such as the Shutters Camera Club,

Craft 'n' Chat, and women's Know Your Bible also use the Centre to meet on a regular basis, while a variety of personal and professional development courses are run from the Seminar Room.

Rowville Baptist Church built The Wellington Care Centre from a heart space that was focused on community. The doors of the Centre are open to all and an invitation is extended to anyone wanting to touch base for a specific reason, or simply call in for a chat.

Enquiries as to operating times can be directed to Reception on 03 9764 3738.

Catherine Loughrey, Office Secretary





Rotary Club of Rowville

The Cyber Health Forum was a great success with over 75 people turning up to this free public event. The theme was "Staying Safe in a Cyber World" with the special speaker Dr. Michael Carr Greg, renowned for his special skills in consulting in the field of Child and Adolescent Psychology. The evening was supported by representatives from Knox Headspace and EACH (Eastern Access Community Health). The Question & Answer session at the conclusion of Michael's address was especially helpful to many attendees.

Our Rotary Club also celebrated its 10th Anniversary on 12 July and looks forward to another 10 years of community service in our local Rowville/Knox community, as well as selected wider Australian and overseas projects. Also in July, we welcomed the new Club President into office. Carol Shaw has taken over from Past President Neil White and is busy



Part of the Audience At The Forum.

planning another exciting year for Rotary activities. Carol has been involved in Rotary for quite a few years, having also been a member of Rotaract, which is designed for the 18 – 30 age group. Our Club is currently co-operating with

other Clubs in our District to form another Rotaract Club in the outer east area in the near future. More information soon.

During the past year, our Community Director, Darren St. Ledger, has been very busy running a series of BBQ's, mainly at Bunnings/Scoresby and this effort has raised around \$8,000 for local projects. We wish to thank all those who purchased a sausage and a drink from the marquee. This year, the program has been taken over by Alan Lunghusen, so look for our presence at Bunnings, usually on a Friday, every month or so.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. We usually finish around 8.30pm. If you are community minded and would like to give something back, meet some likeminded people and have some fun and fellowship, then you are invited to come along to a meeting to find out what Rotary is all about. Interested? Then call either Murray Wilson on 0402 088 999 or Jeff Somers on 0413 150 587. Visit our website www.rotarnet.com.au/rowville and follow us on Facebook and/or Twitter.

James Wilson

Knox Home Garden Club

Garden clubs work hard to keep their members happy. They find entertaining and informative guest speakers, locate various people to demonstrate how to grow/propagate plants, give floral art displays, make flowering baskets, organise visits to private and 'open to the public' gardens and much more.

Last year, U3A Knox Garden Club took a busload of members to the award winning Alowyn Gardens in Yarra Glen. Beautiful gardens with 5 clearly defined areas consisting of a birch forest; a large edible garden; a perennial garden designed to display colour from Spring through to Autumn; a parterre garden (formal clipped hedging) and many display gardens. The 100m long wisteria and rose covered archway was breathtaking.



I walked around this garden with a lady called Josie, who noted that I liked succulents and said that her son had given her many that she did not want and she offered them to me. I said that I'd have a look and that I could donate them to the garden club stall if necessary. Months passed, then Josie

rang to ask when I was coming to get the succulents. I'm in your area on Wednesday, I told her. I will not be home, Josie said, but I'll put them on the front porch for you. At her home, there was a large and varied collection of very healthy succulents, all potted up in a myriad of attractive containers.

On The Front Porch.

I loaded my little car full to the gunnels, but with a feeling of misgiving. So, after my appointment, I rang Josie, who had arrived back home. Did I take the correct succulents? I asked. *No!!* came back the concerned reply, "I forgot to put your plants out!" We had a good laugh as we unloaded the car, and Josie showed me 'my' succulents at the rear of her house. They were really bromeliads, a mere detail! Just as well we gardeners are known to have a sense of humour. This month at Knox Home Garden Club, we are celebrating our 60th birthday with a special high tea for past and present members. Our meetings return to our normal venue, dates and times, all of which can be found in "What's On Locally" on page 2. Enquiries to 97398783 or betty_wri@hotmail.com

Betty Wright

Rowville & Lysterfield Council Minutes June 24th Meeting

A brief summary of items affecting Rowville-Lysterfield.

Item 6.2 Application to use and develop land for materials recycling, internally illuminated major promotional and floodlit business identification signage, and alteration of access to a category 1 road (Stud Road) at 1060 Stud Road, Rowville. Council resolved that: If Council were in a position to decide on the application that it would have issued a Notice of Refusal to Grant a Planning Permit for the application to Use and Develop land for Materials Recycling, business identification signage and alteration of access to a Category 1 Road at 1060 Stud Road, Rowville, on the following grounds:

1. The modifications made to the proposal are not sufficient to address the issues raised in the VCAT decision for the planning application.
2. The proposed development will result in unreasonable amenity impacts on surrounding properties by way of noise, vibration and visual impacts.
3. The proposed use and development is inconsistent with the State and Local Planning Policy Framework, in particular Clause 22.02 Industrial and Restricted Retail Sales Area Design and Clause 22.08 Scoresby-Rowville Employment Precinct, and the Commercial 2 Zone.
4. The proposed use and development is not consistent with the Rowville Plan 2013.
5. The proposed use and development does not represent orderly planning and is not consistent with the objectives of

Planning in Victoria.

6.6 Draft Knox housing strategy, planning scheme amendment C131(housing and Rowville plan), and amendment.

The report presented to Council report provides a summary of and recommended responses to the issues raised in submissions to the draft Knox Housing Strategy 2013, draft Residential Design Guidelines, draft Rowville Plan 2013, and Planning Scheme Amendments C131 and C133. Amendment C131 is the proposed suite of planning controls for implementing the housing and Rowville strategic documents. Amendment C133 proposes some wording changes to the existing planning controls that apply to the Boronia Activity Centre. These Amendments and draft documents were on public exhibition throughout February and March 2014. Three hundred and seventy-six (376) submissions to Amendment C131 and nineteen (19) submissions to Amendment C133 have been received.

The report recommends that Council consider all the submissions received, endorse the recommended changes to the Amendments and draft documents, and request the Minister for Planning to appoint a Planning Panel to consider both the submissions and proposed revised changes.

Council resolved to:

1. Consider the submissions received in response to the draft *Knox Housing Strategy 2013*, draft *Residential Design Guidelines*, *Rowville Plan*, Amendment C131 and Amendment C133 to the Knox Planning Scheme as detailed in Appendix B;
2. Endorse the changes to the draft *Knox Housing Strategy 2013*, draft *Residential Design Guidelines* for the purposes of the independent Planning Panel.
3. Endorse the changes to the *Rowville Plan 2013* for the purposes of the independent Planning Panel.
4. Adopt the recommendations detailed in the Amendment C131 Summary of Submissions document.
5. Endorse the changes to Amendment C133 detailed in Appendix F (available in the full council minutes).
6. Request that the Minister for Planning appoint an

independent Planning Panel to consider Amendments C131 and C133, all submissions received and the proposed revised changes as detailed in Appendix C (available in the full council minutes).

7. Authorise the Director – City Development to make minor changes to the Amendment documentation, draft *Housing Strategy 2013*, draft *Residential Design Guidelines* and adopted *Rowville Plan 2013* prior to the Planning Panel, where changes do not affect the purpose or intent of the Amendment.

Works report as at the 4th of June 2014

Building Renewal Program

Program is currently approximately 85% expended/committed including external painting of the Stud Park Pavilion and toilet refit at the Rowville Community Centre.

Stamford Park Redevelopment

Initial advice has been received from Council's legal advisors regarding the sale process. Preliminary work has commenced on building stabilisation works, including shoring work to the Homestead cellar.

Corhanwarrabul Creek Trail (to Dandenong Creek) – Shared Path: Quotations have been received and assessed. Contract awarded 5th of June.

Drainage Upgrades – Ongoing Customer Response

Ling Drive – Incorporated into Tirhatuan Drive drainage upgrade works with contractor appointed. Anticipate works to commence in early June.

Major Reserves Conversion to Warm Season Grass

Some funding carried forward for sodding of Eildon Park in 2014/2015.

Code Australia Compliance: Rowville Community Centre works underway (\$26,700 committed). Other works being committed for completion prior to the end of June.

Liberty Avenue Reserve Master Plan Implementation Stage 2: Works complete and under maintenance.

Stud Road, Rowville – Sunshine Street to Timbertop Drive Footpath: Project completed and reconciled.

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

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Council Minutes continued...

Avalon/Stamford/Stud Road Intersection Modification
 Discussions have taken place with VicRoads. Consultant is being engaged to assess the design. Full turning movement counts have been undertaken to provide data for the consultant. Implementation works to be considered as carry forward.
Tirhatuan Drive (no 18) Rowville – Drainage Upgrade
 Contractor appointed. Awaiting clarification of pre-construction documentation prior to approving Possession of Site. Expect early June start.
Wellington Road/Eastlink – Shared Path:
 Works completed, path opened to public in August 2013.
Rowville Recreation Reserve No 1 – Renovation:
 Oval renovation complete. Pump installation under way.
Hampden Court, Rowville – Rehabilitation: Complete.
Cairn Curren Close, Rowville – Rehabilitation: Contract works integrated with Tali Carn Close and completed.
Tali Carn Close, Rowville – Rehabilitation: Contract works integrated with Cairn Curren Close and completed.

Ranceby Close, Rowville – Rehabilitation: Complete.
Camley Court, Rowville – Rehabilitation: Complete.
Heany Park - Open Space Upgrade: Works complete.
Oval Renovation Design: Engineering surveys for HV Jones, Lakesfield and Liberty Reserves are completed and HV Jones design has commenced.
Bush Boulevard: Areas to be infilled with plants of local providence. Works to take place between Kelletts Road and Tirhatuan Drive. Contractor appointed and is about to commence planting.
Hindmarsh Street, Rowville – Rehabilitation:
 Contract works completed.
Blackwood Park Road, Rowville - Rehabilitation Design
 Survey and pavement test completed with detailed design to follow.
Stamford Park Homestead - Sprinkler System
 Work is now well advanced. Trenching and laying of fire service supply pipework is 80% complete. Internal pipe-runs have commenced.

Napoleon Road bus stop connection No. 1
 Final design prepared. Road safety audit has been received. Installation of a street lighting will be required as part of these works. Works to be programmed in the next financial year.
Napoleon Road bus stop connection No. 2
 Project completed.
Eildon Park Oval 2 - Ground Conversion
 Surface levelled, irrigation installed and sodding completed.
Park Ridge Reserve Floodlighting Upgrade – Design
 Design underway for end of June completion.
Seebeck Reserve Pavilion Access Upgrade
 Works complete, awaiting invoices.
Liberty Reserve Carpark Lighting
 Victorian Government Public Safety Infrastructure grant funding received to undertake these works.
 Knox City Council Meeting minutes are available for viewing in full at the Council website, www.knox.vic.gov.au
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