

LYSTERFIELD COMMUNITY NEWS INC.

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t Simon's Fete 2 Taylors Lane Rowville

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From the Editor's Desk



The only thing that is certain this month is that it wasn't me or my family that won the \$16.7 million in Powerball. However, to whomever it was, congratulations and spend it wisely.

As a retiree, I know a little bit about ageing, but I find it difficult to imagine what it is like to turn 100. So you can imagine my amazement and wonder that Rowville resident, Marcia Kent, has just turned 102! We reported on her 100th birthday celebrations two years ago and from photos I've seen recently, she doesn't look a day older. From everyone at the RLCN, a belated happy birthday Marcia and may you celebrate many more.

Congratulations also to regular RLCN contributor Paul Lucas on his win at the U3A photography competition. Over the years, Paul has produced some beautiful, artistic and amazing photographs for his "Paul's Photography Patter" articles and his winning entry "It's In The Eyes", was featured in a previous edition of the paper.

Further congratulations go to owners, Terry and Janet Murphy and their staff of the Stud Park Pharmacy, for winning

What's On Locally



Sponsored by: Lions Club of Rowville

DIRECTORY November 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.aefchurch.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 (11-14years) 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

National Seniors Australia For over 55s, the Knox Branch meets at 10am on 4th Wednesday of the month at the Knox Club, Stud Rd, Wantirna. All welcome. For enquiries, ring John Giles on 9778 6784.

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.

the Amcal Pharmacy of the Year category at the recent Gala Night. Assistant Donna Wearne, who has served thousands of happy customers in her 10 years there, added to the success by winning the 'Assistant of the Year' award and wanted to thank their Retail Coordinator, Andrea Warren, for all her hard work towards the success.

I would like to draw the attention of all junior athletes to the 'Rise Health' article under the heading "Health & Wellbeing". There is a marvellous opportunity for you to receive a sponsorship package valued at over \$2,000. Details of where to apply can be found in the article.

November is National Novel Writing month, so all you budding writers head to the website nanowrimo.org and have a go at writing a 50,000 word rough draft in 30 days! For school leavers, the week of the 15th to 23rd is 'Schoolies Week' and for the workers out there the 20th is 'Go Home On Time Day'. You can check on all the celebrations for November in our "Calendar Of Events" column

Of course, November wouldn't be November, if we didn't mention the "Melbourne Cup". The first Tuesday (4th), is the day the nation stands still and there will undoubtedly be winners and losers. If you bet, do it sensibly and good luck to everyone. My tip? I'll tell you after the race!! David Gilbert

each month at 10am. Bev 9759 5455 **Mainly Music** every Wednesday 9.30am **New Vogue dance:** every Wed. 7.30pm. Contact Anthea or Arleen 9801 3509 **Craft for Christ** 2nd & 4th Tues each month at 7.30pm. **Playgroup** Tues & Thurs 10-11.30am. **Toddler Church** every second Friday 9.30am. Contact Jenny Coole 9764 2573

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

Restore Comm. Church For the time being, Sunday services will be held at 2/18 Laser Drive at 10am. Phone: 8736 7053

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

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

Rotary Club Every Tuesday at Baton Rouge at 7pm.

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

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

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

St Simon's Parish Services Saturday $6.00\,\mathrm{pm}$. Sunday 8am, $9.30\,\mathrm{am}$ and $11.00\,\mathrm{am}$. Tuesday $7.30\,\mathrm{pm}$, Wednesday to Friday $9.15\,\mathrm{pm}$. Cancer Group meets every 3^{rd} Thursday at $7.30\,\mathrm{pm}$ 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 2^{nd} , 4^{th} & 5^{th} 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

November Events

St Simon's Catholic Parish Rowville

St Simon's Fete 8th November 2014 from 10 am to 5 pm Rides, Games, Food Fair, Raffles, Live Auction, Entertainment. Join us for Fun Filled Day!

RAFT Anglican Church

Our final Family History meeting for the year will be on Wednesday 19th November, when we will meet for coffee at 11.00am to discuss our year of family research and we will end the year by sharing lunch. Inquiries: Bev 9759 5455 or jibec@bigpond.com

Calendar of Events November 2014

1-30 Nov – National Novel Writing Month - nanowrimo.org

1-30 Nov – **Asbestos Awareness Month** www.asbestosawareness.com.au

1-30 Nov – **Movember** au.movember.com

1-30 Nov – **Lung Health Awareness Month** www.lungfoundation.com.au/

2-8 Nov – National Others Week - national othersweek.com

4 Nov – Melbourne Cup Day

6 Nov – **Food Handling and Food Safety Course** www.knox.vic.gov.au/commskills

7 Nov – **National Sunnies Day** - national sunnies day.pbf.org.au

7 Nov – Walk to Work Day - www.walk.com.au

9-15 Nov – **National Psychology Week** www.psychology.org.au/NPW

9-15 Nov – **Spinal Injury Awareness Week** www.rebuildinglives.com.au

9-15 Nov – **Australian Food Safety Week** www.foodsafety.asn.au/australian-food-safety-week

9-15 Nov – **National Adoption Awareness Week** www.adoptionawarenessweek.com.au

10 Nov - World Science Day for Peace and Development www.un.org/en/events/scienceday

10–16 Nov – **National Recycling Week** recyclingweek.planetark.org/about

11 Nov – Remembrance Day - www.awm.gov.au/commemoration/remembrance

11 Nov – **Immunisations:** Australia For Christ Fellowship Rowville. No appt necessary, bring Medicare card and Child's Health Record book - http://www.knox.vic.gov.au/immunisations

13 Nov - World Kindness Day - www.kindness.com.au

14 Nov – World Diabetes Day - www.idf.org

15-23 Nov – Schoolies Week www.schooliesvolunteer.com.au

16 Nov – **International Day for Tolerance** www.un.org/en/events/toleranceday/

19 Nov – **Immunisations:** Rowville Community Centre - No appt necessary, bring Medicare card and Child's Health Record book - www.knox.vic.gov.au/immunisations

20 Nov – **Go Home On Time Day** www.gohomeontimeday.org.au

24 -29 Nov– **Social Inclusion Week** www.socialinclusionweek.com.au

25 Nov – National Disability Awards - www.idpwd.com.au

25 Nov – White Ribbon Day - www.whiteribbon.org.au

25 Nov – Council Meeting 7pm Knox Civic Centre

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 -

December 2014
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Wednesday 12th November

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PHOTOS: please email SEPARATELY, do not embed in documents

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Saturday, 29 November 2014



Knox Remembrance Day Commemoration

be a late night.



Learning Centre, in the Community

Centre, in Fulham Road Rowville.

2014 has a very special place in Australia's history as it is the 100th anniversary of the declaration of the commencement of World War 1 on 4th August 1914. The very next day, Australia fired its first shot in the war from Point Nepean.

At 11am on 11th November 1918, the guns on the Western Front fell silent after more than 4 years continuous warfare. The Allied Nations chose this day and time for the

commemoration of their war dead.

The 1st November, is the 100th anniversary of the first ships carrying Australian troops to fight leaving Australian shores.

On this day, 2014, a memorial dedicated to those residents

of Knox who paid the supreme sacrifice while serving in the Armed Forces will be unveiled and dedicated at the Tim Neville Arboretum, Dorset Rd Ferntree Gully.

ever attended, no more than an hour, so it won't

For further information please call 9764 4703.

The Knox Remembrance Day Committee, with assistance from Knox Council and Knox Financial Service (Bendigo Bank), conducts a ceremony on the Sunday prior to 11th November, which this year is the 9th. The ceremony, which commences at 11am with a march of returned servicemen and women, national service personnel, Victoria Police, Country Fire Authority, Scouts, Guide and local school children, will be conducted at the newly dedicated Knox War Memorial at the Arboretum.

Hurtle Lupton OAM JP, the chairman of the Knox Remembrance day committee said "It is a special day when families come together to remember their relatives who served and in many cases made the supreme sacrifice for their country. What especially pleases me is the number of school children involved in Choirs, Readings, Wreath Laying, Flag Bearers and assisting with the flag raising and lowering at the ceremony".

Everyone is welcome and are invited to enjoy refreshments at the conclusion of the event at the Boronia RSL. *Hurtle Lupton OAM JP*

Knox Council

Information Hub – Free Legal Information for not-for-profit community organisations

Not-for-profit Law (NFP Law) is a community legal service that provides free and low-cost legal help to community

organisations, including legal information, advice and training.

The Information Hub contains resources to assist community organisations with a wide range of legal issues, including starting a not-for-profit group, governance, fundraising, insurance, amalgamations and mergers and applying for deductible gift recipient status, as well as many other to

gift recipient status, as well as many other topics. The Information Hub is specifically tailored to the needs and situations of community organisations.

Local Sports Grants

Local sport and active recreation clubs now have an opportunity to apply for VicHealth's Active Club Grants, which aim to get more people in Victoria physically active. Grants of up to \$3,000 are on offer to community sport and active recreation clubs across Victoria to assist with the purchase of essential sporting, and injury prevention and management equipment.

This year's Active Club Grants have been split into two rounds to create greater opportunities for clubs to access funding:

Round 2 – opens Monday 12 January, closes Friday 13 February 2015.

Hailstorm in September



The scene in Waterford Park Village after the storm, courtesy Creagh Bown



Friday night saw our local community come together in support of the first Vinnies Knox Community Sleepout.

This first time event was a partnership between St Vincent de Paul Society Knox/Sherbrooke, Rowville Community Kitchen and Cr Nicole Seymour. Kim Wells MP, State Member for Scoresby, was the only one out of the nine local Federal and State politicians/candidates invited to attend. He did it rough just like everyone else.

It was amazing to see such a broad range of people participate. From two students of Scoresby Primary School with their parents, two teenagers from Lilydale Secondary



Brian Crowley, Cr Nicole Seymour, Kim Wells MP and Christine Smith At The Sleepout

College, Ist Rowville Venturers to CFA members, Victoria Police members plus many of our local community.

Dinner was a cup of soup, bread and a piece of fruit, whilst at 6am a hot breakfast was served to warm everyone. Christine Smith

Recipe:

Something a bit lighter to welcome in spring:-

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



Beetroot and Orange Salad.

Enjoy as an entree or side salad with cold meats on a warm day

2 medium beetroots washed and trimmed

1 cup of orange juice

1 orange

1 cup of walnuts diced

1 cup of baby spinach washed

Preheat oven to 180

Using a dry non-stick frypan, dry toast walnuts

Line baking tray with baking paper, place beets and bake for 40 minutes or cooked

Chop beetroot and orange

Mix beetroot, orange, baby spinach and walnuts in a bowl Add enough orange juice to coat



The Rowville Community Centre runs a Three Year Old Pre Kinder program from Monday through to Friday during school terms. The two hour sessions are structured to develop creativity, imagination and social interaction in the children. They participate in activities such as painting, free play, craft, storytelling and singing.

Placements for 2015 are limited, so please contact the Centre for enrolment details.

To find out more about the activities at Rowville Community Centre please contact 9763 7400 or log on to www.knox.vic.gov.au/A-Z listing.

Patricia Massie





Rowville Neighbourhood Learning Centre Inc.

As 2014 draws to a close, Rowville Neighbourhood Learning Centre is both looking back at the great events we've

celebrated and looking forward to the activities and classes we still have on offer.

The Stringybark Festival, once again, focused attention on sustainable living, and showcased local artists, produce and crafts resulting in a great event.

Hopefully, some of you caught the amazing talent of 120 students performing on stage at this year's Hip Hop Concert, held on September 19th, which was a resounding success. You might also want to mark your calendar for our end of year showcase of talent by our Pre-school music and dance, jazz dance and guitar students on Friday, 5th December.

As we move into our final term for the year, we have a wide range of great activities and sessions on offer. Starting in November, you can get creative with Christmas Card Making or Fashion Jewellery and for those who love the outdoors, design and make a sculpture for your garden using Hebel.

With summer approaching, we also have an important information session, "Bushfire Planning Workshop". presented by the CFA, plus a Paediatric First Aid awareness course and more. Check out a copy of our Term 4 Brochure at the centre or go to the website — www.rowvillenlc.org.au Priscilla Sugumar



Our Shed is fairly small compared with some others in Victoria having 26 members with Brian Kelly from Wantirna becoming our latest member. We keep busy maintaining the

grounds at the Stamford Park homestead on behalf of the Knox City Council and growing vegetables, things anyone can do. Other tasks we take on are community based, for example we have just commenced building a play kitchen for the Scoresby Village Play Group. This is being constructed from wooden pallets and requires little more than an idea of what is required and some general handyman skills.

Of course our members have a wealth of skills and experience that can be drawn upon and being a group of men from different work backgrounds, there is no shortage of ideas and advice and that's what makes it a good place to come to. Our members range from their 40s into the 80s and had careers in engineering, electrical trades, mechanics, Telecom workers and office workers. We welcome anyone to come along and find out what a Men's Shed is about. You don't have to be retired, just looking for something to keep vou interested.

Cyril Tait is over 80 now and retired from his own business and a life time of engineering, though he continues to keep busy inventing. Currently he is grappling with constructing an automatic flag pole using motors and pulleys to raise and lower a flag (or banner). The photo shows Cyril in his home workshop with the flagpole. Cyril came from humble beginnings, having been raised on a 100 acre farming block in the Mallee, where one of his tasks was to grub out Mallee roots then split and transport them. He is also a skilled navigator having competed in the Sydney-Hobart yacht race as well as other exploits in the Pacific. On dry land in the '60's, he plotted a course across the Simpson Desert with a young Russell Guest (an explorer of TV fame).

Please visit our website www.stamfordparkshed.org. au, go to our Facebook page, or pop along to the Shed at the Homestead in Emmeline Row Rowville. Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2.



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Rotary Club of Rowville

If you weren't at our Spring Business Breakfast

on 16 October, you missed an inspirational speaker in Les Twentyman OAM! Les is one of those people who really does "fly under the radar", but the extent of his work among disadvantaged young people is incredible. Les established the 20th Man Youth Fund almost 30 years ago and now encompasses eleven separate programs. These are: Crisis Accommodation, Youth Support Service, Outreach Service, Redskins Basketball Club, Back to School Program, Young Leadership Program, Saturday School, Awareness, H2GO Homework Club, Jobs 4 Kids and the Annual Christmas Party. If you would like to become involved with and support the 20th Man Youth Fund you can either call them on 03-9689 4800 or log on to their website at: www.20thman.com.au Les firmly believes every young person deserves a future free of poverty, abuse, violence, discrimination and isolation, with all their programs aimed at providing counselling, education, recreation and support services to our "at-risk" youth. The main focus of the 20th Man Youth Fund is in Melbourne's Western suburbs where there is rising unemployment and homelessness, with growing gang violence and the deadly drug ICE. Put these together and you have a lethal cocktail

Another successful Stringybark Festival has been staged. Our Rotary Club set up a stall selling a range of plants at attractive prices, where it was reported that the stall had to put up the sold out sign at the end of the Sunday, which was fantastic. We are very grateful to the local residents who purchased plants and so supported our local community programs. Thanks also to a couple of Club stalwarts, Jeff Somers for all the hard work over recent months for planting and growing the donated plant stock and to Ed Lemarchand for getting hold of the range of pot sizes. All the Club had to buy was the potting mix! Thanks also to members of the newly formed ROTARACTORS Club who volunteered to help staff at the stand





Club President Carol Shaw, Les Twentyman and Knox Councillor Nicolle Seymour

Several experienced Club members have also been instrumental in conducting a series of Mock Work Interviews for some selected students at Rowville Secondary College, Western Campus. This exercise is designed to assist students by giving them some idea of what to expect in a job or similar interview.

If you are community minded and would like to give something back, then you are invited to come along to our meeting on a Tuesday evening to find out what Rotary is all about, come as a guest the first time. Details of our meeting venue, dates and time can be found in "What's On Locally" on page 2.

Interested? Then call either Warren Miller on 0414 956 611 or Jeff Somers on 0413 150 587. Log on to our website at: www.rowvillerotary.com.au and follow us on Facebook and/or Twitter.

James Wilson



Probus Club (Combined Knox)

What a busy and imaginative outings organiser we have at Combined Probus Club of Knox! In the last

three months of the year Tricia has organised a classical music experience in September at Knox Community Arts Centre catering for the musical aficionados in our group, then for the punters and those that like the gee gees, we have the Cranbourne races on 30 October and we finish the year off with an experience for the gardeners in our group a visit to Alowyn Gardens on 18 November. Tricia puts in a great effort so that we can all benefit.

The classical music experience, performed by "Inventi Ensemble" was thoroughly enjoyed by members of our group. A delightful trio played Flute, Oboe and Cello, playing music composed by Bach and Debussy. This was followed by an enjoyable cuppa and chat with the musicians afterwards. We are looking forward to the next two outings.

Our Guest Speaker this month was from Ambulance Victoria. He spoke about the "4 Steps for Life Plus" program, showed us how to use a Defibrillator and gave us a demonstration of how to perform CPR. 3 out of 4 cardiac arrests occur in the family home, so his talk on the steps to be taken was both instructive and useful

Next month we are into herbs. Our guest speaker will be Joy Thompson of 'Herbs of Joy'. She has been manufacturing a variety of products based on the use of essential oils from herbs and fragrances from flowers, along with natural oils and waxes since 1984. Her products include skin creams and arthritis rubs.

Our Historian is compiling a History of our Group. We are looking for documents, photos and information relating to our group. If you can help please contact us.

Owing to Melbourne Cup Day, our next meeting will be on 11th November at the Stamford Hotel starting at 10 am. Hope to see you there.

Ray Stackpole

Saffron

Rowville's First Indian Restaurant

Come for an elegant dining experience! Saffron on Kelletts @ Rowville Lakes

Authentic Indian Restaurant Dine in, take away & home delivery

Lunch: Mon - Sat, Dinner 7 Nights Shop 8, 150 Kellets rd, Rowville

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Now taking bookings for Christmas!

Visit our other restaurants in the foothills of Mt Dandenong

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Ph: 9754 8388

Shop 3, 1563 Burwood hwy, Tecoma



The Shipwreck Coast Explorers In Portland.

Waterford Valley Lakes Retirement Village

Forty two Waterford Valley Lakes Retirement Village residents enjoyed their tour of the "Shipwreck Coast" during

October. The weather man turned on delightful spring days for the four day coach holiday. With 4 star accommodation at the Quality Suites Deep Blue in Warrnambool, each day commenced with a full breakfast. At the end of each day's touring we were spoilt in the evening with three course dinners. The meals consisted of many choices of mouth watering, excellently presented food.

After departing from Rowville, in our Quinces touring coach, we were soon through the busy morning traffic and heading for Geelong and the Great Ocean Road. After several photo stops we arrived for lunch at the Apollo Bay Hotel. The afternoon saw us looking at beautiful scenery as we drove through Port Campbell to the City of Warrnambool.

The second day was spent sightseeing around Warrnambool. We visited Logan's Beach and although it was late in the whale migration season, we were able to watch two whales swimming close to the beach. We explored the Flagstaff Hill Maritime Village and after dark returned to watch the sound and laser presentation of the show called, "Shipwrecked".

Day three provided the real highlights of the tour. After looking around the small fishing village of Port Fairy it was on to Pacific Hydro's Yambuk Wind Farm. Tim, a member

of the Codrington family that owns much of the Wind Farm land, joined our coach to provide a detailed commentary. No question was left unanswered and most on-board agreed that Victoria would be a much less polluted State if more electrical energy was produced using the wind. It was then onto Portland for lunch at the Cable Tram Depot. After lunch we spent a full hour travelling on two Cable Trams along picturesque Portland Bay Foreshore. The on-board tram commentary is excellent and we all agreed that Portland's Cable Trams are a "must do" whenever visiting this early settled Victorian town

After packing our bags with our dirty washing we left for home. We had learned a lot about the early history of southwestern Victoria. Returning via Colac and Queenscliff we enjoyed a Searoad ferry journey across Port Phillip Bay to Sorrento. With a touring group whose ages average about 80 years, we had enjoyed another lovely Village holiday. Our Quinces Coach-Captain John Friggi provided a very comprehensive commentary; he was friendly, always helpful and personable. The touring group asked that he be our first choice of Captain on future Village Holiday tours.

Don Horsburgh, Resident Tour Leader & Organiser

Waterford Park Retirement Village

Nullabor Links Trip September 2014

During 2013, Otto and Glen Salomons had a dream to play the Nullarbor Links Golf Course, the longest course in the world – 1365 kilometres. This dream was realized on Saturday 6 September when a bus was hired and 21 residents of Waterford Park Retirement Village set off at 7am and drove to Adelaide. The next day we proceeded to Ceduna, where the first two holes of the course were to be played.

On Monday morning everyone was up early and ready to start playing. We were surprised to see long grass and rocks

scattered around the fairways, not to mention the strong wind that blew balls in all directions. Luckily the 14 golfers had several non -players who acted as "spotters" to locate lost balls. We played another two holes that

day, one at Penong and the other at Nundroo. This was another challenge because there was a huge hill in the middle of the fairway blocking out the view of the green!

Over the following days we played at Nullarbor, Border Village, Eucla, Mundrabilla, Madura, Cocklebiddy, Caiguna, Balladonia and Fraser Range. There was some friendly rivalry between Graham and Otto (even some sledging)!



Ready For The Nullarbor Links

On Wednesday we reached Norseman where there were two holes to play and then on to Kambalda and finally the last two at Kalgoorlie. What a shock we got when we drove into the Kalgoorlie course.

Millions had been spent and the fairways and greens were in superb condition. After the rough and rugged conditions of the previous holes this was like paradise. At last we had completed the course. The winners were Ladies, Val Worrell with a score of 88 and Men's our fearless leader Otto with 87.

Friday 12th was a rest day in Kalgoorlie where we did a

tour of the Super Pit Gold Mine and wandered around town. Our bus was adorned with banners on all sides supplied by Hello World, Mountain Gate and 123 Cheese. These signs attracted lots of attention throughout the trip.

Saturday we set off for the return trip across the Nullarbor, stopping at different points to view the magnificent coast. At The Head of the Bight we were lucky enough to see several Southern Right Whales swimming near the Bunda Cliffs.

Special thanks need to be made to our wonderful "Foodies" who kept us nourished. They did a wonderful job, supplying breakfast, lunch and the all-important "lubrication".

Just to set the record straight we did have an incident. We ran out of fuel 10kms short of Kimba. After hailing down a motorist, Graham went into Kimba and sent some fuel out to us. Unfortunately with diesel it is not a matter of just putting in the fuel, so we then hailed down a truckie who tried to help but no luck. Graham finally found a mechanic in Kimba who came to our rescue. In the meantime, the SES with two four-wheel drives and a mini bus ferried us into the Kimba Hotel, where we had a calming drink. With the bus back in action we went on to Ceduna arriving in time for dinner.

On Saturday 20th the happy band returned home at the Village.

What an amazing trip. We all loved the experience and thank Glen and Otto for the chance to fulfil our dream of crossing the Nullarbor and the opportunity to play that iconic course.

Glen Salomons



Volunteering is an opportunity to share skills you have and gain new ones in a fun and supportive environment. It can be for a non-profit organisation, community group or event. One of the benefits of volunteering is that it allows you to connect to your community and help make it a better place. It can also help you make new friends, expand your network, gain knowledge and boost your confidence.

 The "Volunteer for Knox" resource centre is a new program that aims to increase volunteering opportunities for individuals and organisations in Knox. It is a shared initiative between the five Knox Neighbourhood Houses – Rowville Neighbourhood Learning Centre, Coonara Community House, The Basin Community House, Mountain District Learning Centre and Orana Neighbourhood House. The resource centre is located at Coonara Community House in Upper Ferntree Gully and can help registrants with:Finding a volunteer position

- Ongoing support and training
- Accessing volunteers for community organisations
- Improving how businesses manage volunteers
- Understanding legal and regulatory responsibilities

Rowville Neighbourhood Learning Centre (RNLC) is frequented by many volunteers and as all community houses in Knox do, prides itself on helping them achieve their goals. Toni Benetti started volunteering in an administration role at RNLC and after furthering her computer and interpersonal skills, she felt confident enough to apply and be successful for a job at a community centre. "The lovely staff and other volunteers made it easy for me to relax and I found myself very eager to learn whatever I could, to update my skills and learn many new ones." This is a common story at the neighbourhood houses in Knox.

To get involved, individuals and organisations can register their details online at the Volunteer for Knox website (details below). By entering your skills and interests, the resource



centre can find you the right experience, whether you're already a volunteer in the community or would like to get started!

For more information: Phone: 0429 968 822 Email: office@volunteerforknox.com.au

Website: www.volunteerforknox.com.au Facebook: www.facebook.com/volunteerforknox

Jessica Hardy and Freya Magee

50+ Women's Fitness Group

Women over 50 years old living in Rowville and Lysterfield are invited to join our new group, Wheel or Walking 50+ women. We want to promote fitness and health as well as encouraging women to enjoy our streetscapes. There is such a lot to see locally which can be missed driving around in a car. We can arrange walks or rides to suit members, which could include twilight rides or walks to cater for those ladies in the workforce.

In the future we will consider other activities, like craft work and visits to interesting places.

For more details contact Suba on 0425 803 302 *Suba Adams*



WELCOME to NEW distributors

- Subu Mohan & Phillip Krone

THANK YOU to retiring distributors

- Evelyn & Alan Bishop (13 years) – WELL DONE

Voluntary Positions

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

Gilligans Ct, Linnel Ct – 43 papers Please contact Jan Bates - 0418 583 631

Heany Park Rd (Liviana to Bergins), Wallingford Pl, Perri-Raso Rise, Jejana Tce, Reservoir Cr, Nocera Pl, Whitecliffe Dve, Nursery Crt, Providence Pl, Bergins Rd - near Wallingford – 72 papers

Rd - near Wallingford – 72 papers Please contact – Shirley Oudshoorn – 9764 4672

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

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

Bensam Close, Landsborough Ave (evens), Oakdene Crt, Maitland Close, 4 houses in Karoo Rd – 63 papers Fairway Drive (odds - 31 to 129, evens - 32 to 120),

Irons Cl, Woods Pl, Ryder Crt – 100 papers Please contact - Ian Richards - 9763 9260

Woodside Dr, Kavanagh Crt, Hicks Crt, Telfer Crt, Garland Rise, Marley Close – 115 papers Major Cres (west side # 44 to 60 & east side # 51 to 2 / 71) Clementine Cl – 36 papers

*Teofilo Dve, The Gables, Pecan Crt, Malata Way, Allamanda Blvd (#'s 35 & 37) – 50 papers
Please contact – Peter Rumble – 9752 7592

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

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

- (ACP only) The area bordered by Napoleon Rd, Kelletts Rd and Wellington Road
- (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

Community Bank® Branch Bendigo Bank

Local Art Association"Young at Art" competition

Recently, The Hut Gallery, home of Ferntree Gully Art Association, held its annual art competition for young artists in the Knox area. For the second year running, the **Community Bank®** sponsored prizes in both the junior and senior categories.

Bank director Graeme McEwin was on hand at the award ceremony to present the four young winners with their cash prizes. There were two categories, Junior and Senior, with first and second prizes awarded in each category.

Hut regulars, proud parents and friends attended the award ceremony and were very impressed with the high standard of the entries. The competition was for young local Knox residents aged between 12 and 19. Congratulations to all of the entrants.

The Community Bank® is proud to support local artists in this way and give back to the community thanks to members of the community utilising the bank's services. Your local Community Bank® in Rowville is in Wellington Village and is open during the week and on Saturday mornings.

For more information on The Hut Gallery, or Art Association see their website Thehutgallery.wordpress.com. *Janine Shepperd*



Rowville Toastmasters Where leaders are made!

At Toastmasters there is always a lot of talk and the favourite topic of conversation is 'leadership'. It comes as no surprise that the current Toastmasters' slogan is "Where leaders are made". Leadership is a skill held in high regard in our personal and professional lives. Armed with a Toastmasters Competent Communicator Award and a Competent Leader Award, success could flourish in many aspects of your life.

Learn to lead with hands-on performance. Members working in the leadership track learn and practise leadership skills by serving in club roles. The *Competent Leadership* manual is the core of the leadership track. It features 10 projects, completed while serving in various club-meeting roles. An evaluator will give you feedback on each project, helping you to improve. When you complete the manual, you are eligible for Competent Leader recognition.

Erna Walla is currently working toward completion of the Competent Leadership manual. She believes the leadership skills gained will assist in her future career. To enhance her leadership skills, Erna has taken the next step and joined the club committee as Club Secretary. The role of Secretary will provide practical experience to help fast track her development of communication and leadership skills, resulting in greater self-confidence and personal growth.

You will find Toastmasters provides a friendly and supportive environment to learn and develop your speaking and leadership skills. Join in the fun and friendship at Rowville Toastmasters Club, and enjoy the benefits of the

Letter To The Editor

Dear Editor

I am writing to express my and our Club's gratitude to Telstra Kids for their \$1,200 grant to the Rowville Junior Hawks Football Club. Organisations like theirs deserve recognition for their support of sporting clubs and I urge other sporting groups to contact them to see if they qualify for a grant.

These funds can make a big difference in kids' lives, helping them to play and learn. We will use our grant to get kits, equipment and training accessories for our new all girls team.

I wish to especially thank Murray Gray from Telstra, who nominated our club for the grant.

Best Wishes, Trish Anderson

Cake Decorators Association of Victoria Rowville Branch



Bookings are essential and now

being taken for our two Christmas cake workshops on November 9th and 16th. These are filling fast, so book now. Tell your friends about the events. We teach them every step of the way, including how to cover as well as decorate. The cake and everything else you need is included in the cost of \$75, but remember it is a by o lunch. The workshops start at 9.30am and go through to 3pm.

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

10am-3pm. Members \$10 non members \$15

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



Toastmasters program to become the speaker and leader you want to be!

Find out what makes an authoritative leader with the Toastmasters Competent Leadership Program. You could discover a new powerful leader - **You!**

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 meeting venue, dates and times can be found in "What's On Locally" on page 2. If you are interested in attending a meeting and learning 'to speak among friends' please send an email to contact@ rowvilletoastmasters.org.au or visit the website at www.rowvilletoastmasters.org.au to see details of Club activities. Peter Tuck, Vice President Public Relations.





Rowville Community Library

November

"Feeding the minds of our community..."

Sponsored by Cr Darren Pearce



Public Holiday Closure: Please note that all of Eastern Regional Libraries, including Rowville Library, will be closed on Tuesday 4th November for the Cup Day holiday. Good luck to everyone!

Knox City Council: Lisa Loulier, Community Sustainability Officer from Knox City Council, will run an information session about a wide range of services and issues relating to Knox Council, in particular services for the householder. Please come along at 10.30am on Friday 14th November to meet Lisa. Bookings please. Free event. Phone 9800 6443

Free Ancestry.com at your library: on Monday 17th November at 2pm. Ancestry.com is a popular tool for family historians and is available at no charge in the library. Book in to hear more. Free event. Bookings please.

All about India!: Foodie Trails will be at Rowville Library at 2pm on Tuesday 18th November to tell us all about India, introduce us to the culture and some background, teach some Indian phrases and Indian outfits. Sari draping demo, introduction to some Indian cuisine, plus basic Indian decor for the room, like some table cloths.

Bookings please. Free event. Indian Cultural talk All About India be on Tuesday 25th November at 1pm. based on our Masala Trails tour

Australian Hearing: will conduct hearing screenings on Friday 21st November between 10am and 12 noon. You must book an appointment. It is a free session. Book at the library or phone us on 9800 6443

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 3rd November 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 98006443

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 6th November 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 services, etc? This is for you! Includes help with eBooks and eMagazines.

Rowville Writers' group: Next meeting will

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 9800 6443 for a time to ensure staff availability. By the way did you know that you can access Ancestry.com from the library for free? Charles is available to assist you with any Family History question.

Home Library Services: for free book deliveries please ask to speak to Rose or Raelene on 9800 6443.

Children's activities

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

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

Monday 10.30am Toddlers storytime (age 1 - 3)

Tuesday 10.30am Preschool storytime (age 3+)

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

Saturday 10.30am during school terms. A special family storytime will be held every Saturday morning at 10.30am during school terms. Come along with friends and family to join the children for this one hour session! We appreciate that not everyone can attend the storytimes during the week, so this is another opportunity which may suit. Everyone is welcome. This is a free event. No bookings required.

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

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

Details about the library service are available from our website at www.erl.vic.gov.au, and you can even join on-line. Rose Thompson,

Manager – Rowville Community Library 9800 6443



Behind the Shattered

by Tasha Alexander

Glass

Attention all mystery readers! Some time ago I read the first Lady Emily novel and thoroughly enjoyed it. I didn't realize that there would be a series and now I can't wait to read more

This very readable book is set in Victorian England and concerns Lady Emily Hargreaves, who is very wealthy and lives in a grand house with her husband and children. Lady Emily is a bit of an amateur sleuth and her husband often does special work for Queen Victoria. They are in their element when their neighbour, the young Marquess of Montagu, bursts in from the garden and drops dead in front of a shocked gathering.

> But who has a motive for murdering the young aristocrat? It seems that there are several people with a potential motive for his murder and there are many twists and turns that hold your interest.

The book takes you from Lady Emily's world upstairs to the servants below stairs, to reveal the secrets of a country manor house, piecing together the clues needed to solve the puzzle.

The ending, no doubt, will surprise

A thoroughly enjoyable read. Valerie Gillies.

Rowville Library Bookchat and Bookclub groups

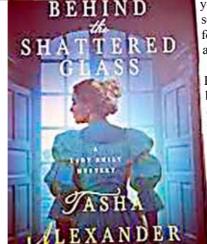
Home for Christmas Part 2 By Barbara Scott

Jill felt quite positive now that

thought had come to her. Once again,

she had checked herself over and found nothing to suggest any problem. It had happened before that an error had occurred with testing, even with sending the diagnosis to the wrong patient. The extra workload of taking care of Maurice on top of her work at the Clinic had begun to take its toll. She still felt quite well, but tired and becoming gloomy about what lay ahead for her. Now with this thought in mind, she determined to check it all out when she was next on duty at the clinic. On second thoughts, she would go in today. With the other nurse attending to the normal duties, she could go through the files and have a thorough check on her own case.

An early lunch for herself and for Maurice would do the





Tamika Hicks Putting our LABOR CANDIDATE FOR ROWVILLE

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Victorian .abor

Red Hat Society



The Ruby Gumnut Goddesses

Meet And Greet At The Library

On the 10th of October the Ruby Gumnut Goddesses held a Red Hat Society 'Meet and Greet' at the Rowville Library. Ten members met for lunch in Stud Park and then spent an hour decorating the study room at the Library. I don't think the Library has seen so many colours in that room for a long time. We would like to thank the staff for allowing us to take

trick. She would give him his mail; settle him so that he had everything he needed until old Mrs. Mullins called in to take over.

Jill set about making a light lunch and sorting the mail. There was the usual stuff to do with his Clinic and a couple of personal letters. She recognised the handwriting on the envelope of one - it was from his brother. The other was new to her. It had quite a feminine look to the envelope and the handwriting, and was marked 'Personal'. The next one took her back a bit. It was an official envelope with the Victoria Police Badge stamped on the envelope. It was also marked 'Personal'. The coffee percolator took her attention from the mail. She pushed the mail aside and prepared the lunch tray for Maurice and one for herself, placing the mail in her apron pocket to leave her hands free to carry the trays.

As they ate lunch together and Maurice read his mail, worrying thoughts crossed Jill's mind, particularly about the official-looking letter. She wondered if it had anything to do with the car smash. Maurice had avoided talking about that and she had stopped asking him because it made him so irritable. She decided to leave that letter until he was feeling better. The other letter marked 'Personal' she left in her apron pocket too. She felt decidedly uncomfortable about it. She hadn't thought she was the jealous or suspicious type, but

Paul's Photography **Patter**

Last month, we considered how the viewer's eye generally scans across a photograph from left to right and the most pleasing scenes are those where the subject naturally follows

However, as with any rule some shots ignore this and produce excellent images when the subject is facing or moving in the opposite direction, right to left!

No matter which way the photograph flows the most important consideration is to ensure there is sufficient space for the subject to appear to be looking or moving "into the photo scene" and not out of it! Subjects facing left or right close to the side of the photo, or objects moving across the scene and just about to disappear out of the frame, seldom please the viewer. There should be sufficient space for them to still appear to be looking or moving into the scene.



A squirrel positioned to have room to move into the scene.

Happy snapping, Paul Lucas.

HINT: Generally try to avoid people or objects positioned at the photograph's side and appearing to look or about to disappear out of the side of the scene.

over the room and even hang red and purple balloons around the main Library.

We had a large display of all things Red Hat Society, hats, feather boas, photo albums, banners and gifts for every guest. We are so lucky that we have our own chapter milliner, who bought along a selection of her handmade hats.

At 2pm we already had a couple of ladies ready to find out about the Red Hat Society. By about 3 pm we had seventeen ladies in for a cup of tea or coffee, plus some biscuits for afternoon tea. They tried on a variety of hats, lacy gloves and feather boas. The ladies were all very keen to learn about the Red Hat Society and had lots of questions to ask. From the main Library you could hear a lot of chatter and laugher and that attracted a few people to investigate.

All members of the Ruby Gumnut Goddesses went home with a large smile on their face and a great feeling of satisfaction that we had spread a lot of information about the Red Hat Society.

Kerry Eustace H.R.S Queen Mini Munchkin

Editor's Note:- I dropped in with my camera to see what the day was all about and was greeted with "You're a very brave man to enter!!" It certainly was a lively gathering.

now, for some reason, the shine had gone off her positive thoughts regarding her diagnosis.

Jill gave herself a mental rap over the knuckles, gave Maurice a quick kiss, cleared the trays and left for the Clinic. She was on 'neutral' territory there. She felt at home there and on a 'kindly' basis with the patients. She was 'in charge' and her private life was her own. Jill decided to confide in Sarah, the nurse on duty. She trusted her to understand that she needed to verify her diagnosis.

"I'll leave you to it, then," was Sarah's response. "If you want to talk, just yell.'

Keeping the file was part of Sarah's and Jill's duties, so it didn't take her long to locate her own file. She read it over carefully, looking for something that wasn't right. All the diagnostic and medical information seemed authentic and what you would expect in such a report. The name and address at the top of the letter was hers alright, no question. Something made her think to check her Medicare card number. She took it from her purse and laid it beside the papers relating to her case, reading the numbers carefully.

"Halleluiah!" "Terrific." "Wow."

Sarah came running. Excusing herself from the patient at the desk, she was relieved to see the wide smile on Jill's face. They threw their arms around each other and danced a

jig around the office.

"I'll go and attend to that patient I left wondering and be back to double check. Make sure there's no doubt," and off Sarah danced.

A lull in the traffic of patients gave them a chance for coffee and a talk. They made another appointment with Jill's specialist to sort out the error, even do the tests again. There would be no worry about that. Sarah asked after Maurice, adding, "Oh. There was a woman came in asking for Maurice's home address." That urged Jill to go home and tell Maurice the good news.

She opened her front door just as Mrs. Mullins came 'flipflopping' down the hall.

'Ah. 'Tis you. I thought it was that woman again. I didn't like the look of her. Treated me like a paid servant."

"Who was she, Mrs. Mullins? We weren't expecting any callers.

"You'd better ask your husband. Didn't give me her name. She closed the bedroom door on me. Cheek of her."

Instead of going in to tell Maurice the news, Jill felt she must deal first with the nagging worry she had over the 'Police' letter. Out in the kitchen she felt in the pocket of her apron and drew out the letter. "If only I could tell what it says without opening it?"

"Will I or won't I?" Jill drew a deep breath.



Final Tour for 2014

Thursday 6 November, 9am **Bookings Essential**

Enrol now for 2015/16

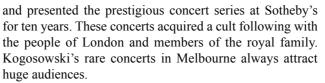
www.knox.vic.edu.au | Ph: 8805 3800





Polish Club The music of the great Frederic Chopin in Rowville

On Sunday 19th October, in the Polish Community Centre "Syrena", classic music lovers had a rare opportunity to enjoy a piano concert featuring the music of one of the greatest composer of all time, Polish born Frederic Chopin. The music was performed by one of the foremost pianist of his generation, Melbourne born of Polish parents, Alan Kogosowski. This internationally renowned virtuoso pianist, one of the best living performers of Chopin world-wide, has won wide acclaim and brought pleasure to audiences in Europe, America and Australia. While in London he became a close friend of the late Princess Diana and conceived



The large concert hall in the Polish Centre was packed to the limit. Over 300 music lovers from all walks of life, including the Knox Mayor Cr Darren Pearce and RLCNews editor David Gilbert with their wives, plus many Polish VIPs attended the concert, where they enjoyed the powerful and romantic performance of Chopin's famous mazurkas, etudes, scherzi, nocturnes, waltzes and polonaises. The recently purchased grand-piano withstood the dynamic and expressive, easy on the ear style of the performer. Standing ovations and encores extended the concert to well over

2 hours. The rousing last piece, the very patriotic Polonaise A flat, op. 53, ("Heroic"), brought tears to many of the Polish audience.

A number of interesting cultural, culinary and sports events are happening at the Polish Centre in Rowville nearly every week. For example, on 7th of December there will be the very popular Polish Market. The restaurant with typical tasty Polish cuisine, is open every Sunday.

The Centre's halls can be hired for many types of activities. For more information about the Centre please contact Les on 0404 836 480.

Les Pach





Please Note Our November Meeting Starts At 1.00pm

As we head for Christmas and the end of the year, we are still very active and a number of events will take place in the final quarter of the year. The November meeting, detailed above, will be our final meeting for the year and will be in the nature of a party, to see out the year with a bang. This will be the last Club meeting that starts at 1.00pm. Starting in January 2015 the monthly meetings will start at 10.30am following the vote to this effect by the members.

Various events have taken place recently, such as Morning Melodies at the Knox Club and the lunch, also at the Knox Club and more are planned. Although we are coming towards the end of the year, prospective members are welcome to join us at our last 2014 meeting in November. Subscriptions for the year 2015 are due in January 2015 and the subscription cost is \$15.00, which is unchanged from 2014. You can of course visit us three times before deciding to join and become a member and you are assured of a warm welcome, as you sample the happy and inclusive atmosphere while you enjoy the entertainment and social events planned for the year.

Regular events each month include coffee mornings at Myer Knox City, a monthly cinema outing, a new event for us, lunches at various venues around Knox, book clubs, Morning Melody mornings and much more. Events planned for the remainder of the year include a Mystery Day Trip, a visit to Hamer Hall for Christmas Melodies and our Christmas Party Lunch at Marybrooke Reception Centre, which will include our very popular Mega Christmas Raffle.

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

Details of our monthly meetings can be found in "What's On Locally" on page 2. Remember that the start time changes in 2015 to 10.30am. Come early to get a good seat Make a note in your diary, on your calendar, or on your iPhone and come along to our meeting on Tuesday, 25 November 2014 (1pm) to discover all we have planned for the year and hear another interesting and informative talk from one of our great guest speakers.

We look forward to seeing you there.

Contact Jill on 9801 4363 for any further information. Jim McLoughlin



Mayor's Message

My first term as Mayor is drawing to a close and this will be my final Mayor's Message. It's crept up very quickly!

I'd like to say a special 'thank you' to everyone who attended the Stringybark Festival on 18 and 19 October. Each year we're proud to have a great turnout and it certainly is pleasing to see so many Knox

families out and about being inspired to live more sustainably. I trust you had an enjoyable time at this year's event. After a wonderful day at the Stringybark Festival, I was kept busy, but for an extra special purpose.

On 18 October I had the privilege of attending a ceremony to watch young Rowville resident, Jade Sheehan, accept her Queen Scout Award, which is the highest award in the Venturing Skills category for young people aged between 14 to 18. Jade deserves a very public 'congratulations' for her efforts and it gives me great pleasure to advise of some further exciting news.

Jade has been selected to attend the 2015 Gallipoli Anzac Day Dawn Service Tour, alongside 80 other students from across Victoria. Jade was successful following a highly competitive process which saw close to 800 students apply for the honour. It is wonderful to know that a Rowville resident will be attending this trip and I am sure this will be a once in a lifetime opportunity and experience. Congratulations, Jade.

Thank you for your continued support and I look forward to serving you in 2015 as your Taylor Ward Councillor.

Red Cross Rowville

One of our members, Marcia Kent, turned 102 years of age in September. She joined the Rowville Unit almost at its beginning and has been a member ever since. Marcia also still plays bridge once a week.

Our annual fund raising lunch occurs in October and we are sure it will be a great success as usual.

Our unit has a hard working group of people who produce hundreds of trauma teddies each year. We have got to the point where the sewing up of these teddies needs more help. We have plenty of knitters but if anyone could help with the sewing we would be very grateful.

Please contact Joan on 9764 4611 for more information. Elly Baré



Achievers

Sponsored by Alan Tudge MP Federal Member for Aston



Alex van de Steenhoven in the USA

As a follow up to our September article in "Alan Tudge Writes", about Alex going to college in the USA on a sports scholarship, we report below on how he is settling into life in Michigan. Alex has been at college for a little over a month now, but it has not taken the 'freshman', as the 1st year university students are known, long to make a name for himself. Aussie Alex has slotted into the Grand Valley State Men's Tennis Team like a returning team mate, and the folks from the GVSU Lakers could not be happier.

Grand Valley State University is located just outside Grand Rapids, Michigan USA and Alex intends it to be his home for the next 4 years, playing as much tennis as he can and working towards a degree. Along with travelling half way across the globe, organising class schedules and settling into a new on-campus apartment with 3 new room-mates, Alex has been practising hard with the rest of the GVSU Men's Tennis team. He has made such an impression that he now finds himself in the starting line-up in singles and one half of the number 1 doubles pairing. A pretty impressive achievement especially as he is the only freshman recruited to the team this year. In fact the line-up is so settled that Alex was only



The GVSU Men's Tennis team for 2014-2015 relaxing together.

one of two new recruits to the team.

Alex is attracting a lot of attention on campus and in class where the 'Aussie' accent is quickly noted, followed by a barrage of questions. The campus has some 25,000 student enrolled and 400+ of the internationals, at GVSU, which has been rated as one of the top 100 colleges in the US for the 19th year in a row. It has been a pretty hectic introduction to college life and tennis but Alex is achieving great results on and off the court.

Alex picked up his first wins in singles and doubles at an invitational at the Wisconsin-Whitewater College, near Milwaukee, which was an 8 hour round trip by car over a weekend. The next weekend the team again hit the road for another 4 hour drive to the DePauw State College in Indiana where Alex won his group and picked up a further 3



GVSU Freshman Alex van de Steenoven in full flight

singles and two doubles wins over much more experienced opponents, most of whom were 4th year international seniors.

The local college newspaper has written a story about Alex, celebrating him as an 'up and comer' due to the great start and the promise of more success. As a freshman normally you are seen as the new-guy and less experienced and skilled, but this is not happening out on the courts. Alex is showing the skills and determination he has honed on the courts around Rowville and is showing he will be a major part of a successful team. He highlighted some of the differences from playing Grade 1 senior pennant here in Melbourne and noted it was more intense with a much more hard-nose focus on getting the win, rather than playing technically correct, or producing 'nice' shots...

The team recently competed in the Inter-Collegiate Midwest Tennis Regionals in Indianapolis (yep, another 4 hour road trip, there and back) and enjoyed quite a bit of success. Alex posted more wins for his new team and also went close to winning the doubles tournament at the GVSU Invitational, which was reduced due to weather. After 3 weekends in a row on major road trips, they were all happy to be playing at home for once. The singles competition was cancelled, but Alex and his partner fellow Aussie and Senior, Quinn Sylow, showed that whatever combinations are out on the court, GVSU will be a force in the GLIAC Conference in the spring.

On the 6th October, 37 members enjoyed a fabulous day out on the Tramboat.

We travelled from Docklands to Maribyrnong and had a delicious lunch at the Anglers Tavern. It was so popular, we are organizing a second

We hosted the Knox Indoor Bowling Carnival on the 15th October, for the eighth year. It was a great success, with 16 teams competing from the area.

Wendy Roberts from Knox City Council, came to present





winning team 'Scoresby', whose team members were, (Skip) June Swansborough, who travelled from Bendigo for the occasion, Fay Johnston, Dawn Coffey and Terry Unger. A great time was held by all.

For any enquiries regarding the club or our activities, please contact Anne Berg on 9873 0226 or 0404 007 174.

Anne Berg President

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An Hour With

In 1954 at the Mercy Hospital in East Melbourne, the current St Simon's Primary School Principal, Phil Hesse, came into the world. His proud parents were Kevin, an accountant, and Joan, a payroll clerk, who subsequently had three more sons who today are a solicitor, an accountant and a vice principal.

Phil lived all his young life in East Kew, where he initially attended St Anne's Primary School before completing his secondary education at Marcellin College in Bulleen. He then went on to tertiary studies at Christ College in Oakleigh, which was a campus of the Australian Catholic University, where he gained a Diploma Of Education in 1975. He subsequently undertook evening studies and attained a Master In Education degree.

Phil's first teaching post was at the School of the Good Shepherd in Tullamarine in 1975, followed by schools in Box Hill and Bennettswood before becoming, in 1986, Principal at St Cecilia's, a small co-educational Parish Primary School, in Glen Iris. "I enjoyed my 6 years there, but accepted the opportunity to move to a larger school, St Andrews in Clayton South" says Phil. In 2006 Phil became the Principal at St Simon's where he has and still is working hard, not only for his students, but to draw the school and the Parish closer together for the benefit of the community as a whole.

In 1979, Phil met, through friends, Helen, who a year later was to become his wife in a ceremony at St Dominic's Church in East Camberwell. They set up house in Blackburn, moving to East Burwood before settling in Glen Iris where they have lived for 26 years. "We have four children" Phil proudly says, "aged between 27 and 33. Both our daughters are teachers whilst one of our sons is an accountant and the other manages a fitness gym in Sydney. Helen, who has recently retired, was a nurse at the Epworth Hospital for many years".

Whilst at school Phil played football and hockey and today plays football with the Marcellin Old Collegians





Memory Lane 5 Years Ago...

The first sod in the Stamford Park Wetlands Project was turned by Tim Holding the Minister for Water along with Sean Leane MLC, Mayor David Cooper, Cr Mick Van de Vreede and Kitty from Melbourne Water.

1st place in the People's Choice Childrens' Art Competition at

Club. "My brothers are much better than me and play in the 1st 18 whilst I have earned the accolade of being the 'Best Bench Warmer!" jokes Phil. He is an ardent follower of the Melbourne Demons in the AFL and is looking forward to better things next year. Today Phil enjoys being a member of the Wattle Park Running Group who are all over 50 years

old yet manage to cover 10 to 12 kms every Sunday. "I enjoy movies and reading, especially motoring magazines which maintains my passion for Holden motor cars" explains Phil. He has a membership at the Demons and enjoys watching

his son play for the Fitzroy Football Club.

Phil reminisced as to the reasons he became a teacher and traces it back to another teacher Ron Campbell who suggested that he would make a great primary school teacher. "I don't know if I can be described as 'great' but I do thoroughly enjoy the whole school environment, teachers, students and families. My satisfaction is at its highest seeing students, progress, improve and enjoy their time in the classroom" he says. "Of course the job is very demanding, especially on my time, but the rewards are greater than any downside". Phil says that his wife, parents, siblings and children have been his driving force throughout his teaching career, but adds that he has found inspiration from differing sources such as Paul Roos, Paul Kellery and Silvanaas well as Pope John Paul and the current Pope, Francis.

Phil has travelled to that small segment of the Middle East, sacred to many religions, called the Holy Land and to the United Kingdom. He is committed to giving young children the best education possible. "Children need to know that life is terrific, but they have to understand that to succeed you must have a passion and it is that passion which we try to nurture here at St Simon's", says Phil.

But what if Phil wasn't a teacher, what might he have become? His wistful answer was "A criminal lawyer in the TV village of Midsomer. There would be enough work there to keep me busy forever!"

Phil has a light approach, but a firm direction and that will ensure a successful future for St Simon's under his guidance. Interviewed by David Gilbert

the Stringybark Festival was won by Chloe Decesare for her work "Teddy Bear". Are you still enjoying your art Chloe?

Rowville Secondary College became a temporary race track, when Rowville Primary School students raced Go Karts they had built with RSC students and Knox retirees, as part of a Knox Youth Services and Council Healthy Aging Team initiative. Do you remember racing the Go Karts?

RAFT Anglican Church won the 'Non Residential' category at the Knox Council's Environment Awards. Senior Minister Phil Meulman said "As a Church, environmental sustainability is more than a good idea. It is obligatory".

Sue Loeliger, of Waverley Country Club was announced as Victoria and Tasmania's State Village Manager Of The Year at the Retirement Villages Association regional conference. Are you still involved with retirement villages Sue?

David Gilbert

\$16.7 Million Richer

One lucky Rowville resident is \$16.7 million richer, thanks to winning a third share in Powerball first division prize of \$50 million. The winning ticket was sold at the Stud Park Lotto Agency, run by Lee and Kun for the last six years. Originally they were in a partnership and ran the newsagency in its original position where the Bank of Melbourne is now, before moving to an inside location. Today their focus is solely on Lotto which has seen them sell the winning Powerball ticket but also a Tattslotto syndicate win in June of almost \$41,000. Prior to this, they also sold a Tattslotto division one winning ticket 5 years ago, that made the winner \$1.67 million better off. Interestingly, this win was a system 7 quick pick and the "Big One" last week was also a system 7 entry.

Clearly they have winning credentials.

David Gilbert



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THE UNIVERSITY OF THE THIRD AGE



The U3A art show was a brilliant success with about \$6000 given in prizes and a record profit from the event. More than 600 people attended, spread over two beautiful days.

The Mayor of Knox, Cr. Darren Pearce, opened the show and presented the Bendigo Bank Prize, as well as choosing his own Mayor's Prize aided by the Lady Mayoress. This was a pastel by Joy Watts, entitled "Waterlilies".

Stalls were buzzing and it was clear that the crowds agreed with the judges that the quality of the exhibits was very, very high. About 16 artworks were sold on the day and the Devonshire Teas and lunches were as popular as ever.

The winner of the Toyota Ferntree Gully Prize of \$1000 was Julie Green from Upwey, for a most beautiful tapestry representation of "Girl with her Sheltie" (the old Pears advertisement). It was a very large tapestry representing months of work and beautifully framed, a truly spectacular work. The prize was presented by the manager, John Heap.

The winner of the Bendigo Bank \$1000 prize for the Art Section was a brilliant pencil drawing of a side view of old Flinders Street Station, by M. S. (Jock) Laing of Boronia.

The Knox Environment (Bill Batt Memorial Prize) for Environment was won by Susan Garrett of Knoxfield, for a Pastel, 'Forest Edge'. It was presented by Bill's son, Adrian Batt, representing the Knox Environment Society.



Adrian Batt with the winning picture for the Bill Batt Memorial Prize, by Susan Garrett of Knoxfield.

The Helloworld Prize for accommodation was won by Fiona Gilder of Bayswater for a tapestry, "Charming Waterways", the Art Shop Prize for Water Colour was won by A. Blyth of Vermont for "Evening Shadows, Tuscany" and the Kiah Prize for Pastel was won by Bridget Salwat's Evening Billabong". Other winners were R. Snell of Heathmont for a paper tole, "The Skating Pond" and M. Kurdian of Boronia for Seascape, an acrylic.

First Prize for Oils was won by Mary Watson of The Basin for her "Walk in the Dandenongs", whilst he Photography prize went to Paul Lucas of Rowville for "The Eyes Have it", which was much admired.

Photography was judged by Barbara Oehring, Craft by Norma Collins and Art by Farimah Eshraghi. They all spent considerable time considering the merits of the entries. Farimah spent 6 hours on her judging task, determined to achieve a fair result in what she described as a truly wonderful standard of artworks.

A change in the venue set up, moving the luncheon area to an enclosed veranda and covered area, meant display was easier. The 98.1 Broadcast van was on site both days, broadcasting, interviewing members of the crowd and entertaining with music numbers. Late in the day Sunday, Channel 31 were also in attendance, interviewing and filming surroundings the results of which will be broadcast from the valued community station in a few weeks, so look out for that.

Know Your State Election Candidates

It was hoped to include any further candidates in this issue, but as we go to press there have been no other persons intending to nominate.

David Gilbert Editor



'The Eyes Have It', the winning photo by Rowville resident and RLCN columnist, Paul Lucas.

The final term for 2014 has begun with about 125 subjects provided for our 1250+ student members. If you are interested there are some vacancies remaining in some subjects. Ring 97522737 or see our website www.u3aknox.com.au. Kath Brown

Knox Council Midnight Basketball

Midnight Basketball is a national social inclusion program to help youth build skills and confidence, and identify and embrace positive opportunities in their lives and their

Midnight Basketball Australia supports communities nationally who run the local tournaments for 12-18 year old male and female youth. It provides a positive, highly structured and life-changing activity filling a gap during the high risk periods of Friday or Saturday nights and is free for participants to attend. In Knox's case we will be running the program on a Saturday evening at the Boronia Basketball Stadium. Starting at 7:30pm, each 8 week tournament night includes a hot, nutritious dinner. After the game a bus takes all players home to their front door around midnight.

In keeping with the motto "No Workshop, No Jumpshot", in order to play basketball, players must attend the compulsory workshops, where real and relevant teen issues will be discussed. Midnight Basketball aspires to build strong relationships, such as those with community leaders and other community mentors.

Basketballs, team singlets and bags, banners, volunteer

lanyards, player awards, trophies and an online administration and tournament system are provided by Midnight Basketball Australia, along with training and funding support for communities to continue running the 8 week tournaments

Since its inception in Redfern, Midnight Basketball has run over 175 tournaments in metropolitan, regional and remote locations with over 80,000 youth attendances.

If you're interested, register online as a volunteer at www.midnightbasketball.com.au/ knox or call Mark McGuire on 0418 132 443.

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It's Smart to Ask



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Eildon Park Tennis Club

Muscillo Tennis Academy in line for the Australian Open Wildcard 2015

Muscillo Tennis Academy at Eildon Park Tennis Club, continues to demonstrate what a strong force it's becoming in Australian Tennis. The Academy was nominated and were finalists in the recent Victorian Coach of the Year Awards and are the leading tennis provider in Eastern Victoria for Junior Hot Shots and Adult Cardio Tennis.

Head Coach AJ Muscillo provides inspiration to the students in his academy with great success in his own right. During September, AJ won 2 international 35+ tournaments back to back bringing his national ranking to 5 and international status to 54. In addition, along with Nessa Pratt (coached by AJ at Eildon Park Tennis Club) he won the Victorian Sector for the Australian Open 2015 Wildcard Playoff. They now have the chance to compete in the National Final Playoff to gain entry to the Australian Open Main Draw in 2015 and potentially earn their selected club \$5000.

Eildon Park Tennis Club has continued to have success with its Junior Competition and Victorian State Pennant Sides. Grade 1, 2 and 6 all made the semi-finals. The club also had 6 Junior Premiership sides and 4 Runner Up sides



AJ Muscillo and Nessa Pratt.

this season.

Individuals at the club have also continued to excel on the National Tournament scene. Chloe McEwan won the Girls under 10 Singles event at Boroondara. Cassidy Denny was a finalist at the mid year Frankston Junior Masters and also a Quarter Finalist at the North Ringwood Championships. Filip Chwastek was a Semi Finalist in Singles and Doubles at the recent Frankston Under 16 event. Sam Dowler was a Quarter Finalist at the Waverly Gold AMT. Maya Ramanjulu was invited and participated in the Tennis Victoria 10's Talent

Development Camp in September and Michael Mattschoss (Eildon Park Tennis Club Development Coach) was a Quarter Finalist at the Booroondara September Shoot out #3.

Muscillo Tennis Academy in accordance with EPTC will host their own AMT Silver event in September 2015, so keep a lookout for the entry forms!

The Muscillo Tennis Academy has an ever-increasing program catering to beginners, now as young as 2 years old, Hot Shot players from age 3-16yrs, right through to adult social players and high performance aspirants. This term there is the introduction of the Mini Shots Multisports Program for 2 – 4 Year Olds. The program is run by a qualified tennis coach with parents accompanying their child throughout the lesson. The focus of the program is balance, co-ordination, movement, racquet and ball skills and social skills. Enrol in the program with a friend to receive the first 2 weeks for free!

Cardio Tennis continues to be a favourite with those who are looking for a way to get fit in a fun and social environment, whilst improving tennis skills. Sign up with a friend for a term to get 25% off and sign up for 2 sessions to get 50% off the 2^{nd} Session.

Coaching enquiries for the new term can now be made to AJ Muscillo on 0411244858 or by email to admin@ muscillotennisacademy.com.au. All Membership, Club and Competition enquiries can be made to Stuart Draffin on 0408778658.

Giuliana Saggin



Over the weekend of 11th/12th October, a group of swimmers from Swimland Swim Club, travelled to Hazelwood Pondage, in Gippsland,

to compete in the Swimming Victoria 2014 Open Water Championships. Some were competing in their first ever open water event. Although the water in the pondage is warm, the visibility is poor and you can guarantee to finish the event with a very dirty face! The weather gods were kind to us,



providing clear sunny skies on both days.

The results of our Club competitors were outstanding. From 16 swims, we achieved 12 top ten finishes and many

Left - A Group Of Swimmers At Hazelwood Pondage.

PBs

Keely received a gold medal for her 10km swim on the Saturday, resulting in her being named the 2014 Victorian State 16 year old Champion over this distance. She backed this up with a top ten finish in the 5km Championship event in the 16 year old female category on Sunday. Her sister Caitlin had a top ten finish in the 13-15 age group for the 2.5 km swim on Saturday and backed this up on Sunday with her first ever 5km swim, where she placed 14th, in the state, in 13 year old female category. Their

coach, Peter, also completed in the 10km Open male category where he received a bronze medal and placed in the top ten in the 5km open male category, the following day.

Waverley Golf Club Open Day Waverley Golf Club will be holding an "Open Day" Sunday

23rd November. There will be Free—Golf, Free—Bowls, Free—Junior Golf Clinics and private, corporate and wedding function displays. For guests present on the day, there will be a Free Room Hire Offer for functions and Discounted Golf and Bowls memberships. Dress code is applicable for Golf. Everyone from the local community is welcome to attend and enjoy the hospitality of Waverley Golf Club.

21st Annual Victorian Junior Masters

Waverley Golf Club is home to The Victorian Junior Masters, Australia's leading junior golf tournament. Now in its 21st year, the Victorian Junior Masters has hosted numerous elite junior golfers, who have gone on to taste success at the highest level in professional golf including, Adam Scott, Aaron Baddeley, Marc Leishman, Jason Day and Jin Jeong. The 21st hosting of the Championship will be played from Monday 5th to Wednesday 7th January 2015. Confirmed for the event are representatives from the San Diego Golf Association, New Zealand and State associations. We look forward, in anticipation, to an exciting event!

2014 Junior Pennant

Waverley Golf Club is pleased to announce that we will be fielding two teams in the 2014 Victorian Junior Pennant series. Our victorious Junior Pennant team from last year will be back in action to take on the rest of the state. The junior program at Waverley Golf Club and the partnership with the Rowville Sports Academy has created a talent pathway that is the envy of all Clubs in Victoria. It is this attention to junior development that has given Waverley the luxury of being able to comfortably field 2 teams this year.

Beginning Sunday 26th October, below is the draw:

Waverley Wizards

Sunday 26 October V's Cheltenham @ Waverley

Sunday 2 November V's Commonwealth @ Waverley

Sunday 9 November V's Kingston Heath @ Waverley

Sunday 16 November V's Royal Melbourne @ Royal Melbourne

Sunday 30 November V's Woodlands @ Woodlands Waverley Wildcats

Sunday 26 October V's Cranbourne @ Waverley

Sunday 2 November V's Victoria @ Waverley

Sunday 9 November V's Woodlands @ Waverley

Sunday 16 November V's Huntingdale @ Huntingdale

Sunday 30 November V's Metropolitan @ Metropolitan The teams will be selected from; Tatsuya Ando, Jake Fullerton, Sara Hidayat, Jade Brooks, Kurtis Flakemore, Brodie Addison, Brody Harbinson, Kyle Brooks, Hassan Korcari, Ethan Davids, Tyana Phan, Dylan Phan, Hannah



Registrations via www.in2cricket.com.au and click on the register now button. Follow the prompts and register online.

Given the popularity of girl's cricket, girls would be most welcome and encouraged to participate. Sessions will be fun, yet we will work to develop the cricket and social skills of all of our participants. We welcome girls and boys of all abilities, including kinder, prep and primary grades 1 and 2 children. Milo in2cricket is a fun and friendly way to socialise, play with friends and learn about cricket.

For any further details please feel free to contact RCC Milo coordinator, Andrew Williams on 0407 621 057 or email andrew.williams@ozed.org.au

Natalie Williams



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



2014 Success On and Off The Field

2014 has been a fantastic year on and off the field for 'The Knights'. We had 4 of our five competitive sides make the

Congratulations to our Under 12C team who won a thrilling game by 8 points to become the 2014 premiers. Coach, Mick McCarthy paid tribute to the team after the win, describing their commitment to each other as a factor that contributed to their premiership win. He paid tribute to all the parents that had helped throughout the season and to the previous coaches of this team who have played most of their football

Other Rowville/Narre Warren swimmers to compete were Kerry (5km), Bethany, Byron and Jy (2.5km) and Sam (1km) all of whom placed in the top ten in their respective categories. These were all first time swimmers over the distance, which was a great effort by all of them!

Other SSC swimmers, from our Braybrook site, were Blake, who received a Bronze medal for his 2.5 km swim in the 13-15 year old male category, Grace H, Alicia and Karsha (2.5 km) and Grace D (finished top ten in 2.5 km swim in 13-15 female category). Matt H, a parent and one from our Masters group, placed 2nd, over 1km, in his age category.

This event was a great start to the 2014/15 Victorian Open Water season. SSC swimmers will compete over summer, in events at Point Leo, on Boxing Day, and Brighton, on Australia Day, along with a number of other open water swims around the bay including events at Anglesea, Torquay, Sorrento and Phillip Island.

Kaye Williams



The 2013 Victorian Junior Pennant Winning Team

Mouant, Bojan Kovacevic, Lennox Popplestone, Taylor Gard, Ryan Kowal and Khloe Masset.

Regular updates including hit-off times will be provided in the Members Bulletin each week. Waverley Golf Club has a strong junior development program, the "Waverley Junior Golf Club," beginning with Entry Level Membership from \$100, which includes 10 clinics and short course competition. The Junior Golf Club has a defined pathway for progression. We look forward in anticipation to an exciting season! Matthew Taylor General Manager

careers together.

It was a different tale for the Under 17s with both sides making the grand final but unfortunately unable to come home with the premiership. Whilst disappointing for the boys, it is a credit to their commitment to each other and to the Knights, that got them to that point.

With the conclusion of the 2014 season, we are seeing a changing of the guard, with long time President and committee member David McKay standing aside as President. A new executive committee has now commenced the role of planning for 2015. President, Wayne Sargeant; Vice President (Finance), Tim Harvey; and Vice President (Administration (AKA Secretary) Natalie Williams, are

all embarking on filling the boots of the previous executive team who are all assisting in the transition for the new team.

The new committee have some projects underway, such as announcing the new jumper sponsor for the club after Paul Sadler Swimland (Rowville) has filled the vacant sponsorship position for 2015 and beyond. The support of all of the sponsors is a wonderful endorsement that the Knights are a strong club both on and off the field.

New President Wayne Sargeant has paid tribute to the club "It is an honor to take on the role. It is a little scary to try



Our Premiership Winning Under 12 Team and fill the boots of David and the team, however I think it is important that I don't try and be like him, but our new team will take on the challenge and lead the club our way."

St Simons is holding its registration day on the 15th November at Stud Park Shopping Centre, 10am – 2pm.

If you would like more information about this topic. please contact Natalie Williams on 9755 5626 or email at stsimonsknights@gmail.com Natalie Williams



The new season is now well and truly up and running with our Seniors opening weekend on October 4th and the Junior teams from Under 12 upwards starting the following weekend. We have had quite a few new players join us this year and some returning from other clubs. Almost all teams are now filled, so that's fantastic. The Under 10's and 11's will begin their season on Friday 7th November, along with Milo In2Cricket for the little ones

on Sunday 9th November.

We had our Registration day for 'Milo In2Cricket' on October 11th but there is still time to register your son or daughter to come along and join in the fun. We are also participating in the 'T20 Blast Cricket' program for all those children who are too old for 'Milo In2Cricket' but still too young for Junior Cricket. So if you have a 7-8 year old who loves cricket and would enjoy a bit of friendly competition, get onto the MyCricket website and sign them up.

Our Social nights began with a "Back to Eildon Park" night on October 18th which was a fabulous night for all involved. Our next function will be the club's Junior and Senior Trivia night on November 22nd from 7.30pm to midnight. Come along and bring your friends for an entertaining evening full of trivia, silent auctions, games and much more. The bar will be open, so bring your wallets and let's make this our best fundraiser ever.

See you down at the club.

Robyn Jones Secretary

Waverley Golf Club\ **Open Day**

Sunday 23 November 14



- FREE Golf (9 Holes) from 2.00 pm ress code mandatory—Contact 9764 4559 for details:

 • FREE - Bowls from 2.00 pm
- FREE Junior Golf Clinic at 2.30 pm
- Private, corporate function and wedding displays. Receive a Voucher for **FREE** Room Hire*
 - · Special Open Day Offer: Bowls & Golf Membership - No Joining Fee!

Everyone from the community is welcome!

Home of The Victorian Junior Masters

Waverley Golf Club Ltd

Rowville **Group Fitness**

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

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

> Bookings are essential and numbers are limited!.

Wednesday 9.15am Wednesday 6.15 pm

Rowville Group Fitness at the Rowville Community Centre

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



Like us at facebook.com/ Facebook RowvilleGroupFitness

Rowville Football Club Football League Presentation Night Rowville Football Club Players featured

2015 Registrations

We will holding an evening registration as to not clash with other weekend sports. The details are as follows:

on 24th November at Eildon Parade Clubrooms - Cnr Tyres Cres & Eildon Parade from 6.30pm to 9.30pm

Members and new registrations can get a discounted fee structure for 2015 that will only be available on the evening of the 24th should you pay in full. This will not be offered if only part paying at the time.

Discounted Fee Structure. Payments -Cash, cheque or Credit Card.

1st Child - \$160 2nd Child - \$130 3rd Child - \$110

All not previously registered under 8 & 9's will receive a RFC registration pack consisting of a singlet, club ball and small back pack. All new club registrations will be required to complete a club registration form, EFL transfer form, code of conduct form (available on our website) and supply a copy of the child's birth certificate.

For any enquiries please email registrations@rowvillefc.org.au

Young Rowville Hawks Shine At Eastern



Valuable Player in the Under 14 Interleague Team. Rowville Football Club - Veterans

The Rowville Football Club is seeking expressions of interest from senior footballers over the age of 35 years to play in a Superrules competition in season 2015.

strongly at the EFL Presentation Night on

Friday, In addition to receiving our Under 15

Premiership Flag a number of players were

Jedd O'Sullivan was Runner Up in the Under

15 Best & Fairest, Ryan Laffan came third in

the Under 17s, Lachlan Williams fourth in the

Under 15s, Jack Beer fifth in the Under 12s

and Jamison Rossiter third in the Under 13s.

In addition, Kang Nyaok was awarded Most

Should you be looking for an outlet to revive your career or get involved in an environment of support and mateship please express your interest. We are seeking a playing list of between 35 and 40 registered players to ensure the viability of the team. Matches will be played every fortnight during the season from 2.30pm on Sundays

If you are interested, please contact Shane at rowvillesupers@gmail.com Justin Grose

STERFIELD Registration

For 2015 Season

Lysterfield Junior Football Club is now accepting registrations from new players for the 2015 season.

The club will have teams in Under 8 through to Under 17 in 2015 and new players are being sought for all teams. Registration forms are available on the club website, www.lysterfieldjfc.org.au, or alternatively you can contact Rohan Young on 0412 377 866.

The Annual General Meeting for the Club will be held at Lysterfield Primary School on Sunday 9th November, commencing at 11am.

Enquiries for new members or the AGM should be directed to the Club President Mr. Steve Ketzer on 0498 141 850. Tanya Carroll

The new season is now well and truly up and running with our Seniors opening weekend on October 4th and the Junior teams from Under 12 upwards starting the following weekend. We have had quite a few new players join us this year and some returning from other clubs. Almost all teams are now filled,

so that's fantastic. The Under 10's and 11's will begin their season on Friday 7th November, along with Milo In2Cricket for the little ones on Sunday 9th November

We had our Registration day for 'Milo In2Cricket' on October 11th but there is still time to register your son or daughter to come along and join in the fun. We are also participating in the 'T20 Blast Cricket' program for all those children who are too old for 'Milo In2Cricket' but still too young for Junior Cricket. So if you have a 7-8 year old who loves cricket and would enjoy a bit of friendly competition,

Rowville Junior HAW **Football Club**



"Doing It for the Kids" - Telstra Kids \$1200 Grant

Telstra kids gets on board and "does it for the Girls", with a \$1200 Grant. Girls in the local community will be given the opportunity to play our great game of football at their local club, the first of its kind in the Rowville area, assisted by a Telstra Kids Grant of \$1200.

A big thank you to Murray Gray from Telstra for nominating Rowville Hawks Junior Football Club for the \$1200 Grant. A very big thank you to Telstra Kids for supporting the clubs 'All Girls' initiative for 2015.

"The funds will be put to good use" said president Darren Humphries. "With playing gear, fitness and training equipment required for the up and coming season, the girls are well on their way for a great start in 2015"

"With an experience coach appointed and interest from girls gaining momentum, our Telstra Kids grant of \$1200 will further assist the club to encourage participation by permitting the club to pass on sign up incentives to allow participants to give it a go at an affordable price.'

Girls- Don't forget, it doesn't matter what level you are at, all that matters is that you want to give it a go. Grab a friend and come on down and be a part of our inaugural "All **Girls**" squad in 2015. Enquiries should be directed to footy@ rowvillehawks.com.au

The Club had some great support from businesses in 2014, so if you are interested in supporting kids in the local community in 2015, contact sponsorship@rowvillehawks. com.au. We would love to promote your business to our families in 2015.

Trish Anderson

get onto the MyCricket website and sign them up.

Our Social nights began with a "Back to Eildon Park" night on October 18th which was a fabulous night for all involved. Our next function will be the club's Junior and Senior Trivia night on November 22nd from 7.30pm to midnight. Come along and bring your friends for an entertaining evening full of trivia, silent auctions, games and much more. The bar will be open, so bring your wallets and let's make this our best fundraiser ever.

See you down at the club Robyn Jones Secretary

Heany Park Primary School Reach The Tee Ball "Regionals"

"Batter up!" I walked to the tee, got my hands ready and SMASH! Round 1st base, round 2nd base, round 3rd and HOME! I was pumped and super excited about being on the tee-ball team and for smashing a home run.

It was an interesting game. We had Olivia hitting amazing home runs, people on bases making extremely good catches, Abby was fantastic as the catcher and Sam and Sarah stopping long hard hits. It was a hard game but we won 17-11.

We were really worked up but we had to get serious because if we won the division finals we go through to Regionals. We quickly ate some of our secret weapon and stamped onto the field. We were playing against The Knox School. They had a big girl as the pitcher. We had to remember to hit away from the pitcher. The pitcher caught a few of us out. "BANG! Olivia smashed a home run. "Batter up!" As I walked towards the tee I remembered "Hit away from the pitcher" I hit to the right of the pitcher. YES! I smashed a home run. It was a high pressure game. We won 15-5. We got through to the next round. Whooooo Hoooooo!

Thank you so much to our amazing coach Ms V! for all her training making us better prepared for the game.

We would never have made it through to Regionals without your help!

By Naomi

"Quick girls, get out there you can do this!" encouraged Ms V. It was the tee-ball finals and all the girls were feeling the pressure. For the first match we played against The Basin. I could tell they were really eager to win, but I don't think they were giving it their all. The reason we won is because we were all giving it 110% and because we had such good encouragement from the parents and the amazing Ms V. The score was 17-11. YAY!

The second game was on a totally new level because we played against The Knox School. They caught every single ball that went up into the air, so instead of doing a big high hit, I did a small hit that went on the ground. It was funny because they were expecting the ball to go up into the air, but instead they had to run in, pick up the ball, run out and throw it. I got to first base because of that. After we had finished, Chloe and I were sure that we had lost but actually we had won. When we found out the great news we jumped up and down with excitement. That day was one of the best days at school. I can't wait for Regionals, even if we don't win next time, I'm just glad that we got there. By Sarah

"Out On First!" shouted the umpire . We had achieved our first out from the Basin. "Good catch Nae!" I shout. Our first game was against the Basin and it was a competitive match. They had a few strong batters but we knew who to look out for. The Basin were starting to catch up but we pulled it off and won 17-11.

Our second game was played against The Knox School. The game was very tough. We were determined to win so that we could get into regionals. When we were batting we figured that their pitcher was really good. We didn't hit to her. Or first base. We hit it in between the pitcher and 3rd base. Because it would take it longer for her to get the ball to first base. We got most of them out through the amazing ball skills of our pitcher, Olivia and our first base, Naomi which lead us to win 15-5.

And the winner is...... Heany Park! Thank you to our amazing coach Ms V for training us every day. Thanks to all the parents who came and cheered us on. Good job to Naomi for smashing a home run which also allowed a few more people home. And to Olivia who also got a few home runs as well. Thanks to all the other schools for great sportsmanship. I had a great day By Samantha

"Batter up!" called the umpire.

I waited behind the wire fence, breathing slowly. I clutched the metallic bat tightly in my sweaty hand. I had to smash it.

"You can do it Clo!" encouraged Mum. "Come on Chloe" yelled Sarah and the team.

I stepped up to the tee. It was game number two and we had to win make it to the regional finals. The scores were close but I knew we could step it up and win.

I nodded to the umpire. I was ready. "Play ball!" shouted the man.

I looked at the ball and took a deep breath. I got a rush of energy and I smashed the ball into the air. It sailed over all the fielders' heads and landed down on the grass far away from the diamond. I sprinted to first and without hesitation I ran to second and then third. I decided to play it safe and stay put. I had Livi batting next so I knew I'd make it home. I did. I dodged the back stop and slid down onto the base.

As we went to field I could hear the umpire talking to Coach V (Ms V). We got out into our positions ready to play when we were informed that we had won! We couldn't believe our ears. It was victory at last. The score was 15-5. All our training with the best coach had totally paid off. I lifted Sarah up into the air and we screamed with joy! We'd done it! We were off to regionals!

Little Athletics Rowville/Rowville Lakes

Up and Running

The season is off to a great start with a couple of hundred youngsters from the Rowville and Lysterfield area joining others from around Knox for some fun and competition.

Liam, Alanah and Luke Epps are members of one family who have been busy. In her first two weeks Alanah covered distances from 70-1500m, jumped high and long, threw shot and discus, and hurdled! Little brother Luke has done similar events and is part of a big band of U8 boys. Liam has been welcomed by regular U13s, including Riley, Jake and Jesse.

Sajan and Priya Doel, are part of our new U6 intake and are finally able to join older family members at Little Aths. Emma Neale has been very busy in the U7s, taking part in every event on offer and giving herself the best chance of gaining PBs the next time she competes.

Tyler Gray leapt over a very handy 1.54m in the first week of U14 high jump. Jake Phipps has shown form in the U13 Long and Triple Jumps and Jesse Eickhoff continues to



Rowville and Rowville Lakes Little Athletics Clubs are always keen to see new **members.** While the season has commenced there's still plenty ahead. Most competition is on Saturday morning, with the

occasional Friday night. Cost-free training is available, but not compulsory during the week for registered athletes.

For more details contact Steve Lillie 0409 231 380 if you want to attend or Steve Pepper 0417 325 917, or landline Andrew 9763 1404. Rosemary Merrigan

Thanks to Claire and other KLAC photographers.

Left: I'm Enjoying This



Tyler sprints towards the pit

Tirhatuan Ladies Golf Club **Cancer Council Fund Raiser**

On Wednesday 24th September a very successful Cancer Council fund raiser was held by the Tirhatuan Ladies Golf Club. The ladies invited the Tirhatuan Midweek Men (who play on Tuesday) to join them in 18 holes of 4BBB.

A group of 30 men and women played in a very close competition with a winning score of 45 points won on a count back by Linda Roberts and Ian White.

After the game everyone joined together for lunch in the Club Rooms. A raffle was held with many prizes being donated by the Tirhatuan Members. The Cancer Council provided daffodil badges for each person who participated and a total of \$400 was raised.

A most enjoyable day was had by all. Betty Sage

Editor's Note:- For those, who like me are unfamiliar with golf terminology, 4BBB is '4 Ball Better Ball', which is where 4 people play in 2 teams of 2 people and you take the best score from each team of two.)

ROWVILLE NETBALL CLU

Spring has sprung! And so has our second season for the year! With the three weeks of grading done and dusted, the Rowville Netball Club is now well and truly into the guts of the 2014 Spring Season.

Following our ripper 2014 Winter Season and subsequent presentations, the girls at RNC played through the Spring grading period, where games were shortened to 10 minutes, in a flash round-robin style of play. Now that school holidays are over, all teams that needed to be re-graded have been and we are ready to play netball again!

In comparison to Winter Season, in Spring the quarters are shortened to 10 minutes, and there is only a two-minute

Knox Regional Netball Centre

Netball Teams and Players

wanted for 2015!

registrations for 2015. The competitions are: Wednesday

and Friday Morning Ladies and Sunday Evening Mixed. The

Ladies morning competitions are supported by a free crèche

and children are supervised by fully qualified childcare staff.

February to June (Ladies competitions are not played on

School Holidays) and there are no games on public holidays.

So get a team together and enter now for some fun and

If you want to play but can't field a team contact us with

To find out more or to get the registrations forms, head to

your details as often teams in all competitions are looking

for a couple of extra willing participants!

All competitions have qualified umpires and are played indoors on sprung timber floors. The season runs from

Knox Regional Netball Centre has opened team

break at half-time. Most won't complain about this when it starts to get really hot!!

With 40 teams competing in the new season and 371 players (47 new!), the Rowville Netball Club is excited to announce that this is a record-high number for us, throughout our entire history.

demy of Dance **Welcomes New Students...**

We offer RAD ballet, Contemporary, Hip Hop, Jazz, Funk, Musical Theatre, Kinder Song & Dance, and **BOYS ONLY CLASSES.**



Unit 1/18 Laser Dve **Rowville** 9764 1119

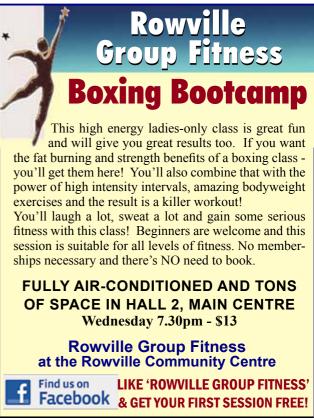
www.boydacademyofdance.com.au

coming up! Our 50th anniversary celebrations will take place on Saturday November 15th, from 7.00-10.30pm. Club members, family and friends will take to the trampolines at JUMP Factory (39 Corporate Avenue, Rowville 3178) to celebrate. If anyone is interested in attending what is sure to be a fantastic event, please contact the club on 0430 202 004.

Looking to November, RNC's big event of the year is

Looking forward to the run home for both Spring Season and 2014! Heaps of fun to be had at the Rowville Netball Club!

Maddi Vantarakis



www.knoxnetball.com.au or contact Knox Regional Netball Centre on 9758 7191 or knox.netball@knox.vic.gov.au Enquiries to Lisa on 0407 873 271 Email: inquiry@boyddance.com.au Rosalind Montgomery or go to: www.rowvillegroupfitness.com.au

Body Mind and Spirit

1430 Wellington Rd Lysterfield Ph: 9758 6636 Mob: 0400 679 888

Cnr Saurin Lane and Wellington Rd www.bodymindandspiritfitnesscentre.com.au

There are certain times in our life when we are cruising along without a care in the world and out of the blue come illness, serious

financial stress, relationship breakdowns, death or disaster.

At these times what do we do? How do we handle these events? Some people act as if everything is fine and push their emotions deep down. Some completely fall apart and can't cope at all. Western coping methods are flawed to say the least. It's either," there there you'll be fine", or stiff upper lip, or "just pull your socks up and get on with it". None of those are particularly useful and for some people these methods can be quite debilitating.

Yoga and the east give us much better ways of coping. They have valuable tools to use in these times of stress. There are breathing techniques to calm us down and stop us from producing adrenalin, thereby allowing the body and mind to stay calm

and in control, to more positive ways of thinking. It's like training the mind to stay focussed on the now and not be carried away in a myriad of what if's and if only's.

I was in a situation not that long ago that would have rated

Health Pages sponsored by Cr Tony Holland



enormously high on the stress scale, but thanks to what I have learnt in yoga over the years, I did not fall apart and was able to come back to a state of equilibrium much faster than if I was left stranded with my old western thoughts. I would love to share these methods with you, give me a call and find out how easy it is.

Donna Jordan



Focus on Families – Tending the Empty Nest

In one my previous articles I wrote about the importance of looking after the parent's relationship in the early days of parenting. This time I thought I'd focus on relationships at the other end of parenthood, when children reach young adulthood and are leaving the home.

For couples, it can be a time of relationship renewal. No longer focused intently on the needs of their children, couples can look to new activities and interests, or perhaps returning to pursuits from days gone by.

Each parent will almost certainly experience this transition differently. It's a time of mixed emotions. The excitement and anticipation of having time and freedom back, the confusion of not knowing what to do with yourself, the pride of watching the fruit of your years of parenting work move into independent adulthood and the loss and anxiety as they go their own way.

Be sure to talk to each other about your dreams and plans for this time, if possible before the actual crunch time comes. Be clear with each other about your needs and expectations. How much you need to be together, how you'll manage time apart. How can you support each other across this transition? What will help each of you and what will hinder, as you move into this new phase of your life?

It can also be a vulnerable time for some relationships. Some couples will need to get to know each other again. Others

who may have put aside their own needs, 'for the sake of the children,' may be feeling confused and uncertain about 'what's next?' Other couples may come into conflict as they find different ways to manage the emotions of 'letting go' and the emotional needs of their children, who may still expect some level of support, but be outright rejecting of help at other times.

Parents experiencing difficulties as they make this transition may benefit from speaking to someone who can help them reflect on theirs, their partners, and their children's needs.

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; MACCA (Clin)) Clinical Counsellor

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

Move-mber

With the month of November comes the spotlight, in Australia, to the topic of Men's Health. The average life expectancy for an Australian man is nearly five years less than for the average woman and a lot of the conditions that men

pass away from, are potentially preventable.

In Australia one in eight Australian men, (1.3 Million), experiences depression at some time. One in two Australian men will be diagnosed with cancer by the age of 85 and although obesity is a significant problem in society, men are more likely to be overweight than women.

Although these statistics are alarming, there are several reasons for the poor state of men's health. Some of these reasons include men being less willing to discuss their health concerns and less likely to seek medical help than women. There is also a lack of awareness about the severity of men's health concerns, compared with women's, with more men dying of prostate cancer than women dying of breast cancer.

In the month of November the Movember campaign (http://au.movember.com/) aims to improve the state of Men's health by raising awareness of men's health issues, encouraging men to seek help when they need it and to improve the wellbeing of those suffering from prostate cancer and testicular cancer.

Rowville Physio and Rise Health Group are supporting Movember, by not only changing the "face" but changing the "body "of men's health with our 'MOVE for movember' campaign. See our website for more details http://rowvillephysio.com. au/whats-new/



Sponsorship package on offer to assist junior athletes

Four lucky local junior athletes, will receive a sponsorship package from Rowville Physiotherapy and Rise Health Group valued over \$2000 to help take their performance to the next level

The package incorporates a range of sports medicine services including physiotherapy, myotherapy, podiatry, functional fitness, pilates and dietetic services.

The team at Rowville Physiotherapy are well experienced in athletic development as they work with over 500 junior athletes weekly at the Rowville Sports Academy as well as providing physiotherapy services at many of the local sports clubs.

According to Kathryn Oldman, Director of Rise health Group, "the package will assist the junior athlete prepare for and recover from events, but they will also learn how to prevent injuries and maximise their performance through

Move - mber November is synonymous with Men's Health; we support this worthy cause and want to bring awareness to the "BODY" of Men's Health. So our Movember promotion is more about the MOVE for Men! We are offering a FREE fitness assessment and FREE introductory GET set class to all Men (over 18) during NOVEMBER at our new RISE HEALTH GROUP centre in Rowville Join us for fun and interactive session in our fitness centre and pilates studio led by health experts. call 9763 9233 (option2) to book your session For further information regarding our Men's Health Physiotherapy go to http://rowvillephysio.com.au/mens-health/

proper hydration and nutrition. These are skills essential to elite athletes moving into senior level.

This is the 10th year we have offered the sponsorship and we are proud to see some of our former sponsored athletes have gone on to achieve success at national and international level ".

Applications are now open to junior athletes 14 to 18 years of age who are performing at state level from any sport. Further details can be found http://rowvillephysio.com.au/whats-new/or by emailing kathrynoldman@rowvillephysio.com.au

Wellington Care Centre

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High quality, low cost professional counselling for-

- Individuals
- Couples
- Families

Aimed at addressing your concerns and assisting you to manage them in effective and positive ways in order to improve your quality of life.

Contact: WCC Office on - 9764 3738 www.wellingtoncarecentre.com.au

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

Chiro-Practicals

The Importance of your Spine.

World Spine Day was on October 15th and you might rightly say So What!

As a Chiropractor I know the health of your spine is integral to your overall health and wellbeing, but for most people, because you can't see what it's doing, it's easy to forget the role it plays.

Your spine (along with the attached muscles and ligaments) enables us to stand upright and move about freely on 2 legs.

It protects your nervous system, the master communication system that transmits instructions from your brain and feedback from your body to enable your brain to manage the millions of functions it performs without us having to think about it.

Movement of your spine creates the movement of the cerebro-spinal fluid that provides nutrition for your brain.

Base of support for your head

Base of support for organs

Base of attachment for ribs that protect organs and enable

Mobility of the trunk (forwards, backwards, rotation and side-bending)

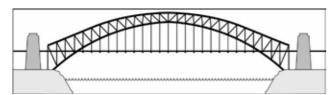
Storage of calcium and other minerals

Supply of new blood cells (a feature of bones in general) With all these important functions to perform, consider

that your spine needs to be maintained in just the same way we maintain other structures that we want to last, whether they be bridges, roads, cars or houses.

Consider that joint degeneration only occurs where your body is experiencing excessive strain. Chiropractic care can assist in identifying and improving postural variations that will lead to excessive strain and joint degeneration.

Dr Frank Whelan



Wellness Model Bridge



Straining to hear the television or telephone? Missing out on conversations and jokes? Trouble hearing in a noisy restaurant? Miss hearing the birds and the wind in the trees?

Present this ad to receive 5% discount

Government Accredited Audiology Services

*Free Comprehensive Hearing Test and Digital Hearing Aids for Pensioners

Don't Delay

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

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

Kim Wells Reports



\$8 million to upgrade **Rowville Secondary College**

State Member for Scoresby, Kim Wells, met with students and teachers at Rowville Secondary College on 22nd October and announced an \$8 million funding

commitment to upgrade the school under a re-elected Napthine Government.

"We are building better schools for all Victorian students and I'm delighted to announce an \$8 million upgrade of Rowville Secondary College if the Victorian Coalition Government is re-elected," Mr Wells said.

"The western campus of Rowville Secondary College will undertake a modernisation process of the entire campus, designed to make the facility fit for 21st century learning. The design will reconfigure the existing floor plans, to create separate teaching spaces and updated classrooms for the different learning needs of junior and senior school students.

This funding is in addition to the \$46,065 already invested for maintenance of portables at Rowville Secondary College and \$100,000 for programs at the Rowville Secondary Sports Academy.

Mr Wells said, "Rowville Secondary is an outstanding school, offering specialised educational programs in Art and Sport. Students and Staff at Rowville Secondary as well as the community will benefit enormously from enhanced educational facilities".

\$20,000 for 1st Rowville Scouts To **Upgrade Local Hall**

Kim Wells, State Member for Scoresby has announced a \$20,000 upgrade for 1st Rowville Scouts to improve their Scout Hall and provide safe and accessible facilities where they can meet.

The Victorian Government has announced it will contribute \$10,000 towards the 1st Rowville Scouts facility upgrade in 2014-15, which will be matched by Scouts Victoria, to a total of \$20,000. The funding initiative is part of a \$4 million investment by the Napthine Government to upgrade Scout and Guide facilities across the state.

The upgrade will cover a number of improvements to the Hall, including works to: replace windows on 3 sides of the Hall; provide a disability access ramp to the side of the hall; upgrade security lighting and wiring; and complete some Essential Safety Measures works.

Mr Wells said he was very pleased that, "This investment in 1st Rowville Scouts will ensure that local Scouts have a safe and comfortable hall to meet in, which is well maintained and fully accessible. Maintaining Scout and Guide Halls ensures they can be enjoyed and utilised by generations of young people. This upgrade will benefit young Scouts and Guides and the Rowville community for years to come."

"This commitment to Scouts and Girl Guides is consistent with our vision for young people, as outlined in our youth strategy Engage, Involve Create," Mr Wells said.



Kim Wells Serving A Customer At McDonalds On McHappy Day

Alan Tudge Writes First Knox Sport Upgrade **Project Delivered**

I recently had the privilege of officially opening the first of my election commitment capital projects to be funded, contracted and now built.

During the last election, I made a number of commitments that, should the Coalition win government, \$1.5 million would be spent to upgrade 12 different local sport facilities. I was honoured to officially cut the ribbon at the Knox Athletics Track in Knoxfield on the Saturday morning marking the start of the Little Aths season.

Many families in Rowville and Lysterfield are part of Knox Little Aths and use the track and its amenities. Knox Athletics Track received \$40,000 for new concrete terracing works, extending the viewing area under the shade sail in a

targeted upgrade to boost spectator amenity at the track. It makes the Knox Athletics Centre an even better facility for the hundreds of kids and parents who use it every week.

I strongly support better sporting facilities for the Knox region because it not only keeps people fit and active, but keeps kids busy and off the street. Over the next two years, further projects will be rolled out, ensuring Knox sport facilities keep up with demand.



Cutting The Ribbon At The Knox Athletic Track Upgrade Opening



1.8/ 1091 Stud Rd, Rowville VIC 3178 Level 1 (above First Health)

Back & Neck Pain, Foot conditions & Diabetes, Work & Sports Injuries, Depression & Anxiety, Post-surgery, Headaches, Diet & Natural Health

Chiro Physio Massage Dietitian Myotherapy Podiatry Psychology **Exercise Physiology Pilates Naturopathy**

HICAPS private health funds, TAC, WorkSafe, DVA, Comcare and Medicare EPC. Open 6 days!

Call today on 8288 1937 or book online at: www.bodytobalance.com.au





Corner \int_{t}^{L}

Last month we covered Jade Sheehan's selection to join the Gallipoli 100th Anniversary Tour. This

month it is her achievements within the Scouting movement upon which we are proud to report.

Fifty-four Queen Scout recipients were awarded their Queen Scout Award during an official presentation at Government House on October 4th. After spending nearly two and a half years completing the award, we all felt so overwhelmed to have finally got it done and agreed that it's basically like taking on a second VCE.

My personal presentation was held on October 18th, when it was an opportunity for me to invite all those scouting members, family and friends, including local Members of Parliament who had supported me along the



Receiving The Award At Government House



Cutting The Ceremonial Cake

way, not only in the Venturer section (which is for youth aged 14-18), but since I joined the scouts when I was 6 years old, to witness the event.

The colour party entered the Scout Hall in Egan Lee Reserve, led by the young joeys, then cubs, scouts venturers and then the rovers, each representing their own section. Following a welcome to all the dignitaries, including Alan Tudge MP, Federal Member for Aston, Kim Wells MP, State Member for Rowville (a Queens Scout himself), Nick Wakeling MP, State Member for Ferntree Gully, Darren Pearce, Mayor of Knox, leaders, friends and family, my scouting journey through the sections was detailed.

The Queen Scout Award covers four aspects of development

- Adventurous (Outdoor) Activities
- Community Involvement
- Leadership Development
- Personal Growth

The badge was presented by Bruce Howell, the woggle by Robbyn Johnson and the plaque by Mick Gason, before I formally thanked all the leaders who had mentored me through my scouting career. Finally I was invited to cut the ceremonial cake and this concluded the formal aspects of the presentation with an afternoon tea served afterwards to celebrate the occasion.

What a journey. I am so proud to be involved in both 1st Rowville and 1st Knoxfield Scout Groups, who have helped me achieve this significant honour.

Jade Sheehan

RLCN Stringybark Survey Winner

A big thank you to all those local residents who took the time to complete our survey at the Stringybark Festival. We are grateful for the offers of support, but we are always seeking more volunteers to assist with distribution. If you can spare 30 minutes each month and get some exercise, please give Peter a call on 9752 7592.



The winner of our survey hamper, Danielle Edgar with her daughter Hayley



Pet Obesity

What is obesity?

Obesity is the most common nutritional disorder seen in cats and dogs. In Australia, it's estimated that 40% of cats are considered obese. 'Obesity' is commonly used as a term for being overweight, however more specifically it is a condition where a pet's weight is more than 15% above ideal.

Causes of obesity

We have little control over some contributing factors to obesity; e.g. breed, sex, heredity, and age. However, there are others which we can control, these being over-feeding and exercise. Most obesity is caused simply because a pet eats more calories than they need. This, in combination with a lack of exercise means the excess calories are stored as body fat.

Risks for the overweight pet...

- Heart disease
- Susceptibility to infection
- Diabetes mellitus
- Neurological disorders
- Increased surgical & anaesthetic risk
- Respiratory problems
- Cancer
- Earlier onset of joint problems e.g. arthritis
- Skin problems
- Reproductive disorders
- Inactivity
- Decreased quality of life
- Premature ageing

Does your pet have a weighty problem?

If you answer 'yes' to any of the questions below, or if you think your pet is not at its optimum body condition, you may want to talk to your veterinary staff about a professional weight management program or sign up to our weight management support program www.petfit.com. au and get your pet started on a healthy new life.

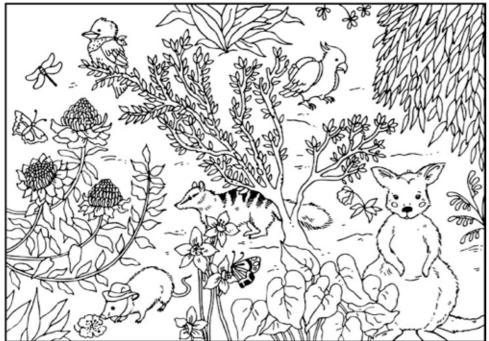
Weighty Questions (Y or N):

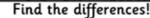
- Do you have difficulty feeling your pet's ribs?
- Is there little or no 'waist'?
- Do you give your pet table scraps or left over's?
- Is your pet reluctant to exercise?
- Does your pet seem to tire easily with activity?
- Does your pet waddle when it walks?
- Does your pet keep eating so long as there is food in the bowl?
- Has your pet been desexed?
- Have you been told your pet is overweight?

A solution to the problem

If your pet has a weight problem, (this includes being underweight) Greencross Vets Stud Park has the solution for you. We offer a weight management program tailored to your pet, to help them reach and maintain their optimal body weight for more information contact Janine our Weight Management Nurse on 9763 6088 Darren Kirk









Australia & Parliament Kids Page By Lysterfield Primary School

Lysterfield Primary School

On Friday the 10th of October Mr Alan Tudge, Federal Member of Parliament for Aston, visited the senior school to teach us about his role in Parliament, before we head off to Canberra next week for camp. The school captains welcomed him before leading him to the senior school building to start the lesson. He taught us all about the election process. We learnt that to run for election the only criteria you have to meet is to be over 18 years of age and an Australian citizen. Mr Tudge was first elected into Parliament in 2010. Before that he had studied law and worked in a few different businesses. He was then encouraged by a few people to run for election and before he knew it, he was in Parliament. Mr Tudge also taught us about the seating in Parliament and how the Prime Minister is elected. Technically any member of the House of Representatives can become Prime Minister although it is very difficult.

Some of the places we are going to visit while on camp include Telstra Tower, Parliament House, the War Memorial, the High Court of Australia, AIS, National Science and Technology Centre, National Gallery of Australia and the Museum of Australian Democracy.

"I am looking forward to the War Memorial because a few of my relatives names are in there"-**Zahra**

"I am looking forward to the AIS because I love sport"-**Jedd**

"I'm looking forward to Telstra Tower so I can see a lovely view of Canberra"-Emily

"I'm looking forward to Parliament House because I have never been there before"-**Jake**

"The National Science and Technology Centre is what I'm looking forward to because I'm interested in learning new things there"-**Emma**

Rachel Hastings



Zahra, Emily, Emma, Jake and Jedd with Alan Tudge MP.



Australian Parliament Quiz

- 1. Who is the Australian Prime Minister in 2014?
- 2. Where is Parliament house located?
- 3. What does the speaker do?
- 4. Who are the previous two Prime Ministers?
- 5. What colour is Parliament House?
- 6. How many Parliament Houses have there been in the past?
- 7. What does the senate do?
 - 8. Where is Canberra?
 - 9. Who is the Federal member for Aston in 2014?
 - 10. Who is the final person to pass a law?
 - 11. What is the constitution?
 - 12. What party is currently in power?
 - 13. What is the Governor-General in charge of?
 - 14. Who is the opposition leader in 2014?
 - 15. What are the names of the 2 major parties?
 - 16. What do people do in Parliament House?
 - 17. How do you get elected to be Prime Minister?
 - 18. What are the 2 criteria to be an eligible politician?
 - 19. In what year was Parliament House built?
 - 20. How many people are in the senate?

ANSWERS:

I.Tony Abbot 2. Canberra 3. Controls what happens in the house 4. Kevin Rudd and Julia Gillard 5. White 6. 2 7. The senate participates in debates on laws 8. In NSW 9. Alan Tudge 10. The Governor-General 11. A book full of rules 12. Liberal 13. Making the final decision (on the Liberal and Labor 16. They debate on laws 17. Liberal and Labor 16. They debate on laws 17. When your party is in power and they choose you to be their leader 18. 18 years and over and Australian citizen 19. 1988 20. 76

Heany Park Primary School

Heany Park Hoop Time Team

Back Row: Ashleigh, Keelin, Olivia, Naomi, Samantha, Chloe and Bec

Front Row: Pranita and Josh

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



Gold Class Writing

Everyone should put their rubbish in the bin I strongly believe that people should put their rubbish

Firstly, there would be less rubbish on Earth, so people would enjoy the outdoors more.

Secondly, less animals would die and it would be less likely for ocean animals to become extinct.

Finally, more people will want to go to more places if there is no rubbish.

It is very important that people put their rubbish in the bin!

Jared Grade 1

A colossal storm has started over the Pacific Ocean. It is highly recommended to avoid sailing through it as some ships have been flung off course by the deadly waves. The storm is heading west. Hopefully it will subside before it reaches land. If it does reach land it will cause floods and cause many casualties. If the storm doesn't show any sign of subsiding citizens who live in the path of the storm should start evacuating. For now they should head to higher ground. We will keep you informed about the storm.

Hayden 6B

The Box

Once there was a boy named Joseph and he was 7 years old. He was walking down his court thinking about his dad who was acting strange lately. Then suddenly a box just appeared right in front of him. Joseph had a moment of fear. He slowly walked towards it and slowly and carefully opened it. And then a holograph of his dad appeared. He looked young. A voice was heard, "Touch this holograph and you will go into the world when your dad was little. You can then find out why your dad is acting strange and help him solve his problem." Then he touched it and he went to the past.

Whoosh!!!

Joseph opened his eyes and looked around. And then he looked at his clothes. He was wearing a leather jacket, leather jeans, leather shoes and gloves. His hair was like a Mohawk. He started walking around. He looked in his pocket and found a picture of his dad when he was little.

"How did this picture of my dad end up being in my pocket?" Joseph wondered. Joseph found his dad waiting at the bus station. He quickly ran to him but the bus came and he got onto the bus. The bus left and Joseph was too late.

So Joseph went looking around all over again. He later found his dad at the burger shack. He was getting picked on by the bigger kids because he's the smallest. Joseph said, "STOP! Don't pick on him!" The bigger kids went away and Joseph said, "Hey, I realise you're getting picked on a lot. So just ignore them and walk off and get on with your life." So Joseph went home in the teleporter. And when he got home his dad was acting normal and Joseph was happy. Joseph knew that his dad must have taken his advice and walked away from the bigger kids and got on with his life. Max 4D



One day there was frogspawn in a pond. They all hatched except one. A tadpole hatched and was all alone. He was ugly.

He met a tortoise. The tadpole asked, "Am I ugly?" The tortoise said, "Yes, because you only have back legs." The tadpole met a newt. The tadpole said, "Am I really ugly?"

He said, "Of course you are. You only have back legs and front legs.'

Then the tadpole asked a fish "Am I so ugly?" He said, "Yes, because you only have half a tail." Two weeks later he grew into an adult frog. He had changed into a beautiful green frog. Then he met a girl frog and got married. Then the girl frog laid eggs and the frog life cycle started all over again. Alex Grade 2

Eastern Metropolitan Regional Athletic Championships

On Thursday 16th October 10 Heany Park students competed at the championships and had some great results:-

11yrs Girls 4x100m Relay 1st Pranita, Olivia, Keelin and Ashleigh. This team will be going through to the State Finals!



Yesterday we had a pet incursion. We met Noah the dog and Eva the owner. I had a great time. I watched people hold the posters. We learned how to be safe with dogs.

By Ashlyn

9/10yrs Boys 800m 6th and 7th Josh and Jack 11yrs Girls 100m final 7th, Long Jump 6th Keelin 11yrs Girls 1500m 10th Olivia 12/13yrs Girls 200m final 7th Bec 12/13yrs Girls Triple Jump 6th Chloe



RBCares Inc., with the support of the Rowville Baptist Church community and donations, continues to provide care and support for people in need within our community. Over the past year, thanks to a grant from the Sisters of Charity, we have been able to provide emergency food relief vouchers and food parcels to the many people finding it difficult during these current financial times. We feel privileged to be able to provide this support, when the means allow us. We, like many other not for profit organisations, are finding it harder to provide assistance, as the availability of support funds becomes less

The community meal night, 'Food With Friends', occurs fortnightly and continues to provide an opportunity for community and support building over a meal. This is a free event, no registration required and operated by volunteers. Food is a great excuse to bring community together. Everyone is welcome and the meal nights are held at Rowville Baptist Church. I'd like to take the opportunity to thank the church for the use of their facility and for all the kind donations received throughout the year, that enable the purchasing of food. If you would like to attend or would like more information please contact Wellington Care Centre on 9764 3738. Wellington Care Centre continues to provide a range of counselling services and support seminars which are held in the training room at the centre. This year a new website was launched. Feel free to check the services on www. wellingtoncarecentre.com.au

I know it may be a bit early to mention the Christmas word, but there you have it, I mentioned it. This year is an exciting year because we are celebrating the 10th Anniversary of the Community Christmas Lunch, which is held at Rowville Baptist Church. Time has really gone by quickly. The event has always been supported by volunteers, which has been amazing and terrific. I remember one year a couple came





Rowville Primary School Captains Speak at Parliament

Towards the end of term three our School Captains, Cooper Denny and Claudia Jones, represented Rowville Primary School at the Junior School Congress at Parliament House.

The Junior School Congress is a mock parliament designed for Year 5 and 6 students who are involved in student leadership or involved in Student Representative Councils, Student Action Teams, and School Committees or Peer Support programs. Students debate and vote on key issues about which they are passionate. By using the formality of parliament, students develop skills such as persuasive and public speaking, confidence and a greater understanding of Australian citizenship. To prepare their presentation, Claudia and Cooper surveyed students around the key topic of volunteering

Cooper and Claudia share with readers an outline of their day in parliament:

On Friday 12th September we represented our school at the Junior School Congress at Parliament House. Sixty schools from all over Victoria were there on the day to share their opinions of volunteering.

We both woke up very early that morning to meet our teacher, Mr Nuthall, at the train station. We were both in awe of the massive building because many great leaders had been in the same rooms that we visited.

The day started with some speeches at Queens Hall by The Hon. Inge Peulich - MLA and Chris Varney from World Vision. We then got to go into the Upper House where we addressed the congress.

This is our speech:

Playing our part: Volunteers are essential for

all the way from Warragul just to help out. Anyway, we look forward to putting the lunch on again and celebrating this very important day with the community. The day is too important to be alone, so come along. Registrations will commence in mid-November by calling Wellington Care Centre on 9764 3738.

Pedro Alfonso





"Dare to Dream" State School Spectacular Dare to Dream 2014

It's show time!!!! After months of rehearsals, 20 super star students from Karoo Primary School finally took their place on Hisense Arena for the 2014 State School Spectacular - "Dare to Dream"

The students were selected for the mass dance performance at the beginning of the year and have trained at regional rehearsals and during their lunch times at school every week. Our mass dancers joined approximately 500 other Primary and Secondary school dancers from around the state, as well as a huge cast of principal dancers, choir, orchestra and solo performers.

Students had to learn 7 different dances to songs such as, 'Wake Me Up', 'Applause', 'Boogie Wonderland' and 'Don't Stop Me Now'. They were absolutely incredible on Saturday night as they performed in front of thousands of people. Their beaming faces shone through the crowds as they danced their hearts out in costume.

What an amazing group of students they are, to take on such a huge challenge and to be wonderful role models to others in the school.

The State School Spectacular will be televised on Channel 7 in the coming weeks and the students will perform a couple



of their routines on Friday morning at a special assembly. Please come along and cheer them on!

Well done Abby, Mikaylah, Olivia, Lauren, Alexia, Teagan, Sarah.S, Molly, Amelia, Jeslyn, Jennifer, Sarah.V, Hannah, Jaime, Murphy, Brandon, Ryan, Marc, Zac and Alex. Amy Ellis Performing Arts Teacher

building strong communities

The students at Rowville Primary School believe that volunteering is a good thing. One-third of the students who we surveyed spent their free time formally volunteering for an organisation. This usually occurred with their parents. The remaining two-thirds of the students who were surveyed volunteered informally to help members of their family or their sporting club. The amount of time that students at Rowville Primary School spend actively volunteering, either formally or informally, is 3 hours and 20 minutes per week

93% of the students surveyed said that they want to volunteer more of their time. The main reason for students not being able to give up more of their time was mostly due to school work, parents and pressure from friends. However, a large number of students surveyed said that nothing was stopping them from volunteering.

The main benefits that students said they were getting out of volunteering were helping others out, to show that they care and the sense of pride/accomplishment.

The majority of our students surveyed think that volunteer work should be compulsory, but they are divided with who should make it happen.

An interesting point that came out of our survey is that people believe that we rely on volunteers too much, but we also need to give more recognition to people who volunteer. Some students believe that money would be a motivator;

MACKY MISDOM

Life is NOT a journey to the grave with the intention of arriving safely in a pretty and wellpreserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming: "Wow! What a ride!"

however, we believe that this would not be classified as volunteering because people won't be freely giving their time.

People surveyed named the grade they were in as the age level that you should start volunteering for the community. As school captains, we want volunteering to be the legacy that we leave behind.

After all of the speeches, it was time for some discussion about volunteering. We were allocated into groups where we created and debated a bill. Our bill was 'that the Department of Education and Early Childhood Development should provide equal opportunities for primary school students to volunteer.' Unfortunately our bill did not get through to the lower house.

We then went back into Queens Hall to listen to another speech by The Hon. Colin Brooks - MLA to close the

We then went back onto the train and arrived back at Rowville. We had a great time and we learnt a lot.

Claudia & Cooper

Rowville Pets Home Feeding Service

Your pets can stay in the comfort of their own home. Service Includes Feeding & Walking



Dogs & Cats Cared For Mail Collected & Bins Put Out For Collection

> **House Sitting Available On Request**

Established For 15 Years Please call Sandra on 9763 1630 Mobile: 0411 514 972

Rowville Secondary College

A Busy Start to Term Four

The beginning of Term Four has been a busy time for students of Rowville Secondary College, as the weather warms up and exam time looms.

The first weekend of the term saw our VCAL students participating in the Cancer Council's Relay for Life, an initiative that recognises those who have overcome cancer and those who are currently undergoing treatment. Over \$2,200 was raised by the students ,over several months, in a variety of ways including free dress days and barbeques. The fundraising efforts culminated in the actual relay

which was held at Duncan Mackinnon Reserve in Murrumbeena. Over a period of 24 hours, there was always a member of our team on the track and we are incredibly proud of our staff and students for their dedication to the event. Great work team!

On Monday the 13th of October Year Eleven student, Taylor Lindsay, was awarded the prestigious Mulgrave Country Club Scholarship. The scholarship consists of \$2,000 which the recipient is encouraged to use during their Year Twelve studies the following year. Taylor, a General Excellence student from the West, was

nominated by her teachers for her contributions to the College and the greater Rowville Community. Taylor is currently a student leader, junior coach at the local CFA and a member of the Victorian Hockey Academy. Taylor immerses herself in College life and exemplifies our credo: Aim High, Embrace



Learning, Reap Rewards.

Dancer, actor and all round superstar, Mitchell Chapman, has recently been involved in the Babirra Music Theatre production of 'Crazy for You'

with an entire week's worth of performances during October. As a featured dancer, Mitch captivated audiences night after

night in sold out shows, showcasing for the community once again the talent that Rowville Institute of the Arts and Rowville SC continue to nurture.

Throughout the term Year Sevens and Eights, from our Maths and Science Academy, have been staying back after

school two nights a week to construct components for a Lego Robotics competition. Under the instruction of teacher Matthew Randell, the pieces are slowly coming together and all the students involved are having a great time following instructions on their laptops and discovering how each element works. We are thrilled that our teachers and students are so enthusiastic about their learning, dedicating their own time to this project. The competition will be held in Armadale on November 16th, and we wish our students the best of luck.

Term Four is always a busy time for our Sports Academy Basketballers, who have once again competed in the McDonald's Cup, one of the biggest basketball events on the calendar. Our RSA teams have seen great success at this competition in previous years and 2014 has been no different, with three teams competing in the finals. Huge congratulations to the Junior Boys who took away the title against Carey 67-33! Our Senior and Intermediate Girls teams both missed out on grand final wins against very strong teams, but were still pleased with their efforts. Well done to all the teams, and what a great achievement to make the grand final.

Finally, we would like to wish our graduating Year Twelves good luck for their upcoming exams. While some performance and oral based examinations have already been held throughout October, the majority are held during the first few weeks of November. Our Year Twelves had their final assembly on Tuesday the 21st of October and their Celebration Day, a day of dressing up, farewelling teachers, and relaxing before exams commence, on Wednesday the 22nd. We congratulate our graduating class once again for being such positive role models for the younger year levels, even during their final days at Rowville. Good luck to the class of 2014, for the examination period and for your futures beyond Rowville Secondary College.

Laura Gordon, Communications Officer

Step up for Down Syndrome at Park Ridge

Step Up For Down Syndrome is a huge event to raise awareness of this disability. This community event brings together people with this condition and their families and friends during Down Syndrome Awareness Week. Sunday 12 October was the day of the walk and Amelia from Park Ridge got in on the act and participated. In Victoria they raised a staggering \$67,296 and the whole of Australia \$128,583!

At a recent school assembly, Amelia and her family introduced the fundraiser to Park Ridge and got to talk about it in front of the whole school! The next day all students



brought in their pocket money and generously put down a donation on the podium to form a coin trail. Our goal was to outline the podium with gold coins but although we didn't reach that goal we still raised



Courtney helps Amelia bag the money in readiness for counting

a generous amount of money. At last count about \$450 had been raised.

By Willow Griffiths

SECONDARY COLLEGE

All Ages Fun at Murrindal Playgroup



Quite often at Murrindal Playgroup, we take enrolment enquiries from parents who are looking to get their little ones involved in a Playgroup. But there just never seems to be the

"right" time, the little ones are sleeping, the children in the group are older or younger etc etc. At Murrindal Playgroup, although we try to find a group that suits not only your child's age and gender, but also a time that suits you as a family. Many times we find that the only session available is one that has children outside your own child's age group.

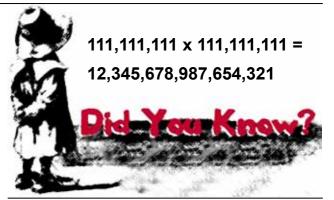
But please! Don't let this be a deterrent! We find that children who mix with other age groups learn tolerance, resilience and how to play with others. In the photo



attached we have Dylan, aged 4, enjoying his playgroup session with Blake, aged 2, and Georgia and Josie aged 3. Not only is a multi-age group a great idea for kids, parents alike enjoy the benefits of sharing knowledge and experiences about their little ones.

Murrindal Playgroup has vacancies available in most session times across each day of the week with three sessions running daily. Why not give us a call and let us help you find a time and group to suit your needs! You can contact us on murrindal_enrolments@hotmail.com

Kristy Ackland





Liberty Avenue Three Year Old Kindergarten

At Liberty Avenue Three Year Old Kindergarten, we offer a fun, play based educational program. The children attend for five hours in total per week in a small group

of twenty children. Our two qualified educators, including a qualified Preschool teacher, provide an educationally stimulating, friendly and safe environment for families and children as they embark upon their educational journey together. We offer an indoor/outdoor program that is relaxed and nurturing, that encourages the children to make choices as they explore and learn through their play.

Our educational program is based around the children's interests and is constantly evolving to reflect this, with educators enhancing and extending upon valuable learning opportunities throughout this process. Each child's participation, interests and learning is documented and reflected upon along the way as the children grow, learn and develop both as individuals and as a valued, contributing member of a group.

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, or if you would like to arrange a time to visit during a session, please contact Kylie on 9752 9981.

Jacqui Iscaro



office@rowville.unitingchurch.org.au

Last month I wrote about the need to stand with our Muslim brothers and sisters who are in as much shock as everyone else about the actions of terrorists who have a perverted view of their God. Since that time little has changed. If anything, things are worse, with Australia committing to military involvement in the fight against ISIS. We in the Uniting Church are deeply saddened at the events in our world, but we want to continue to offer support to those who choose to express their faith differently to ourselves. We pray that people will think carefully before using vilifying words or actions against those who are struggling with the issues like evervone else

We believe in a God who stands with the oppressed; A

God who weeps with the grieving; A God who walks every journey with us. We pray that world leaders will find a way to stop terrorism that seems mindless, merciless and fails to understand that God is a God of peace and unity.

We believe in a God who is concerned for the world and we seek to express some of that concern in the actions we take as a church.

It is because of our belief in such a God that we are proud to offer some of the programs that we run at the Uniting Church. Our Toddler Gym program is a low cost program for toddlers up to kinder age. We recognise the financial hardship of the young family and hope such a program is not only good for family health, but good for family finances.

Because we want to stand with those who struggle in life, we offer the Bridgewater Centre. Our counselling service is low cost and people are able to self refer. This means that at the lower rate, people can see our counsellor as long as they need to.

We are also involved in Kids Hope, which is a World Vision program that offers one on one mentoring for children who are having a tougher start to their school life.



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

Our worship is at 10am on Sunday mornings. We have a blend of music styles and a message that seeks to speak more fully of the God we proclaim. The third Sunday of each month is a dedicated children and family service. In this service there are puppets, drama and craft as we seek to engage with God and each other in a different key.

For more information about our church or our programs please call the church office. For details of our service times and other programs see "What's On Locally" On page 2.

Trevor Bassett



"Who needs religion?" people are asking today, as most of the bad news is about wars sparked off and carried on, sometimes with such vengeance and hatred, in the name of one religion or another. Then there is the abuse of children at the hands of religious institutions. This horror is perpetrated by individuals in other organisations as well, and commonly by family members.

Atheism, secularism, humanism and tolerance of all things, is considered to be the answer to all man's problems, while "religion" is considered restrictive and seen too often to cloak hypocrisy. This is true to some extent. Religion is defined as a belief and worship of a superhuman, supernatural power

but ends up being constricting and sometimes riddled with hatred for those of other faiths. God made man and man made religion. As for hypocrites, there are the bad apples in every religion.

Christianity is so much more than a "religion" with doctrines and rituals by which to abide. We do have the Bible to guide us and observances like baptisms and communion are a declaration of our faith in Jesus Christ. Whatever circumstances we find ourselves in, we are able to not only endure, but experience peace and God's love because of a personal relationship with Jesus Christ, rather than following certain religious practices.

While Jesus ministered here on earth, religious leaders, the Pharisees and Sadducees, did everything they could to trap him. On one occasion they pounced on the fact that Jesus healed a man on the Sabbath, their religious day. Another time they complained because the disciples broke the Sabbath, according to them, by plucking grains of wheat in a field to eat as they were hungry.

In Matthew 23 Jesus spoke very strongly about their hypocrisy. He accused them of tying heavy burdens on men's shoulders, while they themselves did nothing to help, but in fact caused many to fall. He compared them to whitewashed tombs that were full of dead men's bones inside. They were like vessels that were clean on the outside, but full of filth within.

Jesus said in Matthew 15:8-9 "These people honour me with their lips, but their hearts are far from me. They worship me in vain, their teachings are but rules taught by men." Jesus was talking about religion versus a heart relationship with Him

At ACF Church you will not only be surrounded by friends, but you will have the opportunity to make friends with the Creator of the universe Himself, who is graciously answering so many prayers and working so many miracles in our midst.

You are more than welcome to any of the Sunday services listed in "What's on Locally" on Page 2.

Marlene Smith



Why Build A new Church? Based on Matthew 16:13-19 Part 3

Look at the promises that God gives to people who clearly confess Christ in their lives. Verse 18: "I tell you that you are Peter and on this rock I will build my church." Stop there. Sadly, this can be misinterpreted as to mean that Jesus is planning to build his church on Peter. Can you imagine what that would have been, for Jesus to build his church on a human being? Just five verses later Jesus said to Peter, "Get behind me Satan!" That's the foundation of the church? Later Peter denied Jesus. In the book of Acts, the Apostle Paul had to correct Peter, because he had fallen into a sin. Jesus didn't build his church on a human being like Peter. If you study the original languages, it becomes even clearer.

What is the rock, upon which Jesus is building his church? Its Peter's confession: "Jesus is the Christ, the Son of the Living God." Upon that rock, that clear confession of faith, I will build my church, Jesus says. What a great promise! As you clearly confess Christ to others, Jesus promises you that he will build his church. And so I want to encourage all of you to look for ways to do that in your lives to clearly confess what you believe to others. That's how the church is built, and that's Jesus' promise to you.

And look at that other promise: "on this rock I will build my church, and the gates of Hades will not overcome it."

As you clearly confess Christ, Satan can't overcome it. The church will survive! It's true that the Devil gives Christian churches a hard time. For the churches that are clear on what they believe, Satan will do what he can to give them trouble. He'll attack them in the media, he'll confuse its members with all sorts of beliefs that they feel comfortable with and with what they hear other churches are believing and doing, different for our own! But Jesus promises here, that as you clearly confess your faith in front of others, the gates of hell will not overcome it. The church will be built, and it will not fall. What a great promise!

Peter clung to these promises, when he says that God has "given us his precious promises, so that through them you may participate in the divine nature." People who are clearly confessing Christ to others, trusting in God's promises are participating in something bigger than yourself; you're doing God's work in this world. That's what made Peter so bold and so confident in the face of pressure. Firstly, we see him boldly and clearly confessing what he believed. He was not afraid, because he was trusting in God's promises. That's the kind of church we want to be Like Peter we can still make mistakes, confess and be forgiven, 'but, we know whom we have believed'!

So what would your answer be, if someone were to ask you, "Why build a church? What's so unique about yours?" Maybe you've come up with a better answer after pondering God's word. I know that for me, after reading the Scriptures and studying God's word, I would say that we're building a church, not because we think we're so very friendly nor are we building a church specifically because we like the pastor. That's really not a reason to be building a church. And yes, it's true, we're one of those churches that say that they teach from the Bible. But that's not what makes us unique.

What makes us unique is that it's very, very hard to find a church that is clear, completely crystal clear, like the Apostle Peter on what it believes. But Restore is one of those

churches. We are crystal clear about sin and we are also crystal clear about Christ's forgiveness. But, by the grace of God, that's who we are. Our big thing is that we clearly confess the Scriptures and we clearly confess Christ. There are no clouds here, no confusion or murkiness. We make our stand based on the Bible, and trust in Christ's promise that he will bless us and protect us from the gates of hell.

Don't you think that's worth going through the trouble of putting up a building? I think so. Amen.

Ray Green



The annual St Simon's Fete will be held on 8th November 2014 from 10 am to 5 pm. This year it promises to be bigger and better than ever with a variety of rides and games. A bumper raffle and live entertainment will be happening all day and the international food fair is expected to a busy area.

One of the highlights of the day will be the Live Auction which starts at 12 noon.

Amongst the many items up for grabs will be a signed and framed Collingwood Jumper.

Come along and join us for a fun filled day! Jenny Maxwell



Knox Council SEEDLINGS

'Seedlings' project for Early Years services snares 2014 Premier's **Sustainability Award**

Knox Council is a joint recipient of a 2014 Premier's Sustainability Award thanks to the success of 'Seedlings' -a sustainability education pilot program. Knox is lead Council in a partnership of five Councils, Alpine Shire, City of Melbourne, City of Port Philip and Yarra Ranges Council, to be recognised for the innovative 'Seedlings' program at the recent 2014 Premier's Sustainability Awards, winning the Community Award category.

The program encourages children, families and Early Childhood Professionals to work together towards a How well do you know the plants in your garden? Are you on a first name basis with them? Are

there plants that you inherited with the garden, but haven't a clue what they are? Is there a plant growing close to the house and you are unsure how large it will become? Maybe the name was unimportant to you, with the colour, shape or texture being the main reason why you chose a particular plant.

As a young bride, I had very limited knowledge of plants and their names, either common or botanical. Plants were chosen purely on their flower power! A visit from my husband's Uncle Stan changed all that. Uncle Stan was a gardener at Melbourne Botanical Gardens and believed very strongly that you should not have a plant in your garden if you did not know its name. Although not totally agreeing with his philosophy, it struck a chord. Over the years I have become quite diligent about identifying the numerous plants in each garden that I have had. Leaves and flowers of plants that caught my eye in parks, neighbourhood and public gardens were gathered for identification. Not all of these plants were destined for my garden; it was just interesting to know what they were and to discover how growing conditions changed from East Gippsland, to the Western District, to the south eastern suburbs of Melbourne. How to identify plants? There are many excellent plant

books with illustrations and descriptive text available, many of which are in our well-stocked library system. The internet is also a very useful tool, so too garden clubs with their knowledgeable members who have gardened for many years. However, my local nursery is always my first port of call, Darren the nurseryman rarely failing to identify my latest "find". When you see a plant that you like in a garden, ask what it is. Be aware that many plants can have several common names! Then you can check out its final size, soil requirements, growing conditions, etc., before purchasing one for your own garden. Take a walk around your garden. Is there a plant or two just waiting to be recognised?

For details of Knox Home Garden Club meeting venue, dates and times can be found in "What's On Locally" on page 2. Visitors are very welcome, with supper afterwards.

Enquiries to 9739 8783, email betty_wri@hotmail.com Betty Wright

sustainable future. It can be implemented across any early-learning service and was rolled out across 60 Early Years services as part of the pilot, including, Maternal and Child Health programs, Playgroups to Family Day Care, Long Day Care and Preschools across the five participating Councils. Sustainability Victoria CEO Stan Krpan congratulated the Seedlings team for their innovative work, stating it was an excellent example of leadership in sustainability.

Knox Mayor Darren Pearce was delighted the innovative program was recognised for its outstanding contribution to sustainability education in Knox. "The Seedlings project has allowed Knox's youngest residents to become more aware of the importance of sustainability and has significantly increased their awareness and dedication to sustainable living for the rest of their lives," Mayor Pearce said.



Council Minutes September 23rd Meeting

A brief summary of items relevant to Rowville-Lysterfield 6.1 Report Of Planning Applications Decided Under **Delegation** 1 to 31 August 2014

Friberg 2014/6385 40-42 Lambourne Avenue Rowville The construction of four (4) double storey dwellings on the land 12/08/2014 Notice of Decision

Taylor 2014/6622 20 Links Drive RowvilleVerandah 4/08/2014 Approved

Taylor 2014/6516 44 Willow Avenue Rowville: 3 Lot Subdivision (Approved Unit Site) 28/08/2014 Approved Taylor 2014/6208 44B Taylors Lane Rowville

The construction of two (2) double storey dwellings on the land 5/08/2014 Notice of Decision

Taylor 2014/6535 179 Dandelion Drive Rowville

The construction of a double storey dwelling to the rear of the existing dwelling 28/08/2014. Notice of Decision Tirhatuan 2014/6630 40 Illawarra Avenue Rowville

The removal of one (1) Eucalyptus botryiodes (Southern

Mahogany) and one (1) Lophostemon confertus (Brush Box) 14/08/2014 Approved

Tirhatuan 2014/6650 41 Bareena Avenue Rowville Three (3) Eucalyptus trees to be pruned 6/08/2014 Approved

Tirhatuan 2014/6051 1092 Stud Road Rowville

The construction of a three (3) storey apartment building containing fourteen (14) dwellings

13/08/2014 Notice of Decision

Tirhatuan 2014/6486 34 Stamford Crescent Rowville

3 Lot Subdivision (Approved Unit Site) 14/08/2014 Tirhatuan 2014/6573 19 Happy Valley Court Rowville 2 Lot Subdivision (Approved Unit Site) 25/08/2014 Approved

Tirhatuan 2014/6402 39 South Corporate Avenue Rowville Liquor Licence 27/08/2014 Notice of Decision

9.1 Fees and Charges 2014-15 Knox Festival and Stringybark Sustainability Festival 8. Conclusion

Council seeks to encourage community engagement in its major festivals by ensuring that all not for profit and community groups can access the site free of charge. However as the demand for stalls is beginning to exceed the number of available sites it is important that a system of access that is fair, equitable and transparent is used. Council will continue to ensure that all local community and not for profit organisations can access Council's festivals free of charge. Every effort will be made to ensure that all local groups, regardless of the nature of their site will be allocated a free 3mx3m package as long as they submit their EOI by the deadline date and there are spaces available.

Not for profit and community groups and organisations have the opportunity to access the festival as well encouraging community stallholders to think creatively about how they can engage with the events' themes. This is turn will not only enliven the festival space but also help the organisation build public interest in

their work as well as develop community ownership of the festivals themselves. It is proposed that if Council adopts the recommendations set out in this report the framework be introduced in practice for the 2015 Knox Festival and beyond.

9.3 2014-15 Community Development Fund Evaluation **Panel Recommendations**

Appendix A-Projects recommended for funding through 2014-15 Community Development Fund

Heany Park Scout Group Storage Solution

Heany Park Scout Group Multi-media and training

equipment grant

40 years

Interchange Outer East Connected Communities Soccer Tournament

Interchange Outer East National Youth Week - Colour Your World 2015

Kidsafe Victoria Kidsafe Victoria Community Outreach Program

Knox Obedience Dog Club Agility Trailer Tractor Knox Photographic Society KPS Exhibitions - Celebrating

Knox Remembrance Day Committee Knox Remembrance Day Life Saving Victoria * Survival Skills for Seniors

Melbourne Steam Traction Engine Club Inc. * We are here! Signage for the National Steam Centre

Rowville Tennis Club Mini Senior Tennis

Rowville Uniting Church Photo copier

U3A Knox Inc Art & Craft Exhibition and Sale

11.1 Works Report as at 5 September 2014

Summary: The Works Report shows projects on Council's Capital Works Program and indicates the status of each project as at 5 September 2014.

High Risk Road Failures

Works Scheduled to take place: Napoleon Road in November / December. Waiting on pavement testing results in order to scope the extent of works

Building Renewal Program

Expended/committed works is currently 35%. This includes office refits for Civic Centre

Works nearing completion or due to commence in September include: Taylors Lane Preschool - carpet replacement

Street Tree Replacement Program Newly planted tree maintenance is underway. The Dandelion Drive

bulk tree removal project will commence in mid September. The 2015 tree planting location/scoping has commenced.

Stamford Park Redevelopment Street tapping has been completed by South East Water and new water meter assembly delivered to site for installation

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Corhanwarrabul Creek Trail (to Dandenong Creek) -**Shared Path** Consultant has prepared preliminary designs for consideration. Three concept designs have been chosen. The consultant will now further develop the concepts and prepare indicative estimates for each.

Major Reserves Conversion to Warm Season Grass Finalising design for Liberty and Lakesfield Reserves

Avalon/Stamford/Stud Road Intersection Modification Consultant is being engaged to undertake a detailed assessment of the functionality of the proposed design

Tirhatuan Drive (No 18) Rowville - Drainage Upgrade Contract well underway with construction issues having developed around main drain levels in and around Roger Court. Contractor given direction to design under-pinning at No. 12 with approval having been received from owner. Status report provided to Melbourne Water.

Rowville Recreation Reserve No 1 - Renovation Works

completed

Heany Park - Open Space Upgrade Stage 2 construction (building) well under way. Completion expected first week September. Landscape works to be undertaken in February 2015 Blackwood Park Road, Rowville - Rehabilitation Design completed and tender advertised from 30 August with tenders closing on 23 September. Works to be integrated with Windermere Drive road renewal works.

Park Ridge Reserve Floodlighting Upgrade - Design Awaiting receipt of soil test.

Liberty Reserve Carpark Lighting Finalising scope of works. Illawarra Avenue, Rowville - Design Design due to commence in New Year.

Stud Road Aero Club, Knoxfield/Rowville (Toilet Facility) Design commenced ${\bf See beck \, Reserve, Rowville - Spectator \, Seating \,\, Construction}$

scheduled for February 2015. Lakesfield Reserve, Lysterfield - Floodlighting Design

Design scheduled for October. Lakesfield Reserve, Lysterfield - Pavilion Upgrade design Scoping completed. Detailed design scheduled for February 2015

Bergins Road, Rowville -Footpath 1 Works scheduled to commence in October

Karoo Road, Rowville - Design Survey underway Kelletts Road - Shared Path 1 Works scheduled for

November Stud Park Reserve, Rowville - Masterplan Design work planned to commence early 2015.

Row Reserve, Rowville - Development Plan Design work planned to commence early 2015.



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