



ROWVILLE-LYSTERFIELD

COMMUNITY NEWS

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LYSTERFIELD COMMUNITY NEWS INC.

Priceless

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KNOX UNITED SOCCER CLUB

2015 REGISTRATION DAYS

SUN 1st FEB
KNOX ITALIAN CLUB
10am-2pm

SAT 7th FEB
WELLINGTON VILLAGE
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ROWVILLE SECONDARY COLLEGE

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Rowville–Lysterfield Community News Supported By



Rowville Neighbourhood Learning Centre Inc.

Meetings are held at the RLNC at 7.30pm on the first Tuesday of the month, except July & November. Visitors and potential committee members most welcome.

Our Team

Editor David Gilbert
Ph: 9764 4703

Email: editor1@rlcnews.com.au

Website: www.rlcnews.com.au

Postal Address:- RLCN c/o

Rowville Community Centre, 40,

Fulham Rd., Rowville 3178



Advertising Co-ordinator

Catherine Ubay

E: advertise@rlcnews.com.au

Website: www.rlcnews.com.au



Distribution Co-ordinator

Peter Rumble

Phone: 9752 7592



Website Administrator

Les Pach

admin@rlcnews.com.au



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Treasurer

Graeme McEwin

Phone: 9763 4168



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Design, Typesetting & Layout

Mallee Bull Media – 9761 3670
Email: john@malleebull.com

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From the Editor's Desk



Welcome to another year, one that I hope will be enjoyable, rewarding and exciting, not only for you but for the RLCN as well.

I imagine that many of our readers have made New Year's resolutions, maybe to stop smoking, or lose weight, eat better, volunteer more, but how many have already been broken? It is a good idea to make resolutions for you or another's benefit and no doubt we all need a starting point with January 1st being an obvious selection. So why do so many resolutions fail so early? Are they made whilst under some outside influence, or are they an attempt to please someone else? Neither of these situations are a good basis upon which to make a life changing decision.

Recent analysis reveals that about 42% of the population make resolutions, but 62% fail for one reason or another. The reasons for breaking New Year's resolutions range from, unrealistic goals (35%), failing to track their progress (33%) to simply forgot it (23%). Admittedly the task of keeping your

resolution is hampered by outside enticements. In America, two Ice Cream chains didn't make it any easier when they offered 2 for 1 deals on January 17th, a day declared as "National Ditch Your New Year's Resolution Day."

One good way to succeed is to let your friends and colleagues know what your resolution is, so that they can help or embarrass you as the case may be. Whatever the reasons, there is no replacement for sheer will power. To those of you who have stuck with it, "Good On Ya" and to those who haven't....well there is always next year.

How many of you remember when "Show Day" was a public holiday? It was taken away by the government of the day, but now it seems we may well be getting two new public holidays, one for Grand Final eve and the other for Easter Sunday (which means it will be Tuesday). Watch this space!

I will be taking a break next month so the March issue will be in the capable hands of our President, Rob James. I'll return to my desk for the April edition, so until then, enjoy the rest of the summer and work on those resolutions.

David Gilbert

What's On Locally



Sponsored by:
Lions Club of Rowville

February 2015

DIRECTORY

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

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

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

Baptist Church Services every Sunday 10am

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

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

CFA Juniors Meet every Thursday 7pm.

Cake Decorators Assn Bi-monthly 2nd Sunday - 10am-3pm Feb, Apr, Jun, Aug, Oct, & Dec. Scout Hall, Turrumura 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 10am to 3pm. Orana Shed, Neighbourhood House, Coleman Rd, Wantirna every Thursday from 10am to 3pm.. 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. 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 Sunday services are held at 10.15am at 24 Laser Drive. Light refreshments and finger food served after the service. Phone 8736 7053

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

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

Rotary Club Every Tuesday at Baton Rouge at 7pm.

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

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

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

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

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

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

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

Toastmasters Meet 2nd, 4th & 5th Tuesday each month at 7.15pm for 7.30pm at RAFT Church, contact Leona contact@rowvilletoastmasters.org.au

Uniting Church Services Sunday at 10am. Contact 9753 3495 **LINK** Thurs 10am. **Toddler Gym** Tues & Friday 9.30-10.30 & 11am - Noon (during School terms)

Yoga for Kids Fun classes for primary students. Tuesdays 4.30pm Rowville Scout Hall Contact info@schooltimeyoga.com.au or 0468 471 102 www.schooltimeyoga.com.au

Yoga With Karen At the Rowville Community Centre and Rowville Uniting Church, Mon & Thurs Mornings and Wed & Thurs night, \$16 a casual with a discount for full term. Contact Karen Skiadas on 0421 349 520

February/March Events

RAFT Church Family History Group meet on the first Wednesday each month starting on 4th February at 10am. See article on Churches pages.

Calendar of Events February 2015

February:

Heart Research Month - www.heartresearch.com.au

FebFast – Health and wellness - febfast.org.au

Ovarian Cancer Awareness month
www.ovariancancer.net.au

2 Feb – School Term Begins

2 Feb – World Wetlands Day - www.environment.gov.au/water/wetlands/world-wetlands-day

3 Feb – Immunisation – Rowville Community Centre
- No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session.

7 Feb – 1 Mar - Sustainable Living Festival
www.slf.org.au

10 Feb – Immunisation – Australia for Christ Fellowship – 1070 Stud Rd - No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session.

13 Feb – World Radio Day - www.worldradioday.org

13 Feb – Apology Anniversary - www.nsd.org.au/events-info/the-apology-to-australias-indigenous-peoples

13–19 Feb –Duchenne Muscular Dystrophy Awareness Week - www.duchennefoundation.org.au

13 Feb – Chinese New Year - australia.gov.au/about-australia/australian-story/chinese-new-year

14 Feb – National Condom Day - www.shfpa.org.au

14 Feb – Sweetheart Day - www.heartkids.org.au/be-a-sweetheart-this-valentines-day

14 Feb – V-DAY – end violence against women - www.vday.org

14 Feb – Valentines Day

14 -21 Feb – Sexual Health Awareness Week
www.shinesa.org.au

18 Feb – International Asperger's Day
www.asperger.asn.au

18 Feb - Immunisation – Rowville Community Centre
- No appointments necessary. Please bring your Medicare card and your child's Health Record book to the session.

20 Feb – World Harmony Day
worldharmonyday.com/home

21 Feb – White Night Melbourne
whitenightmelbourne.com.au

22 Feb – World Thinking Day
www.worldthinkingday.org/en/home

24 Feb – Business Clean Up Day - www.cleanupaustraliaday.org.au/about/about-the-event/clean-up-for-business

24 Feb – Knox Council Meeting
7.00pm start Civic Centre

27 Feb – Schools Clean Up Day
www.cleanupaustraliaday.org.au/about/about-the-event/clean-up-for-schools

28 Feb – Rare Diseases Day
www.rarediseaseday.org/country/au/australia

28 Feb – 1 Mar – Knox Festival – Wally Tew

Knox Council Refugees

Knox to be declared a Refugee Welcome Zone

Council put pen to paper in an effort to make refugees feel welcome in Knox, when it signed a declaration of the Refugee Welcome Zone at the December 16th Council meeting. The innovative program aims to engage local governments to enable refugees to feel welcome in local communities.

Knox Mayor Peter Lockwood said the Refugee Welcome Zone was eagerly adopted by Council and was the next step for Council in their ongoing advocacy for community inclusion.

"Knox's adoption of the Refugee Welcome Zone comes after the implementation of the Multicultural Strategic Plan (2012-17) and the development and launch of the Knox Multicultural Directory. These initiatives continue to showcase Knox as an inviting and welcoming community to live in and we're very proud to call our diverse municipality home to people from many nations," he said.

Chandler Ward Councillor John Mortimore said, "This has nothing to do with Australia's policy on refugees, asylum seekers or others. Any refugee needs to feel welcomed. We are saying we are glad you're here. Thank you for coming here and wanting to be here,"

Collier Ward Councillor Joe Cossari, who immigrated to Australia from Italy in the 1950s, said, "It is a great step forward. I have been an immigrant and I know what it is like. This will create a better country. One way or another, we were all refugees. I think this move to further welcome refugees into the Knox community is wonderful."

Taylor Ward Councillor Darren Pearce said, "Council is making a good 'social statement' by signing the declaration. What this declaration is about is what happens when you come to our community. It is sending a message saying, once you're here, you're welcome as part of our community."

The 1951 Refugee Convention spells out that a refugee is someone who "owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality, and is unable to, or owing to such fear, is unwilling to avail himself of the protection of that country."

But refugees and migrants, even if they often travel in the same way, are fundamentally different, and for that reason are treated very differently under modern international law.

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 - March 2015

EDITORIAL & ADVERTISEMENTS Wednesday 11th February

Articles, News or Letters to the Editor
editor1@rlcnews.com.au
PHOTOS: please email SEPARATELY,
do not embed in documents

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TO BE SENT TO:
advertise@rlcnews.com.au

DISTRIBUTION

Saturday, 28 February 2015

Apology

Rowville Football Club

Rowville Hawks Junior Football Club

We wholeheartedly apologise to both the Rowville Football Club Inc. and the Rowville Hawks Junior Football Club Inc. for the incorrect logo used in the December issue. Our records have been adjusted for future use and trust that our error didn't cause too much confusion.

David Gilbert Editor

Knox Council

Calls flood in as wild weather lashes Knox

Knox Council officers responded to more than 200 calls for help following the wild storm which lashed Knox on Wednesday 7th January. The storm shook Melbourne's south-east just before 3:30pm, with Knox windswept by a ferocious thunderstorm, despite a dry and humid morning, that caused widespread damage across Knox. As of 10:15am on the next day, Thursday, Council staff had recorded, amongst others,



- 4 flood reports
- 3 blocked drains
- 20 fallen trees
- 86 fallen tree limbs

Knox Council Acting Chief Executive Officer Kerry Stubbings urged residents to remain vigilant, with extreme weather conditions forecast to continue during the summer months. Ms Stubbings said, "Our Parks Services staff received 99 customer requests that evening due to the storm, most of them being tree related. The whirlwind of callouts has prompted Council's Parks Services team to engage three contractors and two internal crews to work through the jobs resulting from the storm. Residents should be mindful of the changing weather patterns and should take precautions appropriately, such as ensuring they park their car undercover and away from trees. If safe, it's also worth checking on gutters and drains to make sure they're clear.

"But being summer, it's important residents don't forget their bushfire and extreme heat plans too," she added.

Some important contact numbers are:-

Climate/Storm Warnings	Meteorology Bureau	bom.gov.au
Storm/Flood Damage	SES	13 25 00
Water Emergencies	South East Water	13 28 12
Gas Emergencies	Multinet Gas	13 26 91
Street Light & Power	Energy Australia	13 34 66
Street Light & Power	Ausnet	13 17 99

2015!!

And A Wish For Peace, Good Health, and Happiness.

So many plans are afoot this year but, for now, let's talk about February. A "Picnic in Jells Park", to which you are invited, just bring food and drinks and join us. We will be undercover and we get home before dark. We could even include a walk before going home. We'll be back again for the March Picnic.

The Music Appreciation group will be entertained by the famous "Seekers", probably followed by afternoon tea. Badminton is becoming popular and numbers are increasing for the Street Orienteering Walks which this month will find us near Knox Leisureworks, so bathers might come in

handy. Some of us are preparing for the "March Getaway", taking a caravan, or sharing a cabin for 3 nights in Inverloch. It's always a nice break.

Our quarterly meeting will be held on February 23rd. at 7:30pm. Following this there will be an interesting Guest Speaker, then supper. Bring a book along, or take a good read from our Book Table. There is no obligation if you come to any activity, as our policy is that you will be made welcome for up to three visits, but after these you will need to decide.

We have a current newsletters awaiting posting, so if you would like to receive one it only takes a phone call or contact us on the net at life.org.au/knox

Community NoticeBoard

Supported by Cr
Nicole Seymour
Knox City Council,
Tirhatuan Ward



Having a very relaxing Christmas breakup in the Bayswater Park

For more information please contact Melva on 9762 3764 or Helen on 9729 1151

Knox Italian Community Club



Bocce

On Sunday 22nd February, the Knox Italian Community Club will host one of the approved Bocce Federation Inter Clubs tournaments, "The Ricky Garbuio Memorial Cup".

Ricky, a champion State league bocce player, known throughout the Victorian Bocce Clubs as a gentle person, was always prepared to help in any way and was one of the first members to help build the club. He was respected by his fellow members and competitors alike.

The 'Memorial Cup' is a doubles competition where teams can be made up of 2 females, 2 males, or a mixed team and is played to F.I.B rules. Entry lists must be submitted no later than Thursday 19th February to migliaccio@netspace.net.au or by fax to 9764 9743. Teams must report by 8.30am for a 9am start. The entry fee is \$25, which includes lunch. Family and friends are most welcome for lunch at noon and snacks will be available throughout the day.

We wish to acknowledge and thank Janette and Silvio Garbuio and Anna and Claudio Placella for sponsoring the major prizes and to Rita and Tony Orlando for sponsoring the trophy.

For further details please contact **Michael on 0419 330 977, Tony Francesca on 0409 795 650 or the Club on 9764 2868**

Friday Night Bocce a 4-5 week Competition starts again in late February. For enquiries and new members wanting to join please contact Michael on 0419 330 977 or email migliaccio@netspace.net.au

Michael Migliaccio



Rowville Fire Brigade

Welcome to 2015. We at Rowville Fire Brigade hope everyone has had a great Christmas and New Year break.

This summer has already seen a number of large fires in NSW, VIC, SA and WA with crews from the Knox group of Fire Brigades assisting in the efforts.

Fire Restrictions are still in force, so if you are not sure of what you can or can't do during the restrictions or on Total Fire Ban days, visit www.cfa.vic.gov.au for the state-wide fire ban and ratings graphic, as well as links to the 'can I or can't I' information. You can also use this link to find out what fire district you are in.

If you are travelling in Victoria, be safe by downloading the fire ready app and keep up with warnings and alerts in

your area.

Wishing everyone a fantastic and safe new year.

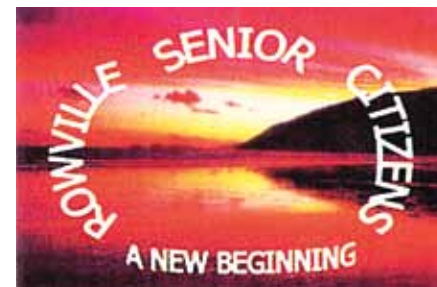
Brent van der Ross,,



KNOX Festival 2015

28 February – 1 March
Wally Tew Reserve, Ferntree Gully
knox.vic.gov.au/knoxfestival #knoxfest

7 NEWS
Knox City Council
each **appleby real estate** **KNOX MITSUBISHI**



A happy New Year to all our members.

Our club resumed on 16th January 2015 after a very successful year in 2014. We have many activities and outings already planned for this year. For example we have indoor bowling every Wednesday and Friday afternoons and bingo every Friday afternoon.

If you are 55 years or over & would like some fun and social activity, come along & meet some new friends. We are a very active club with 138 members.

For more information or enquiries, please contact Anne Berg on 9873 0226 or mobile 0404 007 174.

Anne Berg





Harlequin Rounds at Rowville

In Term 4 Coral Wegmann of Harlequin Rounds held her first Round Dance class at the Rowville Neighbourhood Learning Centre in the Rowville Community Centre, 40 Fulham Road, Rowville. The 8-week course taught basic Rumba and Waltz. In Week 3 the students demonstrated a rumba for the reception staff who were astounded how quickly they had learned and how beautiful they looked dancing round the room to the tune of 'Ascot's Rumba'.



Teacher / Cuer Coral (centre) and some of the class of 2014

ROWVILLE PICTURE FRAMING

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

WEDNESDAY TO SATURDAY
9 AM TO 5 PM

9763 0069

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

By week 8 the class had mastered most of the basic Rumba steps and several basic Waltz steps.

The Rowville Neighbourhood Learning Centre (RNLC) is now accepting enrolments for classes for Term 1 in 2015. Beginners most welcome, no previous experience required. Classes will be on a Wednesday morning from 11am to 12.30pm. Term 1 will be an introduction to Cha and Waltz. Contact RNLC on 9764 1166 or inquiries@rowvillenc.org.au to register.

Coral is the teacher / cuer of Harlequin Rounds and current President of the Round Dance Association of Victoria (RDAV). Her club meets every Monday night in Heatherton. For more information, contact Coral on 0407 814 686 or visit the RDAV website. www.rounddanceassociationvictoria.org.au

Round Dancing is cued, easy ballroom dancing. Dance for fun, to keep you fit and your mind active.

David Mallen



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 still available but limited. Please contact the Centre for further 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](http://www.knox.vic.gov.au/A-Z%20listing).

Patricia Massie



Rowville local steps down from Board

Local Rowville man, Graeme McEwin, recently stepped down from the Board of Knox Community Bank® Group, not seeking re-election at the recent AGM. Group Chairman, Hurtle Lupton JP, presented Graeme with a plaque commemorating his service to the bank at a function in December. Mr Lupton thanked Graeme for his long service to the community, having served on the bank's Board for over ten years. He is the longest serving Board member of the bank.

Graeme plans to continue his work in the community by holding positions in a number of other local organisations.

Knox Community Bank® Group Annual Community Grants

The 2015 Community Grant program opens for applications from 1 February until 5pm 31 March. Charitable and not-for-profit organisations can apply for



Hurtle Lupton JP, presents retiring director Graeme McEwin with a present and plaque.

WIN one of ten \$10,000 prizes.*

Take out a new home and contents or landlord's insurance policy before 30 June for your chance to win.

At Bendigo Bank we're about helping you purchase and protect your biggest assets.

Drop into your nearest branch at Wellington Village Shopping Centre, Rowville or phone 9755 8611 and talk to us about your insurance needs.

Bendigo Bank
Bigger than a bank.

bendigobank.com.au/getinsurance

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Christmas Lunch at Stamford Park Homestead.



After a short closure over the festive season, both Sheds at Stamford Park Homestead and Orana Neighbourhood House, have reopened and it is anticipated we will have another successful year in 2015, with a number of projects about to start.

Already the Orana Shed is attracting visitors, who it is hoped will become members and it appears that some wives are looking for somewhere that their retired husbands can be sent to get them out of the house!! Whatever the reason, Sheds are a good place to go to so everyone wins.

Anyone interested in popping into either the Homestead in Emmeline Row, Rowville (every Tuesday, Thursday and Saturday 10-3) or the Shed at Orana in Coleman Road, Wantirna (every Thursday from 10-3) is most welcome.

The Sheddies held their annual Christmas lunch at the Homestead, where along with several guests an alfresco roast was enjoyed by all.

For more information visit our website www.stamfordparkshed.org.au, go to our Facebook page or see our contact details in the What's On Locally section on page 2.

Allan Billham 0418 677 898



Christmas Lunch - Colin Yardsley, centre, in the grey jacket.

Probus Club (Combined Knox) A happy New Year to everybody.



The Combined Probus Club of Knox ended the year on a high note with a wonderful Christmas lunch at the Stamford Hotel. 86 members enjoyed a filling three course meal, some liquid refreshments and a lot of laughs. This was highlighted by Membership Secretary, Pam Gilbert, with her dancing Christmas hat. We combined the festivities with a celebration of member Colin Yardsley's 97th birthday.

In January, the newly formed "Sip & Sup Lunch Club" held their first get together at the Wild Oak Restaurant in Olinda and members met in the Tim Neville Arboretum for our annual "Picnic In The Park", both of which will be covered in next month's paper. The Craft Club held their first meeting for 2015 on the subject of 'Crazy Quilts' and are enthusiastic about the future of the group.

We encourage all members to support these new ventures.

This year we will continue with our very active schedule with our first meeting being on Tuesday 3rd February at the Stamford Hotel, commencing 10.00am. Our guest speaker should interest classical music buffs, FM radio enthusiasts and anyone interested in a good story. Mr. Thilo Troschke LL.M., Chairman of radio station 3 MBS 103.5FM, will talk to our group about the growth of the station since it began operating in 1975 and his experiences whilst working there. Radio Station 3MBS is the only locally based fine music community radio station in Melbourne. It was the first FM station in Melbourne and led the way in the introduction of community radio in Australia. We are looking forward to a very interesting talk.

As we will have our Annual General Meeting in March

there will be no guest speaker for that month. In April we will have comedian and magician Mr. Don Jones.

This will be followed on February 10th with a visit to the Australian Jazz Museum, Koomb Park, 15 Mountain Highway Wantirna. We will meet there at 10.30am and have a conducted tour of the Archives, then at 11.30am we will be entertained by a jazz band, which will be followed by light refreshments.

On Tuesday 10th March we will be visiting Chesterville Farm in Ferntree Gully Road for the "Outback Live Show". After March this year we are working towards re-introducing visits to the movies every second Tuesday and will continue with our varied outings on every third Tuesday of the month. So there is plenty happening.

Ray Stackpole

Cake Decorators Association of Victoria Rowville Branch



November was a big month for the Cake Decorators, with not one but two Christmas cake workshops owing to the huge demand. Our Christmas break-up was, as usual, most enjoyable with excellent food and wonderful company.

A vast variety of decorated cakes, food and toys, were donated to the Knox Community Christmas Support Project and presented to Judy Shaw from the Salvation Army. We also presented the Scouts with 2 trestle tables for the Hall and two decorated Christmas cakes were made for the raffle. Thank you one and all for a truly great effort.

Our next workshop will be on Sunday February 8th and will feature a three legged elephant and a wise owl, hosted by Jan O'Neill from Foster.

For details of our normal workshops please see "What's On Locally" on page 2. You will be most welcome and the small charge is, members \$10 and non-members \$15.

For all bookings & enquiries please phone Jean on 9763 1702 or Velma on 9763 8646

Velma Brown Branch Secretary

Can You Believe It?

The famous statue of Jesus Christ looming over Rio de Janeiro appears on a variety of souvenirs including, key chains and T-shirts. But the Catholic Church has drawn the line on companies using the image for advertising beer and underwear.



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Rowville Toastmasters Club is running an intensive five week Speechcraft Program. Come along and be amazed at how beneficial such a small investment in time and money can be to your public speaking and presentation skills.

Five sessions will provide you with new and enhanced skills by covering the following areas:

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- How to enhance your presentation
- Techniques on how to deliver a persuasive speech
- Key tips on how to organize your speech
- Personal evaluations and support from our experienced members

The program will be run by highly skilled and experienced Toastmasters who will ensure you maximise the learning opportunity in a friendly and relaxed environment. Experience the thrill of delivering a persuasive speech in front of a group of peers and benefit from positive practical feedback.

Speechcraft program details:

Investment: \$297 (including manual & refreshments)

Dates: 5, 12, 19, 26 March and 2 April 2015

Time: 7.30 -10pm

Venue: RAFT Church, 131 Taylors Lane, Rowville

Only 10 places available – enrol now!

To find out more about how you can benefit from this proven personal development program, please contact Debbie:- Mobile: 0421 133 687 or Email: Debbie_s_lee@hotmail.com

If Speechcraft is not for you why not come along to a regular Toastmaster meeting to see what it is all about. Channel those good intentions for the New Year into improving your speaking and leadership skills. See the benefits the Toastmaster experience could make to your professional and personal life.

Guests and New Members Welcome - Free

You can participate at Rowville Toastmasters by attending meetings as a guest, or by joining at any time. Guests can attend free of charge. Details of our 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@rowvilltoastmasters.org.au or visit the website at www.rowvilltoastmasters.org.au to see details of Club activities.

Peter Tuck, Vice President Public Relations.

VALE-COUNCILLOR-DAVID-COOPER

Knox City Council

A Leader and Past Mayor of Knox who will be sadly missed

Cr David Cooper passing, 15 January

It's with deep sadness that I inform our community of the tragic and sudden passing of Councillor and former Mayor David Cooper on Thursday 15 January.

As a friend and colleague, I had the privilege of serving alongside a man I consider one of the most passionate and caring community leaders I have ever met. This is very sad day for Knox, and the whole community, who have lost a tireless advocate, leader and friend.

All Councillors, Executive, Management and staff of Knox Council send their condolences to David's wife Tracy, and to their two children, Rhys and Holly.

David was loved by his community of the Scott Ward, representing them, and the whole community, in pushing for stronger public transport, better sporting facilities, creating opportunities for young people, and championing the needs of people with disabilities or facing disadvantage.

Cr David will be sadly missed.

Statement from Knox Council Mayor Peter Lockwood

Cr Cooper was elected to Knox Council in 2004 and served continuously until his passing in 2015 and was Mayor for two terms: 2005-06 and 2008-09. He served



on several committees covering issues, including healthy ageing, economic development, sporting stadiums, performing arts, waste management, Australia Day awards, public transport, disabilities and the Multicultural Advisory Committee. He played key roles in a number of local initiatives, including Knox Gardens and Walker Reserves, the Knox Warm Water Pool and the new State Basketball Centre.

+ Red Cross Rowville Unit

I hope you are all well rested after the Christmas break.

As always, our Christmas lunch was enjoyed by all who attended. We are hoping for great things this year.

In 2015, Red Cross are trying to streamline their blood collecting and as a result they will no longer be coming to the Polish Club in Rowville. Instead they will be doing all

the blood collecting for our area from Dandenong. I hope all you donors will still keep giving your blood as, it is very much needed.

March is Red Cross Calling month. Please give generously when you see us at Wellington Village or Stud Park shopping centres.

I wish you a very happy New Year and thank you for your continuing support. If you need further information please contact Joan on 9764 4611.

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Rowville Community

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



Love makes the world go around; celebrate your family history for Valentine’s Day: on Tuesday 17th February make a one hour booking between 2-5pm for a one-on-one session with Charles. Free event. Bookings please.

Databases – a must for all students: on Saturday 21st February at 11am. Find more about what you can access freely from home via the library website. Library members have free access to a range of authentic information available through the library website. Check it out! Free event. Booking essential.

Library tours! Please book in for your very own tour of the library and an introduction to all of its resources by telephoning Rose on 98006443. It’s free and will ensure that you do not miss out on any advantages of your library membership!

Chinese New Year party: The Chinese Friendship Group which meets in the library on Thursday mornings from 10.30am will be holding their annual New Year party on Thursday 19th February. Please let your Chinese friends and neighbours know about this event. Free event. Bookings no required.

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 2nd February 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: will now be incorporated into the Computer Help sessions held every Tuesday, Wednesday and Thursday morning from 10am – 12 noon and it will be called Tech Help. 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, changes its name to Tech Help!: On Tuesday and Wednesday and now Thursday 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, Office and now mobile phone usage, everyone is welcome. The sessions are free. Do you need help to set margins, attachments for emails, access online services, etc? This is for you! Includes help with eBooks and eMagazines.

Rowville Writers’ group: Next meeting will be on Tuesday 24th February at 1pm.

Chinese Friendship Group: This group meets



Library databases - a must for all students.
weekly at the library on Thursdays at 10.30am.

Family History Help: Rowville Library offers free one-on-one assistance, but first please telephone 9800 6443 for a time to ensure staff availability. 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 6th February. 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 online.

Rose Thompson, Manager – Rowville Community Library
9800 6443

The Cup

by Margaret Gregory

Old Amelia Nesbitt had a cup on her desk that stated, on its side, “Don’t annoy the Science Teacher - she may turn you into a Science Experiment.”

Everything I had ever heard about her seemed to confirm it.

My father said, “Old Nesbitt? Really? Is she still alive? I would have thought she’d have retired forty years ago. I had her for science in high school too, and she was a sour old stick back then.”

My classmates passed on stories from their elder siblings, “Johnny played a practical joke in science class, and he never came back to school. No one ever heard of him again.”

Most of those same classmates were just biding time until they could leave school. The boys dreamed of fast cars and girls and the girls dreamed of make-up, expensive clothes and boys.

I was a newcomer at the school. My father moved around a lot for work. We had just left a remote rural district where I had studied part time by correspondence and the rest of the time in a multi-level classroom with one teacher who taught every subject. If we had questions, she told us to read the textbook. If we still had questions, we hadn’t read it properly.

When I had been enrolled at Midtown High, they had given me an evaluation test. I had tried my very best...

Instead of being placed in the ‘A’ class, amongst the brightest ... I was put in the ‘D’ class. ‘D’ for dunce, as everyone explained.

I was very nearly rigid with fear when I stepped into the science class for the first time.

The cup was the only thing on the front desk. The writing was plain to read as I walked in the door. I felt the boys behind me nudging each other; their whispers were more prankish than fearful.

Distracted, my eyes left the cup, but before I looked back, my mind absorbed the sight of the high, glass fronted cupboards full of apparatus that I had only ever seen as diagrams in a book. My hands itched to touch them.

When I had been making a habit of sitting halfway down a classroom, one more head in the crowd of others, I was drawn to the front-most student bench. My two timid friends, nicknamed ‘the mice’, twittered at me uneasily.

“You have nothing to fear,” I told them. And they hadn’t; they were sweet and polite and totally convinced that they were the next best thing to brainless. They had no incentive to try hard in class, even with lessons pitched to the level of the lowest end of the year level curriculum.

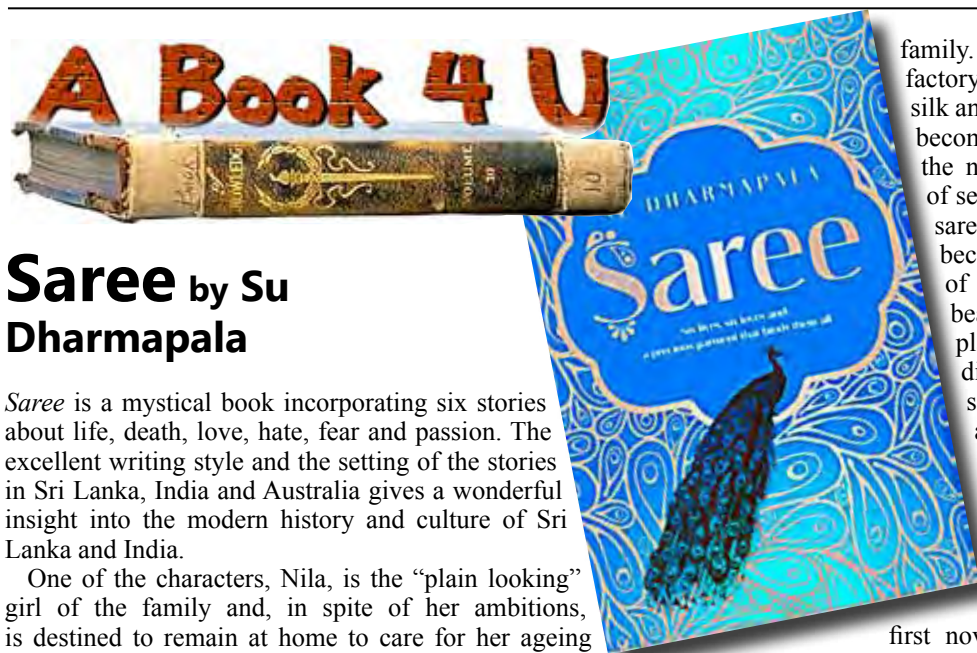
Mimi and Jules needed a protector. They were like the orphan sheep I had helped tend during the past five years while on the farm. At first, once I had attached myself to them, the class tried to call us the ‘three blind mice’ but only once or twice. Now I was ‘the rat’ - an obvious progression when my name was Margaret Rattray.

Nesbitt seemed to appear from thin air. She was suddenly behind her desk and calling the class to silence. I stared at her. Old? Hardly! Her eyes were a brilliant piercing blue. So bright that her grey hair and lined face seemed like a mask covering one who felt too young to teach.

Or perhaps disillusioned. I wondered why that notion had come to me.

Perhaps it was the faint shuffling as inattentive bodies wriggled on the tall seats accompanied by the low hum of impolite whispers.

I tuned them out, concentrating instead on the words Amelia Nesbitt was speaking in a voice loud enough to be



Saree by Su Dharmapala

Saree is a mystical book incorporating six stories about life, death, love, hate, fear and passion. The excellent writing style and the setting of the stories in Sri Lanka, India and Australia gives a wonderful insight into the modern history and culture of Sri Lanka and India.

One of the characters, Nila, is the “plain looking” girl of the family and, in spite of her ambitions, is destined to remain at home to care for her ageing parents. As time goes by circumstances change and it becomes necessary to send her to work to support the

family. She finds work in a saree factory where she learns to work with silk and the art of making sarees. She becomes a very fine saree maker and the novel sews together a number of separate stories using a beautiful saree as the common thread. Nila becomes friendly with the owner of the factory who sees her as a beautiful person in spite of her plainness. Sadly, they are from different cultural backgrounds so their relationship brings about disastrous consequences. But there is much more of the stories to unfold...

After reading *Saree*, the second novel by author Su Dharmapala, I will definitely be seeking out a copy of her first novel, *The Wedding Season*, to read next. Best read in a long time!

Irene Kendell, Rowville Library Bookclub and Bookchat

An Hour With Cr Peter Lockwood Mayor of Knox City Council

In December last year, during his third term as a councillor, Peter Lockwood stepped up to be the new Mayor of Knox.

Peter was born in 1950 at the Royal Women's Hospital in Sydney and spent his childhood in Petersham. His father worked for the Housing Commission, but regrettably passed away when Peter was only four years old. His mother, who had been a housewife until then, looking after her only child, went to work in a factory to make ends meet.

Peter attended Drummoyne Primary School and then Drummoyne Boys High School before taking a break from studies. Peter recalled that "At school I enjoyed running the 100 metre sprint and playing rugby league. I continued with the football after school in both Sydney and Canberra." Whilst still at school he became a softball umpire and a soccer referee. He is a keen supporter of Melbourne Storm and in the AFL he follows Richmond.

In 1972 whilst working for the Commonwealth Bank in the business division, he met Marie, who came from a totally different family environment, as she was one of 10 children. This was no impediment to them and they married later that same year, moving to Canberra in 1973, where Peter studied computer science at Canberra College of Advanced Education, which today has been renamed the University of Canberra.

The Cup cont....

heard above the other noises.

The rules of working in a laboratory. I listened, taking it all in like a sponge soaks up water. Then she began the lesson, basic stuff, I had read all about it before, and could parrot paragraphs, but there was one thing I didn't understand.

"Why?" The word was out before I could raise my hand to speak.

Those brilliant blue eyes fixed on me, and glittered. All the sounds behind me were instantly silenced. I couldn't look away from those eyes. I was terrified...of losing my connection to this fountain of knowledge.

Nesbitt smiled, the slight scuffling behind me sounded like mice backing away from a cat.

"Why?" Nesbitt queried with eyebrows raised. Then she went on, "Because...."

It was like when the sun finally broke free of the dark storm clouds. Nesbitt finished explaining and took a sip of water from her cup - the words facing the class.

Then I knew. The words were not a warning, but a challenge, and I had just accepted it.



"We lived in Canberra for nine years before moving to Melbourne in 1981, settling in Wantirna South and having two children, Catherine and Lawrence" said Peter. Today Catherine works for the Department of Justice and will present Peter and Marie with their first granddaughter later this year. Their son Lawrence works in IT in Shanghai and has a son. "When the children were growing up I did plenty of volunteer work at sporting clubs and with Little Aths" he remembered.

Peter worked in a number of industries including more than 30 years in IT at Myer and IBM before starting his own business. He even tried the less taxing job (although he would have doubts about that) of driving a school bus. "I had always had an interest in politics so I went to Swinburne University where I studied Literature and Politics, gaining a Bachelor of Arts."

In 1993 Peter was first elected to the council and was re-elected in 2000 for a three year term. He stood again in 2012 and has throughout this time served the Baird Ward admirably. Additionally, Peter has made significant contributions to State politics, serving as the State Member for Bayswater in the Victorian Legislative Assembly from 2002 until 2006.

When asked about both sides of being a councillor for 6 years, Peter enjoys the interaction with the community and being able to help, but has also experienced angry residents who can sometimes be difficult to have a logical discussion with.

Following on his passion for politics, Peter enjoys a good political biography and nominates Gough Whitlam and Aung San Suu Kyi the Burmese opposition leader who

promotes 'freedom from fear', as people he most admires. One of the three great aims that guided the Whitlam Government, 'Liberate the talents and uplift the horizons of the Australian people' resonates very strongly with him. In his younger days he read Henry Lawson's works and still places them in high esteem, but says that today he is more likely to be found reading a Lynda La Plante crime novel or one of Lee Child's 'Jack Reacher' books.

Peter has lived in Bayswater for the last three years and is a former member of the Bayswater Rotary Club. He also serves on many Council committees including Eastern Transport Coalition, Eastern Affordable Housing Alliance, Inter faith Network and the Municipal Association of Victoria.

Peter has travelled to PNG and extensively through Europe, UK, USA and Asia where he follows the routes of Joseph Conrad.

Peter reminisced about his days as a school bus driver and wonders if that could have been his career in different circumstance. "I drove a bus for children with autism and learned so much about that lifelong developmental disability" he said.

In the next twelve months Peter wants to leave the community in a better shape and help residents to cope with the inevitable changes. And if you are considering becoming a councillor Peter has this warning. "It is enormously fulfilling but it's not easy as it takes many hours of your time, which has to be balanced with family life"

2015 looks to be in safe hands as Peter is a man for the community.

Interviewed by David Gilbert

Origins of Words & Phrases 'Fortnight'

Hadrian's Wall, built to guard the Romans northern England border against the marauding Scots, had forts situated at regular intervals along its length. Every two weeks the soldiers got to sleep inside them and this is where our term for two weeks, 'Fortnight' comes from.



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Rowville Neighbourhood Learning Centre

Rowville Neighbourhood Learning Centre is pleased to

offer some exciting new courses for 2015. Whilst we are still offering our favourite and regular classes, we have developed some new programs to address the needs of the Rowville community.

- Employment - Preparation for Employment, Professional Job & Career Search Skills
- Get started in a new career - Medical Reception, Introduction to Hospitality, Introduction to Retail
- Increase your work skills - Online Computer Management Systems
- Develop your business further - Introduction to Small Business (this is a 4 part course including Finance,

Marketing, Obligations & Staff Recruitment), How to start and Online Home Business

- Something for the kids - Language for children (Mandarin or Spanish), Early Childhood Dance Program

We also offer courses to develop your work skill or to keep you connected to family and friends and much more, including Introduction to Computers using Windows 8, Beyond Basics – Word & Excel, Introducing New Technology – Digital Literacy, Get started with your iPad or Tablet. There is also First Aid, Management of Anaphylaxis, Management of Asthma, Food Safety, Responsible Service of Alcohol and much, much more.

Course in focus

In 2015, in conjunction with Triscott Educational Services, we are once again offering Certificate III in Education Support (CHC30213). This is a very popular nationally recognised training course with enrolment opportunities in both February & July. The course is run over a 15 week period in a supportive environment with small class sizes.



Qualified Education Support workers provide classroom assistance and support teachers and students, under broad based supervision. A range of employment opportunities may include integration aide, teacher assistant, teacher aide and learning support assistant. Working as part of an effective classroom team environment, supporting students with their learning and development, is a rewarding and essential support role.

The trainer, Bronwyn Taylor, has a background in mainstream teaching and special education. Bronwyn has worked for the Education Department as a teacher and consultant as well as in the disability sector. Bronwyn has approximately 30 years of teaching experience with both mainstream and students with learning difficulties. She is an active member of LDA (Learning Difficulties Australia). Over the past 17 years, Bronwyn has successfully delivered Triscott training for education support workers. Her other strengths are facilitated training for the Certificate IV in Disability and in more recent years, she has also delivered training in Certificate IV in Education Support, for those already experience in the field.

If you are interested in enrolling for this popular course or any of the other courses on offer, please contact Rowville Neighbourhood Learning Centre www.rowvillenc.org.au or 9764 1166. You can also be added to our mailing list by contacting inquiries@rowvillenc.org.au and placing "Mailing list" in the subject line.

Karen George – cdofficer@rowvillenc.org.au



Inspiration at "The Corner"

If you want to be totally prepared for your future, "Inspire Us", a new business in Rowville, is dedicated to inspire people and to see their lives change through training pathways

The business was started last year by Diana Bevacqua when she identified a need within the Rowville and Lysterfield community for quality training based on student's individual needs. "Training is the best investment any reseller can make. Done well, training can help you to

develop yourself in order to reach long-term career goals and promote greater job satisfaction", said Diana. "Our passion is making positive changes in our community and the lives of our students", she added.

"Inspire Us" is a locally based training organisation that partners with leading Registered Training Organisations (RTOs) and TAFEs to deliver nationally recognised qualifications and short courses. "Inspire Us" works with local school leavers and job seekers assisting them to get job ready and to acquire the required skills needed to enter the workforce, through inspiring, motivating and coaching people to become the best they can. "Inspire Us" can help jump-start a career, change direction or up-skill for that promotion.

They offer flexible and innovative training and assessment solutions from experienced experts who have a passion to inspire people and to give students confidence, security and long term sustainability for an improved lifestyle. They also work in partnership with Job Service Agencies, Disability Employment Service Providers and recruitment agencies to run programs that develop skills, for new and returning workers, required to enter the workforce.

Offering qualifications and short courses across various sectors, including children's services, construction, hospitality, warehousing, manufacturing, and community services, "Inspire Us" offer its students an end to end process of training as well as techniques and skills in job hunting, interview confidence and on the job practices that will set students on their way to their dream job.

So, if you are wanting to gain expertise in what you do, position yourself well for a promotion or gear yourself up for a career change, we can help you reach your goals call Diana on 9755 7453 or email diana@inspireus.com.au

Inspire Us is located at Suite 101, 1090 Wellington Road, Rowville.

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Achievers Page

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From Ceylon to Melbourne 60 Years Ago

Bill Armer and Barbara Boucher had a far from conventional courtship, which makes their married longevity even more delightful.

Bill was born of British parents in a military hospital in India in 1927, whilst Barbara, who has a Dutch/German heritage, entered the world in Ceylon in 1930. Whilst she had a normal childhood with her younger sister and brother, Bill's life and that of his elder sister, was turned on end when his father passed away when he was only one year old. As a result he was sent away to boarding school at the tender age of five. Meanwhile Barbara went to a school in Colombo where both her aunts taught before finishing her education at Kandy Girls High School.

Bill left college in 1947 and approached the Australian High Commission for a residency permit to emigrate to

Australia, but his mother, who was nursing, said he must go to Colombo first to say goodbye to his sister. So being a dutiful son he went and was persuaded to stay, finding employment as a supervisor at a tea and rubber plantation. Barbara who was a telephonist, knew the husband of Bill's sister and this is how the couple met, but Bill still wanted to move to Australia so applied again for a residency permit and eventually arrived in Port Melbourne in 1951 with a mere £5 in his pocket.

They continued a long distance relationship through letters and in one of those, Bill proposed to Barbara who accepted immediately. Bill, who was working at the Commonwealth Aircraft Factory at Fisherman's Bend, sent Barbara the money to buy her own engagement ring. He was involved in the manufacture of pressure cookers before moving into the chemistry laboratory and going to night school to learn more. He developed a love of ice skating and ballroom dancing during this period and still loves to dance today. In December 1954 Bill asked his boss, a man that he greatly admired, for an extended holiday, to go to Ceylon and marry Barbara which they did at the Dutch Reform Church in Colombo on 18th December. After a short honeymoon in Mount Lavinia they headed for Australia on the maiden voyage of the P & O liner, Iberia.

They rented a house in East St Kilda and Bill returned to CAF whilst Barbara got a job in accounts at Rodd Cutlery. With two incomes they were able to buy a block of land in Noble Park, built their first home and had three daughters, Lorraine, Cheryl and Debbie. Bill accepted a job closer to home at South Australia Rubber Mills in Dandenong, which was eventually absorbed into the Bridgestone conglomerate and took a second job in a hotel to help make ends meet. Bill was tempted by job offers at a tea producer in Innisfail and a tea/rubber plantation in Kenya, but remained at Bridgestone for 35 years until his retirement. As the family grew so did the houses, firstly in Olympic Avenue Springvale South and finally in Jindabyne Crt, Lysterfield.

Bill recalls that one of his plans about coming to Australia was to distance himself from relatives, but has subsequently sponsored many of them to join the family in Australia. Their daughters talk fondly of their travels around Australia in their HSD 380 Holden, where Bill was the only male amongst his wife, daughters and mother's in law.



Barbara & Bill With Their Three Daughters



Barbara & Bill cutting the cake

Barbara is an avid reader and enjoys her daily walks with Bill. For his part Bill became a 'Commissioner of Affidavits', then a 'Bail Justice' for 9 years, before becoming a JP in 1994, a position he still holds today. He was also a 'Master' at his Masonic Lodge and is a past President of the Knox Combined Probus Club. As a couple, they enjoy the company of their five grandchildren and the comfortable life they live at Waterford Park Retirement Village.

Barbara and Bill have travelled extensively through Europe, USA, Canada and New Zealand, but until 1998 had never returned to India and Sri Lanka. It was a wonderful and nostalgic trip but so much had changed and much was unrecognisable. Time had moved on, as Bill and Barbara have done together for 60 happy and fulfilling years.

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FROM MEMORY LA THE ARCHIVES

5 Years Ago... 2010 February

Rowville Uniting Church welcomed their new minister, Trevor Bassett, who moved here from Lakes Entrance, succeeding interim minister Rev Barry Brown.

St Simon's Parish farewelled parish priest Fr Martin Dixon



Local History

Sponsored by Nick Wakeling MP,
State Member for Ferntree Gully

and welcomed Fr Jim Clarke from the parish of Ascot Vale.

Rowville Library introduced a WiFi hotspot, allowing library visitors to access the internet on their own laptop or mobile phone.

The Stud Park Regional Playground next to the Community Centre won the President's design award at the Australian Institute of Landscape Architecture Victoria Awards.

Rowville Little Aths relay coach Leigh Rasti was thrilled to watch his Under 12 girls 4x 100m, 4 x 200m and Medley teams win gold at the State Championships. The team for the first two events was Toni Abrehart, Rebecca Fredricksen, Emily Merrigan, Lisa Morris and Charanja Thavendran, with Tareena Little running the 400metre leg of the Medley. How many of you girls are still running?

Seebeck Reserve, number 2 oval received a \$450,000 upgrade, increasing it's size to facilitate senior as well as junior cricket use.

Knox Council welcomed a \$10.5 million Federal Government commitment towards an innovative local training centre, the Knox Innovation, Opportunity and Sustainability Centre (KIOSC)



Planning your next group outing?

Consider something different. The Australian Jazz Museum (previously known as the Victorian Jazz Archive) is a uniquely different experience for all sorts of groups, including Probus and View Clubs, U3A, Church Organisation, etc.

Australian Jazz Museum is a non-profit organisation operated by 50 dedicated volunteers. It is a fully accredited Museum housing an impressive, fascinating and diverse collection of Australian and International jazz-related material

Group visits are conducted on Tuesdays and Fridays between 10.00am and 3.00pm when the Museum is fully operational. Other days can be arranged by appointment.

A visit, for the all inclusive price of \$25 per person, consists



The Under 25s Performing in Swan Hill.

of an extensive tour of the museum lasting approximately 45 minutes, a live jazz band (minimum 20 guests) for a further 45 minutes, followed by coffee/tea and light refreshments. For further information and bookings please phone 9800 5535 or email: info@vicjazzarchive.org.au

Mavis Pickering

Under 25s Jazz Workshops

Five bands from the Victorian Jazz Archive went to Swan Hill for the 69th annual Jazz convention thanks to the

sponsorship of the Victorian Jazz Club. The bands' playing improved with every performance in front of big audiences and by listening to some of the other 120 bands there. The next convention is to be held in Ballarat in December. More details will appear in future issues of the RLCN.

The under 25's Jazz Workshops are on again in 2015. They will be held from March 14th to June 13th, (excluding April 4th and 25th) and run from 1pm to 4pm at 15 Mountain Hwy, Wantirna (Melway 63 C8). The total cost is \$75 which includes \$15 for student membership of the Australian Jazz Museum.

The workshops are open to all young musicians under 25 years of age. Applicants are required to be proficient with their instrument, able to play scales and arpeggios and particularly interested in learning to play jazz.

This unique opportunity is made possible through the generosity of a number of Australia's most experienced jazz musicians. They believe young musicians deserve the opportunity to learn some of the skills they have acquired after many years working in Australia and around the world as professional jazz musicians.

All music provided, just bring yourself and your instruments.

For further details phone Marina Pollard on 9781.4972 or email mpollard@vja.org.au

Marina Pollard



U3A Anglers Group.

A very happy New Year to all at the RLCN and to all their readers.



U3A Knox had a long break over the Christmas/New Year period, with much planning and changes behind the scenes, as well as some celebrations. These included a Tutors Luncheon and the Christmas Party which was extremely well organised by members of the 'Angling Group'.

More than a thousand members re-joined in November and December, with many more expected to re-join once classes begin in early February. A few vacancies remain in some subjects and if you are interested, it is best to ring 9752.2737 to inquire, or better still visit the centre in Park Boulevard (off Manuka Road) Ferntree Gully, during office hours.

This year it costs \$60 to join for a full year, allowing access to as many subjects as you want, as well as social events of course.

Some of the 129 subjects currently listed, which may still have vacancies, are 'Chess for All' on Mondays at 3.30pm, 'Folk Music' at 10 am on Tuesday in Boronia and the 'Hawaiian Ukulele Group'. There are also some book group vacancies on Tuesday afternoons.

The Wednesday 'Low Impact Aerobics' may still have vacancies and a new group "Experiments in Science" with John Fleming is seeking new members. Most computer groups are full, although "Computer - Making it Work With You" has some vacancies at 3.30pm on Wednesday.

Thursday's 'Creative Writing Group' still has vacancies and the 'Snooker and Billiards Group' on Fridays at Bayswater has vacancies also.

However, there are other vacancies, so please inquire if you are interested.

There is much on offer at U3A Knox and if you are recently retired and looking to make friends and find new interests, this is the place to be.

Kath Brown

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The Lian Heok Story

My name is Mrs Lim Saw Bee and I am currently teaching the Indonesian language at Karoo Primary School. Previously I had taught Science and Art in Secondary Schools in Malaysia for 25 years, before migrating to Australia in 1993. In 1994 I gained a BA in teaching from Deakin University and followed this up with a Master's degree in LOTE teaching. I started teaching in Karoo Primary School in 1998.

This is a story about one of my students from way back in 1968-9, when my husband to be, Peng Hooi and I were teachers at the Butterworth Convent Secondary School in Penang Malaysia. I taught this shy little girl, Lim Lian Heok, art and also general science, in Forms 1, 2 and 3, and Peng Hooi taught her in Forms 4 and 5. She was very artistic and intelligent and went to Kuala Lumpur to represent the school by demonstrating a science project for the National Science Competition.

Whilst in Form 5, she loved making batik paintings on cloth, but I felt she was spending too much time on this and advised her to concentrate more on her studies as the Form 5 Cambridge examination was approaching. She did not do well in the examination and did not get into Form 6. However, in 1969 the Art Club painted the back drop for the school play. I did the draft idea, which was adapted from an art



Lian Heok closest to her painting using lace material.

book or two and Lian Heok did most of the painting. The result was truly amazing.

When Peng Hooi, now my husband, was transferred to Kuantan in Pahang State to open a new science centre in SABS Secondary School, we moved to Kuantan.

Somehow we kept in touch with Lian Heok and we visited her in Kota Baru, Kelantan State. We offered her our house and said that she could stay with us and study Form 6 in Kuantan as Peng Hooi was teaching Form 6 there. She did not take up the offer, but she remembered our kind offer and in 1994 decided to start trying to



1969 Butterworth Convent Art Club. Lim Lian Heok is second from right and Lim Saw Bee is the teacher with the dark glasses.

locate us. Through the Education Department's records here in Melbourne, she found us in the list of email addresses and subsequently contacted us. After more than 40 years we found each other due to Lian Heok's dedicated search.

On 21 September 2014, we visited Lian Heok at her beautifully designed house, in the award winning township of Saujana Impian, which is situated to the south east of Kuala Lumpur, in the Hulu Langat district of Selangor, 2 kms from the town of Kajang. The house has lots of fruit trees and abundant wild life, including squirrels and a variety of birds. There is also 2 fish ponds that Lian Heok designed herself.

Lian Heok, who is now 60 years old, retired from work at the Oncology Department in Kuala Lumpur General Hospital, having been diagnosed with ovarian cancer. She became a unique artist, using lace material, stapled to the sides of her canvas to form a painting. She held her 3rd exhibition in November 2014, with the proceeds going to the Cancer Research Foundation.

I am now the proud owner of this art work which evokes many lovely memories to share.



The Stage Backdrop

Paul's Photography Patter

Most of us love photographing animals, birds and insects etc, whether they are our pets or are creatures in their natural habitat in the wild.

The photos will always be interesting to you as they will recall particular occasions. However, to make them more interesting and appealing to other people who see them, try to avoid just taking a shot with the creature merely standing there in a static pose.

Be patient and wait until the animal is engaged in one of its natural actions. For animals this might be running, jumping, eating, sleeping, swimming, bathing etc. For birds, this might be flying, feeding, drinking etc. For insects it can be any of the former actions, depending on the creature.

Thinking up a catchy title for the photograph will always add to the appeal of the scene and have your viewers focussing in on what you were attempting to capture when taking the photo.

People often ask, "How do I know it's a good photo?" You, or your viewers, don't actually need to know all the

basic principles of photography to answer this question. The best feedback is from your family and friends when they view the photos. Instinct and a natural eye for what is pleasing and attracts their attention, will tell them which photos are better than others and you can see if their comments agree with yours.

Inevitably the most common comments will be a simple combination of:

- the photo is pleasing to the eye in its composition
- the photo tells a story
- the photo is interesting and different from the run of the mill "postcard type" shots
- the photo conveys an emotion through its colour etc.

HINT: Try to take more interesting photos of creatures by capturing them engaged in one of their natural (or even unnatural and humorous) daily actions. Happy snapping.

Paul Lucas

Photo right: *This fruit is delicious! A Lemur eating a piece of fruit, (photographed by our son, David)*



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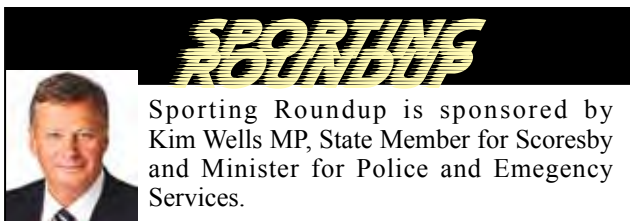
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“Together - Doing it for the Kids”

Rowville Hawks Junior Football Club Inc. and the Scoresby Junior Football Club are set to join forces from 2015 and beyond.

Proudly affiliated with the Scoresby Football Club and fully supported by the EFL it was a logical progression for both the junior clubs to amalgamate.

Together, the committees will form a strong and experienced team of volunteers to take the Club Forward.

What does this mean for the community? No Change.

Teams will play in the Black & White, as the Scoresby Junior Football Club.

The club will continue to utilize both Carrington Reserve and Scoresby Recreational Reserves. Two of the premier grounds with the best playing surfaces and night lighting in the area. The outstanding function facilities at Scoresby Recreational Reserve and Carrington will continue to allow the club to cater for player and family numbers at social functions throughout the football season.

The club will be able to cater to a wider demographic of players, a large number of whom are drawn from

Rowville, as well as Scoresby and the surrounding area, improving participation numbers and team security. Female players are encouraged to join as Scoresby Junior FC already have a strong female program in place. Participants can enjoy their football at a junior club level with the

knowledge that there is a pathway to continue at a Senior Club level should they wish, and for older players still not ready to hang up the boots, Scoresby FC also run a VETS team.

Side by side, Scoresby Football Club together with the amalgamated Junior Clubs will form a great bond. The junior club will be supportive of all participants regardless of gender, background or skill level, allowing the senior club to concentrate on its on-field success.

This is great for the clubs, participants and football in the local community. 2015 will be an exciting year!

Registration Day for Season 2015 will be on Sunday 15th February from 12.00noon to 2.00pm at Carrington Park Reserve (next to Bunnings Scoresby) and there will be a sausage sizzle provided.

The 2015 Club Registration Fees are ;-

Under 8, 9 & 10 - \$120; Under 11 to 17 - \$180; Youth Girls - \$200

You can contact the club at www.scoresbyjuniorfc.org.au or www.rowvillehawks.com.au

Together Let's “Keep doing it for the kids”
Trish Anderson

ROWVILLE HAWKS



Junior Football Club Inc



JUNIOR FOOTBALL CLUB

UNITED

“Doing it For the Kids”



REGISTRATION DAY FOR SEASON 2015

SUNDAY FEB 15TH 12NOON – 2PM

CARRINGTON PARK RESERVE

(Next to Bunnings, Scoresby)

SAUSAGE SIZZLE PROVIDED

All future 2015 players are invited to attend to complete the registration process and secure your position.

2015 CLUB REGISTRATION FEES

Under 8, 9 & 10 - \$120

Competitive teams

Under 11 to 17 - \$180

Youth Girls - \$200

www.scoresbyjuniorfc.org.au

www.rowvillehawks.com.au

Knox King of the Courts

Knox's tennis scene has scored a smashing return, winning a national award which also delivered a \$25,000 cash prize.

Tennis Knox, a community group which aims to promote and increase participation rates of the sport within the municipality, was awarded the John Newcombe Award for the Most Outstanding Tennis Community in Australia at a special gala event held at Crown Palladium on Monday 24 November.

Mayor Lockwood said, “On behalf of Council, I'd like to extend my sincere congratulations to Tennis Knox for their achievement in being recognised as the ‘Most Outstanding Tennis Community in Australia’ through this award. To be promoting sport locally is an honourable achievement, but to be recognised for excellence on a national level is a testament to the dedication of this

community group.” He added that the cash prize would be a hit for the sport to develop even more locally.

The late Councillor David Cooper, who was a volunteer with, and strong supporter of Tennis Knox, said he was delighted to see the hard-working community group recognised. “Tennis Knox advocates passionately for the development of this great sport in our City and it's wonderful to see them recognised.”

Tennis Knox representatives Eric Beeston and Sandi Dawson, together with Cr Cooper, collected the award and prize on behalf of the community group from tennis greats Pat Rafter and Sam Stosur

Interesting Facts

There are 243 clubs, groups and organisations involved in more than 35 different leisure activities from athletics to yoga. Many of these activities are carried out on some of the 239 minor reserves and 80 playing fields maintained by Council.

Welcome to 2015! The Knox Regional Netball Centre has some great activities for all ages this year.

Net Set Go for 5- 9 year olds:

Starting in mid February, we will be running the Net Set Go program, which is a fun program for 5 – 9 year olds to learn the skills of netball. The program runs on a Thursday and Friday after school from 4.15pm – 5.00pm, so you can choose the session that suits you. It is run on the indoor courts and first time enrolments get a special pack.

Bookings essential.

Wednesday and Friday daytime Ladies Netball:

Starting in early February, on Wednesday and Friday mornings, there is a netball competition open to all. All games are played indoors on sprung wooden floors with qualified umpires. There is a free crèche which is staffed by qualified childcare workers. Uniform requirements are relaxed with teams able to wear leggings, skirts, shorts, or whatever is comfortable, as long as tops are

all the same colour. New teams always welcome!

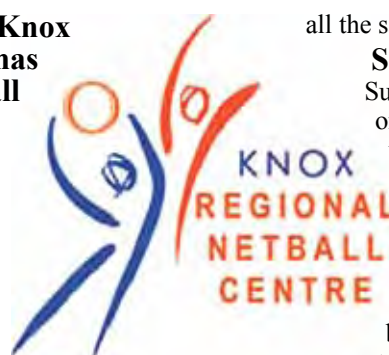
Sunday evening Mixed Netball: On Sunday nights there is a Mixed netball competition on the indoor courts. There are various sections to accommodate different abilities.

Roller Derby: On Saturday 21st February the Knox Regional Netball Centre will host the East Vic Witches in a roller derby. Come and see some great entertainment and talented roller skaters battle it out on the indoor courts at the netball centre. More information can be found at: www.eastvicrollerderby.com

Saturday Club Netball: The Saturday netball competition is run by Mountain District Netball Association and caters for ages 8 to 80 (or thereabouts!). If you would like to join a club for the Winter season commencing in March, please contact the Association now to find your nearest club. www.mountaindna.vic.netball.com.au

To find out more contact us on 9758 7191 or log on to www.knoxnetball.com.au We look forward to seeing you at the Knox Regional Netball Centre in 2015!

Rosalind Montgomery





Waverley Golf Club

2014 Victoria Junior Pennant

Congratulations to the Waverley Wizards, the 2014 Golf Victoria Junior Pennant State Champions!

Waverley Junior Golf Club has developed a strong junior program and has partnered with the Rowville Sports Academy, to produce an exceptionally strong squad of boys and girls, with the club fielding two teams for 2014.

The Waverley Wildcats adjusted to playing on the difficult sand belt courses exceptionally well and were unlucky to miss the quarter finals by one single game!

The Waverley Wizards entered the final round of the home and away season with a chance to win the Region 1 flag, which they did with a tight fought 3.5 and 2.5 victory! As Region 1 Champions they progressed to the State Quarter Final where they beat the undefeated Victoria GC 4.5 / 1.5, then in the Semi Finals, defeated Riversdale GC 5 / 1. The Final was played on Sunday 14 December at the prestigious Kingston Heath Golf Club, ranked 2 in Australia. An early morning tee-off saw a slow start from the Wizards, however the fighting spirit and exceptional golf displayed throughout the season kicked in again on the back 9, as the team powered home for a 5 / 1 victory against Heidelberg GC.

Congratulations to all squad members, parents and support staff/managers on a successful season!

The Waverley Junior Golf Club is open to all boys and girls, beginning with an Entry Level Membership from \$100 (inclusive of 10 clinics, uniform and short course competitions). Further enquires may be directed to Matthew Taylor (General Manager)

21st Annual Victorian Junior Masters

The 21st edition of the Championship was played from Monday 5th to Wednesday 7th January 2015.

In previous years, former world number 1, Adam Scott, finished top 5 in each of the four years he competed and other past champions include Aaron Baddeley (1998), Marc Leishman (2001), Michael Sim (2002), Jason Day (2005) and Jin Jeong (2008). Jin and Jason hold the 72 hole tournament record of 278 (10 under par). Jin, a member



Boys' Junior Masters Winner

at Waverley, reached the status of World Number One Amateur golfer after winning the 2010 Amateur (British) Championship. He also won the Silver Medal (Leading Amateur) and tied for 14th at the 2010 British Open. Terramonna Beaucousion from French Polynesia became our first International Champion in 2012.

The 2015 Victorian Junior Masters was shortened to 54 holes after hot weather and lightning struck on the final day, suspended play after only 7 holes of the fourth and final round.

Both Cameron John (Waverley GC-Vic) and Jaeil Song (Eastern GC-Vic) finished with a 3 round tally of 4 under-par. Song reeled in the Victorian during the third round, shooting 67. This resulted in a play-off, which took three holes for Cameron John to break the stalemate and claim victory on the 21st. Cameron is the youngest player to win the Victorian Junior Masters at only 15 years of age.

Western Australian Hira Naveed (Mt Lawley-WA) led the girls section from start to finish to finish on a six under-par total of 213. This gave her a winning margin of nine shots over Haley Moore from the USA who recovered from a disappointing opening round of 80 to shoot a course record 68 on Tuesday.

Other winners were:-

Boys U16 Cameron John

Boys U14 Louis Dobbelaar from Royal Queensland

Boys Handicap Champion: Henery Fewell

Boys U16 Handicap Winner: Henery Fewell

Boys U14 Handicap Winner: Jasper Stubbs

Girls U16 Momoka Kobori from New Zealand



Girls' Junior Masters Winner

Girls U14 Sheradyn Johnson from Commonwealth Golf Club

Girls Handicap Champion: Piper Stubbs

Girls U16 Handicap Winner: Stephanie Hall

Girls U14 Handicap Winner: Piper Stubbs

As Champions, Hira Naveed and Cameron John have received an exemption to play in the 2015 Men's and Women's Victorian Open (Australasian PGA Tour Event). They will also receive an exemption into the Victorian Open at 13th Beach Golf Club 5—8 February 2015 and the prestigious Port Phillip Open Amateur.

The Victorian Junior Masters has been sanctioned by the Royal & Ancient as an official event for World Amateur rankings points, therefore encouraging the participation of Australia's best junior golfers.

Matthew Taylor

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"I highly recommend anyone wanting to improve their fitness and maintain good health, and have fun at the same time, to check out Lisa's programs" Liz P

Bookings are essential and numbers are limited!

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All classes at the Rowville Community Centre

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Welcome back and let's say a big hello to 2015! Although the netball season hasn't started yet, it is time to get our brains (and bodies!) back into gear.

This year the Rowville Netball Club is looking forward to another successful 12 months. Heading into the 2015 winter season in March, the club is pleased to announce it has maintained player and team levels from last year.

We are also well into our partnership with Rowville Secondary College, using the wonderful indoor training facilities for our sessions in-season. Last year's move to

this complex was extremely well received by players, parents and coaches alike.

Put a reminder in your calendars that **grading is to be had at the Knox Regional Netball Centre on Friday 13th, Saturday 14th and Sunday 15th February.**

While winter season hasn't quite kicked in, our teams at Waverley Netball Centre are getting back into it this month! Good luck to all of the girls and women competing in the night competitions.

We're all counting down the days until Saturday netball is back! Nothing better than spending your weekend playing the sport you love!

For more information please head to www.rowvillenetballclub.com.au

Madaleine Vantarakis

RLCN Scholarships

The annual RLCN scholarships were awarded at end of year assemblies in all six Primary Schools as well as Rowville Secondary College. Students were recognised for being good all-round pupils, who had performed well at their studies, been active in the school community, shown leadership qualities, had a positive attitude with good personal conduct, had upheld the values of their school and were an example to their peers.

As parents and grandparents ourselves, the committee were very well aware of the costs involved in education, particularly the final year, so we were once again delighted to offer two scholarships, one for a girl and one for a boy of \$250 each, to students moving from year 5 to year 6.

At the secondary level we awarded five \$500 scholarships for students moving from year 11 to year 12, one for each of the two campuses of the College and one for each of the three Academies.

(Madeleine Di Blassio, was away on the 'World Challenge' in Costa Rica for the presentation, so was unable to be photographed.)



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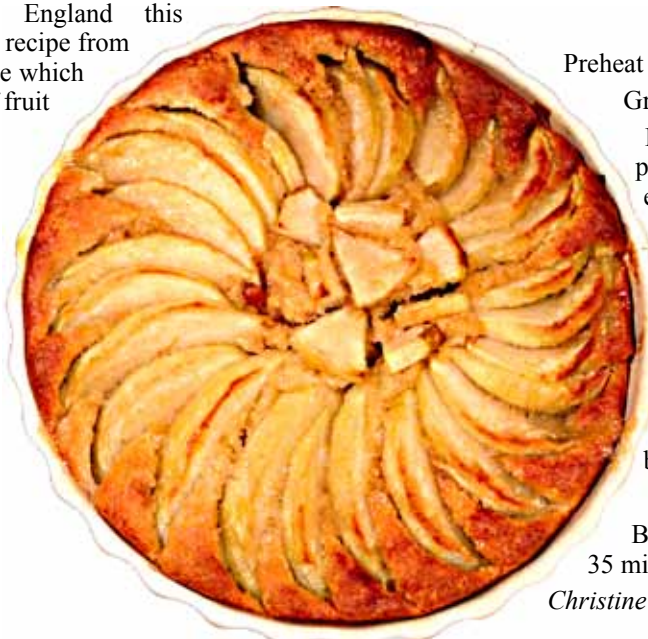


Our community lunches started again on January 15th and we are looking forward to another successful year. Don't forget that anyone is welcome so give us a call on 0416 305 741 to make a booking.

Whilst touring around England this Christmas, I came across this recipe from Mary Berry for a delicious pie which will use up that leftover jar of fruit mincemeat in the cupboard.

Mincemeat & Apple Caramel Pie

175g self raising flour
1 tsp baking powder
50g castor sugar
50g margarine
1 egg
Grated rind of 1 lemon
100ml milk
225g mincemeat



450g sliced apples

Topping:

50g melted butter
175g Demerara sugar

Method:

Preheat oven to 200deg

Grease 28cm dish

In a bowl put flour, baking powder, castor sugar, margarine, egg & lemon rind.

Beat well until smooth

Put mixture in the dish & spread evenly.

Spread the mincemeat across the top

Arrange sliced apples across the top & brush with melted butter.

Top with Demerara sugar.

Bake until golden brown (approx 35 mins)

Christine Smith

Health Page
sponsored by
Cr Tony Holland



Chiro-Practicals

Text Neck

Smartphone users looking down at their device spend an average of 700 to 1400 hours each year, with their changed posture resulting in 27 kg of force on their neck, according to new research from the USA.

The research, by New York Spine Surgeon Dr Kenneth Hansraj, scientifically proves the health impact of bending your head down to peer at a mobile device, an increasingly common health problem becoming known as 'text neck', which contributes to neck ache and headaches.

There are more mobile phones than people in Australia, but the way we use them needs to change. Imagine balancing a tenpin bowling ball on the top of a cricket stump and you get some idea of the forces required to maintain good posture.

Dr Hansraj's paper, published in the Surgical Technology International Journal, modelled the impact of leaning the head forward in terms of force on the cervical spine. In a normal standing position, an average adult head exerts 4.5 to 5.4 kg, but when the head tilts forwards at a 60 degree angle, the force exerted on the cervical spine is more than 27 kg.

The paper noted that people are spending an average of 2-4 hours each day looking at their phones and mobile devices, adding up to an average of 700-1400 hours each year, when many people are imposing heavy strains resulting in 'text neck' and the 'iPad hunch'.

Worryingly, a surprising number of people I see with these problems are young people. They can frequently get so absorbed in a game or a text conversation that they are spending hours hunched over the device and this places great strain on the neck.

You can reduce the risk of text neck by taking regular breaks from these devices, keep a more upright posture and lift your arms so your head isn't hunched over to look at them and regular stretching.

Chiropractors have been dealing with this issue for some time and have a range of approaches to help people overcome text neck, with advice on how to avoid future spinal damage.

Dr Frank Whelan

that athlete. However any strength program must follow one golden rule - **Must be progressive overload in the program.** This can be done in numerous ways and is beyond the scope of a short article, but with the right coaching a lot of strength can be developed in the offseason and then an athlete can swap to maintenance program throughout the season to maintain the benefits.

Develop Flexibility

Flexibility is one of the first things that get neglected as a season approaches and athletes are more focused on performing. Flexibility has a huge role to play in performance and also reducing an athlete's risk of injury. My recommendation is to develop a flexibility routine working on mobility of all the major joints of the body and to perform it everyday in the offseason. I have also found flexibility improvements are best made when mobility exercises are incorporated into day to day function; for example: squatting to wait for the train instead of standing.

Build Fitness Base

For a lot of sports an aerobic base needs to be developed in the offseason to ensure adequate fitness by round 1. Aerobic training should also follow a progressive overload principle, wherein there is a gradual increase in the intensity of aerobic work over the pre season. It is not advisable to try to make strength gains and aerobic gains in the same workout as they are competing energy systems. If an athlete wants to train both strength and endurance on the same day they should separate into a morning and afternoon session.

Nic Scheelings

Physiotherapist

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



Clinical Pilates

Sports preparation, injury recovery, general wellbeing

Clinical Pilates is a specific form of exercise, rehabilitation or performance enhancement that is derived from the Pilates method. Clinical Pilates is an excellent form of exercise for all members of the community. Whether recovering from ANY injury or surgery, preparing for elite sport or just looking to improve your strength and posture, clinical Pilates is right for you.

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- Programs follow the 'principles' of Pilates that are important to ensure you get optimal benefit from your Pilates practice.
- Clinical Pilates aims to treat not only the symptoms but the cause of problems.

Clinical Pilates can be performed on the floor or using equipment such as reformers and trapeze tables. It is appropriate for ANY level of fitness from first timers to advanced. Clinical Pilates is used by elite athletes all over the world across all sports. It is an excellent adjunct to any exercise program as a strength session or 'off legs' recovery session.

To find out more about how clinical Pilates can help you contact your local physiotherapist who offers clinical Pilates.

Lauren Brereton (Bach. Physiotherapy)

RiseHealth Pilates studio manager

The Importance of Preseason Training

Summer time in Melbourne is off season for many sports, this is a good opportunity for preseason training to ensure that an athlete will have a successful year in terms of performance as well as reduce risk of injury. This article provides the top 3 tips for a strong preseason schedule to enable athletes to get the best out of their performance for the coming year.

Use The Offseason To Build Base Strength

It is extremely difficult to increase an athlete's strength during the season as a lot of their efforts are involved in playing their sport, refining their skill and recovery from games. Therefore the offseason is the perfect time to develop their strength. A strength program needs to follow certain principles and should be designed specifically for



Phone **9763 9233** for enquiries

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The Bridgewater Centre will be saying farewell to Andrew Hacker, who has been our counsellor for the last 12 months. We will introduce a new person in the next issue of Rowville Lysterfield Community News. Andrew has continued the excellent service that Bridgewater offers to the Rowville community and we wish him well for the future.

We expect that we will continue to offer this service in 2015 and look forward to the positive contribution of the Bridgewater Counselling service continuing in 2015. If you need to know more about this service please call on 9753 4203.

Trevor Bassett



Alan Tudge Writes

At the end of each year, I have the pleasure of recognising some of our great young citizens in Rowville and Lysterfield through the presentation of the Aston Shield.

In each school, it is awarded to a student for good citizenship who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

The Aston Shield is awarded in the spirit of Tilly Aston, who was a remarkable woman in Australian history who did so much for the welfare of blind people. The Federal Electorate of Aston (which covers Knox) is named in honour of Tilly Aston.

Tilly was born in 1873 and was completely blind by the age of 7. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library. (Tilly herself had to drop out of university because there

Knox Council

Knox welcomes new Government and invites meeting with new Premier

Knox Council has welcomed the incoming State Government, and congratulated all candidates for their wins in the recent Victorian election.

Mayor Peter Lockwood said "We would love to speak with the new Premier and his Ministers as soon as possible, to congratulate them and talk about issues affecting the Knox community and how they could benefit. Top of the list is to see progress on improving public transport in our area."



The Mayor also congratulated the successful local candidates who have won their Lower House seats. They include Kim Wells in Rowville, Heidi Victoria in Bayswater and Nick Wakeling in Ferntree Gully.

were no braille books.) Finally she set up Vision Australia - an organisation that still exists today and helps tens of thousands of people each year.

I am very proud of our young award winners. If Tilly were alive today, I am sure that she would also be very proud. Well done to all of them!

Emily Hart from Park Ridge Primary School was recognised as such a student. Emily loves Park Ridge Primary School and her regular contributions to the Rowville-Lysterfield News have promoted the school to the wider community. The quality of these articles has been amazing and she has certainly done Park Ridge proud. Emily epitomises what a successful member of the community should be: she is confident, respectful, shows initiative, and is empathetic and caring of others. The Aston Shield winners from the other schools were equally impressive. Local students to receive the 2014 Aston Shield were:

- **Avreet Sandhu and Dylan Booth from Karoo Primary School;**
- **Cooper Denny and Claudia Jones from Rowville Primary School;**
- **Jayden Hong and Natalie Blazeovski from Rowville Secondary College;**
- **Melanie Noonan from St Simon the Apostle Primary School;**
- **Brooke Bekkers from Lysterfield Primary School; and**
- **Cosmo Iscaro, Aaron Hoffman, Olivia Wood and Rose Amos from Heany Park Primary School, Rowville.***

*Note: House captains received the award on behalf of all students displaying good citizenship and receiving points for their house for the year's competition.

Letter to the Editor

David Gilbert
Editor, Rowville Lysterfield Community News

Dear Editor,

I would like to express my sincere thanks to the residents of Ferntree Gully, Knoxfield, Lysterfield, Lysterfield South, Rowville and Scoresby for re-electing me as the State Member for Rowville in the Victorian Parliament.

I am very honoured to be the first representative for the newly-named Rowville district and I am looking forward to working with the community over the next four years and continuing to ensure their voices are heard on State issues.

A number of election commitments were made during the campaign and I will be working very hard to ensure they are delivered. In addition, I will be fighting to hold the Andrews' Government to their election promise to build the Metro Rail tunnel.

It is vital that the Andrews' Government delivers the extra passenger capacity needed in the Melbourne rail network, as the Napthine Government had committed to with the Melbourne Rail Link project. Once construction on Metro Rail is underway, Rowville Rail needs to be the next major infrastructure project built.

I would also like to congratulate the other candidates, Tamika Hicks, Leanne Price and Tim Wise, who conducted their campaigns in a generous and respectful manner.

The Rowville community has been wonderfully supportive and I am very grateful to have the opportunity to represent them in the next Parliament.

Yours sincerely,

Kim Wells MP State Member for Rowville

Knox Australia Day Award Winners



- Citizen of the Year: Stephen Barrington
- Young Citizen of the Year: Nathan Rose
- Volunteer of the Year: Phillip Thorne
- Local Heroes: Harley Mackie & Graham Hansen



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Heany Park Primary School

A Perfect Day For A Fete



Dunking The Teacher

Election Day, Saturday 29th November 2014. As people were busily setting up polling booths in Heany Park Primary School's Gym, another type of set up was happening outside. The school's oval and basketball courts were being converted into a fair ground in preparation for Heany Park Primary School's Fete.

The Fete was the last of a string of events to celebrate the school's 21st Birthday and what an event it turned out to be! It was a perfect day for a fete. The weather was on its best behaviour. The sun was shining, the sky was clear and the breeze was gentle.

It was not long before the people came and the shrieks of laughter began. The day was filled with many exciting things to do for all ages. Rides were carefully selected to cater for all age groups and ranged from the fast paced Cyclone to the fun and exciting Adrenaline Rush and Giant Super Slide. Children were able to walk or run over water in the Water Balls ride and for the younger visitor there was the opportunity to ride on the Chair-o-Plane or visit the Animal Farm.

There were many other activities available for the less adventurous. One could try and win a prize on the Laughing Clowns or see how strong their pitcher's arm was and try to dunk a teacher at the Dunking Machine. There were also a large number of stalls to browse offering show bags, lucky dips crafts and many other items. Children could participate in activities such as crafts, face painting, story- telling and more. Raffles, silent auctions, mystery bags, there were too many things to mention them all.

Heany Park Primary School's Fete was not only a celebration of a milestone birthday but also an opportunity to bring the community together for a day. Families enjoyed quality time together and experienced what the fete had to offer, together. There were also morning and afternoon performances by a number of local groups who showcased their skills and talents to families.

By the end of the day parents and children left exhausted, arms filled with goodies, smiles on their faces and memories they will hold dear forever.

Gina Mastromanno

Ten Marine Animals

Ten little fishes
Swimming just fine
One swam in an icy pole tube
Then there were nine.

Nine friendly dolphins
Swimming swift and straight
One cried out, "There's a net!"
Then there were eight.

Eight blue crabs
Scuttling past heaven
One got stuck in a can
Then there were seven.

Seven humpback whales
Unable to do tricks
Stomachs full of pollution



Then there were six.

Six green turtles
Happily alive
One got choked by
cling wrap
Then there were five.

Five hammerhead
sharks
Swimming near the
shore
One got stuck under a
tyre
Then there were four.

Four noisy seagulls
Floating on the sea
One got caught in a plastic ring
Then there were three.

Three baby penguins
Playing in the ocean blue
One swam through a beer holder
Then there were two.

Two baby seahorses
Having lots of fun
One got stuck in a chip packet
Then there was one.

One happy jellyfish
Swimming in the sun
It swam into a plastic bag
And then there were none.

No marine animals
Swimming in the sea
Why didn't you protect them
And let them be?

Grade 2 Class

Recipe to be a good Learner

How to be a good learner

- 1 cup of math
- ¼ tspn of writing
- 1 litre of listening
- 2 litres of English
- 3 litres of home work
- Blender
- Glass
- Spoon
- Bowl

Method

- Put maths in bowl.
- Add writing in bowl.
- Put listening in bowl.
- Add English in bowl.
- Mix.



Walking On Water In Balls

- Pour in blender.
- Turn on and blend for 2min.
- Turn off.
- Add home work
- Pour in glass.
- Drink to be a good learner

Brooke

Recipe for Learning

How to learn

You will need

- 150g of listening
- 7cups of focus
- 100g of confidence
- 4 cups of persistence
- 1 glass

Method

1. Put listening and focus in blender.
2. Blend.
3. Add confidence and persistence.
4. Pour into your glass.
5. Share with your friends.

Sarah

Recipe for Love

How to love your friend

1. 1 kilo of love
2. 6 buckets of patience
3. 3 buckets of support
4. 1/2 kilo of kindness
5. A pinch of kisses
6. 1 tablespoon of hugs

Blender

- cup
- Blend patience and love.
- Add support.
- Sprinkle on kisses and hugs.
- Blend again.

- Tip into cup.
- Serve.

Edmund

Recipe for Love

How to love

Ingredients

1. 20g of kindness
2. 100g of kisses
3. 10g of hugs
4. 5g of love
5. 111g of being good
6. cup
7. blender

Method

1. Blend the kindness with the kisses.
2. Mix well
3. Put in the hugs and the love.
4. Add the being good.
5. Blend.
6. Pour into a cup.
7. Have a yummy day.

Domenic

Recipe For Good Behaviour

How to have good behaviour

- 2 tablespoons of listening
- 4 cups of manners
- 2 tablespoons of caring
- ½ cup of responsibility
- 2 tablespoons of tolerance

Method

1. Cream good manners and tolerance.
2. Add caring and responsibility and also listening.
3. Mix well.
4. Sprinkle with happiness.
5. Bake in oven at 190c for 20 minutes.

Summer

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The Class of 2014 Exit Park Ridge In Style

On Tuesday 16 December, Park Ridge Primary School held their graduation ceremony for the Year 6 Class of 2014. The proceedings, sponsored totally by the School Council and PCA, started in the school's multi-purpose centre at 5:30pm, with a group photo taken around the Graduation Cake, an innovation for this year. Following a sumptuous meal that included devouring the aforementioned cake, the formal part of the evening began with the presentation of the major community based awards.

The Rotary Citizenship Award – presented by Mr Michael Jacobs from Boronia Rotary – **Mikayla H. 6-26**

The Endeavour Shield – presented by the Hon. Kim Wells MLA – **Brianne D. 6-13**

The Aston Award – presented by the Hon. Alan Tudge, MHR – **Emily H. 6-14**

In addition to these prestigious awards, presentations were made to the student leadership team and to students who had performed outstandingly in specialist curriculum areas. Each student was presented with a certificate to acknowledge their achievement and five students from each class were recipients of awards that were based around the school's motto of "Strive, Learn, Excel".

Year 6 Learning Leader, Elaine McClure, provided a comprehensive and entertaining review of the school year and, to end the evening, Principal David Mann addressed both students and parents on the learning journey ahead and for the need for parents to continue to support their children during their secondary education.

The evening concluded with a dance performed by all

students to a mix of motivational music. Students departed the hall to attend a disco in the school gym where they rocked the night away.



New School Leaders Appointed

At the last formal assembly for the year, the 2015 school leadership team was announced.

Congratulations to

School Captains – Noah H. and Akshana V.

Vice Captains – Ryan S. and Jessica P.

House Captains

Border Captains: George D. and Hayley L.

Vice-Captains: Matthew S. and Emma K.

Curry Captains: Kynan W. and Crystal

Vice-Captains: Mitchell C. and Elyse W.

Flintoff Captains: Dante F. and Georgia H.

Vice-Captains: Ryan P. and Meg N.

Lexcen Captains: Ben P. and Kate B.

Vice-Captains: Andy L. and Millie H.

Student Liaison: Adam R. and Tia N.

Peer Mediator Leaders: Tate L. and Alana C.



Principal, David Mann and the new student leadership team

Media Liaison: William H. and Hayley T.

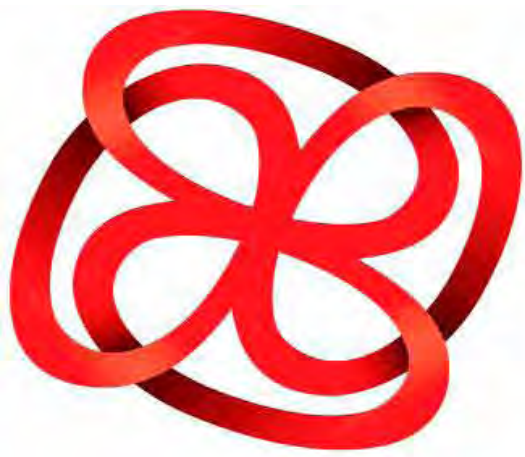
E.L.F.S: Chloe M. and Yennie B.

Performing Arts Leaders: Trinity S. and Hayley L.

Visual Arts Leader: Luke Ric. and B.

LOTE Leader: Jared H. and Madison H.

House Points Manager Mackenzie F.



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the holiday period and are ready for an exciting year at RSC, after this time of relaxation.

The College would also like to congratulate our Dux for 2014, Samuel Goh. Samuel's VCE journey saw him achieving study scores of 40+ in five of his subjects across Year Eleven in 2013, and Year Twelve in 2014.

Samuel's ATAR of 99.7 places him amongst the highest achieving students in the state and we are so very proud of his efforts and successes during his time at Rowville.

His Year Twelve study scores of 44 for Accounting, 40 for Specialist Maths and a perfect score of 50 in Physics are excellent examples of a student who has aimed high, embraced learning and will soon be reaping the rewards.

Having applied to study Commerce and Engineering at Monash University, Samuel says he was "pleased" to learn

School Talk

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

of his results, and was "definitely not disappointed!"

Samuel's advice for students commencing VCE studies this year is simple, but clearly effective. "It's just about balance really... I think a lot of planning was involved, I'm the sort of person who likes to keep organised and I know that if I allocate this amount of time to study, then I need to allocate another block of time to doing something outside of school."

Samuel has spent the holiday period in Malaysia with family, on what he expected to be one of the best breaks of his life. We hope that Samuel and all of our graduating class have enjoyed a well-deserved break before embarking on whatever adventures 2015 holds for them. Congratulations Class of 2014 on one great year!

Laura Gordon

Congratulations to our 2014 Dux

Rowville Secondary College would like to wish all of our families a happy New Year. We hope you have all enjoyed



WELCOME to NEW distributors

- Barb Cohen and Meagan & Lauren Brooks

THANK YOU to retiring distributors and Captain

- Rod & Margaret Gallagher (17 years) – WELL DONE – you will be greatly missed.

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*Farview Drive, Christian Crt - 47 papers

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

Please contact – Shirley Oudshoorn – 9764 4672

*Sovereign Manors Crescent – 130 papers

*Fairway Drive ((odd #'s - 31 to 129, even #'s - 32 to 120), Irons Cl, Woods Pl, Ryder Crt – 100 papers

Please contact – Ian Richards – 9763 9260

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2. (ACP only) – This area is the Timbertop Dr and Seebeck Rd Estates.

3. (ACP and Captain) – The area bordered by – Napoleon Rd, Kelletts Rd, Rathgar Rd & Grange Dv

4. (Captain) – The area bordered by – Wellington & Stud Rds, Liberty Av, Buckingham & Liviana Dvs, Whitecliffe Av & Bergins Rd

Please contact – Peter Rumble – 9752 7592

Peter Rumble - 9752 7592 - Distribution Co-ordinator



Student Corner Girl Rising

At Rowville Secondary College Year 7 students have been supporting 'Girl Rising'. This is a movement to raise awareness and support girls in developing countries who do not have access to an education. It is a fact that 66 million girls are out of school globally. Boys get the opportunity to go to school, whereas girls are often expected to work.

Mikaela Di-Blasio who is an ex-student from Rowville inspired students to support 'Girl Rising'. She came in to inform students about the campaign and helped them organise their own campaign day. She really inspired each and every student. The class was not only raising money for Girl Rising, but also for Mikaela as she is travelling to Thailand to help girls have a better life and access to an education.

After watching the 'Girl Rising' documentary students realised how grateful they are to have a loving family and a great education. They were inspired to make a change

and supported the campaign by putting on events to raise awareness and money, with the hope that they could change at least one girl's life and in turn change the cycle. Students learnt that educated mothers are more than twice as likely to send their children to school. Knowing this they were determined to spread the message and help to create change.

The campaign day held at school on Friday 5th December, involved running a lunchtime event with music performances, speeches and food stalls. Another event was held on Saturday 14th December at 'Have Ya Bean Café' in Upwey, where students sold cupcakes and spread the message. Students planned their campaigns by brainstorming and discussing ideas, researching what they can do to raise money or awareness and made posters to promote their campaigns and spread the word. Overall, students collected more than \$600.

Year Seven students at RSC would like to give Mikaela Di Blasio a massive thank you, because without her none of this would have gone ahead. For more information on 'Girl Rising' go to www.girlrising.com and remember: one book, one pen, one child, and one teacher can change the world.

By Abby Dart, Year7RSC



Rowville Primary School Creates Winners in 2014

2014 Year 6 Graduation

The year six graduation evening was a wonderful night of reflection and hope for the future. As Principal, I have had the joy and privilege of working with this cohort of students during their seven years at Rowville Primary School. I congratulate Cooper Denny and Claudia Jones for being outstanding 2014 School Captains. They have modelled our school values through the way they have embarked on their role throughout the year. They have earned respect as leaders from students and teachers alike. I extend congratulations to the year six students who were the recipients of awards that were announced at the graduation ceremony. I wish the class of 2014 all the very best for the future.

Graduation Award Recipients

Academic Excellence Award

Nikki 6A, Matthew 6C, Jacob 6B

Literacy Award

Heather 6C, Ashley 6A, Sophie 6B

Mathematics Award

Shannon 6C, Jackson 6A, Joshua 6B

Citizenship Award

Shariz 6C, Cain 6A, Briana 6B

Visual Arts Award

Ivanka 6A, Darcy 6A

Performing Arts Award

Nicholas 6B, Maria 6A

Physical Education Award

Angelina 6C, Jackson 6A

Stephanie Alexander Kitchen

James 6A, Bernadette 6B

Bernie Seebeck Award

Kellie 6B

Brian Butters Award

Matthew 6C

Rowville Girls Make It To The State Hooptime Grand Final

On Tuesday 25th November, after winning the District and Regional Hooptime, the Rowville Girls All Stars Basketball Team competed in the State Hooptime Championships at Dandenong Basketball Stadium. The top 20 Victorian teams, out of the original 448 teams that entered, were present and ready to battle it out to become State Champions!

The Rowville girls played 7 games all together and continued to show the spirit and determination that they are renowned for. After coming 2nd in their pool of 5 teams, they won their Qualifying Final in a nail biting 1 point victory, won their Quarter Final in yet another close contest and finally, after the lead see-sawed a number of times, they

won the State Semi Final 14 - 10.

They then played in the State Championship Grand Final, at Hisense Arena on Sunday December 14th, as a prelude to the NBL Melbourne United v New Zealand Breakers game. Despite a tremendous effort the girls were beaten, but far from disgraced.

The whole Rowville Primary School Community is very proud of this amazing team and their fantastic effort!

Sue McDonald Physical Education Leader



Back row: Alex, Briana, Rachael, Eliza

Front row: Claudia, Teisha & Angie

37th Annual Garden Awards

Our student leaders attended the 37th Annual Victorian Schools Garden Awards in November 2014.

I thought that the experience would be best described by two of the student leaders that accompanied the Assistant Principal, Stuart Boyle, to the Awards ceremony.

"Our adventure started very, very early in the morning. All eight of us at the same place, at the same time and with the same goal in mind. We were hoping to win an award that would change the face of our school. A 'short' train ride and a 'long' walk later we arrived at the Royal Botanic Gardens. Being an early bird group, we got the first chance to look through the Ian Potter Children's Garden. We gathered a lot of ideas and inspiration for our kitchen garden and the idea for a sensory garden for the Junior school area in the future.

The awards presentation followed. All the regional award winners were announced and we had not been called. We didn't realise that there were special presentations to follow. Towards the end of the special awards, they announced the Turf Victoria 'Turf Award'. We listened intently as 'Rowville Primary School' was announced as the winner. We were thrilled!

Two student representatives and Mr Boyle collected the award as the rest of our group gracefully celebrated our momentous achievement on the lawn. At the end of the day, we were all pleased with our efforts and the start of the next journey in the development of our garden spaces. We decided that next year we would start striving for the major 'Kevin Heinze' award."

Matthew and Nekia 6C

It was a fabulous day and I could not have been more

proud of the student leaders. The Turf Victoria Turf Award' will see us receive \$5,000 worth of turf. This will not only help to further beautify the school grounds, but will establish an additional play space for our Junior School students. The Master of Ceremonies at the awards stated that this award has assisted schools in transforming their grounds and I certainly see that this will be possible with such a prize.

National Young Scientist of the year Competition 2014

At the end of term three, Rowville Primary School entered Matthew and Nekia from Year 6 into the National Young Scientist of the Year Competition. This competition aims to recognise children under the age of 13, who are passionate about science and the environment. This year's topic was 'Energy in our Lives.' Matthew and Nekia were challenged to create an experiment that represented this topic. Matthew conducted an experiment to see if plants could possibly produce useable energy through photosynthesis. Nekia investigated electromagnetic fields. I was told by the organisers of the competition that there were hundreds of entries and they were all of an incredibly high standard. This makes it even more exciting to announce that Nekia finished as a finalist in the 11 & 12 year old category! Nekia has earned a Dymocks gift voucher for her efforts.

I would also like to congratulate Matthew for receiving a participation award.

Anne Babich Principal



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For many years, residents at Peppertree Hill Retirement Village have been raising funds for various charities. The "Keep Moving Exercise Group", in conjunction with Rowville Physiotherapy, has been at the forefront of this programme and in 2014 the charity we chose to support was 'Arthritis and Osteoporosis Victoria'. The amount donated for the year was a creditable \$2,441 which will go towards enhancing the quality of life for children and adults who suffer from arthritis, osteoporosis, fibromyalgia, lupus and other painful musculoskeletal conditions. It will also provide programmes and services which will support Victorians who live with these

chronic conditions. The aim of these programmes is to enhance quality of life, prevent disability, promote self-management, encourage positive health and fitness and increase independence.

A presentation was made to Garby, the Marketing and Supporter Coordinator for Arthritis and Osteoporosis Victoria at a morning tea function on 9th December 2014 at the Village Centre.

The Village and the Exercise Group in particular, are grateful to Rowville Physiotherapy for making Nic Scheelings available, to conduct free monthly physiotherapy assessments for residents and to instruct the weekly exercise classes. Their support is much appreciated.

Lindsey Crockford



Important Notice For 2015 Our Monthly Meetings Will Commence At 10.30am.

Well the year 2015 has begun, so the first thing to do is to wish all the readers a very Happy New Year, a bit late but better late than never. This is the time of year when people make all sorts of resolutions to do or not to do things. Most of these resolutions seem to fall by the wayside after a couple of months or even sooner in my case. This year instead of making various resolutions, why not make just one and that is to come and visit our Club, where you will be made most welcome. Friendship is our top priority and everyone is welcome and made to feel that they are part of the Club.

We have already started our various activities, such as our Coffee morning at Myer and our lunch at the Knox Club and many more are planned. Subscriptions for the year 2015 were due in January 2015 and the subscription cost for 2015, which is unchanged from 2014 is \$15.00. 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, a monthly cinema outing, lunches at various venues around Knox, coffee mornings at Myer Knox City, book clubs, Morning Melody mornings and much more. Events planned for the remainder of the year include a Yarra River boat trip, a day trip to the Yarra Valley Wineries, a day out at the Yarra Valley Harness racing meeting, theatre outings both local and City and much more.

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

Details of our meeting venue, dates and times can be found in "What's On Locally" on page 2. Please note that **for 2015 the meetings will start at 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 next meeting on **Tuesday, 26 February 2015**, 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

Knox Home Garden Club

The satisfaction of growing, harvesting and eating your own vegetables is equally as great with herbs.

Herbs can be grown in formal gardens using elaborate designs, or the traditional cartwheel shape, or they can be inter-planted in your vegetable or flower beds. Many herbs grow well in containers and pots, especially thyme, parsley, chives, basil and tarragon. Herbs such as these that are used frequently, are best grown near the kitchen for quick access. Herbs are easy to grow, either from seed or bought as small plants and transplanted into the garden or pots. Some herbs, eg rosemary and thyme, can be grown from cuttings, others, such as mint and oregano, from rooted cuttings. Mint can be very invasive and needs to be grown in a confined space. Trim mint roots and shoots in autumn to keep it under control.

Group your herbs together according to their growing requirements. Dill for example requires rich, well-drained soil, whereas thyme prefers well drained poor soil as it is susceptible to root rot. Dill re-seeds annually, so put it in a permanent position when planting.

Some of the most popular herbs are basil, chives, coriander, curry plant, dill, fennel, oregano, parsley and rosemary. Just like vegetables, don't waste your time

growing herbs that you dislike, they will not taste any better just because you grew them yourself! Also, bay trees can grow to 3 - 4 metres, so unless you have the space and desire, it may be best to pick the leaves from someone else's tree or buy them.

I planted some catmint to 'excite and give pleasure' to my cat, (well that's what the label claimed). Oscar gave it a disdainful sniff and never went near it again!

Herbs can be annual, perennial, and biennial. Ensure that you are planting your herbs in their right season, or they may just bolt straight to seed. Herbs are an attractive, useful addition to your garden, and there is nothing like sprinkling your own home grown basil over your pizza.

For details of our meeting venue, dates and times please refer to "What's O Locally" on page 2.

Happy gardening,

Betty Wright



Rabbit and Guinea Pig Dental Care



Have you ever wondered why your guinea pig (sometimes called cavy) or rabbit is always gnawing on something?

Rabbits and guinea pigs have teeth that continually grow throughout their life and a poor diet can often result in their front teeth and cheek teeth becoming overgrown. Biting, chewing, gnawing and grinding of food, especially hays, grasses and abrasive foods will assist in keeping your rabbit or guinea pigs teeth at a healthy length.

It is vital that rabbits and guinea pigs receive a nutritious diet to aid in keeping those upper and lower incisors strong, healthy and trimmed.

You can help to keep their teeth

healthy by providing them with an adequate amount of vitamin C, lots of fresh grass, hay, abrasive foods including celery, broccoli, carrots, stringed beans, corn and husks.

Recommended foods include:

- Carrot tops
- Parsley
- Celery
- Mint
- Basil
- Dandelion
- Grass and Hay

It is suggested that you should offer your rabbit or guinea pig a variety of only 2 or 3 different greens each day as this will help to keep their teeth healthy and also reduce any chance of an upset tummy.

If they do not have enough to gnaw on this is when dental problems can occur and their teeth can become overgrown to the extent where the teeth can cut into the gums and cause abscesses and even prevent them from eating altogether.

We recommend that you regularly check your rabbit and guinea pigs teeth and if you notice anything broken, swollen or irritated or your pet is eating less, then contact your local Greencross Vet immediately. For more information contact **Greencross Vets Stud Park on 9763 6088**.

Darren Kirk

Editor's Note:- Our grateful thanks to Darren for contributing the regular interesting and informative articles whilst Michelle was on maternity leave.

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gifted pastor and we are very thankful for his ministry among us. Meanwhile, the search continues for a new full-time vicar and we look forward to whoever this should be, coming to join us.

Sunday service times remain at 8:30am Holy Communion, 10:30am. Family Worship with children's teaching time, and Evening Service at 5:00pm.

The various ministries will resume in February with Mainly Music every Wednesday at 9.30am., New Vogue Dance every Wednesday at 7.30pm., Craft for Christ 2nd and 4th Tuesday each month at 7.30pm and the Prayer and Healing Group will start up on Monday 9th February at 8pm. All are welcome to join us.

The Family History Group commenced at RAFT in 2004 and meets on the first Wednesday of each month, February to November, from 10.00am to 12.00noon. We have occasional speakers on subjects such as Finding English Records, Dating photographs, Family Search and Interesting Websites for Genealogy. Our special project

The Christmas season was a happy and meaningful time at RAFT, with services well-attended and much celebration remembering the birth of our Lord Jesus Christ.

The congregation continues to be blessed by the bright, happy story telling of the Rev'd Graeme Sells, who is with us until early March. Graeme has been an inspiration to us and a well-accepted leader of our church. Graeme is a



It is the start of another year and we welcome people to this issue of Rowville Lysterfield Community News. The Uniting Church is very proud to have had an association with this paper for many years and we are very grateful to those who give so generously of their time to make it happen!

2014 came to a traumatic end with the Martin Place siege, the death of an entire family in Cairns and a there have been multiple shootings involving large loss of life in Pakistan, Paris and no doubt other places. One of the very sad aspects about some of these events, is the religious undertones. I have no doubt that God weeps with us at such dreadful abuse of these religions that speak of love and caring. Certainly they do not reflect the God who I know,

nor the God of those who perpetrate such unspeakable events. Whenever we hear religion speak out of hate rather than love, we need to question what we hear. I invite you to join with me this year in a prayer for a world that is more tolerant and caring; a world that welcomes those who have no place to call home; a world that sees people as equal regardless of race, religion, gender or sexual orientation.

The Uniting Church invites you to share with us in our weekly worship at 10am. Our services seek to explore the nature of Christian faith in the 21st century and we have a mix of traditional and contemporary music. On the third Sunday of the month we have a special children and family focus, where we change gear in our worship style to include hands on activity as a part of our worship.

Toddler Gym resumes in the first week of February. Session times will be Tuesdays and Fridays 9:30-10:30 and 11-12 noon. The cost is still \$5 per family and registration is essential. Please call our office for any enquiries about this program.

For any other enquiries about our church please contact the office.

Trevor Bassett

AUSTRALIA for CHRIST CHURCH A Brand New Year!

The month of January saw folk at post-Christmas Sales to exchange unwanted Christmas presents. Maybe that garment given as a present, or one that was chosen and purchased for oneself, but was subsequently found to be not exactly right. It did not fit, or it was faulty workmanship or it might have been a realisation that it was not an item that was needed or wanted. So back to the store it went and on production of a receipt, a refund was made or the article exchanged.

Our lives are a bit like that. We sometimes make wrong choices, or circumstances beyond our control bring dissatisfaction and grief into our lives. We can choose to put up with that faulty, damaged and ill-fitting garment, because we know that we made the wrong choice but decide to keep it anyway, or we are too lazy to go back to the store.

God offers us the chance of salvation through His Son Jesus, the gift we so recently remembered over Christmas, if we would just acknowledge our sadness and our faults and

go to Him for an exchange. There is no need to go all the way back to the store. We can get down on our knees where we are and ask for forgiveness and our loving Saviour will readily pardon. He was crucified for our sins 2000 years ago and the exchange was made. Through His shed blood, our sins have been exchanged for His forgiveness and salvation. Not only has the exchange already been made, but those who accept Jesus as Saviour and Lord of their lives are changed and made new.

“Therefore if anyone is in Christ he is a new creation; the old has gone, the new has come”. (2 Corinthians 5:17)

The calendar event for February is Valentine's Day. Irrespective of its origins, the day is designed for a young man to declare his love for the young woman in his life and vice versa. God has declared His love in His letters to us in the Bible and through our personal experiences. He declares His love for us in the very beauty of all His creation around us.

“For since the creation of the world God's invisible qualities, His eternal power and divine nature, have been clearly seen, being understood from what has been made, so that men are without excuse.” (Romans 1:20)

Rest assured in 2015 that God loves you!

Please feel free to worship with us at ACF Church. Details of service times are in “What's On Locally” on Page 2.

Marlene Smith

Mission Centre, where she has been the Lieutenant (pastor) for the past 6 years. Judy has been an active part of the local community representing the Rowville Salvos and was most recently seen wrapping Christmas presents at Stud Park Shopping Centre.

Many residents also saw Judy there, drinking coffee with friends, and it was where many shoppers who knew Judy would see her and say hello.

As part of the regular movement of leadership within the Salvation Army, Judy was bid farewell from the Rowville Salvos on 11th January. This was Judy's final farewell of many over the past few weeks. Judy's final church service



last year was researching any ancestors who took part in any war and the results are being made into a presentation called “Their Service – Our Memories”.

Our first meeting for 2015 will be on Wednesday 4th February and the subjects for discussion will be Beginning Family History and Family Lore. If you have an interest in family history you are most welcome to join us, and all inquiries should be made to Bev on 9759 5455 or jibec@bigpond.com

Beverley Cooen



Restore Community Church welcomes everyone to 2015. The big news from Restore Community Church for the start of 2015, centres on its community arm, Restore Community Care. Together, in partnership with other local community organizations, we will re-launch next month with emphasis on *Crises Care*. Located in the same building as the church, but with its own separate entrance off Seismic Crt, Restore Community Care will be able to offer the following:

- Food assistance, which can include fresh produce, frozen and refrigerated, dry and packaged goods, toiletries and bathroom products**
- Prayer Room
- Chaplain
- Social Worker
- Referral services
- Other forms of assistance will be offered and/or made available depending on community needs and our capacity to deliver additional services.*
- We also have a 12-Seater Community Bus which can be available to assist community groups for social outings.*

**Eligibility criteria may apply.*

*** After clients have used all food visits, all clients must go through a review to determine if they are still in crises.*

(Please contact Restore Community Care for details, including opening hours: appointments may be required for some services)

□A more detailed article will appear in this paper soon.

For details of our address, service dates and times please go to “What's On Locally” on page 2. You can also contact us by phone on 8736 7053

Ray Green

saw many of her friends come and wish her a fond and sometimes tearful farewell.

The new leader for Rowville Salvos is Captain Rosie Massey, who has travelled to Rowville from Western Australia with her family. Rosie will be welcomed at her first church meeting on Sunday 25 January at 10am. Feel free to come and meet her and welcome her to the community. She is excited to be coming to Rowville and looks forward to meeting people across the community. When you see her, be sure to say ‘hi’.

Judy and family will be taking up her new appointment at the Castlemaine Corps (church) in late January.

Julie Speirs



Change of leadership at Rowville Salvos

Judy Shaw has been saying goodbye a lot lately. Many will know Judy from the Salvation Army Rowville Worship and

Puffing Billy

Puffing Billy 'Final' Train Rides Remembered As Over 1,200 People Celebrate Young Sun Anniversary

Over 1,200 people came out to celebrate the 60th Anniversary of Puffing Billy's *Young Sun Special* train rides on Saturday 13th December, which marked one of the most significant events in the Railway's history.

When it was decided that the Puffing Billy Railway would close following a landslide in 1953, The *Young Sun Specials* were promoted by the Editor of the Young Sun column in *The Sun* newspaper, David Burke, who was a passionate Puffing Billy supporter. Negotiations were held with the Railway Commissioners to hold *The Young Sun Special* event on 11 December 1954 to give the much loved steam train a suitable farewell. More than 30,000 people turned out to say goodbye to Puffing Billy, taking many by surprise, and as a result, a second event was organised for 27 December 1954, which achieved a similar turn out. It was from the popularity of the *Young Sun Specials* that the *Puffing Billy Preservation Society* was established in 1955 and they have managed to keep the little railway running ever since.

As part of the 60th Anniversary celebrations, all trains terminated at Emerald Town Station where the main festivities were taking place. Upon arrival, passengers were welcomed by an atmosphere of live steam displays (including engines from Melbourne Steam Traction Engine Club and a truck from the Royal Australian Navy), live music, carnival rides and a variety of local stall holders, all of which set the scene for a perfect day. The highlight of the day was the 'official' recreation train hauled by replica locomotive '3A' – this was the locomotive that hauled the original *Young Sun Special* back in 1954.

Chairman of the *Puffing Billy Young Volunteers Representative Team*, Keith Holmes, said he was really



Train departing Belgrave
(Courtesy of Nadine)

excited to be involved in organising a celebration for one of the Railway's most important events.

"The Young Sun Specials were pivotal in establishing the *Puffing Billy Preservation Society*, so who knows where these historic locomotives and rolling stock would be today had it not been for the support of David Burke and everyone who came out to support Puffing Billy on those two days in December 1954," he said.

Puffing Billy Railway CEO, John Robinson said it was a fantastic day and full credit goes to the *Young Sun Special Organising Committee* for wanting to acknowledge this piece of Puffing Billy history by running such a successful recreation event. "It is heartening to see their dedication and enthusiasm, especially since they are the future of the Railway," John said. "Today, Puffing Billy Railway stands as one of Australia's favourite and most iconic tourist attractions with over 304,000 passengers carried for the 2013/14 financial year, looked after by more than 900 volunteers.

Puffing Billy's Excursion Trains and special events can be booked online at www.puffingbilly.com.au

A Day Out With Thomas

Tickets are now on sale for one of Puffing Billy's most popular events – A Day out with Thomas!

Chugging into Puffing Billy's Emerald Station in March 2015, your Thomas fan can take a steam train ride hauled by *Thomas* and *Diesel*, enjoy a pantomime show featuring *Thomas* and the *Fat Controller* and be entertained by the other family activities including face painting, a jumping castle, animal nursery, and Green Bulgy Bus rides.

Puffing Billy Chief Executive Officer, John Robinson, said Thomas and his friends have been regular visitors to Puffing Billy during Autumn and Spring for over 10 years, and the team is looking forward to welcoming them back to Emerald. John said, "Puffing Billy is excitedly awaiting the arrival of his good friends *Thomas*, *Diesel* and the *Fat Controller*, and would love for all of their other friends to come out and say hello too. Having the world's most famous steam engine visit Australia's most famous steam train is a truly magical event and we invite Thomas lovers, young and old, to join us at Puffing Billy's Emerald Town Station to enjoy the show. So pack up the kids and make your way to Emerald in March for a train adventure like no other!"

Tickets are \$26.00 for adults and children (4 years and over) and \$15.00 for toddlers (1-3 years). Shows will take place on 28 February, 1, 14, 15, 21, 22, 28 and 29 March 2015.

Bookings are essential and must be made online at www.puffingbilly.com.au.

Anna Hayward PR Manager Chatterbox Marketing



Council Minutes December 16th Meeting

A brief summary of items relevant to Rowville- Lysterfield
6.1 REPORT OF PLANNING APPLICATIONS DECIDED UNDER DELEGATION

Planning Applications Decided by Responsible Officer
1 November 2014 to 30 November 2014

27 Wedge Crescent ROWVILLE VIC 3178

Two (2) Lot Subdivision (approved development site)
6/11/14 Approved

146 Taylors Lane, ROWVILLE VIC 3178 The construction of a double storey dwelling to the rear of the existing dwelling 10/11/2014 Notice of Decision

9 Tetlow Terrace, LYSTERFIELD VIC .3156 The removal of five (5) trees and prune one other. 11/11/2014 Approved
1490 Wellington Road, LYSTERFIELD VIC.3156 Development of the land for a single dwelling, outbuilding, driveway and associated works and vegetation removal 6/11/2014 Approved

Sh 4/1201 Wellington Road, LYSTERFIELD Vic 3156 Illuminated Business Identification Signage 7/11/2014 Approved

84 Major Crescent, LYSTERFIELD VIC.3156 Removal and pruning of Trees 6/11/2014 Approved.

27-33 Stamford Crescent, ROWVILLE VIC.3178 27 Lot Subdivision (Approved Unit Site) 12/11/2014 Approved
3 Myer Place, ROWVILLE VIC.3178 Buildings and Works- Glass canopy, accessible access ramp, and associated landscaping. 28/11/2014 Approved

68 Seebeck Road, ROWVILLE VIC.3178 Development

of the land for a double storey dwelling, to the rear of the existing dwelling 18/11/2014 Notice of Decision
10 Eurella Crescent, ROWVILLE VIC.3178 Development of the land for a double storey dwelling, to the rear of the existing dwelling 26/11/2014 Notice of Decision
APPLICATION FOR THE CONSTRUCTION OF A DOUBLE STOREY DWELLING TO THE REAR OF THE EXISTING DWELLING AT 1 STREETON COURT, ROWVILLE, Melway Ref.81 J4(Application No. P2014/6365)

RECOMMENDATION -That Council issue a Notice of Decision to Grant a Planning Permit to allow the construction of a double storey dwelling to the rear of the existing dwelling at 1 Streeton Court, Rowville, subject to conditions

6.3 APPLICATION TO AMEND PLANNING PERMIT 2004/6010 TO ALLOW FOR THE CONSTRUCTION OF A DECK, INCREASE THE SIZE OF THE ON PREMISES LIQUOR LICENCE AREA, INCREASE THE ON PREMISES LIQUOR LICENCE HOURS FROM 12:00AM TO 1:00AM AND INCREASE THE RESTAURANT TRADING HOURS TO 24 HOURS PER DAY, 7 DAYS PER WEEK AT SHOP 7/1100 WELLINGTON ROAD, ROWVILLE, Melway Ref .82C3 (Application No. P/2004/6010)

The restaurant is located in the southwest portion of the shopping centre and is known as the 'Eating House Restaurant'.

RECOMMENDATION That Council issue a Notice of Decision to Grant an Amended Planning Permit (2004/6010) to allow for the construction of a deck, increase the size of the on premises liquor licence area, increase the on premises liquor licence hours from 12:00 midnight to 1:00am at Wellington Village Shopping Centre, Shop 17/1100 Wellington Road, Rowville, subject to conditions

6.6 APPLICATION FOR THE DEVELOPMENT AND USE OF THE LAND FOR A PLACE OF WORSHIP, REMOVAL OF NATIVE VEGETATION AND VARIATION TO AN EXISTING EASEMENT AT 1 AND

29 SUMMIT ROAD, LYSTERFIELD, Melway Ref. 82 G4 (Application No. P2013/6597) 169

RECOMMENDATION That Council issue a Notice of Refusal to Grant a Planning Permit for the development and use of the land for a place of worship, removal of native vegetation and variation to an existing easement at 1 and 29 Summit Road, Lysterfield, subject to listed grounds:

7. PUBLIC QUESTION TIME

No questions were raised with Council

10.1 WORKS REPORT, AS AT 2 DECEMBER, 2014

The Works Report shows projects on Council's Capital Works Program, and indicates the status of each project, as at

2 December, 2014.

Footpath Renewal Program is progressing on schedule.

Bicycle/Shared Path Renewal Program progressing on schedule. Nortons Lane shared path just completed

Building Renewal Program: Program is currently approximately 58% expended/committed, and approximately 45% complete. Works nearing completion, or commencing, over the month of December, include Rowville Football Pavilion -social room toilets refit and internal painting; Rowville Tennis Pavilion -shower/toilet refit;

Stamford Park Redevelopment Draft Expression of Interest documents, for the land sale and the proposed Homestead Restaurant, have been presented to the Stamford Park Project Steering Committee, with approval for public advertisement

Corhanwarrabul Creek Trail (to Dandenong Creek) -Shared Path. Consultant has completed designs for three different styles of bridge across Corhanwarrabul Creek

Avalon/Stamford/Stud Road Intersection Modification Letter to residents (in January) informing them of proposed work

Tirhatuan Drive (No 18) Rowville Drainage Upgrade. Contract approximately 60% complete with construction in Roger Court and Melbourne Water drain installed, and Council drain at rear of No. 18 Tirhatuan Drive essentially

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completed. Works being carried out on along Tirhatuan Drive.
 Rowville Recreation Reserve No 1 –Renovation Works complete
 Heany Park -Open Space Upgrade Landscape works to be undertaken in early 2015
 Blackwood Park Road, Rowville –Rehabilitation Works integrated with Windermere Drive Road renewal works. Contractor has been appointed and works due to commence late January 2015
 Napoleon Road bus stop connection No.1. Two bus stop slabs are currently being constructed by PTV.
 Footpath connection will be built in conjunction with other Council capital works projects on Napoleon Road (asphalt resheeting and 'black length' line marking).
 Park Ridge Reserve Floodlighting Upgrade. Contractor selected. Director report being prepared.
 Liberty Reserve Carpark Lighting. Scoping complete.
 Feasibility study into solar lighting underway

Illawarra Avenue, Rowville –Design. Survey complete.
 Stud Road Aero Club, Knoxfield/Rowville (Toilet Facility)- Construction complete
 Seebeck Reserve, Rowville -Spectator Seating -Construction scheduled for February 2015
 Lakesfield Reserve, Lysterfield-Floodlighting Design. Awaiting quotations.
 Lakesfield Reserve, Lysterfield -Pavilion Upgrade design. Initial meeting has occurred on-site with the two tenant clubs, the architect and Council officers. Potential location, requirements, etc., were discussed. Work continuing
 Bergins Road, Rowville -Footpath 1. Due to contractor availability, works now scheduled to commence in December.
 Karoo Road, Rowville –Design. Detailed design for bus stop at southern end (near Valleyview Drive) drafted, and referred to Traffic & Transport Department for review.
 Napoleon Road/Affleck Way/Bark Avenue-Splitter Islands. Works will align with road projects and PTV bus stop

upgrades.
 Kelletts Road-Shared Path 1. Due to contractor availability works now scheduled for February 2015.
 Stud Park Reserve, Rowville-Masterplan. Design work planned to commence early 2015.
 Row Reserve, Rowville-Development Plan. Design work planned to commence early 2015.
 Lakesfield Reserve Oval Renewal. Contractor appointed and awaiting submission of outstanding pre construction documentation, prior to providing Possession of Site.
 Liberty Reserve Oval Renewal. Contractor appointed and awaiting submission of outstanding pre-construction documentation, prior to providing Possession of Site.
 Summary compiled by Jan Bates

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