



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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Priceless

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From the Editor's Desk



I will start this month with a huge thank you to a man who has contributed to the success of our paper, on and off since 1996, including being editor for 18 months from 1999 to 2000. More

recently he has contributed every month since April 2011, the Council Minutes Report, which I know is greatly appreciated by many of our readers. Darren and his family are moving away from Rowville, but I hope that we will stay in contact. Thank you Darren for a really great job.

Amongst the special days this month, is one that has a most intriguing title, **R U OK? Day**. Research reveals that this is an annual day in September dedicated to reminding people to ask family, friends and colleagues the question, "R U OK? It is a not-for-profit suicide prevention organisation, founded in Australia in 2009. It is estimated that every year, around 65,000 Australians attempt suicide, with an average of approximately 2,300 people actually committing suicide every year. In fact, around 45 per cent of Australians will experience mental illness in their lifetime, while 20 per cent are affected

every year. If in doubt or are concerned....ask the question R U OK? You can access more information at www.ruok.org.au

It was gratifying to learn that Alex Van De Steenhoven is going to the USA on a sports scholarship. In the past, we have often reported on Alex's successes on the tennis court, so feel as if we have been part of his journey so far. We wish you every success Alex and look forward to hearing about your future experiences.

As someone who enjoys facts and figures (you may have noticed this over the years) I draw your attention to Paul's Photography Patter this month. As a break from technical advice, Paul has unearthed many interesting numbers from the history of photography. Digital technology has certainly changed the face of taking 'snaps', but I just don't know how many 0's there are in seven trillion!!

Before I go, isn't it nice when someone whom you have never met, but have corresponded with, recognises you from your photo in the paper, stops you and introduces themselves. Thank you to John Lewis for doing just that last week. John has been a proof reader since November 2012. It was great to put a face to a name.

David Gilbert

What's On Locally



Sponsored by:
Lions Club
of Rowville

DIRECTORY

Sept. 2014

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

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

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

Baptist Church Services every Sunday 10am Playgroups - Tue, Thur & Fri. mornings during school terms. **Body, Mind & Spirit** All classes at old Lysterfield School, Yoga, Stretch, Dance, Meditation, **Fitness Centre** Pre-natal etc. Contact Donna Jordan on 9758 6636 or 0400 679 888

CFA Juniors Meet every Thursday 7pm.

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

1st Rowville Scouts:

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

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

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

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

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

Fruitful Vine Church Services every Sunday 10am.

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

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

Knox & District Over 50s Meet 4th Tues each month at 1.00pm (except Jan & Dec) at Boronia Progress Hall.

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

Life Activities Club Regular Activities. Call Melva 9762 3764

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

Little Athletics For training & event days: 9763 1404.

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

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

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

Probus Club (Knox Combined) Meet 1st Tues each month at the Stamford Hotel at 10am. Contact Pam: 0422 403 465

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

RAFT Anglican Church Holy Communion 8.30am. Evening Service Sunday 5pm. Family Worship with children's teaching time 10.30am Sunday. **Family History Group** meet 1st Wed. each month at 10am. Bev 9759 5455 **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm.

Contact Anthea or Arleen 9801 3509 **Craft for Christ** 2nd & 4th Tues each month at 7.30pm. **Playgroup** Tues & Thurs 10-11.30am. **Toddler Church** every second Friday 9.30am. Contact Jenny Coole 9764 2573

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

Restore Comm. Church For the time being, Sunday services will be held at 2/18 Laser Drive at 10am.

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

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

Rotary Club Every Tuesday at Baton Rouge at 7pm.

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

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

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

St Simon's Parish Services Saturday 6.00pm. Sunday 8am, 9.30am and 11.00am. Tuesday 7.30pm, Wednesday to Friday 9.15pm. Cancer Group meets every 3rd Thursday at 7.30pm in the Meeting House.

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

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

Tirhatuan Ladies Golf Club Wednesday & Saturday competitions at Tirhatuan 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

September Events

Little Athletics

Registration Day: Saturday September 6 from 9am **Try Out Day** Saturday September 20 at 9am

Season officially commences Saturday 4 October at 8:30am sharp. Steve Lillie 0409 231 380

RAFT Church.....Family History

The next meeting is on September 3rd, 10.00am to 12noon Commemorating our Military Ancestors who took part in any Wars. Tell us a little of what you remember, or have been told, or have found out through research, about your military ancestors. All welcome.

Inquiries Bev 9759 5455 or jibec@bigpond.com

Calendar of Events September 2014

1-4 September – Young Leaders Program – Knox Council <http://www.knox.vic.gov.au/Page/>

1-5 Sept – 2014 Superhero Day – Muscular Dystrophy Australia - www.superherodaymd.com

1-5 Sept – Jean Hailes Women's Health Week - www.womenshealthweek.com.au

1-7 Sept – Parkinson's Awareness Week - www.parkinsonsnsw.org.au

1-7 Sept – Spina Bifida Awareness Week - www.sbfv.org.au/upcoming-events

1-7 Sept – Adult Learner's Week - <https://ala.asn.au>

1-30 Sept – Prostate Cancer Awareness Month
www.prostate.org.au/articleLive

Foster Care Month www.fosterabrighterfuture.com.au

Blue September www.blueseptember.org.au

Dementia Awareness Month www.fightdementia.org.au

Debris Month of Action www.projectaware.org

Childhood Cancer Awareness Month

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

3 Sept – National Flag Day - www.australianflag.org.au

5 Sept – Footy Colours Day - www.footycoloursday.com.au

5 Sept – Badge Day - www.legacy.com.au

7 Sept – National Skatepark Day - skateparkday.com.au

7 Sept – Sustainable House Day - www.sustainablehouseday.com

7 Sept – Father's Day

7-13 Sept – National Child Protection Week - napcan.org.au

8 Sept – World Physiotherapy Day - www.wcpt.org

8 Sept – International Literacy Day - www.unesco.org

8-14 Sept – National Stroke Week
www.strokefoundation.com.au

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

11 Sept – R U OK? Day - www.ruokday.com/

12 Sept – White Balloon Day www.whiteballoonday.com.au

15 Sept - International Day of Democracy
www.un.org/en/events/democracyday/

16 Sept - International Day for the Preservation of the Ozone Layer www.un.org/en/events/ozoneday

17 Sept - Immunisations at Rowville Community Centre Free. No appointments needed. Bring Medicare card and child's Health Record Book to session.

17 Sept – Australian Citizenship Day - australiancitizenshipday.govspace.gov.au/

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

**- Deadline -
October 2014**

**EDITORIAL & ADVERTISEMENTS
Wednesday 10th September**

Articles, News or Letters to the Editor
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PHOTOS: please email SEPARATELY,
do not embed in documents

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**DISTRIBUTION
Saturday, 27 September 2014**

19- 21 Sept - Clean up the World Weekend
www.cleanuptheworld.org

19 Sept- 5 Oct– School Holidays.

20 Sept – World Parks Day www.worldparksday.org

20 -26 September – Herbal Medicine Week
www.nhaa.org.au/

21 Sept – World Alzheimer's Day - www.alzheimers.org.au

21 Sept – International Day of Peace - www.un.org

22 Sept – World Carfree Day - www.worldcarfree.net

23 Sept - Ordinary Council Meeting
Knox Council Offices 7.00pm

24 – 26 Sept – Rosh Hashanah - Jewish New Year.

26 Sept – World Maritime Day - www.un.org

29 Sept – National Police Remembrance Day
www.auspol.org

29 Sept – World Heart Day
www.world-heart-federation.org

Bendigo Community Bank



Mother and Son, Mary and Stuart Burn, accepting the Grant

Community Grant Helps Preserve Local History

Knox Historical Society received a Community Grant for over \$3,200 at the recent Knox Community Bank® Group presentation evening. Over \$35,000 was distributed to local clubs and organisations at the evening.

The Community Grant will be used by the Society to purchase presentation recording equipment. This equipment will be used to record a range of presentations made by local historians to visitors of the museum, students during school excursions and guest speakers. By recording this material, the Society will be able to preserve specialized knowledge of Knox and its history as well as presenters being able to improve their presentations. The recordings will also be used to train volunteers and to send with guest speakers to a variety of venues to inform and educate about the unique history and culture of Knox.

The Knox Historical Society has been in existence since 1965 and plays a huge role in the Knox district by compiling and maintaining historical records, artefacts and photographs. It makes information available to students, researchers and the community as well as publishing books, newsletters, calendars, photographs and other items. The Society regularly participate in historical events and local community celebrations.

If you are interested in exploring the history of Knox, contact the Society. They are happy to organise speakers on historical subjects and related community interest, they conduct excursions to places of historical interest in the area and work in conjunction with other historical societies and museums.

Ambleside Park museum is located at 3 Olivebank Road, Ferntree Gully and open on Sundays 1-4pm, at other times by appointment or phone 9758 6722.

Janine Shepherd



Community Safety Advisory Committee

When One Door Closes...

Earlier this year Michael Boulton announced that Knox Neighbourhood Watch was going into recess, mainly due to lack of participation. However Knox Council recently called for community representatives for a new Community Safety Advisory Committee.

The Committee will advise Council on new and emerging community safety and crime prevention issues, aligned with the priorities in the *Knox Community Safety Plan 2013-2017*. The Committee will also enable effective community partnerships with Council and Victoria Police.

You can access safety information on the increasing number of reliable community safety and crime prevention websites. For links to these sites go to: www.knoxsafercommunity.org.au

Knox Historical Society

Knox Historical Society's Ferntree Gully Cemetery tours during this year's Seniors Festival (October 5 – 26) are on 23 October, 1 – 4pm, and 26 October, 10am - 1pm, and 1 – 4pm.

Many pioneer families from as early as 1883 are interred there, including prominent local identities, John Buckley, Thomas Dobson and his wife Susan Cree and the famous Heidelberg School artist Sir Arthur Streeton, plus members of Bayswater's German community. The tours are being led by local historians and well-known personalities. Councillor Karin Orpen, Clarrie Talbot author of a history of the Ferntree Gully rail line and Graham Hansen a descendant of the family who built 'Ambleside' homestead in the 1890s, now a museum and home to the Knox Historical Society.

Tour participants are invited back to 'Ambleside' for afternoon tea or coffee. Bookings are essential. Cost \$5. Details: ph. 9758 6722, Website: www.vicnet.net.au/~khsinc/



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Life Activities Club Kncx

Aaaaah! Spring has arrived, bringing new growth, flowers, etc. etc.

Come to the **Annual General Meeting** when members are invited to nominate to join the committee and hopefully, one will take on the role of Secretary. After 11 years Helen would like to step down. Sincere thanks Helen.

Our thanks to Knox Council for the community bus. Members enjoyed a very pleasant day being driven to Langwarrin and Mulberry Hill, the old homestead of the Nolan family. Then we were taken to Mornington for lunch and/or shopping. Of course, some managed to do both! We're off to Toolangi this month to visit a Kiwi Fruit Orchard and a gentle walk around the lake and lily pond, followed by tasting and samplings of their produce.

Music Appreciation this month will feature Dolly Parton, a very clever and entertaining lady. Some foot tapping going on here I expect.

Loneliness Linked To Health Risks! Come on, join us on an activity or 3, it is vital that we keep in contact or socialise in some way. Over 45 and have some spare time then give us a try. Our group has many options from which to choose, so get out there.

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

Melva 9762 3764 Helen 9729 1151



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see reverse for location map and services available



Listening To The History Of Daylesford Convent

Probus Club (Combined Knox)



We welcomed two new members in August and a further two said they would join next month, so the membership is steadily increasing.

30 members thoroughly enjoyed a trip in the Council bus to Daylesford Convent. The history of the building was explained by the current owner, Tina, who has made

Knox Italian Community Club....Bocce Club

The New Bocce Committee team will be headed by Michael Migliaccio, who will be looking at introducing new tournaments, new members and an open day for the community to come and view this great traditional Italian game.

Michael, who is also a volunteer and a major driving force behind the Multicultural Harmony Festival Knox, will endeavour to bring local multicultural groups to come and try the Bocce Game.....a good way of keeping active.



Grab your Balls It's Bocce Time

There will be a Friday night 6 week Bocce tournament starting on the 3rd October, with a special presentation night, including dinner, for only \$20 on the 21st November 2014.

Many sponsors have already offered their support and will have their logo on the sports shirts and signage in the playing area, but we are looking for more. Our rates are very affordable and includes advertising seen daily by many prospective customers, plus signage that appears regularly on our Facebook page.

For further information for sponsorship and new members wanting to join please contact Michael on 0419 330 977 or email migliaccio@netspace.net.au
Michael Migliaccio

Knox Council Orientating Volunteers

Facilitator: Tara Cantwell, Volunteering Victoria

This workshop provides a step-by-step guide to the essential elements of orientation and induction, leaving participants with a best-practice model they can adapt and implement.

Orientation is a crucial point in a volunteer's experience. Induction sets the tone for the volunteering relationship and is an opportunity for volunteer organisations to introduce organisational policies, addressing their legal and regulatory obligations.

Workshop Aims

- Understand orientation in line with National Standards for involving volunteers in not-for-profit organisations
- Learn basic training principles
- Develop your own orientation/induction plan
- Develop positive networks

Date & Time Thursday 9 October 2014 from 7.00pm - 9.30pm
Venue: Knox Civic Centre, Room 3, 511 Burwood Highway, Wantirna South (Meeting Room 3)
RSVP before: Monday 6 October 2014
Cost: Free
Bookings: Register on Council website. Book early to avoid disappointment as places are limited.

Community NoticeBoard

Supported by Cr
Nicole Seymour
Knox City Council,
Tirhatuan Ward



enormous improvements and expanded the appeal with various innovations. The lunch was first class and more than a few dollars were spent in the gift shop. Our thanks to the Council for the bus and the amusing driver.

Unfortunately our proposed guest speaker for August could not attend, so instead of hearing about Jack the Ripper, we met staff from GreenSmart Pots, who explained to us the benefits of using the self-watering garden pots produced by their company to grow vegetables and herbs. They gave a very informative and interesting presentation and their efforts were rewarded with a number of members buying the self-watering pots. Our group looks forward to hearing from these members about their experiences in growing their veggies this way.

Next month's Speaker will be Sara Cook, an experienced specialist in aged care. She is the Co-Founder and Director of Signpost Life Management Solutions.

Regrettably our secretary, Kaye, stepped down from her position and we welcome Paul Lucas to that role for the remainder of the year. We also welcome Rick Goss as our Historian and already he is gathering together all the old paperwork and memorabilia for sorting. Thanks to you both for volunteering.

Ray Stackpole



Rotary Club of Rowville

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

Our Rotary Club also celebrated its 10th Anniversary on 12th July and looks forward to another 10 years of community service in our local Rowville/Knox community, as well as selected wider Australian and overseas projects. Also in July, we welcomed the new Club President into office. Carol Shaw has taken over from Past President Neil White and is busy planning another exciting year of Rotary activities. Carol has been involved in Rotary for quite a few years, having also been a member of Rotaract, which is designed for the 18 – 30 age group of young people. Our Club is currently co-operating with other Clubs in our District to form another

Rotaract Club in the outer east area in the near future. More information soon.

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

On 12th August we said farewell to long standing member Steve Macdonald, as he and wife Sue leave for a 3 year work relocation to Birmingham UK. Steve is skilled in IT operations and will head up a new project at Cussons UK office. He has been very active at District level during 2013-14 as Chairman of Vocational Service and has been heavily involved with our overseas exchange students, including home hosting.

Rowville has recently farewelled our exchange student from Austria, Kiara Retzek, a delightful young lady who fitted in as one of our own and endeared herself to everyone over the past 12 months. I'm pretty sure we will see her again sometime in the future, as she assured us she will return!

In cooperation with Bayswater Rotary Club, we have a new Rotary Exchange Student, Enya Sterren from Switzerland and we will be sharing home hosting duties with Bayswater during the year. More details next month as we get to know



Sue And Steve Macdonald leaving For The UK

her.

If you are community minded and would like to give something back, meet some likeminded people and have some fun and fellowship, then you are invited to come along to our meeting on any Tuesday evening to find out what Rotary is all about. Come as a guest the first time. Interested? Call either Murray Wilson on 0402 088 999 or Jeff Somers on 0413 150 587. Log on to our website www.rotaract.com.au/rowville and follow us on Facebook and/or Twitter. Details of our meeting venue, dates and times can be found in "What's on Locally" on page 2.

Rotarian James Wilson

Australian Red Cross

THE POWER OF HUMANITY

The Australian Red Cross is celebrating 100 years in Australia and want residents to rummage through their memorabilia and see if they have any old 'Women's Weekly' cookbooks from the 1950's. Donations can be made at the nearest Red Cross shop, where they will be used as part of a nostalgic window display.

As usual, the Devonshire Tea at Peppertree Hill was a great success and we thank all who came. The speaker was very informative and we learnt a lot about the beginnings of the Red Cross in Australia, Victoria and Melbourne. On

13th August 1914 the Governor's wife started Red Cross in Melbourne with Dame Nellie Melba as one of the original members. An early Ball held in country Victoria raised £8.

We raised over \$2,000 at the Bunnings sausage sizzle. Our heartfelt thanks go to Bunnings for making it possible and donating all the food and drinks. It was very generous of them and is greatly appreciated. Once again a big thank you to everyone for supporting our activities so generously.

We had our AGM in July and the office bearers remain the same as last year. We could do with new members, so please come along and join us. Details of our meeting dates and times can be found in "What's On locally" on page 2.

If you have any queries please phone Joan on 9764 4611.

Elly Baré



Part of the Audience at the Cyber Health Forum

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Letters to the Editor...

Re:-The Front Cover (August issue)

How safe is it to have a crèche and community care facilities in the middle of an industrial area?

Across the road on the opposite corner is a business that has heavy machinery, trucks- semi trailers, and other cars etc continuously delivering and picking up stuff.

Surely there are other places that this church etc could have been built?

On Laser Drive there are also factories that have continuous deliveries and vehicles coming and going.

How safe is this site going to be for children?
I did not know that a church is regarded as an “industry”
Mr and Mrs Anderson

Following is the response from Restore Church

Dear Editor,

In reply to the concern by one of your readers, the creche facility is made available for families during the Sunday service only. This is on a day that the businesses, industries and factories in the area are closed; of which almost all of these have offered their car parking spaces to us for Sunday use as well! All Council approved! The Community Care facility is not catering for groups of people attending Restore Community Care, but a point of call for anyone seeking our assistance from a range of services we offer. Usually one or two people would come in via an appointment. Most other activities (mainly meetings with small numbers of people) are held in the evenings; again when most other businesses

are closed. As regarding a church being in an’ industrial’ area; this is not uncommon. There is another church within walking distance from our own building which has

been in the area for many years more than we have. There are numerous churches that operate from industrial and business areas in the suburbs around Melbourne, and some of these are very well known national entities that provide many services to their communities- and have a much larger attendance than our own.

Ray Green

Letters to The Editor 2

David

Do you know why the Knox Council has chosen to replace perfectly good old grey footpaths with new white ones? This began in the Dandelion Drive / Pitfield Crescent area in Rowville in late June. I thought they were probably just using up their 2013-14 Infrastructure budget so they get the same or more the following financial year.

No. They are back in Pitfield Crescent at 7am this morning! What a waste of ratepayers funds. The footpath they are removing is perfectly flat, no cracks or unevenness or tripping hazards. (Maybe it is a conspiracy: The new footpaths look great so the property values will increase and they can then

increase the rates !!!!!)

Have you heard if this is happening in other areas of Knox?
Regards
David Mallen

Following is a response from Knox Council

Council has a responsibility to ensure public footpaths are safe.

Footpaths are required to be inspected within a two year period to identify any potential hazards to the community.

When inspecting the footpaths, Council is also bound to consider and comply with the Disability Discrimination Act requirements to ensure each footpath does not suffer from excessive cross fall.

In this instance, the footpaths in Dandelion Drive and Pitfield Crescent, were identified as having ‘cross fall’ (sloping from one side of the path to the other) which is a potential hazard, particularly for wheelchair users.

Dr Ian Bell, Director Engineering and Infrastructure, Knox Council 15/8/14

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:.....

U3A
THE UNIVERSITY OF THE THIRD AGE

We are very happy to know that we will have the 98.1 F.M. Broadcast van on site for both days of the show.(11th and 12th October). We are working hard on fundraising and will be offering very good prizes as you would have read on the entry form in last months paper. Our friends from Toyota and Bendigo Bank will be on hand to present the major prizes for Craft and Art. Be in it to win it!

Kiah Framing have donated a beautiful digital copy of a painting by international artist Ivar Jansens. This is a limited edition painting and has been beautifully framed for us by Kiah, to be a major prize in the Art Show Raffle.

Another prize will be a short holiday at a Phillip Island Resort and there will be a patchwork quilt, lovingly made by our patchwork group. There will also be paintings by some of our own artists including a watercolour by major prize winner, Mary Watson.

The prize for the raffle will be drawn on Sunday 12th at end of the show. Our raffle is justly famous, and this will be a corker!

As well as the art show itself, there will be the usual stalls (books, garden plants etc and craft). Oh and yes, there will be more of Maggie’s wonderful scones at the Devonshire Tea and light lunches cafe.

So enter a painting, or a piece of craft work, buy lots of raffle tickets, see the broadcast van in action and maybe be heard on radio. Put the dates in your diary and be there for the greatest weekend in Seniors week, 11th and 12th October.

Kath Brown.

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WALKING THE NEWS
SEPT 2014
Distribution Report

Voluntary Positions
Can you or do you know someone who can be a distributor in the following areas?
Gilligans Ct, Linnel Ct – 43 papers Please contact Jan Bates - 0418 583 631 Eildon Pd (both sides from Murray Cres to Dandelion Drive and from childcare centre to Dandelion Drive), Metcalf Cr, Tyrell Crt, Reeve Pl, Childcare Centre - 70 papers Please contact – Lesley Jenkins – 9755 5065 Heany Park Rd (Liviana to Bergins), Wallingford Pl, Perri-Raso Rise, Jejana Tee, Reservoir Cr, Nocera Pl, Whitecliffe Dve, Nursery Crt, Providence Pl, Bergins Rd - near Wallingford – 72 papers Please contact – Shirley Oudshoorn – 9764 4672 Blackwood Park Rd (evens 150 to 202, odds 187 to 203), Kimberley Dv, Hope Ct, Diamond Cl, Cullinan Ct, Longwood Cl (one house) – 70 papers Bensam Close, Landsborough Ave (even numbers), Oakdene Court, 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 Please contact – Peter Rumble – 9752 7592
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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

Rowville Community Centre

Enrolments for Term 4 fitness classes will be open from mid September.

It's the perfect chance 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 our Stretch and Tone class will do just that! These low impact classes run Tuesdays, Wednesdays and Thursdays and are a great way to keep active in the winter months.

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

Three Year Old Pre-Kinder

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

This is a fantastic opportunity for families to come along and visit the centre and meet our wonderful teachers.

All families welcome, please contact the centre on 9763 7400 for more details.

Patricia Massie

Rowville Community Kitchen

We have had a very successful month at the kitchen. Three job seekers have moved into work and another has been accepted into NEIS (New Enterprise Incentive Scheme) to begin her own food business.

Lunch numbers are growing every week, with bookings definitely required. We have a group of young adults from IOE (Institute Of Education) now attending on Tuesdays, to participate in cooking classes and food related activities, such as seed planting. We have had a succession of small businesses booking a table for ten to network. The neighbourhood houses have banded together to network and attend most weeks too.

October is shaping up to be a very busy month. In addition to our Thursday community lunches we are hosting two special lunches to celebrate Seniors Week. On Tuesday 10th and Wednesday 22nd October, the lunches that will be lively and fun with giveaways and entertainment. Cost is \$12pp and payment is required to confirm a seat.

On Friday 17th October we are partnering with St. Vincent de Paul Society, to hold a sleep out in the park for Anti Poverty Week. There will be a fund raising community breakfast on the Saturday morning to raise funds for Rowville Community Kitchen and the homeless in our local community.

Please call Christine 0417 851 204 if you wish to take part or support this event with donations.

Christine

Recipe: Bubble & Squeak

As a child, my favourite breakfast was bubble and squeak made from the left over vegetables. It was rare for there to be any leftovers in our household as we loved our food. So

RED HAT SOCIETY RUBY GUMNUT GODDESSES

On Friday October 10th at 2 pm you will get the opportunity to meet some members of the Red Hat Society.

Members of the Ruby Gumnut Goddesses of Rowville will be holding a 'Meet and Greet' at the Rowville Library. There will be displays of hats and other bits and pieces involved with Red Hatting. You will have the opportunity to meet Red Hatters dressed in their finest gear, find out all about what is involved in being a Red Hatter and see photographs of our past adventures here in Australia and overseas.

Fun and laughter are our first priority, forming new friendships and support networks are also important. The opportunity to get out and go places you may not have been to before, meeting new and exciting people as you travel around dressed in purple clothes and red hats and experiencing new adventures are some of the things we do as Red Hatters. Queen Mini Munchkin and some of her royal ladies will be



Ladies At The Royal Jazz Lunch

there to explain and answer questions.

Tea and coffee and light refreshments will be provided. Please feel free to drop in to visit and have a chat. If you would like to know more about Red Hats please ring Kerry on 9764 4717.

Kerry Eustace

Rowville Fire Brigade

\$100,000 Grant For A New Medium Tanker

At the new fire station, Minister for Police and Emergency Services and Bushfire Response and Member for Scoresby, Kim Wells, announced a \$100,000 grant to the Rowville CFA for a new medium tanker, which will boost emergency response capabilities in the area. This is one of 260 grants to volunteer organisations across the State.

Mr Wells said that the Napthine Government had delivered \$12.23 million for the 2014-15 Volunteer Emergency Services Equipment program.

"VESEP is a partnership between the Government and communities, that allows emergency services volunteers to purchase the latest equipment that will support the ongoing protection of all Victorians. We have always placed a high



priority on the more than 90,000 volunteers who are the backbone of our emergency response and who generously give their time assisting others," Mr Wells said.

Mr Wells congratulated every member of the Rowville CFA for their commitment to community protection.

what leftovers do you have in your fridge today?

For this recipe, this is what I found in my fridge left from the weekend:

1 x roasted tomato
1 x roasted carrot
A piece of roasted pumpkin
To these I added
1 x onion chopped
A handful of frozen peas

1 x egg
A handful of grated cheese
Diced fresh herbs from the garden
Method:-
On a medium heat, use a frypan, fry onion until soft, add mashed vegetables
Beat egg lightly, add cheese & fresh herbs
Pour over the vegetables and cook until set
I serve with RCK's roast capsicum relish

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Getting the most out of your library website and catalogue: on Friday 12th September at either 10.30am or 2pm. This is suitable for any age. Free event. Bookings please. All welcome.

Stephen Wilson, celebrated chef, demonstrates his Spring Menu favourites: on Monday 15th September at 12.30pm. Includes tastings. Book now as places are limited. Cost is \$3.00 per person. Ph: 9800 6443.

School Holiday Program: The school holidays commence on Monday 22nd September and we will be running a program over the two weeks. Most sessions require bookings and you can obtain a copy of the program either in person or by checking the library website at www.eryl.vic.gov.au :

Wednesday 24th September 11am Paper

People – Decorate and dress your own chain of paper people. Ages 4+,

Friday 26th September 11am Roald Dahl Day – Popcorn, puzzles, pictures and Roald Dahl stories. Ages 5+,

Monday 29th September 11am Rice Rainbows – Colourful stories and create a coloured rice rainbow. Ages 3+,

Wednesday 1st October 11am Yummy in my Tummy! – Stories, songs and games about food. Make some funky food fridge magnets. Ages 4+,

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 1st September 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 98006439

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 4th September at 9.30am. All welcome. Bookings essential. Free event.

Bookclubs: There are three bookclubs running in the library which meet once per month - Friday evening Thursday evening or Tuesday afternoon. All groups are full but ring Rose 98006439 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



Chef, Stephen Wilson

services, etc? This is for you! Includes help with eBooks and eMagazines.

Rowville Writers' group: Next meeting will be on Tuesday 23rd September at 1pm.

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

Family History Help: Rowville Library offer **FREE** one-on-one assistance, but first please telephone 92941300 for a time to ensure staff availability. 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 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 the 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 5th September. 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.eryl.vic.gov.au, and you can even join on-line. *Rose Thompson, Manager - Rowville Community Library 9800 6439*



Jasmine Nights

by Julia Gregson

Saba Tarcan, a young English girl, has been recruited by ENSA, the Entertainments National Service Association. While singing for a group of injured soldiers and airmen, she meets Dom, an injured fighter pilot, who is entranced by her performance.

When Dom leaves hospital, he tries to find Saba, but she has been sent to Cairo where she has joined an ill-assorted group of entertainers. She thrives on the excitement and glamour of Cairo, but her work is often dangerous and exhausting.

Dom, now recovered from his physical injuries, but still battling with the emotional trauma of war, is sent to North Africa. He meets Saba again by chance and they fall deeply in love.

Saba is asked to sing at many parties in addition to her work with ENSA. Her task is to report back to a colleague, Cleeve, on those attending these events. All is well until, one night, a group of Germans shoot Saba's accompanist. One of the Germans helps Saba to escape, but they are involved in a car accident and Saba is rescued by Cleeve. She spends some time in hospital and when she recovers, she is unable to return to work. To add to her misery, Dom is missing.

This is a beautiful love story set against the backdrop of Cairo during World War 2. It is also an account of the amazing work carried out by the entertainers who helped to raise the morale of young soldiers who were so far from home and in so much danger.

Reviewed by Jeanette Wallis, Rowville Library Bookchat and Bookclub



Perception

Sandra Fitzgerald

My backside is uncomfortable in the camp chair. It sags and twists my hip, sending an uncomfortable ache all the way down to my toes. The sun is already too warm even though it's barely December. And the joyful sounds engulfing

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Ted Gearon with Rosemary and Robert

Official Opening of “The Corner”

Rowville and Lysterfield’s newest shopping centre has been officially opened with a warm and friendly ceremony. Rosemary Hawke (nee Gearon) and her brother Robert, explained the history of the site and their joy at seeing their plans come to fruition. Their well known and much loved father, Ted, was also present and received a warm welcome.

The gathering was held in what will soon be the “Butler’s Pantry” restaurant and the attendees enjoyed finger food whilst being serenaded by an excellent jazz trio.

Joining the already operational and heavily attended ‘Anytime Fitness centre’ will be ‘Inspire Us Human Resources’, ‘Brazilin Butterfly Beauticians’, ‘Hills Physiotherapy & Pilates Studio’ and ‘Harcourts Real Estate’.

Paul’s Photography Patter

Have you ever considered the incredible success story of photography?

The first recorded permanent photo was created in 1826 and took an exposure time of 8 hours!

It wasn’t until 1900 that the Kodak Brownie box film camera was released for \$1 (together with a 44 page manual!) that the general public became interested in taking photos. Before that, photography was a serious undertaking, practised mainly by professionals. Film and slide photography gradually increased in popularity over the years with people limiting the number of photos taken mainly due to the film and printing cost and the limitations of the cameras capabilities.

The development of the first consumer level digital camera in the 1990s and subsequently mobile phones and iPads etc. capable of taking photos, finally heralded the “social explosion” for photography. Suddenly, photos were quick to upload, gave instant feedback, allowed instant distribution and really fulfilled the old saying “a photo is worth a 1,000 words”. The ever decreasing cost of photos and cameras with increasing capabilities at lower prices, now allows anyone to become a photographer.

It is estimated that 3.5 trillion photos have been taken in the 188 years since the first photo. If all were printed out and stacked, the stack would reach around 880,000 kilometres high! Images are currently estimated to be taken at the rate of 380 billion per year. At this rate it will take less than 9 years to double the total amount of photos taken to more than 7 trillion!

Over 300 million photos are reported to be uploaded to Facebook in the 1 billion Facebook daily entries around the



A rose taken in a garden I was walking past.

world, which translates as approximately 3,500 photos per second worldwide.

I didn’t make up these statistics, they are officially reported number estimates.

People take photos of major newsworthy events and they are in newspapers and on TV around the world that same day. We now take this ease of photography for granted and don’t realise the mind boggling rate of increase in the popularity of taking photos by virtually anyone around the world.

Happy snapping, Paul Lucas.

Hint: Get the habit of taking your camera wherever you go, then you won’t miss a once in a lifetime photo opportunity.

me in unconditional love are nauseatingly painful. The accumulation of noise rings through my head and pierces at my temples. It angers and frustrates...and is beautifully heart breaking

Shifting my seat, heavy eyes go to my hand in a death grip on the torn fabric. Resigned, I give up my fruitless attempt to seek out the elusive comfort I crave and study the changes in my flesh. Holding my shrivelled palm closer, I blankly acknowledge that’s its no longer plump and pink. No longer wear the calluses of manual labour, of hard days of physical work.

My fingers dip and rise in a trembling wave, making such a simple action one of great arthritic effort. The joints in my arm begin their protest and the burn in muscles I once relished in years gone by are another reminder of the atrophy they can no longer disguise. My wasting is no longer hidden beneath, but is also very much present on the surface.

I rotate my hand as I lower it to rest on the torn and faded nylon. My transparent skin is tainted with wrinkles and spots, brown marks from the seasons, puncture scares from the needles.

A glass filled with bubbles and ice slowly creeps into my vision. My fingers painfully curl to expose the cup holder

beneath. I make no attempt to hold the drink; don’t chance spilling, or breaking, or exposing another weakness.

She sits and makes light conversation, quickly skirting over pleasantries. After all, you don’t ask me how I’m feeling unless it’s close to the time to replenish my sedation. You don’t ask how I’m going, because you already know the answer.

I take in the wide brown eyes she shares with the rest of my family and pretend they don’t offer me the pity she feels. Instead I study her features like it’s the last time I will ever get to see them, because it just might be. I savour the fine lines, high cheek bones and full lips that cover her crooked tooth.

And with all this I finally *see* her. The real person that is trying to hide from me. I see the pity for what it truly is. Sorrow. For my final embrace, my final smile, final caress, kiss, breath, I come to realise are all hers too.

I look at my companion and allow a sole tear to escape. I have a choice to make. In all my anger and rage and sadness. I have to decide.

Every natural instinct in my body begs for protection. I am the parent, the grand parent. They are mine to keep safe. I have spent the best years of my life providing for them, fulfilling my role as best I possibly can as a flawed human

being. To have and to hold til...til death do us part.

With conflicting emotions, I choose to absorb her warmth and empathy, feel the healthy flow of blood that fills her soft hand squeezing my arm so gently I could cry.

She directs my attention to the children taunting and egging each other on until the youngest falls for their folly and stumbles into the pool. A chorus of laughter and admonishments follow, stabbing at my core.

I allow the salty betrayal of my strength to moisten my thinning skin and drip to my ill-fitting shirt. I don’t hide my personal ache any longer, the breaking of my heart. Because I have to choose, as this is my last.

I have to decide what emotions to set free, how my family will see me. The way I will be remembered once I have to leave.

So I choose honesty. Raw and brutal love in all of its forms. The gentle, the caring, the hard and the real.

I choose to show my love on my sleeve even though every instinct in my being demands that I protect them from my hell, shelter them from my truth. But if I do choose strength or stubbornness...then we all lose.

So I choose love, because I no longer get to choose life.

Read Sandra’s first novel, Maggie’s Five



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Things that make you go Hmmm!

When Debbie Lee joined Toastmasters, the last thing on her mind was standing before a group of people and leading them through the formal process of a meeting. Like so many others, Debbie joined with the aim of being able to stand before a group of work colleagues and make a confident presentation.

Being 'Toastmaster Of The Evening' means a chosen Toastmaster is given the opportunity to run the evening, introduce speakers, lead the applause following speeches and ensure that the meeting flows smoothly. Debbie readily accepted the role and admirably rose to the challenge.

This particular Toastmaster meeting was a "Speechathon". As the name suggests, the evening consisted of a series of prepared speeches, varying from the humorous "The Greatest Game of all", to the challenging, "It's all in the Mind". A fellow Toastmaster evaluates each speech and the speaker receives positive feedback and encouragement.

There were seven speeches for the evening and the audience was presented with a varied program of subject matter. It was an enjoyable evening for non-speaker Toastmasters, with the opportunity to listen to new and interesting speeches.

Serving as Toastmaster is an excellent way to practice many valuable skills, as you strive to make the meeting a success. It was Debbie's first time in this role and her performance was faultless. Perhaps the thought of a work presentation will not be as daunting for her now, following the opportunity to practice the necessary skills in front of a supportive and encouraging audience.



Debbie Lee Leads A Thought Provoking Meeting As Toastmaster Of The Evening

If Debbie's feelings of apprehension sound familiar, perhaps you could benefit from the Toastmasters Program.

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 our 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.*



Peppertree Hill Retirement Village Remembers

The loss of the 298 men, women and children on flight MH17 was on the minds of many people around Australia and the residents of Peppertree Hill felt compelled to either, join in a prayer session or sit in quiet contemplation, to express their grief on the tragedy that touched so many people.

The Community Centre lounge room at Peppertree Hill was transformed into a tranquil area of candles and inspirational books, as a tribute to the people lost. Two hundred and ninety-eight little tea light candles were spread, unlit, over the table to signify the lives lost. The area was set aside to allow residents a place to come together in the name of peace.

The week also commemorated the centenary of World War 1 and as many residents had either actively served in World War 2 or experienced it's devastation, it was a poignant time to remember that life is a gift.

Amanda Hart

Rowville Senior Citizens

We held our Annual General Meeting on the 8th August and a new committee was elected as follows:

- President: Anne Berg
- Vice President: Elizabeth Kuek
- Secretary: Dennis Moore
- Treasurer/Social Secretary: Sandra Goodwin
- General Committee: Allen Berg, Lyn Ingham, Vito Blangiardo, Irene Tan, Andrew Fong, Violet White, Jeff Lovegrove and Linda Bridal.

Our members are looking forward to another trip to Crown Casino for lunch, on the 8th September. It has always been a success in the past.

We welcome all new members who are 55+ years of age. You will find us a friendly, active bunch.

For enquiries, please call Sandra on 9758 7996 or 0402 811 789.

Anne Berg (President)

Mayor's Message

Spring is in the air and doesn't our green, leafy Knox look magnificent at this time of year? I for one am definitely looking forward to some warmer weather and I'm sure that I'm not alone with this sentiment!

Right now is the perfect time of year to get out and about in Knox. Rowville and Lysterfield have a number of scenic walking tracks which provide great motivation for getting out and about and keeping active.

Did you know a new walking group has just launched in Rowville for anyone looking to increase their physical activity or friendship network?

Knox Council, as part of its Healthy Together Knox initiative through Be Active – a VicHealth and Sport and Recreation Victoria funded program, has partnered with the Heart Foundation to bring new walking groups to the City of Knox to assist residents increase their physical activity.

As part of this program, everyone is welcome to join the latest walking group, the 'Rowville Amblers'. Simply meet the group at Kelletts Road Shopping Centre at 6pm every Tuesday and Thursday for a social stroll around Dandelion Drive.

Of course September is also a time for footy fanatics to find their voice. The Knox Community Arts Centre is hosting a footy sing-a-long with none other than Greg Champion himself. Visit knox.vic.gov.au/theatrebox for details on this event and more.

Looking ahead, it's very exciting to see preparations



With Sophie Burman at Taylor Ward reception 25/08

coming together for the ever-popular Stringybark Festival next month.

The 29th annual Stringybark Suburban Sustainability Festival is set to be another big day out for the whole family, with 30 free workshops for kids, activities from our incredible community groups as well as plenty of entertainment. Make sure you write it down in your diaries. It's on Saturday 18 to Sunday 19 October.

I hope you're inspired to get out and about and see what Knox has to offer this Spring.

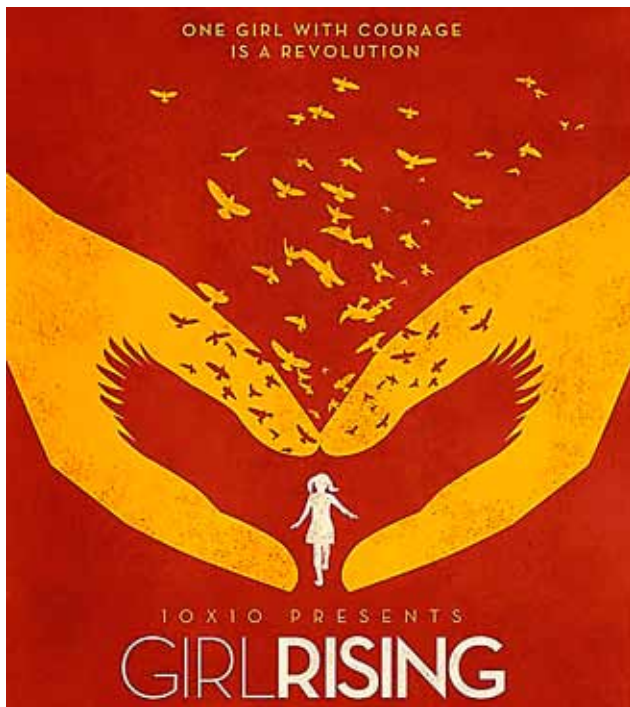
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<ul style="list-style-type: none"> 🌿 Green Pool 🌿 Regular Servicing 🌿 Casual Servicing 🌿 New Pool Handover 🌿 Party Servicing 	<ul style="list-style-type: none"> 🌿 Water Testing & Balancing 🌿 Insurance Services 🌿 Weather Services 🌿 Accredited SPASA Member 🌿 Equipment Changes & Repairs 		<ul style="list-style-type: none"> Pumps Cleaners Filters Chlorinators Heating Chemicals Spas Toys Accessories
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Achievers Page

Sponsored by Alan Tudge MP
Federal Member for Aston



Local girl, Mikaela Di Blassio, will be hosting a non for profit fundraiser in the theatre at the Eastern Campus of Rowville Secondary College, Humphreys Way, starting at 6.30pm on the 10th of October 2014 and invites residents to come along and see a screening of the film 'Girl Rising'.

From Academy Award-nominated director Richard E. Robbins, 'Girl Rising' journeys around the globe to witness the strength of the human spirit and the power of education to change the world. Viewers get to know nine unforgettable girls living in the developing world, ordinary girls who confront tremendous challenges and overcome nearly impossible odds to pursue their dreams. Prize-winning authors put the girls' remarkable stories into words and renowned actors such as Meryl Streep, Cate Blanchett, Ann Hathaway, Selena Gomez and Freida Pinto give them voice. The price of entry is \$10 and all monies go directly to girls



Mitchell Perry

As a follow up to last month's "Achievers Page" article on Mitchell, here is a report on the Interstate Carnival. The carnival was a huge success with Victoria winning the grand final. Victoria were the only undefeated side from the 8 competing teams and defeated Queensland by 11 points in the grand final. Mitchell played in 4 of the 5 games and played well in each of them. He played in various positions and played his role within the team structure exactly the way the coaches asked.

Achiever of the Month Jordan Munyard

At 14 years old, Jordan has a very impressive list of athletic achievements already. From 'All School Sports' to 'Little Athletics' and 'Athletics Victoria' he has an impressive array of winners medals and race records, at both 100 and 200 metres. He has run the 100 metres in 11.2 seconds and the 200 metres in 22.8 seconds. He has raced in almost every state and looks forward to the day when he can travel overseas and compete against sprinters from different countries.

Jordan was born in 2000 at the Valley Private Hospital in Dandenong to proud parents Alison and Brett. Mum, Alison, who is an Integration Aid, admits "I don't have a sporting bone in my body" but Dad, Brett, who is the Group Parts Manager at Wignall Ford, did run the same distances whilst at school. Jordan has a younger sister, Rebecca, who is 11 years old and attends Heany Park Primary School. She says "I run the 100 and 200 but also the 400 metres, so I'm a bit different to Jordan".

Jordan has lived in the same Rowville house all his life, whilst going the short distance to Heany Park PS and now St Josephs College, Ferntree Gully, where he is in Year 8. "If I have a favourite subject outside of sport it is Woodtech" he says. "But my ideal job after school would be as a PE teacher".

and communities in need around the world.

Did you know that girls with 8 years of education are 4 times less likely to marry as children! Also, 14 million girls under 18 will be married this year. That's 38,000 today or 13 girls in the last 30 seconds!

Mikaela Di Blasio



It was Jordan's footy coach who first recognised his speed whilst training with Rowville Hawks Junior Football Club. He was always way in front of the others in races for the ball, something that led him to join Rowville Little Aths and test his speed against boys of the same age. He has also played competitive football, volleyball and even tried his hand at high jump. Outside of school, his football career was cut short by injuries and although he played some basketball, his focus was clearly on running.

His training regime is all encompassing. "I train 3 to 4 nights a week but have homework to do as well. On the weekends I am always running somewhere" he confesses. Training can be lonely sometimes but he likes the chance to focus on himself and not be reliant on others. The exception to this is his admiration for his coach Mike Donato, who brings ideas from the training of former World and Olympic champion Michael Johnson. "His methods certainly get the best out of me" says Jordan.

"If I want to aspire to the heights set by my idol, Usain Bolt, it will cost money and to that end I am grateful to my sponsors Rowville Physiotherapy/Rise Health Group" he adds.

Jordan enjoys playing video games in his spare time, bush walking in Churchill National Park and watching football on TV, particularly his favourite team Carlton, with his cousins.

Jordan stated his father has encouraged him from the beginning to, "Set goals and have no regrets" I follow that to this day and no matter how I set those goals I never regret the result" he says.

At 14, Jordan has achieved a great deal, but my advice is to watch athletic meeting results in the future, even the Olympics, for the national anthem and Jordan standing on the dias, proudly wearing yet another medal.

Interviewed by David Gilbert

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Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

MEMORY LA

1984

Bernie Seebeck retired from Council after 33 years in local government. “**Bee Swarms Removed**” was an advertisement placed by **Lester Wood**. Is there a call for your services these days? Council announced their “**Home Handyman Service**” for pensioners and single mothers, which didn’t include gardening or tree lopping. Is the service still available? **John Raymond** resigned as captain of the Fire brigade after 12 years in the job. The incoming captain was **Bruce White**. Council advised the MMBW that their application for a Display Village on the corner of **Timbertop Drive and Stud Road** had been refused due to increased traffic problems.

1989

A long letter to the Editor from **Horst Eberius**, questioned why the Council excluded certain groups that needed to place lines on the floor, like his proposed badminton club, from the Community Centre. The Council responded that badminton was already played at St Josephs Hall FTG!! With amusing trepidation, **Jacqui** took over editing the ‘**Kids Page**’. What are you editing these days Jacqui? The **Council branch office** at Stud Park was opened with **Don Lloyd** it’s first manager. The **Uniting Church** unveiled their new banner in the design of a peppertree, which still hangs in the church. Council approved a plan for **Boral Quarries** to erect a temporary crushing plant and relocate the existing one on their site. The State Government validated an earlier agreement that would allow, amongst other criteria, the quarry to operate for a period of 50 years.

FROM THE ARCHIVES

1994

In readiness for the Stringybark Festival, workmen were installing a barbeque and pergola in the **Bluey Tongue Playground**. Rowville/Scoresby Ward councillor **Tom Blaze** was elected as the new Mayor. **Lauren Spark**, a Park Ridge PS student finished fourth in a Karate Festival in Hawaii, winning the ‘Kumite’ event. Do you remember it Lauren? A once 15 stone postman, **Fred Blackman**, started running marathons in 1983, has now completed 47 and aims to run 100. Did you make it Fred? After a long hard 12 months resident **Edmund Williams**, in conjunction with Sherbrooke Council, managed to return the Lysterfield “**Avenue Of Honour**” back to it’s former glory. Lysterfield Primary School held their first “House And Garden Fair”, offering local businesses special exposure.

1999

After seven years at the helm of the **Community Centre** and seventeen years working for the Council, **Marilyn Duerr**, decided to retire. What are you doing today Marilyn? Continuing their involvement with ISSE, **Rowville Primary School** hosted eight Japanese students and two teachers for two weeks. Who remembers that visit? The **Uniting Church** hosted **ROWDY (Rowville District Youth)** an event that featured bands, multimedia presentations and special lighting. Meanwhile, Rowville **Baptist Church** welcomed more than 150 secondary students to their **ROWvival Youth Ministry**. Are these two clubs still alive? Following a 250 signature petition, **Councillor Chris Pearce** announced that the **Eildon Reserve skate park**, which had attracted vandals and undesirable people, would be fully removed within the month.

2004

The **Rowville CFA** commissioned their new Type 3 Urban Pumper, which holds 2,000 litres. **Lysterfield Sailing Club** received a \$13,508 grant from the State Government’s Boating Safety and Facilities Programme, which go towards purchasing specially designed sailing boats and equipment to help people with disabilities. Have you still got the boats Brian? The **Lions Club of Rowville** received a Small Equipment Grant to help fund a new tent for fund raising activities. Is it still in use? After a goodwill visit by three teachers and three students, **Rowville Secondary College** formed a sister school relationship with **Motoyama Junior High School** in Japan and agreed to a reciprocal visit in 2005. Did you go?. The **Rowville/Lysterfield Bridge Club** tried a Wednesday evening session to accompany their Tuesday morning sessions and were gratified by the big attendance. Are you still playing?

2009

The **Rotary Club of Rowville** started raising funds as part of Rotary International’s commitment to raise \$200,000 to match the Bill & Melinda Gates Foundation pledge of \$250,000 to help eradicate polio from the four countries where it still remains. The ‘Cuppa & Craft’ group within the **Life Activities Club** donated hand-made blankets to missions and villages in PNG as part of the “Wraps For Love” organisation. Knox Council approved funds for an office extension at the **Rowville Neighbourhood House** (Now RNLC). Author **Sara Hardy** gave a talk at the **Library** about the life and gardens of Edna Walling which is recorded in her award winning biography “The Unusual Life Of Edna Walling”. Humourist and Herald Sun Columnist, **Kerry Cue**, was guest speaker at the 1st birthday of the **Knox & District Over 50’s Club**. Was it a fun party? **Jacob Richardson** was named ‘Best Overall Boy’ for the Knox Cross Country season. Are you still running Jacob?

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Hairspray

Kacey, Julia, all the actors, production team, backstage crew, set and costume people and everyone involved...you've done it again. What a terrific production. I don't think I've seen so many young performers on stage at the same time, all perfectly together and so clearly enjoying themselves.

From the opening number "Good Morning Baltimore", probably my favourite song from the show, to the footstomping finale "You Can't Stop The Beat" it was a first class, captivating performance.

If I had to single out a performance, Hamish Kerry as Edna Turnblad was faultless and the powerful 'coloured' voice of Ashlee Andrews as "Motormouth Maybelle" had to be heard to be believed. And what about Alysha Browning in the starring role of Tracey Turnblad. Fantastic. Don't ever lose that smile Alysha, it's infectious.

If there was one very small criticism, it would be the lack of boys in the chorus, but if they don't put their hand up I suppose you can't force them. However, it didn't detract from an evening to remember, yet again.

Everyone connected with the show can be justifiably proud of their achievement and all you've done is make it harder for next year's team to raise the bar to new heights.

To all those Rowvillians and Lysterfieldites, who didn't go...You don't know what you're missing.

David Gilbert



It's on! Our renowned annual Hip Hop Concert is back on Friday the 19th of September. This exciting event, showcasing the dance talents of our local youth, under the tutelage of the amazing Jayde Robertson, is a highlight of our calendar, so be sure to purchase your tickets early.

This September also sees our members gather to celebrate yet another successful year of Rowville Neighbourhood Learning Centre's serving the community at our Annual General Meeting, which will be held on Friday the 5th of September 12pm – 12.45pm. All members welcome.

RNLC is proud of the growth in participation in our Learn Local courses where participants can develop new skills, update existing ones, or explore a range of interests. We're also thrilled that an increasing number of community members are joining the wide variety of social activities,

which offer fun and social interaction in a welcoming environment.

Providing opportunities for those within our community to learn and experience new things is an important part of our mission. With Adult Learners Week from the 1st September – 8th September, come along, have a chat and discover what's on offer. We'll be at the Stud Park Shopping Centre on Tuesday 2nd September and Thursday 4th September.

Rowville Neighbourhood Learning Centre offers something for everyone and gives you the chance to become an active part of your community. Explore something new or just connect with others. Our Term 4 Brochure is up on our website, check it out on www.rowvillenc.org.au or call 97641166 for information.

Julia Tasker



Watch out for Worms

We all know our pets can get worms but did you know that those worms can be transferred to your family?

There are four main types of intestinal worms that can infect our pets. These include roundworm, hookworm,

whipworm and tapeworm. Worms are easily picked up by pets through pet to pet contact, faecal contact or exposure to fleas. Once the worm eggs are ingested they will mature and then your pet will shed eggs in the faeces. Eggs are sticky by design and can easily adhere to the fur and can be found in the mouth.

These sticky eggs can then be transferred to us if we pat the pet and inadvertently touch our face, or get a friendly lick from our much loved pooch. Worms can cause sickness in our pets, but they can cause even more trouble in people. This is because most worms are species specific and will act abnormally in a different host. In humans, worms can cause skin irritations, diarrhoea and even cysts in your liver, brain or eye.

Unfortunately there is no fool proof way to prevent your



pet from getting worms. This is why regular use of a broad spectrum paraciticide is essential. We recommend worming your pet for intestinal worms every 3 months for life. Animals under the age of six months require more regular dosing, so ask your vet for more details.

In conjunction with regular worming it is important to take care when handling your pet, to reduce the chance of contamination. Good hygiene is important. Wash your hands after touching your pet, remove faeces from the yard

and never allow your pet to lick your face. By taking these simple steps, in combination with regular worming, you can help prevent worms becoming an unwelcome visitor in your home.

For more information or advice, please contact the friendly team at Greencross Vets Stud Park on 03 97636088

Darren Kirk

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Rowville/Rowville Lakes Little Athletics

The Cross Country season is officially over, and Little Athletes are either resting, or preparing for the track and field season ahead. We've also enjoyed watching some of Knox's ex Little Athletes competing in the Commonwealth Games. Knox Cross Country Championship Day was held at Jells Park North in August. Multiple local runners won their races or placed. Congratulations to gold medalists Milan Keogh and Tess McLeod who won the girls U6 and U13 respectively. In the boys, Tyler Walther, Joel Stapleton, Dharam Deol, Byron Browne and Zac Ryan each finished first in their age groups. What a great effort!

Sisters Grace, Monique and Simone Louey, and Hannah and Holly Hodges all won silver medals, while Kelsie Ternes picked up bronze in the U8 1Km. Luke Epps was second in the U7 boys, Rory Jones in the U9s and Joshua Jensen in U10. Mitchell Penreath, Ben Noonan and Oliver Blackburn all finished third in their age groups.

Several of these competitors also had a run at State Championships held at Bundoora Park. Two of our top finishers were Tyler Walther, twelfth in the U7 invitation 1,000m, and Dharam Deol who placed sixteenth in the U11 2,000m.

Knox End of Season Awards



Congratulations to Rowville Lakes athletes Harrison Chapman (U6), and Lana Kitteringham (U15) who were awarded Best Overall Cross Country Athletes for Knox in their age groups. Rowville runners, Tyler Walther, Joel Stapleton, Dharam Deol and Zac Ryan won in U7, 9, 11 and 16. For the girls, Tess McLeod, and Simone Louey also took top honours

for their age groups. Joel Stapleton and Dharam Deol tied with another Knox boy for the Cross Country Shield, while Holly Hodges took home the Stewart Findlay Award.

New Track And Field Season Starting Soon

Come and join us for Track and Field at the Knox Athletics Track Bunjil Way, Knoxfield.

Registration Day: Saturday September 6 from 9am **Try Out Day** Saturday September 20 at 9am **Season officially commences** Saturday 4 October at 8:30am sharp. Boys and girls aged 5-15 years are welcome at the Knox weekly program and ALL abilities are encouraged to participate. All Rowville and Rowville Lakes registered athletes have the opportunity to attend the EMR coaching camp to be held at Alexandra on Fri14-Sun16 November for U12-15s, and Fri28-Sun30 November for U10-11s.

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

*Thanks to KLAC photographers.
Rosemary Merrigan*



The Delighted Under 9s After Their First Win

Knox United Soccer Club

Our Under 9s coach, Scott, and the whole Club is thrilled to report that our Under 9s with only one of the 11 players having ever played the game before this year, recorded their first win yesterday. This is why we love what we do at Knox United SC. Focus has been on very basic skills only (no game structure as yet). In the last 6 weeks they have gone from an 8-1 loss to taking the same team to a 4-4 draw, through to today's 3-1 win. From the four amazing girls on the team, who would put most under 12 boys to shame with their ability and dedication for a full match (challenge boys), to the boys who are all finding their niche in the team they all gave 100%+.

Our two smallest players just don't stop and one of them would put Lucas Neill to shame, as he never gives up and won't let any player he is on within 15 meters of the goal line. They are a joy to watch and we encourage people to get down and watch these kids, they really do make the club proud and take their team as family to another level.

I was particularly proud of the way the boys stuck up for the girls in a very rough match. It's not only about winning, it's about 'the team and working together. Thats Knox United!

Felice Lomuto



Photos: 50 Game Medallists



"Still Doing it for the Kids"

With all of the 2014 Home and Away games now played, the club would like to congratulate all players for their outstanding efforts and exceptional behavior for the season and would also like to acknowledge and thank the many parents, supporters and volunteers that have contributed to the huge success of the club for season 2014.

This year we have enjoyed Crime Night, The Ladies Wine tour, Dad's Day, The Gala Dinner, Anzac Medals, Weekly Medal Presentations, Baz's Challenge & the Huge End of Season Presentation Night.

The Club supported Juvenile Diabetes and Beyond Blue and was able to donate \$1000 to the Blue Ribbon Foundation, a fantastic effort from a little not-for-profit Footy Club! The club has also bagged a visit from the Hawthorn Football Club for their support of Beyond Blue, which will be scheduled for 2015, so stay tuned for details.

A very big well done to all of our junior footballers and congratulations goes to our U12s and U13s who were lucky enough to compete in the finals series.

Well done to Aaron Hoffman for reaching his 50 game milestone and to all other players that celebrated milestone games along the way. Your commitment to your footy and the club is to be commended.

Now in its eleventh year, the RHJFC continues to promote a healthy lifestyle for kids, in a safe family friendly environment, where the kids can hone their football skills whilst making some great friends along the way! The Club has many exciting things planned for 2015, with regular updates being posted on our website www.rowvillehawks.com.au.

"Locals Team Up To Promote ALL GIRLS Australian Rules Football Competition"

In support of its junior members, RHJFC will embark on

an all girls program for 2015. We are very excited about this new venture that will not only give its existing participants the opportunity to continue playing Australian Rules Football with the club, it will also provide the opportunity for other girls in the Rowville area to play our great game in an 'all girls' competition, within their local community. One coach has already been appointed for 2015. We anticipate interest from girls with varying skill levels from those that can already mix it with the boys, those having done Auskick and those that have never player before. Your starting point is not important, all that matters is that you want to give it a go. So grab a friend, come on down and be a part of our inaugural 'All Girls' 2015 squad.

Enquiries should be directed to footy@rowvillehawks.com.au or contact RHJFC Vice President, Rory Anderson, on 0439 629 925.

Trish Anderson

SPORTING ROUNDUP



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

Lysterfield Junior Football Club

2014 has been another successful year for the Lysterfield Wolves Junior Football Club. Of the five competitive age groups, three sides made the final series in their respective grades and **our Under 11D side took home the Premiership.** Following is a summary of each team's performance for the year.

The **Under 15s** were looking to improve on their third place / Semi Final finish of last year. With an expanded list of 26, up from 20, and some Dec/Jan boot camp and good pre-season under their belt, they started with a win in round 1. But with a loss in round 2, it looked like it might be tough. However, the boys pulled together to finish the home and away season on top of the ladder with 11 wins and only 2 losses. Unfortunately though, like last year, the team could not take the good form into the finals and lost the Semi Final to Rowville and the Preliminary Final to Blackburn, going one step closer than last year!

The **Under 14** team was promoted to play in A grade this year after going through last year undefeated Premiers in B grade. It proved to be quite a challenge and the improvement throughout the year will have the boys well prepared for next season. The team finished 6th on the ladder.

The **Under 13s** had a great year, taking a giant leap forward to make their first finals campaign. The team's development throughout the year was a direct result of the hard work and dedication of all the boys. With 8 wins, 6 losses and a fourth place finish the boys were keen to make an impact in the finals. After a great win in the Elimination Final against St Simons, we met Chirnside Park in first Semi. Whilst the boys



played a great game, we were not quite good enough on the day.

The **Under 12s** moved up into C grade, having been runner-up in D grade in 2013, a year in which the team lost only one home and away game. The 2014 season proved to be a more challenging year and the team did not make the finals. We enjoyed strong numbers in the team this season and look forward to all players returning in 2015 as we embark on the Under 13 season.

The **Under 11s** were very excited about playing their first season of competitive footy this year. After 8 weeks of pre-season training the boys were ready for the season proper. The Wolves finished the home & away season on top of the ladder with just one loss, securing them a place in the finals.

After a loss in the Semi Final, they bounced back to win the Preliminary Final. They met East Ringwood in the Grand Final and played an outstanding game of football, with each and every boy contributing to the result. Congratulations to all the boys and all those involved with the team.

The **Under 10s** showed some great improvement over the season. With the introduction of tackling for the first time the boys adapted extremely well. The main aims for the year were to improve the boys' basic skills such as kicking, marking and handball. They also focused on the fundamentals of the game such as reading the play, positioning, teamwork and creating options through work rate. It was really pleasing to see the improvement across the whole team and with the limited number of players available for some games, the overall effort and attitude of the boys was fantastic. It was a great preparation as the team moves into competitive football next year.

The **Under 9 Grey** team worked hard on fast flowing football throughout the year which caught a lot of teams off guard. The boys had a dominating year with the biggest highlight being having every boy kick a goal in the season. The teamwork and mateship was outstanding.



The Victorious Under 11D Team

Under 9 Teal: 2014 was going to prove to be a big challenge for our boys, playing in the 9A division which was new territory for us. Our list changed a bit this year and we were fortunate to pick up 6 new boys who really helped mould our side into what it became. We played 13 regular games during the season in which we outplayed the opposition in 11 of those. The team also narrowly missed winning the Lightning Premiership in April. Our improvement during the year was significant. The boy's commitment to improving at training and taking that into game day was magnificent all year. Their ability to listen to instructions and play as a team and not individuals at this early age is a reflection on the character of all the boys and something the parents should all be very proud of.

Under 8 Teal & Grey: Once again we fielded two Under 8 sides this season with 33 boys in total. Over the course of the season it was pleasing to see the improvement in each & every player's skills and by season's end both teams were playing some great team footy! We focused heavily on playing in the under 8 spirit and the boys really enjoying playing footy together. The boys are now eagerly awaiting the start of season 2015!

All in all a great season of football by all involved in the Club and we are now looking forward to season 2015.

Registrations for season 2015 will be open for new players from 1st Sept 2014. We are seeking new players to join the Wolves in all Age Groups from U8s to U17s. Simply go to the web site to download a registration form www.lysterfieldjfc.org.au or call Rohan Young on 0412 377 866.

Tanya Carroll

Waverley Golf Club (Bowls Section)

Special Bowling at Waverley Golf and Bowls Club

Members of the Bowls Section at Waverley Golf Club recently hosted a group of 20 students from Springvale Park Special Developmental School. Over seven weekly sessions, these young students under the guidance of their teachers and eight bowls club members enjoyed a new experience in the game of lawn bowls.

In return, bowlers from Waverley Golf Club were privileged to be taken on a guided tour of the new school and then to have afternoon tea with staff and students. It was a fantastic experience to meet again with those students and talk with them about their wonderful school and facilities. The new campus is purpose built and very well equipped for its specialist role.



A Happy Group Of Members And Students.

It was great to see the students again in their school environment and to catch up with them and talk about their school programs and their bowling experiences at Waverley Golf Club.

The students worked very hard at learning new skills in a new sport. The program was a very positive one, and a rewarding and memorable experience for all involved.

John Noble Secretary



A Student Bowling to Instructions.

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Bookings are essential and numbers are limited!.

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at the Rowville Community Centre

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or go to: www.rowvillegroupfitness.com.au

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The first weekend in August was extremely busy for some of our best swimmers. Head coach, Peter Howes, ventured to Canberra with six swimmers from our top two squads, to compete in the ACT Short Course Swimming Championships at the AIS. For all six athletes, Lachlan A (15), Cameron A (13), Grace D (14), Sandra M (21), Blake P (13) and Caitlin W (12), this was their first opportunity to compete at the Australian Institute of Sport. The weekend was a great success with the majority of swims being personal best times. The stand out performance over the two days, came from Caitlin Williams, who was able to swim a personal best time of 33.67 in her 50 metre Freestyle, securing a silver medal in the Intermediate Division.

The same weekend (yes, we were competing in two states on the same weekend) our qualified younger and open swimmers, competed in the Victorian Open and Under 12, Short Course Championships. Well done to William B (11), Ethan C (11), Alicia M (11), Karsha (11) and Keely (16) on qualifying to swim at state (SC) level. SSC had many PBs throughout the weekend and the club finished off with 4 event finalists, in the Top 10, Ethan in 200 Breaststroke, 200 Individual Medley, 200 Fly and Keely in 1500m Freestyle. These standout performances were supported by multiple top 15 placings, by William and Ethan along with Alicia and Karsha cutting seconds off PB times. Great achievement and experience from our SSC swimmers, and keep up the great



Caitlin With her Silver Medal



The team At The AIS Canberra

swimming!

Early September sees a small group, of the 13-17 year olds, battling it out in the Victorian Short Course Championships. There are also a number of inter club activities on, to finish off the term and short course season. We are very proud of our swimmers and wish them all the best of luck.

If you are interested in joining Swimland Swim Club contact SSC via email secretary@swimlandswimclub.com for more information. Over east we train out of PSS Rowville (Rowville

Secondary College – Western Campus), PSS Narre Warren, PSS Carrum Downs and Noble Park Aquatic Centre.

Jodie Browne

Rowville Football Club

Kurtis Flakemore - For the Love of Rowville Football Club



Community Football Clubs depend on Volunteers and it is Volunteers who make a difference. If every member or supporter did one thing to help the club then we would have 800 people making a difference! One Member who identified an opportunity and just did it is Kurtis Flakemore and the Club is better for it. Kurtis became aware of the opportunity to get some equipment for the club through a Gatorade program where you collect labels and redeem them for Gatorade equipment and products.

Kurtis didn't tell someone else they should do it, he just did it himself and went on a mission to get as many Gatorade Labels as he could. The result you can see for yourself, the club has over \$1500 worth of equipment and product. Kurtis plays in our Under 13s and stepped in in Round 2 when the EFL Boundary Umpires didn't turn up for the Reserves Match and Kurtis ran the Boundary. Everyone at the club thanks Kurtis not only for the Equipment and Product but for the example of making a difference for the love of the Club!



Kurtis with the Gatorade Equipment and Product he got for the Club

Waverley Golf Club Golf Premier League

The 2014 Golf Premier League season concluded on Saturday 9th August, with an exciting Grand Final and Knockout Final. Played over a 12 week season, members formed their own teams and contested a home and away series. At the conclusion of the season, the top four teams from the two divisions progressed to the finals series. The remaining teams progressed to a knockout finals series.

In the spirit of the AFL Season, a Waverley (Brownlow) Medal was awarded to the best player throughout the season. Members were treated to a power point presentation with great suspense and anticipation as the votes were read. Congratulations to Steve Daniel the winner of the Waverley Medal with 16 Votes, with the Runner Up being Club Captain David Young, who was pipped in the last round, with 15 Votes. In the Knockout Finals, 'Getkam' posted a strong score of 97 points to defeat the 'Swingers'.

To conclude a popular season, the Grand Final was contested by the 'Panthers' (Vince Schiano, Jim Fotiniotis, Joe Cetaro, Peter Norman, Peter Barnes and Shane Barnes)

and the 'Legend Beaters' (John Cure, Ron Beattie, Lou Di Fede, Brian Moiler, Eric Hukowskyi and Andrew George). With both teams in hot form, the final was decided by a high scoring, quality contest. Congratulations to the Panthers, 2014 Golf Premier League Champions! The Panthers recorded a strong victory with 103 Points. We look forward in anticipation to next year's season scheduled to begin in May.

Upcoming Events

There is plenty on the social calendar at Waverley Golf Club with the following events scheduled:

- Holden Scramble (Sunday 21 September) – Winners have the opportunity to progress to the National Final! Non-Members and Visitors Welcome.
- Grand Final Eve Luncheon (Friday 26 September) – Guest speakers include, AFL Legend Terry Wallace, Horse Trainer Ciaran Maher, Touring Car Driver Paul Dumbrell and a Celebrity to be advised. The luncheon is only \$100 inclusive of a 3 course meal, beverages and entertainment. Non-Members and visitors welcome.
- Corporate Partners Challenge – Held over 6 weeks on a Tuesday evening (October to November). Entry for

- teams of 4 players (can nominate up to 8 people) is only \$200. Great Prizes and nibbles provided. You can choose between golf or bowls. Network with local businesses, in a relaxed and fun atmosphere.
- Ladies "Give Golf a Go" Beginners Clinics – Held over five Sundays in October and November for only \$99.

Waverley Golf Club (Home to the Victorian Junior Masters), currently has opportunities for Golf and/or Bowls membership. Non members and visitors are welcome to utilise the club for just Green Fee access and private and/or corporate functions.

Matthew Taylor General Manager

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Eildon Park Cricket Club

A Second Registration Day Due To Huge Demand

With the start of the new season coming up in early October, we commenced with our Junior Registration day on Saturday 2nd August at Eildon Park Clubrooms. This day was very successful with over 60 players registering for the new season, including many new faces.

We have also had a number of players registering online at the mycricket website.

Following such a successful morning I began receiving calls and emails from parents who were unable to attend wanting to know if they could still register and how they go about it. We have therefore decided to hold a 2nd Registration day on **Thursday 4th September from 4:30pm – 6:00pm** at



the clubrooms on the corner of Eildon Parade and Tyers Rd Rowville.

If you are unable to attend this registration day, remember you can always register online or contact me on 0409558639 or by email amrrob@bigpond.net.au and I will arrange to have the registration papers sent out to you.

For those with younger children, the Club will again be hosting the 'MILOIn2Cricket' program. For further information please go to mycricket.cricknet.com.au and search for Eildon Park or you can contact me.

We have had many familiar families return and have welcomed many new families into the illustrious ranks of Eildon Park Cricket Club. It is never too late for you to register your son (or son/daughter for MILO Cricket) to play one of the most rewarding games there is in our glorious land...CRICKET!

We are well on our way to another successful season at Eildon Park.

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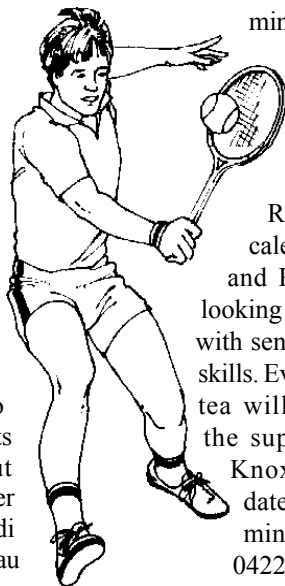
Robyn Jones Secretary

Rowville Tennis Club

Hot Shot League

Competition On Mini Courts

Rowville Tennis Club will be running their own internal official Tennis Australia 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 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



bouncing balls can become a whole new tennis game! Rowville Tennis Club, with their "First in the World"

mini courts, will be the first to introduce this game to Australia during Seniors week 5th – 12th October, in conjunction with Tennis Victoria, as well as during the whole month of October for the Knox Seniors festival. *Mini Seniors Tennis* at Rowville will be on the Seniors Festival calendar that is sent to 270,000 Victorians and Rowville President Sandi Dawson is looking forward to the mini courts being filled with seniors, trying out or reviving their tennis skills. Events including coaching and Devonshire tea will be free during October, thanks to the support of the Victorian Government, Knox Council and Tennis Victoria. For dates and more information go to: www.miniseniortennis.com.au or call Sandi on 0422848356

Sandi Dawson

New! Tennis For Seniors

Is tennis getting a bit hard for you as the years roll on? Are injuries looking like retirement from the tennis court getting closer? Well there is a new type of tennis for seniors that are all about fun, fitness and friendship. Whether you are a lapsed tennis player or someone who is brand new to the game, a smaller court, lighter racquet (optional) and slower

Is This True?

On old sailing ships the brass triangles, that supported stacks of iron cannon-balls, were called monkeys and in cold weather the brass contracted more than the iron, causing the cannon balls to fall off. Hence the phrase 'brass monkey weather', or the more coarse version, 'It's cold enough to freeze the balls off a brass monkey'.

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We're getting down to the pointy end of the season now and for the Rowville Netball Club this means Finals! Out of our 31 competitive teams we have had 25 make the cut this 'Winter Season', so there is plenty of maroon and gold to cheer for!

Grand Final day this year was on Saturday August 23rd, with various age-group finals running through the day. A full report on the results will appear in next month's article.

Wrapping up this season, also sees the club hold their annual junior and senior presentations. It is a great event every year at the Mulgrave Country Club for those involved. We will announce the winners in the October issue of the RLCN.

Now, while we're winding down to the end of our competitive season, it doesn't mean that netball for 2014 is over! Far from it! Spring season commences Saturday September 6th, so there is only a short turnaround. This shorter, faster (and hopefully sunnier!) season will run through until December 16th.

With the new season about to commence, we're always looking for more umpires! If you're interested in umpiring during our Saturday Spring competition, please contact Umpires Coordinator, Fiona Iles, on 0419 640 863.

As of August 25th uniforms will be available from the Rowville Secondary College Sports Precinct. Please contact Uniform Coordinator, Janet Hansen, on 0400 924 438 for more information.

In the last edition, we told you that this year was our big 50th celebration! Now we're pleased to announce that our fantastic half-century party will be held at The Jump Factory, just off Wellington Road in Rowville. The date for the big event is Saturday November 15th. Please spread the word to all your friends and family! If you know anyone who has been on the RNC committee in the past, or someone who has been connected to the club at some stage and would like to attend, please contact President, Jackie Deane, on 0418 321 144.

A big thank you again to all of our proud sponsors- we're always looking for more! No business is too big or too small. If you are interested please contact Grants and Sponsorship Coordinator, Grant Atkinson, on 0418 358 848. Maddi Vantarakis



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

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Chiro-Practicals

What is real?

One of the lines in the first Matrix movie asks the questions. What is real? How do you define real? The answer from Morpheus, one of the key characters, is "If you're talking about what you can feel, what you can smell, what you can taste and see, then 'real' is simply electrical signals interpreted by your brain."

While the plot from the movie is that, what people were experiencing everyday were artificially created for them,

the truth is very much as Morpheus stated. What you experience every day are sensory inputs in the form of sights, sounds, tastes, smells and touch, that are converted into electrochemical signals that pass along nerves to your brain, where it is interpreted, based on prior learning and experiences. This is one reason why any two people will have different versions of a shared experience, because no two brains will have developed in the same way. Just another example of how special and unique we all are.

A sense that doesn't get much recognition is that called "proprioception". It's the ability for your brain to know where each body part is, if and where it is moving and the tension that it is under. Many of the receptors that provide

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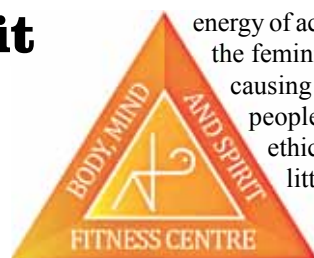
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Balance

We live in a time where there is little encouragement for paying attention to our body's natural energy levels and giving it what it needs. So often when we are really tired, we ignore our longing for rest, instead filling our bodies with caffeine, sugar and other stimulants to create a false sense of energy. When we're overstimulated and want to relax or draw inward, many people turn to overeating, alcohol, or drugs to slow down. In the modern world, the masculine and feminine principles of life are out of balance: The masculine



energy of action and expression too often overrules the feminine energy of wisdom and acceptance, causing increased stress in our lives. So many people have taken on an imbalanced work ethic, at the expense of pleasure and afford little time for enjoyment or relaxation.

Our lives give us plenty of opportunities to express ourselves and be active. We need to make sure we complement this

with relaxation and receptivity.

Harmony requires balance. How do we get that balance? Yoga!!! Yoga offers us a different choice: to listen to what our body requires and to truly nourish ourselves, using appropriate asanas (postures) and pranayama (breathing) practices to create more energy or relaxation. Once we've done that, we can get a taste of our true personal power.

Give it a try; you might be pleasantly surprised at how much better you feel.

Donna Jordan

Health & Wellbeing



Articles contributed by Rowville Physiotherapy and Rowville Sports Medicine

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

Physiotherapy 9763 9233 Sports Medicine 9763 3944



Why See An Accredited Practising Dietitian?

Just as there is a lot of misinformation about nutrition, there is also a lot of confusion about who should you see for expert nutritional advice. An Accredited Practising Dietitian (APD) is a health professional specializing in food, nutrition and health. An APD has gone through rigorous scientific and clinical training in the university for at least four years, with some continuing to complete further studies to specialize in a specific area. A Dietitian is also a Nutritionist, but a Nutritionist is not always a Dietitian.

APDs are the only recognized health professional under Medicare to deliver medical nutrition therapy in Australia. This means that when you see an APD you can be assured that the advice you are getting is credible, with evidence based recommendations. Since an APD is a recognized allied health professional, you can claim a rebate on some of the fees from Medicare, if you are eligible.

Dietitians help people on a wide range of issues, including:

- Weight issues – weight gain or weight loss.
- Metabolic health – reduce cholesterol, reduce blood pressure, improve glucose tolerance.
- Chronic diseases – Diabetes, renal failure, liver disease, inflammatory bowel, cancer
- Nutrition support – iron deficiency, malnutrition
- Sports performance – training and race nutrition planning, hydration.
- Food allergies / intolerances – gut problems, IBS, identify problem foods.
- Children's nutrition - managing fussy eating, childhood weight problems.

For nutrition and dietary care, do not lower your standard. Look for an Accredited Practising Dietitian. At Rowville Sports Medicine Centre, the Dietitian specialises in weight management, sports performance and food intolerances. She also holds further qualifications in public health nutrition and is involved in research on infant feeding practices.

Konsita Kuswara APD

Move With World Physiotherapy Day

Physiotherapists are experts in treating and improving pain, movement and function. We have an advanced knowledge of the human body and how it moves. We want every person to be able to enjoy their everyday life to full potential and educate them on how to stay healthy.

Physiotherapists can be found working in a variety of settings, from the sporting field, to private clinics, to hospitals and rehabilitation centres plus more!

Common conditions and areas that physiotherapists are able to help in include:

- Sporting injuries
- Neck, back and joint, muscle and nerve pains
- Chronic and complex pain presentations such as complex regional pain syndrome
- Rehabilitation following surgery
- Performance enhancement ie run faster, jump higher
- Neurological conditions such as stroke, Parkinson's disease, and spinal injuries
- Women's Health, including pre- and post-natal pain and incontinence
- Cardiorespiratory conditions like heart disease, and breathing problems
- Degenerative conditions such as arthritis, osteoporosis
- Paediatric and developmental problems

World Physiotherapy Day is on September the 8th, and we would like to welcome you to help celebrate the important role all physiotherapists play in the community. We are encouraging all individuals to improve their health and well-being through exercise. At our new state of the art Functional Training and Rehabilitation Centre, we offer a number of different forms of exercise and rehabilitation suited to every individual. This new centre is located at the Rowville Sports Precinct (Humphreys Way) and we encourage those seeking a healthier and active lifestyle to come and have a go!

Please call Rowville Physiotherapy on 9763 9233 for more information.

Nick Leenheers – Physiotherapist

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this information to your brain are located within the deep muscles, ligaments and tendons of your back and neck.

The brain connections that these messages create as we develop through childhood, become integral to the development of other capacities.

New research is showing that when spinal joints become dysfunctional either from physical stress or postural deviations, that inadequate information or even misinformation is received by the brain, which can then impact how it processes other information. I often see people who present with neck pain or headaches that also talk about having brain "fog" ie. not being able to think clearly.

Chiropractic adjustments are about restoring normal movement to your spinal joints so that your nervous system can do what it does best – create your clearest possible reality.

Dr Frank Whelan



Focus On Families – Managing Stress

Family life can be demanding. Add to this career, work and financial pressures. Then there's day to day hassles like traffic, queues, unwanted interruptions and distractions. It's no surprise that sometimes we feel overwhelmed. All that stress is unhealthy for individuals and relationships.

Stress management involves finding a balance between the demands being placed on you and the resources (physical, psychological, emotional) you have available to meet those demands. Most people focus on trying to reduce the demands

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in order to keep the balance tipped in their favour.

However, if you're able to keep your resources in excess of the demands, you'll be less affected by the stress in your life.

Here are some 'resource boosting' stress management strategies for you to consider.

○ **Physical activity**

This might be the last thing on your mind after a long and difficult day. But, the truth is exercise helps to increase your blood flow to the brain and heart, boosts your energy and revives you. Try a brisk walk, jogging or cycling, or a short workout in the gym if you prefer. Some simple stretching and breathing exercises throughout the day can also help.

○ **Meditation**

Meditation is among the best stress reduction tools you can learn to use, as it aims to relax and calm the mind. Sit in a quiet area at home, put on some soothing music, close your eyes and try to just focus on the music and clear your mind of clutter. There are plenty of guided meditations available on CD or for download. Check at your local library to find some to try out, or head for your local music store, or go online to get a copy for yourself.

○ **Write**

When you're feeling stressed, try writing down what's causing you to feel this way. Writing things down will help you to get a breakdown of everything you are feeling at the moment, then while reading it back to yourself, you'll more than likely get a better understanding of the reasons for your tension and be able to think about the challenges more clearly and practically.

○ **Eat a healthy diet**

Stress is exacerbated by poor eating habits. Make sure you're keeping your energy levels up by eating healthy, fresh food (avoid processed and fatty foods) and drinking plenty of water. Avoid excessive alcohol consumption and caffeine. It can be helpful to eat smaller meals more frequently to help maintain peak performance.

○ **Get plenty of sleep**

When trying to meet the demand side of the stress equation, losing sleep time might seem like a good idea in order to squeeze an hour or two more into the day, to get those extra tasks done. Wrong. Sleep is as important to our wellbeing as air, water, and food. Go without and you will function at a lower level, make your body work harder and ultimately feel more overwhelmed by less demands.

○ **Say No**

Remember, it's okay to say no. When you've reached your limit, accept it and say no to any extra demands. Taking on more than you can handle will ultimately lead to more frequent and intense stress symptoms.

If these stress management tools aren't getting results, have a chat to a professional to develop some personalised strategies. 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 Monday or Thursday. After hours appointments are available.

Andrew Hacker

(BA; Grad.Dip.Appl.Psych) Clinical Counsellor



Alan Tudge Writes

Rowville Tennis Champion Heading To The United States

One of my pleasures as the local federal MP is getting to meet some of our great local achievers, across all walks of life. Last month, I presented an Australian flag to a local tennis champion who is heading to the United States in August on a sports scholarship.

Alex van de Steenoven, age 19 from Rowville, has been awarded a sports scholarship to study at the Grand Valley State University (GVSU) in Michigan, USA for the next four years. Alex will be studying towards a degree in



Athletic Training at the university, with an aim of returning to Australia and becoming a PE teacher.

Whilst in the United States, Alex will compete as part of the GVSU Lakers men's tennis team, which is ranked 30th nationally in the United States. This includes competing in international tennis competitions in Europe.

I was proud to present the Australian flag to Alex to proudly fly for the country when he competes in the United States. It's great to see Alex has continued to work hard since representing Victoria last year, to now being awarded a sports scholarship to study and compete at the highest levels in the United States.

Good luck to Alex!

Kim Wells Reports



\$30,000 Verandah for Rowville Football and Cricket Club Now Open

Local State MP Kim Wells has congratulated Rowville Football Club and Rowville Cricket Club on the completion of the new verandah for the Seebeck Pavilion at Rowville Recreation Reserve.

The project was funded as a \$30,000 election commitment from the Victorian Coalition Government, along with \$3,404.83 contributed by the sports clubs. Knox Council is also to be thanked for contributing \$50,000 to construct an access ramp to the pavilion.

"I am very pleased to see this verandah project ready for the Rowville footballers to use for the rest of the season. The Rowville Recreation Reserve is home to a growing number of footballers and cricketers who will benefit from upgraded and improved facilities. The new verandah will provide protection and shelter in all seasons and somewhere

for spectators to watch the matches from under cover," Mr Wells said.

The Victorian Coalition Government has already made significant investments to improve facilities at the reserve, including a \$100,000 grant in 2012 to completely resurface the oval and install new drainage and irrigation and a new cricket pitch.

"The project is part of our overall commitment to work with local councils, clubs and communities to develop good quality local facilities that bring more people together through sport," Kim Wells MP said.

"Sport and recreation play a vital role in Victorian communities, especially here in Rowville," Kim Wells MP said. "I would also like to thank the Member for Ferntree Gully, Nick Wakeling who was instrumental in securing funding for the project from the start."

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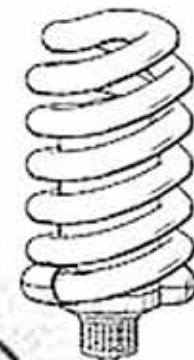
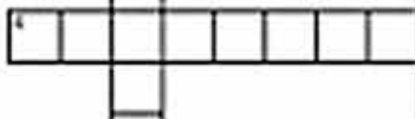
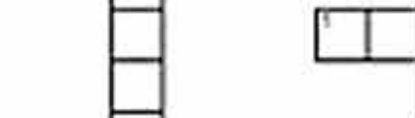
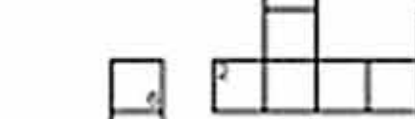
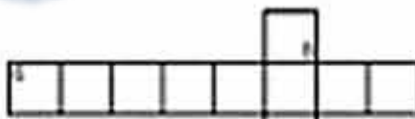
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8. WASTE PRODUCTS THAT ARE OFTEN LEFT ON THE GROUND



Waverley Golf Club Golf Premier League

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Fede, Brian Moiler, Eric Hukowskyi and Andrew George). With both teams in hot form, the final was decided by a high scoring, quality contest. Congratulations to the Panthers, 2014 Golf Premier League Champions! The Panthers recorded a strong victory with 103 Points. We look forward in anticipation to next year's season scheduled to begin in May.

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There is plenty on the social calendar at Waverley Golf Club with the following events scheduled:

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the opportunity to progress to the National Final! Non-Members and Visitors Welcome.

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Matthew Taylor General Manager

School Talk

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

Karoo Primary School Stepping into Prep at Karoo in 2015

We understand that it can be overwhelming for children to start Prep, especially when they do not have any other siblings already at school. To help children transition into Prep next year, Karoo Primary School offers a number of opportunities for students to explore life at school.

Our 'Step into Prep' sessions began last week giving children an opportunity to explore the Prep rooms, participate in a variety of activities and get to know the Prep teachers. We also have another program called Story time. The sessions so far, have proven to be overwhelmingly positive. There are two more sessions planned (on the 3rd and 10th September at 2.45-3.20) and any preschool aged children are invited to attend, meet the staff and just dip their toes in the school environment whilst enjoying a story and craft activity.

In Term 4, we will be hosting Orientation sessions for our enrolled 2015 Preps. These four sessions are scheduled for the 5th November, 12th, 19th and 26th November. The fun begins at 2.40 and concludes at 3.20 and gives the children the opportunity to familiarise themselves further with the school environment and the current Prep staff.

Tuesday 9th December is a very exciting and important session for enrolled children to attend as they meet their teacher and classmates for 2015. Teddy bears are also invited on this Orientation day from 9.30 -11.30 and a picnic will also be enjoyed in the school grounds.

The Prep staff are looking forward to meeting prospective children and their families and laying the foundations for new beginnings and relationships.

Sabine E, Prep Team Leader

Sustainability with the Greenscapes Project

Karoo is beginning to undergo some changes and we are so excited for what the future holds for our school and our community.

The Karoo Primary School Council have allocated funds for a 2014 Community Grant and the goal of this grant program was to encourage innovative and exciting ideas from the broader school community for projects that will improve our school.

This year, the Green Thumbs club, facilitated through Mrs Karen Corrales, one of our Prep teachers, put an exciting proposal, the Greenscapes Project, to our School Council. This project proposes to establish a Community project that would look at transforming the Karoo Primary School grounds. Greenscapes and a Community Track proposal were successful in being awarded the grant. Greenscapes was the accumulation of ideas that students from Green Thumbs club in 2013 and 2014 envisaged would help to transform our school grounds.

There are so many wonderful and exciting elements to this project, like establishing purposeful play areas, a designated Green Thumbs club area for such things as composting and worm farming, new outdoor artworks, outdoor classroom and amphitheatre areas, but all trying to build on the idea of sustainability and recycling, for example using wooden pallets for the construction of items, paths, and seats.

This significant project will need ongoing school community support to succeed. If your business would like to support this project, please contact Mrs Karen Corrales on 03 9759 6222 or via karoo.ps@edumail.vic.gov.au.

Kim Cunningham, Greenscapes Project Executive Committee Member

Park Ridge Primary School 100 Years Of Memory

In the year 1914, Britain and Germany went into battle making it the second largest war in history! On the 25th of April, 1915 members of the Australian Imperial Force went into battle and landed at Gallipoli along with the troops from New Zealand, Britain and France. By war's end, over 10 million lives were lost and another 20 million people were wounded. The bravery and courage and the need to sacrifice their own lives for their country was unbelievable! 100 years later we still honour the lives that were lost during those devastating battles. Park Ridge Primary school is getting in on the act by planting flowers in front of the art room to commemorate the lives that were lost and to reflect on how lucky we are to live in such a safe country.

The memorial garden is part of the school's plan to commemorate the centenary of the landing at Gallipoli. Rosemary is the herb of remembrance. Our teachers have each planted a rosemary bush in this garden bed to show their gratitude and respect for the soldiers who fought for our country. Under the supervision of our Art teacher, Mr Craig Hall, students are making clay sculptures that depict aspects of the Anzac tradition. When completed, these sculptures will be mounted in the garden.

In 2015, a committee headed by the Member for Aston, Mr Alan Tudge, will present a Lone Pine sapling to the school. This plant will become the centrepiece of the area.

Willow Griffiths & Graeme Lloyd

Reading With Kids at Murrindal Playgroup

The Murrindal Playgroup committee have recently purchased a brand new shelf to house our vast collection of children's books. In re-organising the room, we have created a comfortable reading area, where children are encouraged to take a book from the shelf, pull up a bean bag and enjoy the wonderful world of books.

We are encouraging parents and carers to spend some time in their sessions, reading aloud to their



Murrindal Playgroup

100 Murrindal Drive, Rowville

murrindalplaygroup@hotmail.com

children. Whilst reading time can often be neglected at home, (between washing and cooking and the rigours of everyday life, who has time?!), we encourage this quiet and beneficial activity at Playgroup.

Current research indicates that four to five year old children who are read to three to five times a week, have the same reading ability as children six months older who are read to only twice or less a week.

Reading to children six to seven days a week puts them almost a year ahead of those who are not being read to. It

was also found that reading to small children has a positive effect on the development of numeracy skills.

So grab a book and take your child on a journey into the wonderful world of books!

Kristy Ackland



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FROM FRONT COVER Rowville Primary School proudly presents the 2014 Production of *The Great Safari Rescue*

The senior students at Rowville Primary School are once again busy practising for this year's production 'The Great Safari Rescue'. All year 5 and 6 students are involved in the production either in a main speaking part or singing and dancing. The middle school choir are performing as well.

Since May the students and teachers have been practising during lunchtimes and class times. They have been learning lines, practising dance moves and working on costumes, props and make up.

The Great Safari Rescue follows five students and their teacher as they embark on a school excursion from Rowville, Victoria to Kenya, South Africa.

Upon arrival in Kenya the students and their teacher head out on a safari, where they encounter a range of different animals. Whilst on the safari, they come across an animal that has been shot and killed by poachers.

The school group are horrified and outraged by this terrible loss of life and they quickly put together a plan with the help of some tribesmen to catch the poachers and preserve the lives of South Africa's beautiful wildlife.

COVER PHOTO: The 2014 Production Team

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Heany Park Primary

School Fete....Saturday 29th November

2014 marks the 21st Birthday of Heany Park Primary School. The school is holding a number of events to celebrate this milestone such as a Trivia Night on Saturday 6th September, the Opening of their Time Capsule on Friday 24th October and their largest most anticipated and exciting event of all is the School Fete on Saturday 29th November.

The day will be filled with many exciting things to do for all ages. The Fete will be held on the day of our State Election and conveniently Heany Park Primary School is a polling centre. 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 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. Climb inside a huge ball and walk or run over water in the Water Balls ride 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 or see how strong your pitcher's arm is and try and dunk a teacher at the Dunking Machine. Browse a large number of stalls offering showbags, lucky dips or start your Christmas Shopping early and purchase items on offer. There are a number of activities available for children to participate in or even parents who may be young at heart such as crafts, face painting, story telling and more.

Sit back, relax and have a bite to eat while the children are enjoying themselves at the Fete. 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 cone that you would expect at a Fete. Sit down with the family and while eating your meal, enjoy the entertainment the school has organised for you. The school is proud to have the Heany Park Choir and Grade Prep/1 Dance Group



Olivia and Kim Sewing Felt Frogs



performing at the Fete, along with other groups such as Boyd Dance Academy, Zen Do Kai Martial Arts and Karoo Calisthenics to name only a few. Heany Park students are also busy designing, creating and making their masterpieces for an Art Show.

The entertainment and activities on offer are endless and catering for both young and old. 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 about the Heany Park Primary School Fete or the other events mentioned simply contact the school office on 9764 5533 or drop in and speak to the friendly office staff.

Raffles, silent auctions, mystery bags, there are too many things to mention. You simply must come and experience this exciting event for yourself. The Fete runs from 9am until 4pm with rides operating from 10am until 3pm. Spend some quality time with your family at Heany Park Primary School's Fete and have a big day out of fun!

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 1900s.

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



Cooper and Seb With Masks Created During Art Lessons .



St Simon's Primary School

The students are preparing for our Art Show, to be held during the last week of this term. Each student is asked to produce a number of art

items, both in 2D and 3D form. Every class is now busily producing and creating many, many art pieces.

The Grade Fives are looking at Australia's history as depicted by famous Australian painters, such as Tom Roberts, Arthur Streeton, John Glover and many more. A special thanks goes to some students who chose to include a range of Indigenous art works which are quite good. The school community will be invited to see the art works of the students and a special fun feature of the night is an auction of the student's work.

In mid August the Prep students celebrated their 100th day of attending school, which is a huge landmark for them in their educational journey. The day was a special one where the teachers and the Prep students came to school dressed in something to do with the number 100. The day ended with an assembly in the church where the Prep students displayed their clever dress ups.

The school vegetable garden is full of healthy Spinach, Spring Onion and Beetroot plants and the students can't wait to take them home.

Sport News Football And Netball

Following Premiership victories in our District Inter School Sport, our Football and Netball teams progressed to the Division Level. Our footballers played at Lewis Rd and although they showed some very good patches of play it just wasn't enough to get them over the line and we finished 3rd on the day.

Our Netball A and Mixed Netball teams played at the Maroondah Indoor Sports Centre with the 'A Team' finishing Runners-up and the 'Mixed Team' winning their section. The Mixed Team are through to the Regional Finals next Wednesday 20th August at the Waverley Netball Centre. Thank you to the teachers and parents who assisted with coaching, supporting and transporting these teams.

State Cross Country Championships

Recently, Dharam Deol from 6 Red competed in the 11 years section of the Victorian Schools Cross Country Championship. Dharam ran very well to finish 30th. Congratulations to Dharam on the way he represented our school. It's no mean feat to finish 30th in the State.

Girls AFL Football

Our Girls AFL Team participated in the Knox Division Round Robin and following an undefeated run through the preliminary rounds they went into the Grand Final against Rowville and got up to win by 8 points. They then progressed

School Talk

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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 who will return in 21 years time, the year 2035, to reopen the capsule.

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.

Heather Brown

Art Winners, iPads And Puppets

Recently, many of our students participated in the Wellington Shopping Village Art Competition, sponsored by Bendigo Bank. Winners and Runners Up received money in a Bendigo Bank account and third place getters received a show bag.

Preps: 1st Codi 2nd Monique 3rd Nicole
Grade 1: 1st Indy 2nd Eliza 3rd Aphroditi
Grade 2: 1st Flynn 2nd Olivia 3rd Sarah
Grade 3: 1st Zara 2nd Luke 3rd Ashlin
Grade 4: 1st Shriya 2nd Lily 3rd Christa
Grade 5: 1st Kayla 2nd Sonali 3rd Nayda
Grade 6: 1st Elzaan 2nd Brandon 3rd Ashlee

The standard of Art work in the competition was very high and Heany Park has many talented up and coming artists. Congratulations to all placegetters.

The school recently purchased a class set of iPads for use in the Specialist areas of Art, Physical Education, ICT, Indonesian and Music. In Art, students are experimenting with many Art apps. The current project is to create a "Tea Party". The students are using the iPads, as well as drawing or painting their pictures. These will be displayed at the Art Show to be held during the School Fete on November 29th, along with their clay teapots and cupcakes.

Currently Grade 6 students are creating puppets, which will be the lead characters in the books that will be written during Indonesian classes. These books and the puppets will be presented to their Prep Buddies at the end of the year. Also the Grade Six students are making masks that will be used in the filming of Horror Movies during ICT lessons.

Year Two students are studying the unit 'Environments and Sustainability' and through their Art lessons, are linking this unit through the sewing of felt frogs.

Louise Atchison Art Teacher

to the Eastern Metropolitan Finals, where once again the girls were undefeated and progressed to the Grand Final to play Auburn South and came out winners by 8 points. As a result, the Girls will now play in the Victorian Semi Finals next Thursday 21st August at Roxburgh Park. Should they win their semi they will then play off in the Victorian Grand Final.

Congratulations to the Girls on their wonderful efforts so far and good luck on the 21st.

Inter Schools Athletics

The Rowville Inter School Athletics Carnival was scheduled for Friday 22nd August at the Knox Athletics Track. The final squad was based on our School Athletics Carnival held in March this year.

Congratulations

Congratulations to Tyreece Leiu from Year 5 Green. Tyreece is currently representing Victoria in Rugby and we look forward to hearing of his achievements when he returns.

Hooptime

Currently we are conducting trials for our Hooptime Basketball Squads. All Squads should be finalised by Friday with the competition to be held on 5th September at the Dandenong Stadium.

Andrew Miller

Editor's Note:- There are some exciting results we are all waiting to hear. I'm sure you all did yourselves, your school and your community proud.

The beginning of Semester Two has been an exciting time at Rowville Secondary College as we celebrate the immense talent of our students, past and present.

On Thursday the 24th of July Rowville Secondary College came together for one of our rare whole school assemblies to induct three Rowville alumni into our Hall of Fame. The Hall of Fame recognises ex-students who have achieved success within varying fields, or who have made sizable contributions to society after leaving the College.

Our three new inductees include scientist Meagan Gillespie, doctor Jon-Paul Chamoun, and speed skater Lachlan Hay.

Meagan Gillespie is a Post-doctoral fellow at the Australian Animal Health Laboratory as part of the CSIRO. Meagan works closely with the students in our Maths and Science Academy as part of the CSIRO Scientists in Schools program and at the assembly spoke of the different pathways that a student can follow to pursue their passions, of her own passion in the field of science, and the work she is doing for the CSIRO.

Jon-Paul Chamoun is a rising star in the medical profession and spoke not only of his hard work in becoming a doctor, but also of his charity work. Jon-Paul works at the Royal Melbourne Hospital after completing a Bachelor of Science at Monash University, and graduating from the University of Melbourne medical school with honours in 2012. His charity work includes his role as project manager in the creation of a surgical themed calendar which went on to raise over \$7,000 for the organisation Specialists without Borders.

The third inductee into our Hall of Fame, Lachlan Hay, was unfortunately unable to attend the ceremony, but has also gone on to achieve great success since graduating from RSC. Lachlan is a short track speed skater and has represented



Australia at both the 2006 and 2010 Winter Olympics. In the 2010 Vancouver Winter Olympics Lachlan placed 26th overall in the 1000m men's speed skating event, an amazing feat for a speed skater from Rowville!

Inaugural inductee Winston Hillyer, attended the ceremony to welcome our new members to the Hall of Fame and congratulate them on their success. After graduating from Rowville Winston went on to star as Simba in the German production of the Lion King for over two years and is currently performing in The Love Boat. Students were impressed to discover that each and every Lion King performance that Winston was a part of was performed entirely in German, a language which he knew nothing of prior to signing on for the role! Other inductees include drummer Daniel Farrugia, a member of the band Tinpan Orange, and swimmers Kelly Stubbins who has represented Australia at the Commonwealth Games, winning a gold medal in the relay, and Conrad Francis, who represented Sri Lanka at the Olympic Games.

The Hall of Fame is one of the many ways that we recognise



Hall Of Fame Inductees, Jon-Paul Chamoun and Meagan Gillespie With Inaugural Inductee Winston Hillyer And The RSC Principal Team At The Ceremony

the success of our students, and the school production is another way of showcasing the talent that our students have to offer. The beginning of August saw four performances of Hairspray, the Broadway musical which came close to selling out each and every night. A full review from RLCN Editor David Gilbert can be found elsewhere in this publication, but it is here that we will congratulate all involved, the cast, the orchestra, the technicians, volunteers behind the scenes, and especially the production coordinators Kacey Hocking and Julia Duke for a truly brilliant show. The dedication and hard work that goes into a performance such as this cannot be understated, and the value that it adds to the Rowville Secondary College experience is immeasurable.

Laura Gordon

Lysterfield Primary School

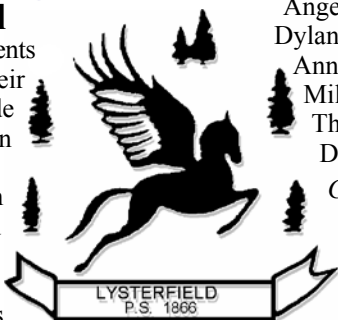
One Hundred Days of School

On Wednesday 30th July, the Foundation students at Lysterfield Primary School celebrated their 100th day at school. The children have made remarkable progress since their first day in February.

The children brought along their own collection of 100 things and this provided an abundance of opportunities to practise their counting skills. They counted lego bricks, lollies, footy cards, buttons, sequins and many other things. We learned that it's easier to count if we make groups of ten. We can now count by tens to one hundred.

The day also brought opportunities to make a list of 100 things we would like to have. Ten times during the day we stopped and did ten activities, such as ten star jumps, ten claps, ten hops, and so on until we had performed 100 things. We also made fairy bread sandwiches, using 100's and 1000's of course.

The students thoroughly enjoyed the day and think they're very clever to be able to count to 100 (and we think so too).



Here are some of their reactions to the day:

Angelina: "I love Maths."

Dylan: "It keeps my brain working."

Anna: "It turns my brain on and I like counting."

Miller: "It keeps me smarter."

Thanks to Miss Meier, Mrs Sayers and Miss D'Souza for making the day such a success.

Carolyn Johnston, Foundation Co-ordinator



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visit us at www.knoxunited.com

Sant Nirankari Mission

National Tree Day on 27th July 2014

Sant Nirankari Mission - Melbourne (SNMM) and Planet Ark invited all residents to get into nature and grow for Planet Ark's National Tree Day.

SNMM celebrated National tree day by organising a Tree Plantation Drive at its premises to make Knox city greener and healthier. The National Tree Day event provides an opportunity to do something positive for the environment and reconnect with Mother Nature.

It aims to inspire, educate and recruit Australians to actively care for our unique land and create future generations of committed environmental custodians.

To prepare for this event, volunteers of the mission cleaned the massive land area which took them two to three weeks. 48 native plants, collected from Knox Community Society, were planted in front of many distinguished guests and local dignitaries, before attending a congregation, followed by a community meal.



Among the many dignitaries and guests were the Hon. Bruce Atkinson MLC (President of the Victorian Legislative Council and Member for Eastern Metro Region) representing Multicultural Minister Matthew Guy), Mrs Inga Peulich MLC (Cabinet Secretary, Victorian Coalition Government and Member for South- East Metro Region), Cr Darren Pearce (Mayor of Knox), Mr M C Bhagat (Representing CGI Melbourne), Dr Ali Khan (CEO Ramahyuck Society) and Ms Joanna Palatsides (Candidate for Dandenong).

The Mission was congratulated for its efforts and the contribution made towards various community welfare activities. It was also praised for its endeavours to make



Dignitaries Planting One Of The 48 Trees.

society a better place to live in.

Emphasis was given to embracing human values of love, tolerance, peace, harmony, respect, care and oneness by all human beings. It was good to see the enthusiasm of young children in this event.

This year's National Tree Day's theme is "Get into Nature and Grow", which focuses on encouraging people to green up both their indoor and outdoor environments.

For more information go to www.nirankari.org/melbourne
Raj Gopal – SNMM

Liberty Avenue Three Year Old Kindergarten

Postal address: PO Box 2292, Rowville
77 Liberty Ave Rowville
Phone: 9764 4746

With the recent wet weather we have created a natural play area indoors for the children to explore, incorporating some dinosaurs, artificial grass, logs, a tree and the building blocks. These items have sparked the children's creativity as they build bridges, roads, homes and bedrooms for their dinosaurs. Our pretend tree has encouraged conversations about what the dinosaurs would have eaten, looking at their teeth, long necks and large leg muscles to give us a clue about their lifestyles. Books on the library shelf are a great resource for further investigation and discussion. One group of children extended upon their imaginary play, when they purchased some eggs in an egg carton from our pretend supermarket. They took their eggs to "Dinosaur Land" where they transformed into dinosaur eggs, which hatched to create new dinosaurs.

On Saturday 26th July we held a trivia night at Churchill Park Golf Club. With more than 100 people attending, the room was abuzz with knowledge, laughter and some guess work! We would like to thank all of our guests who supported the night, as well as our sponsors for their generous donations that could be used as silent auction items, raffle prizes and prizes for games played throughout the night. A



big thank you to our fundraising committee for their enthusiasm and efforts to make this night a huge success. We would also like to thank Churchill Park Golf Club for providing us with a fantastic venue and such friendly service throughout the evening. Our next fundraising event is a sausage sizzle at the Scoresby Bunnings Store on Sunday 7th September. As a community owned, not for profit organisation, these fundraising events help us to continue to provide a valued service to our local community and we wish to thank everyone for their

ongoing support.

Well, it's that time of the year again. We are in the process of organising our groups for 2015. We offer two groups, one of which includes our deferred children. For enrolment information regarding 2015 or future years, please contact Kylie on 9752 9981.

Jacqui Iscaro

WACKY WISDOM
The one thing you can give and still keep is your word.

Opportunities For Youth At St Simon's

At St Simon the Apostle, Rowville, we cater for two distinct groups of our youth. All activities are held on the Church property and more information about dates, times etc. can be gathered from our website www.stsimonsparish.com.au

Firstly, for those in years 7 – 10, we run a regular *Youth Group* evening on the last Sunday of the month from 6 – 8pm. It's only \$5, which includes pizza or other food and all activities. Themes are as diverse as Christmas in July, Movie Night, Chocolate Appreciation and more!



Leading this group are young adults and those who are in the senior year levels, all overseen by a couple of mums.

In addition for youth muso's, we have a regular *Youth Mass* on the last Saturday of the month at 6pm. Our choir and musicians welcome new members.

Secondly, we have a young adults, 18 – 35years, Prayer Group, *Empower*, who have their gatherings on the other three Sunday evenings to Youth Group. This time includes Praise and Worship, Bible Study and sharing, and fellowship.

Any questions or you would be interested in joining please contact Jacqui at the Parish, 9764 4058 or email jgiuliano@stsimonsparish.com.au
Suzette Diaz



Who wants to hear good news for a change? There are shattering happenings in the world today. As individuals we are not exempt either. Your life could be in turmoil even as you read this, but there is Good News!

'Gospel' means Good News and the Bible has brought us the best news ever. Some 2000 years ago Jesus Christ stood in the temple and read from the Book of Isaiah in the Old Testament of the Bible:

"The Spirit of the Lord is upon me, because He has

anointed me to preach the gospel to the poor; He has sent me to heal the brokenhearted, to preach deliverance to the captives, and recovery of sight to the blind, to set at liberty those that are bruised; to preach the acceptable year of the Lord" Then Jesus closed the book and stated to all present "This day is this scripture fulfilled in your ears."

What a startling and bold statement that was! Those present knew Jesus only as the son of the carpenter, Joseph. Now He had proclaimed outright who He really was. God had fulfilled His promise to send His Son, Jesus.

Jesus was nailed to a cross and died a cruel and ignominious death to pay the price to set us free, to offer us the gift of forgiveness and eternal life. Let us not kid ourselves. Not one of us is untainted by sin. Jesus died for us, but He arose on the third day, giving us the assurance that we too can have eternal life with Him one day. All we have to do is to

acknowledge and accept that gift of salvation and eternal life given to us. An unaccepted, unopened gift is of no use, is it?

But there is more! Jesus is here with us today by His Holy Spirit. Whatever the future holds, He has promised never to leave us nor forsake us. In these troubled times, He can give us peace. No one knows what tomorrow may bring, but know this, Jesus Christ is coming back as King of kings and who will be ready for Him?

Australia for Christ Church is a place where you can learn more about this Jesus, be encouraged and enjoy the wonderful presence of God, witness the outpouring of His miracle-working power, and even receive a miracle yourself. God is the same, yesterday, today and forever.

Details of our service times can be found on *What's On Locally* on Page 2
Marlene Smith



Why Build A New Church?

Part 1

Matthew 16:13-19

As a church we've done some talking and some planning in connection with our future church building, which by the time you read this should be a reality! With God's blessing, we've done the initial work and renovated the interior.

If someone were to say to you, "Why?" what would your answer be? "Why do you want to build a new church?" In Rowville, there are already plenty of churches. Why build another one? Why don't you just go to one that is already here? Building a church can be a very stressful thing so why would you want to go through all that? It seems like a lot of trouble."

What would your answer be? Do you have an answer ready? "Well, I like the pastor." But is that really a good enough reason to buy property and spend hundreds of thousands of dollars building a brand new church, because you like the pastor? You know, if you look hard enough,

you're bound to find another church with a pastor that you like too. There are lots of likeable pastors out there.

So why build a new church? Some might say, "Well, our church is friendly." And I think you might be right, our church is pretty friendly. But you know there are a lot of friendly churches out there. And some of them may be better at being friendly than we are. Do you really think our church is so uniquely friendly that we actually need to build a special building to show off our friendliness? So that's not the right answer either.

So why build a new church? Some might say, "Well, our church teaches from the Bible." You know, you're getting warmer if you say that one. You're definitely getting warmer, but let me ask you this – aren't there a lot of churches where the members say, "Our church teaches from the Bible"? Just about every church in Melbourne, or say Knox, or let's narrow it down some more, Rowville, would tell you that they "teach from the Bible." So if you tell someone that's why we want to build a new church, they may not be impressed by your answer.

Have I taken away all your answers yet? What is a good answer to the question, "Why do you want to build a new church in Rowville? Why?" It's time to start speaking more clearly, because people want to know why we are here. *What is it that makes us so unique, so different, that we actually want to build a special building, to glorify Christ?* Let's look at a moment in the life of the Apostle Peter, and we'll find an answer there.

Jesus and his disciples were taking a break from all the crowds. And while they were off by themselves, Jesus asked Peter, "Who do people say the Son of Man is?" There were



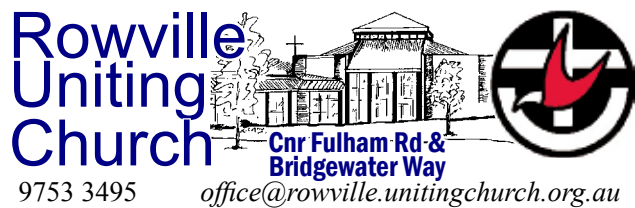
lots of opinions out there, on who Jesus was. The disciples told him, "Some say John the Baptist. Others say Elijah. And still others, Jeremiah or one of the prophets." The world at that time was very confused about who Jesus was. People were all over the place in their beliefs. Everyone had a very cloudy, very murky, unclear view of Jesus, "I don't know. Maybe one of the prophets."

But then Jesus asked his disciples, "But what about you?" Are you as cloudy and murky and confused as the rest of the world? "Who do you say that I am?" Then the Apostle Peter said, "You are the Christ, the Son of the living God." Peter was not cloudy or murky about his beliefs. He was crystal clear. Jesus was the Christ, the Son of God. We call his clear, statement of belief a "confession."

Whenever you hear the word "confession" you might think of someone who is being interrogated. That's not what we're talking about here. When we say "confession," we are talking about a crystal clear statement of beliefs. Peter, here, clearly confessed Christ. There was no doubt about what he believed.

Read part 2 of this article next month.

Ray Green



Rowville Uniting Church meets as a community of faith to worship together at 10am on Sunday's. We invite people interested in exploring Christian faith and Christian worship to join us for a service that blends tradition with modern and seeks to speak with relevance from the Christian view point into the 21st century world in which we live. Third Sunday's have a special children and family focus where we engage in a different way through creative storytelling and craft and video.

Rowville Uniting Church believes that it has an important part to play as a member of the Rowville and Lysterfield community. While we invite people to join us for worship, we

also look at how we can contribute to and meet community need. The Bridgewater Centre is our counselling service. We offer low cost counselling for people who have relationship issues, mental health issues, or for whom life is a struggle. No mental health plan is required to use our service and people are able to self refer and see our counsellor for as long as they need to. In the light of the death of Robin Williams, we are again reminded that depression is a lot more than just feeling bad. It is an illness that needs to be treated and it can choose anyone.

We were very pleased to partner with Rowville Rotary Club in bringing Michael Carr-Greg to speak on cyber safety. We were again reminded that our young people have many challenges to navigate in the current world. The Bridgewater Centre is pleased to be able to work to bring such distinguished people to share the wisdom with any who wish to hear. If you want to know more about the Bridgewater service please call the office and we will be happy to answer any questions.

Another community service we offer is our Toddler Gym program. This is a program for children who are crawling, up until kinder. It engages children through play and assists in early brain development. Our program runs on Tuesday and Friday from 9:30-10:30 and 11-12 noon. The cost is \$5 per family per week. Registration for this program is essential and we invite you to ring the church office if you would like to know more.

We are proud to be a part of the Kids Hope program which means we offer mentors to meet with children at Park Ridge Primary School. This program means that children, identified by the school, are able to have one on one time with a person who gives them total attention for one hour per week. This program, run in many schools by many different churches, builds self esteem and confidence and helps contribute to the building of strong and resilient young people.

If you would like more information about our church or need to talk to our minister, please contact the church office.

Trevor Bassett



Reflection – Changing The Question

Second Half Ministry and Mission group.

When we meet someone for the first time the conversation usually engages two questions. The first is "how are you doing?" and the second is "what do you do?" For most of

our lives we have no issue with that second question, in fact our society basically functions on the basis that we define our identity by what we do. But how do we answer that question when we are retired and no longer engaged in the workforce? Who are we when we have no job description to fall back on or a pay slip to state who we are?

The transition to retirement is a big enough challenge with all of the lifestyle changes that it brings, but often its greatest challenge, the challenge of identity, is left unspoken. For men in particular this has been an area of great struggle, that often leads into feelings of depression. If we are defined by what we do, then who are we when we are no longer working?

This situation is often repeated in the church for those in their retirement years who have stepped down from leadership roles. Previously a central player in the life of the church with people consulting them on various matters, they can suddenly find themselves alone with no one talking to them. Their identity in the church was defined by the role they fulfilled and now that they no longer fill that role, they have almost become invisible.

As Christians we need to remember that our identity as a Christian is not defined by what we do. Our identity as a Christian is defined by our relationship with Jesus. James Houston in his writings on Christian spirituality, continually emphasises that we need to remember that we are a "person in Christ". Our identity is not shaped by what we do, but who we are. This is an identity that does not change if we retire or if we step down from positions of leadership in the church.

One of the great contributions that those in the second half of life can make to our communities and our churches, is to

change the question. Instead of asking people "what do you do?" we should start asking the question "who are you?" We may be surprised by the opportunities that such a question gives to sharing who we are in Christ.

Ross Morgan

At Rowville we are a part of the Second Half Ministries and Mission Group of the Baptist Union of Victoria.

Mayor's Reception For Multicultural Volunteers

Close to 50 people attended a reception for multicultural volunteers at the Civic Centre, hosted by the Mayor, Councillor Darren Pearce. He spoke about the enormous contribution these people make to the diverse activities within Knox and CEO Graeme Emonson thanked those present for their dedicated contribution.



Some of The Attendees Listening To CEO Graeme Emonson.



Thomas The Tank Engine & The Fat Controller Join Puffing Billy This Spring!

Australia's favourite steam train, Puffing Billy, is excitedly awaiting the arrival of his good friends *Thomas the Tank Engine*, *Diesel* and the *Fat Controller*, who will be paying Billy a visit this Spring!

Chugging into Puffing Billy's Emerald Station in October and November, your Thomas fan can get in on the action too! Tickets are now on sale for this exciting event that will see visitors board a steam train hauled by *Thomas* and *Diesel* and go for a train ride, followed by a pantomime show featuring *Thomas* and the *Fat Controller*. There will also be face painting, a jumping castle, animal nursery, and Green Bulgy Bus rides.

Puffing Billy Chief Executive Officer, John Robinson, said Thomas and his friends have been regular visitors to Puffing Billy during Autumn and Spring for over 10 years, and we invite Thomas lovers, young and old, to join us at Puffing Billy's Emerald Town Station to enjoy the show," Mr Robinson said. "Having the world's most famous steam engine visit Australia's most famous steam train is a truly magical event"

Tickets are \$26.00 for adults and children (4 years and over) and \$15.00 for toddlers (1-3 years). Up to four shows per day are scheduled for the weekends of October 18, 19, 25 & 26 and November 8, 9, 15 & 16.

Knox Home Garden Club

Spring can be the busiest time in the garden. Keeping the weeds under control can be a challenge in itself. It is so much easier to remove them when they are small, quite a time consuming chore if they are left to become fully grown. Once they're out, mulch, mulch and mulch.

Mulch restricts weed growth and keeps soil cooler in summer, and prevents water evaporation. Top up your mulch where it has become thin on the ground, a good covering is required for best effect. Coarse mulch is best as it allows water penetration through to the soil underneath.

Any trees, shrubs and roses planted during autumn and winter should be showing signs of growth now. Once your bulbs have finished flowering, resist the urge to cut off the foliage or tying it in knots. This damages the foliage and reduces the amount of nutrients returning to the bulbs.

If you are a vegetable grower, now is the time to get busy.

Ideally your vegetable plots are ready to go. If not, get that spade out! Add some or all of the following: compost, fertilizer/manure, blood and bone, or leaf mulch. Toss in some gypsum if your soil has some clay content. Remember to rotate your vegetable crops. This is easier if you keep your plant families together. Eg, Brassicas (cabbage family), legumes (pea family), onion family, and root crops (beetroot, carrot etc). Most vegetables can be planted now, but if unsure, read the packet information. Whether you prefer to grow from seed, (giving you more choice of varieties), or buy seedlings, (easier and quicker for busy gardeners), now is the time to get planting. Stagger your crops by planting a few rows every two to three weeks.

If you don't have a lot of garden space, deep polystyrene boxes with holes made for drainage, make very good planters. It's only common sense to grow crops that you and your family will eat. Grow crops that give a good return, don't waste time on difficult to grow crops or something that isn't suitable to your area.

Remember to take time out to smell the roses and everything else coming into bloom. Happy gardening. Please direct all enquiries to 97398783 or betty_wri@hotmail.com
Betty Wright

Stamford Park Men's Shed

This month the Sheddors have been concentrating on completing the chicken coop for Scoresby Primary School and it is anticipated that installation will be finished by the end of August.

Members of the Shed participated in a tree planting event as part of National Plant a Tree week in conjunction with the Knox City Council staffs and other community volunteers. On a cold, wet and windy day, several hundred native trees and shrubs were planted on an embankment abutting Stud Road, between Caribbean Gardens and the Caltex servo. Council staff cooked a welcome morning tea for all. This was another example of the local Men's Shed engaging in community events.

August saw the Annual General Meeting of the Shed. Barry Treadwell was re-elected as President, Michael Walters elected Vice President, Mario Bernardi elected as Secretary, and Allan Billham re-elected as Treasurer. Barry congratulated all Sheddors for their efforts over the year and commented on several new members having joined, which increased numbers to 23. Also in attendance was Tirhatuan Ward councilor, Nicole Seymour, who gave a short update on the Stamford Park Homestead.



For all enquiries about the Shed email info@stamfordparkshed.org.au or visit our website www.stamfordparkshed.org.au or phone Barry on 0425 719451

Allan Billham

Rowville & Lysterfield Knox City Council Council Minutes July 22nd Meeting

Summary of items affecting Rowville-Lysterfield.

Item 6.5 Application for use and development of four group accommodation dwellings contained within two buildings (associated with the use of the land for a place of worship) and vegetation removal at 500 Kelletts Road, Lysterfield. Subject to conditions, the proposed development can provide an appropriate balance between the construction of accommodation on the site, and the retention of vegetation on site. The proposal complies with the purpose of the General Residential Zone - Schedule 2; the Environmental Significance Overlay - Schedule 2; Significant Landscape Overlay - Schedule 5; and the Design and Development Overlay; Schedule 3. On balance, it is considered that the proposal responds reasonably to State and Local Planning Policies. Council resolved to issue a Notice of Decision to Grant a Planning Permit to develop and use the land for four Group Accommodation dwellings contained within two buildings, and vegetation removal, subject to a number of conditions which can be viewed in the full version of the

Council meeting minutes.

Item 6.8 Stamford Park Land Sale & Procurement Process. A report was presented to Council which outlines the proposed updates to the Stamford Park Master Plan and the procurement process for the Stamford Park Development as recommended by the Stamford Park Project Steering Committee and discussed at the July 2014 Council Issues Briefing. The report seeks Council's consideration of the proposal to sell and develop a portion of the land and, through a deed of negotiation, to achieve the objectives related to the Stamford Park Residential Estate Project. Legal advice and draft expression of interest documents are being prepared should Council approve the formal process of the sale of land. Final documents for the sale and procurement process will be presented to Council for its further approval at a future meeting.

Council resolved to

1. Approve the proposed amendments to the Stamford Park Master Plan, July 2014.
2. Under Section 189 of the Local Government Act 189 commence the statutory process to sell the land contained in Lot 2 on PS 649607Q abutting Emmaline Row, Rowville by private treaty following an Expression of Interest and Public Tender Process and that under Section 223 of that Act public notice of the proposed sale be given in the Knox Leader.
3. Hear submissions in accordance with Section 223(1) (b) of the Local Government Act 1989 and appoint a Committee of Council on Tuesday 9 September 2014 at 5:00pm.
4. Receive a further report at the conclusion of the statutory process.

5. Subject to the outcomes of the statutory process, approve the appointment of a Probity Advisor and a Real Estate Agent to advance preparations for the sale of land for residential development purposes.

6. Approve the proposed expression of interest process and draft selection criteria for applicants to operate and manage a restaurant at the Stamford Park Homestead.

Item 8.1 Dandelion Drive Tree Removal – Petition

On the 27 May 2014, Council tabled a petition signed by 74 signatories representing properties in Dandelion Drive, Rowville. The petition requested Council to remove the avenue of *Corymbia maculata* (Spotted Gum) in Dandelion Drive and replant with a different tree species. A follow up meeting was held on June 10, 2014 with the lead petitioner and a number of signatories, Cr Pearce and the Director, Engineering and Infrastructure. The petitioners are requesting the removal of the species along the avenue based on their belief that *Corymbia maculata* are an inappropriate species for a street tree, citing fallen limbs, damage to adjacent infrastructure and excess leaf matter along the affected section of Dandelion Drive.

Council resolved to:

1. Implement a removal (by October 2014) and replacement program (by June 2015) for the *Corymbia maculata* trees along Dandelion Drive;
2. Consult affected residents in regard to the replacement tree species with the replacement options to be native species in keeping with the neighbourhood character; and
3. Advise the lead petitioner of Council's decision in writing.

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Council Minutes continued...

Works report as at the 9th of July 2014

Building Renewal Program Program Complete
Stamford Park Redevelopment

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

Corhanwarrabul Creek Trail (to Dandenong Creek)

– **Shared Path** Quotations have been received and assessed. Contract awarded 5 June, with balance of funds to be carried forward.

Liberty Avenue Reserve Master Plan Implementation Stage 2 Program completed.

Stud Road, Rowville - Sunshine Street to Timbertop Drive - Footpath Project has been completed.

Eildon Park Storm Water Harvesting - Stage 2

Program completed. Surplus grant funds returned to the Federal Government.

Avalon/Stamford/Stud Road Intersection Modification

Discussions with VicRoads ongoing. Funds to be carried forward.

Murrindal Playroom Extension (Stage-two)

Program complete.

Tirhatuan Drive (No 18) Rowville - Drainage Upgrade

Funds committed and contractor appointed. Possession of Site has been issued with completion of works expected October 2014. Funds to be carried forward.

Wellington Road / EastLink - Shared Path

Works completed.

Rowville Recreation Reserve No 1 – Renovation

Oval renovation complete. Pump installation started with works committed. Balance of funds to be carried forward.

Hampden Court, Rowville - Rehabilitation

Project completed.

Cairn Curren Close, Rowville - Rehabilitation

Contract works integrated with Tali Carneg Close and completed.

Tali Karneg Close, Rowville - Rehabilitation

Contract works integrated with Cairn Curren Close and completed.

Ranceby Close, Rowville - Rehabilitation

Project completed.

Camley Court, Rowville - Rehabilitation

Project completed.

Heany Park - Open Space Upgrade

Works completed.

Hindmarsh Street, Rowville - Rehabilitation

Contract works completed.

Blackwood Park Road, Rowville - Rehabilitation

Design Project completed.

Stamford Park Homestead - Sprinkler System

Project completed.

Seebeck Reserve Pavilion Access Upgrade

Project completed.

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

Darren Arnott

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