



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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knox.vic.gov.au/stringybark

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OPENING**

Friday 24th October 2014
from 2:30pm

Buckingham Drive Rowville

Contact the school on 9764 5533 for more details.

Celebrating 21 Years



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Saturday 29th November 2014

9am until 4pm

Buckingham Drive Rowville

Contact the school on 9764 5533 for more details.

ROWVILLE SECONDARY COLLEGE

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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

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From the Editor's Desk



This month heralds the arrival of the 2014 Stringybark Festival, or to give it its full name The Stringybark Suburban Sustainability Festival. The event was originally established in 1984, then re launched in 2009 under the new name. As a testament to the growing popularity of the Festival, this year special guests include Master Chef winner, Emma Dean, and Vasili from the TV show 'Vasili's Garden'. Last year the event attracted more than 25,000 visitors and the organisers are catering for increased numbers this year. Don't forget that if you ride your bike to the Festival you will gain free entry.

Amongst the numerous national events this month is "Aussie Backyard Bird Count". This is a joint venture of BirdLife Australia and the Birds in Backyards.

All you need is 20 minutes and keen eyesight (or binoculars if you have a large garden). Record the birds you know then you can look up the ones you don't know on the Aussie Bird Count

app. or the website aussiebirdcount.org.au Give it a go, you never know what you will see.

My wife and I have just returned from a short break and whilst away we heard about the hail storm Rowville encountered. We were concerned about our house, as the image the news painted was one of destruction and flooding. However, everything was OK, but if you have any photos of the settled hail, perhaps you would like to send them to me for publication in next months' edition.

Last evening I had the very great pleasure of attending the St Simon's Primary School art show. I have been to many similar events but have to say that this was the most comprehensive display I have ever seen. Every classroom, hall and passageway had something to view, on the walls, tables, the floor and hanging from the ceiling. Even the teachers got into the spirit of things, dressing in artists smocks and adding a moustache here and there! The display was a credit to the children and all the staff involved. I hope to include some photos in next month's paper.

David Gilbert

What's On Locally



Sponsored by:
Lions Club
of Rowville

October 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.

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. Phone: 8736 7053

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 Lakes 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

October Events

Harlequin Rounds

Round Dancing lessons start at the Rowville Neighbourhood Learning Centre on October 15th. Details at www.rowvillenc.org.au

Tabulam & Templer Homes for the Aged

Annual Weihnachtsmarkt/Christmas Market, Sunday 23 November 14th 10am -2pm All Handcrafted items, Variety of German food for sale, Children's activities tent. Further information call June on 0419 536 226

A G M Notification

The Rowville Lysterfield Community News will be holding their AGM on **Thursday 20th November** at 8.00pm. at the Rowville Neighbourhood Learning Centre, within the Community Centre, in Fulham Road Rowville. Our guest speakers, Rose Thompson and

Charles Bartlett will relate the history of the Rowville Library.

All our advertisers, contributors, proof readers, sponsors and readers are very welcome to attend. We probably have the shortest meetings you've ever attended, no more than an hour, so it won't be a late night. For further information please call 9764 4703.

A G M Notification

Calendar of Events October 2014

1-31 Oct – **National Safe Work Australia Month**
www.safeworkaustralia.gov.au/

Mental Health Month - www.mentalhealth.asn.au/well-being/campaigns/mental-health-month-nsw.html;

Community Safety Month
www.iccwa.org.au/community-safety-month.html;

Walktober - walktober.com.au/;

Dogtober - www.dogtober.org.au/;

Foot Health Month - www.apode.com.au/;

Ocober - www.ocober.com.au/;

Sexual Violence Awareness month - www.stopsexualviolence.com/svam.php; Droptober - droptober.com/

1 Oct – **International Day of Older Persons** -www.un.org/en/events/olderpersonsday/

1 Oct – **World Vegetarian Day** - www.worldvegetarianday.org/

1 Oct – **World Cerebral Palsy Day** - en.worldcpday.org/

1-7 Oct – **Be Kind to Animals Week** - bekindtoanimalsweek.org.au/

1-8 Oct – **RSPCA Awareness Week**
www.rspca.asn.au/events/awarenessweek/

2 Oct – **World Day for Farmed Animals**
www.dayforanimals.org/

2 Oct – **World Smile Day** - www.worldsmileday.com/

3 Oct – **Happy Tails Day** - www.rspca.org.au/happy-tails-day

3 Oct – **Odd Socks Day** - www.oddsocksday.org.au

4-10 Oct – **World Space Week**
www.un.org/en/events/spaceweek/

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 -
October 2014**

**EDITORIAL & ADVERTISEMENTS
Wednesday 15th October**

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

PHOTOS: please email SEPARATELY,
do not embed in documents

**ALL ADVERTISING
TO BE SENT TO:
advertise@rlcnews.com.au**

**DISTRIBUTION
Saturday, 1 November 2014**

5 Oct – **World Teachers' Day** - www.unesco.org/new/en/education/themes/education-building-blocks/teacher-education/world-teachers-day/

5-11 Oct – **Fire Prevention Week** - www.nfpa.org

5-12 Oct – **Mental Health Week**
www.mentalhealthvic.org.au/

6 Oct – **World Habitat Day**
www.un.org/en/events/habitatday/

7 Oct – **Immunisations** – Rowville Community Centre. No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session.

9 Oct – **World Post Day** - www.un.org/en/events/postday/

10 Oct – **World Mental Health Day** - www.mhca.org.au/index.php/events/world-mental-health-day

12 Oct – **World Arthritis Day** - www.worldarthritisday.org/

12-18 Oct – **National Nutrition Week**
www.nutritionaustralia.org/

12-18 Oct – **Anti Poverty Week**
www.antipovertyweek.org.au

12-18 Oct – **Haemophilia Awareness Week & Red Cake Day**

–18 Oct – **Carer's Week** - carersaustralia.com.au/get-involved/carers-week/

13-19 Oct – **Veterans Health Week** www.dva.gov.au/health_and_wellbeing/vhw/Pages/index

14 Oct – **Immunisations** – Australia For Christ Fellowship, 1070 Stud Rd. No appointments necessary. Please bring your Medicare card and your child's Health Record book.

15 Oct – **Immunisations** – Rowville Community Centre. No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session.

15 Oct – **Ride2Work Day / Ride2 Uni Day**
www.bicyclenetwork.com.au/rtw/

17 Oct – **Green and Gold Day** - www.greenandgoldday.org.au

17 Oct – **Loud Shirt Day** - www.loudshirtday.com.au/

18- 26 Oct – **Children's Week** - www.childrensweek.org.au/

20 Oct – **World Osteoporosis Day** - www.worldosteoporosisday.org/

20-26 Oct – **Aussie Backyard Bird Count** - www.aussiebirdcount.org.au

21 Oct – **National Kidsafe Day** - www.kidsafeday.com.au/

21 Oct – **Big Breakfast** - https://www.thyroidfoundation.com.au/atf-awareness-events/the-big-breakfast.html

24 Oct – **United Nations Day** - www.un.org/en/events/unday/

28 Oct – **Pink Ribbon Day** - www.pinkribbonday.com.au/

28 Oct – **Ordinary Council Meeting**
7pm Knox Civic Centre

31 Oct – **National Bandanna Day** - www.canteen.org.au/how-you-can-help/events-calendar/national-bandanna-day/about-bandanna-day/

Letter To The Editor

Dear David,

I was just reading issue 362 of the Rowville Lysterfield News. Page 12 "From The Archives 1994" asks where Fred Blackman, marathon runner, is now.

I interviewed Fred back then for an article, published in the Rowville Lysterfield News, as he was training for a marathon in America. Unfortunately, shortly after my article was published, Fred had a heart attack and passed away.

My memory is fading, but I believe he passed away before he could complete the marathon in America. Bryon Power may remember more than I do.

His wife still lives in Rowville. I am not in contact with the Blackman family, but I remember, at the time, it was a terrible loss for the community.

Kind regards,

Tamara Vogel (nee Wells)

Still a proud Rowville resident!

Thank you Tamara for the information. Editor.

Knox Council

Food Handling and Food Safety – All you need to know

This session will be of particular interest to people who prepare and sell food to raise funds for their community group.

Whether sizzling sausages, or making jams or cakes for public sale or consumption, safe food handling knowledge is essential.

Don't jeopardise your group's fundraising activities. Be prepared and learn more about safe food preparation, new legal obligations, notifications and statements of trade.

Date: Thursday 6 November 2014

Time: 7.00pm - 9.30pm

Venue: Knox Civic Centre, Room 3,
511 Burwood Highway, Wantirna South

RSVP before: Monday 3 November 2014

Cost: Free

Bookings: Register to attend this workshop

Book early to avoid disappointment as places are limited.

knox local australia day awards 2015

The Knox Local Australia Day Awards are a great opportunity for you to recognise a friend, family member, community leader or colleague who has made our lives better in Knox.

The 2015 Australia Day Award categories are:

- Citizen of the Year
- Young Citizen of the Year
- Volunteer of the Year
- Local Hero

Award recipients will be announced at an Australia Day Breakfast and flag raising ceremony to be held on 26 January 2015 at the Knox Civic Centre.

Nomination forms available now:

w knox.vic.gov.au **t** 9298 8000 **e** ausday@knox.vic.gov.au

Nominations close 4pm Monday 17 November 2014.



Tears and smiles at Rowville

COMMUNITY KITCHEN

Life has been more hectic than usual in the kitchen this month. We have celebrated four of our job seekers commencing work and one starting her own food business. Chef and I are rapt and sad at the same time. Everyone plays a very important part in the delivery of our community lunches and we miss them when they leave to follow their work goals.

If you have never been to RCK, then October is the month to check us out and book for lunch. In addition to



our usual Thursday lunches we are celebrating Senior's week in conjunction with Scoresby +55 Social Circle with two lunches on the 14th and 22nd October. Both lunches will be fun with live music and a two course meal for \$12pp.

Bookings are essential, with payment required to confirm your seat. Call Nikki on 9764 1166 to book and pay. Did you know there are homeless people doing it tough in Knox?

There are many, so on Friday 17th October we are supporting Vinnie's "Knox Sleepout" for Anti Poverty Week. Come and join us in the park, sleep on your cardboard bed for the night and share a big breakfast in the morning.

Can't make it? Donations are accepted, to provide resources for the homeless in our area. There is a link on our facebook page or call Christine on 1300363723 to get involved.

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



Recipe of the month

Microwave Magic. Lemon Curd in 3minutes Perfect on toast or for desserts

This is the recipe we use for lemon pies

Ingredients:

1 cup sugar
3 eggs
125g unsalted butter
Juice & finely grated rind of 3 large lemons

In a microwave safe bowl melt the butter
In a separate bowl whisk together, sugar & eggs
Add lemon rind and lemon juice
Add melted butter

Cook in the microwave in 3 x 1 minute intervals, stirring after each minute

If still runny cook at 25 second intervals until thick

Christine Smith

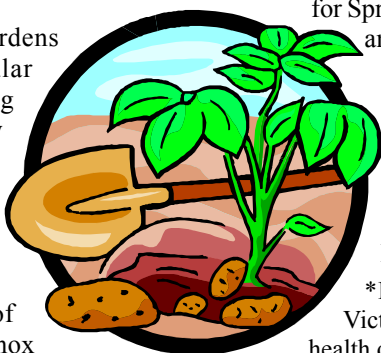
Gardens for Harvest

Have you ever wanted to grow your own vegetables?

Budding gardeners wanting to grow their own greens are invited to join a free program set to transform beginners into vegetable-growing veterans! Since May, close to 500 Knox residents have already joined the Gardens for Harvest program, a joint initiative through Knox City Council's Healthy Together Knox* and Sustainable Futures teams, which aims to educate and equip residents, to increase their confidence in growing fruit and vegetables and acquire new-found gardening skills!

Knox Mayor Darren Pearce said Gardens for Harvest participants received regular newsletters, invitations to gardening workshops and information regarding how to grow fresh food. Data collected as part of the Healthy Together Knox initiative, revealed residents would benefit from a program which allowed them greater access to healthy food.

"Our research indicates 90 per cent of adults and 60 per cent of children in Knox



are not consuming the recommended serves of fruit and vegetables each day, which is why it is important that we champion health in our community," Cr Pearce said. "It is also vital that we acknowledge our access to healthy foods and continue to try and increase these options.

Gardens for Harvest is packed full of education, participants will be able to reap a hearty knowledge on growing food; such as when to plant winter vegetables like lettuce, onions and peas, or summer crops which feature capsicum, eggplant and tomatoes."

The first Gardens for Harvest workshop series, 'Getting Started in the Veggie Garden', in June, taught members how to plant and set-up a vegetable garden, in time for Spring. But there's still time to join the program and receive information on future workshops, with more topics such as seasonal vegetable growing, gardening with your kids and growing fruit at home still to be explored.

More information, including an online registration form, is available online: knox.vic.gov.au/gardensforharvest or 'like' us on Facebook at facebook.com/g4hknox

*Healthy Together Knox is funded by the Victorian Government and aims to improve the health of our community.



Rowville Community Centre

Our Term 4 fitness classes begin on October 6th and run until December 19th. Don't miss this opportunity to improve your health and fitness in the lead up to summer. We offer Yoga classes on Tuesday mornings, and Tuesday and Wednesday evenings.

If you're looking to strengthen and tone your muscles, then a Stretch and Tone class will do just that! These classes are low impact and run Tuesdays, Wednesdays and Thursdays.

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.

Patricia Massie

ROWVILLE PICTURE FRAMING

12/3 HI-TECH PLACE
ROWVILLE
(OFF LASER DRIVE)

WEDNESDAY TO SATURDAY
9 AM TO 5 PM

9763 0069

12/3 Hi Tech Place, Rowville
www.rowvilleframing.com.au

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Rotary Club of Rowville

Our Spring Business Breakfast will be held on

Thursday 16 October at the Kingston Links Function Centre, Corporate Avenue, Rowville. We have been fortunate to secure a great pioneer for youth outreach in Melbourne as our guest speaker, in the person of **Les Twentymen OAM**. Les will speak on the theme "Social Responsibility – Your Role In A Civic Society"

Les has been on the frontline of heartbreak and hope for over 30 years. As one of Australia's best known youth outreach workers and social campaigners, Les has developed his expert opinion the hard way, on the street. Raised in Braybrook in Melbourne's West, Les has devoted his life to young people doing it tough, predominantly in, but not restricted to, Melbourne's Western suburbs. His great passion is as the founder of the '20th Man Fund', established in 1984, which is dedicated to providing educational, sporting, leadership, emotional and crisis support services to our homeless, disadvantaged and disconnected youth.

Don't miss it. Mark it in your diary now. Thursday 16th October 2014, Time: 6.45 – 8.30am Kingston Links Function Centre, Corporate Avenue, Rowville. Cost \$50.00 ph. Book through: www.trybooking.com/EIQT. Bookings close Friday 10th October 5.00pm. Enquiries to Rotarian Lorinne Knight on 0408 347 676.

There is some big news this month in the City of Knox. The five (5) Rotary Clubs of Knox have come together to set up the **Knox Rotaract Club**. What is Rotaract you might well ask? It is a service organisation for 18 – 30 year olds who are looking to give a little back to the local community. It is non-political and non-denominational. Rotaract offers young people the opportunity to enhance their knowledge and skills whilst addressing the social needs of their communities.

Rotaract's Mission is:

- 1) to develop professional and leadership skills.
- 2) Emphasise respect for the rights of others, based on recognition of the worth of each individual.
- 3) Recognise the dignity and value of useful occupations as opportunities to serve.
- 4) Recognise, practice and promote ethical standards as leadership qualities and vocational responsibilities.

5) Develop knowledge and understanding of the needs, problems and opportunities in the community and worldwide.

6) Provide opportunities for personal and group activities to serve the community and promote international understanding and goodwill to all people.

Why join Rotaract? Well, Rotaract connects you to a network of business, professional and community leaders to facilitate the development of your own personal and professional skills.

The **Rotaract Club** is currently meeting at the Knox Tavern, Knox City Shopping Centre on the 1st and 3rd Thursday of each month from 7.30 pm to 9.00pm.

For an opportunity to get involved and experience the amazing opportunities that are possible, meet new friends and widen your young horizons, come along to the next meeting. Register your interest with either Mitchell on mail@mitchelloharawild.com or nwhite@kingston.com.au or 0418 378 647 and check out the Facebook page www.facebook.com/KnoxRotaract

The guest speaker at our club meeting on 2nd September was Michael Cox, who talked to us about the proposed Men's Shed at the RAFT Church (All Souls) in Taylors Lane. This is a brand new effort from the ground up, specifically to cater for youth in the area, with an initial focus on automotive subjects, learning more about new features in cars, what makes them 'tick' etc. Awareness and fund raising activities are under way and if you can help with sourcing of supplies, support and automotive expertise in any way, please get in touch with either Michael Cox at RAFT Church (All Souls) on 9764 2573 or Rotarian Ian McLean on 0418 991 905.

If you are a local business person (working or retired and with time on your hands) and would like the opportunity to give back something to your local community, then come along to one of our weekly Rotary Club meetings and check us out. You can come as a guest on the first night, just call Warren Millar on 0414 956 611 or Murray Wilson on 0402 088 999. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Our meetings conclude around 8.30pm. Join us for an evening of fellowship and networking. Look us up on www.rowvillerotary.com.au, follow us on Facebook and also on Twitter@RotaryLyster.

Rotarian James Wilson

Probus Club (Combined Knox)



It is a satisfying feeling that our Club contains members who are prepared to step into the breach when the necessity arises. One such occasion was last month when our guest speaker announced at the 11th hour that she couldn't make it as she was in Africa!! Paul Lucas stepped forward and gave us a most interesting and informative photographic show about India, which he and wife Maureen had recently visited. As well as scenes of standard tourist places, Paul showed us the other side of India and the life of the locals.

Fifteen members visited a 'Tea & Classics' morning at the Knox Arts Centre where they were taken by an amazing three piece ensemble on a delightful musical journey through pieces by composers like Bach and Debussy plus an Australian piece. They also enjoyed an array of cakes and biscuits with tea.

Our newly elected 'Club Historian', Rick Goss, advised that he had sorted through the archival records and some were missing. He asked that anyone in possession of paperwork and photos etc. should let him know with a view to completing our historical records.

Three committee members attended the recent Probus Information Day at the Dandenong Club. The focus was on the role of 'Rotary' and their relationship with Probus. Later, issues concerning membership, insurance, risk management and privacy were discussed. Those present enjoyed presentations from national sponsors, 'Grand Pacific Tours' and 'Trade Travel' and a delicious light lunch.

If you are free on the first Tuesday of the month, come and visit us at our monthly meeting at the Stamford hotel. You will be made very welcome.

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

David Gilbert

SINGING AND SONGWRITING LESSONS

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Residents are invited to attend the official unveiling of the

Knox Memorial and Roll of Honour

The Knox Memorial and Roll of Honour recognises those members of the Australian military services from the Knox area, who have lost their lives while serving their country.

The project, made possible through Federal and State Government funding, also acknowledges the Centenary of Anzac and the 100th anniversary of the Great War (WW1).

The unveiling of the memorial will take place at
Tim Neville Arboretum, Dorset Road, Ferntree Gully,
 on **Saturday 1 November commencing 2pm.**



Australian Government



It's a Celebration...

Saturday 29th November will not only be election day, it is also the Heany Park Primary School's 21st Birthday Fete.

Families will be able to vote in the school's gym when they first arrive and then head out to the school's basketball courts



WELCOME to NEW distributor
- Nicole Jackson
THANK YOU to retiring distributor
- Joanne Wilson (7 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

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

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

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

Bensam Close, Landsborough Ave (evens), Oakdene Crt, Maitland Close, 4 houses in Karoo Rd – 63 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

Major Cres (west side # 44 to 60 & east side # 51 to 2 / 71) Clementine Cl – 36 papers

*Teofilo Dve, The Gables, Pecan Crt, Malata Way, Allamanda Blvd (#'s 35 & 37) – 50 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

and oval area where the fun awaits them. Rides have been carefully selected to cater for all age groups and range from the fast paced Cyclone to the fun and exciting Adrenaline Rush and Giant Super Slide or for the younger visitor perhaps a ride on the Chair-o-plane or a visit to the Animal Farm.

If rides are not your thing then spend some time playing the Laughing Clowns, try and dunk a teacher at the Dunking Machine, or browse a large number of stalls offering showbags, There are crafts for the younger children, face painting, story telling and more. There will also be raffles, silent auctions and mystery bags,

A range of food is available including Devonshire Teas, BBQ, drinks, ice-creams, cake stall, coffee van and the usual popcorn, fairy floss and sno cones. The school is proud to have the Heany Park Choir and Grade Prep/1 Dance Group performing at the Fete, along with the Boyd Dance Academy, Zen Do Kai Martial Arts and Karoo Calisthenics.

Wristbands for unlimited access to most rides will be available to pre-order from Monday 13th October or can be purchased on the day. Tickets for individual rides can also be pre-ordered or purchased on the day. For more details simply contact the school office on 9764 5533 or drop in and speak to the friendly office staff.

The Fete runs from 9am until 4pm with rides operating from 10am until 3pm.



The proprietors of the Phillip Islands Apartments at Cowes, have donated a two day holiday as a \$500+ first prize in the, always wonderful, U3A Knox Art Show Raffle. Come to the Art Show on 11th and 12th October at Parkhills, Park Boulevard, where you can buy tickets and see the other wonderful prizes as well as the Annual Art Show, which has gained a reputation in Knox, as the biggest event of Seniors Week. Other prizes in the raffle include a signed limited edition print of an Ivars Jansen painting “Rose”, beautifully framed for us by Kiah Framing, a patchwork quilt, another painting by our own Mary Watson, (a triptych of landscapes) and a watercolour painting by Kath Loxton.

Entries are coming in as artists and craftspeople compete for the \$1000 Art prize, donated by Bendigo Community Bank, the \$1000 Craft prize donated by Toyota Ferntree Gully and now the \$600 Bill Batt Memorial Prize for the best Landscape in any media, donated again this year, by the Knox Environment Society. In addition there will be a People's Choice award, which visitors vote for and good prizes in all 8 categories. Last minute entries will be accepted. We know our 18th Art Show will be the best ever, certainly one not to be missed.

Another highlight will be the on-site radio broadcast from the 98.1 FM van, throughout both days. Entry to the grounds costs \$2.00 for a catalogue of entries and there will be the usual Devonshire Teas and light lunches, plus craft, book and plant stalls.

The day after the show U3A will open for the final term of 2014, with an array of more than 125 subjects weekly. Membership for the final term will cost only \$10 for new members, enabling entry to any subject with a vacancy.

For information ring 9752.2737 in office hours, after 13th October, or see our comprehensive website: www.u3aknox.com.au.

Kath Brown

Opening the Time Capsule

Heany Park Primary School opened its doors on the 26th January 1993 to 131 pupils. The school was named after Mr. T. M. Heany who was a Clerk of Works and Shire Engineer in the Shires of Ferntree Gully and Mulgrave during the early 1900's.

A Well was constructed as a central feature on the site of the school, using some historic bricks recovered from the old well site of the estate owned by Matthew Bergin. The Well acknowledges the early pioneers and settlers of Rowville and not only is it the school's official emblem, but it holds a time capsule containing art work and messages from the students of 1993.

Twenty-one years on, the time capsule will be recovered from the Well and opened for past and present students to see together with special guests. A new Time Capsule will then be placed in the Well holding works and messages from today's students which will be opened in 2035.

The Opening of the Time Capsule will take place on Friday 24th October from 2:30pm at the front of the school near the Well. If you would like to be a part of this exciting event or other events planned for the year, contact the school office on 9764 5533 for more details.

ENTER U3A'S GREAT ART SHOW

Sat October 11th & Sun October 12th
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:.....
PRICEor NFS

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.....
.....P/C.....
PHONE:.....

email:.....

LATE ENTRIES accepted up to 9th October but may not be in the catalogue - lists of ex-catalogue entries will be on display, and will be judged.
Phone 9752 2737 or 9752 2618 for details

Rowville Community Library

October

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



Rose Thompson with Crs Peter Lockwood and Nicole Seymour - Celebrating 25 Years.

Stringybark Festival: On Saturday 18th and Sunday 19th October, Rowville Library will be participating by providing kits for the children to either make up in the library or take home. The kits will be available from the library during open hours on the Stringybark weekend, until stock exhausted.

Red Hat Society: will hold a Meet and Greet afternoon tea at the library on 10th October from 2pm. or if you would like to know more ring Kerry on 97644717.

Free Ancestry.com at your library: on Monday 20th October at 2pm. Ancestry.com is a popular tool for family historians and is available at no charge in the library. Book in to hear more. Free event. Bookings please.

History Week display: to recognise History Week the Knox Historical Society will have a history display in the Rowville Library from 18th – 26th October. A very popular display last year!

School Holiday Program: The school holidays two week program continues into October and most sessions require bookings. You can obtain a copy of the program either in person or by checking the library website at www.erl.vic.gov.au : Wednesday 1st October 11.00am Yummy in my Tummy! – Stories, songs and games about food. Make some funky food fridge magnets. Ages 4+, and Friday 3rd October 7.00pm Bedtime Storytime – Spring into the library for fun-filled bedtime stories, songs and craft. All ages

Afternoon Bookchat! Our book discussion group is open to new members to share what they have been reading. A selection of new books will be available. The next meeting will be on Monday 6th October 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 6439

Mobile phone help: Staff and friends from the Stud Park Telstra Shop will be available to assist you with any brand of phone or carrier on Thursday 2nd October at 9.30am. All welcome. Bookings essential. Free event.



Childrens activities are always fun!

Bookclubs: There are three bookclubs running in the library which meet once per month - Friday evening Thursday evening or Tuesday afternoon. All groups are full but ring Rose 9800 6439 to go on a waiting list.

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

Rowville Writers' group: Next meeting will be on Tuesday 28th October at 1pm.

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

Family History Help: Rowville Library offer **FREE** one-on-one assistance, but first please telephone 9294 1300 for a time to ensure staff availability. By the way did you know that you can access Ancestry.com from the library for free? Charles is available to assist you with any Family History question.

Home Library Services: for free book deliveries please ask to speak to Rose or Raelene on 9294 1300.

Children's activities

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

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

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

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

Saturday 10.30am during school terms. A special family storytime will be held every Saturday morning at 10.30am during school terms. Come along with friends and family to join the children for this one hour session! We appreciate that not everyone can attend the storytimes during the week,

so this is another opportunity which may suit. Everyone is welcome. This is a free event. No bookings required.

Bedtime storytime is on first **Friday** of the month at 7pm. Wear your pyjamas if you want and join us for some stories before bed. (Quite often we see the children in their pyjamas but not usually the parents!) Our next Bedtime Storytime is at 7pm on Friday 3rd **October**. 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

9800 6439



Before the Fall by Juliet West

Before the Fall is a beautifully written book that was inspired by a true story. It is set in London's East End during the First World War.

Hannah is a young woman with two children and a husband who has enlisted in the army. She moves in with her sister and brother-in-law, knowing that this arrangement is not ideal. She takes a part-time position in a cafe to help with the family finances. Her sister and mother care for the children while she is at work. At the cafe, Hannah meets Daniel and is immediately attracted to him. Daniel works at the docks in a restricted occupation.

As the war progresses, the situation worsens for Hannah. Her father becomes seriously ill and her best friend, Dora, is killed when her workplace is blown up.

Hannah continues to see Daniel. All is well until she becomes pregnant. She is forced to move out of her sister's house and she has to resign from her position at the cafe. Daniel's work shifts are reduced and he realises that he will have to enlist. He also realises that Hannah will not manage without him as the baby is sickly and Hannah's children are resentful of their new sister.

The story's ending is both unexpected and shocking, but the writer leaves the reader with an expectation of hope for the future.

Reviewed by Jeanette Wallis



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Home for Christmas

Part 1

By Arthur Ives



Jill's diagnosis was beyond belief. Her condition was terminal. The cancer had taken such a hold that it was now inexorable. Some might wonder why it was beyond belief. Of all the thousands of diseases and misfortunes that could lead to the end of life, she was to die of pancreatic cancer. And she was only in her late forties, had neither smoked nor tasted alcohol, nor was she aware of any family history of cancer of any kind.

It was almost embarrassing that her husband, Maurice, was not only a doctor, but that both he and she had been health fanatics all their lives. Had Maurice been blind to the symptoms? Or was their lifestyle such that nothing of a life-threatening nature for either of them was imaginable?

They'd married young and brought up three beautiful children, two sons and a daughter. Together these represented the joy of Jill's life. Heartbroken, she and Maurice had farewelled them, one by one, to follow careers overseas. Throughout sleepless nights ever since, Jill particularly, had silently mourned their departures. But the three would be coming home with their partners for Christmas. And hopefully, Jill would be about to celebrate her fiftieth birthday with them.

Anyone might have described Jill as being vivaciousness personified – vibrant, lively, bubbly, cheerful, spirited, energetic, and never far from effervescent.

For as long as she was able, she decided to continue being Maurice's receptionist. As such she would be privy to the good and bad news Maurice would be delivering to his patients. She jollied along those in the waiting room, some deep in thought, sometimes anticipating the worst.

"Sorry we're running late again today, Mrs Thorburn. When the pains of a young mums-to-be are only minutes apart, she gets priority. You understand, don't you?"

Mrs Thorburn nodded knowingly.

"You heard that didn't you, Jack? What about a glass of water or a cuppa?"

"I'm good thanks," Jack might reply

"Oh dear! That blessed phone," Jill laughed as she dived back to her desk. "Who can remember the good old days when we relied on horses or pigeons?"

Some smiled and some shook their heads, too concerned about their future for frivolities.

Jill and Maurice chose to remain secretive about her condition. She showed empathy to those who faced crises not unlike her own. Only on her worst days did she feel like saying, "What about my situation? I'll probably be dead before you."

But she came to realise that responding to her many friends with compassionate thoughts and feelings would be an added burden. In any case, they did come, not from her bad fortune but from Maurice's. He fell asleep driving home at night from a meeting. Among the possible paradoxes, this could have been the greatest. She, the dying wife of a devoted husband,

Paul's Photography Patter

It's Spring! Many people don't like taking photographs in the often dull light, damp and chilly days of Winter. However, suddenly when the lovely mild, sunny and warmer days of Spring arrive, they become more enthusiastic about taking photos again, as the photos always seem brighter and more colourful at this time of the year.

Those who have followed my articles over the last 3 plus years, will have noticed my passion for photographing flowers and gardens, as I have used many of these photos to illustrate my "Hints".

Consequently, Spring is my favourite time to get out and photograph them! I love to stroll around on a clear sunny day looking for the new growth of individual flowers that are at their peak of development and in perfect condition. I also look for lovely garden scenes with their new growth of plants.

However, the hints and principles I mention, apply to almost any subject you are photographing.

When a subject faces toward the side or appears to be moving across the photo, I try to compose the shot so the subject faces, or appears to move, from left to right. This is because a viewer's eye naturally scans across a photo scene from left to right, not the reverse. An example is the men shown.

HINT: A photo is most pleasing to the viewer if their eye flows naturally from left to right to follow the subject or movement across the scene.

Happy snapping, Paul Lucas.



Muslim faithful admiring the Taj Mahal.

and a doctor as well, had no other alternative, nor wish, than to become his carer. With the family scattered and still unaware of Jill's impending death, to whom could she turn?

Each of the three children was prepared to abandon their current plans, no matter what inconvenience was involved, and rush home to be with their parents. Such was their love and their readiness to repay, in part, the sacrifices made for each of them. But Jill insisted that there was no immediate need, that their Dad was being inundated with help from friends and associates, and that his condition was far from life-threatening.

"We're so looking forward to Christmas this year," Jill insisted. "Come then and don't forget. I'll be celebrating my fiftieth on Boxing Day. If you came now, twice in such a short time would be too much."

Reluctantly each of the offspring accepted their mother's assurances, and showed their concerns with emails, get-well cards, and flowers.

Maurice's misfortune was the catalyst for the revitalization of Jill's well-being. Because of her exhaustion at the end of each day, her sleepless nights diminished, her preoccupation with her own condition shrank below the surface, except sometimes, it would burst into her consciousness, and she would race into hiding, weep for a while in self-pity, and then emerge, the efficient officer in charge.

Mentally she examined her body for end-of-life signs, but found none that could not be accounted for – stiffness, yes, but brought on by overexertion - lack of appetite, occasional perhaps - or need for rest, and who would not be tired after

an exhausting twelve-hour days.

In fact, Jill's conclusion was tending towards her diagnosis simply being wrong.

Part Two Next Month



In this our 100th year, we are still seeking memorabilia. The response to date has been wonderful but we are still willing to accept more, particularly those 'Women's Weekly' cook books.

The Blood Bank will be in Rowville in November but no firm dates have been scheduled as yet.

We are constantly looking or new members and would be delighted to welcome you at one of our meetings. Details of our meeting venue, dates and times can be found in "What's On locally" on page 2.

If you have any queries please phone Joan on 97644611

Elly Baré



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matter, small
enough to care**

Opportunity Knox



Red Hat Society

The Red Hat Society is a worldwide organisation that brings women of a certain age together to have fun, to enjoy new experiences, to provide support for each other and to prove to the wider community that we are valued, fun loving women. On October 10th at the Rowville Library at 2pm, you will have a chance to meet members of the Red Hat Society. The Ruby Gumnut Goddesses are a Red Hat Society chapter, based in Rowville. We have been together for nearly three years, but most of our members have been Red Hatters in

other chapters for many years. You may have seen us around, a group of beautifully dressed women in purple clothes and stunning red hats. This attire is our signature. We wear these colours wherever we go.

The primary aim of Red Hatting is to develop friendships. I know, as I have met some of the most amazing women around in the nine years I have belonged to the Red Hat Society. I can honestly say they have added laughter and fun to my life. Not only do we do things locally, our members also have the opportunity to attend events all over Australia and overseas. It is an amazing sight to behold when you see two thousand or more women, all dressed in purple clothes and red hats. To see this sight you would need to attend an International conference in America where the Red Hat Society is based.

If you would like to find out more about an organisation aimed at women aged forty and above, please come to the library at 2pm on the 10th to have a chat with us and a cup of tea or coffee. I hope to see you there.

Kerry Eustace Queen Mini Munchkin

Rowville Fire Station's OPEN DAY

- ◆ Station tours
- ◆ Kid's activities
- ◆ Sausage sizzle
- ◆ Displays
- ◆ Demonstrations
- ◆ Giveaways

**26th October
10am – 2pm**

The date for Rowville Fire Brigades first Open Day at the new station is set for Sunday October 26th. We expect this to be a great day filled with fun activities for all, as well as some great displays and demonstrations.

At this years Stringybark Festival we will be running an emergency event, where you will be able to see the different agencies involved in an emergency and the roles they fulfil. The CFA will be at a number of the stations, providing an insight and

some information on how to assist the agencies and what you can do to prepare. Once through the event, you will be able to access the usual Rowville CFA display, where here will be a vehicle and some children's activities to keep the kids entertained. We hope to see you there.

Brent van der Ross

Have you made your Safe Mistake yet? This year the Home Fire safety campaign, being run by the CFA and the MFB, revolves around the safe mistake zone. 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). To make your safe mistake, visit the interactive website safemistakezone.com.au or search using the hashtag #safemistake.

Is This True?

The saying, having a square meal, comes from the English Royal Navy during the time of Nelson. In order to stop the plates and dishes slipping around on the table when the ship was at sea, four pieces of wood were nailed to the benches in the shape of a square to stop the plates from slipping... hence 'having a square meal'.

Did You Know?

The winter of 1932 was so cold that Niagara Falls froze completely solid.



Henri Guillaume (left), winner of the Humorous and Table Topics Contests and Paul Broom, President (right).

Double the fun at Toastmasters!

It is always a fun night at Toastmasters, but at the recent annual Humorous Speech Contest night it was double the laughs and fun, at an evening enjoyed by everyone. With a packed agenda and six humorous speeches, it was a successful night, not only in laughter but learning some of the secrets to making a humorous speech.

The winner was Henri Guillaume with his thoroughly entertaining speech entitled "Anyway you can". He related a personal story of how he met his wife and the lead-up to his marriage. It was an excellent example of how a personal story, a little exaggeration, speech structure, delivery and a sense of humour can provide a captivating and entertaining presentation. Thank you Henri and thank you Toastmasters.

The second part of the evening included the Table Topics Contest where Toastmasters respond to a given question. It is an exercise in impromptu speaking for one to two minutes and the winner is the Toastmaster with the best response. The contest question was "You have invented a machine that will affect how mankind will live. Tell us about that machine." All it takes is a little sharp-wit, composure, speech structure and a lot of imagination.

The winner is - Henri Guillaume! He provided a well-constructed and entertaining response that impressed everyone, including the judges.

Along with the accolades and two trophies, he enhanced his ability to provide a humorous presentation and impromptu speech, by taking an opportunity to practise the necessary skills in front of a supportive and encouraging audience. The audience learn by seeing a fellow club member shine and excel. Well done, Henri!

You could find your sense of humor with the Toastmasters Program, or find yourself laughing at Henri's next speech.

Guests and New Members Welcome - Free

You can participate at Rowville Toastmasters by attending meetings as a guest, or by joining at any time. Guests can attend free of charge. Details of the the Club's meeting venue, dates and times can be found in "What's On Locally" on page 2. If you are interested in attending a meeting and learning 'to speak among friends' please send an email to contact@rowvilletoastmasters.org.au or visit the website at www.rowvilletoastmasters.org.au to see details of Club activities.

Peter Tuck, Vice President Public Relations.

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Authorised by Kim Wells 9 Lynton Place Scoresby VIC 3179

Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



Cake Decorators Association of Victoria

At our next workshop on Sunday 12th October we will be making 'Acorns and Dog Roses' under the guidance of Jan Longley.

Bookings are now being taken for our 'Christmas Cake' workshops on November 9th and 16th, from 9.30am to 3pm. Learn how to cover and decorate one. The cake and everything you need is included in the cost of \$75. Please b.y.o lunch. This is our most popular event so if you don't want to miss out, book now.

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

10am-3pm. Members \$10 non members \$15
For all bookings and enquiries, call Madeleine on 9870 5743
Velma Brown

Rowville Rail – Representation made



The local member for Rowville Mr Kim Wells has written to the Transport Minister Terry Mulder presenting the

following requests made by PRO Knox relating to the Rowville Rail and interim Bus service improvements:

- Set aside a reservation in the planning provisions for the Rowville Rail
- Address the major impediment to the 900 Smart Bus, that being the Wellington Road Flyover above the M1 Freeway.
- Provide a commitment for staged funding to take the Rowville Rail from feasibility to reality.
- In addition to increasing the frequency of the 900 Smart Bus, increase the spread of hours, so that the last smart bus meets the last train.

We thank Mr Wells for his representation and urge him to obtain feedback from Minister Mulder well prior to the election. The people of Rowville, Lysterfield, Knoxfield and Scoresby deserve to know if the Coalition is still committed to delivering the Rowville Rail and interim improvements to the 900 Smart Bus.

PRO Knox will provide Minister Mulders feedback via the Rowville Lysterfield Community News when it is received from Mr Wells.

Mick Van de Vreede PRO Knox (People Representing Opportunity) Spokesperson



Alan Tudge presenting The Award To
Hurtle Lupton and John Surridge

Bendigo Community Bank Winner of the Aston 'Business Achievement' Award

The annual Aston Community Awards were held recently. The awards are in recognition of the contribution that Youth, Community Groups, Business, Senior Volunteers and Individual Volunteers make in the Federal Electorate of Aston.

The award ceremony was held at the Italian Club in Rowville and was attended by about 500 people from the local Aston communities.

Nominations from the community in the Aston electorate were judged by a panel made up of the Editor of the Knox Leader, the Boronia RSL Secretary, a representative from Knox Headspace and Alan Tudge, Federal MP. All finalists were recognised in the five categories and received a certificate.

Knox Community Bank® Group was a not only a finalist in the Business Achievement award, but also the ultimate winner. The bank was represented on the night by Hurtle Lupton, Chairman of the Community Bank®, Community Bank CEO, John Surridge and Tina Leslie, Manager of the Ferntree Gully Branch. John Surridge collected the award from Mr Tudge.

The award recognises the fine achievement and that all the

staff have had a hand in promoting the Community Bank® in the community. It also highlights their contribution to the profits made by the Community Bank®, which allows the Community Bank® to continue to provide funding for the excellent community work done in the area, by many community groups, sporting groups, charities and churches.



Editor David Gilbert Receiving The Certificate
from MP Alan Tudge

Aston Awards RLCN a Finalist

The Rowville Lysterfield Community News, were delighted to receive a certificate from MP Alan Tudge, recognising them as a finalist in the 2014 Aston Awards. The event was very well attended and highlighted the commitment and tireless work done by individuals and groups within the community.

Our award recognises the time and effort put into the paper, not only by the committee, but by our many volunteers who deliver the papers, proof read every page each month and those innumerable people who write interesting and informative articles for their Clubs and Organisations each month.

Our thanks to all those involved and congratulations to everyone.

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Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

Five years ago, I started "Memory Lane... From The

Archives" as a monthly feature. This means that with this issue I am back to where I started and to continue would merely be repeating memories from past years. Therefore, this will be the last "Memory Lane". In future issues I will look back at that specific month, five years ago. I hope you have enjoyed reminiscing through the years with me.

Editor

1984

Lysterfield Primary School won the schools section of the 'Knox Tidy Town' competition. How is the 'Nature Wildlife Garden' today? Due to the rapid increase in housing in Rowville, the Fire Brigade held a "**Know Your Fire Brigade**" night, where residents could view the facility in LeJohn St, learn about fire safety and enjoy a light supper. Did you attend? The annual Dandenong **Australia Day Dinner Dance** was held at the Polish Club with catering supplied by the **Maori Club VGA HAPU KATO Cultural Club**. A Rowville resident for 15 years, **Geoff Dunlop** was elected as President of the Rowville **Apex Club**. The acting Principal of Rowville Primary School, **Ron Pickett**, circulated a letter to all parents outlining the school's view of the on-going saga (first outlined in 1978) over the possible sale of the adjacent 'Special School Site'.

1989

Council approved the renaming of the '**Pusilla Flats**' to "**Tirhatuan Wetlands**", Pusilla Flats was named to recognise the presence of a rare native fish, Galaxiella Pusilla. **Mrs J Tacken** of Dandelion Drive, wrote to us about cars driving at excessive speeds of up to 120kmh. The Council Traffic Engineer promised to look into the matter. Lead by **Chris Rowles** and **Mick van de Vreede**, 2,000 trees, brought by the **Knox Environmental Society**, were planted in a single day by residents and the **brownies, guides and scouts**, at the new 'Urban Forest' at the Community Centre. **Rowville and Bayswater Apex Clubs** worked all day erecting protective fences for the young trees. The new **Rowville Secondary College** started taking enrolments for their first year 7 and 8 students. They would be housed in four general purpose classrooms and five specialist rooms! The 'Roads Corporation' upgraded **Stud Rd and Wellington Rd** to 'State Highway' classification whilst **Napoleon Rd and Kelletts Rd** were upgraded to 'Main Rd' classification. Council approved the re-zoning of a **3.2 hectare site in Karoo Rd** from 'residential' to Proposed Public Purposes Primary School.

1994

A fire destroyed the **Knox Civic Centre**, destroying many documents and damaging others, but the archives and computer records were saved. The Minister for Roads, Bill Baxter announced the duplication of **Wellington Rd** between Jacksons and Stud Rds. **Hodges Close** was named to honour the services of **David Hodges**. Not only was he instrumental

MEMORY

FROM THE ARCHIVES

in starting the Rowville Lysterfield Development Group, which started the RLCN, but he was passionately concerned about the environment of the area as Rowville developed. Violinist, **Eliza Quirit**, won three medals at the Ringwood and Doncaster Eisteddfods. Are you still playing Eliza? The debutantes at the **inaugural St Simon's Debutante Ball** were presented to **Cr Marie Wallace** and Parish priest **Father Les Tomlinson**. Were you one of the girls? Hairdresser, **Peta Smalley**, was named as 'Apprentice Of The Year'. Are you still in the business Peta? **Carolyn Greene** represented Australia in the junior volleyball team at the Asian Games in Manila. Still playing Carolyn? Council approved the naming of '**Fordham Reserve**' in Liberty Avenue in honour of Connie and Frank Fordham.

1999

Rowville Secondary College students, **Aaron Kogtevs** and **Shaun Brooks** were both selected for the under 19 Victorian softball team to play in the National Championships in Canberra. Are either of you still playing? **Rowville Fire Brigade** took possession of a new \$130,000 four wheel drive tanker. **Lysterfield Sailing Club** were preparing a special event to mark their 21st birthday. Stage 2 reconstruction work on **Bergins Rd** was completed with new pavement, kerb and channel works. **Duplication of Wellington Rd** between Stud Rd and Taylors Lane was scheduled to start and Council agreed to fund the construction of two indoor **basketball courts at the Community Centre**. The founder of the 'Bonnie Babes Foundation', **Rachel Stanfield-Porter**, was awarded a Humanitarian Foundation Award for her contribution to health. Despite wet and windy conditions, **Rowville Anglicans** watched and applauded as the **Archbishop of Melbourne**, the most reverend Dr Keith Rayner, consecrated their new worship centre.

2004

The Knox Mayor, Cr Emmanuele Cicchiello, called a meeting at the Community Centre to consider community ideas for **Rowville's 100th birthday celebrations**. **Rowville Football Club** won the EFL Division 3 Grand Final and will play in Division 2 next year. The annual **Mayoral Ball** was held at the Community Centre, which was transformed into "Club Glam". **Greg Orchard**, Vice Principal and Senior Coordinator at Rowville Primary School decided to retire. He was remembered for organising more than 20 international outbound school exchanges that involved over 160 students and a similar number of inbound visits for in excess of 170 students. Where are you today Greg? Karoo Primary School soccer team created Karoo history by becoming the first team to win both the District and Zone competitions. **The Knox Home Garden Club** celebrated their 50th birthday and MP Anne Eckstein presented them with their new logo. **Cr Van de Vreede** announced the creation of a '**Youth Space**' at the Community Centre.

2009

The **Lions Club of Rowville** invited local residents to a 'Wine Tasting' evening at the Knox Club. Did you go? The **Knox & District Over 50's** had an informative presentation by Bruce McBrien about Ripponlea, up until it became the property of the National Trust. The **Life Activities Club Knox**, were making preparations for their 22nd birthday with a "Mystery Bus Tour". The **Rowville Library** hosted crime writer and ABC radio personality, **Rochelle Jackson**, who talked about her new book "Inside Their Minds". **Wellington Village Shopping Centre** invited residents to help celebrate their 5th birthday. The **Stamford Hotel** was celebrating its 50th birthday, with a two day festival of music and fun, highlighted by Jimmy Barnes and Vanessa Amorosi. **Park Ridge Primary School** had their new 15,000 litre water tank and new dual flush toilets installed in the school holidays.



Rowville Neighbourhood Learning Centre

With Stringybark just around the corner, the Rowville Neighbourhood Learning Centre has been focusing on this year's theme of "Connect to Nature" and the way it ties into the core sustainability tenets of the festival. Of course, whilst recycling and self-sufficiency are incredibly important, there's a lot more to a sustainable community and we believe local learning has an important role to play.

Our programs continue to grow and expand, as we strive to meet an ever changing learning landscape. Technology is ever evolving and we are offering even more classes, to help unravel the mysteries of digital devices.

RNLC has new sessions on offer, such as 'Professional Job & Career Search Skills', 'How To Financially Protect Your Family', 'Creating An Efficient Home', 'Put Your Business Online', 'Tai Chi - Evening sessions', 'Round Dancing' (a form of Ballroom dancing), 'A Taste of Thai Cooking' and more.



Knowing where you live and exploring all that it offers, helps both the community and it's people to thrive. By creating connections and sharing our skills, we can build relationships that support and enrich the lives of our entire community, adding to the fabric of knowledge that is at the heart of all "Learn Local" organisations.

We'll be on hand at this year's Festival, so make sure you drop by for a chat. We'd love to talk to you.

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Know Your State Election Candidates

Kim Wells... Liberal Party

Kim Wells is the Minister for Police and Emergency Services and Bush Fire Response. He was born in 1958 in the Gippsland town of Leongatha, where his parents both worked in the butter factory. Unfortunately, his mother had bad asthma and on the advice of doctors the family moved to Bairnsdale in 1965. Kim attended Bairnsdale Primary and High School. At 18, Kim and eight mates moved to Melbourne and squeezed into a rented two bedroom apartment in East Hawthorn.



Himalayas,” reflected Kim.. Jeff Kennett and Ted Baillieu also figure high on his most admired list.

Kim began his political journey in 1984 at the Wattle Park Branch of the Liberal Party before entering Parliament as the member for Wantirna (now Scoresby). He has served on a number of committees and in 2000 was elected to the Shadow Ministry, holding successive appointments of Corrections, Police & Emergency Services, Treasury, Treasurer of Victoria and his current portfolio.

To young aspiring politicians he offered this advice. “Study hard, work hard, set a long list of goals and then stick to them”

Abridged from original interview in October 2011

Tamika Hicks... Labor Party

Tamika Hicks was born to parents Judi and Craig in Devonport Tasmania in 1977. Both her parents, who worked in a large carpet factory, came from large families, Mum being 1 of 7 children and her Father 1 of 6, so it was a really strong family orientated community. Having said that, Tamika only had one sibling, a younger brother Graham.

“Many people ask me about the origins of my name, “Is it Japanese?” Or “What does it mean?” But the simple truth is, Mum found it in a storybook she was reading and just loved it,” said Tamika. Her early schooling was at Our Lady Of Lourdes Primary School followed by St Brendan-Shaw College, both in Devonport. Before starting University, Tamika took a four year break working around Devonport, in diverse jobs including the fish industry, an apple orchard and on a potato harvester.

“It was hard work and mostly manual which probably helped my shoulder strength for my athletics and also made me think hard about what I wanted to do for a career” reflected Tamika.

Tamika started Little Athletics at age 9 and found that she was good at throwing things. By 11 years of age she was representing her State at discus and shot put. She continued to do so through her tertiary education years, also adding the hammer throw to her repertoire. After completing two years of her education degree she left Tasmania and moved to Rowville in 2000. Her coach, Tom Hancock, lived in Melbourne and with his help she became the 8th best discus thrower in Australia around 2003.

On the work front, she went through the processes to gain entry into the Police Academy and completed the course pre-



Know Your State Election Candidates

At the time of going to press, only two candidates have been nominated for the new State seat of Rowville. To assist residents with their choice and to know them better, we have interviewed both, focusing solely on who they are and their background.

David Gilbert Editor

requisites successfully, but due to Government cutbacks the number of placements were restricted so a different career path beckoned and early childhood education was the calling.

In 2002 she married her first husband Darren, and they had two children, Kobi and Abi before separating in 2010. She met her new husband Max in 2012 and they married in 2013. Tamika now has a step daughter Isobel (affectionately called Issy). Max works in the building and construction industry as a trainer and assessor.

Tamika started her career in early childhood care with a Diploma In Children’s Services followed by an advanced diploma, then completed her Certificate IV Training And

Assessment, with SELMAR Institute of Education. She served on the Knox Council Early Years Advisory Council from 2010 to 2012. In 2013 she became the Business Development Manager at SELMAR and has been the National Convenor for the Early Childhood Education Union for the past five years, which, after just two years in the Labor Party, led to her pre-selection as their candidate for Rowville. It comes as no surprise that her political inspiration is Julia Gillard.

Tamika is currently an area manager for ‘Learning and Education Australia,’ but her main focus is the Rowville Lakes Early Learning Centre which she has owned since 2009. “We have 22 staff and average around 65 children up to six years old every day” she stated. “I will always be an advocate and activist for early childhood education and would encourage others with a passion to become an advocate for their

sector which guides children through their developmental years. We are the ones who need to advocate for the needs of children and not leave it to others,” she said.

Tamika also conducts classes in infant massage, which has been practised and the benefits enjoyed in other cultures for centuries. She keeps her love of sport alive by helping out at her children’s Little Athletics Club as well as heading to the gym whenever she can. “I love most outside activities, keeping fit and healthy, following North Melbourne and I am passionate about my Community,” she said. “Rowville has a great community spirit and is a wonderful place to bring up children, which is why I have happily lived and worked here for the past 15 years.

Interviewed by David Gilbert

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It's Smart to Ask



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“Still Doing it for the kids”

The Winning Under 12 D Premiership Team

Congratulations to our Under 12D Premiers for 2014. The boys finished on top of the ladder. 12 wins, 1 loss & 1 draw, was a great way to finish off the season by bringing home the premiership flag. What a win it was. Well done boys! Matthew Mundos from Under U13A, was deservedly awarded the best and fairest for his age group, after a stellar performance, kicking 59 goals for the season. Awesome job Matthew! Congratulations to the Under 13 team, who had the opportunity to compete in the finals series. A great effort boys.

Overall RHJFC had 10 players that polled in the top 10 in the best and fairest votes for the 2014 season and with not one single tribunal referral for the season. The club is very proud of the culture and high standards it strives to uphold. Our safe family friendly environment is second to none and reconfirms why the club was awarded the EFL Gordon Parker Award for Best conducted club in 2012.

This year the club celebrated many milestone games reached by 40 players. Ten 100 game players and thirty 50 game players. The Club is looking forward to celebrating more of these in 2015. A great effort by you all. Keep up the good work!

Presentation Day was a great day for players and parents. There were trophies, party food, lucky dips, heaps of rides, even fairy floss. It was great to see over 100 Eildon Park Auskickers and their parents enjoy their Presentation Day with the Club too. Another extremely successful and enjoyable day was shared by all. Great work RHJFC Committee. See the website for details.

All Girls AFL Competition 2015

A reminder to girls wishing to play football in an ‘All Girls’ team, in an all-girls competition in 2015. If you would like



Best And Fairest Winner With 28 Points...Mathew Mundos

to give it a go, expressions of interest should be directed to: footy@rowvillehawks.com.au or contact RHJFC Vice President Rory Anderson 0439 629 925 for further details. The Club has many exciting things planned for 2015. Watch this space in the coming editions, regular updates will be posted on our website www.rowvillehawks.com.au

Trish Anderson

The Season has started and with solid numbers in the Seniors, VETS and Juniors, the Lysterfield Cricket Club is looking forward to another great year. This being our 25th year as a Club, plenty of celebrations are planned in the coming months. Please keep an eye on the monthly articles in the paper for event details and dates.

We are pleased to announce that the first team captain for this year is Cohen McElroy. Cohen played his junior cricket at Lysterfield before venturing off to bigger and better things. He returned to the Club last year as a player and has taken on the challenge of being Captain of the ‘Ones’ for this year. We wish him every success.

Lysterfield will again field three Vet sides in Division 1, 2 and 3. As a result of the success for the division one side last year and division three runners up, we are looking forward to another successful year



For all the budding junior cricketers, we will have our ‘Milo In2 Cricket’ and ‘T20 Blast’ registration day on Friday October 17th from 6:00pm to 7:00pm at Lakes Field Reserve. Milo covers children from Grade 1 to 4, whilst ‘T20 Blast’ is a new concept that will fill the gap from Milo to junior cricket and really focuses on the 8-11 year age bracket. It is an exciting format of the game that kids will really enjoy. Both programs will commence in early November. More details to follow on registration day.

If you are interested in playing cricket, whether it is Seniors on a Saturday, Vets every second Sunday or Juniors on a Friday night for Under 10 to 13s and Under 15-17s on a Saturday morning, please contact the Senior President Matt Whitty 0425 797 668 or Junior President Trevor Walker 0409 643 072 for further details.

Trevor Walker



Rowville/Rowville Lakes Little Athletics

Calling would-be Little Athletes

Quiz:

Do you answer YES to one or more of the following questions...

- Would you like something to do on a Saturday morning?
- Would you like to be fitter and healthier?
- Are you looking for an affordable sport?
- Do you want an activity that boys and girls can both attend?
- Do people say you’re fast?
- Do you play footy, netball, basketball, soccer, or tennis? If you do would you like to do something which will help you improve them?
- Have you been diagnosed with a vitamin D deficiency?
- Do you want to make some new friends?
- Do you like going on camps?
- Are you good at throwing balls?
- Did you enjoy school cross country?
- Do you want to be more connected with a community?
- Do you want something to do over the Spring and Summer months?
- Do you like being rewarded for your own improvement and effort?
- Would you like to try javelin, hurdles, high jump, steeple chase or perhaps even hammer?
- Would you enjoy being part of a Relay squad?
- Do you like pizza?

If so, keep reading:

If you answer YES to ALL of these questions...

- Are you aged between 5 and 15?
- Are you available on Saturday mornings between 8:30 and 11:30am? and
- Can you get to the Knox athletics Track?

Little Athletics may be for you!

Little Athletics is a relatively affordable sporting activity which offers boys and girls of all fitness levels and abilities the opportunity to take part in a friendly, weekly track and field competition. Training, camps and Championships are also available to those who are interested, but these are not a requirement for involvement.

SPORTING ROUNDUP



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

ROWVILLE NETBALL CLUB

Well, what a season it was! When I was last writing for the RLC News, we had 25 teams gearing up for a mighty finals season. One month on and we've wrapped up Winter 2014, have celebrated and consoled, depending on results, and now are looking forward to the Spring season. Out of the 25 teams that made finals, 13 made it all the way to grand finals. Unfortunately for many of the girls, coaches and a club as a whole, we only had two premierships winning teams out of these 13. But hearty congratulations to the successful coaches Phil Morris and Travis Pretty, and their respective teams Under 17/4 Raindrops and Under 17/3 Cyclones.

Special mention to the other teams that finished runners-up in a remarkable season: Under 13/2 Magic, Under 13/3 Fever, Under 13/4 Thunderbirds, Under 15/5 Jaguars, Under 17/2 Tornados, Open 1 Taipans, Open 3 Legends, Under 23/1 Sapphires, Under 23/2 Diamonds and both our A Grade and A Reserve sides.

The month of August saw many great finals held, teams winning by huge margins, losing, even drawing and going into extra time! Overall a great effort was made by all players, coaches, umpires, parents and supporters. These people are

what make our club great.

Even our Under 11s, who don't play competitive finals, had a fantastic end to the season, especially seeing as we were lucky enough to get some good weather on a few Saturdays! We had success on the other side of the court too this season! A total of four club umpires were awarded with badges: Courtney Atkinson, Ash Egbers and Rebecca Young achieving C badges; and Tayla Deane achieving her B badge.

At our presentations this year we had a great turn out to both the senior night on the last Friday of August, and the junior day on the Saturday. A record attendance on the senior night saw 203 players, coaches, committee and parents enjoy a great night at the Mulgrave Country Club. At junior's we had 140 players and about 200 parents, siblings, coaches and committee. We couldn't have been happier as a club.

For each competitive team, the club awards a Fairest & Best, Runner Up Fairest and Best and coaches award. The Fairest and Best votes are taken by the Mountain District Netball Association (MDNA) umpires throughout the home and away season. We had five winners also receive an MDNA award for their section. Congratulations to: Jemma Rapp, Nicola Tambakakis, Maddi Vantarakis, Olivia Clark and Holly Parker.

Also special mentions to Club Coaches award winner Fiona



Iles and Honorary Club Service award winner Micaela Wilson, who recently signed with the NSW Swifts! Again to Club Committee award winner Carolyn Reinisch, Club Person award winner Isabella McDonald, and Shaun Panayi who was awarded a Rowville Netball Club life membership for his continued support and services.

Now we turn to Spring- which by the time of this publication would have already begun and been a few weeks in! With 40 teams competing in the new season and 371 players (47 new!), we're sure in for a ripper!

Maddi Vantarakis

Little Aths is a great way to boost your vitamin D. Did you know that many Aussies become vitamin D deficient over Winter? This is because only 10% of our vitamin D uptake comes from diet. The rest is from the sun, and in Winter we often don't get much of it. While Little Aths always promotes slip, slop and slap, you get a great vitamin D boost being in the great outdoors.

The Little Aths season is starting now and Rowville and Rowville Lakes Clubs are always keen to welcome new families.

Free Training & Coaching

Knox Little Athletics Centre offers a range of free training during the week for registered athletes. Coaching is available

in throws, sprints, jumps, walks and middle distance, as well as relays. Training is optional, except for relays where you must train to be part of the team.

For more details contact Steve Lillie 0409 231 380 or Steve Pepper 0417 325 917, or landline Andrew 9763 1404.

Rosemary Merrigan

Thanks to KLAC photographers.



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Rowville Tennis Club Hot Shot League Competition on Mini Courts

Rowville Tennis Club will be running their own internal, official Tennis Australia ANZ Hot Shot League competition, on their "1st in the World" Mini Tennis Courts in Term 4.

Hot Shots competitions are designed for those still learning to play in the 10 & under age group 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 6 weeks, commencing the 25th of October.

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 PH: Sandi Dawson 0422848356 or visit www.minitennisworld.com.au

Sandi Dawson



Hot Shot Tennis Kids Enjoying The New Competition

Lysterfield Junior Football Club



Congratulations to the Lysterfield Wolves Under 11D side for winning the Premiership for 2014. The teams coach, Ab Bakhach, gave the following wrap up:

The under 11 Wolves started pre-season training in February this year and early on, our focus was on getting the Boys fitness up ready for the season, as I wanted them to have the confidence that they could match it with the other teams.

Our season started well, as in the first two rounds we beat the teams that would eventually finish 2nd & 3rd on the ladder. We went through the home & away season winning 13 of our 14 games and we finished on top of the ladder with a healthy percentage.

In our first final we played the 2nd placed team East Ringwood and we didn't play our best footy. We looked very nervous and continually fumbled the ball and as a result we lost the semi-final by 17 points.

With no more second chances the Boys responded in the Preliminary final to bounce back and win this game by 38 points.

Grand Final day was a lovely clear morning and the boys looked like they were ready to play. Our focus was to enjoy the day and play well. What a game they played! Every single player played their role and contributed in some way and our

team work was excellent. At half time we lead by 23 points. The Boys had an excellent 3rd quarter and at ¾ time we led by 42 points. The last quarter was very enjoyable as we led by 54 points when the final siren went. What a relief! Our Journey was Complete!

Ab Bakhach, Under 11s 2014 Premiership Coach.

Congratulations to all the boys and everyone involved in this great achievement.

The club held its annual Presentation

Day on 24th August where we announced the winners of the Best and Fairest for each competitive age group. Congratulations to the following winners:

- U11 Mitchell Sruk
- U12 BJ Hutchinson
- U13 Maverick Taylor
- U14 Caleb Quirk
- U15 Lachlan Morrison

Congratulations also to Mitchell Sruk (U11D) for being runner up Best and Fairest for the League in his grade.

Registrations for season 2015 are now open. We are seeking new players in all age groups from U8s to U17s. You can register online by going to www.lysterfieldjfc.org.au and downloading the registration form. Alternatively you can contact our Registrations Co-ordinator Rohan Young on 0412 377 866.

Any enquiries can be directed to the President, Mr. Steve Ketzer on 0498 141 850
Tanya Carroll

Rowville Football Club



Super Clinic & Community Night a Huge Success

The Rowville Football Club's 'Super Clinic and Community Night' was a huge success! Even the rain towards the end of the night did not dampen the spirits of our players and guests. Held at our Junior Headquarters at Eildon Park, the night was attended by Rowville players from Under 8 through to Seniors, the Ferntree Gully Girls Team and Aus Kickers from centres throughout the Rowville area and beyond. The Senior players assisted the younger members with drills.

AFL Players Paul Seedsman (Collingwood) and Taylor Garner (North Melbourne) both ex Rowville players were special guests on the night. With the best burgers in the EFL, the famous 'Rowville Hamburger Hill Burgers', and the efforts of the ladies in the canteen, no-one went home hungry.

Our special thanks to Trevor Flakemore, Justin Grose & Scott Palmer and the whole club for making the night such a great success –

One Club – One Culture



Rowville Senior Citizens

The Rowville Seniors went to Crown Casino on Monday 8th September. We had a delicious buffet lunch at the Kitchen Workshop and while some members tried their luck at the pokies, others went for a walk to soak up the beautiful sunshine.

Our next exciting events in October are the Tramboat ride on the 6th and the Knox Indoor Bowls Carnival on 15th.

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. All are welcome. For all enquiries, please call Sandra on 9758 7996 or 0402 811 789. Elizabeth Kuek (Vice President)



Knox & District Over 50s

We are now well into Spring with the promise of warmer weather. One event that really warmed us up was the Aston Community

Awards, which a number of members attended. As one of the finalists in the Community Group Achievement Section, we received an award: "In recognition of outstanding contribution in our local community in Knox". The other item of news is that from January 2015, the monthly meetings will start at 10.30am, following a vote to this effect by the members.

Various events have taken place recently, such as Morning Melodies at the Knox Club and lunch at the Wheelers Hill Hotel with more planned. Although we are coming towards the end of the year, prospective members are welcome to join

us at our remaining meetings for 2014. 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.

Regular events each month include coffee mornings at Myer Knox City, a monthly cinema outing - a new event for us, 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 October we will be participating in a number of the Seniors Week events. Further interesting events are planned for the later months of the year, including our Melbourne Cup Day event in November. The club holiday to the Gold Coast in September has been completed and we are already planning

the holiday for next year. These and all of our regular events will continue throughout the year.

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

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. At these monthly meetings we are entertained/amused/informed about things that matter to us, so come early to get a good seat. Make a note in your diary, on your calendar, or on your iPhone and come along to our meeting on **Tuesday, 28 October 2014**, to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

Contact Jill on 9801 4363 for any further information.

Please note that our meetings start at 1pm

Jim McLoughlin

Mayor's Message

What an intriguing start to Spring we've just experienced, sprinkled with beautiful sunshine one weekend, then suddenly, a hailstorm hits leaving the streets resembling a Winter Wonderland!

Either way, our City certainly does put on quite a sight during Spring.

October is here and for Rowville residents, it means we're looking forward to that third weekend of the month where the Stringybark Suburban Sustainability Festival takes over the Rowville Community Centre on Fulham Road.

I suggest you open your diaries and mark down Saturday and Sunday 18-19 October to bring your family and friends as this year's Stringybark is one that you will definitely not want to miss.

If you're a bit of a foodie, you're in for a real treat. The winner of MasterChef 2013, Emma Dean, will be at this year's Stringybark Festival, inviting festival-goers into her onsite kitchen where she's sure to impress with cooking tips to savour.

Healthy sustainable chef Vasili, from 'Vasili's Garden', will also be at Stringybark, inspiring us to grow and use fresh, healthy produce, which coincides with this year's festival theme: 'Connecting to Nature'.

If you're not much of a whizz in the kitchen, there's still plenty to do –

- The concept of Lego gets supersized with a gigantic 5x4 metre interactive kinetic sculpture
- Displays on the trendy 'tiny house' movement
- Practical 'how to' tips relating to vegetable harvesting in confined spaces and the wonder of bees
- Get up close and personal with endangered and native wildlife through 'Wild Action and Full Flight' presentations
- A tantalising array of multicultural cuisine
- More than 30 workshops and activities for the kids
- Rides and organic market stalls
- Healthy Together Knox's pop-up cafe 'The Herbivore'

Knox Seniors Festival

Of course there's already another major community festival underway this month, the Knox Seniors Festival from October 4-31.

Being a senior doesn't have to mean that life slows down, especially when you live in a vibrant community like Knox! Our most mature residents, aged 50 and into their late 90s, are set to hit the ground running, dancing and interacting socially with like-minded neighbours.

This year's festival is themed 'It's Time—Taking Care of Yourself'. There's close to 80 events happening across the community for you to join, so make sure you visit one of the websites below or contact Council on 9298 8000 for more details.

For more information on these two major community events, visit:

Knox.vic.gov.au/Stringybark or knox.vic.gov.au/healthyageing or seniorsonline.vic.gov.au

Until next month,

Cr Darren Pearce

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It's October, spring has sprung and this month is special.

First to mention is the **27th Anniversary**. Yes, our club and conveners have been organising activities, outings, entertainment, etc. for the older members of our community. Well, we may be older, but definitely not old, so if you have been around for 45 years or more, come and join us.

Then there is "**Seniors Week**" with so much more planned for our benefit and enjoyment. Ring for a copy of our newsletter, or for more information and join one of our walks, outings, etc.etc.

I reckon the Garden Outing to Toolangi Kiwi Farm would have been enjoyable and tasty with the samples. The Cinema outing too, is always enjoyable and we usually have a meal together afterwards. How social can that be? To enjoy music, "Celtic Woman Emerald" will be starting this month. .

Before I forget, the visit to the R.S.P.C.A. was really worthwhile as well.



Saturday at the Boronia Picture Theatre

I'm ready to post you a newsletter, so let's get moving. You can always check us out on our web site www.life.org.au/knox

For more information call Melva on 9762 3764 or Helen on 9729 1151

Melva Bauer

Knox Council Fitness at your fingertips

Smartphone app helps residents 'team up'



Finding a fitness buddy in Knox is no sweat, thanks to a new smart phone app.

Free smart phone app 'TeamUp', a State Government initiative through VicHealth which is supported by Council's Healthy Together Knox team, has created a social media platform for residents interested in connecting to local

sports teams, fitness classes, walking groups or even a gym buddy!

Users can scroll through the app and browse, contact, or join local activities at times and locations that suit them.

Since launching last year, more than 21,000 people across Victoria have downloaded the app and when Knox started its own 'TeamUp' project in May this year, 57 local activities registered to encourage Knox residents to join the movement. Knox's sporting clubs are also showcasing their activities on the app, with 19 local clubs registered so far.

Knox Mayor Darren Pearce said "The TeamUp app, which is a free service, has created a platform for residents to meet like-minded individuals or connect to health activities at the touch of their fingertips, either as a casual or on an on-going basis. You might find yourself being inspired by all the fitness opportunities in Knox which you might not be aware of. A big part of Council's City Plan is to continue to develop our healthy and active community. Exercising in a group has plenty of benefits that can even help motivate you to get out and get active."

A range of competitions for residents to enter is available on the Healthy Together Knox Facebook page (facebook.com/htknox). You can download the app on your smart phone by searching for 'TeamUp' or visit the website: teamup.com.au For more information call Council on 9298 8000 or visit knox.vic.gov.au/teamup



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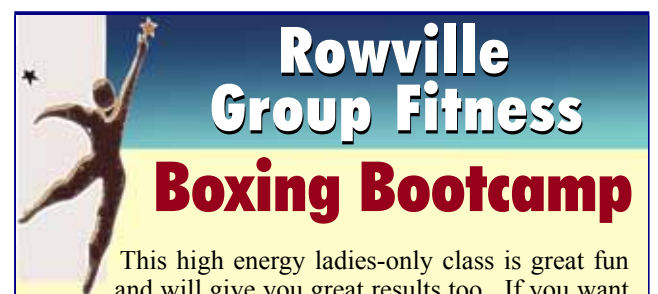
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Enquiries to Lisa on 0407 873 271 or go to: www.rowvillegroupfitness.com.au

Chiro-Practicals

Chiropractic Care For Your Kids.

It is a fact of life that our childhood years are crucial to our overall development and the earlier childhood problems are resolved, the less likely there will be permanent problems in later years. It is important for you as a parent to realize that it is not normal for children to have headaches or tummy aches or growing pains, nor are they likely, as you may often hear, to 'grow out of them'. Indeed a particular symptom may pass, but the underlying problem remains only to resurface at a later date.

As children grow they will experience the falls and bumps, which are an inevitable part of childhood. Many people view these falls as a natural part of growing up. But just as they bruise a muscle, scrape a knee, or twist an ankle, so too can they jar their spine. However, unlike the cuts and scrapes that will heal naturally with time, spinal problems, however minor, may not spontaneously fix themselves. If left undetected and untreated these conditions may progressively worsen with time, until they become irreversible spinal problems.

So what can you expect when you take your child to see a Doctor of Chiropractic? Your Chiropractor is interested in your child's total health and wellbeing and therefore, they may ask you specific detailed questions about your child's health history. This may include questions about previous illnesses, accidents or even questions about your child's birth. The answer to these questions can give your chiropractor vital clues to the source of your child's problems.

Your Doctor of Chiropractic will then perform a thorough examination starting with a postural assessment, which can also give vital clues as to underlying problems. Postural clues such as head tilt, shoulder tilt, pelvic imbalance, a turned-in or turned-out foot, sideways deviation of the spine, scoliosis or perhaps an increased curve in the upper back. The presence of one or more of these postural deviations may indicate underlying spinal problems.

Having your child's spine checked should be a regular part of their health care to assist their long term health and wellbeing.

Dr Frank Whelan

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Mob: 0400 679 888

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Patanjali, (the father of Yoga and the true founder of Yoga) teaches eight Limbs. Yes, one of those limbs is Asanas or postures, but only one, not all eight.

There is too much of a love affair with the body in our society and I am particularly insulted by the photos of beautiful slim young women, in all sorts of weird postures, intimating that if I do their yoga I will be able to do what they are doing.

I hope you all realise that no amount of yoga is going to have you holding your body weight off the floor with just your hands, unless you come from a background of gymnastics, or are at the gym 7 days a week working on



Health Pages

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Cr Tony Holland



strength and flexibility. No, Yoga is about overall health and wellbeing. It is about finding balance and a sense of inner peace and also a healthy body, something that eludes most people in our less than balanced world.

Yoga means to join body to mind for overall benefits and I can 100% guarantee, you will **not** find that in a heated room. Yoga in its pure state is not about the ego of who is more flexible or strong,, it is about finding yourself and learning to love that very special individual, called **you**.

There are 7 other limbs to Yoga so you should come down to my centre and discover what they are and their outstanding benefits. Remember, your first class is free.

Donna Jordan



Focus On Families – The Family Dinner

The recent cyberbullying public forum held at the Bridgewater Centre was a terrific success. Those who attended, (parents and young people alike), would have gained a great deal from Dr. Michael Carr-Gregg's presentation and the comments and answers from the panel guests that followed.

There are many practical and direct things parents can do, to limit the chances their child will be victimised online, such as limiting access to Wi-Fi and internet, monitoring time spent online and being sure your child's online activities are age appropriate.

However, a very recent study published in the journal "JAMA Pediatrics", highlights the importance of some other, less directly obvious activities, that will also help protect against the effects of bullying.

Researchers at McGill University in Canada, found that old

fashioned family dinners acted as a significant and important buffer against the effects of cyberbullying.

Consistent with previous research, their study of over 18,000 Canadian students, found those who were bullied online had higher rates of anxiety, depression, self-harming behaviours, thoughts about suicide and substance use.

However, the study also found that those who experienced bullying, but also took part in fewer regular family dinners, were at increased risk from these problems. Those who never sat down to dinner with their family reported a seven fold increase in rates of these problems, compared to those who had four or more family dinners a week.

The researchers point out that, it's not the sharing of a meal together that is the catalyst for this effect, but more likely the opportunities for contact, communication and connectedness that are at work. This regular contact provides the opportunity for parents to discuss with teens their online life and then explore any problems and how they're coping.

In the busy worlds we parents live in, it can be difficult to schedule time for everyone to get together at the same time. But it's clearly worth the effort. Consider how you might be able to create more opportunities to get the mob together on a regular basis and don't forget to leave all the phones in another room!

The Bridgewater Centre provides low-cost relationship and family counselling (and other activities) to residents of Rowville and surrounding suburbs. For a confidential chat about any issues call 9753 4203 on Mondays, Tuesdays or Thursdays. After hours appointments are available.

Kerryn Davies

Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rise Health Group

96 Kelletts Rd, (Cnr Kelletts Rd & Taylors Lane) Rowville

Physiotherapy 9763 9233

Sports Medicine 9763 3944

Running– healthy or harmful?

The turn of the seasons means that many individuals will begin outdoor sports again. Two of the most popular outdoor activities are walking and jogging. One of the great things about running is that it is a whole body exercise, however done incorrectly might actually be detrimental to your body

Small technique errors, done over a few kilometers, can have large consequences on our bodies. Running technique has lots of variables and everyone will look a little different, but here are three simple things that need consideration when running.

1. Foot positioning: To ensure appropriate shock absorption it is generally recommended to land on the middle of your foot, this helps to reduce the ground reaction force being generated through the lower limb.
2. Force generation: It is important that the knees are leading the way to prompt a strong running pattern. This often reduces the likelihood of energy loss by improving the torque angles at the knee.
3. Arm swing: A consistent arm swing that does not cross the midline of the body and moves from the gluteal muscles to the cheeks.

There are also other considerations, such as your anatomy, fitness level, surfaces, footwear and training program. These considerations might help you enjoy the warmer weather more and hopefully keep you running!

Av Kumar Physiotherapist

Working out for real life!

The demands of modern society have led to a world where we are moving less than we ever have. This has led to changes in the "motor programs" that dictate how we move.

Fundamental movements are the actions and positions our body is meant to adopt, with every activity we complete in our day to day tasks, from getting into and out of a chair (squat), to picking up the kids (hip hinge). However, in modern society, it is very rare to see these patterns. As a result of poor positioning for extended periods, many of us have lost the mobility and stability required to effectively move this way. This has led to an ever increasing rate of injuries in areas such as the lower back, shoulders, knees etc., which could have been prevented if fundamental movement patterns were utilised.

However, by training and strengthening these patterns, the incidence and burden of these issues can be significantly reduced through functional strength and conditioning. Functional strength and conditioning aims to not only teach, but strengthen these fundamental movement patterns, to improve your ability to function day to day, reduce injury risk and improve your quality of life.

For more information on either functional fitness or strength and conditioning, contact the Rise Health Group on 9763-9233.

Matthew Pollard Exercise Physiologist



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Kim Wells Reports



\$46,065 upgrade for Rowville Secondary College

The State Government is investing \$46,065 to refurbish buildings at Rowville Secondary College.

"The Victorian Coalition Government's significant funding boost to Rowville schools is part of a broader \$23 million investment in school maintenance across Victoria," Kim Wells MP said. "The money will go towards upgrading school buildings which have been identified as needing maintenance works".

"\$46,065 is a significant investment in the school buildings at Rowville Secondary and will allow for the refurbishment of three relocatable buildings that will provide enhanced facilities for students and teachers," Mr Wells said. "Since 2011, the Coalition Government has delivered a \$1.1 billion investment in school infrastructure, including 23 new schools and upgrades to hundreds of existing schools thereby increasing school maintenance funding by over 40 per cent.



Alan Tudge Writes

Australia Post Services For Wellington Village Finally Delivered

The Federal Member for Aston, the Hon Alan Tudge MP, today announced that Australia Post has now established branded postal services at Wellington Village. Mr Tudge has been fighting for postal services to be available at Wellington Village for over three years.

As of 1 September 2014, increased Australia Post services are available from Wellington Lotto. The new postal services include an Express Post Box, envelopes and satchels, general parcel products, packaging items, envelopes and stamps, in addition to the existing regular post box.

Working with Australia Post senior officials, local traders, concerned residents and Communications Ministers across two governments, Mr Tudge said he was delighted that local residents would finally have access to these vital services.

Nearby post offices, including Stud Park, are under constantly growing strain due to increasing population growth in Rowville and Lysterfield and a lack of other convenient postal outlets.

"This is the result of a 3 year campaign. I am delighted that Australia Post has finally heard our concerns and delivered this outcome," said Mr Tudge. "While not a full post office, it is a massive improvement. Assuming it goes well, I will continue to push for expanded services such as individual PO boxes, parcel lockers, banking and bill payments. This is a major boost for local traders and residents who call Wellington Village their local shopping centre," said Mr Tudge.

Australia Post Retail Services Regional Manager, Roger Revere said: "Australia Post is pleased to provide a new Post Point at Wellington Village Lotto, giving customers access to a selected suite of postal products and services."

You're Invited – Knox Honour Roll Memorial Launch

After two years in the planning, the Knox Honour Roll Major Memorial will be unveiled on the 1st November this year and I invite you to join me at this important occasion.

The idea for the Honour Roll Memorial came about from a realisation that there is no single, up to date roll, of those who have fought and died from our local area. The mother of Sergeant Brett Woods, Mrs Alison Jones, was perhaps the most important instigator of the Honour Roll project. Sergeant Woods from Ferntree Gully made the ultimate sacrifice in Afghanistan in 2011. I have been working with a special committee over the past two years to fulfil the vision of Mrs Jones that her son and other locals who served and died, be properly honoured in a memorial that will be there for ever.

The memorial is being built at the Arboretum in Ferntree Gully. It will recognise the 120 defence force members from the Knox area who have made the ultimate sacrifice serving our nation. As well as the names engraved in bronze, the



Alan with members of the Anzac Memorial Committee and Minister Ronaldson at the Arboretum site for the Roll.

memorial will includes tablets providing information about the major conflicts that our servicemen and women have been involved in.

We hope that this memorial will also serve as a valuable tool for local schools, allowing excursions to the Arboretum, so that our kids can learn about the conflicts that Australians have fought since federation.

The official launch of the Roll is on 1 November this year, marking the 100th anniversary of the first Australian ship departing for World War 1. I encourage you to attend the unveiling and help mark this historical occasion.

Official proceedings begin at 2pm sharp, with the Honour Roll launched by former Governor General Major General Michael Jeffery, a flyover by two Tiger Moth planes and a reading of all 120 locals who will be listed on the honour roll. I am pleased to have secured \$180,000 of Federal funds to deliver the project, as it was an important election commitment. The work over the last two years has been a great team effort of Federal and State members, the Knox Council and the veteran's community. I am very proud of everyone who has worked so hard to make the Honour Roll a reality.

I hope to see you on November 1st.

Stamford Park Men's Shed



This month, the Shedders have finally finished the chicken coop for Scoresby Primary School. The chickens took ownership and are very happy with their 'taj mahal' so happy laying to the chooks!

Some members participated in a "Touch This Earth Lightly" workshop and had their feet molded in clay for inclusion in a national exhibition and at the Stringybark Festival. The theme is, how we all interact with the environment and how hopefully, what we leave behind is only our footprints

Three new members, Richard and Shane Williams and Charlie McCann were welcomed as Shedders, which now means we are 24 strong. Any local person is welcome to pop by and see us at work in the Homestead grounds.

In the month ahead, we have a new project, to build a children's play kitchen for the Scoresby Village Playgroup. We are also hosting a group of people, as part of the Knox Council 'Gardens for Harvest' initiative on September 16th, to see how we prepare our vegetable garden

All enquiries about the Shed to info@

stamfordparkshed.org.au or visit our website www.stamfordparkshed.org.au or phone Mario on 0418 265174

Allan Billham



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Kids' Page from Heany Park Primary School

From the Lizard Atrium at Heany Park Primary School

Lizards cannot keep their body temperature stable so in the atrium there are heat pads and lamps to keep them warm and a fresh supply of water. But how do lizards in the wild keep their bodies at a temperature where they can move around and find food?

Find out how lizards regulate their body temperature in the puzzle below.

To find the letters, read the coordinates and write the letter in that square in its place in the sentence. For instance 5F=T and 6D=U. Have fun!



Isi and Amali with their favourite lizards

WELCOME TO
HEANY PARK'S
REPTILE ATRIUM



The 'At Home'

Maths Challenge!

Here's a fun way to practice basic facts and times tables using "Footy Fever" or any sport!

Specific focus:

- *recall multiplication facts up to 10 x 10
- * add on to existing totals
- * solve problems involving multiplication and addition of large numbers
- * maintaining a running total

You will need:

2 dice (preferably different colours).

One 5 x 3 grid for each player, (label the columns as - goals, behinds, total).

How to play:

Decide which coloured dice indicates goals, leaving the other to indicate behinds.

Players take turns rolling both dice together scoring their team as shown below.

Scoring Example:

A 5 and a 2 were rolled-
5 goals kicked so 5 multiplied by 6
=30

2 behinds kicked so add 2, giving a score of 32.

Players maintain a running total of their scores as they have their turn.

Who wins:

The player with the highest score after 5 rounds wins the match

It's easy to change the game to match your family's sporting interest by amending the reasons for the points.

For example:

If basketball is your favourite sport:-
one dice could be 3 pointers
and the other 2 points from
the foul line.



A	W	D	O	D	E	F	K	O	H
B	T	S	L	E	R	V	B	E	T
C	S	G	O	H	D	T	R	N	R
D	B	R	Y	I	N	U	S	D	I
E	E	O	H	I	A	T	E	O	M
F	E	T	A	Y	T	D	N	E	T
G	N	A	L	E	I	E	L	O	K
H	T	B	O	D	B	E	P	L	N
J	R	E	A	O	U	E	D	S	C
	1	2	3	4	5	6	7	8	9

5F 8G 1A 3F 7C 9E 5J 7H 1H 4C 6G 3D 3B 9D 1E 9D 5D 2F 9A 7E 2B 5J 8C 2G 5D 4H 6E 4J

9J 8A 4J 8H 6F 3C 1A 9H 6C 9A 6H 4F 3G 4E 1F 9D 8C 2F 4C 7E 1C 3E 3J 8D 4B

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Heany Park Primary School

Numeracy Week

All students at Heany Park Primary School celebrated Numeracy Week this year by exploring Maths within picture story books. Mathematics and literature have strong links and the benefits of using them together are many. Books extend and develop children's ideas of the world. The text and illustrations provide opportunities for students to problem solve, as well as investigate number, measurement, space, shape and many other Maths concepts. Books give purpose and meaning to teaching and sure makes learning fun!

The Maths Committee is continuing to upgrade and add to the Maths Picture Story Book section in our school Library. All of the lessons that were developed for Numeracy Week have been compiled in a folder for teachers to use for future lessons. We plan to keep building this valuable



resource and purchasing new books.

During Numeracy Week, students were paired up with their buddy at another grade level to complete an activity related to a picture story book. Here are students and their buddies in action:

Buddies from 2A and 5C matching times from 'The Man on the Moon'

Measuring parts of the body activity based on 'Jim and the Beanstalk'.

These students made their own division book based on 'The Great Divide'.

Maths Parent Information Night

On Thursday September 4th, parents of students in Years 2, 3 and 4 attended the Maths Parent Information Night

hosted by our school's Numeracy Consultant, Bruce Williams. Bruce presented a range of mental strategies and demonstrated how students build upon these strategies as they progress from Foundation to Year 6. He explained why and how at Heany Park PS we use these strategies and games, to help students solve mathematical problems **with understanding**. Staff and parents agreed that this was a most beneficial



and enjoyable session. Many thanks to the parents who attended and provided valuable feedback.

Here are some of the parent comments about the night:
I like the way you explained why you teach maths the way you teach it. We want the kids to be able to make sense of it and work it out in their heads.

I was a bit wary of coming after a long day at work but it was very refreshing and I learned a much quicker and easier way to solve maths equations.

The explanation gave a good understanding and clarity of how we can help at home.

The games were very helpful. Some new ideas.

Great to learn some fun ways to get the children thinking.

A very worthwhile evening. Thanks for putting it on.

Penny Esposito and Raewyn Williams on behalf of the HPPS Maths Committee

Indonesia's Independence Day

Hi I'm Harry one of the School Captains and yesterday, Sunday the 17th of August, I went to the Consulate-General of the Republic of Indonesia to celebrate the 69th anniversary of its Declaration of Independence. The ceremony began with a small speech then some people did a bit of marching with pride. Next the acting Consul-General came out to present the Indonesian flag to the flag-bearer. The National anthem was sung as the flag was raised to the top of the flag pole. The proclamation of independence read. After that the symbols on the shield were explained. Next the Consul-General left and the ceremony ended. After the ceremony we met up with the Indonesian footy team, the Garudas, who were playing in the AFL International Cup. Inside the Consulate building the Consul-General presented food to the oldest person in the room and the captain of the Indonesian Garuda team. Then everyone in the room ate some delicious Indonesian food. This was a worthwhile and awesome event.

Harry 6D



Harry meeting the Acting Consul-General Ibu Ita.

Gold Class Writing

Haunted by an Heroic Horse On Thursday the 24th of July, in far north Queensland, an elderly couple discovered that an heroic horse was haunting them.

A couple of nights ago Frank and Fiona, the elderly couple, were peacefully watching television and heard a creaking door. "We thought that it was a person trying to break in," said Fiona and Frank. The following night, Fiona saw a horse's image in the mirror and then realised that it was their next-door neighbour's horse, Charlie, who had died a few months earlier. He was trying to save his owners from a terrible fire.

"We didn't know what it was that was haunting them but then we saw it was our Charlie!" said Mr and Mrs Holland.

By Grace 5/6A



PARK RIDGE PRIMARY SCHOOL

Boundless Opportunities

Well, well, well...where to begin! Park Ridge has been hard at it once again, with an endless pit of possibilities for our students.

The main language at Park Ridge is Indonesian and every two years, we have a cultural incursion so we can tap into the cultural side of our body and have a very enjoyable day. The cultural incursion this year was traditional dances from Indonesian,



Year 1-10 Strut Their Stuff At The Cultural Dance Incursion

India, Japan, Korea and China. The day was a lot of fun and students enjoyed using the different props (sticks, bells, fans etc.) and dancing in front of their friends and fellow grades. Park Ridge would very much like to thank our Indonesian teacher, Ibu Ling for organizing the event and choosing a creative incursion.

Recently, Park Ridge also held their first 'Wellbeing Week'. Thanks to Miss Roberts and Miss Duff, the week was an absolute blast. Wellbeing Week linked perfectly with our Positive Education and the week was a huge success. The Year 5's and 6's were asked to teach the younger grades, Miss Roberts and Miss Duff held the 'Smile Project', Miss Duff formed the Park Ridge Valet Service, a sports tabloid was held on Thursday and a 'Random Act Of Kindness Day' was on the Friday. Throughout the week, at every bell to come inside and as we left school, music would chime, all relating to being positive. The week was thoroughly enjoyed by all.

Many schools across the Rowville district participated in Hooptime at the Dandenong Basketball Stadium. Park Ridge did very well, the all girl's team coming to the semi finals before clocking out by one point! The rest of our 32 students played fairly and there was no complaints except for how we were ravenous. Thank you to all the parents who coached us and to our PE teacher, Mr. Tucker, who entered our school in Hooptime for the first time in quite a while.

Emily Hart 6-14

Wacky Wisdom

If you have a lot of tension and you get a headache, do what it says on the aspirin bottle:
 "Take two aspirin" and "Keep away from children."

How To Clean Your Teeth

What do you need?

A toothbrush

Hand basin

Toothpaste

Aim:

To have clean teeth

Steps

1. Go into your bathroom.
2. Get your toothbrush and toothpaste out.
3. Hold the toothbrush.
4. Run the tap.
5. Put your toothbrush under the tap.
6. Turn the tap off.
7. Put some toothpaste on the tooth brush.
8. Put the tooth brush into your mouth.
9. Pull and push it back and forth and swap sides.
10. Take the toothbrush out of your mouth.
11. Rinse the toothbrush by putting the tap on.
12. Put your toothbrush under the water and rinse it.
13. Enjoy your white clean teeth.

By Amy Grade 2



Rainforest

Rainforests are forests characterised by high rainfall. There are two types of rainforests there is the normal forest and the tropical rainforest.

A rainforest is typically divided into four main layers. Each layer has different plants and animals that have adapted to its environment. The canopy layer holds a heap of the world's largest trees. Rainforests temperature exceeds 18 degrees Celsius during all months of the year.

There are many animals in the rainforest such as macaws, parrots, frogs, toads and even sloths and spider monkeys as well as many bugs and insects.

The understory layer lies between the canopy and the forest floor. It is home for many numbers of birds, snakes and lizards. It is also home to many predators such as jaguars, boa constrictors and leopards.

All the animals connect to their environment. Some can even camouflage into their surroundings like the green tree frogs and even some bugs like the rhinoceros bug that blends into the rocks. Most of the medicine is found in the rainforests and also some food.

Amali Grade 4



Straining to hear the television or telephone?

Missing out on conversations and jokes?

Trouble hearing in a noisy restaurant?

Miss hearing the birds and the wind in the trees?

Present this ad to receive 5% discount

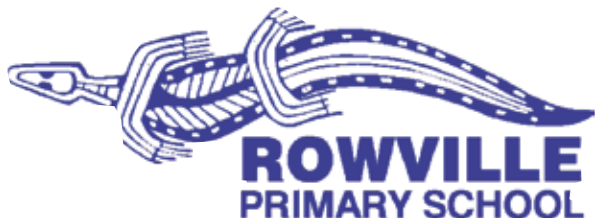
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* Inquire about the Office of Hearing Services Voucher which entitles free hearing services and some subsidized hearing devices for card holders of Pensioner Concession, Centrelink Sickness Allowance, DVA Pensioner Concession, White Health Repatriation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

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



Hooptime Basketball Champions and Rowville Rockettes (below)



Basketball Stadium.

All of our teams had a successful day with our All Stars boys' team and All Stars girls' team winning the District championship! The girls' team was undefeated for the day and the boys' team demonstrated great determination and teamwork as they fought off many close rivals in their quest for success.

We Challenge Students and Develop Champions at Rowville Primary School

Aerobics Champions - Results for 2014:

Preliminary Finals: - **Rowville Rockettes 1st**

State Championships: - **Rowville Rockettes 1st**

National Championships: - **Rowville Rockettes 1st**

The entire school community is thrilled that the Rowville Primary School aerobics team have worked their way to becoming the 2014 National Schoolaerobics champions! Success has been the culmination of many weeks of practice and rehearsal before and after school.

Congratulations to Eliza Hastings, Angelina De Gee, Claudia Jones, Emily Jenkins, Maria Nicolaou, Shariz Roca and Kellie Roper.

I would also like to acknowledge their coaches, Sue Macdonald, Trish Welti and Lucinda Divitcos, who have worked with the girls and travelled to the various competition venues to offer their support

Congratulations to our aerobics team and coaches on their outstanding Aerobics victory.

Hooptime Basketball Champions

On Friday 5th September, Rowville Primary School entered seven year 5 and 6 Hooptime Basketball teams in the Rookies, Future Stars and All Stars divisions at Dandenong

School Talk

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

A huge congratulations to

Boys Team:- Koby Bland and Jackson Horton (captains), Dylan Southcott, Cameron Preest, Cristian Curcio, Bailey Knoppin, Kai Ward, Dylan Johnstone and coach Laura Rawlins.

Girls Team:- Angelina De Gee (captain), Eliza Hastings, Claudia Jones, Rachael Slater, Briana Gardiner, Teisha Shadwell, Alex Radford and coach Andrew Hastings.

We are not just sports winners at Rowville Primary School!

Our Canteen Managers, Bronwyn Richards and Sue Cooke, were presented with a certificate and a \$500 prize voucher by Kerry from ASCA, for being runners up in Canteen Week's Most Engaged School. Jan Moussa, our Business Manager, has worked closely with Bronwyn and Sue to enhance the Rowville Kids Café. We were delighted to hear that we came second out of the 600 schools that participated.

This was truly the result of the combined efforts of our fabulous staff and students working together to make Canteen Week something special at Rowville Primary School. The \$500 voucher will certainly be a boost to the Rowville Kids Café!

Lyn Furze

We would like to acknowledge the support and participation of the whole school community. This would not have been achieved without you!



Lysterfield Primary School

What a Load of Rubbish!

What happens when the world's most evil pers (Lexda Litterer and her offsider Trashpac decide to cover the planet with litter?

Well, we call out for help!

Agent Nick Fury along with Agent Coulson send in their most powerful super hero – Captain Planet, who has agents scattered all over the earth from Wimbledon Common, where she engages the help of the Wombles, to the streets of Lysterfield where the super agent Garboman works.

With the added help from Oscar and Big Bear, Planet is kept busy tidying up the mess that Lexda leaves. To compound the problem a couple of local pests (Louie the Fly), crash the teddy bears' picnic with disastrous results.

Can Planet, Fury, and Coulson solve the problem? And how does Emmett (Master Builder) fit in to the scheme of things?

All was revealed when Lysterfield Primary School performed their production at Burrinja Cultural Centre on Monday 8 and Tuesday 9 September 2014. Congratulations



to all students who performed in both matinee and evening performances and to the main cast and dance club members who participated in all four performances!

A huge "Thank you" to Mel, the school's performing arts teacher who wrote and directed the entire school production!

Last, but not least, "Thank you" to the Lysterfield School Community for supporting "What a Load of Rubbish!"

Rachel Hastings

The School's Music Captains interviewed the main characters in the school production "What a Load of Rubbish!"

☆ **Who is your character?**
Captain Planet

Tell us about your character:
Captain Planet has super powers and is trying to save the planet
Why did you choose to try



out for this character?

Because she seemed an interesting character to play
What is your favourite part of the school Production? Why?
The Teddy Bears' Picnic because they do it really well.

☆ **Who is your character?**

Lexda Litterer

Tell us about your character:
She's evil and she wants to take over the world, and she hates her sister

Why did you choose to try out for this character?

I didn't try out specifically for this person, I just thought I'd have a go.

What is your favourite part of the school Production? Why?
The Teddy Bears' Picnic because I get to hypnotise them and it was fun working with them.

☆ **Who is your character?**

Agent Coulson

Tell us about your character:





Rowville Student selected for Gallipoli 100th Anniversary Tour

Rowville Secondary College would like to congratulate Year Eleven student Jade Sheehan, who has recently been selected from a pool of over 800 Victorian applicants to attend the Gallipoli 2015 Anzac Day Dawn Service Tour.

Next year will mark the 100th anniversary of the Anzac campaign in Gallipoli and to commemorate this occasion, 80 Victorian students will be travelling to Anzac Cove for the special service. After arriving in Istanbul, a total of 400 Australian students and their chaperones will take part in an array of once in a lifetime experiences, including a tour of the Gallipoli Peninsula, visits to battlefields, cemeteries and memorials, a visit to Troy, attendance as special guests at the Dawn Service at Anzac Cove and a walk to the special Australian service at Lone Pine.

Jade first learned of the opportunity through a targeted social media advertisement, one of the many platforms that the Victorian Government used to promote the Tour and decided to apply. The selection process was a lengthy one, with an essay on the historical significance of the Anzac campaign as the main criteria, along with a glowing letter of recommendation from Principal Glenn Fankhauser, which proved integral to Jade's success.

After several months, Jade admits that she had almost forgotten about the application, having realised that the pool of applicants was so vast and the chances of success remote. When she was approached by Mr Fankhauser with the exciting news that she had been shortlisted it came as an unexpected, but pleasant surprise. An email arrived a few short weeks later advising Jade of her selection for the final shortlist and containing an invitation to attend Government House on Wednesday the 10th of September for the official announcement.

Of her experience on the day of the announcement Jade says "I've never been to Government House, I feel like it was the same for a lot of people there, we had to go through security and I remember just walking into this giant hall, it must have been three storeys high, it was just beautiful and to be there with the Premier, it was fantastic."

Another highlight of the day was meeting the other students who form the Victorian contingent and in the seven months that Jade now has to wait before the Tour commences she says, "I would love to meet up with everyone, to get to know them before we spend 20 hours on a plane together."

With so many opportunities and experiences on offer

Student Corner The Historical Significance of the Gallipoli Campaign

Below is an excerpt of Rowville Secondary College student Jade Sheehan's application for the Gallipoli 2015 Anzac Day Dawn Service Tour. She answers questions relating to how she will share the experience upon her return, and the significance of the Gallipoli campaign to Australians.

As I stood at the Shrine of Remembrance on the 25th of April 2014 at 5.30 in the morning, I listened to the commentator speaking about which war veterans were present with us. He stated their names and how old they were when they went off to war, starting with the oldest who was 16 when he went off to serve our country, then he got down to the youngest who was 14 when he served Australia. This made me realise that they were all younger than me when they saw the horrors of war. Not only these particular soldiers but all soldiers who represented us displayed the characteristics and qualities of endurance, larrikinism, integrity, mateship and courage, during their time on the battlefield. The courageous acts of bravery displayed by Anzac troops on the beaches of Gallipoli and the mud along the Western Front in France, prove that Australian soldiers were amongst the highly respected soldiers of the Great War of 1914-1918. The Gallipoli campaign established the newly-federated nation of Australia at an international level. Gallipoli was the first opportunity for Australia to earn the respect of other nations and to show the world that we, as Australia, have strong national character. The mateship our diggers showed to one another also went down in history.

The courage of Sergeant Simon Fraser and John Simpson-Kirkpatrick, represent who we are as a country and as a culture. Simpson and his donkey have been commemorated with many statues, books, poems and have indeed become a part of Australian history. The soldiers' endurance during the Gallipoli campaign set a standard for all soldiers in other wars and shows us today that they were willing to fight, right until the end, to ensure that they kept the Australian pride and spirit with them. The stories of endurance on battlefields like

during this Tour and having only just learned of her success, Jade's excitement about the Dawn Service is understandable. "I'm excited just to be there with everyone from so many different countries, to unite in this one spot for one reason and being with all the other Victorians, these young leaders of the future who are all there to learn and to take in everyone's individual experiences."

As a College we are incredibly proud of Jade's success



Jade At Government House

the Somme, Villers-Brettenoux, Passchendaele, and Ypres, have become Australian legend. They have also become stories of heroism and bravery and a part of our story. These soldiers have forged what our beloved Australia is today. Their stories are a part of our everyday life. They gave their lives in yesteryear, so that we could live in peace and freedom today. Gallipoli has become a symbol of Australia's national identity, achievement and existence. We owe everything to those Australian soldiers who gave their tomorrow, so we could live our today.

I will bring back home the knowledge and experiences from the trip and share these with my family, school, community and scouting, so that they can understand, learn and gain insight from my experience. I would also love to speak about my trip at my school assembly and encourage any students or teachers with questions regarding the trip, to come and talk to me, so that I can spread my understanding. I will investigate whether I could speak at any important events in the future about my trip, especially on Anzac Day 2016 as this would be an amazing honour. I've been going to the Dawn Service in the city for many years now and I would love to talk to anyone from veterans, parents and children, to Defence Force servicemen and women about my trip, the experiences that I will have had and how it has affected me.

Jade Sheehan, age 17

and the way in which she embodies the Rowville credo "Aim High, Embrace Learning, Reap Rewards". Jade saw a challenge, an opportunity to learn and despite an enormous number of worthy applicants, she defied the odds and will soon be reaping the rewards. Congratulations Jade, we look forward to hearing all about your adventure next year.

Laura Gordon

An excerpt of Jade's successful application is above.

He picks fights

Why did you choose to try out for this character?

Because I wanted to

What is your favourite part of the school Production?

Why?

Shaz and Caz because they have to wear gowns.

★ **Who is your character?**

Agent Nick Fury

Tell us about your character:

He is a good guy. He works with Captain Planet and Agent Coulson.

Why did you choose to try out for this character?

Because I knew she would be a mean character.

What is your favourite part of the school Production?

The end scene where we save the world and because she saves 'slimy' a worm.



★ **Who is your character?**

Trash Pack

Tell us about your character:

She is Lexdas sidekick. She does what Lexdas says.

Why did you choose to try out for this character?

I didn't choose Trash Pack, I tried out for Captain Planet.

What is your favourite part of the school Production?

I really like acting in front of people.



St Simon's Primary School

Our Student Social Action Group is conducting a special drive to collect footy boots to send to the children in Timor. The student's have set a goal of collecting 200 footy boots.

The Grade 5 students will be attending the National Gallery of Victoria where they will participate in a number of guided tours and lessons about our famous Australian painters. The students are looking forward to this day as it should prove to be most interesting.

The School Art Show is coming up during the last week of school on Tuesday the 16th of September at 6.30 p.m and all of the grades have busily been making many different types of art work. They look fantastic.

Curently there are about eighty students participating in the Hooptime Basketball day at the Dandenong Basketball Stadium. The students have been practising their throwing, running and dribbling skills and are most excited about the day.

Andrew Miller



A Tribute To Nirankari Mother Rajmata Ji

Sant Nirankari Mission, Melbourne branch

On Sunday 7th Sept 2014, a special congregation was held at Sant Nirankari Mission (SNM), Melbourne Branch at Rowville to pay tribute to Nirankari Rajmata Kulwant Kaur Ji, the Mother of the present head of the Mission, 'His Holiness Baba Hardev Singh Ji'. She breathed her last and merged into eternal abode on August 29, 2014 in Delhi. She was 84 years old.

The day was observed as Prerna Divas, The Inspiration Day, in remembrance of her glorious life and her contribution to the spiritual uplifting of mankind.

Hundreds of devotees attended, to pay homage and remember her teachings. Many Saints shared their life changing experiences of how she made an impact on their lives and encouraged them in serving humanity and the welfare of mankind. Her teachings will always remain alive despite her absence in the physical form. A true homage can only be paid to her by imbibing her teachings in our lives.

Nirankari Rajmata Kulwant Kaur Ji was born on January 1, 1931 in Kaimalpur (now Pakistan) into the family of Shri Manna Singh Ji and Smt. Somawanti Ji. She received 'God knowledge' from Baba Avtar Singh Ji when she was just 8 years old. In April 1947 she was married to Baba Gurbachan Singh Ji, son of Shahenshah Baba Avtar Singh Ji. She dedicated all of her life to spreading the teachings of the Mission in all possible ways.

She had been unwell for a long period of time, but despite her health, she didn't stop attending and presiding over congregations in all parts of India and abroad, often in the company of Baba Ji, conveying the message of truth and leaving a lasting impressions with millions. She urged every devotee to seek the company of Saints, do selfless service and remember God in all good and bad situations.

In the divine presence of His Holiness Baba Hardev Singh Ji, a special Prerna Divas (Inspiration Day) congregation in remembrance of the spiritual life of Rajmata Ji was held on

September 1, at the Mission Headquarters in Delhi. Devotees from all over India and several other countries attended the congregation, including 8 members from Australia.

Addressing the gathering, His Holiness Baba Hardev Singh Ji said, "Numerous people come into the world and go, but it's very rare to find such a life where an individual touches heights that are acknowledged by God. People make every effort to rise by way of worldly wealth and other achievements, but that is not what God accepts. Real heights are achieved with the grace of God only".

Baba Ji said that Nirankari Rajmata Ji gave motherly love not only to her own children, but to everyone. She always taught us to remain faithful to the Mission and love and respect fellow devotees.

Manjit Singh



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The land of 'er

I have noticed recently that I tend to compare myself to people around me. They have a better job, are fitter than me, have a nicer house, a newer smart phone and better behaved children. What is interesting is that I compare my mediocre days with the best days and events of those around me. Do you find yourself doing this from time to time? I meet with a small group of people regularly and found that all of us fell into the comparison trap, where we wonder, are we ok? Do we measure up? This tended to exhaust or break us by trying to continually keep up. A question we asked in our small group was, do you allow what others have, keep you from enjoying what you have?

We read some words from a wise man in history who had also noticed this human trait. King Solomon wrote a book called Ecclesiastes, that is full of his wisdom drawn from observations and experience. This book is found in the Bible. Like any book, magazine, newspaper you don't have to believe it in order to read it. I would encourage you to check it out. To put this in context Solomon had more and has done more than I will ever do. He observed and wrote; that all work and ambition is motivated by one's envy of another, it is like chasing after the wind. Solomon follows on by saying that only a fool sits back and takes it easy, meaning that it is okay having ambition and achieve, only notice what motivates this. Is it comparison, or not?

All of us are looking somewhere for a reference point, to tell ourselves that we are ok. What or who are you looking to? Reading through the Bible it encourages us to take our cue from God, the one who loves you, to see ourselves the way God sees us. You are fine, but I am not finished with you yet.

Come along to Rowville Baptist Church to explore this further and as I have found, be surrounded by a group of supportive people that make doing life better.

Daniel Taylor



Who Needs God?

The nations rage, passions flare
There's carbon pollution in the air

But man said as he beat his chest
After all he thinks he's half ape at best!

"Who needs God? I am he
Who can fix it all, just wait and see."

But the nations rage, passions flare
There's carbon pollution in the air.

Floods, fires, violence, starvation, death
Suffering children's needs can't be met.

It's all happened before, it's true, we're agreed.
But can science fix it? Can we meet every need?

No sacrifice made, can stem the tide
Of heartache and evil, that exists world-wide

But **someone** came and there on a cross
Took upon Himself all of our dross.
He died for the world and if we give Him our pride
He'll exchange it for life, with Him by our side,

And then the promise of eternity too.
Jesus loves you so much! Let Him prove it to you.

Details of our address, service times and additional groups
can be found in "What's on Locally" on page 2.

Marlene Smith

Messy Play at Murrindal Playgroup

As the weather warms, it's time to encourage the little ones to head outside and soak up some vitamin D! At Murrindal Playgroup we are lucky enough to have a lovely outdoor area that is partially undercover. We encourage our groups to make the most of the improving weather and participate in messy play outside. What is messy play? All of the things that you don't want your children to do at home! As parents, it can often be hard work to set up the paints and easels so why not come to Playgroup and allow your child to have fun and create wonderful masterpieces?

Children are active learners. They learn through play. Play allows them to make sense of the world around them. Through play, children learn to make choices, solve problems and make plans. Learning processes grow and concepts develop. Play makes learning exciting and interesting. It ensures that children remember what they learn. Messy play is particularly attractive because it stimulates many



Murrindal Playgroup

100 Murrindal Drive, Rowville
murrindalplaygroup@hotmail.com

Molly Doing Her Bubble Wrap Art

of children's senses at once and because of the variety of materials available.

One of our fantastic mums, Samantha Forder, and daughter Molly, embraced the notion of messy play last week and created some fantastic "bubble wrap art." Molly's feet were wrapped in bubble wrap and dipped in paint before she used her feet to create a beautiful picture. What fun!

Kristy Ackland



Knox Home Garden Club

Ah, feel the serenity! With our busy, hectic lives, it is becoming more important for our gardens to be healthy, relaxing, peaceful places.

Using the ancient Chinese technique of Feng Shui is one way of creating such a garden. This involves subtle manipulation of the energies that surround our living space, creating balance and harmony. Feng Shui practitioners believe that energy - or qi - flows throughout the world in either a beneficial or unsettling way, caused by the placement of certain objects and the shape of the environment.

Two opposing forces called Yin (negative energy) and Yang (positive energy) power this circulation. Harmony between yin and yang is achieved by ensuring both forces are present but not necessarily in equal amounts. Completely flat land is considered too yin, and can be enhanced by adding some